

1997 **Matriculation**
Group: science
Ali Garh Model Girls High School, Multan

PROJECTS UNDERTAKEN

2003 **Internship**
AR-Rahma Hospital cases report of clinical psychology

2006 **Internship**
Nisther Hospital Multan
Cases Report Clinical Psychology

2007 **Internship**
Nisther Hospital Multan
Cases Report Clinical Psychology

2008 **Internship**
Nisther Hospital Multan
Cases Report Clinical Psychology

2013 **Internship**
PakTurk Int'l Schools & Colleges, Multan
Cases Report HRM

2004 **Thesis**
Psychological Illness and Faith Effect on Chronic Illness
Patient (Heart & Cancer).

2007 **Thesis**
Attribution Styles, Depression and Hopelessness among
Unmarried Male and Female School Teachers.

2013 **Community Project**
Effect of Support Autonomy on Self Determination on Students of
PakTurk International School Multan

2013 **Mangement Project**
Project Report on HRM department of PTCL

2014 **Thesis**
**Effects of Emotional, Cultural and Spiritual Intelligences on
Leadership Effectiveness through Personality**

EXTRA CURRICULAR ACTIVITIES

2003 Attended course of spoken and writing skills in English Language.
Institute of Management Sciences Bahauddin Zakariya University, Multan

2003 Attended workshop on “Eidetic Therapy”

2003 Attended workshop on psychoses (Migraine)

2004 Attended workshop on “Hypnosis”

2004 Attended PPA Conference in Lahore

- 2003-2005 Attended weekly seminars on psychological issues.
- 2006 Attended PPA Conference in Lahore and became member of PPA.
- 2006-2007 Attended weekly seminars on psychological issues.
- 2010 Attended course of spoken and writing skills in English Language.
- 2011 Attended course of spoken and writing skills in English Language.
- 2012 Attended Seminar on Research
- 2013 Attended two days workshop on CBT in Bahuddin Zakariya University, Multan.
- 2014 Attended International Conference of GC University in Lahore.
- 2014 Attended International conference of Quaid-i-Azam University, Islamabad.
- 2015 Reiki Master/ Teacher
- 2016 Attended International conference of Bahuddin Zakariya University, Multan.
- 2016 Attended International conference of GC University Faislabad.
- 2016 Attended 2nd National Conference on Emerging Trends, Challenges and Implementation of Psychology in Community in University of Gujrat on 8th & 9th December, 2016.
- 2018 Organized Two Days International Conference and presented 4 papers in Conference of Institute of Southern Punjab, Multan.
- 2018 Attended 7th International Conference of Positive Psychology: Developing a Flourishing Community (29th-30th November, 2018) in Quaid-i- Azam University, Islamabad.
- 2019 Attended International conference of Applied Psychology in University of the Punjab, Lahore, from 6th – 8th Feb.
- 2019 Attended 1st National Conference Psychology for Sustainable Community: Challenges and Trends (March 19-20) in Sargodah University.
- 2019 Attended International conference of Islamic Perspectives in Modern Psychology in Riphah International University, Lahore, from 24th – 26th September.

- 2019 Attended “**Anger Down regulation with MCII**” workshop on 10th October, in department of Psychology in BZU.
- 2021 Attended International E- Conference on Health Psychology (ICHP 2021) (18-20 March 2021)
- 2021 Attended two days CBT workshop for Anxiety in NUML (11th – 12th August, 2021)
- 2021 Attended two days CBT workshop for Depression in NUML (16th – 17th August, 2021)
- 2021 Attended three days Acceptance and Commitment Therapy workshop in NUML (23rd – 25th August, 2021)
- 2021 Attended two days Mindfulness-Based Interventions workshop in NUML (26th – 27th August, 2021)
- 2021 Attended three days Substance Use Disorders Prevention Treatment and Rehabilitation workshop in NUML (1st – 3rd September, 2021)

