

IQRA REHMAN

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Language

- Urdu
- English
- Punjabi
- Sirayki

Hobbies

- Writing
- Travelling
- Art

Summary

A professional soft skill Trainer, Management Consultant & Motivational Speaker ,to achieve Professional excellences y applying my managing , technical ,soft skill and academic back ground in An organization having challenging and competitive environment for personal growth and career Development.

Skill Highlights

- Project Management
- Computer Skills
- Good Communication and interpersonal skills
- Strong Decision maker
- Complex problem solve

Education

- M.A From Karachi University
- B.A From Karachi University
- H.S.C From Board of Intermediate Karachi
- S.S.C From Matric Board of Karachi

Certificate

Family welfare worker two years training from
RTI . CIT.

Experience

All Family planning method experience MSS for one year includiand removal .

Key Responsibilities:

- Conduct individual and group counselling sessions on family planning and reproductive health
- Assess clients' needs and provide personalized advice on contraceptive methods
- Educate clients on proper use of contraceptives, benefits, and potential side effects
- Provide information on sexually transmitted infections (STIs) and HIV prevention
- Help clients set reproductive health goals and develop plans to achieve them
- Refer clients to medical services, such as pap smears, STI testing, and prenatal care
- Maintain accurate and confidential records of client interactions
- Collaborate with healthcare providers and community organizations to promote reproductive health.

Immunization skills in GOVT Hospital Korangi No.05

Key Responsibilities:

- Administer vaccines to individuals of all ages, following proper techniques and guidelines - Review patient medical history and vaccine contraindications before administration
- Maintain accurate and up-to-date records of vaccine administration, including patient information and vaccine lot numbers
- Provide clear and concise education to patients and families on vaccine benefits, risks, and side effects - Address patient concerns and questions regarding vaccines and vaccination
- Collaborate with healthcare teams to identify and address vaccine hesitancy and improve vaccination coverage
- Participate in quality improvement initiatives to optimize vaccine administration and storage practices
- Adhere to infection control and safety protocols to prevent adverse events.

• 4 years working as a UCCSO at landhi town.

Key Responsibilities:

- Provided technical assistance progress, identify challenges, and provide support
- Trained UC staff and health workers on health and nutrition topics, including data collection and reporting
- Facilitated community engagement and participation in health and nutrition programs - Coordinated with government agencies, partner organizations, and other stakeholders to leverage resources and support
- Prepared and submitted reports on program progress, challenges, and recommendations

3 years working as a UCPO at Malir town

Key Responsibilities:

- Plan, coordinate, and monitor polio vaccination campaigns
- Conduct surveillance and monitoring of polio cases and outbreaks
- Analyze data to identify trends, gaps, and areas for improvement
- Develop and implement strategies to improve vaccination coverage and campaign quality - Build and maintain relationships with government agencies, health workers, and community leaders - Provide training and technical assistance to health workers and partners
- Prepare and submit reports on polio eradication activities and progress.