

Huzaifa Ather Rajar

Physiotherapist /Lecturer

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📍 L-2272 Metroville block II Gulzar e hijri, Karachi, Pakistan

WORK EXPERIENCE

Physiotherapist/Lecturer
Ziauddin University

02/2021 - Present,

Physiotherapist
Saifee Hospital Trust

07/2020 - 02/2021,

EDUCATION

M.Phil in Physical therapy
Ziauddin University

12/2022 - Present,

Doctor of Physical therapy
Dow University of health sciences

02/2015 - 06/2020,

3.85

Intermediate
Adamjee Government Science College

08/2012 - 04/2014,

Matriculation
Ideal federal secondary school

04/2012,

SKILLS

Musculoskeletal Physical therapy

Research writing

Data analysis

Excel

Neuromuscular Rehab

RESEARCH PUBLICATIONS

Rajar HA, Anum M, jawaid Sultan A, Gill AJ. Impact of human-screen interaction in developing computer vision syndrome: a cross sectional survey among university teachers. Rawal Medical Journal. 2023 Sep 1;48(3):676-.

Rajar HA, Hashmi MA, Akhtar S, Amin U, John A. The Effect of High Intensity Interval Training in Reducing the Risk of Cardiovascular Diseases in Obese Type-I Individuals. Allied Medical Research Journal. 2023 Jun 25;1(2):86-95.

Rajar, H. and Shoukat, F. (n.d.). DEPRESSION, ANXIETY, AND STRESS AMONG THE TEACHERS OF PRIVATE MEDICAL UNIVERSITIES .A CROSS SECTIONAL SECTIONAL STUDY FROM KARACHI. [online] Availableat: <https://www.xisdxjxsu.asia/>,19(1),pp590-598

ZAIDI, S.M.Z.H., ISHAQUE, F., QAISER, S.S., RAJAR, H.A., ANSARI, A.K., MASOOMA, S., SHABBIR, A., SHABBIR, R. and KUMAR, B., 2022. KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING INDIVIDUALS WHO ARE OBESE: A CROSS-SECTIONAL SURVEY AMONG PHYSICAL THERAPISTS. FUUAST Journal of Biology, 12(2), pp.57-63.Hec Indexed

Shoukat, F., Rajar, H.A. and Baig, N. (2022). Relationship of neck disability and fear-avoidance beliefs among bankers. INTERNATIONAL JOURNAL OF ENDORSING HEALTH SCIENCE RESEARCH (IJEHSR), 10(2), pp.227-232. Hec Indexed

LANGUAGES

English

Full Professional Proficiency

Urdu

Native or Bilingual Proficiency