



# QAMAR SULTANA

Gym coach and physical instructor

sultanaqamar902@gmail.com

Wah cantt,Punjab,47010Pakistan

923355589611

## EDUCATION

1. P S C A Level -II Elite RehabPakistan Strength & Conditioning AssociationPhysical Therapy ( Pre -Physical Therapy) Khan Pur, PunjabAugust 2023
2. P S C A Level -II Elite RehabPakistan Strength & Conditioning AssociationPhysical Therapy ( Pre -Physical Therapy) Khan Pur, Punjab MAY 2024
3. Bachelor of ArtsUniversity Of The PunjabEconomics, Education,Math PunjabMarch 2007
4. D.COMPUNJAB BOARD OF TECHNICAL EDUCATION,E Commerce LAHORE,PUNJABNovember 2003
5. P.G.D in ITPunjab IT Institute Of Computer EngineeringE Commerce Lahore,PunjabApril 2002
6. High School DiplomaGovt,Girls High School No.2 D.G.Khan,PunjabJuly 1996

## SKILLS

- Record management specialist
- Home Health care experience
- Pediatrics Knowledge
- Rehabilitation Treatment

## LANGUAGES

- ENGLISH
- URDU
- PUNJABI

## PROFESSIONAL SUMMERY

Provides supportive environment conducive to addressing individual needs. Distinguished client-facing skills and experience working closely with health care professionals to assess and treat complex conditions. Organized and dependable candidate successful at managing multiple priorities with a positive attitude. Willingness to take on added responsibilities to meet team goals. To seek and maintain full-time position that offers professional challenges utilizing interpersonal skills, excellent time management and problem-solving skills.

## WORK HISTORY

### 1. PHRSONAL THERAPIST

Physical Therapist, Personal Clinc

Wan Cantt,Punjab |August 2023 - Current

Planned individually-designed treatment programs to restore, maintain and improve physical functioning, alleviate pain, and prevent disability.

Managed acute and chronic conditions with full understanding regarding complex therapy needs.

### 2 PERSONAL CARE ASSISTANT

Personal Care Assistant, Home Service

Wah Cantt,Punjab |May 2022 - Current

Built strong relationships with clients to deliver emotional support and companionship.

Assisted clients with daily living needs to maintain self-esteem and general wellness.

Maintained clean personal areas and prepared healthy meals to support client nutritional needs.

Assist

### 3 FITNESS COACH

Fitness Coach, Eagle Gym

Nawababd,Wah Cantt,Punjab |December 2021 - September 2023

Consulted with clients to define personal health needs, formulate effective fitness, nutritional or rehabilitation plans and improve overall well-being.

Modified workout plans according to fitness levels and medical considerations.

Oversaw fitness areas with practiced eye for safety or training issues.