

# AMNA AAMIR KHAN

**Manager Research Operation & Development | Asst. Professor | M.Phil. Coordinator | Associate Editor**

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## PROFESSIONAL SYNOPSIS

Offering around thirteen (13) years of broad experience in medical academia with demonstrated track-record of planning & developing curriculums, managing multiple institutional activities and specializes in providing professional trainings to the graduating students of physiotherapy. A result oriented professional with a strong grip on academic research and innovative teaching mechanism. Currently perusing my PhD. in Physiotherapy to strengthen my profile and exploring the responsible / leading position in a reputable institution for personal and organizational growth.

## EXPERIENCE

### ZIAUDDIN UNIVERSITY | ORIC OFFICE

- **MANAGER RESEARCH & OREATIONS DEVELOPMENT** | JANURARY 2020-PRESENT

### ZIAUDDIN UNIVERSITY | ZIAUDDIN COLLEGE OF PHYSICAL THERAPY

- **M.PHIL. COORDINATOR & ASSISTANT PROFESSOR** | JULY 2013 – 2018
- **SENIOR LECTURER** | JULY 2011 – JULY 2013
- Member of program team to prepare '**Self-Assessment reports on MS/ M.Phil. program**'. | JULY 2016

### HIGHER EDUCATION COMMISSION

- **MASTER TRAINER** | JANUARY – MARCH 2013

Awarded the '**Certificate of Professional Development**' by Learning Innovation Division for successfully meeting the requirements of 20<sup>th</sup> *Master Trainers-Faculty Professional Development Program* held at HEC Islamabad for eight (8) Weeks.

### AGA KHAN UNIVERSITY HOSPITAL, PAKISTAN

- **INTERNEE** | MAY 2007

Internship at Aga Khan University Hospital with almost 200 working hours handling patients independently suffering with Orthopaedics Disorders, Cardio-Pulmonary Dysfunctions, Neurological Diseases.

### AL-MUSTAFA MEDICAL CENTRE, PAKISTAN

- **TRAINEE** | APRIL 2006 – SEPTEMBER 2006

Worked as a Trainee Physiotherapist at AL-MUSTAFA HOSPITAL for 6 months with almost 700 working hours.

### MERITORIOUS EDUCATION CENTRE, PAKISTAN

- **LECTURER** | NOVEMBER 2001– JULY 2006

Worked as a Lecturer at Meritorious Education Centre with almost 28+ working hours a week.

## TEACHING ACTIVITIES

- **VISITING FACULTY** | PPDPT PROGRAM | LIAQAT NATIONAL COLLEGE

Subjects: Evidence Based Practice, Women Health etc.

- Teaching various courses in Ziauddin University - Research, biostatistics and critical appraisal, Research methodology etc.

## EDUCATION

- **PHD | 2013 – CURRENT** (awaiting degree)
- **MPHIL PHYSIOTHERAPY | FEB 2013** | Equivalence Received by Higher Education Commission
- **MSC. PHYSIOTHERAPY | 2007 – 2008** | **GLASGOW CALEDONIAN UNIVERSITY – SCOTLAND, UNITED KINGDOM**
- **B.S. PHYSIOTHERAPY** (1st Division) | **2002 – 2006** | **JINNAH POSTGRADUATE MEDICAL CENTRE, PAKISTAN**

