

Zarana J. Chhag

Bachelor in Physiotherapy

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Career Objective

Bachelor in Physiotherapy with more than 10 years of experience having a caring and firm attitude towards patients working towards creating better lives for people.

Key Skills

- Experienced in using different rehabilitation techniques and equipment.
- Ability to work with patients with a variety of diagnosis and needs.
- Experienced with written and verbal discharge/onward referral procedures.
- Having a caring attitude when supporting patients during therapy sessions.
- Showing tolerance and patience when dealing with patients, relatives and carers.
- Excellent ability to demonstrate different methods, actions and positions.

Professional Experience

MARWADI UNIVERSITY , RAJKOT ,GUJRAT

NOV 2021 –SEPT 2022

- 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.
- Performing routine physical examinations and inspections.
- Treating patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions).
- Managing patients, staff and students at campus OPD of University.

NMC ROYAL Hospital, DIP, Dubai

January2020- OCT 2020

- 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.
- 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 liaising with the Occupational Therapists to ensure that the patients have access to all the equipment, devices and resources that they require.
- Performing routine physical examinations and inspections.
- Maintaining a high standard of work and professionalism at all times.

N M Virani Wockhardt Hospital Rajkot

February 2016-August 2019

- 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.

- 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 liaising with the Occupational Therapists to ensure that the patients have access to all the equipment, devices and resources that they require.
- Performing routine physical examinations and inspections.
- Maintaining a high standard of work and professionalism at all times.
- Providing physiotherapy treatment at patient's home after discharge.

Sterling Hospital Rajkot

February 2010-April 2015

- 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.
- Dealing with any enquiries or questions from the public, staff and patients.
- Ensuring all patient records are accurate and up-to-date at all times.
- Assisting patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions).

Other Professional experience

- **Fitness five gym** - Rajkot as a physiotherapist from July 2015 to Jan 2016
- **Shri Hatkesh Health Care Foundation**-Junagadh as a Physiotherapist from 1st May 2009 to 31st January 2010.

Education

Degree	Month & Year	Percentage	Institute	University/ Board
B.P.T	April-2009	65.41%	Shree K.K.Sheth Physiotherapy College- Rajkot	Saurashtra University.
HSC (Science)	April-2004	63.41 %	Shri VivekanandVidhyalaya- Junagadh	G.S.E.B. Gandhinagar
SSC	April-2002	83.71%	Shri Manas School- Junagadh	G.S.E.B. Gandhinagar

Clinical Training

- Shri G.T.Sheth Physiotherapy Center Rajkot.
- Shri K.K.Sheth Physiotherapy Center Rajkot.
- Shri Servodaya Trust Physiotherapy Center Bidada(Kutch).
- Shri H.T.Sheth Physiotherapy Center Rajkot.

Educational Meets Attended

- Physiotherapy Education Program on sport Physiotherapy on Field intervention at Godhara- Gujarat (Feb-2007).
- Attended the seminar on Advances in various vistas of Physiotherapy at Rajkot on 8thmarch 2009.
- Attended Hands on Work Shop on **Mulligan's** Concept at Ahmadabad in December 2011.
- Attended Work shop of Aerobics/Group Fitness Instructor Training at Rajkot in May 2012.

- Attended Hands on Work shop **Manual Therapy** Concept for the vertebral column and pelvic complex in July 2012 at Rajkot.
- Attended International certified course of YOGA for 6 months in 2021 – Kevlyadham , Lonavala

Additional Information

- ***Academic Project- Effect of Body mass index on back and hamstring flexibility in computer workers.***

Personal Dossier

- Date of Birth: October 16th, 1986
- Hobbies: Reading, listening to music, Travelling.
- Marital Status: Single

References

1. Dr. Manish Pathak, Senior Physiotherapist, N. M. ViraniWockhardt Hospital, Rajkot (Contact No: +919327776353).
2. Dr. Dharam Chandrani, Orthopedic surgeon , N.M. Virani Wockhardt Hospital, Rajkot(Contact No: +91987900465).
3. Dr. Ashish jaiswal, vice president, NMC Royalhospital, DIP, Dubai(contact No:+971563291396).
4. Dr. Jayesh Parmar (PT), Principal , K.K Sheth Physiotherapy College , Rajkot (contact No:+919924336724)