ACHIEVEMENTS AND APPRECIATIONS

- 1 Got 3rd Position in M.Phil.**
- 2 Got 2nd position in ADCP**
- 3 Got 3rd position in poster presentation in 5th International conference on Educational Psychology in Islamabad on 13th November, 2014.
- 4 Visited Turkey for 16 days in 2012 from PakTurk International Schools & College, Multan.**
- 5 Visited **Saudi Arab** for 1 month **Umra** in July- August, 2013.
- 6 Visited Thailand in 2016 from PakTurk International Schools & College, Multan.**
- 7 Visited **Azarbijan** for 6 days in 13-18 July, 2019.
- 8 Organized CBT workshop on 28th & 29th April, 2013 in Bahuddin Zakriya University, Multan.
- 9 Conducted Parent School workshop on 2nd April, 2013 in Pak Turk Int’l Schools & Colleges, Multan.
- 10 Life Time Member of PPA.

- 11 Attended Master Trainer workshop on January, 2013 in Islamabad.
- 12 Conducted EFT Seminars
- 13 Highly appreciated by the project coordinator on the hard work in several projects.
- 14 Presented Paper in International conference on Social Psychology in Lahore on 21st May, 2014.
- 15 Presented Poster Presentation on **Math Achievement as a Function of Math Anxiety and Percieved Teachers' Social Support among Elementary Students** in conference of Quaid-i-Azam University, Islamabad in November, 2014.
- 16 Presented Oral Presentation on **Impact of Cognitive Processing Therapy on Mental Health of People Exposed to Flood** in conference of GC, University, Faislabad in April 2016.
- 17 **Organizer 1st International Conference of Psychology** in B.Z.U. Multan on 31st March, 2016.
- 18 Presented Poster Presentation on **Equity Sensitivity as Predictor of Organizational Citizenship Behavior among Employees of Public and Private Organizations** in conference in B.Z.U. Multan on 31st March, 2016.
- 19 **Supervisor Dr. Sarwat Sultan Presented Oral Presentation of my Thesis of Spiritual Intelligence Liking to Leadership Effectiveness: Interceding Role of Personality Traits in Itly 8th June, 2017.**
- 20 **Presented Paper on Understanding When Attitudes towards School Leads to the School Commitment: Role of Classroom Climate in National Conference on: Promoting Mental Health in Schools: A Way Forward in the Institute of Clinical Psychology, UMT Lahore on 17th March, 2018.**
- 21 **Organized and Conducted SPSS Workshop in The Islamia University Bahawalpur in 2018.**
- 22 **Organizer in 1st International Conference of Social Sciences: Emerging Trends in Research** in Institute of Southern Punjab, Multan on 8th and 9th September, 2018.
- 23 Presented Paper on **The Impact of Harassment on Work Base Need Satisfaction among Working Women of Media** in 1st International Conference of Social sciences: Emerging Trends in Research in Institute of Southern Punjab, Multan on 8th and 9th September, 2018.

- 24 Presented Paper on **The Influence of Parenting Styles on Emotional Attitudes and Beliefs Related to Juvenile Delinquency among Different Age Groups** in 1st International Conference of Social sciences: Emerging Trends in Research in Institute of Southern Punjab, Multan on 8th and 9th September, 2018.
- 25 Presented Paper on **Effect of Children Emotional and Behavioral Problems** in 1st International Conference of Social sciences: Emerging Trends in Research in Institute of Southern Punjab, Multan on 8th and 9th September, 2018.
- 26 Presented Paper on **Investigate The Relationship of Internet Addiction and Loneliness among Hostel and Day's Scholar Students** in 1st International Conference of Social sciences: Emerging Trends in Research in Institute of Southern Punjab, Multan on 8th and 9th September, 2018.
- 27 Presented Paper on **Moderating Effect of Social Support between the Relationship of Emotional Intelligence and Mental Health** in 1st National Conference(NCPSC, 2019) of University Sargodah on 19th March, 2019.
- 28 Presented paper on **Examining the Effect of Work Engagement on Employees' Work Performance** in 1st National Conference Cultural Intelligence (NCPSC, 2019) of University Sargodah on 19th March, 2019.
- 29 Presented Paper on **Minifying the Academic Burnout among Religious and Non-Religious students through Religious cognitive Behavior therapy** in International conference of Islamic Perspectives in Modern Psychology in Riphah International University, Lahore, 24th – 26th September, 2019.
- 30 Presented paper on **Personality Traits as Moderator between Mindfulness and Academic Stress** in 2nd International Conference on Social Sciences and Humanities in Kinnard College for women, Lahore, 24th to 26th October, 2019.
- 31 Presented Paper on **Impact of Academic Stress on Burnout through the Mediating Role of Internet Addiction among University Students** in 2020 Research Symposium at the University of Sahiwal, on 1st February, 2020.
- 32 Presented Paper on **The Impact of Self Control on Work Stress through among Employees** in 2020 Research Symposium at the University of Sahiwal, on 1st February, 2020.

