



RESUME

Dr. Aafreen

Address: - Gorakhnath, Gorakhpur, U.P

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EDUCATION:

Academic and professional Qualifications:

Qualification	School/University	Passing out year	Percentage/ CGPA
CLASS 10th	Central Academy Sr. Sec School CBSE BOARD	2005	77%
CLASS 12th	Central Academy Sr. Sec School CBSE BOARD	2007	66%
Bachelor in Physiotherapy (BPT)	PACIFIC COLLEGE OF PHYSIOTHERAPY (DDUGU), GORAKHPUR	2014	72%
Master in Physiotherapy (MPT) (Neurology)	JAMIA HAMDARD UNIVERSITY, NEW DELHI	2017	71%
Ph.D. (Physiotherapy)	INTEGRAL UNIVERSITY	2021	Pursuing

Memberships:

1. State Medical Faculty (Reg. No- 960)
2. Life time membership “Indian Head Injury Foundation (Neuro Rehab Group)” Reg. No. NRG-243
3. Life time membership “Spinal Cord Society” Reg. No.2023

Area of Interest: Neurological Rehabilitation

PERSONAL INFO:

DOB-27/8/1989

NATIONALITY: Indian

FATHER NAME: Late Mr. N Ansari

MOTHER NAME: Mrs. Shahana Perveen

LANGUAGE: English, Hindi, Urdu

PERMANENT ADDRESS: T-19, Gorakhnath, Gorakhpur UP, 273001

PUBLICATIONS & AWARDS:

1. **Aafreen**, Hamdani Nusrat, Kumar Suraj, Yadav Ramakant “Correlation between Walking Tests and Psychological Factors after Brain Gym Exercise in Diabetic Individuals”. Indian Journal of Physiotherapy and Occupational Therapy - An International Journal, 2017; 11(4): 57-62. [SCOPUS]
2. Ramakant Yadav, Suraj Kumar, **Aafreen**, Sandeep Yadav “Robotic Erigo tilt table exercises versus conventional exercises in rehabilitation of hemiplegic patients – A pilot study”. International Journal of Therapy and Rehabilitation 2018; 25(9):475-480. [SCOPUS]
3. Sohrab Ahmed Khan, Mereena Baby, Hammad Ahmed Siddiqui, **Aafreen** “Comparison of Pilates exercises and conventional treatment in people with knee osteoarthritis: A pilot study”. International Journal of Yoga, Physiotherapy and Physical Education, 2018; 3(1): 101-105. [UGC]
4. Suraj Kumar, Ramakant Yadav, **Aafreen** “Efficacy of Erigo Tilt Table among Male and Female Stroke Patients– A Randomized Control Trial”. International Journal of Science and Research Methodology, 2018; 9 (1): 235-246. [PUBMED]
5. Ramakant Yadav, Suraj Kumar, **Aafreen**, Sandeep Yadav “Effect of Robotic Erigo Tilt Table Exercise on Neurological Parameters in Hemiplegic Patients: A pilot study”. Indian Academy of Clinical Medicine 2018; 19(1), 08-12. [SCOPUS]
6. Sohrab A Khan, D Sindwani, **Aafreen** “Role of Pilates on Lifestyle Disorders: A Review of Literature”. International Journal of Science and Research Methodology, 2018; 8 (4): 246-254. [PUBMED]
7. **Aafreen**, Ramakant Yadav, Suraj Kumar “Chronic Spinal Cord Injury: A Life Changer, a Disease Process rather than an Event and its rehabilitation”. International Journal of Yogic, Human Movement and Sports Sciences 2018; 3(2): 477-480. [UGC]
8. Suraj Kumar, Ramakant Yadav, **Aafreen**, Sandeep Yadav “Effect of robotic tilt table on rehabilitation outcome in right side versus left side hemiplegia”. International Journal of Yogic, Human Movement and Sports Sciences 2018; 3(2): 237-241. [UGC]
9. Suraj Kumar, Ramakant Yadav, **Aafreen** “Effect of Robotic Tilt table versus conventional exercises on rehabilitation outcome in stroke patients: A follow up study” International Journal of Advance Research. 2018; 6(11): 689-696. [PUBMED]
10. Amrit Kaur Chani, Hammad Ahmed Siddiqui, Sohrab Ahmad Khan, **Aafreen** “Correlation between urinary incontinence and quality of life among middle aged female”. International Journal of Yogic, Human Movement and Sports Sciences 2018; 3(2): 763-765 [UGC]
11. Siddiqui HA, Khan SA, **Aafreen**, Hamdani N “Early detection of sensorimotor changes in upper limb in type 2 diabetes”. International Journal of Health Sciences and Research. 2018; 8(3):113-118. [UGC]
12. Pushpendra Kumar, **Aafreen**, Suraj kumar, Mudit kumar. “Comparison between hypolipidemic effect of Lagenaria Siceraria and lovastatin in hypercholesterolemic rats”. Paripex - indian journal of research. 2019; 8(2): 13-14. [UGC]
13. Ramakant Yadav, Suraj Kumar, **Aafreen**. Efficacy of Erigo tilt table and conventional physiotherapy on rehabilitation outcome within haemorrhagic and ischemic stroke patients. Journal of Musculoskeletal Research. 2020; 22(1): 1-10. [SCOPUS]
14. Suraj Kumar, Ramakant Yadav, **Aafreen**. Comparison between Erigo tilt table exercise and conventional physiotherapy exercise in acute stroke patients: a randomized control trial. Archives of Physiotherapy. 2020; 10:3. [PUBMED (BMC)]
15. Suraj Kumar, Ramakant Yadav, **Aafreen**. The effectiveness of a robotic tilt table on the muscle

