

DR.MAHWISH SHAMIM

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PROFESSIONAL SUMMARY

Expertise in research projects, teaching curriculum development supervision and program development. Strengths include developing creative curricula observing and evaluating teachers planning lessons and creating favorable learning environments for students and teachers focuses on the new research and techniques

CORE STRENGTHS

- Postgraduate examiner.
- Supervise research projects of final year students.
- Member Of Pakistan Journal of Rehabilitation - Ziauddin University
- Institutional planning and management
- Semester system development
- Curriculum development
- School operations supervision
- Lesson planning
- Teacher supervision & support
- Program development
- Data evaluation
- Student instruction & nurturing
- Active community involvement
- Parent & teacher liaison
- Motivating students
- Quality assurance and inspection

EXPERIENCE

1. Baqai Medical University
Karachi, Pakistan

- Worked as a ***Director*** from 9th July 2015 to Continue.
As an **Associate Professor** in Baqai Institute of Physical Therapy and Rehabilitation Medicine

2. Dow University Of Health Sciences
Karachi, Pakistan

- External Examiner of department of postgraduate studies. In Master In Advance Physiotherapy (MSPT) 2015-2016

3. Ziauddin University Karachi
Karachi, Pakistan

- External Examiner of department of physiotherapy in M.S./ M. Phil. in Physical Therapy 2013-2016

4. Dow University of Health Sciences
Karachi, Pakistan

- External Examiner of department of postgraduate studies. In Master In Advance Physiotherapy (MSPT) 2015-2016

5. Baqai Medical University
Karachi, Pakistan

- Worked as Assistant Professor from November 2008 to Continue.

6. Baqai Medical University
Karachi, Pakistan

- Worked as Senior Registrar from 1st April to November 2008

7. Ziauddin University
Karachi, Pakistan

- Associated with Ziauddin University as visiting faculty since 2012

8. **QUALITY ASSURANCE AND INSPECTION MEMBER OF**

- Dow University of Health Sciences
- Ziauddin University
- Liaquat National School of Physiotherapy

9. **MEMBER OF THE INSTITUTIONAL BOARD OF**

- Ziauddin University
- Liaquat National School of Physiotherapy

10. Jinnah Sindh Medical University
Karachi, Pakistan

- Worked as External Examiner from 2017-TILL DATE

EDUCATION

COURSE NAME	INSTITUTION	BOARD / UNIVERSITY	YEAR
Phd in Biochemistry <i>“Status of antioxidant defenses in response to exercise and antioxidant therapy in knee osteoarthritis patients “</i>	Phd in Biochemistry Baqai Medical University	Baqai Medical University	2015
DPT in Physiotherapy	Liaquat National Hospital	Karachi University	2014
MSc Physiotherapy in Neuromusculoskeletal Rehabilitation	Liaquat National Hospital	Karachi University	2007
B.S in Physiotherapy	Liaquat National Hospital	Karachi University	2004
Intermediate	Sir Syed Government College for Girls	Board of Intermediate Education Karachi	1998
Matriculation	Progressive Children’s Academy	The Board of Secondary Education Karachi	1996

CERTIFICATIONS:

- Attended the Course “Evidence Based Spinal Examination With Hands On Training For Cervical And Lumber Spine” 23 May 2010
- Attended the “Workshop for Advance Computer Training” 12 – 14 April 2010
- Attended the workshop on “Knee Pain Assessment and Treatment ”
At Baqai Medical University .30 May 2010
- Attended Research Workshop on “Medical Writing ” 12 April 2010
- Management of Advance Trauma and Orthopaedic Problems ,Smoking Related Disorders.24 May 2003
- CME on STROKE “The Silent Epidemic” 9 September 2003
- Paper Presentation on World Physical Therapy day
“Scope of Physiotherapy in Pakistan”5 – 8 September 2008
- Paper Presentation on World Physical Therapy day
“Osteoporosis Evaluation of Osteoporosis via OSTA (Osteoporosis Self Assessing Tool for Asians”. 5 – 8 September 2009
- Cyriax Course in Orthopaedic Medicine
27 May 2001 – 24 June 2001
- CME Traumatic Paraplegia 18 July 2006
- Basic Life Support Training Course 1st June 2002

- 2nd National Neuro-Rehabilitation Conference 9-10 January 2016 Session co-Chair. Dow University of health sciences
- Workshop on Academic planning and effective learning skills 25th -26th May 2016 at Baqai Medical University
- Workshop on Academic planning and effective learning skills 25th -26th May 2016 at Baqai Medical University
- Organizer of lecture on “ABCD to Fitness” held on 7th September 2016 at Baqai Medical University

PUBLICATIONS:

1. Case Report: "The rehabilitation of hemiplegic patients" Vol.10no. 2- Jul –Dec 2007, 39-42
2. Case Report "The rehabilitation of paraplegic patients" Vol.11no. 1- Jan –Jun 2008.
3. Effects of isometric and isotonic exercises in osteoarthritis of knee in females of Karachi.
4. Vol.12.No.2, July-Dec 2009 .Baqai Journal of Health Sciences
5. Effects of exercise programme on elderly patients with osteoarthritis of knee. Vol.12.No.2, July-Dec 2009 .Baqai Journal of Health Sciences
6. Awareness of physiotherapy in gynecologists. Vol.12.No.2, July-Dec 2009 .Baqai Journal of Health Sciences
7. Comparative assessment of symptoms between exerciser and non exerciser group in post delivery patient's .Vol.13, No.1-Jan-June2010. The Journal of the Baqai Medical University
8. Effect of exercise compared with ultrasonic and short wave diathermy in osteoarthritis of knee. .Vol.13, No.1-Jan-June2010. The Journal of the Baqai Medical University
9. Causes associated with frozen shoulder.Vol.13, No.1-Jan-June2010. The Journal of the Baqai Medical University
10. Stress and neck pain in Pakistani population .Vol.13, No.1-Jan-June2010. The Journal of the Baqai Medical University
11. Determination of the functional disability in osteoathritic individual. Vol.13, No.1-Jan-June2010. The Journal of the Baqai Medical University
12. The effect of positive endexpiratory pressure, peak inspiratory pressure, and inspiratory time on functional residual capacity in mechanically ventilated preterm infants. With editorial board

13. Alteration in total antioxidant capacity and antioxidant vitamins in response to exercise of knee in arthritic patients. Publication is in the International Journal of Biology and Biotechnology Volume 12, No.2, 2015.
14. Emotional Intelligence amongst physiotherapy Undergraduate Students. The Journal of Pakistan Psychiatric Society (JPPS). Volume 14, No.3, 2017
15. Comparing muscle energy technique and hold relax in the management of neck pain and upper trapezius tightness. Pakistan journal of rehabilitation 2015 volume 4 issue 2 ,pp 45-50