## PUBLICATION & PRESENTATIONS

- Razzak ZA, Khan AA, Farooqui SI. Effects of Aerobic and Anaerobic Exercises on Estrogen Level, Fat Mass and Muscle Mass among Post-menopausal Osteoporotic Females. *IJHS Jul-Aug 2019, 13(4), 10–16*
- Khan AA, Siddiqui PQR, Ansari B, Farhad A. Impact of activity monitors on quantification of physical activity - a systematic review & meta-analysis. *IAJPS 2019, 06 (02), 3400-3411*
- Khan AA, Siddiqui PQR, Ansari B, Farhad A. Effects of osteoanabolic exercises on bone mineral density of osteoporotic females: A randomized controlled trial. *IJHS, 13, (1) (January - February 2019)*
- Role of structured and supervised Exercise Programs in Peripheral Artery Disease patients with and without claudication-A Systematic Review and Meta-analysis( *JPMA*
- Effect of Stretching Exercises on Trapezius Workload using MVIC as an Indicator  
AA Khan *Pakistan Journal of Rehabilitation 2017 Volume 6 (Issue 2)*
- Effects of Buteyko breathing technique and conventional physical therapy in adult bronchial asthma: A Randomised control trial *Pakistan Journal of Rehabilitation 2017 Volume 6 (Issue 1)*
- Effects of Cardiac Rehabilitation on the functional capacity and the Hemodynamic parameters of patients with CVD using 6MWT *Pakistan Journal of Rehabilitation 2017 Volume 6 (Issue 1)*
- Special Report- Significance Of Transtheoretical Model *Pakistan Journal of Rehabilitation 2016*
- Compare the effect of body weight supported treadmill training with over-ground gait training on balance in spastic cerebral palsy *Pakistan Journal of Rehabilitation 2017 Volume 5 (Issue 2)*  
Volume 5 (Issue 1)
- More Enabling Approach: A Challenge For The Practitioners - A Critical Review *Pakistan Journal of Rehabilitation 2016 Volume 5 (Issue 1)*
- Prevalence of Peripheral Arterial Disease (PAD) Associated with Fast Food Consumption, Using Ankle-Brachial Index in University Students *Pakistan Journal of Rehabilitation 2015 Volume 4 (Issue 2)*
- Emergence of Tele-Rehabilitation in the field of Physical Therapy *Pakistan Journal of Rehabilitation 2015 Volume 4 (Issue 2)*
- Therapeutic Effects of Ankle Joint Taping Combined with Functional Electrical Stimulation for the Correction of Post Stroke Foot Drop *Pakistan Journal of Rehabilitation 2015 Volume 4 (Issue 2)*
- Efficacy of Deep Friction Massage And Ultrasound In The Treatment Of Upper Trapezius Spasm- A Randomized Control Trail" in *Journal of Medical and Dental Science Research (JMDSR). Volume 2 Issue 12 Dec 2015*
- Effect of Modified Constraint Induce Therapy on affected upper extremity of Mild - Moderate Spastic Hemiplegic Cerebral Palsy children *IOSR Journal of Dental and Medical Sciences (IOSR-JDMS) Volume 14, Issue 12 Ver. VI (Dec. 2015), PP 124-129*
- Analyzing spinal curves for prolong sitting in university going students. *European International Journal of Science and Technology Volume 4 No. 7 September 2015*
- Application of Principal Component Analysis to identify the inconsistent variables for the manufacturing of crystalline drug component: Technical Report *International Journal of Emerging Technology and advanced Engineering Volume 4 Issue 4 August 2014*
- Backpacks– Lumbago Affect Adolescent & Children: A Review *Pak. j. rehabil., 2013 (Volume 2, Issue 2)*
- Frequency and type of Fractures entering the Emergency Units of Orthopedic Hospitals *Pak. j. rehabil., 2013 (Volume 2, Issue 2)*
- Aerobic Exercise in Heart Failure- A Review, *Pak. j. rehabil 2012, Vol 1 (01)*
- The association of sitting posture and cervicogenic pain among the students of physical therapy *Pak. j. rehabil 2012, Vol 1 (01)*
- Editorial: A paradigm shift from practice to research... Emergence of Evidence Based Practice. *Pak. j. rehabil 2012, Vol 1 (02)*

- Is over-weight and obesity associated with high frequency of comorbid conditions Pak. j. rehabil 2012, Vol 1 (02)

## CONFERENCES & WORKSHOPS

- 28 October – 15 November 2019, “Quantitative Research Methods: Concepts & Skills Using Epidemiology & Biostatistics” at Agha Khan University Hospital (AKUH).
- 3-6 September 2018. “Manuscript Writing” workshop at Aga Khan University Hospital.
- 23-24 February 2018, “Annual International Conference on Rehabilitation, Translational, Clinical & Research Perspectives” at Ziauddin University.
- 22nd February 2018, How to write and submit a manuscript for International Journal at Ziauddin University”.
- 22nd February 2018, “A workshop of urinary incontinence- A rehabilitation Perspective at Ziauddin University”.
- June 16, 2015. “Academic Integrity: Avoiding Plagiarism” Ziauddin University.
- 8th -9th July 2015 Cascading as an Organizer and Resource Person on “Academic Writing”.
- 28th October 2014, Research Methodology Workshop (Series I), Ziauddin University.
- 3rd -5th June 2014 Cascading as an Organizer and Resource Person on “Research Methodology & Skills”.
- 31st May 2014, “Research Protocol Writing at 19th Postgraduate Medical Education Conference on Enhancing Academic Standards for Quality Care”.
- June 2014, 1. Faculty Professional Development Program: a. Research methods & skills b. Problem based learning c. Assessment tools. Ziauddin College of Physical Therapy.
- March 2013, Basic Life Support, Clinical Skills and Health Informatics Lab.
- 4th Jan, 2013: Conducted and attended a full day work shop on “Improving Teaching & Learning Skills” conducted by the Director Quality Enhancement Cell, Dr. Arshia Naqvi at Ziauddin College of Physical Therapy.
- November 2011- January 2012: Attended a 2-credit course of “Synopsis” courses held by Quality Enhancement Cell at Ziauddin University (Clifton campus).
- March, 2012 Seminar on Electrotherapy.
- December 2006: Attended AFSM (Asian Federation of Sports Medicine) PHYSICIAN Course held at LIAQUAT NATIONAL HOSPITAL with 22 credit hours. Special considerations were laid on Assessments and Management of Sports Injuries, Sports Fitness and its prevention, Strapping and Tapping in acute stages of injury.

## MEMBER OF COMMITTEE

- 9th December 2016 to present: Grievance Committee, Ziauddin University
- October 2015 to present: Pakistan Physical Therapy Association
- 20th April 2009 to present: Pakistan Physiotherapy Society
- 07 October 2009 to 30th April 2012 Member of Health Professional Council
- Jan 2010 Member of Chartered Society of Physical Therapy