

CURRICULUM VITAE

AMINA MUAZZAM

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Current Position

Tenured Associate Professor of Psychology
Departmental Coordinator, PhD Programme

Academic Qualification

2010: PhD, April, 2010

Institution: University of the Punjab, Department of Applied Psychology, Lahore.

Supervisor: Professor, Dr Ruhi Khalid, former Head of Applied Psychology Department,
University of the Punjab. Current: Director, Institute of Psychology,
Beaconhouse National University, Lahore, Pakistan.

Thesis Disordered Eating Behaviours in Pakistani Youth

2000: MSc. Applied Psychology (Roll of Honour)

Institution: University of the Punjab, Department of Applied Psychology, Lahore.

Specialization Clinical Psychology

Internship: Psychiatry Department, Ganga Ram Hospital, Lahore, Pakistan.

Duration 3 Months

1998 Bachelors of Arts in Social Sciences and Humanities (Topped the list of
students in college in Psychology)

Institution Lahore College for Women University

1996 Higher Secondary School Certificate (Gained 1st Division)

Institution Lahore College for Women University

1994 Secondary School Certificate in Science (Gained 1st Division)

Institution Board of Intermediate and Secondary Education, Lahore

Work Experience

Teaching:

18-10-2016 to date	Tenured Associate Professor, Department of Applied Psychology, Lahore College for Women University, Lahore
18-10-2010 to 17-10-2016	Assistant Professor (TTS) Department of Applied Psychology, Lahore College for Women University, Lahore
1-1-2009 to 17-10-2010	Lecturer, Department of Applied Psychology, Lahore College for Women University, Lahore
4-9- 2007 – 17-12-2009	Visiting Lecturer, Institute of Business Administration (IBA), Punjab University, Lahore/Beaconhouse National University
1-1-2005 –30-12- 2005	Psychologist, Sir Ganga Ram Hospital, Lahore/ Visiting Lecturer, Beaconhouse National University, Lahore.
1-1-2006 –30- 12-2006	Counsellor, Child Development Centre, Punjab University, Lahore
1-3- 2000 – 30-8- 2002	Counsellor, SOS Hermann Gemnier School, Lahore

Job Description

- At Lahore College for Women University, taught courses of “Advance Statistics and Data Analysis, Research Methodology, Psychometrics and Seminar Presentation” to PhD Applied Psychology Programme.
- At Lahore College for Women University, taught courses of “Statistics in Research and Counselling for Health Psychology I & II to M.S /M.Phil Health Psychology programme.
- Departmental Coordinator PhD Programme
- External examiner for Department of Applied Psychology, University of the Punjab, Lahore, and Faculty of Behavioural Sciences, University of Gujrat.
- At University of the Punjab, taught “Business Research” to MBA and BBA (Hons.) classes.
- Has been actively supervising PhD, MS (Health Psychology), and BS (Applied Psychology) as well as MBA and Master’s/ B.Sc. (Hons.) research projects and thesis since 2004.

Visiting Faculty

Feb 2016_to date	Lahore School of Management, University of Lahore, taught to MS Clinical Psychology
September 2012 – June 2013	University of Engineering & Technology, taught to MBA Fall 1.5
September 2007 – June 2009	Institute of Business administration, University of Punjab, taught to MBA
September 2004 – December 2008	Beaconhouse National University, taught to B.Sc. Honors & M.Sc. classes.

Administrative Experience

Dec, 2017	Member, Event planning and conference committee, LCWU.
June, 2017	Member, TTS Committee, Lahore College for Women University
January, 2017	Member, Disable support Committee, Lahore College for Women
February, 2016	Member, Board of studies, Bahauddin Zakariya University, Multan.
April, 2015	Member, Board of studies, Lahore School of Management, University of Lahore, Lahore.
June, 2013	Member, Curriculum Review Committee, Lahore College for Women University, Lahore.
June, 2013	Member, Audio Visual aid Committee, Lahore College for Women University, Lahore.
March, 2013	Member, Assessment Team, Quality Assurance Cell, Lahore College for Women University, Lahore.
March, 2013	Paper Setter and External examiner, Faculty of Behavioral Sciences, University of Gujarat.
February, 2013	Member Board of Studies, Kinnaird College for Women, Jail Road, Lahore.
November, 2012	Vice President, Pakistan Psychological Association, Lahore Chapter.
July, 2012	Facilitator, Active Citizen Program, Lahore College for Women University, Lahore.
June, 2012	Member, Doctoral Committee, Faculty of Social Sciences, Lahore College for Women University, Lahore.

January, 2012	Member, International Resource Centre, Lahore College for Women University, Lahore.
June, 2012	Reviewer, Pakistan Journal of Social and Personality Psychology
November, 2012	Member, Editorial Board, Journal of Pakistan Psychological Association, PPA.
December, 2012	Sub-editor, Newsletter PPA, Lahore Chapter.
December, 2012	Member, Research Ethics Committee, Applied Psychology Department, Faculty of Social Sciences, Lahore College for Women University, Lahore
September, 2011	Adjunct Faculty, PhD Programme, Political Science Department, Lahore College for Women University, Lahore.
June, 2011	Departmental PhD Coordinator, Department of Applied Psychology, Lahore College for Women University, Lahore.

