

Curriculum Vitae



AASHISH GHO SHRESTHA

Neuro Physiotherapist

Contact address: #180, Madhyapur Thimi-8, Bode, Bhaktapur

Personal details:

Name: Aashish Gho Shrestha
Father's Name: Ram Sundar Gho Shrestha
Date of birth: 14th February, 1996
Gender: Male
Nationality: Nepalese
Marital Status: Single
Religion: Hindu
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Title: Physiotherapist

Experienced Physical Therapist focused on exercise-based Rehabilitation and demonstrated history of working in Neurological conditions. Skilled on Hands-on, Task Oriented Approaches and Functional Training, Co-ordination and Balance Training. Have an experience of working with Spinal Injury Rehabilitation.

Career Objectives:

- Abide by the professional code of conduct, values and beliefs.
- Provide physiotherapy assessment and treatment to both inpatient and outpatients by improving physical strength, cognition, mobility and quality of life in patients of all ages.
- Provide, whenever possible, evidence based physical therapy interventions/treatments to achieve patient/client goals and outcomes.
- Evaluate and record outcomes at the end of an episode of care/intervention/treatment.
- Use physical therapy services for prevention, health promotion, fitness and wellness to individuals, groups and communities.
- Expressively and receptively communicate in a culturally competent manner with patients/clients, family members, caregivers, practitioners, interdisciplinary team members, consumers, payers and policymakers.
- Use information technology to access sources of information to support clinical decisions and not use techniques and technologies that have been shown to be ineffective or unsafe.
- Practice for uplifting the physiotherapy profession.
- Understand the roles of different health and social care professionals involved in the management of patients/clients.
- Seek opportunities for the involvement in interdisciplinary practice.

Skills:

- Learned to examine and evaluate patients/clients by obtaining a proper history from them or other relevant sources, assessment and examination
- Learned to incorporate information from other professionals, as needed, in the diagnostic process.
- Ability to establish a physical therapy plan of care/intervention/treatment that are safe, effective and patient/client-centred.
- Learned to consistently integrate the best evidence for practice from sources of information with clinical judgment and patient/client values to determine the best care/intervention/treatment for a patient/client.

- Learned to recognise the barriers to effective communication and strategies for overcoming these issues.
- Ability to educate individual and groups about the importance of physical activities in daily living.
- Learned to maintain the principles and practice of patient/client confidentiality.

Professional Experiences:

Clinical posting at various rehabilitation centres and hospitals of Bangalore, India during second year to final year posting (2016-2018):

- HOSMAT Hospital; MG Road, Bangalore, India
- Gerizim Mission (Rehabilitation Trust); Vivek Nagar, Bangalore, India
- Ravi Kirloskar Memorial Hospital; Peenya, Bangalore, India
- Physio 365 Physiotherapy Clinic; RT Nagar Bangalore, India
- ESI Hospital; Rajaji Nagar, Bangalore, India
- Bangalore Baptist Hospital; Bellary Road, Bangalore, India
- Bethel Medical Mission Hospital; Laggere, Bangalore, India

Internship placement (2018-2019): Duration 6 months

- Orthopaedic ward; Bethel Medical Mission
- General Surgery (including CTS, CTS- ICU, and Burns); Aster CMI Hospitals
- Neurosurgery and Neurology wards; Aster CMI Hospitals
- Community Posting, PHC; Bethel Medical Mission
- General Medicine (including MICU and CCU); Bangalore Baptist Hospital
- Physiotherapy OPD, Paediatrics, OBG ward; Bangalore Baptist Hospital

Educational Background:

Course Work	Duration	Period	Institution	Certified by	Percentage
Masters in Physiotherapy	2 years	Oct 2019- Nov 2021	R. V. College of Physiotherapy	Rajiv Gandhi University of Health Sciences, Bangalore, India	First Division
Bachelors in Physiotherapy	4 years	Sept 2014- Sept 2018	HOSMAT Hospital Educational Institution/ College of Physiotherapy	Rajiv Gandhi University of Health Sciences, Bangalore, India	1 st year: First Division 2 nd year: First division 3 rd year: First Division 4 th year: Distinction Aggregate: First Division
+2 Science	2 years	2012-2014	Seabird International College	Higher Secondary Educational Board (HSEB), Nepal	First Division
SLC		2012	Creative Learners' Academy	SLC Board, Nepal	Distinction

Work Experience:

- Working as Physiotherapist at Spinal Injury Rehabilitation Centre from 29/12/2021 till date.

Conferences and Webinar attended:

No.	Conference	Level	Date
1	PHYSIOCON 2017	International	21-22 Jan, 2017
2	Dr. MGM International Physio Conference 2018, Shillong	International	2-3 Feb 2018
3	NIMHANS Dr. MGM International Physiocon	International	4 th March 2018
4	Dr. MGM International Physio Conference 2019, Udaipur	International	19-20 Jan, 2019
5	Webinar on "Revive, restore, rejuvenation: yoga in COVID – 19 Recovery"	International	21 st June 2021

Workshops attended:

- **27th and 28th September, 2022** – Attended workshop entitled “Arm Hand Skill Performance Training in Stroke Rehabilitation”
- **28th March, 2021** – Attended the workshop entitled “Behaviour Change Technique for Upper Limb Recovery after Stroke”
- **10th & 11th July, 2019** – attended hands on workshop for the “Concept of Neurodevelopment Therapy”
- **5th & 6th July, 2019** – attended hands on workshop for the concept of “Aquatic Therapy”
- **21st June, 2019** – participated on the hands-on workshop for the concept of “Swiss ball therapy”
- **15th June 2019** – attended hands on workshop for the concept of “Stroke: Bobath Techniques”

Additional Informations:

Languages and Skills:

- Language: Proficient in written and spoken English, Nepali.
Proficient in spoken Newari
- Computer Skills: Basic computer skills. MS Office packages including MS Word, PowerPoint, Excel, etc.

Research:

I have done project work under the guidance of Dr. Venkatesan R., Professor, R. V. College of physiotherapy with the title “Effectiveness of motor imagery training and rhythmic auditory training in freezing of gait and gait speed in Parkinson’s subjects”

My thesis has been submitted to Rajiv Gandhi University of Health Sciences, Bangalore, India.

Volunteer Works:

- Volunteered in BANGALORE 10K CHALLENGE, organized by NEB SPORTS, on 8th July, 2018.

Extracurricular activities:

- Secured 1st position in Men Volleyball Competition. Intra-college annual Sports 2015
- Won 1st Prize in intra-college annual Sports – Football Competition 2019

- Won 2nd Prize in intra-college annual Sports – Volleyball Competition 2019

Organizational Registration:

- Nepal Health Professional Council (NHPC): A-1431 PHY
- Nepal Physiotherapy Association (NEPTA): G-885

Reference:

1. Dr. Purnima Singh

Principal,

HOSMAT College of Physiotherapy

Bangalore

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2. Dr. Pruthviraj.R

Principal,

R. V. College of Physiotherapy,

Bangalore

DECLARATION:

I hereby declare that above furnished details are true and correct to the best of my knowledge and belief

AASHISH GHO SHRESTHA