

# RIDA KHALID

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## Professional Resume:

**Status**                      Physiotherapist.

**CurrentAddress**        H#15, S#3, Kernal pura Wahdat colony Lahore

**PermanentAddress**    H#15, S#3, Kernal pura Wahdat colony Lahore

**NIC**                        35200-4265357-0

**Cell.**                      0324 4156059

**Email:**                    minsasureshi6@gmail.com

**Dateof Birth.**            08 july,1994

## OBJECTIVE:

To pursue a challenging career in a reputable and dynamic organization where I can fully utilize my education and knowledge to refine my abilities and acquire necessary skills to serve humanity and to gain expertise in hand on practice.

## EXPERIENCE:

### 1: HAQ ORTHOPEDICS

- Currently working there (in evening)

### 2: CHILDREN HOSPITAL LAHORE

Currently working there (in morning)

### 3: SHEIKH ZAYED HOSPITAL, LAHORE

Worked as Physiotherapist ( April 2019 – July2019)

#### **4: PSRD (The Pakistan Society for the Rehabilitation of the Disabled), LAHORE**

- Supervised Clinical rotation ( December2018)
- Learned basic knowledge of how to treat patients.
- Learned how to handle situations with too many patients.

#### **5: JINNAH HOSPITAL (PHYSIOTHERAPY DEPARTMENT), LAHORE**

- Supervised Clinical rotation ( August2018)
- Treat all patients
- Learned to use different physical therapy techniques

#### **6: JINNAH HOSPITAL (BURN CENTER), LAHORE**

- Supervised Clinical rotation ( April2018)
- Observed and Assess patients.
- Learned basic knowledge of how to treat patients.
- Learned to use different physiotherapy equipments

#### **7: GENERAL HOSPITAL, LAHORE**

- Supervised clinical rotation at
  - PHYSIOTHERAPY DEPARTMENT ( May2018)
  - ORTHOPEDIC WARD ( June2018)
  - NEUROLOGY WARD ( June2018)

### **Professional certification and academic education**

<b>SR #</b>	<b>Degree/ Certificate</b>	<b>University/Board</b>	<b>Time Period</b>
<b>01</b>	<b>Doctor of physical therapy (DPT)</b>	THE SCHOOL OF ALLIED HEALTH SCIENCES (CHILDREN HOSPITAL LAHORE)	<b>2013 – 2018</b> <b>Final year Roll No : 074242</b>
<b>02</b>	<b>FSC (Pre medical)</b>	BISE Lahore	<b>2010 – 2012</b> <b>Roll NO: 507051</b>
<b>03</b>	<b>MATRIC (Science)</b>	BISE Lahore	<b>2008 – 2010</b> <b>Roll No: 129687</b>

## QUALITIES:

- Good Speaker and presentation skills.
- Ability to lead and work under pressure.
- Organized many events.
- Optimistic and proactive approach.
- Passionate about learning new things.
- Actively participated in all extra-curricular activities.

## WORKSHOPS:

- Attended **Physical therapy free camp as physiotherapist by Noor hospital**
- Attended **Cystic fibrosis clinic** as a physiotherapist under supervision of Dr. Ali Akbar from UK in children hospital, Lahore.
- Attended workshop on **Stroke**.
- Attended workshop of **Gross and surface anatomy**.
- Attended workshop of **Cerebral Palsy and its management**.

## TRAINING:

2700 hours training duration as Multi-Disciplinary Team member in different department in Children Hospital Lahore, General Hospital and Jinnah Hospital and worked with patient of:

- Cerebral Palsy
- Developmental Delays
- Down's Syndrome
- Stroke Amputations
- Hand Injuries
- Burns
- ICU
- Frozen Shoulder

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