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<b>Designation</b>	Lecturer			
<b>Department</b>	Psychology			
<b>Research Profile</b>	ORCID ID:			
	Research Gate ID: <a href="https://www.researchgate.net/search.Search.html?query=MY+research+gate+profile+URL&amp;type=publication">https://www.researchgate.net/search.Search.html?query=MY+research+gate+profile+URL&amp;type=publication</a>			
	Google Scholar Profile ID: <a href="https://scholar.google.com/citations?user=St1bDn8AAAAJ&amp;hl=en&amp;oi=ao">https://scholar.google.com/citations?user=St1bDn8AAAAJ&amp;hl=en&amp;oi=ao</a>			
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<b>Qualification</b>				
Year	Degree/Certificate	Name of the Institute/ University	Field of study	
	Post Doctorate			
	PhD			
2021	MS/ Mphil	Institute of Southern Punjab ISP, Multan	Applied Psychology	
2011	Graduation	University of Balochistan	Psychology	
<b>Publications in HEC Recognized journals</b>				
S. No	Title of Paper	Name of Journal	National/ International	Publication date
1	Comparison Of Issues And Challenges Faced By Teaching Graduates' And House Hold Women In Participatory Role In Domestic Practices And Earning In Lasbela District	Webology	International	June, 2022
2				
3				
4				
5				
<b>Paper Presented</b>				

S. No	Title of Paper	Name of Conference	National/ International	Date
1	Impact of Work-Family Integration on Subjective Happiness among Street Vendors: Moderating role of Defense Styles	4 <sup>th</sup> International e-Conference on “Neglect, Abuse and Trauma: The Living Nightmares” held at UMT Lahore.	International	18, March. 2021
2	The Changing Horizons (Psychological First Aid: Covid-19 outbreak)	One-day International E-Conference on Covid-19: organized by (ICPY), UMT, Lahore	International	July 20,2020
<b>Books Authored/ Edited</b>				
S. No	Name of book	Publisher	ISBN	
<b>Work Experience</b>				
S. No	From (year)	To (year)	Name of the Institution/ Organization	Position held
1	2011	2012	1qra Army Public School Quetta Cantt	Teacher
2	2012	2023	BUIITEMS	Lecturer
<b>Area of specialization</b>			Psychological Assessment, clinical psychology, counselling psychology, Educational psychology	
<b>Research Interest</b>			work-family integration and conflict, anxiety depression, use of defense mechanisms, clinical psychology practices and interventions, CBT, NLP and emotional intelligence intelligence	

<b>Future Research Plans</b>	Cognitive Psychology, Artificial Intelligence
<b>HEC Approved supervisor</b>	
<b>If Yes, provide HEC URL</b>	
<b>Research grants/ Projects</b>	
<b>Additional Information</b>	
<ul style="list-style-type: none"> <li>• Gold Medalist in Masters (Psychology)</li> <li>• Nominated for the Presidential Award “Izaz-e-Sabqat” for academic distinction by the Higher Education Commission (HEC)</li> <li>• Obtained a Master’s degree in Education with distinction</li> <li>• Among the pioneers of the BS Psychology program at BUIITEMS in 2017</li> <li>• Got Merit scholarship during M.Phil. coursework</li> <li>• Associated with the American Psychological Association (APA)</li> <li>• A certified Master Trainer of the US project “Converging Pedagogy, Sustainability, and Digital Technologies to Foster Academic Leadership” administered by the United States Educational Foundation in Pakistan (USEFP)</li> <li>• A certified counselor for the prevention of drug abuse</li> </ul>	