

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 Physical Therapy
2023 PhD Physical Therapy (Enrolled)
- ♦ 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 Physical Therapy ♦ F-6 block # 5, Khayaban-e-Saadi, Boat Basin, Karachi

Assistant Professor 13th 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 Co-Supervisor – Present

MPhil in Physical Therapy

Research Supervisor 2019 – Present

Bachelors of Physical Education & Sports Sciences

Member of Editorial Team 2019 – Present

Pakistan Journal of Rehabilitation

Allied Medical Research Journal ♦ Plot # 409, Suit no G1, Violet Street, Garden East Karachi

Production Editor 12th December 2022 – Present

Working as a production editor, having an effective role in coordinating and managing the publication process for optimal quality and efficiency.

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

Physiotherapist 25th April 2017 – 30th 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

- ♦ Essentials of Neuroscience Course 2020 (ENC2020) ‘Basic Neuroscience Certificate Course’, July-September 2020
- ♦ Foundations of Excellence in Teaching Online from Arizona State University, 4th July 2020
- ♦ Learning How to Learn: Powerful mental tools to help you master tough subjects from McMaster University, UC San Diego, 27th July 2020
- ♦ Science of Exercise from University of Colorado, 28th July 2020
- ♦ Work Smarter, Not Harder: Time Management for Personal and Professional Productivity from UCI, Division of Continuing Education, 29th July 2020
- ♦ Teacher’s Social and Emotional Learning from University of Colorado, 29th July 2020

WORKSHOPS ATTENDED

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

SEMINAR ATTENDES

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

- ♦ Improving Motor Proficiency in Children with Developmental Delays: A Meta-Analysis Evaluating the Impact of Motor Skills Interventions (2024)
- ♦ Effectiveness of Simulated Equestrian Therapy in Improving Gait Parameters among Children with Down Syndrome: A Randomized Controlled Trial (2024)
- ♦ Evaluation of Cognitive Domain in Objective Exam of Physiotherapy Teaching Program by Using Bloom's Taxonomy (2022)
- ♦ Perception and Promotion of Physical Activity by Clinical and Academic Physical Therapists among Patients and Students, International Archives of Health Sciences, 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, Journal of Intellectual Disability-Diagnosis and Treatment, Volume-9, Issue-5 (2021)
- ♦ Impact on Mental Health of Families During Covid-19: A Cross- Sectional Survey, Ethiopian Journal of Health Sciences, Volume-31, Issue-6 (2021)
- ♦ Current Approaches to Improve Balance in Down Syndrome Population-A Systematic Review, Journal of Intellectual Disability-Diagnosis and Treatment, 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, Journal of Family and Reproductive Health, Volume-15, Issue-3 (2021)
- ♦ Knowledge, Attitude and Practice of Rehabilitation Specialists During the Pandemic of Novel Corona Virus, Annals of King Edward Medical University, Volume-26, Special Issue (2020)
- ♦ Effectiveness of Lumbar Stabilization Exercises in Non-Specific Low Back Pain among Occupational Therapist, Pakistan Journal of Rehabilitation, Volume-8, Issue-1
- ♦ Effect of Resistance Training on Respiratory Parameters-A Systematic Review, Pakistan Journal of Rehabilitation, Volume-7, Issue-1
- ♦ Yoga in Chronic Neck Pain: An Effective Compulsory Therapeutic Option-A Meta-analysis, Pakistan Journal of Rehabilitation, Volume-7, Issue-2
- ♦ The Effects of Muscle Energy Technique and Static Stretching Gastrocnemius on Pain and Disability in Knee Osteoarthritis, Pakistan Journal of Rehabilitation, Volume-7, 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