

<i>Personal Details</i>	
Name	Dr. SAHER ANSARI (PT)
Father's Name	Shifghatullah Ansari
Date of Birth	19/12/1997
Nationality	Indian
Gender	Female
Language	English, Hindi, and Urdu.
Marital Status	Single
Contact Details	Email - saher.ansari07@gmail.com
Address	Phatak, Yusufpur, Mohammadabad. U.P.



<i>Academic and professional Qualifications</i>		
Qualifications	Period	Subject/Specialization
MPT	2020-2022	Cardiopulmonary
BPT	2015-2019	Physiotherapy
Intermediate	2014	PCB
High School	2012	Science
<i>Dissertation Work</i>		
MPT (2020-2022)	Prevalence of sedentary lifestyle and its impact on cardiopulmonary fitness among young students	
<i>Objectives/Skills</i>		
<p>For a career in academic and clinical position in the department of physiotherapy and rehabilitation and to dedicate myself and my professional skills towards advancing knowledge through research while contributing to institutional growth and academic excellence.</p> <p>Expertise in teaching</p> <p>Has good interpersonal skills and gets along well with patients, peers and superiors.</p> <p>Has good skill of communication and able to work as a supervisor.</p> <p>Adept at delivering high-quality instruction, developing course content, and encouraging critical thinking among learners.</p>		
<i>Area of Expertise</i>		
In assessing, managing, and rehabilitating cardiopulmonary, and pediatric cases using evidence based physiotherapy interventions.		

Work Experience

Worked as a **trainee** for two-month as a part of clinical training academic curriculum at Pyssum. Lucknow.

Roles & Responsibilities: Observing, assessing, and managing children's with special needs and delayed development.

Worked as **Physiotherapy Intern**, at Ram Manohar Lohia Institute of Medical Sciences, Lucknow, Uttar Pradesh, from July 2019 till February 2020.

Roles & Responsibilities: Involved in OPD, ward rounds, providing a high standard of physiotherapy service to the patients of Neurosurgical ICU(NSICU), Surgical ICU (SICU),, Medical ICU(MICU) and Critical care ICU(CCU).

Worked as **Lecturer**, at Department of Physiotherapy Integral Institute of Allied Health and Sciences University, Lucknow, Uttar Pradesh, from September 2023 till October 2025.

Continued working as **Assistant Professor**, at Department of Physiotherapy Integral Institute of Allied Health and Sciences University, Lucknow, Uttar Pradesh, from November 2025 onwards.

Roles & Responsibilities:

Preparing and delivering lectures for the following subjects:

BPT first semester: Human Physiology

BPT second semester: Basics of Exercise Therapy

BPT third semester: Electrotherapy and Electrodiagnosis

BPT fourth semester: General Medicine

BPT fifth semester: Biomechanics and Kinesiology

BPT sixth semester: Clinical Pulmonology

BPT seventh semester: Cardiopulmonary Physiotherapy

MPT second semester: Physiotherapy I (Cardiopulmonary)

Supervisor for undergraduate research projects.

Class Coordinator.

Clinical Training Coordinator for BPT 4th year and MPT (Cardio) 1st and 2nd year.

Coordinator of Seminar on clinical issues BPT 4th year, helping students with seminar presentations and conducting classroom discussion to solve subject related queries.

To participate in conduction of various co-curricular activities and events.

Responsible for organizing guest lectures at the department

Computer Skills

Good knowledge about computer (MS-Words, MS-Excel, MS-Powerpoint), and macOS (Numbers, Pages, and Freeform), and AI.

Workshops/Conferences Attended/Certification

Participated as a Volunteer in **Anand Utsav** by PYSSUM on 16th November, 2018 at K.D. Singh Babu Stadium, Lucknow.

Completed "**COVID-19 Awareness and Management**" Program online on 22nd March, 2020 by Medvarsity in partnership with NATHEALTH & FICCI.

Completed a certificate course on **clinical management of COVID-19** Conducted by Medvarsity In partnership with NATHEALTH & FICCI 2nd April 2020

Participated in the webinar on the topic “**Mental Health Issues in COVID-19 Pandemic**” on 20th May, 2020 by JAMIA HAMDARD, Department of Rehabilitation Sciences.

TRAINING CERTIFICATE IN (DRY CUPPING THERAPY) **Training of Hijamah (Dry Cupping Therapy)** from 31st March to 05th April 2022 and is awarded certificate of completion at Integral University, Lucknow CREDIT 40 HRS Training.

Participated in workshop on **Rigid Taping Techniques 2022** organized by Integral University

Organized and participated in workshop on **Advanced Rehabilitation technologies & Assistive systems in Physiotherapy 2026** organized by Department of Physiotherapy Integral University

FDPs

Attended a two day **Induction Program 2023** organized by department of Human Resources Development Centre, Integral University, Lucknow.

Participated in a seven day Faculty Development Program on “**Research Paper Writing**” organised by Department of Physiotherapy, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow from 22nd to 28th April 2024

Attended a five day Faculty Development Program on “**Artificial Intelligence in Teaching and Research Paper Writing**” from 26 to 30 June 2024 organized by AIU-IU-AADC. Integral University and the Association of Indian Universities

Memberships

State Medical Faculty BPT/2518

Declaration

I hereby declare that the details furnished above are true to best of my knowledge and I request the concern authorities to provide me a chance, so that I could prove the best of my knowledge. I shall be thankful and grateful to you.

Lucknow
Last Updated: 31st May 2026

SAHER ANSARI