Research Publications (*Published Only*)

1. Muazzam, A. & Sultan, H. (2017) Development and Validation of Betrayal Scale for women, Journal of Behavioral Sciences Vol 27 No 2 X Category (30-47)
2. Muazzam, A. & Ahmad, A. (2017). Predictors of sleep disturbances among college students: Interplay of media exposure and Health related quality of Life. Pakistan journal of Psychological research. Vol.32 No 2, 393-406 X Category
3. Kazmi, R. & Muazzam, A.(2017) Development and Validation of Adjustment problem scale for college /University students. Pakistan Journal of social and clinical psychology Vol.15, No 1,20-26 Y Category
4. Muazzam, A., Mubeen, A & Batool,S.. (2017). Identification of stressors among female university teachers in Pakistan. International Journal of educational Enquiry and Reflection, Vol. 2 No 1, 72-87 (Applied for Z Category)
5. Malik ,N. & Muazzam, A.(2017). Development of sleep disorders scale through expert opinion. Journal of Arts and Social sciences, 1(4) , 95-105 (Applied for Y Category)
6. Arshad, H & Muazzam, A. (2016) Development and Validation of grief scale for Cancer patients, Journal of Behavioral Sciences Vol 26 No 1 X Category
7. Iram, H.& Muazzam, A.(2016) Self-esteem Body image and self-consciousness among Women after rejection of Marriage Proposals. Journal of Gender Studies Vol.12,pp.71-86(2072-0394) Y Category

8. Muazzam, A. & Jabeen, T(2016).Development of Psycho-social Problems Scale for hearing Adults of Deaf Parents.28(1),695-700. Y Category
9. Li ,C & Zayed ,K & Muazzam,A & Li,M. & Cheng,J. & Chen,A. (2015) Motives for Exercise in Undergraduate Muslim Women and Men in Oman and Pakistan Compared to the United States. *Sex roles* 72:68–884 (69-84). Impact factor 2.58
10. Hassan,S ., Sarwar R., Muazzam A.(2015) Tapping into intra- and international collaborations of the Organization of Islamic Cooperation states across science and technology disciplines. *Science and Public policy* 12 Impact factor 0.98
11. Nawaz, B. & Muazzam, A. (2015) Performance related pay of University employee: A Comparison of Public and Private Sector Universities of Pakistan. *Pakistan Business Review*.Vol 1 No 17 (183-2000) Y Category
12. Shaukat, F & Muazzam A. (2015) Experiences with environment: Interplay of Life Satisfaction & Psychological Wellbeing in Females residing in Public & Private hostels of Lahore. *Journal of Gender studies*. Vol 10 (97-122)16P. Y Category
13. Hassan, S & Muazzam, A.(2013). Bibliometric Analysis: Quantifying Research Activities of Asian Institutions in Sustainable Development and its Sub-areas. *Journal of Sustainability Science and Management*. Foreign Journal W Category.
14. Moeen,T.,Muazzam, A.,& Zubair B (2013) Development and validation of Body Image scale to young adult females. *Pakistan Journal of Social and Clinical Psychology*, Vol. 11, No.1, 52-58. Y category
15. Muazzam, A.,& Javed,S (2013) Health and Hope in Children with Hemophila and Thalaseemia *Pakistan Journal of Social and Clinical Psychology*, Vol. 11, No.2, 52-58. Y Category
16. Jalil, T & Muazzam, A. (2013) Emotional intelligence and marital adjustment in fertile & infertile couples. *International Journal of Psychological Research*, 2 (2) Foreign Journal Category.
17. Sohail, R & Muazazm, A. (2012). Correlates of Disordered Eating Behavior in Pregnant Women. *Pakistan Journal of Psychological Research*. 2 (2) vol 27 (153-172), X Category
18. Muazzam, A. & Khalid, R. (2011). Development and Validation of Disordered Eating Behavior Scale (DEBS): Identification, Prevalence and Difference with clinically diagnosed Eating Disorders. *Pakistan Journal of Psychological Research*, 26 (2), 127-148. X Category.
19. Muazzam, A. & Khalid, R. (2008). Disordered eating behaviors: overview of Asian Cultures. *Journal of Pakistan Psychiatric Society*. 5 (2), 76-85. Z Category.

Books

20. Muazzam, A. & Javed, S. (2012). Life of Children & Their Caregivers with Thalassaemia and Hemophilia. Lambert Academic Publishing, Germany. Standard: ISBN- 978-3-659-16134
21. Sohail, R & Muazazm, A. (2012). Disordered Eating Behavior in Pregnancy. Lambert Academic Publishing, Germany. Standard: ISBN- 978-3-659-21349-6.

Conference Presentations

1. Development and validation of trust in intimate partner scale for women paper presented at International conference on Health and Wellbeing organized by Department of Applied Psychology, Lahore college for Women University 11th -13th December 2017.
2. Development of Stress Tolerance Scale : Establish content validity Index paper presented at International conference on Health and Wellbeing organized by Department of Applied Psychology, Lahore college for Women University 11th -13th December 2017.
3. Development and validation scale of betrayal scale for women Research paper presented on International conference on peace conflict and violence: Challenges & Resolution Strategies organized by Department of Humanities, Comsats Institute of Information technology, Lahore dated 29th-30th November, 2017.
4. Development and validation of trust in intimate partner scale for women Research paper presented on International conference on peace conflict and violence: Challenges & Resolution Strategies organized by Department of Humanities, Comsats Institute of Information technology, Lahore dated 29th-30th November, 2017.
5. Development of Stress Tolerance Scale: Establish content validity Index Research paper presented on International conference on peace conflict and violence: Challenges & Resolution Strategies organized by Department of Humanities, Comsats Institute of Information technology, Lahore dated 29th-30th November, 2017.
6. Role of emotional intelligence, social competence and Sense of humor among university teacher Research paper presented at 1st International conference on Emerging Issues in Management Sciences organised by Department of Management sciences LCWU. 18-20 July, 2017.
7. Domestic and professional stressors of female university teachers Research paper presented at 1st International conference on Emerging Issues in Management Sciences organised by Department of Management sciences LCWU. 18-20 July, 2017.
8. Bio-Psychosocial Impacts of Menopause among Pakistani Women paper presented at Three-Day International Conference on Health Psychology: Issues & Challenges at Government College University dated 26th – 28th April, 2017.

