

House No. 16  
Address: Rachna Block  
Allama Iqbal Town  
Lahore 54570, Pakistan.



## CV # 40000291

### CONSULTANT OBSTETRICIAN & GYNECOLOGIST

M. B; B. S; D.G.O. [Diploma in Gynecology & Obstetrics]

**M.S. [Masters of Surgery] in Gynecology & Obstetrics**

D.P.H. [Diploma in Public Health]

P.G.D. [Diploma in Nutrition & Community Health]

Primary & Secondary Healthcare Dept.Lahore, Punjab.

#### Top Skills

Surgeries

All types of **Gynecological Surgeries** Cesarean sections

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| Objective              | To excel professionally in the field of Gynaecology and Obstetrics, in Surgeries associated with it and Management of Obstetrical Patients efficiently and effectively. To promote the importance of antenatal and postnatal care of mother n child.   |
| Academic Qualification | <ul style="list-style-type: none"><li>King Edward Medical University, Lahore<br/><b>Masters of Surgery in Obstetrics &amp; Gynaecology (M.S.)</b><br/>60% 2016</li><li>Pakistan Institute Of Modern Studies, Lahore<br/>PGD in Public Health (D.P.H.) 71% 2010</li><li>Post Graduate Medical Institute, Lahore<br/>Diploma in Obstetrics &amp; Gynaecology (D.G.O.) 68.3% 2009</li><li>Allama Iqbal Open University 77% 2017<br/>Diploma in Nutrition &amp; Community health</li><li>Fatima Jinnah Medical College, Lahore<br/>M.B., B.S. 57.3% 2004</li><li>Lahore College For Women University, Lahore<br/>Higher Secondary School Certificate (F.Sc) 77.4% 1998</li></ul> |

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| <p>Research Publications in Internationally Recognized Journals</p> | <ul style="list-style-type: none"><li>• <u>Original Research Paper</u> having title “Devising new management protocol based on sonographic sensitivity for the detection of retained products of conception” in annals of King Edward Medical University, Lahore, vol 15 issue 3.....July – sept 2009.</li><li>• <u>Original Paper</u> on “Primary health care and Alma Mata” in year 2011 in Journal of Public Health issue 2, July- Dec 2011.</li><li>• Many poems written by me, published in Fatima Jinnah Medical College magazine “Van Guard”</li><li>• Two Themed articles written by me were also published in the same college magazine “Van Guard”</li></ul> |
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Government Job Experience

- Medical Superintendent and **Consultant Gynecologist** in Govt. Rana Abdul Raheem Memmorial Hospital. Sodiwal, Multan Road , Lahore since January 2016 and continuing the same till date.
- Started this Government Hospital complete set up right from the ashes. Started OPD first, later the three shifts and now it's a fully functional hospital working round the clock and giving gynaecological and Medical services to the locals without any break.
- **Consultant Gynecologist** in Govt. Rana Abdul Raheem Memmorial Hospital, Lahore, from Jan 2016 till date.
- Promoted as **Consultant Gynecologist** in May 2015 and posted at District Headquarter Hospital, Kasur where I served for 8 months.
- **Consultant Gynecologist** while working in Govt. Nawaz Sharif Hospital, Yakki Gate, LHR for full 1 year March 2014 to May 2015.
- Women Medical Officer in Govt. Nawaz Sharif Hospital, Yakki Gate, LHR from July 2013 to May 2015, soon after completion of M.S. training.
- Woman Medical Officer and Post Graduate Trainee at Lady Willingdon Hospital, Lahore. June 2010 to June 2013.
- Woman Medical Officer and Post Graduate Trainee at Lahore General Hospital, Lahore from 2007-2009 during Diploma in Gynaecology & Obstetrics (D.G.O.)
- Women Medical Officer in West Medical Ward, Mayo Hospital, Lahore for 9 months.
- Women Medical Officer in Dept of Gynecology & Obstetrics at a private hospital, Farooq Hospital, Lahore for 2 years in the field of Gynaecology & Obstetrics with Very learned and successful gynaecologists, physicians and surgeons.