- strength and quality of life in individuals following stroke: A randomised control trial. International Journal of Therapy and Rehabilitation. 2018; 27 (12): 1-9. [SCOPUS]
16. **Aafreen**, Rita Sharma, Meenakshi Verma, Bhavna Sharma. Impact of Physical Activity on Forensic Psychiatric patients: A Rehabilitative Approach. Indian Journal of Forensic Medicine and Pathology. 2021 [SCOPUS] (accepted)
 17. Rita Sharma, **Aafreen**, Sumedha Rabra, Ritika Indoria. Smoking: A toxic influence in young adult population- A retrospective study. Indian Journal of Forensic Medicine and Pathology. 2021 [SCOPUS] (accepted)
 18. Poster presentation on **Text Neck – The Next Syndrome** in National Conference on A Multidisciplinary Approach to disease in present health scenario and won **third prize**, New Delhi
 19. Poster presentation on **Isokinetic Measurement of Functional Hamstring: Quadriceps Strength Ratio in Various Age Groups of Asymptomatic Females** in National Seminar on Biomedical Engineering, Food and Fermentation Technology and won **second prize**, New Delhi
 20. Paper presentation on **Robot-assisted gait training in Parkinson's disease rehabilitation: A pilot study** in Femcon 2019: Female Physio Summit and won **third prize**, Jaipur
 21. Paper presentation on **Robot-assisted therapy in improving upper extremity function among post stroke patients** in National Seminar on Applied Research, Greater Noida
 22. Aafreen. **COVID 19 and Musculoskeletal Health (Book Chapter-4)**. COVID19: A Deteriorative Conundrum of Human Health (Edition 1). 2022
 23. Aafreen. **Guidelines Available from Regulatory Bodies against COVID 19 (Book Chapter-21)**. COVID19: A Deteriorative Conundrum of Human Health (Edition 1). 2022

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1. **Assessment of CP** (Dairy No: 14051/2021-CO/L), 2021
2. **Home Exercise Program for Stroke Patients** (Dairy No: 14180/2021-CO/L), 2021

WORK EXPERIENCE:

1. Worked as **Physiotherapist** at **Savitri Hospital and Research Centre** in Alinagar, Gorakhpur from July 2013 – December 2014.
2. Worked as **Senior Research Fellow** (ICMR), Department of Physiotherapy and Neurology, **Uttar Pradesh University of Medical Science**, Saifai, Etawah from May 2017- May 2019.

Roles & Responsibilities:

- Performing active role in Neurological Rehabilitation program (IPD/OPD).
- Working with assistive rehabilitation robot devices/systems in Physical Medicine and Rehabilitation department.
- Compilation and analysis of all the data generated.
- Preparing manuscript for publication in top-tier-peer-reviewed journals and presenting work annually at national & international conference.
- Keep abreast with latest research, development & techniques in physiotherapy.
- Ability to counsel patients

- Keeping record of all patients who can go for any further research.
 - Imparting lecture to the physiotherapy students.
3. Worked as an **Assistant Professor and Consultant Physiotherapist** at Sharda University, Greater Noida, UP from 05 July 2019 - 23 October 2021.

Roles & Responsibilities:

- Working as **Consultant Physiotherapist in 900 bedded (ICU's/IPD's /PVT ward) Sharda Hospital.**
 - Working as **Consultant Therapist in COVID-19 Duty Room (ICU/WARDS).**
 - Preparing and delivering lectures as an “Assistant Professor” for the following subjects such as
 - **MPT 1st Year (Neuro): Basic Sciences & Biomechanics**
 - **MPT 1st Year (Neuro): Clinical Decision Making & Physiotherapy Assessment**
 - **MPT 2nd Year (Neuro): PT in Neurological Condition (Medical & Surgical)**
 - **BPT 7th sem: Physiotherapy in Neurology**
 - **BPT 6th sem: Physiotherapy in General Medicine & General Surgery**
 - **BPT 4th sem: Electrotherapy**
 - **BPT 4th sem: Exercise Therapy**
 - **BPT 4th sem: Biomechanics & Kinesiology**
 - SPOC person for **NAAC Criteria 7**
 - **Community Connect Coordinator** and working on two community projects in Greater Noida.
 - **Institutional Innovation Council Coordinator**
 - **PeopleSoft and iCloud Champion**
 - **Class Coordinator**
 - Supervisor for **both under graduate and post graduate research Projects.**
 - Conducting tutorials and practical sessions for the above-mentioned subjects.
 - **Marking and assessing assignments** and examination papers and providing feedback.
 - Attending various department meetings **FDPs as well as seminar.**
 - To participate in conduction of various **co-curricular activities and events.**
 - Assisting students with their seminar presentations and conducting classroom discussions to solve subject related queries.
4. Working as an **Assistant Professor** at Integral University, Lucknow, UP from 27 October 2021 to till date.