9. Bio Psychosocial Impacts of Early Puberty in Pakistani Girls paper presented at Three-Day International Conference on Health Psychology: Issues & Challenges at Government College University dated 26th – 28th April, 2017
10. Bio-Psychosocial Impacts of Bipolar Parents on Their Children paper presented at Three-Day International Conference on Health Psychology: Issues & Challenges at Government College University dated 26th – 28th April, 2017
11. Intimate Partner Betrayal among Pakistani Women paper presented at Three-Day International Conference on Health Psychology: Issues & Challenges at Government College University dated 26th – 28th April, 2017
12. Development of Indigenous Scale on Neuropsychological and Physiological side effects of Interferon Therapy in HCV Patients paper presented at Three-Day International Conference on Health Psychology: Issues & Challenges at Government College University dated 26th – 28th April, 2017
13. Development & Validation of Adjustment Problem Scale for College/ University Students paper presented at Three-Day International Conference on Health Psychology: Issues & Challenges at Government College University dated 26th – 28th April, 2017
14. Development & Validation of Psychosocial Problem Scale for Diabetes (PPSD) paper presented at Three-Day International Conference on Health Psychology: Issues & Challenges at Government College University dated 26th – 28th April, 2017
15. Bio Psychosocial Impacts of Cardio-Phobic and Cardiac Patients on their Daily Lives Functioning Paper presented at 1st International conference on Clinical Psychology and the developing world: Issues, challenges and solutions University of Management and Technology dated March 9-10, 2017.
16. Impact of Story Telling on Children Paper presented at 1st International conference on Clinical Psychology and the developing world: Issues, challenges and solutions University of Management and Technology dated March 9-10, 2017.
17. Impacts of Professional work on the lives of Pakistani Women Paper presented at 1st International conference on Clinical Psychology and the developing world: Issues, challenges and solutions University of Management and Technology dated March 9-10, 2017.
18. Selective Mutism: A Cultural Perspective Paper presented at 1st International conference on Clinical Psychology and the developing world: Issues, challenges and solutions University of Management and Technology dated March 9-10, 2017
19. Role of Stress and Social Support in Miscarriage Paper presented at 1st International conference on Clinical Psychology and the developing world: Issues, challenges and solutions University of Management and Technology dated March 9-10, 2017

20. Sleep disturbances in college students Paper presented at 10th International psychiatric Conference held on 20th February 2016 at SIMS Lahore
21. Development of Premenstrual Scale Paper presented at 10th International psychiatric Conference held on 20th February 2016 at SIMS Lahore
22. Phenomenology of Positive Psychology Paper presented at Conference on “Islamic Tradition in Psychology” at Lahore School of Management, University of Lahore held on 5th March, 2016
23. Identification and Expression of Grief among Cancer patient paper presented at 1st National Conference Emerging Trends In Clinical Psychology, on 21-22 September 2016 at COMSATS Institute of Information Technology, Lahore.
24. Identification and Prevalence of Social Anxiety across gender paper presented at 1st National Conference Emerging Trends In Clinical Psychology, on 21-22 September 2016 at COMSATS Institute of Information Technology, Lahore
25. Work family Conflict ;An overview of Asian Culture paper presented at 1st National Conference Emerging Trends In Clinical Psychology, on 21-22 September 2016 at COMSATS Institute of Information Technology ,Lahore.
26. Development and Validation of Trust on Intimate partner Scale paper presented at 1st National Conference Emerging Trends In Clinical Psychology, on 21-22 September 2016 at COMSATS Institute of Information Technology , Lahore
27. Bio Psychosocial Impact of early Puberty in Pakistani girls paper presented at 1st National Conference Emerging Trends In Clinical Psychology, on 21-22 September 2016 at COMSATS Institute of Information Technology, Lahore.
28. Personality as predictor for domestic and professional stressors paper presented at 1stInternational Education Conference Building Knowledge competencies for sustainable development in Asia: Achieving the Goals of Life Long Learning, on 2-4 November 2016 at Institute of Education Lahore College for Women University, Lahore.
29. Role of Emotional Intelligence Social Competence and Sense of Humor among University Students paper presented at 1stInternational Education Conference Building Knowledge competencies for sustainable development in Asia: Achieving the Goals of Life Long Learning, on 2-4 November 2016 at Institute of Education Lahore College for Women University, Lahore.
30. Gender Differences in Positive Psychology paper presented at 1stInternational Conference on Global Gender Perspectives on 14-16 November 2016 at Lahore College for Women University, Lahore under partnership with George Washington University, USA.

