

## **Vidushi Parna Das**

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### **OBJECTIVE**

To get a placement as a Physical Therapist, in the field of Physical medicine and rehabilitation that offers challenging opportunities and enriches my professional competence.

### **PROFESSIONAL EXPERIENCE**

- 06 /2007 – 06/2008**    **Physical Therapist**, The Apollo Clinic, New Delhi, India
- Responsibilities included the assessment, diagnosis, design and modification of Physiotherapy treatment for musculoskeletal neurological, cardiopulmonary, gynecological and surgical patients.
  - Develop a full rehabilitation programme – exercise programs involving strengthening, stretching, hydrotherapy, mobilizations and manipulations, breathing and relaxation – to ensure recovery in the shortest possible time frame.
  - Perform spinal and peripheral joint mobilization and manipulation
  - Mentoring Entry Level Physical Therapists
  - Maintenance of Client Records
- 03/ 2005 – 07/ 2005**    **Physical Therapist**, Maheshwari Orthopaedic and Physiotherapy Clinic, Delhi, India.
- Responsibilities included assessment of Physical conditions and formulations of physical therapy treatment programmes.
  - Manage patients with Orthopaedic and surgical conditions
  - Conducted Ergonomic classes as a part of Corporate Workshop for a major Indian IT company emphasizing overall employee wellness
  - Perform spinal and peripheral joint mobilization and manipulation
  - Designed and executed Home Exercise programmes as a part of private patient consultation

### **EDUCATION**

**08/ 2005 – 06/ 2007**    **Master of Physiotherapy** (Musculo- skeletal), Indian Spinal Injury Institute of Rehabilitation Sciences, Guru Gobind Singh Indraprastha University, Delhi, India.

**08/200 – 06/2005**    **Bachelor of Physiotherapy**, Institute of Rehabilitation Medicine and Allied Sciences, Guru Gobind Singh Indraprastha University, Delhi, India.

## **PROFESSIONAL AFFILIATION**

- NPTE** Passed NPTE and currently eligible to Practice in the State of New York.
- IAP** Licensed by and life member of The Indian Association of Physiotherapists, INDIA. (L – 15941)

## **PROFESSIONAL DEVELOPMENT**

- 01/2007** Attended Disaster Management Training Camp by Central Industrial Security Force (CISF), India.
- 01/2006** Completed G. D. Maitland's Musculoskeletal Manipulations from MAANIPS (An International Foundation for Musculoskeletal Manipulation)
- 06/2006** Physiotherapy Management of Spinal Cord Injury – Basic and Advanced
- 06/2006** Wheelchair Research and Clinical Practice with emphasis on Wheelchair Skills Training

## **INTERNSHIP**

- 08/2004 – 02/2005** G. B. Pant Hospital, Delhi
- Included Outpatient Physical therapy treatment.
  - In-patient Physical therapy treatment in Neurology, Cardiothoracic and Surgical wards.
  - In-patient Physical therapy treatment in Neurology and Cardiothoracic Intensive Care Unit ( ICU )

## **PRACTICAL TRAINING**

<b>YEAR</b>	<b>HOSPITAL</b>	<b>DEPARTMENT</b>
2005 – 2007	Banarasi Das Chandiwala	Ortho OPD
2005 – 2007	Akshaya Pratishtan	Ortho and Neuro – OPD
2005 – 2007	Indian Spinal Injury Center	Ortho and Neuro – OPD,IPD, ICU, Hydrotherapy
2003	Aruna Asaf Ali	Physiotherapy and ortho-OPD, IPD
2001-2002	Guru Teg Bahadur	Ortho, Neuro, Paediatrics Obstetrics and Gynaecology, Medicine, Surgery – OPD,IPD

## **AWARDS**

Consistently maintained top 1% percentile merit in the class throughout the undergraduate (Bachelor) program

**References provided up on request**