

SRIJANA LUITEL

Physiotherapist, MPT (Pediatrics)



NHPC: 230 PHY

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DOB: 03 – 02 – 1992

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† **Title / Objective** : *Physiotherapist / Physical Therapist*

A challenging opportunity in the field of physiotherapy that would help me use my clinical and educational experience.

† **Key Skills And Competencies**

- Providing physiotherapy assessment and treatment to both inpatient and outpatients by improving physical strength, cognition, mobility and quality of life in patients of all ages
- Evaluating, planning and delivering bespoke physiotherapy plans to meet the needs of individual patients
- Being involved in a patient's pre-admission and follow-up care
- Working with special needs infants and toddlers who are suffering from a variety of medical conditions such as cognitive development delay, low muscle tone, mobility impairment and developmental co-ordination disorder.
- Supporting patients recovering from surgery
- Assisting patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions)
- Supporting elderly people to increase their mobility and to ensure that the patients have access to all the equipment, devices and resources that they require
- Performing routine physical examinations and inspections
- Assisting the pediatric consultants with diagnosing certain diseases
- Maintaining a high standard of work and professionalism at all times
- Extensive knowledge of techniques of improving body movements
- Extensive knowledge of techniques of improving body movements, restoring mobility and strengthening muscles

❖ Academic Qualification

| Course Work | Duration | Period | Institution | Certified by |
|----------------------------|----------|--------------------|---|--|
| MPT | 2 Years | 2016-2019 | HOSMATHospitalEducational Institute, College Of Physiotherapy. | Rajiv Gandhi University of Health Sciences, Bangalore, India |
| Bachelors of Physiotherapy | 4 Years | 2010 - 2015 | HOSMATHospitalEducational Institute, College Of Physiotherapy. | Rajiv Gandhi University of Health Sciences, Bangalore, India |
| Internship | 6 Months | July2015 -Feb 2016 | <ul style="list-style-type: none"> • ESIC Hospital, Bangalore • Ravi Kirloskar Hospital • HOSMAT | |

Work experience

- Working as Physiotherapist at National Trauma Center, Kathmandu. Nepal from 18/10/2019 till date.

Co-Curricular Activities

○ Seminars & Workshops

| No: | Activity | Duration | Period | Institution |
|-----|---|----------|---|---|
| | | | | |
| 01 | Scientific Research writing | | 18 th June 2022 | National Trauma Center |
| 02 | International Workshop on Autism Transition from Adolescence to Adulthood | 16 hours | 23 rd -24 th November 2018 | Bagbazar, Kathmandu Nepal |
| 03 | Taping Workshop | 8 hours | 11 th October, 2017 | Kinesiology Physiotherapy, Thamel Kathmandu |
| 04 | Aquatic Therapy Workshop | 16 hours | 31 st March - 1 st April 2017 | Neelamangala, in Associatio with NIMHANS, Bangalore |

| | | | | |
|-----------|---|----------|---------------------|---|
| 05 | Certified Manual Therapy Workshop | 16 hours | 2017 | IMTT, Hotel Trinity Isle, Bangalore |
| 06 | Certified Kinesio Taping Course | 16 Hours | 12- 13 August, 2017 | IMTT, Hotel Trinity Isle Bangalore |
| 07 | Athletic Taping- Hands On Training | 16 Hours | 26 & 27 July, 2014 | Karnataka State Physiotherapy Federation & Florence College Of Physiotherapy, Bangalore |
| 08 | Recent Trends In Obesity Management- Medical, Surgical, Exercise And Diet | 8 Hours | Jan 20 2013 | Revive Multi-Specialty Physical Health & Wellness, Bangalore |

○ Conferences Attended

| No: | Conference | Level | Date |
|-----|--|---------------|------------------------------|
| 1. | Indian Association Physiotherapists Conference (IAPCON) 2019 57th Annual Conference, Palace Ground Bangalore | International | 2nd – 3rd Feb 2019 |
| 2. | MGM Physiocon 2019,Udaypur, Rajasthan | International | 18th- 19th Jan 2019 |
| 3. | NEPTACON 2018, 9TH INTERNATIONAL CONFERENCE, Dhulikhel | International | 30th Nov - 1st Dec 2018 |
| 4. | NEPTACON, 2018, TRAUMA CARE REHABILITATION, Sing Health, National Trauma Center, Kathmandu | International | 25th - 29TH November, 2018 |
| 5. | BPN 8th Annual Conference,2018, Hotel Conrad, Bangalore | International | 29th July2018 |
| 6. | MGM Physiocon 2018, Shillong | International | 2nd 3rd Feb2018 |
| 7. | Bangalore Physiotherapy Network 7th Annual Conference,2017, Bangalore | International | 10th Sept2017 |
| 8. | NITTE Con, International Physiotherapy Conference, 2015, Mangalore | International | 29 th Jan2017 |
| 9. | First International Congress, German Nepal Society of OBG, 2017, KU, Dhulikhel | International | 10 th October2017 |
| 10. | International Physio Con Post Conference 2017, NIMHANS | International | 19 th March,2017 |
| 11. | MGM PHYSIO CON 2017, International Conference Kanyakumari | International | 21- 22Jan, 2017 |

| | | | |
|-----|---|---------------|---------------------------|
| 12. | PHYSIO CON 2016, International Conference, Hotel Grand Mumtaz, Shrinagar, Kashmir | International | 6-7 Feb 2016 |
| 13. | Health Con 2013, National Conference on Health Promotion, Bangalore | National | 10 th Dec 2013 |
| 14. | PHYSIO ACCORD 2014, National Physiotherapy Conference, Bangalore | National | 17 – 18, Jan2014 |

❖ Awards and Honour

Dr. M.G. Mokashi's

Dr. Einstein's Young Entrepreneurship Award

Physiocon 2018, Shillong

❖ Publication

- Article on THE RISING NEPAL – Make Physical Activity Your Daily Routine (June - 17-2020)

❖ Organisational registration

- Nepal health professional council (NHPC) : 230 PHY
- Nepal physiotherapy association (NEPTA) : OG 102
- Nepal physiotherapy association (NEPTA): National council member.
- Nepalese society for hand rehabilitation and research (NSHRR) : Executive member

❖ Responsibilities

- Nominated as **National Council member**, NEPTA 2021 to 2023
- Invited as a **subject expert** bachelor's of physiotherapy level license examination paper of NHPC 2021, 2022.
- Served as **trainer** for continuing professional development (CPD) for nurses at National trauma center on 7th April 2021
- Served as a **Physiotherapist** for 36 Hour Stadium Run on 4th and 5th August 2018 at **Kanteerava Stadium, Bangalore.**
- Served Manual Hospital from 3rd to 15th April 2017 as a **Female Physiotherapist**, representing from college at **Therakalputhoo, Tamil Nadu.**
- Served Sambhav Foundation as a **Physiotherapist** for the year 2016, Bangalore
- Served the victims of earthquake in Nepal, after **Gorkha Earthquake 2015.** Collected funds from Bangalore and distributed logistics to **Sindhupalchok** and **Kavre** Districts,

✚ Languages

Nepali, English, Hindi, Kannada

❖ Reference

1. Dr. C K Senthil Kumar

Principal, HOSMAT College Of Physiotherapy, Bangalore Mob
: +91-9916159191

2. Pravin Kumar Yadav Physiotherapist, Unit chief
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† **Declaration**

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

SRIJANA LUITEL

MPT Pediatrics

230 PHY