31. Women after rejection of proposals paper presented at 6th International Conference Psychology of gender in perspectives Issues and Challenges on 1-2 December , 2016 at National Institute of Psychology Centre of Excellence Quaid e Azam University, Islamabad..
32. The Gendered nature of Workplace Bullying paper presented at 6th International Conference Psychology of gender in perspectives: Issues and Challenges on 1-2 December 2016 at National Institute of Psychology Centre of Excellence Quaid e Azam University, Islamabad.
33. Assessment of Impulsivity among Pakistani Population Poster presented at 6th International Conference Psychology of gender in perspectives: Issues and Challenges on 1-2 December 2016 at National Institute of Psychology Centre of Excellence Quaid e Azam University, Islamabad.
34. Development of Hope Scale for Elderly Poster presented at 6th International Conference Psychology of gender in perspectives: Issues and Challenges on 1-2 December 2016 at National Institute of Psychology Centre of Excellence Quaid e Azam University, Islamabad.
35. Identification and prevalence of Social Anxiety Among Pakistani Youth paper presented at 1stInternational Conference on Global Gender Perspectives on 14-16 November 2016 at Lahore College for Women University, Lahore under partnership with George Washington University, USA.
36. 7 Papers presented on Indigenizing Clinical Psychology: Issues and Challenges at Clinical psychology University of Management and Technology, Lahore. December 16-17, 2015
37. Paper presented at 5th International Conference on Educational Psychology at National Institute of Psychology centre of Excellence Quaid –I - Azam University, Islamabad. 13th November, 2014
38. Paper presented at Two days international Conference on Social Psychology 20th -21st May, 2014
39. Paper presented at International Conference of “Role of Psychologist in the Service of Society” at Alhamra Hall III, Mall Road Lahore. 31 October 2013
40. Paper presented at International Conference of Pakistan Psychological Association Lahore Chapter held on 31st October 2013.
41. Poster Presentation “Role of psychologists in the service of society”, Social issues, rehabilitation and practicing ethics at Alhamra Hall, Mall Road Lahore. 31st October, 2013

42. Oral presentation on “Role of psychologists in the service of society”, social issues, rehabilitation and practicing ethics at Alhamra hall, Mall Road Lahore held on 31 October, 2013
43. Paper Presented Conducted On “Understanding students Psychology “AT IB&M-UET, 2nd Faculty development Program by AMDIP “on 9 January 2013.
44. Paper presented at International Conference on Industrial and Organizational psychology: Trends, Challenges and Applications at National Institute of Psychology center of Excellence Quaid –I - Azam University, Islamabad. April 19th, 2012
45. Paper presented at First International Conference on Developmental Psychology held on 27th – 28th March, 2012 at Government College University.
46. Health and Hope in Children with Thalassemia and Hemophilia: A caregiver’s Burden Study. 13th Pakistan Psychological Association Conference, International Islamic University, Islamabad, February 9-10, 2012.
47. Paper presented at 13th Pakistan Psychological Association Conference at Hotel Park Plaza, Gulberg Lahore. 25-26th November, 2011
48. Development and Validation of Body Image Scale (BIS). 13th Pakistan Psychological Association Conference, Hotel Park Plaza, Lahore, November 24-25, 2011.
49. Disordered Eating Behaviors in Pregnant Women of Lahore. 13th Pakistan Psychological Association Conference, Hotel Park Plaza, Lahore, November 24-25, 2011.
50. Life Satisfaction & Psychological Wellbeing in Females residing in Public & Private hostels of Lahore. 12th Annual Population Research conference on “Pakistani Youth”: The Ultimate resource in collaboration with Institute for Cultural Studies, University of the Punjab, Lahore, November 22-24, 2011.
51. Brain Drain: Psychosocial factors effecting economic growth of Pakistan. Research Conference by Population Association of Pakistan in collaboration with Fatima Jinnah Women University with a theme of Population, Peace and Development, November 24-26, 2010.
52. Development and Validation of Disordered Eating Behavior Scale (DEBS): Identification, Prevalence and Difference with clinically diagnosed Eating Disorders. National conference on Research in Psychology: Indigenous and Cultural Context, National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad, October 14, 2010.
53. Paper Presented on National Conference on Research in Psychology indigenous and cultural context at Quaid-i- Azam University, Islamabad. 14th October, 2010

54. Prevalence, Risk and Protective factors related to Disordered Eating Behaviours among young adults: Interplay of Gender and Psychosocial factors. British Psychological Society Conference: Psychology of Women Section, Cumberland Lodge, Windsor, July 14-16, 2010.
55. Brain Drain Trends. 10th International conference of Business and Economics Research in Florida, USA, January 4-6, 2010.
56. Predictors of Disordered Eating Behavior: Interplay of Gender and Psychosocial Factors. International Conference on Culture and Mental Health, Government College University, Lahore, March 6, 2009.
57. Disordered Eating Behaviors in Pregnant Women of Lahore. 13th Pakistan Psychological Association Conference, Hotel Park Plaza, Lahore. November 24-25, 2011
58. Development and Validation of Body Image Scale (BIS). 13th Pakistan Psychological Association Conference, Hotel Park Plaza, Lahore. November 24-25, 2011
59. Gender differences in predictors of disordered eating behavior. Maso Scientific Obesity Conference Abstract Book, Kuala Lumpur, Malaysia. August 13, 2009
60. Disordered eating behaviors: a review article. Maso Scientific Obesity Conference Abstract Book, Kuala Lumpur, Malaysia. August 13, 2009

Conferences Attended only

1. 1st International conference on Clinical Psychology and the developing world: Issues, challenges and solutions University of Management and Technology dated March 9-10, 2017. Three-Day International Conference on Health Psychology: Issues & Challenges at Government College University dated 26th – 28th April, 2017
2. 1st International conference on Emerging Issues in Management Sciences organised by Department of Management sciences LCWUU. 18-20 July, 2017
3. International conference on peace conflict and violence: Challenges & Resolution Strategies organized by Department of Humanities, Comsats Institute of Information technology, Lahore dated 29th-30th November, 2017.
4. International conference on Health and Wellbeing organized by Department of Applied Psychology, Lahore college for Women University 11th -13th December 2017
5. International conference on Social sciences and Humanities organized by Virtual University in collaboration with Lahore college for Women University 14th -16th December 2017

