



# JAZA RIZVI

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## OBJECTIVES

The objective is to contribute in the field of physiotherapy by utilizing the skills and techniques for the patients/clients welfare. Furthermore the aim is to achieve the success and fulfill the demands of an organization by hard working and honesty.

## EDUCATION

Ziauddin College of Rehabilitation Sciences  
2022 MPhil in Neuromuscular Rehabilitation

Ziauddin College of Rehabilitation Sciences  
2016 Doctor of Physical Therapy

Govt. Degree Girls College, Sheikh Zaid Centre  
2011 Intermediate

National High School  
2008 Matriculation

## EXPERIENCE

Ziauddin College of Rehabilitation Sciences ♦ E/40/1/1 Wahid Colony, North Nazimabad, Karachi  
**Sr. Lecturer** 13<sup>th</sup> March 2018 – Present

Working as an academician, having an effective role in demonstrating lectures, managing semester-related activities.

### ***Subject Expertise***

*Scientific Inquiry & Research Methodology*

*Evidence Based Practices*

*Teaching Methodology & Community Based Medicine*

*Professional Practices*

***Research Supervisor*** 2019 – Present

Accelerated Doctor of Physical & Occupational Therapy

***Member of Editorial Team*** 2019 – Present

Pakistan Journal of Rehabilitation

Dr. Essa Physiotherapy and Rehabilitation Centre ♦ B-122, Blue Building, Shahrah-e-Jahangir, Karachi

***Physiotherapist*** 25<sup>th</sup> April 2017 – 30<sup>th</sup> October 2017

Worked in the rehabilitation and management of the following condition such as osteoarthritis, cervical radiculopathy, strain/sprain, soft tissue injury, among children the rehabilitation of torticollis, cerebral palsy, facial palsy, delayed milestones included

Rida Medical Centre ♦ Sahba Akhtar Road, Block 13 D/2, Karachi

***Physiotherapist*** January-March 2017

Worked/observes the antenatal and postnatal rehabilitation of the patient

Tahir Medical Centre ♦ 419/A, Amir Khusro Road, Old Dhoraji, Karachi

***Internee*** January-March 2017

Worked in observation and diagnosis of the patients following the rehabilitation process

**COURSES ATTENDED**

- ♦ Foundations of Excellence in Teaching Online from Arizona State University, 4<sup>th</sup> July 2020
- ♦ Learning How to Learn: Powerful mental tools to help you master tough subjects from McMaster University, UC San Diego, 27<sup>th</sup> July 2020
  - ♦ Science of Exercise from University of Colorado, 28<sup>th</sup> July 2020
- ♦ Work Smarter, Not Harder: Time Management for Personal and Professional Productivity from UCI, Division of Continuing Education, 29<sup>th</sup> July 2020
  - ♦ Teacher's Social and Emotional Learning from University of Colorado, 29<sup>th</sup> July 2020

### **WORKSHOPS ATTENDED**

- ♦ How to write and publish research article by Dr. Farooq Rathore held on 11<sup>th</sup> January 2020
- ♦ 4 Day Workshop on Creating Compelling Fiction from School of Writing 2019
- ♦ 3 Days Workshop on Research Methodology held on 23<sup>rd</sup> to 25<sup>th</sup> October 2019
  - ♦ Synopsis Writing held on 21<sup>st</sup> April 2019
  - ♦ Basic Life Support 2013

### **SEMINAR ATTENDES**

- ♦ A Seminar on Down syndrome, March 2019
- ♦ 32<sup>nd</sup> International Pak Orthocon, November 2018
- ♦ Electrotherapy in collaboration with Enraf-Nonius on 29<sup>th</sup> February, 2012

### **EXTRA-CURRICULAR CERTIFICATES**

- ♦ CME Desk Certificate-03 Credit Hours
- ♦ Certificate of Participation: Transparency International Pakistan, 2015
- ♦ Certificate of Participation: Young Social Reforms, 2016
- ♦ Entrepreneurial Master Class-INJAZ Pakistan

### **PUBLICATIONS**

- ♦ Perception and Promotion of Physical Activity by Clinical and Academic Physical Therapists among Patients and Students Volume-8, Issue-4 (2021)
- ♦ The Impact of Immersive and Non-Immersive Virtual Reality Trends in Sensorimotor Recovery of Post-Stroke Patients-A Meta-Analysis Volume-9, Issue-5 (2021)
- ♦ Impact on Mental Health of Families During Covid-19: A Cross- Sectional Survey Volume-31, Issue-6 (2021)
- ♦ Current Approaches to Improve Balance in Down Syndrome Population-A Systematic Review Volume-9, Issue-2 (2021)
- ♦ Effect of Exercise on Inter-Recti Distance and Associated Low Back Pain among Post-Partum Females: A Randomized Controlled Trial Volume-15, Issue-3 (2021)

- ♦ Knowledge, Attitude and Practice of Rehabilitation Specialists During the Pandemic of Novel Corona Virus in Annals of King Edward Medical University Volume-26, Special Issue (2020)
- ♦ Effect of Resistance Training on Respiratory Parameters-A Systematic Review in Pakistan Journal of Rehabilitation Volume-1, Issue-1
- ♦ Yoga in Chronic Neck Pain: An Effective Compulsory Therapeutic Option-A Meta-analysis in Pakistan Journal of Rehabilitation Volume-1, Issue-2
- ♦ The Effects of Muscle Energy Technique and Static Stretching Gastrocnemius on Pain and Disability in Knee Osteoarthritis in Pakistan Journal of Rehabilitation Volume-1, Issue-2

### **SKILLS**

- ♦ Microsoft Office: Word, Excel, PowerPoint
- ♦ Research Software: SPSS (Statistical Package for Social Sciences), MedCalc
- ♦ Organizational Skills: Management and Teamwork

### **INTERESTS/HOBBIES**

- ♦ Reading new researches and innovations
  - ♦ Writing (Academic and Fiction)
    - ♦ Painting
    - ♦ Internet Surfing

### **REFERENCES**

- ♦ Furnished upon request