

# HIRA NAWAZ



## Physiotherapist

### Why Hira Nawaz PT

- Experienced, passionate, and ambitious physical therapist looking to gain employment. Physical therapists work to help improve mobility and strength or to possibly help reduce the pain that individuals might suffer due to an injury or disability.
- Conversant and level-headed lecturer possessing strong technical acumen to work on improvement initiatives in the classroom focusing on inquiry-based learning and literacy across. Skilled at analyzing student performance outcomes on daily objectives as well as on curricular unit learning goals in order to create and implement daily action plans
- Result-oriented individual and well-versed educationist having thorough knowledge and competency in maintaining classroom environment.

### Personal Information

**Father name**

Muhammad Nawaz

**Date of birth**

01-06-1993

**Nationality**

Pakistan

**Religion**

Islam

### Work Experience

- Lecturer at Afro Asian institute (Affiliated with GCUF)\*  
(24-10-2022 to till date)
- 3 years clinical experience at Noor Zainab rehabilitation  
(01-02-2019 to 20-09- 2022)
- 1 year clinical experience at services Hospital LHR  
(01-11-2018 to -31-1-2019)

### Education

**-Riphah International University**

Masters of sciences in neuromuscular physical therapy  
(2017-2019) CGPA 3.2

**-Superior group of colleges**

Doctor of physical therapy (DPT)  
(2012-2017) CGPA 2.78

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178-D jahanzaib block

Allama Iqbal town LHR

### Research Work

- Effects of Aerobic exercises on gross motor function in children with spastic Cerebral palsy.
- Hospital based anxiety and depression in post femoral fracture patients in Government and private hospitals of LHR.

### Certification

3 months diploma in IT (Information Technology)  
(05-07-2011 to 05-10-2011)

### Skills

Expert in Microsoft office, teaching expertise, Good communication skills  
Management skills, expert in pain management and neuromuscular diseases  
Rehabilitation

## *References*

Zara Khalid (Head of Physiotherapy Department services Hospital LHR, Pakistan)  
Phone no +92 314718634

Mrs. Fouzia Saleemi (CEO Noor Zainab Rehabilitation center LHR, Pakistan)  
Phone no +92 3214298119

Mr. Osman (Director Academics Afro Asian Institute, Affiliated with GCUF Pakistan)  
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