

Ever since my childhood, I've been interested in the process of healing and rehabilitation of the human body from injury or disease. This fascination along with the goal of positively impacting on people's lives made me select physiotherapy as a profession. What appealed to me most about physiotherapy is the philosophy of working to resolve dysfunction without merely masking the symptoms. A study was conducted to determine the patients' demographics, symptoms, and duration of treatment, as well as the overall usage of physiotherapy services over the past ten years and the results showed that the utilization of physiotherapy services has been on the rise in the past decade due to an increasing prevalence of musculoskeletal problems, neurological diseases, and sports injuries. This trend may be attributed to such factors as increased life expectancy, enhanced awareness on the benefits of exercise, and most importantly, the expansion of the demography of all age groups of people in the population engaging in sports and other physical activities. For this reason, it has emerged that physiotherapy is a progressive field that continues to progress with the adoption of newer methods and therapeutic models to fit the existing patient needs.

My academic journey began at Nava Nirman Public School, where I completed my Secondary Education in 2019 with a score of 77.4% under the Central Board of Secondary Education (CBSE). This foundational period was marked by a diverse curriculum that fostered a deep curiosity and a strong work ethic. As I transitioned to Senior Secondary Education, also at Nava Nirman Public School, I continued to build on this foundation, achieving a score of 76.4% in 2021. These years were pivotal, as they not only solidified my academic skills but also helped me discover my passion for the sciences. During my senior secondary years, I was particularly drawn to biology and chemistry, subjects that offered insights into the intricate workings of the human body. The comprehensive curriculum provided by the CBSE played a crucial role in nurturing my interest, with its focus on both theoretical knowledge and practical applications. According to the World Bank, effective secondary education is essential for developing the skills and knowledge necessary for higher education and employment, underscoring the importance of these formative years in shaping my academic and career trajectory. My interest in the health sciences, particularly in physiotherapy, was sparked by my fascination with the human body's complexity and the impactful role of healthcare professionals. Witnessing the difference physiotherapists made in the lives of individuals recovering from injuries and surgeries inspired me. The practical and empathetic aspects of physiotherapy align perfectly with my aspirations, as it allows me to contribute to improving patients' quality of life and well-being.

From schooling to the professional working environment, the time spent at Vypeen Financiers as an Accountant was very enlightening and equipped me with much needed hands-on experience in the field of finance and accounting. In my working period, I organized documents, reports, and examined its data, as well as prepared the necessary reports and financial documents according to the current legislation and organizational requirements. This role not only enhanced my knowledge in accounting software and basic financial analysis but also an understanding of the precision needed, as well as punctuality when working in a busy setting. Furthermore, working with friends and clients has helped me develop communication and interpersonal skills to present complex and valuable financial information and foster long-term business relationships.

Having made the decision to earn a BSc in Physiotherapy, I had to conduct research at the LSMU which allows selecting the best subject to study. The education delivered at LSMU is appreciated by students and employers due to the broad and applied focus aimed in the area of physiotherapy education where strong practical skills are required. The program also consists of 1,269 clinical

practice hours, including the internship in various health-care establishments of the partner universities, family medicine centers, university hospitals, and rehabilitation centres. The higher learning institution is recognized by the European Association for Quality Assurance in Higher Education. The LSMU academic programs aim at offering quality training and education. This accreditation could only be ascribed to the steadfast dedication of the university on the quality education that it imparts and its standard in the global academic realm. The curriculum at the university offers education in different areas of physiotherapy and ranges from basic foundational ideologies of physiotherapy to some of the most complex clinical techniques that are patented in the fraternity. This should cover anatomy, physiology, pathology as well as other specific physiotherapy techniques. Offering a wide-range curriculum guarantees that students get all-rounded education, which prepares them for any working environment. Also the provisions available at LSMU to the international students and the availability of professors familiar with the international contexts along with the excellent teaching facilities prove that LSMU is one of the best places to obtain higher education abroad. Here, the teaching-learning process aims at preparing professionals in the healthcare domain that are anchored to the blend of the practical world and specifically science.

Subsequent to my decision to undertake a BSc in Physiotherapy at the Lithuanian University of Health Sciences (LSMU), I have initiated the process of formulating short-term and long-term goals to enhance my professional endeavors. I plan to take a course from the official physical therapist boards like the World Confederation for Physical Therapy (WCPT) as a way of expanding my qualification and recognition of my capability in the career. My desired places of work include different healthcare facilities like hospitals, rehab facilities, and outpatient care facilities so that I should be able to gain practical experience and contribute to the knowledge and skills I have learned. In the long run, the hope and vision of the physiotherapist is to own his own practice dealing with sports injuries and chronic pain relief. This goal is due to my personal motivation towards ensuring that patient needs are met by the formulation of individualized treatment plans.

In conclusion, I humbly appeal to the esteemed admission committee to kindly consider my application with the utmost humility. I approach this opportunity with a deep sense of respect for the profession and an unwavering commitment to learning and growth. I sincerely believe that the exceptional resources and educational environment provided by LSMU will empower me to fulfill my aspirations and contribute meaningfully to the field of physiotherapy.