Total experience as **Consultant Obstetrician & Gynecologist**  
**= 5 years 2 months**

Total experience as Women Medical Officer/ Registrar  
**= 9 years**

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| <p>Allied Professional Experience</p>   | <ol style="list-style-type: none"> <li>1. Postgraduate Resident, Urology, Mayo Hospital, Lahore.<br/>1 Month</li> <li>2. Postgraduate Resident, Plastic Surgery, Mayo Hospital, Lahore.<br/>1 Month</li> <li>3. Postgraduate Resident, Radiology, Mayo Hospital, Lahore.<br/>3 Months</li> <li>4. Postgraduate Resident, Radiology, Mayo Hospital, Lahore.<br/>4 Months</li> </ol> <p>5. Medical Superintendent of a Govt Hospital<br/>         Setting Doctors duty roster,<br/>         Setting Nurses duty rosters<br/>         Setting Para Medical Staff Roster<br/>         Handling the tenders, buying purchasing of different items (general store items, Laboratory Items, Medicines, Emergency Medicines and Equipment.)<br/>         Setting and Establishing Labour Room facility in hospital<br/>         Setting up of a Neonatal unit by organizing aid for it.<br/>         Establishing Operation Theatre and making it fully functional<br/> <br/>         2 and a half year</p> |
| <p>Humanitarian Work</p>                | <ul style="list-style-type: none"> <li>• Worked as Field Medical officer at French NGO Medecins Du Monde-France, <i>House of Peace Program in Punjab</i> from November 19, 2009 to May 05, 2010 where I had to visit the Dar-UI-Amans of all 13 districts of Punjab, take care of the ailing resident ladies and guide them or refer them for further medical treatment.</li> </ul>   |
| <p>Volunteer Work</p>                   | <ul style="list-style-type: none"> <li>• Volunteer work at Flood Hit areas in Southern Punjab conducted from 15-23<sup>rd</sup> August, 2010. We operated free medical camps, medical camps in boats, mobile medical teams, provided free medical consultation and free delivery of medicines to the destitute.</li> <li>• Volunteering as Medical Officer for <u>Lahore Dar-ul-Aman</u> in collaboration with Medecins Du Monde', a sister NGO of Doctors without Borders for about 2 years.</li> </ul>  |
| <p>Internship/ House Job Experience</p> | <ul style="list-style-type: none"> <li>• <u>Medicine</u>: From North Medical Ward, Mayo Hospital, Lahore under the kind and efficient guidance of Dr. Aftab Mohsin from 01-Oct-2004 to 28-Feb-2005.</li> <li>• <u>Dermatology</u>: From Dermatology Unit, Sir Ganga Ram Hospital, Lahore. Under the very proficient guidance of Prof. Dr. Azeem Jahangir from 01-Sept-2004 to 30-Sept-2009</li> <li>• <u>Gynaecology &amp; Obstetrics</u>: From Gynae Unit II, Sir Ganga Ram Hospital, Lahore. Under the very Brilliant and Demanding guidance of Prof. Dr. Rakhshanda Rehman from 01-March-2005 to 31- Aug-2005</li> </ul>   |