Faculty Development Programs (FDPs) Attended on:

1. Attended One Week Faculty Development Program on **Clinical Research Methodology**, School of Dental Sciences, Sharda University (1st to 5th June 2020)
2. Attended 5-day FDP on **Outcome-based Education**, Sharda University (16th – 20th September 2020)
3. Attended One week Faculty Development Program on **Exploratory Data Analysis using Statistical Software R & SPSS**, Hansraj College, University of Delhi (07th – 13th January

2021)

4. Attended One week Faculty Development Program on **Research Methodology – “Accelerators & Bumps”**, Banarsidas Chandiwala Institute of Physiotherapy, New Delhi (14th – 21st June 2021)
5. Attended 5-day FDP on **Outcome-based Education**, Sharda University (5th – 9th July 2021)
6. Attended 7-day FDP on **National Education Policy “Institutional Development Plan for Academic Excellence**, Sharda University (20th – 27th August 2021)

CLINICAL PLACEMENTS:

Worked as a trainee for 6months in **Pacific Hospital and Research Centre** in the following departments Gorakhpur.

- Orthopedics.
- Neurology.
- Physical Medicine & Rehabilitation.
- Surgery.

WORKSHOPS, CONFERENCES ATTENDED/ CERTIFICATION:

1. Attended **World Physiotherapy Congress 3rd International Physiotherapy Conference 2019** Theme: Lifestyle Modification for Fitness: A Key to 21st Century, Janardan Rai Nagar Rajasthan Vidyapeeth, Department of Physiotherapy, Udaipur, Rajasthan (17-10-2019 to 22-10-2019)
2. Participated in **8th International Conference of Physical Therapy AIIMS 2019** Theme: Physical Therapy- Creating Resilience in Health Care, All India Institute of Medical Sciences, New Delhi (19-12-2019 to 23-12-2019)
3. Participated in Paper presentation on **Chronic Spinal Cord Injury: A Life Changer, a Disease Process rather than an Event and its rehabilitation** in KASHCON 2017, The Indian Association of Physiotherapists J&K Chapter and CRC Srinagar, Kashmir
4. Participated in Paper presentation on **Robotic Erigo tilt table exercises versus conventional exercises in rehabilitation of hemiplegic patients – A pilot study** in The Indian Association of Physiotherapists IAPCON- Professional- 2018, Advocacy for Physiotherapy: A Need for Society, New Delhi
5. Participated in workshop on topic **“Inferential Statistics in Public Health”** in the XX Annual Conference of IAPSMUPUKCON- 2017, UPUMS, Saifai, Etawah
6. Participated in workshop on **BLS Training as per guidelines of Resuscitation Council of India** of ISA, UPUMS, Saifai, Etawah
7. Participated in workshop on **“Rehabilitation of People with Disabilities”**, UPUMS, Saifai, Etawah
8. Volunteered as a sport physiotherapist and actively participated in **NEW DELHI Marathon**

held at JLN stadium

9. Attended National Conference on **Cerebral Palsy**, Kanpur
10. Participated in CME on **Neural Mobilization Technique**, Gorakhpur
11. Attended CME on **Scope of Physiotherapy in Spinal Cord Injury**, Gorakhpur
12. Participated in **Combined Arthroplasty and Physiotherapy Symposium** (1st GLOBAL CAPS), New Delhi
13. Participated in JESS Symposium cum Workshop, New Delhi
14. Attended **International Conference on Neuro Rehabilitation: Developing Skills** (neuro rehabilitation subsequent to head and spine injury), New Delhi
15. Attended International Conference on **Symposium on Assistive Technology in Neuro Rehabilitation**, New Delhi
16. **“Role of physiotherapy in Acute care COVID 19 Pandemic”** by Jamia Hamdard, New Delhi.2020
17. Attended a **Seminar/Workshop** on **“Intellectual property right design” IPR 2021** organized by Sharda University
18. Attended a **Seminar** on **“Research Methodology: Publication Need & Guidelines 2021** organized by Sharda University
19. Attended E-conference on **COVID-19: GLOBAL VOICES 2020** organized by Sharda University

DECLARATION:

I hereby declare that the details furnished above are true to best of my knowledge and I request the concern authorities to provide me a chance, so that I could prove the best of my knowledge. I shall be thankful and grateful to you.

Lucknow

Last updated on: 31st January 2022

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