First Name of Application CV No: 1652046

Whatsapp Mobile: +971504753686


# Curriculum Vitae

|  |  |
| --- | --- |
| Personal Summary*A highly motivated, confident individual with exceptional multi-tasking and organisational skills. Able to communicate effectively and sensitively with patients and carers to maximise the rehabilitation of patients and to ensure understanding of often complex clinical issues impacting on recovery. Excellent client facing skills and the ability to work closely with other health care professionals to assess a patients needs and devise suitable treatment plans for them.***Personal Information**Date of Birth: February 15, 1989Sex: FemaleNationality: Indian Marital Status: SingleLanguages: English, Urdu, Hindi | **Career Objective**To be associated with a firm, that provides career development opportunities and contributes in its progress through my knowledge and skills, which would go a long way in building bright and challenging career in the field of physiotherapy and rehabilitation sciences.**Area of interest**Musculoskeletal and Orthopaedics physiotherapy, Stroke management, Sports injuries, Patient care, Neurological conditions, Cardiology, Ante natal and post natal therapeutic exercises, Community Medicine.**Academic Profile*** BPT with first division (2nd Topper of the Batch), from Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi, India.
* 6 Months Internship from St. Stephens’s hospital, Delhi, India.
* Senior Secondary Examination from C.B.S.E Board.
* Secondary school examination from C.B.S.E. Board

**Academic acheivements & Membership*** Publications: Aiman S, Moiz JA, Verma S, Shareef MY, Hussain ME (2015) Comparison of Muscle Damage Response among Different Submaximal Repeated Eccentric Exercise Bouts: A Dose Response Study. Ann Sports Med Res 2(9): 1053.
* Dubai Health Authority (DHA eligibility letter)
 |

**Professional EXPERIENCE**

* From 1st February 2013 till present, working as a physiotherapist in Sanjeevni Rog Mukti Clinic,. (India).
	+ - Provided physiotherapeutic treatment for outpatients. Responsible for managing a clinical caseload, providing physiotherapy assessment and treatment to the highest standard.
* From 18th July 2015 till present working in Park Hospital, NCR.
	+ - Providing physiotherapeutic assessment and treatment to inpatient and outpatient.
* Sixth Months Compulsory Internship from, St. Stephens’s hospital, (India).

IN BPT:

* Centre for Physiotherapy and Rehabilitation Sciences, New Delhi
* Ansari Health Centre, New Delhi-
* Leonard Cheshire Home New Delhi
* Guru Harikishan Hospital New Delhi
* Batra Hospital, New Delhi
* Charak Palika N.D.M.C. Hospital New Delhi
* Centre for Early childhood Development and Research, New Delhi
* St. Stephens Hospital, Delhi
* Ground Physiotherapist at Delhi International Football League, New Delhi, (India)
* Jawahar Lal Nehru Stadium, New Delhi, (India).
* Indira Gandhi National Stadium, New Delhi, (India).
* Safdarjung Hospital, New Delhi (India).

**Professional Skills**

* Comprehensive problem solving abilities
* Excellent written and verbal communication skills
* Willingness to learn team facilitator and hard worker
* Able to manage escalations, issues and risks.
* Experience of dealing with emotional and stressful situations.
* Can motivate others through effective communication skills.
* Able to deal with hostility in the form of verbal and physical aggression.
* Ability to work independently in busy environment.
* Highly developed dexterity, co-ordination and palpation skills for assessment.
* Fully aware of fire, health & safety and other departmental policies.
* Flexibility to work weekends on rotational basis

**desertation work**

(As a part of Bachelor of Physiotherapy degree)

“GRIP STRENGTH IN ELDERLY”

**Conferences AND WORKSHOP attended**

* Attended hands on workshop on Kaltenborn principles of manual therapy of spine and extremities by APTE, at CPRS, Jamia Millia Islamia
* Workshop on ‘Kinanthropometery’ New Delhi.
* Participated in symposium “The Young Athlete” held on 5th October 2013 at VIMHANS, New Delhi.
* Participated in hands on workshop on “Exercise Testing and Prescription” at CPRS, Jamia Millia Islamia, by Dr. Fiddy Davis.
* Attended workshop on “Bands, balls and Balance” at Jamia Millia Islamia conducted by Dr. Aarti Prasad, Thera Band Academy
* One day workshop on PNF Techniques, by Dr. Harpreet Singh, 2015 held at Jamia MIllia Islamia
* National Symposium on Healthy Ageing, New Delhi.
* Symposium on Cardiopulmonary Rehabilitation, New Delhi.
* 2nd International congress on Gerontology and Geriatric Medicine (25-29 Feb 2012 at AIIMS & UCMS, NEW DELHI)
* Workshop On Therapeutic Evaluation & Rehabilitation by Isokinetic Dynamometry at Manav Rachna International University, Faridabad.
* Workshop on Life Style Modification of Leprosy cured patient at TLM Shahdra New Delhi.
* Workshop on Orthotic and Prosthesis devices at Indian Spinal Injury Center, New Delhi.
* 2 Days Neuro Physical Therapy Workshop 2012, Medanta-The medicity (India)
* Early Intervention in Child at KASTURBA MEDICAL COLLEGE, Manglore in December 2011.
* 2 Days hands on workshop on “Taping Techniques in Sports and Orthopaedic Disorders”. By; Dr. Hemant Juneja