6. Has participated in Indigenizing Clinical Psychology: Issues and Challenges at Clinical psychology University of Management and Technology, Lahore. December 16-17, 2015
7. Conference on Role of social scientific in community rehabilitation at fountain house, Lahore. 27th November, 2015
8. 5th International Multidisciplinary Conference 29-31st October, 2015 at Imperial College of Business studies, Lahore.
9. Participated in 14th International Conference of Psychology on 19th -21st march 2015. The Current Challenges for psychology: from crisis to sustainable solutions
Organized by: president PPA/ Director IAP
10. Has Participated 5th International Conference on Educational Psychology at National Institute of Psychology centre of Excellence Quaid –I - Azam University, Islamabad. 13th November, 2014
11. Participated in Two days international Conference on Social Psychology 20th -21st May, 2014
12. Has Voluntary participation in International Conference of “Role of Psychologist in the Service of Society” at Alhamra Hall III, Mall Road Lahore. 31 October 2013
13. International Conference of Pakistan Psychological Association Lahore Chapter held on 31st October 2013
14. Conference on Fundamentals of Assessment in Higher Education at Lahore College for Women University 13-14 Sep, 2013.
15. Has Participated in International Conference on “Language Sciences and the Developing World” by Lahore College for Women University held on 11th -13th January 2013
16. Has Participated in International Conference on Industrial and Organizational psychology: Trends, Challenges and Applications at National Institute of Psychology center of Excellence Quaid –I - Azam University, Islamabad. April 19th, 2012
17. Attended First International Conference on Developmental Psychology held on 27th – 28th March, 2012 at Government College University.
18. Has Participated in 13th Pakistan Psychological Association Conference at Hotel Park Plaza, Gulberg Lahore. 25-26th November, 2011
19. 12th Asia –Pacific Regional Conference of Alzheimer s Disease International on 7th - 10th November 2009 Lahore Pakistan.
20. International Conference on “Culture and Mental Health”, 6th March, 2009 at GCU Lahore.

21. Annual Psychiatry Conference, 15th February, 2009 at Service Hospital, Lahore.
22. Conference on “Psycho-trauma”, 30th-31st August, 2008 at Jinnah Convention Centre, Islamabad.
23. International conference on “Mental Health”, 17th -19th April, 2008 at Avari Towers Lahore.
24. Conference on “no topic mentioned” by Pakistan Psychological Association, April, 2007 at Lahore College (W) University, Lahore.
25. Conference on “Domestic Violence”, at Pearl Continental Hotel, Lahore. April, 2004
26. One day conference on Developing Counselling Package for victims of Domestic Abuse held on 26 march 2004 at University of the Punjab
27. Conference on “topic” by Pakistan Psychological Association at Govt. College University, Lahore. March, 2001
28. International conference on “Alzheimer’s International” by Pakistan Alzheimer’s society, at Avari Towers. 7th – 10th November, (2009)

Conference Organized

1. Conference organizer (conference secretary) for International Conference on Health and Wellbeing 2017 dated 11-13th December 2017.
2. Conference organizer (Member Core Committee) for International Conference on Social Sciences and Humanities: Challenges in New Millennium. 2017 dated 14-13th December 2017.
3. Helped Organize conference on “Islamic Tradition in Psychology” at Lahore School of Management, University of Lahore 5th march 2016
4. Seminar on “Youth Helping Youth- to fight against HIV/AIDS” on 2nd March 2016 by Punjab AIDS control Program at Lahore College for Women University.
5. Helped Organize (Co Chair 1stInternational Conference on Global Gender Perspectives on 14-16 November 2016 at Lahore College for Women University, Lahore under partnership with George Washington University, USA.
6. Helped Organized International Conference on Language Sciences and the Developing world at Lahore College for Women University, Lahore. 11th-13th January 2013

Workshops Conducted

1. Conducted a Workshop for tool Development for BS, MS and PhD students for department of Research and Evaluation from 16th march 2015 at institute of Education Research and Evaluation Department.

2. “Academic Writing for Publication” LCWU Postgraduate Diploma in Higher Education Teaching at Lahore college for women university, Directorate of faculty development and internalization 4th-6th march, 2015
3. Has conducted two days” workshop on Application of Advance Statistical Analysis for Behavioural Sciences” From June 25, 2013 – June 26, 2013
4. Workshop conducted on “APA Format” at Department of Gender studies held on 28th April, 2011, Lahore Collage for Women University, Lahore.
5. Workshop conducted on “Synopsis Development” at Department of Political science held on 2nd May, 2011, Lahore College for Women University, Lahore.
6. Workshop conducted on “Assertive training” at Department of Applied Psychology held on 2nd November, 2011, Lahore College for Women University, Lahore.
7. Workshop conducted on the course on importance of Research in special education held on 11 march 2009.

