



ALI FARHAD

S/O Farhad Rahim

● PROFILE

Experienced academic leader dedicated to excellence in research, teaching, and community engagement. With a comprehensive background in Law and Physical Therapy, I aim to inspire critical thinking, foster academic scholarship, and create inclusive learning environments

● SKILLS

Research	●	●	●	●	●
Adaptable	●	●	●	●	●
Leadership	●	●	●	●	●
Curriculum	●	●	●	●	●

● ATTRIBUTES

Leadership	████████████████████
Communication	████████████████████
Resilient	████████████████████
Innovation	██████████████████

● CONTACT

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- ☎ +92334-3749979
- 📍 Karachi, Pakistan

● PROFESSIONAL EXPERIENCE

- Sep 2023 - Present **Ziauddin University | College of Physical Therapy**
Assistant Professor and Head of Pakistan Journal of Rehabilitation
- Dec 2022 - Present **Allied Medical Research Journal | Pvt. Ltd.**
Director
- Jan 2021 - Dec 2022 **Sindh Institute of Medical & Allied Sciences| Department of Physical Therapy**
Project Director
- Jan 2014 - Dec 2019 **Ziauddin University| College of Rehabilitation Sciences**
Project Director

● EDUCATION

- 2023 **PhD Scholar**
Karachi University
- 2019 **MPhil Physical Therapy (Exercise Physiology)**
Ziauddin University
- 2014 **Accelerated Doctor of Physical Therapy**
Ziauddin University
- 2014 **Masters in Legislation & Law**
Islamia Law College
- 2011 **Bachelors in Legislation & Law**
Islamia Law College
- 2011 **Bachelors in Physical Therapy**
Liaquat National School of Physical Therapy

● CONFERENCES & WORKSHOPS

- Presented paper as *Young Scientist* on "Impact of Anaerobic Exercises on Dose Response Relationship Curve in Grade I Hypertensive Adult" at 3rd Annual International Conference on Rehabilitation Translational, Clinical and Research perspectives

- Research Methodology and Skills
- Professional Faculty Development
- Research Protocol Writing
- Improving Teaching and Learning Skills
- Written Assessment Tools

● SOCIAL PARTICIPATION

- Organized Blood Donation Camp in collaboration with INDUS HOSPITAL, Blood Center on January 12th, 2016 at ZCPT
- Organized CME – Evidence Based Practices a Growing perspective – 3 Credit hours

● PUBLICATIONS

- Farooqui S, Hussain N, Hassan B, Farhad A, Kazmi SA. Role of conservative management in the reduction of Cobb angle among adolescent idiopathic scoliosis. A systematic review. *Physiotherapy Quarterly*. 2023 Apr 1;31(2):1-6.
- Hassan B, Farooqui SI, Farhad A. Exercise response on dose curve among class I obese young adult population. *JPMA. The Journal of the Pakistan Medical Association*. 2022 Feb 1;72(2):216-21.
- Farhad A, Farooqui S, Hassan B. Effects of Anaerobic Exercises on Cardiac Workload, Peripheral Resistance, and Lipid Index in Grade-I Hypertensive Young Adults. *Internet Journal of Allied Health Sciences and Practice*. 2021 Oct;19(4):13.
- Hassan B, Farooqui SI, Khan MU, Farhad A, Adnan QU. Effects of Mode and Duration of Exercises on Fat Mass of Obese Population. *J. Coll. Physicians Surg. Pak*. 2020 Apr 1;30:412-6.
- Zahoor AW, Khan AA, Farooqui SI, Farhad A, Rizvi J, Zafar K. Knowledge, Attitude and Practice of Rehabilitation Specialists During the Pandemic of Novel Corona Virus. *Annals of King Edward Medical University*. 2020 Jul 13;26(Special Issue):284-90.
- Farhad A, Farooqui SI, Amjad S, Khan AA. Role of structured and supervised exercise programmes in peripheral artery disease patients with and without claudication-A Systematic Review and Metaanalysis. *JPMA. The Journal of the Pakistan Medical Association*. 2019 Jun 1;69(6):874-8.
- Khan A, Raza Q, Ansari B, Farhad A. Impact of Activity Monitors on Quantification of Physical Activity-A Systematic Review & Meta-Analysis. *Indo Am. J. Pharm. Sci*. 2019 Feb 1;6:3400-11.

- Farooqui SI, Siddiqui PQ, Ansari B, Farhad A. Effects of spinal mobilization techniques in the management of adolescent idiopathic scoliosis-A meta-analysis. International Journal of Health Sciences. 2018 Nov;12(6):44.
- Farooqui SI, Farhad A, Khan MU. DETERMINING THE POTENCY OF CARDIAC REHABILITATION PHASE-II IN CVD PATIENTS WITH CO-MORBIDITIES. Pakistan Journal of Rehabilitation. 2018;7(1):15-20.
- Farhad A, Shafaq S, Khan AA. Effect of NDT in improving motor dysfunction using GMFM SCORE 66 and 88 as assessment tools. Pakistan Journal of Rehabilitation. 2017;6(2):26-31.
- Farooqui SI, Khan AA., Rahim M., Rafiq N., Farhad A. Analyzing spinal curves for prolong sitting in university going students. European International Journal of Science and Technology Volume 4 No. 7 September 2015.
- Farhad A, Saleem S, Razzak ZA. BACK TO THE GRASS ROOT. Pakistan Journal of Rehabilitation. 2014;3(2):41-3.

● REFERENCES

- Furnished upon request.