

WORK EXPERIENCE		33 Months
Assistant Professor	Jamia Hamdard, New Delhi	
March 2025- Present		
Responsibilities	<ul style="list-style-type: none">• Conducting and assisting in planning, lecture delivery, and student assessment.• Supervising clinical training sessions and guiding students during practical exposures.• Participating in departmental meetings, academic planning, and internal review processes.• Collaborating with senior faculty members for development of teaching materials.• Handling administrative responsibilities as delegated by the university.• Pursuing ongoing professional development to keep pace with emerging advancements in the field.	
Branch Head	Continua Kids Private Limited, Dwarka	
July 2024 – February 2025		
Responsibilities	<ul style="list-style-type: none">• Managed the centre's administrative operations, ensured seamless functionality and adherence to organizational standards.• Acted as a key liaison between the centre and head office, facilitated effective communication and resolved challenges in a timely manner.• Designed and delivered comprehensive training programs for new therapists, equipping them with counselling techniques and strategies for managing parent interactions.• Collaborated proactively with various departments to ensure cohesive operations and maintained a high-performance environment at the centre.• Upheld service excellence by monitoring delivery standards, addressing client concerns, and implementing improvements promptly.• Reviewed and evaluated therapy assessments and plans created by team members to ensure accuracy, effectiveness, and alignment with best practices.	
Centre Head	Continua Kids Private Limited, Dwarka	
Sep 2023 to June 2024		
Responsibilities	<ul style="list-style-type: none">• Successfully collaborated with parents and a multidisciplinary team to develop comprehensive home therapy plans that effectively facilitated skill acquisition and supported generalization of learned behaviours.• Designed and implemented sensory-based interventions to optimize sensory processing and improve participation in daily activities, leading to increased independence and quality of life for children.• Mentored junior colleagues to develop their clinical skills and enhance their professional growth through one-on-one guidance, mentorship, and case discussions.• Prepared detailed progress reports that clearly articulated client achievements, identified areas for improvement, and recommended adjustments to the therapy plan, ensuring effective communication and collaboration with parents and other professionals.• Successfully integrated care plans by collaborating closely with paediatricians and multidisciplinary team to address complex communication, sensory and emotional-behavioural challenges, ensuring a holistic approach to each child's development and well-being.• Provided personalized training sessions to parents, effectively demonstrating and coaching therapeutic techniques, empowering them to confidently implement these strategies at home and support their child's progress.	
Occupational Therapist	Continua Kids Private Limited, Gurugram	
Jul 2022 to Aug 2023		
Responsibilities	<ul style="list-style-type: none">• Provided targeted therapy to improve sensory processing and self-regulation in children.• Provided comprehensive education to parents regarding their child's diagnosis and treatment plan, empowering them to actively support their child's development.• Accurately documented client evaluations, treatment interventions, and progress outcomes, ensuring compliance with clinical guidelines.• Meticulously monitored and documented therapy progress to make data-driven adjustments to treatment plans and optimize outcomes for each child.	
INTERNSHIPS		
Under - Graduation	<ul style="list-style-type: none">• Indian Association of Muscular Dystrophy, Solan, Himachal Pradesh (Rural Posting): Conducted assessments and interventions for individuals with muscular dystrophy, focusing on motor function and daily living skills.• Institute of Human Behaviour and Allied Sciences (IHBAS), New Delhi, Psychiatry Department: Assisted in psychiatric rehabilitation and group therapy sessions.• Govind Ballabh Pant Hospital, New Delhi, Psychiatry Department: Worked on enhancing functional abilities and social participation for patients with chronic psychiatric conditions.• PDUNIPPD, New Delhi, Psychosocial and Cognition Remediation Unit: Provided cognitive remediation therapy for patients with developmental disabilities and cognitive impairments.• Lok Nayak Jai Prakash Narayan (LNJP) Hospital, New Delhi, Burns & Plastic Surgery Department: Assisted in the rehabilitation of burn patients, focusing on functional recovery.• Safdarjung Hospital, New Delhi, Central Institute of Orthopaedics (CIO): Supported orthopaedics rehabilitation, improving mobility and adaptation for patients.	
ACADEMIC PROFILE		
Master of Occupational Therapy (M.O.T) – Musculoskeletal	School of Nursing Sciences and Allied Health, Jamia Hamdard, New Delhi, India	2022
Bachelor of Occupational Therapy (B.O.T)	Pt. Deendayal Upadhyaya National Institute for Persons with Physical Disabilities (Divyangjan), Delhi University, New Delhi, India	2020
AISSCE (XII) CBSE	Mount Carmel School, New Delhi, India	2015
AISSE (X) CBSE	D.A.V. Public School, New Delhi, India	2013
ACHIEVEMENTS & PROJECTS		
	<ul style="list-style-type: none">• Presented a research paper at the OTICON 2024 conference, contributing to the field of Occupational Therapy.• Secured second place in the National-level Innovative Case Presentation Competition organized by BIIPBSAR, Odisha, demonstrating exceptional clinical skills and expertise.• Developed a Magnetic Puzzle Board to enhance cognitive function and fine motor skills in children with ADHD, intellectual disability, learning disability, and autism spectrum disorder.• Created an Adaptive Scissor, an assistive device to improve fine motor skills in individuals with weak hand function.• Contributed as a volunteer to a workshop on the application of research methods, expanding knowledge and skills in research.	
PROFESSIONAL MEMBERSHIPS		
	<ul style="list-style-type: none">• Registered with DCOT and AIOTA	
SKILLS		

	CLINICAL	Technical	Interpersonal	
	Assessment	M.S PowerPoint	Communication	
	Client-centred approach	M.S Word	Empathy	
	Clinical Research		Time-management	
	Management		Active listening	
	Therapeutic interventions		Adaptability	
LANGUAGE PROFICIENCY				
IELTS Overall Band 7	Speaking 7.5	Listening 7.5	Reading 7	Writing 6.5