Seminars and Invited Lectures

1. Lecture delivered on “Stigmatization in Pakistani culture regarding Admitting Mental Illness” on 13th January, 2016 at Govt. Islamia College Lahore.
2. Lecture delivered on “How to cope with academic stress” on 19th October 2012 at Institute of Business Management, UET, Lahore.
3. Lecture delivered on “Awareness of Mental Health for Mothers of SOS village” on 15th, June, 2012 at SOS Herman Geminer School Ferouzpur Road, Lahore.
4. Lecture delivered on “Scale development” to PhD scholars on 1st, June, 2012 at Institute of Psychology, Beaconhouse National University, Lahore.
5. Lecture delivered on “Application of testing in Research” on 25th May, 2012 at Govt. Islamia College Cooper Road, Lahore.
6. Active Citizens Interaction Consultation on workshop organized by the British Council, at Pearl Continental Hotel, Lahore. December 10th, 2011.
7. Invited TV Talk delivered on “Issues in Marital Adjustment” 20, Sep 2011 at Mast Morning with Juggan Kazim, Dawn TV, Lahore.
8. Invited Lecture on “Psychosocial factors of disordered eating behavior” 28, May 2010 at Department of Education, LCWU, Lahore.
9. Lecture delivered on “Emotional Empathy” 9, October 2009 at Institute of Business Administration, University of Punjab, Lahore
10. Lecture delivered on “Disturb Eating Patterns” of Pakistani youth on 8th, March 2009 at Faculty of Commerce, University of Central Punjab, Lahore.

11. Lecture delivered on “Emotional intelligence” of Pakistani youth on 6th, March 2009 at Faculty of Commerce, University of Central Punjab, Lahore
12. Lecture as Resource Person on “Emotional Intelligence” at University of Central Punjab Faculty of Commerce held on Friday, February 06, 2009.

Additional Training

Selected Summer School, Seminars and Workshops Attended

1. Attended Punjab Higher Education Commission workshop on “Communication Skills and Pedagogy at Lahore College for Women University held on 16th to 20th May 2016.
2. Attended 10th International psychiatric Conference held on February 2016 at SIMS Lahore
3. Five days Training under Indigenous campus Training under HEC Modern University Governance Programme at Lahore College for Women University Lahore. 19 January – 18 February, 2015
4. Has participated in Psychology subcommittee of HEC’S CDSSHP at university of Punjab, Lahore, Pakistan
5. Participated Active Citizens Training of Facilitators Refreshers Course at Lahore College for Women University from 24 to 25 April 2014.
6. Workshop on “Structural Equation Modelling (SEM) Through Amos” at Government College University, Lahore. 20th November 2013
7. Two Days Workshop on “ Peace Psychology” by Dr Daniel Christie Fulbright Specialist on Peace Psychology, Ohio State University in collaboration with Beaconhouse National University (BNU) at BNU, 21st -22rd May 2013.
8. Five Days Workshop on “Advances in Scientific Research Methodology and Ethics” organized by the DFDI in collaboration with University of Warwick at Lahore College for Women University, 1st April -5th April, 2013.
9. Attended 12 Hours Training on “Statistical Product and service solutions” organized by DFDI and HEC at LCWU, March 2013
10. Attended 06 Hours Training on “Plagiarism Policy” organized by DFDI and HEC at LCWU, March 2013
11. Attended 12 Hours Training on “How to win a research Grant” organized by DFDI and HEC at LCWU, March 2013

12. Workshop on “IRP, Patent and Patenting” organized by the Office of Research Innovation and Commercialization(ORIC) at Lahore College for Women University, 22nd February, 2013.
13. Two Days Training workshop on “Mastering Quantitative and Qualitative Research data analysis for Dissertation/Thesis/Paper-Software application SPSS and NVIVO organised by Research centre for Training and Development and DFDI , through High Definition Video Conferencing .Dubai, UAE. 6th and 7th February 2013
14. Course on “Faculty Development Program” organized by Association of Management Development Institutions in Pakistan at Punjab University, 10th -11th October 2012.
15. Training course on “Office Management for Officers” organized by Management and Professional Development Department, Government of the Punjab at PIMPD, 13th - 18th July 2012.
16. Training Workshop on “Active Citizens training of Facilitators” organized by the British Council at Lahore College for Women University, 9th -13th July, 2012.
17. Two week Course on “Qualitative Research Methods “organized by HEC and DFDI at LCWU, 28th May 2012-8th June 2012.
18. One week training course on “Office Management” for officers held on 14th May-18th May, 2012
19. Three Months Training on “Internationalization of Higher Education “organized by British Council and DFDI at LCWU, January 2012-March 2012.
20. Three days Workshop on “Stories for Change” organized by SIMORGH Women Resource & Publication Centre at LCWU,21st-23rd February 2012.
21. Workshop on “Active Citizens Interaction Consultation” organized by the British Council at Pearl Continental Hotel, 10th December, 2011.
22. Seminar on Creating Awareness against Drug Addiction at Lahore College for Women University, Lahore. 1st June 2009
23. Course on importance of Research in Special Education on 11 March 2009 on Wednesday at Punjab Special Education.
24. Workshop on “EMDR” in International conference on Psycho-trauma, at Jinnah Convention Centre, Islamabad. 30-31st August, 2008
25. 5th International Symposium on “Psychiatric Updates & Media /Public Awareness”, Avari hotel Lahore- Pakistan. April 19 -20 2008
26. Seminar on “Conversion Disorders: “Diagnosis and Intervention” organized by Psychiatry Department, Rawalpindi General Hospital, 6th January, 2006.

