

Harshita Kuckreja

PHYSIOTHERAPIST

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EDUCATION

Degree\Certificate	Institute \ Board	Year
BPT	HIMS	2024
Senior Secondary	ISC Board	2020
Secondary	ICSE Board	2018
DNHE	IGNOU	2024-present

Qualification	Aggregate marks
BPT	65 percent
Senior Secondary	85 percent
Secondary	85 percent

Personal profile

A highly motivated individual with a bachelor's degree in physiotherapy. Well versed with required skills and good at establishing interpersonal relationships. Has the ability to build a rapport. Excellent in client facing and has the ability to work closely with other team members to deliver the best possible for the patient.

PROJECTS

Project Name — Physiotherapy rehabilitation for ACL injuries in athletes

We worked hands in hands with the orthopedic team of our college and took a close look at least 10 cases and designed a rehab for them which included them getting back on field as well as injury prevention programs

SKILLS

Therapy procedures (3.5\5)
CPR training(4\5)
Pain management techniques(4\5)
Electrotherapy modalities(3.5\5)
Medical terminology(3\5)
Anatomical knowledge(3\5)

LANGUAGES

Fluent in Hindi and English
Can understand Punjabi

Workshops attended

Professional enhancement

- Muscle energy technique in August 2022
- MET and PRT for cervical spine in August 2022
- AI and VR in neuro rehab in August 2024
- TMS rehab in August 2024

Professional Experience

- Pediatric physiotherapist at Ashish foundation

Extra curricular

Volunteering

- Volunteered at a physiotherapy clinic in jan 2022
- Volunteered at HIMS hospital during Covid
- Volunteered at a physioclinic from june 2024-present

Participation

- Won silver medal in table tennis during Inter college sports event 2022 (singles and mix)
- Won silver medal in table tennis during Inter college sports event 2023 (singles)
- Won silver medal in basketball during Inter college sports event 2023
- Won gold medal in cricket during intra college sports meet 2024
- Won gold medal in basketball during intra college sports meet 2024
- Won silver medal in table tennis during intra college sports meet 2024
- Performed a dance at ASOMA (Asian Society of Mastology.) conference in 2023