

Nirali Vania

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Objective

I seek challenging opportunities where I can fully use my skills for the success of the organization.

Experience

- **Home tutor**
2015 - 2017
Tutor
Taught English and science to students of 5th to 10th Grade
- **Shalby hospitals**
October 2022 - April 2023
Intern
Worked as a physiotherapist.
Assisted senior physiotherapists in assessing and treating patients with various physical conditions.
Observed and participated in the development of rehabilitation programs tailored to individual patient needs.
Provided support in manual therapy techniques and therapeutic exercise routines.
Gained hands-on experience with diagnostic and therapeutic equipment.
Contributed to patient education efforts and provided guidance on home exercise programs.
- **Plus fitness**
May 2023 - October 2023
Trainer
Design and implement personalized fitness programs tailored to individual client goals, including weight loss, muscle building, and overall wellness.
Conduct fitness assessments, including body composition analysis, cardiovascular fitness, and strength testing.
Provide one-on-one and group training sessions, utilizing a variety of exercise modalities such as resistance training, HIIT, and functional exercises.
Educate clients on proper exercise techniques, nutrition, and lifestyle changes to enhance overall health and performance.
Track client progress through regular evaluations and adjust training programs as needed to ensure continued improvement.
Also have experience in creating personalized diet charts for clients.
- **Align rehab care**
Oct 2021 - January 2023
Assistant Physiotherapist
Worked as physiotherapist.
Conduct comprehensive assessments of patients' musculoskeletal, neurological, and cardiopulmonary conditions.
Develop and implement personalized treatment plans, including manual therapy, therapeutic exercises, and modalities.
Utilize evidence-based practices to improve patient outcomes and reduce recovery time.
Educate patients and their families on injury prevention, post-surgical care, and rehabilitation techniques.
Maintain detailed patient records and progress notes, ensuring accuracy and confidentiality.
Lead camps associated with clinic to create awareness for physiotherapy and provide treatment.
- **Self employed**
January 2023 - February 2024
Physiotherapist
Worked as home visits physiotherapist mostly as freelancing.

- **Physiofit pro LLP**
5th June 2024 - 30th July 2024
Physiotherapist
Worked in OPD and as a field physiotherapist conducting visits.

Education

Course / Degree	School / University	Grade / Score	Year
Ssc	Field view International Academy	80%	2015
Hsc	St. Mary's High School	72%	2017
BPT	Venus Institute of Physiotherapy	75%	2023

Skills

- Exercise Program Design
- Nutritional guidance and client motivation
- Injury prevention and management during fitness training
- Group and personalized training
- Clinical assessment and fitness planning
- Manual therapy and rehabilitation techniques
- Patient education and ergonomics
- Pain management
- Positive attitude and polite behavior

Interests

- Tennis and badminton
- Swimming and dancing
- Reading outdoors
- Surfing through internet

Languages

- Gujarati
- Hindi
- English

Reference

- **Dr. Arvind Chauhan - Venus institute of physiotherapy**
Principal
- **Dr. Hitesh Makwana - Rhythm advanced**
Physiotherapist