27. Workshop on “Basics of Behaviour Therapy” by Ms. Nashi Khan (Consultant Chartered Clinical Psychologist), organized by the Department of Applied Psychology, University of the Punjab, Lahore, 11th June, 2005.
28. Workshop on “Reiki: Application and Treatment, Level II” by Dr. Shaharyar Aftab, organized by the Department of Applied Psychology, University of the Punjab, Lahore, 4th June, 2005.
29. Workshop on “Reiki: Application and Treatment, Level I” by Dr. Shaharyar Aftab, organized by the Department of Applied Psychology, University of the Punjab, Lahore, 28th May 2005.
30. Workshop on “REBT: Assessment and Intervention” by Ms. Cyma Salman (Clinical Psychologist), organized by the Department of Applied Psychology, University of the Punjab, Lahore, 21st -22nd December, 2004.
31. Workshop on “Research Methods in Psychology”, at Govt. College University, Lahore. 13th October, 2004
32. Workshop on “counselling the victims and survivors of Domestic Violence” at Lahore College for Women University held on 27th to 28th September, 2004
33. Seminar on “Drug Treatment Works” on “International Day against Drug abuse & Illicit Trafficking” organized by Academic Department of Psychiatry and Behavioural Sciences, KEMC/Mayo Hospital, and Pakistan Psychiatric Society (Punjab Chapter), 26th June, 2004.
34. Symposium on “Student Counselling and Assessment Services” organized by the Department of Applied Psychology, University of the Punjab (prior to the launch of SCAS), Lahore, 6th April, 2004.
35. Workshop on “Developing a Counselling Package for Victims of Domestic Violence” organized by Department of Applied Psychology under DFID Link, Lahore, 26th March, 2004.
36. Workshop on “How to do research” by Dr. Zahid Mahmood, Chartered Psychologist from UK, organized by Department of Psychology and Applied Psychology, University of the Punjab, Lahore, 9th October, 2003.
37. Workshop on “Child Sexual Abuse” organized by Department of Applied Psychology, University of the Punjab in collaboration with SAVERA and DFID, Lahore, January, 2003.
38. One day research symposium arranged by Rumi Psychological Society, at Govt. Fatima Jinnah College (W,) Lahore, April, 2001
39. Workshop on “Hypnotherapy” by Farzana Noor, organized by the Department of Applied Psychology, University of the Punjab, Lahore, March 2001.

40. One week workshop on “Computer Skills: Multimedia Use and MS Office” organized by University of the Punjab, Lahore, August, 2000.
41. Workshop on Project Techniques at University of the Punjab Lahore, Pakistan, 26 April 2000
42. Workshop on “Post-Traumatic Stress Disorders” by Dr. Zahid Mahmood, a Chartered Clinical Psychologist from UK, organized by the Department of Applied Psychology, University of the Punjab, 18th April, 2000.
43. Workshop on “Projective techniques” by Dr. Zahid Mahmood, a Chartered Clinical Psychologist from UK, organized by the Department of Applied Psychology, University of the Punjab, 16th April, 2000.
44. Seminar on “Perception of Medical Images for Diagnostic and Surgery Purposes” by Dr. Jorg Huber, Roe Hampton College, London, organized by Department of Applied Psychology, University of the Punjab, Lahore, 6th April 2000.
45. Seminar on “Brain and Behavior” by Dr. Mazhar Khan (Chartered Psychologist from USA), organized by Department of Applied Psychology, University of the Punjab, 6th March, 2000.
46. Workshop on “Wechsler Adult Intelligence Scale, WAIS III” by Dr. Mazhar Khan (Chartered Psychologist from USA), organized by the Centre for Clinical Psychology, University of the Punjab, 1st March, 2000.
47. Workshop on “Trauma Psychology” organized by Fountain House in collaboration with Missisuri University, USA, 22nd January, 2000.
48. Workshop on “Internet Access”, at Applied Psychology Department, University of the Punjab in collaboration with SNDP, 15th January, 2000
49. Seminar on “The Tragic Incident of Child Abuse and Killing: Lessons Learned and What Needs to be done” at Department of Applied Psychology, University of the Punjab. 15th December, 1999
50. Workshop on “Development of Syllabi of Psychology for intermediate and Graduate Level”, by Dr. Zahid Mahmood, Chartered Clinical Psychologist, UK, organized by Psychology Department, Govt. College, Lahore, April 1999.
51. Workshop on “Environment Assessment and Management” Organized by Governance of the Punjab social welfare training institute Lahore. 18th -19th December, 1995.
52. Administrative &accounts Management Workshop for office Bearers of NGOS. . Organized by Governance of the Punjab Social Welfare Training Institute Lahore. April 17, 1995

Research Supervisor (PhD, MPhil, MSc and BS)

PhD On-going

1. Afzal, N (2014) Development and Validation of pre-marital Anxiety scale and predictors of pre-marital anxiety in Adults.
2. Ijaz, S (2014) Psychosocial problems of patients with Type II diabetes.
3. Ahmad, M (2014) Correlates of Mental Health among Professional women.
4. Ahamd, S (2013) Obesity and Marital Adjustment among working women
5. Imtiaz, T (2013) Biopsychosocial problems among patients of Thalassemia: A caregiver's burden study
6. Ijaz, B (2013) Development and validation of social anxiety scale for Pakistani population: Predictors of social anxiety among university students in Lahore
7. Hassan, N (2013) Neuro-psychological and physiological side effects of interferon therapy in HCV patients. Health Related quality of life and coping strategies across gender
8. Anjum, A. (2013) An assessment of workplace bullying in Educational Institutions of Lahore, Pakistan
9. Kazmi, R. (2012) Psychological factors of adjustment problems in University students.
10. Malik, N (2011) Development of sleep disorder Scale and correlates of sleep disorders in Respiratory diseases in Adults
11. Khawer, A (2011) Correlates of Positive Emotions, Adherence and Quality of life in type II Diabetes: Comparative study of Pakistani and the United States Adult Population.

