

MASTER OF SCIENCE IN PHYSIOTHERAPY

AT LITHUANIAN SPORTS UNIVERSITY IN KAUNAS ,LITHUANIA

WINTER SEMESTER -2024

STATEMENT OF PURPOSE

Mayadevi Usha,

I am writing to express my sincere interest in pursuing the Master of science in physiotherapy at Lithuanian sports University Kaunas ,Lithuania. My Academic and professional background, coupled with my passion for physiotherapy, make me an ideal candidate for this program.

I completed my Bachelor of Physiotherapy at KMCH College of Physiotherapy, affiliated with M.G.R University, where I graduated with a commendable 78% in 2021. Additionally, I pursued a Diploma in Yoga at Bharathiyar University, achieving an impressive 85% in 2019. My academic journey has equipped me with a solid foundation in physiotherapy, emphasizing the importance of holistic well-being and the connection between physical activity and health.

In my tenure as a physiotherapist at Kovai Medical Center and Hospital Limited in Coimbatore since October 2021, I've dedicated myself to understanding the function of the intricate relationship between the human body and physical performance with the patients facing diverse sports injuries. This includes individuals recovering from Sports injuries, where my focus lies in fostering motor training and physical rehabilitation.

Additionally, I've worked extensively with Athletes, employing tailored interventions to enhance motor skills and overall well-being. I've applied adaptive exercises and therapeutic techniques for individuals with multiple levels of sports injuries, enhancing mobility, and creating personalized plans for those who require psychologically supportive needs and physical limitations. I employ a holistic approach for spinal cord injuries after sports emphasizing physical recovery and providing emotional support, while also tailoring interventions for individuals with Rotator cuff injuries, Dislocation, and fractures to enhance functional abilities and improve daily comfort.

Upon completing my M.Sc program, my goal is to become a leading Sports physiotherapist who specializes in treating and rehabilitating individuals with Sports injuries and to improve the quality of life in Sports persons. I am eager to contribute to the field through applied research that bridges the gap between basic exercise and sports science and practical therapy interventions. My emphasis on both theoretical knowledge and applied research aligns perfectly with my career goals.

Exploring the financial landscape of pursuing higher education abroad, particularly as a student from a middle-class background, has prompted thoughtful consideration. Fortunately, my journey is accompanied by the steadfast support of my devoted parents, who willingly embrace the responsibility of funding both my educational endeavors and my stay in Lithuania . While the prospect of embarking on this exciting academic chapter fills me with eagerness, I remain grounded by my familial commitments. Family plays an integral role in my life, and the deep respect and regard I hold for these bonds are rooted in the values instilled by my parents. Returning to India at the

earliest opportunity is not just a desire but a source of genuine happiness, as it enables me to reconnect with my roots and fulfill my role as a responsible daughter. Approaching this juncture with optimism, I am committed to maintaining a delicate balance between my educational pursuits and the duties I owe to my family.

In conclusion, I am excited about the prospect of contributing to and benefiting from the rigorous academic environment at Lithuania sports University in Kaunas, Lithuania . My diverse academic and professional experiences, coupled with my passion for Sports physiotherapy, position me as a dedicated and motivated candidate for the Sports, Exercise's ,program. I look forward to the opportunity to discuss my application further during an interview.

Thank you for considering my application. I am eager to contribute to the vibrant academic community at Westphalian Lithuania sports University, Lithuania and make meaningful contributions to the field of Sports.

Yours sincerely

Mayadevi Usha