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| <p>Conferences and Trainings</p> | <ul style="list-style-type: none"> <li>• Procurement Management 26 Feb. 2018</li> <li>• Skill Development Council, Lahore.</li> <br/> <li>• 17<sup>th</sup> Biennial International Scientific Conference Feb, 2018</li> <li>• 2<sup>nd</sup> International CRAFT Conference, Lahore March 2018</li> <li>• 13<sup>th</sup> International SAFOG Conference, KHI March 2018</li> <li>• Role of FET in Subfertility, Lahore Dec, 2017</li> <li>• 12<sup>th</sup> International SAFOG Conference, LHR March 2017</li> <li>• 1<sup>st</sup> International CRAFT Conference, LHR April 2017</li> <li>• 18<sup>th</sup> International SOGP Conference Lahore May 2017</li> <li>• Symposium on Women Health Care, Bhurban, Nov. 2016</li> <li>• Australian Concept Infertility/PGD skills Oct, 2016</li> <li>• Women-Centered Post Abortion Care<br/>Conducted by IPAS Sep 2012</li> <li>• The Continuing Medical Education Seminar March, 2012<br/>By: the Agha Khan University by Dr. Farooq Ghani</li> <li>• 31<sup>st</sup> KEMU Annual Scientific Symposium Dec, 2011 By: KEMU by Prof Asad Aslam Khan</li> <li>• 6<sup>th</sup> Biennial National Medical Conference 18-19<sup>th</sup> Nov, 2011<br/>By: Pakistan Medical Association Gujranwala</li> <li>• 20<sup>th</sup> Annual Course on Diabetes Mellitus 13-14<sup>th</sup> Jun, 2011<br/>By: King Edward Medical College<br/>by Prof. Tahira Cheema and Dr. Sohail Sulehria</li> <li>• Microsoft Office Excel (Beginner's level) 18-20<sup>th</sup> Jan, 2010<br/>By: Medicines' du Monde' and Centre for Resource<br/>And System Management by Syed Wasi Haider<br/>Many other workshops attended are not mentioned here due to shortage of space. Reference can be provided on demand.</li> </ul> |
| <p>Skilled Workshops</p>         | <ol style="list-style-type: none"> <li>1. Psychological disturbances and handling in PAC 2018</li> <li>2. EMOC by WHO 2017</li> <li>3. How to handle victims of Rape. 2016</li> <li>4. Post Abortion Care (PAC) 2015</li> </ol>  |

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|                            | <p>5. Insertion of Implanon 2014</p> <p>6. MVA (Manual Vacuum Aspiration) by JHPIEGO 2013</p> <p>7. MUAC workshop by Health Dept. Govt Of Punjab. 2013</p> <p>8. Advanced Trauma Life Support Course (ATLS) 2012</p> <p>9. UNICEF/ Health Dept Govt of Punjab Training Workshop on IYCF/CMAM 2011</p> <p>10. Workshop on Educational Planning and Evaluation 2010</p>  |
| Educational Administration | <ul style="list-style-type: none"> <li>● Facilitator, 29<sup>th</sup> Annual Long Course of Obstetrics &amp; Gynecology at Services Hospital Lahore, Jan 2019.</li> <li>● Facilitator 28<sup>th</sup> Annual Long Course of Obstetrics &amp; Gynecology at Services Hospital Lahore, Jan 2018.</li> <li>● Facilitator, 27<sup>th</sup> Annual Long Course of Obstetrics &amp; Gynecology at Services Hospital Lahore, Jan 2017.</li> <li>● Organizer No Tobacco Day Walk and Cancer Prevention Seminars, King Edward Medical University, Lahore 2010-2015</li> <li>● Speaker and organiser BREAST CANCER AWARENESS SEMINAR with Health Dept., Government of Punjab.</li> <li>● Registrar, Department of Obstetrics &amp; Gynecology, King Edward Medical University/ Lady Willingdon Hospital, Lahore. 2010-2014</li> <li>● Management Registrar, Department of Obstetrics &amp; Gynecology, King Edward Medical University/ Lady Willingdon Hospital, Lahore.</li> <li>● Academic Registrar, North Medical Ward, Mayo Hospital / KEMU, Lahore.</li> <li>● Facilitator Statistical Data Analysis, Interpretation Workshop for PG students of MD/MS/FCPS- II, Department of Obstetrics &amp;Gynecology ,King Edward Medical University/ Lady Willingdon Hospital, Lahore.</li> <li>● Facilitator Primary Surgical Skills Workshop, King Edward Medical University/ Lady Willingdon Hospital, Lahore.</li> <li>● Examination Center Superintendent, King Edward Medical University/ Lady Willingdon Hospital, Lahore.</li> </ul> |

