

# Anjana Javali

Tilak Nagar, Shivamogga-  
577201  
Phone no: 9740823701  
anjanajavali.pt@gmail.com

Skilled and motivated physical therapist seeking a challenging position in a reputed Institution with the opportunity to utilize academic and practical skills and contribute positively to the professional development of the Institution.

## EXPERIENCE

### Nanjappa Institute of Physiotherapy, Shivamogga — Lecturer

FEBRUARY 2023 - PRESENT

- Tailored lectures to meet student needs, emphasizing skills and concepts necessary for professional and academic success.
- Mentored students with research projects and case presentations
- Designed, planned and carried out lesson plans incorporating diverse learning aids and activities
- Experience as a class Coordinator
- Scheduled and monitor clinical postings

## EDUCATION

### JSS College of Physiotherapy, Mysore — MPT in Neurological and Psychosomatic Disorders

2020 - 2022

- Assessment and recent advances in the management of various neurological conditions like Stroke, Spinal cord injury, Parkinson's disease, GBS.
- Knowledge about Mendeley desktop and PubMed.

### SDM College of Physiotherapy, Dharwad — BPT

2015 - 2019

- Basic clinical assessment and management in the field of orthopedics, pediatrics, Obstetrics and Gynaecology, cardiorespiratory and general physiotherapy and neurological disorders
- Participated in community awareness camps at Geriatric homes and Schools for children with special needs

## ACTIVITIES

- Basic course in Biomedical Research in October 2022.
- Secured second prize in poster presentation competition in National Cerebral Palsy Conference held at JSS College of Physiotherapy on 29.10.2021.
- Presented a poster on "Estimating normative values of energy expenditure for spinal cord injury survivors using self-selected wheelchair propulsion technique: a pilot study" at IFNRCON 2022.
- Presented a poster on "Indirect methods of calculation of energy expenditure index during wheelchair propulsion in spinal cord injury survivors: A scoping review" in IAP national conference 2022 held at Kolkata
- Participated in the workshop on "Introduction to Aquatic therapy" conducted at SDM College of physiotherapy 2019.

## SKILLS

Strong communication skills

Strong interpersonal skills

Leadership and Mentoring Abilities

Hands-On Clinical Instruction

Posture and Gait analysis

## CERTIFICATION

Basic Life Support (BLS) certified  
by American Heart Association  
July 2023

## PROJECTS

### MPT thesis:

Title: Estimating values of energy expenditure index in community dwelling spinal cord injury survivors using self-selected wheelchair propulsion technique

### Internship Project:

Title: Literature review on effects of closed kinematic chain exercises in post anterior cruciate ligament reconstruction surgery

## LANGUAGES

English, Kannada, Hindi

