

Dr Jameel U Rehman

Volunteer member of district health committee

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Brewery
Road,
Quetta,
Pakistan


Summary

Highly motivated and dedicated health professional with strong academic Performance. Versatile experience in clinical settings, including internships and Shadowing. Active participation in health workshops and educational Seminars Proficient in medical research and literature Review. Strong interpersonal and communication skills developed through social gatherings and community Involvement. Committed to continuous learning and professional Development. Enthusiastic about contributing to healthcare advancements and patient care.


Skills


Adobe Photoshop | Collaborative Development | Communication Skills | Communication Skills Listening | Consumer Healthcare | Content Optimization | Cross-team Communication | Enthusiasm to learn | Financial Management | Health 2.0 | Health Program Planning | Highly computer proficient | Hospital Knowledge | Managing Large Teams - 20+ People | Medical Illustration | Multi-Cultural Team Management | Social Media Coach | Superior Computer Skills | Team Co-ordination

Experience


Jul 2021 - Present  **Volunteer member of district health committee**
DHQ sherani, Sherani, Pakistan

Still a dedicated member of district health committee on volunteer basis as due to my health activities in community DHO sherani took me as a member.

Jun 2019 - Present  **Founding member of Imperial library district zhob**
Library science, Zhob, Pakistan

Jun 2018 - Jul 2024  **Attendee of various medical and health activities**
At renowned institutions, Quetta, Pakistan


From the very beginning i was very passionate about medical sciences that led me to attend very productive health seminars, webinars and workshops in different institutions and celebrated hotels of Quetta.

Jan 2020 - Apr 2024  **Volunteer health professional**
Sherani,Zhob and Quetta, Quetta, Pakistan


As a health professional i myself declared it my prime responsibility to help out our downtrodden peoples who are in dire need of health services so, i joined various volunteer organisations at different times to offer my services to community as a



fully volunteer.


Sep 2020 - Feb 2024  **Medical officer**
Private medical and health settings, Zhob, Pakistan


Worked at a medical officer in private health setups with a director of that private hospital

Jul 2021 - Sep 2023  **Health science teacher**
Medical technician, Quetta, Pakistan


Jan 2018 - Sep 2023  **Social mobiliser**
Community, Quetta, Pakistan

- **Early School Days:** Actively participated in various clubs and organizations, organizing charity drives and community events. - **High School Leadership:** Took on leadership roles in student organizations, spearheading projects like food drives and environmental clean-ups. - **Medical Studies:** Engaged in health workshops, educational seminars, and social gatherings, promoting well-being and knowledge sharing. - **Community Impact:** Consistently sought opportunities to help others and improve the community through volunteer work and organized efforts. - **Personal Growth:** Developed character, broadened perspectives, and remained motivated to make a meaningful impact in others' lives.

Mar 2020 - Aug 2023  **Medical science teacher**
Doctor's academy, Quetta, Pakistan

Feb 2020 - Jul 2023  **Mental health days organiser**
Community areas, Zhob, Pakistan


- **Initiative:** Took the lead in organizing World Mental Health Day events within the community. - **Event Planning:** Coordinated activities such as workshops, seminars, and support groups focused on mental health awareness. - **Collaboration:** Worked with local health professionals, organizations, and volunteers to provide comprehensive programs. - **Outreach:** Promoted events through social media, flyers, and community announcements to maximize participation and impact. - **Education:** Facilitated discussions and presentations on mental health topics, breaking down stigma and encouraging open dialogue. - **Support:** Offered resources and information on mental health services, helping attendees access the support they needed. - **Feedback:** Collected participant feedback to improve future events and better meet community needs. - **Impact:** Successfully increased awareness and understanding of mental health issues within the community.


Apr 2021 - Jun 2023  **Free medical camps organiser**
Local areas of Balochistan, Sherani, Pakistan


- **Community Focus:** Deeply committed to improving healthcare access in local areas of Balochistan. - **Initiative:** Organized and led free medical camps, providing essential healthcare services to underserved communities. - **Collaboration:** Partnered with local healthcare professionals and volunteers to ensure comprehensive medical care. - **Resource Mobilization:** Secured medical supplies, medications, and equipment necessary for the camps. - **Awareness:** Promoted the medical camps through local outreach efforts to ensure maximum community participation. - **Screenings and Check-ups:** Conducted health screenings, check-ups, and basic medical treatments for residents. - **Education:** Provided health education and awareness sessions on preventive care and healthy living. - **Support Services:** Connected patients with follow-up care and additional healthcare resources as needed. - **Impact:** Made a significant positive impact on




the health and well-being of the local population in Balochistan.

Aug 2022 - May 2023  **DPT visiting lecturer**
Stella institute of health sciences, Quetta, Pakistan

Aug 2022 - Mar 2023  **Health science visiting lecturer**
Bolan medical college Quetta, Quetta, Pakistan

Sep 2020 - Nov 2020  **Ex_house physician in paediatric**
Sandeman provisional hospital Quetta, Quetta, Pakistan

Attended paediatric rotation in SPH with alternative post_calls duties

Jun 2020 - Aug 2020  **Ex_house physician in medicine**
Sandeman provisional hospital Quetta, Quetta, Pakistan

With enthusiastic potential, I attended my medicine rotation in a very hectic and busy ward of SPH

Dec 2019 - May 2020  **Ex_house physician in surgery and allied**
Bolan medical college hospital, Quetta, Pakistan

Attended general surgery and allied rotation with full time duties

Education

- 2020  **Bolan Medical College**
Masters in Science , MBBS
Clinical Medicine and Surgery
- 2018  **Bolan Medical College**
Certification , Research
Diet & Nutrition
Completed
- 2017  **Army public school zhub**
Certification , Defence Day Speech Competition
Speech Competition
Completed
- 2017  **Imperial Public Library Zhob**
Certification , Library Development
Competition
Completed
- 2016  **Pashto Academy Quetta**
Certification , Languages Speech Competition
Speech Competition
Completed
- 2014  **Army Public School Zhob**
Certification , 14th August Speech Competition
Competition
Completed
- 2013  **Balochistan Board**
Intermediate/A-Level , HSSC
Biological Sciences
Percentage: 73%
- 2012  **Al_Azeem English Academy**
Short Course , English Language Courses
Life Skills
Completed
- 2011  **Balochistan Board**
Matriculation/O-Level , SSC
Biological Sciences
Percentage: 62%
- 2010  **Aryan Institute Of Computer Science**
Diploma , Computer Science Diploma
Ms Office And Ms World
Completed

Languages

Pashto
Expert

Urdu
Expert

English
Expert

Arabic
Intermediate

Balochi
Intermediate



