

# Sarthak Sharma



## Personal details

-  Sarthak Sharma
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-  +919888887656
-  1817 Ground Floor Lajpat nagar  
Zirakpur SAS nagar  
140603 Mohali Punjab India
-  September 21, 1985
-  Male
-  Indian

## Languages

English

Hindi

Punjabi

## Education

- Bachelor of Science in Physiotherapy** **Apr 2005 - Mar 2009**  
Vinayaka Missions University, Salem, Tamil Nadu India  
68%
- Senior Secondary Examination** **Apr 2003 - Mar 2004**  
University of Technology and Sciences, Raipur India  
67.8%
- Matriculation Certificate** **Apr 2000 - Mar 2001**  
CBSE, New Delhi  
48%

## Employment

- Consultant Physiotherapist** **Mar 2021 - Present**  
Physiotherapy at Home tricity, Zirakpur, Punjab, India  
Reg. No. - UDYAM-PB-20-011203  
(Self Employed)
- Homecare Rehabilitation Physiotherapist** **Jul 2018 - Mar 2021**  
Healthcare at Home India Pvt Ltd, Mohali Punjab India
- Regional Physiotherapist** **Feb 2017 - Apr 2018**  
VLCC Healthcare India Pvt. Ltd., Chandigarh India  
Punjab India (Cluster Physiotherapist)
- Field Worker (Physiotherapist)** **May 2011 - Apr 2015**  
Post Graduate Institute of Medical Education and Research, Chandigarh, India
- Physiotherapist** **May 2010 - May 2011**  
Guru Harkrishan Sahib Charitable Multispecialty Hospital, Mohali, India

## Internships

- Internship** **Jul 2009 - Jan 2010**  
Physiotherapy Department, Shri Guru Harkrishan Sahib Charitable Multispecialty Hospital, Mohali Punjab India  
Six months rotational internship from July 2009 till January 2010 in S.G.H.S (c) Multispecialty Hospital, sector - 77 mohali, (sohana) Punjab in the following units:
- Physiotherapy OPD
  - Orthopedics and Trauma unit
  - Neurology
  - Pediatrics
  - Cardiothoracic and Pulmonary Care unit
  - Gynaecology
  - Neonatal, Cardiothoracic, Pulmonary and General ICUs

## Certificates

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<b>Integrated Manual Therapy Approaches for Spine and Myofascial Release Techniques</b>	<b>Oct 2009</b>
<b>Proprioceptive Neuromuscular Facilitation Techniques and Sacroiliac Dysfunction</b>	<b>Nov 2009</b>
<b>Participated in workshop on Physiotherapy management in Cerebral Palsy</b>	<b>Mar 2010</b>
<b>Participated in CME on Shoulder Rehabilitation held at Sitaram Bhartia Institute of Science and Research, New Delhi organized by Dr. J. Maheshwari Orthopaedic Foundation.</b>	<b>Aug 2013</b>
<b>ICMR seminar on Orientation Training of Female Medical and Paramedical Hospital employees and students of Chandigarh on measures to prevent and reduce low back pain organized by School of Public Health and Department of Physical &amp; Rehabilitation Medicine, PGIMER, Chandigarh.</b>	<b>Feb 2015</b>
<b>Certified Kneeologist by HCAH India Pvt. Ltd. Certified Kneeologist (Knee specialist Physiotherapist) by HCAH upon successful completion of 2 days course on Physiotherapy in Painful knee conditions. contact hours : 16 hrs, Accredited by CPD UK</b>	<b>Feb 2019</b>

## Achievements

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- Presented a paper titled “Physiotherapy – A crucial component in RCT on community based bed sore prevention and management in bedridden patients, an experience from PGIMER, Chandigarh” in the 39th Annual National Conference of Indian Association of Preventive and Social Medicine 2012.
- Submitted a dissertation entitled “A comparative study to evaluate the effectiveness of conventional treatment versus conventional treatment along with Short Wave Diathermy in Periarthritis Shoulder.” during the internship period at S. G.H.S (c) Multispeciality Hospital, sector - 77 Mohali, (sohana) Punjab.

## Registration

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Name of Council : THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS

- Registration Number: L-54981
- Date of Registration: 10-06-2022
- Date of expiry: LIFE TIME MEMBERSHIP