

Sidra Arshad

Paediatric Occupational Therapist

Phone: +91-9560198518

Email: sidraarshad13579@gmail.com

Address: Gurgaon, India



A hard-working determined and well-motivated individual who is flexible and aware of professional roles and boundaries. I can use standard and non-standard techniques to assess patients and possess the ability to develop good professional and supportive relationships with clients, their families and careers. Now looking forward to working as an occupational therapist for a reputable organization.

EDUCATION

Masters in Occupational therapy (Pediatrics) Jamia Hamdard	Aug 2019 - Jun 2021
bachelors in occupational therapy PDUNIPPD, DELHI UNIVERSITY	Aug 2014 - Jun 2019
12th Class Al-Falah International School (DPS delhi public school Jeddah)	May 2014
10th Class International Indian School , Jeddah, KSA	May 2012

EXPERIENCE

Pediatric Occupational Therapist Children First, New Delhi, India	Dec 2021 - Oct 2024
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Clinical Expertise

- Assessed pediatric and adolescent needs to develop individualized intervention and management plans.
- Referred clients to specialized therapists, ensuring comprehensive and multidisciplinary care.
- Collaborated with interdisciplinary teams to deliver holistic therapy solutions.
- Advised rehabilitation teams on selecting and coordinating optimal activity programs.
- Conducted assessments to guide referrals within the organization for appropriate services.

Organizational Skills

- Maintained an organized workspace, ensuring material readiness and accurate inventory management.
- Managed administrative tasks, including scheduling, workload distribution, and supervision of junior staff.
- Planned and coordinated therapeutic events for children, fostering engagement and skill development.

Occupational Therapist Kunskapsskolan School, Gurgaon, Hayana	Oct 2024 - Feb 2025
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- Assessed students' needs and developed Individualized Intervention Plans (IIPs) to support their learning and development.
- Monitored student progress and adjusted intervention strategies accordingly.
- Conducted in-class observations to assist educators in implementing classroom accommodations and strategies.
- Led group therapy sessions to enhance students' social skills and peer interactions.
- Collaborated with teachers and school staff to create an inclusive learning environment.

Assistant Professor Jamia Hamdard University, New Delhi	Mar 2025 - Present
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- Teach and mentor undergraduate and postgraduate students in occupational therapy, with a focus on pediatric rehabilitation.
- Develop and deliver lectures, practical sessions, and workshops on assessment, intervention planning, and evidence-based practice.
- Supervise student research projects and guide them in scholarly writing and critical analysis.
- Conduct academic research and contribute to publications in occupational therapy and rehabilitation sciences.
- Design and evaluate curriculum to align with industry standards and emerging trends in occupational therapy.
- Participate in interdisciplinary collaborations, fostering research and clinical partnerships.
- Organize and facilitate seminars, conferences, and continuing education programs for students and professionals.

PROFESSIONAL ENHANCEMENTS

CERTIFICATION IN LEGO BASED THERAPY

Basic Level

ARTICLES PUBLISHED

A STUDY OF INTERNET GAMING DISORDER AMONG ADOLESCENTS AND ITS CORRELATION WITH AGE AND GENDER.

Published in the Indian Journal of Occupational Therapy and Physiotherapy, Jan 2022

A STUDY ON THE IMPACT OF COVID-19 PANDEMIC ON THE EMOTIONAL WELL BEING OF THE MOTHERS OF CHILDREN WITH ASD.

Published in the International Journal of Creative Research Thoughts, in September 2021.

THE EFFICACY OF BRAIN GYM PROTOCOL ON ANXIETY IN ADOLESCENTS WITH DYSLEXIA.

Journal of Emerging Technologies and Innovative Research, April 2022

MEMBERSHIP/REGISTRATION

The Delhi Council of Physiotherapy and Occupational therapy

Registration no. OT-513

ALL INDIA OCCUPATIONAL THERAPISTS' ASSOCIATION

AIOTA MEMBERSHIP NO : L-7793/2025

REFERENCES

Reference available upon request