

# NGILYANG MICA

(BPT, MPT, CAPES, MIAP, MIHFA, MIAEM)

Resident of Ngilyang Tajang, Suluya, Old Ziro

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**OBJECTIVE** | Seeking a challenging environment to utilize my skills and abilities in the field of Physiotherapy and Community Health that offers professional growth and challenging opportunities while being resourceful, innovative and flexible.

To succeed as an efficient Physiotherapist using scientific knowledge based acquired skills to assess, plan and implement rehabilitative programs that improves human movement functions.

To maximize community development and work towards equalization of opportunities and social inclusion of people with disabilities.

To promote excellence in Physiotherapy Education, Clinical practice and Research and to benefit an organization dedicated to the highest standards of education and patient care towards a self- reliant India.

## KEY SKILLS & MAJOR STRENGTH

Ability to work professionally and independently in a busy environment.  
Effective communication and interpersonal skills.  
Expert, loyal, sincere and hardworking towards my profession.  
Sound knowledge and evidence based practitioner.  
Excellent clinical reasoning and practical skills.  
Leadership skill and experience in various community settings.

**EXPERIENCES** | **Assistant Professor**, Indira Gandhi Technological and Medical Sciences University, Ziro, Arunachal Pradesh - 791120  
From December 2021 till present

**Lecturer**, R.V. College of Physiotherapy, Bangalore, Karnataka-560011  
Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka.  
From March 2021 to November 2021.

**Consultant Physiotherapist**, Out Patient Department at R.V. College of Physiotherapy, Bangalore, Karnataka from March 2021 to November 2021.

**Research Guide and Co-guide**, R.V. College of Physiotherapy, Bangalore, Karnataka- 560011  
From March 2021 to November 2021.

Worked as a Guide and Co-guide for BPT and MPT students in R.V. College of Physiotherapy, Bangalore-560011.

## **EDUCATION | Bachelor of Physiotherapy**

Scored 76% in aggregate with RGUHS Rank 7th in 2017  
R.V. College of Physiotherapy, Bangalore, affiliated to RGUHS  
Karnataka-560011.

## **Masters of Physiotherapy in Community Based Rehabilitation**

Scored 75.43% in aggregate with RGUHS Rank 4th in 2020.  
R.V. College of Physiotherapy, Bangalore, affiliated to RGUHS  
Karnataka-560011

**PROFESSIONAL ACHIEVEMENTS |** Received **Academic Excellence Award**, batch of 2013-14 from RV college of Physiotherapy on the occasion of 11<sup>th</sup> Graduation, 2018

Received **Academic Excellence Award**, batch of 2018-19 from RV college of Physiotherapy on the occasion of 14<sup>th</sup> Graduation, 2020

**L-50090** Indian Association of Physiotherapy (IAP)  
**AR-1/2022** Indian Association of Exercise Medicine (IAEM)  
**IHFA210249-3376** International Health and Fitness Association (IHFA)

**WORKSHOP & TRAINING |** 28th- 29th June, 2022: Certificate course in **Dry Needling Practitioner** organized by JP Rehab Academy, Gujarat, India. Credit Hours: 16.

30th June, 2022: Certificate course in **Cupping Therapy Practitioner** organized by JP Rehab Academy, Gujarat, India. Credit Hours: 8.

28th March, 2022: Participated in workshop "**Life Saving Skills**" organized by Dept. of Physiotherapy, IGTAMSU, Ziro, Arunachal Pradesh.

13th-14th November, 2021: Participated in hands-on workshop on "**Cancer Rehabilitation**" organized by Sparsh Health Education Social Welfare and Cancer Rehabilitation Foundation, Udaipur, Rajasthan.  
Credit hours: 16

20th December, 2021: Certificate course in **Antenatal Postnatal Exercise Specialist**, organized by International Health and Fitness Association, New Delhi, India. Credit hours: 16.

5th-8th July, 2021: Participated in 4 days National Level Faculty

Development Programme on “**Mentoring Pedagogy and Teaching for Higher Education**” organized by IGTAMSU, Ziro, Arunachal Pradesh.

21st June, 2021: Participated in the webinar on “**Revive, Restore, Rejuvenation: Yoga in COVID-19 Recovery**” organized by Nitte Institute of Physiotherapy.

30th April, 2021: Attended webinar on “**Autism - an overview**” by Dr. Ushma Goradia (PT) conducted by RV college of Physiotherapy.

