



## ARATHY RAMDAS

**Date of birth:** 11/04/1997 | **Nationality:** Indian | **Gender:** Female | **Phone number:** (+91) 9995053683 (Mobile) | **Email address:** [arathyramdas29715@gmail.com](mailto:arathyramdas29715@gmail.com) | **LinkedIn:** <https://www.linkedin.com/in/arathy-ramdas-b5b6392b7> | **Address:** Ernakulam, Kerala, India (Home)

### ABOUT ME

Passionate and skilled physiotherapist with a master's degree in physiotherapy, specializing in orthopaedics and sports. Committed to unlocking the full potential of every patient, I blend expertise in evidence-based techniques with personalized care to empower individuals towards their best health and performance.

### EDUCATION AND TRAINING

2022 – 2024 Mangalore, India

**MASTER IN PHYSIOTHERAPY (ORTHOPAEDICS AND SPORTS)** Yenepoya Physiotherapy College, Yenepoya (Deemed to be University)

**Website** <https://www.ypc.yenepoya.edu.in/>

2016 – 2022 Mangalore, India

**BACHELOR IN PHYSIOTHERAPY** Karavali College Of Physiotherapy, RGUHS.

**Website** [https://karavalicollege.com/?page\\_id=1514](https://karavalicollege.com/?page_id=1514)

### CERTIFICATIONS

01/07/2022 – 04/07/2022

**Advanced Manual Therapy for spine, Upper extremity and lower extremity.**

Organised at kanachur college of physiotherapy, Mangalore, In association with the Sports and Fitness Training Federation of India.

27/06/2022 – 28/06/2022

**Kinesio taping for upper and lower extremity-clinical and sports taping(Integrated Approach).**

Organised at kanachur college of physiotherapy, Mangalore, in association with the Sports and Fitness Training Federation of India.

30/06/2022

**Diversified cupping techniques**

Organised at kanachur college of physiotherapy, Mangalore, In association with the Sports and Fitness Training Federation of India.

29/06/2022

**Dry Needling Technique**

Organised at kanachur college of physiotherapy, Mangalore, In association with the Sports and Fitness Training Federation of India.

### CONFERENCES AND SEMINARS

23/11/2023 – 24/11/2023 Nitte Institute of Physiotherapy, Nitte (Deemed to be University), Mangalore.

**Hands-On Workshop on "Prepare, Birth and Care"**

2023 Nitte institute of Physiotherapy, Nitte (Deemed to be University), Mangalore.

**Symposium on Osteoarthritis- A continuing Physiotherapy Education Programme (CPE)**

International Physiotherapy Conference

**Mangalore Physiocon 2022**

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International Physiotherapy Conference

**Mangalore Physiocon 2018**

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International Physiotherapy Conference

**Mangalore Physiocon 2017**

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## ● **LANGUAGE SKILLS**

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Mother tongue(s): **MALAYALAM**

Other language(s):

|                | UNDERSTANDING |         | SPEAKING          |                    | WRITING |
|----------------|---------------|---------|-------------------|--------------------|---------|
|                | Listening     | Reading | Spoken production | Spoken interaction |         |
| <b>ENGLISH</b> | C1            | C2      | C1                | C1                 | C1      |
| <b>HINDI</b>   | C2            | C1      | C1                | C2                 | B2      |
| <b>TAMIL</b>   | C1            | C1      | B2                | C1                 | B1      |
| <b>KANNADA</b> | B2            | A1      | B1                | B2                 | B1      |

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*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

## ● **COMMUNICATION AND INTERPERSONAL SKILLS**

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Active Listening

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Empathy

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Patience

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Leadership

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Conflict Resolution

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Team Management

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## ● **HOBBIES AND INTERESTS**

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Pilates

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Reading physiotherapy Journals

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Volunteer Rehab Events

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Nurturing Nature

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## ● **ACHIEVEMENTS**

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2023

**Student Council President (Yenepoya Physiotherapy College)**

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Write here the description...

2014

**School Head Girl**

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2011  
**Deputy Leader**

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2010 – 2012  
**Member of the National Cadet Corps (NCC)**

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● **PROJECTS**

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**"Effectiveness of Kinesio Taping and maitland Mobilisation in patients with osteoarthritis knee: A Randomised Control Trial"**

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The study examined the combined effects of Kinesio Taping and Maitland mobilization on knee osteoarthritis. The study included 52 subjects who were divided into two groups; Group A: Kinesio Taping and Maitland Mobilization and Group B: Maitland Mobilization and Exercises. Assessment included pain, range of motion, and knee function using standardized measures.

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