. MS Completed

1. Ishaq N (2017) Social support, depression and quality of life in pregnant women with hepatitis C.
2. Tariq A (2017) Facebook Addiction, Mood Changes and disordered eating behaviour among young adults.
3. Ahmad A (2017) Anger expression, Life orientation and quality of life in patients with hypertension.
4. Ali N (2017) Emotion Regulation, Optimism and quality of life among stomach ulcer patients
5. Zafar A (2016) Correlates of Binge Eating Behavior among college and

- Universities female students.
6. Safdar F(2016) Defence mechanisms ,loneliness and social connectedness Among overweight universities students.
 - 7.Afzal,K (2016) Social support, Occupational stress as predictors of quality of life in Men with Cardiovascular Disease.
 - 8.Cheema,Z (2016) Role of stress and social support in Miscarriage: A Mixed Method study.
 - 9.Irum,H (2015) Self esteem, body image and self consciousness among women After rejection of marriage proposals.
 - 10.Haroon,J (2015) Psychological Distress and Physical Health of school Children after APS Peshawar Incident.
 - 11.Ahmad,A (2015) Personality as a predictor for domestic and professional stressors of female universities teachers.
 12. Haq,S (2015) Development and validation of Impulse control Disorder Scale
 - 13.Mukhtar A (2014) Sense of Humor, EI Social competence in University Teachers
 14. Ahmad, A (2014) Sleep disturbances in college students
 15. Munawar, A (2014) HIV AIDS with Rretroviral Therapy
 16. Atta, A.(2013) Body weight and Trust In close Interpersonal Relationships
 17. Hassan, N (2012) Development of Menopausal Syndrome Checklist (PSC)
 18. Ijaz, B (2012) Validation of Body Image dissatisfaction Scale University Teachers.
 19. Qayyum, F (2012) Sexual harassment of women at Work force: A study of organizational behaviour
 20. Moeen, T (2011) Development of Body Image dissatisfaction Scale
 21. Sohail, R (2011) Disordered eating behavior in pregnant women: A trimester study
 22. Jalil, T (2010) Emotional intelligence and martial adjustment in fertile & infertile couples
 23. Javaid, S (2010) Health and hope in Children with blood transfusion diseases
 24. Javaid. S (2010) Disordered Eating Behavior, dieting beliefs and Exercise motivation in female gym users and non users.

1. Comparison of employees benefits in public and private banks.
2. Cellular company growth package for students
3. Factors enhancing fuel station performance
4. Impact of celebrity endorsement on consumer behavior and brand
5. Interest of customers in e-shopping
6. Consumers preferences for imported products over domestically produced products in Pakistan
7. Factors effecting brain drain trends.
8. The growth of cellular sector and its effects on society
9. Effect of advertisement on sale of products
10. Correlates of importing products having indigenous raw material
11. Psychosocial Factors affecting Job Satisfaction.

BS Completed`

- | | |
|----------------------|---|
| 1. Arshad, M (2010) | Disordered eating behavior in college athletes |
| 1. Shaukat, F (2010) | Life Satisfaction & Psychological Wellbeing in Females residing in Public & Private hostels of Lahore |

Fellowships and Memberships

1. British council, Active Citizen Facilitator
2. Vice President, Pakistan Psychological Association, Lahore Chapter.
3. HEC Approved Supervisor 2013
4. Member Doctoral Committee
5. Member International Resource Centre

Journal Editing and Reviewing

1. Assistant Editor, Journal of Arts and Social Sciences JASS LCWU
2. Editorial Member, Journal Pakistan Psychological Association
3. Editorial Member, Journal of Behavioural Sciences

4. Editorial member Faran Journal of Social sciences
5. Sub Editor ,News Letter PPA Lahore Chapter
6. Reviewer, Pakistan Journal of Social and Personality Psychology
7. Reviewer, Clinical and Counselling psychology review(UMT)
8. Reviewer, Violence and victim (springer)
9. Reviewer, Sex roles (springer)

MoU signed /coordinator or focal person

Conference coordinator and member core committee for International Conference of Social Science and Humanities: Challenges in New Millennium.

Worked form January 2017 to December 2017 in close collaboration to VC and advisor VU from planning and advertising the conference to executing the conference.

Research Grants/ Project submission

Principle investigator 2 projects

1 .Institutional strengthening Application form

HEC/ACAD/NPRU/2017/7271

2. International Resource Centre for testing, Research and Publication

HEC/R&D/ISULL/2017/914

TV Programmes

Regularly participated as Psychologist in Morning show at JAGO LAHORE by Lahore News. Invited talks given at PTV, EXPRESS, DUNYA TV,BBC etc

Columnist

Daily Dunya Newspaper

Countries Visited

Thailand, Malaysia, Saudi Arabia, United Arab Emirates

Community Services

I am an active volunteer Champion in the 'Activities and Publications' team of the British Council supported International Resource Centre set up Directorate of Faculty Development and Internationalization. I am also a Lead Facilitator for the British Council-LCWU Active Citizens Program, which is currently being rolled out in the University as a mandatory 4-credit hour community engagement program. I received extensive training for both these assignments and extended positive contributions to the group. I was selected by the British Council to train other ACP facilitators in Islamabad.

More recently, I lead a group of young volunteers to work towards rehabilitating non-Muslim school children, traumatized by the burning down of their colony on allegations of blasphemy.