

Name_ Ankit Thakur
Mobile No_ 7617777772
Address_ 55 Dayanand Marg Dhar (m. p.) 454001
Email_ ankitthakur20101990@gmail.com

1. Academic summary:

- Master of physiotherapy MPT in Musculoskeletal in 2017 from Hemwati Nandan Bahuguna gadwall university Srinagar Uttarakhand (college doon (p. g.) paramedical college & hospital)
- Bachelor of Physiotherapy in 2014 from Hemwati Nandan Bahuguna Garhwal university Srinagar Uttarakhand (college SBSPGI)
- Completed Intermediate from School of Excellence, Madhya Pradesh Board in 2009
- Completed High School From S.S. Vidya mandir, Madhya Pradesh Board in 2007
- Research for undergraduate entitled “Study to find out the effects of Chiropractic mobilization over Mulligan SNAG on sacroiliac joint pain.”

2. CERTIFICATION AND ACHIEVMENTS

- Stood first at **Mr. Indore** held in **Indore District Olympic Games Body Building in 2006**
- Participated in a Hands on workshop on the basic concepts of Neurodevelopment Therapy and Treatment Principles for physiotherapists on 27th-29th Jan 2014. Credit hours – 24
- **Worked as a sports physiotherapist in various sports competitions**
 - 6th All India Uttarakhand Shahid Girish Bhandari Cricket Tournament 2014 organized by “Ajabpur Youngstar Cricket Club.”

- State level Hockey competition (June 2014).
 - District level Boxing competition (July 2014).
 - District and State level badminton and Dhyanchand Hockey girl/boy cross country competition (August 2014)
 - District and state level Football, Basketball, Table Tennis competition (September 2014).
 - Cross country volleyball competition (October 2014).
 - Handball cross country (November 2014).
-
- First prize in Fresh Petal Rangoli Competition awarded by Governor of Uttarakhand in the Spring Festival 2014 at the Raj Bhawan, Dehradun.
 - Third prize in Inter-University Street Play Competition in Mutagena 2013, organized by FRI (Deemed) University, Dehradun.
 - First prize in fresh flower arrangement competition awarded by governor of Uttarakhand in the spring festival 2015 at Raj Bhawan Dehradun.

3.WORK EXPERIENCE

- I have Worked as a fitness Coache at St. Arnold Gym, Indore, M.P. and taught Body Building Health trainer, Power Lifting, Arms Training and Core Stabilization.
- I have Worked as a fitness instructor in Indore Division Body Building Association, Indore, M.P
- I have Worked as a Physiotherapist and Personal fitness instructor in gold gym Dehradun.

- I have Worked as a physiotherapist and personal fitness instructor at Ms. Dhoni (former Indian cricket team world cup winning Captain) sport fit fitness center in Dehradun.

He has worked as physiotherapist at various state level sports in doon valley sports academy ,Dehradun (Uttarakhand)

He has worked as a physiotherapist in Ajabpur yoingstar cricket club (Regd.) Dehradun (Uttarakhand).

He has worked as a physiotherapist in Gupta hospital Dhar (Madhya Pradesh)

He has worked as a guest lecture asst. professor in shri Nityanand college Dhar (Madhya Pradesh)

5. Hobbies:

- Body-building, Horse riding, Playing cricket, football, Painting, Listening music, designing,

6. Languages known:

- English, Hindi.

7. Personal Details:

Father Name late MR. Vijay Singh Thakur

Mother Name Sunita Thakur

Date of Birth 20th Oct 1990

Marital Status Single

Sex Male

Nationality INDIAN

Address 55 Daya Nand Marg Dhar (Madhya Pradesh)

8. DATE _

PLACE

Ankit thakur