



ANKIT RAJ

 Delhi, India

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PROFESSIONAL SUMMARY

Dedicated and compassionate Occupational therapist with clinical experience in multi-specialty hospital settings, including neurology, pediatrics, and orthopedic rehabilitation. Proficient in-patient assessment, individualized treatment planning, collaborating with multidisciplinary teams and providing patient and family education. I am skilled in ICU-based early mobilization, post-surgical rehab, and community health outreach.



CORE COMPETENCIES

- Patient Assessment & Treatment Planning
- Rehabilitation Programs & Exercise Prescription
- Team Collaboration & Communication
- Clinical Documentation & Data Analysis
- Time Management & Multitasking
- Community Outreach & Health Education



EDUCATION

Bachelor of Occupational therapy (BOT)

Jamia Humdarad University

May 2020 – Aug 2024

Senior Secondary (12th – CBSE)

K.S. K Academy, Sangam Vihar, Delhi – May 2019

Secondary (10th – CBSE)

K.S. K Academy, Sangam Vihar, Delhi – May 2017



CLINICAL EXPERIENCE

INTERNSHIP | Max Super Specialty Saket | Nov 2024 – May 2025

- Neurological Rehabilitation

- Assisted in the rehabilitation of patients with **stroke, Parkinson's disease, and spinal cord injuries**

- Applied PNF (Proprioceptive Neuromuscular Facilitation) and neurodevelopmental techniques to improve motor control and balance.
- Conducted **gait training** and **coordination exercises** for hemiplegic patients.
- Observed the use of **Functional Electrical Stimulation (FES)** in restoring movement in paralyzed muscles.

- Pediatrics Rehabilitation/ PICU (Pediatric Intensive Care Unit)

- **Early Mobilization & Positioning** to prevent complications from prolonged immobility (e.g., contractures, pressure injuries, deconditioning). This includes therapeutic positioning, passive range of motion, and progressive movement activities.
- Provide sensory interventions to help infants and children regulate responses to the PICU environment, reduce agitation, and support neurological development — especially in sedated or neurologically impaired patients.
- Begin assessing basic cognitive, perceptual, and functional status (e.g., alertness, responsiveness, purposeful movement).

- ICU & Critical Care Exposure

- Observed Occupational therapy interventions in ICU settings including **ventilator weaning support**.
- Practiced **positioning techniques** and **passive mobilization** to prevent pressure sores and DVT.

- Volunteer Occupational Therapist – VMMC, Safdarjung, Delhi | Mar 2022 – Apr 2024

- Delivered Occupational Therapy services to underserved communities.
- Conducted mobility assessments and wellness workshops.



KEY ACCOMPLISHMENTS

- Crafting an Integrated Busy Board for Fine Motor and Sensory activities.



LANGUAGES

- English – Fluent
- Hindi – Native



INTERESTS

- Yoga & Meditation
- Continuous Learning
- Community Health Outreach
- Volunteerism

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