

Name: Fariha Iqbal

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Contact Number: 9686109062

Professional Title/ Occupation:

Paediatric Physiotherapist
Certified Therapeutic Play Practitioner for the Differently Abled

Organisation: Spastics Society of Karnataka

Address of Organization/Practice:

31, 5th Cross, off 5th Main Road, Indiranagar 1st Stage, Bengaluru, Karnataka 560038

Professional Qualifications: BPT, MPT-Paediatrics

Courses undertaken in Play Therapy:

Certified Therapeutic Play Practitioner for the Differently Abled

Details of any other relevant qualifications/courses taken in the field:

Theoretical Foundations of Sensory Integration: From Theory to Identification from the University of Southern California, Mrs. T. H. Chan Division of Occupational Science and Occupational Therapy.

TMR TOTS Level 1

Currently undergoing supervision in current practice: No

Ages catered for: 0-18 years olds

Services offered:

Play Therapy individual and group sessions for children with special needs

Personal Profile:

As a Paediatric Physiotherapist, my approach is rooted in evidence-based techniques such as Neurodevelopmental Treatment (NDT), Sensory Integration, Total Motion Release (TMR) TOTS and, Play Therapy. Over time, I have realized that play is not just a tool but a language—a powerful means of understanding, connecting with, and respecting each child's individuality. That's why, in all my therapy sessions, I dedicate time for free exploration through play, allowing the child to engage in a way that feels natural to them and then I gradually guide them along.

I work with children with various developmental disabilities, including Cerebral Palsy, Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, and Global Developmental Delay, Intellectual Developmental Disabilities. Through my experience, I have learned that play is the gateway to meaningful engagement, encouraging participation while seamlessly integrating other therapeutic techniques.

Being both a Paediatric Physiotherapist and a Certified Play Therapy Practitioner enables me to weave play into all my physiotherapy sessions in an intentional and structured manner. By incorporating play into my session goals, I create an environment where therapy feels less like work and more like a joyful experience—ultimately leading to better engagement, progress, and outcomes for the children I work with.