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| <p>Strengths</p>                   | <ol style="list-style-type: none"> <li>1. Extensive experience in the diagnosis and treatment of a wide range of women’s diseases, especially those dealing with the female reproductive system.</li> <li>2. Impressive Verbal skills dealing with patients, senior and Junior doctors or dealing with contractors, builders</li> <li>3. Vast training in performing gynecologic surgeries, including diagnostic and emergency procedures.</li> <li>4. Wide network of professional contacts in the medical and gynecologic fields.</li> <li>5. Outstanding ability to provide care with emphasis on a holistic approach, treating the female patient as a physical, emotional, and social being.</li> <li>6. Excellent bedside manner and admirable ability to establish rapport with the patient.</li> <li>7. Exceptional skills in imparting health teachings for a complete and speedy recovery.</li> <li>8. Incomparable critical thinking and analytic skills.</li> <li>9. Ability to deliver superior results under extreme pressure.</li> <li>10. Unfailing flexibility and adaptability to constantly changing circumstances.</li> <li>11. Detail-oriented</li> </ol> |
| <p>CONFERENCE PRESENTATIONS</p>    | <ul style="list-style-type: none"> <li>• <u>Original Research Paper Comparison of two malignancy risk indices (RMI) in the accurate detection of malignancy in Ovarian Masses.</u> Presented this paper in International Conference of SAFOG held on 17 March 2017 in Lahore.</li> <li>• <u>Original Research Paper Comparison of Metformin &amp; Orlistat in Weight Reduction and Fertility Improvement in Patients with PCO.</u> Presented this paper in another International Conference of SAFOG held in March 2018 in Karachi.</li> <li>• <u>A SYSTEMIC REVIEW PAPER on the topic of “Pregnancy after Endometrial Ablation”</u> was presented in International CRAFT Conference in February 2018.</li> <li>• An Original Research Paper presented in International CME held in Dubai in April 2017. Effects of Tinositol use on Treatment of PCOS.</li> </ul>   |
| <p>Co-Curricular Achievements:</p> | <ul style="list-style-type: none"> <li>• Secured 1<sup>st</sup> position in DGD Examination held in Oct 2009.</li> <li>• Gold Medal, University of Health sciences, Lahore in 2010.</li> <li>• Good Standing Certificate received from Fatima Jinnah Medical University for my outstanding Class Representative Skills in Final year M.B.B.S.</li> <li>• Class Representative (CR) during the F. Sc. Session 1997-1999 in Lahore College for Women University, Lahore.</li> <li>• Class Representative (CR) throughout the study years in the Divisional Public School.</li> <li>• Declared as the “Best student of the school” while at class 6.</li> <li>• Won 1st Prize in All Punjab Quaid-e-Azam Quiz, being held amongst all the schools of Punjab to celebrate Quaid’s day in</li> </ul>  |

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|                    | <p>the year 1993.</p> <ul style="list-style-type: none"><li>• An active participant in speeches, dramas and quiz programs at the School level. Always a winner in these contests.</li><li>• Executive member of “The Quaid-e-Azam Society” at school.</li><li>• Participated in “Canal Mela” in 1993 where our school was represented by placing a boat on its name in Lahore Canal. I participated in making and representing boat at exhibition place.</li></ul> |
| Fields of Interest | <ul style="list-style-type: none"><li>• Poetry ... reading and writing both!</li><li>• Reading books.</li><li>• Surfing the Internet.</li><li>• Reading literature about the new advancements in electronics world</li><li>• Cooking</li></ul>   |
| Other Skills       | <ul style="list-style-type: none"><li>• Excellent at both spoken and written communication.</li><li>• Confident, bold and very hard working.</li><li>• Can work very well as a team as well as an individual.</li><li>• Able to prioritize efficiently and effectively.</li><li>• Interacting and communicating with people.</li></ul>   |