



CONTACT

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THRUST AREAS

Pediatrics & Developmental Delays
Autism Spectrum Disorder (ASD)
ADHD & Behavioral Therapy
Muscular Dystrophy
Rehabilitation Therapy

HOBBIES

I enjoy baking and cooking, often exploring new recipes as a creative and therapeutic outlet. My interest in art and craft allows me to express ideas through hands-on activities. I'm also passionate about event management and anchoring, with experience in organizing college and OT awareness programs. Additionally, I actively participate in community health initiatives and regularly attend workshops and seminars related to therapy, wellness, and leadership.

ARSHEEN ALI

OCCUPATIONAL THERAPISTS

Objective

Dedicated and empathetic Occupational Therapy graduate passionate about helping individuals restore independence and improve quality of life. Currently undergoing a 6-month professional training at Max Saket Hospital, with previous experience through hospital postings in pediatrics, ortho, psychiatry, and rehabilitation. Strong interest in working with developmental delays, neurodiverse children, and musculoskeletal conditions. Ready to contribute with compassion, clinical understanding, and teamwork in a progressive healthcare setting.

Clinical & Practical Experience

Occupational Therapy Trainee

Max Saket Hospital (Ongoing)
11th Jan 2025 – 10th July 2025

Hospital Postings – 4th Year

Orthopedics & Burns (LNJP) – 4 months
Occupational Therapy Department
(Rehabilitation Centre) – 4 months
LNJP Hospital & Rehabilitation Centre,
Jamia Hamdard
Aug 2023 – Apr 2024

Hospital Postings – 3rd Year

Gynecology, Orthopedics, Pediatrics,
Psychiatry Department 8 Months
Hakeem Abdul Hameed Centenary Hospital
Aug 2022 – Apr 2023

Assisting in patient evaluations, ADL training, and therapy planning at Max Saket Hospital. Gaining practical exposure across IPD, OPD and ICU departments

Worked on motor re-education, ADL training, burn injury care, and long-term rehab plans, assisting in patient assessments and therapy sessions to promote functional recovery and independence.

Gained foundational experience in applying therapy for maternal health, child development, orthopedic trauma, and mental health support.

Education

Bachelor of Occupational Therapy

Jamia Hamdard University — 2020–2024

Senior Secondary (12th), CBSE

J.N. International School — 2018

Secondary (10th), CBSE

New Green Field School, Alaknanda — 2016

Professional Skills

Patient Assessment & Goal Setting, ADL (Activities of Daily Living) Training, Sensory Stimulation (Basic Techniques), Cognitive & Perceptual Skill Development, Communication & Empathy, Documentation & Progress Tracking, Basic Assistive Devices Knowledge, Team Collaboration & Interdisciplinary Coordination
Time Management, Ethical & Patient-Centered Care

Certificates & Workshops

Quiz on Mental Health Awareness- All India Occupational Therapist Association (AIOTA)
Free Health Camp Participation – Jamia Hamdard Rehabilitation Centre
Screening of Musculoskeletal Disorders
Cupping Therapy Specialist Level 1 – International Health & Fitness Association
Needling Therapy Specialist Level 1 – International Health & Fitness Association
Art Therapy Workshop – Organized by Nuture ife
Leadership & Inclusion Workshop – Participation of Persons with Disabilities Post-COVID-19
Free Medical Health Camp – Care for Everyone Foundation

EXTRACURRICULAR ACTIVITIES

Poster Competition Winner – Secured 2nd prize in hand hygiene poster-making competition at Max Saket Hospital on Hand Hygiene Day.
Food Stall Coordinator – Set up and managed a Boba Tea stall at Jamia Hamdard's Mega Food Mela.
OT Day Contributor – Organized a shakes and drinks stall during World Occupational Therapy Day at Jamia Hamdard.
Awareness Participant – Took part in an Occupational Therapy Awareness Walk at Jamia Hamdard on Occupational therapy Day.
AICTE along with Ministry of Housing and Urban Affairs - internship under archeological survey of India 'Mission Amrit Sarovar- Jal Dharohar Sanrakshan'