16th October, 2021: Attended webinar on “**Exercise Physiology in Cardiac Exercise**” by Dr. Rijo Oommen (PT), MSc in Exercise and Sports; Exercise Physiologist at RV college of Physiotherapy.

2nd-3rd August, 2021: Attended the National conference on “**Assistive technology for all 2030**” conducted by Mobility India at NIMHANS Bangalore.

22nd March, 2021: Attended the “**National CP conference**” conducted by JSS college of Physiotherapy at JSS Hospital Mysore.

3rd February, 2019: Workshop on “**Health & Fitness**” by The Indian Association of Physiotherapists at RV college of Physiotherapy, Bangalore.

1st-2nd February, 2019: Attended the 57<sup>th</sup> **Annual conference** by Indian Association of Physiotherapy at Palace Ground Bangalore.

14th February, 2019: Workshop on “**Basic Life Support**” by Bangalore Physiotherapist Network at Vasavi Hospital Bangalore.

14th December, 2015: Workshop on “**Athletic Taping**” by RV college of Physiotherapy at RVCP Bangalore.

## **LEADERSHIP**

2022: State Director, **Indian Association of Exercise Medicine.**

2022: Executive Member, **Arunachal Physiotherapy Association.**

2021: **Co-ordinator**, Student Grievance Cell, R.V. College of Physiotherapy.

2017: **Academic Secretary**, R.V. College of Physiotherapy, Bangalore.

## **SOCIAL SERVICE & VOLUNTEER**

Organized a **Physiotherapy awareness** program at **Textile and Handloom Industry, Ziro**, Govt. of Arunachal Pradesh- 791120 on 12th July, 2022.

Participated as **Emergency Consultant Physiotherapist** at Football Ground, Hapoli During during the Dree Football Tournament between Bulla Sports Association and Hari Sports Association on 16th June, 2022.

Participated in **Health Awareness Camp** at Shree Sideshwara Nath Temple, Ziro, Arunachal Pradesh on 1st March, 2022.

Participated in **Awareness camp on Health and Hygiene** at Office of all Bulla Welfare Society, Old Ziro, Arunachal Pradesh on 27th February, 2022.

Participated in virtual learning initiative on COVID-19 as Physiotherapist (exercise demonstrator) for **Unnat Bharat Abhiyan Program** (Unnat Bharat Gram AArogya Series) through RVIM Bengaluru (29<sup>th</sup> June 2021).

Participated as Physiotherapist consultant for **Tele Physiotherapy consultation** service for any health issues free of cost during the third wave of Covid-19 lockdown through RVIM Bengaluru (June 2021).

Participated in **MHRD Project (IEDSS)** for Specially-abled Children to Prescribe Home Exercise in Various Rural Communities in Bengaluru (12<sup>th</sup> To 19<sup>th</sup> March 2020).

Participated in **Sarva Shikshana Abhiyan Scheme**: home visits, evaluation, assessment, rehabilitation and parent education on rehabilitation of specially-abled children at various places in Bengaluru (6<sup>th</sup> March 2021).

Participated as a speaker at the **awareness campaign for geriatric fall risk**, exercises and its importance, conducted by RV Management College Bangalore at Dignity Foundation Bengaluru.

Community Out Reach survey with data collection at various districts of Arunachal Pradesh from **traditional Weavers** of Arunachal Pradesh for the prevalence of Work-related musculoskeletal disorders (December 2019-January 2020).

Active Participation in Community Out Reach Program Conducted: **Industrial Health and Ergonomic Camp** held at Hindupura District of Andhra Pradesh to detect Musculoskeletal Disorders Among Power Loom Weavers (December 5<sup>th</sup> 2019).

**RESEARCH  
& PUBLICATION**

Article published on "**Work-Related Musculoskeletal Disorder Among Traditional Publications Weavers Of Arunachal Pradesh a cross sectional study**". Indian Journal of Physiotherapy an Occupational Therapy. Volume 15, No. 3, July-September 2021 issue, pg no. 69-78 (2<sup>ND</sup> AUTHOR)

Article Published on "**Effect of Footwear on Balance and Fall Risk of Elderly Individuals in Selected Old Age Homes**". Indian Journal of Physiotherapy and Occupational Therapy, Volume 14, No. 3, July-September 2020 issue, pg no. 164-170 (4<sup>TH</sup> AUTHOR).

Article Published on "**Treatment of Pronated Foot**". Indian Journal of Physiotherapy and Occupational Therapy. Volume 14, No. 3, July-September 2020 issue, pg no. 143-148 (1<sup>ST</sup> AUTHOR)

