

**Hera Naeem**

C-15 Sarvodaya Nagar, Lucknow-226016

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**Academic Qualifications :-**

| <b>Certification</b> | <b>Specialization/board</b> | <b>Institute/University</b>  | <b>%age</b>                       | <b>Year</b> |
|----------------------|-----------------------------|------------------------------|-----------------------------------|-------------|
| Mpth                 | Neurology                   | Integral university          | 77.4 (first division with honors) | 2021        |
| B.PTh                | Regular                     | Integral university, Lucknow | 79.24 ( silver medalist)          | 2018        |
| 12 <sup>th</sup>     | PCB (ISC)                   | Spring Dale College, Lucknow | 80.60                             | 2014        |
| 10 <sup>th</sup>     | ICSE                        | Spring Dale College, Lucknow | 92.80                             | 2012        |

**Career Objective :-**

To work in a challenging field this will make full use of my abilities and developing both personal and interpersonal skills along with sincere contribution to the organization's growth and goals.

**Internship :-**

- **Hospital** Balrampur Hospital Lucknow.

**Areas of Experiences :-**

- Musculoskeletal physiotherapy
- Neurological conditions
- Sports injuries
- Patient care
- Patient counselling

**Personal Summary :-**

A highly motivated, confident individual with exceptional multitasking and organizational skills.

Able to communicate effectively and sensitively with patients and carers to maximize 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 patient's needs and make suitable treatment plans for them.

Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution as a physiotherapist.

**Core-Competencies :-**

- Providing a high standard of physiotherapy services to patients
- Ensuring that equipment used in carrying out physiotherapy is safe
- Supervising physiotherapist assistants
- Evaluating, planning and delivering care plans in response to complex needs
- Reporting all complaints/incidents to senior managers and documenting them
- Involved in patients' pre- admission and follow-up care
- Priortising urgent referral and emergency cases
- Working with respiratory, orthopaedic ,neurological patients

**Key Skills :-**

- 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

**Co-curricular Activities :-**

- Worked as a house captain in school
- Organized events at school and college annual day functions and other events.
- Participated in poster presentation titled “Frozen Shoulder” held on World Physiotherapy Day at Integral University
- Participated in quiz competition held on World Physiotherapy Day at Integral University
- Participated in poster presentation titled “Joint Mobilization – Maitland Concepts” held at U.P University of Medical Sciences Saifai, Etawah.

**Interests :-**

- **Listening to music:** It helps me in concentration and makes me feel relaxed
- **Meeting new people**
- **cooking**

**Workshops And Conference :-**

- Attended 2 days national conference on “Latest Trends Towards Autonomous Physiotherapy Practice” at Uttar Pradesh University Of Medical Sciences , Saifai Etawah U.P (2016)
- Attended 2 days workshop on “Positional Release Technique.” At integral university (2017)
- Attended workshop on “ Clinical Skill Updates” at KGMU Lucknow. (2017)
- Attended workshop on “Geriatric Rehabilitation And Counselling For Care Givers of Elderly “at Samarpan Senior Citizen Home (Help Age India) Lucknow. (2018)

**Dissertation :-**

I have completed my thesis on “ Impact of Exercises on Bell’sPalsy “, under the guidance of Dr.Neeraj Maurya (PT) M.P.Th (Neurology), Assistant Professor in Department of Physiotherapy, Integral University ,Lucknow.

**Declaration:-**

I hereby declare that the above mentioned information is true and correct to the best of my knowledge and believe.

**Date :**

**Place :** Lucknow