- 33 Presented Paper on **Aggression and Self-Compassion among Adults** in 2020 Research Symposium at the University of Sahiwal, on 1st February, 2020.
- 34 Presented Paper on **The Impact of Self Control on Work Stress through Mediating Role of regulatory Focus among Employees** in 3rd International Conference on Teaching and Learning (ICOTAL, 2020) The Islamia University of Bahawalpur, 5-6 March, 2020.
- 35 Presented Paper on **How Aggression Effects on Self-Compassion among Adolescents** in 3rd International Conference on Teaching and Learning (ICOTAL, 2020) The Islamia University of Bahawalpur, 5-6 March, 2020.
- 36 As a **Tele-Counselor** provided services during Covid 19 Pandemic from 18th April, 2020 to onwards in the platform of **Bahuddin Zakariya University, Multan**.
- 37 As a **Tele-Counselor** provided services during Covid 19 Pandemic from 16th April, 2020 to onwards in the platform of **Institute of Southern Punjab, Multan**.
- 38 Attended as a **Guest Speaker** on Women Day in **Bani Mehro Wafa of Character Building Society Institute of Southern Punjab Multan**, March, 2020.
- 39 Presented Paper on **Impact of Fear of COVID-19 on Sleep Disturbance among University Students during Pandemic** in International E-Conference on Health Psychology: Impact, Benefits, & Application (Stress due to COVID-19 & Health) (IHP-2021) Department of Applied Psychology, Bahuddin Zakariya University, Multan on 18-20 March, 2021.
- 40 Presented Paper on **Role of Bullying, Self Esteem and Academic Performance among Undergraduate University Students** in Multan International E-Conference on Health Psychology: Impact, Benefits, & Application (Stress due to COVID-19 & Health) (IHP-2021) Department of Applied Psychology, Bahuddin Zakariya University, Multan on 18-20 March, 2021.
- 41 Presented Paper on **Gender Difference in Social Media usage and Emotion Regulation among University Students** in International E-Conference on Health Psychology: Impact, Benefits, & Application (Stress due to COVID-19 & Health) (IHP-2021) Department of Applied Psychology, Bahuddin Zakariya University, Multan on 18-20 March, 2021.
- 42 Presented Paper on **Impact of Grit on Mental Health among University Students** in International E-Conference on Health Psychology: Impact, Benefits, & Application

- (Stress due to COVID-19 & Health) (ICHP-2021) Department of Applied Psychology, Bahuddin Zakariya University, Multan on 18-20 March, 2021.
- 43 Presented Paper on **The Impact of Self-Compassion on Mental Health among Youth** in International E-Conference on Health Psychology: Impact, Benefits, & Application (Stress due to COVID-19 & Health) (ICHP-2021) Department of Applied Psychology, Bahuddin Zakariya University, Multan on 18-20 March, 2021.
- 44 Presented Paper on **Impact of Parenting (Mother) Styles on Problem Behavior among Adolescents of Institute of Southern Punjab** in International E-Conference on Health Psychology: Impact, Benefits, & Application (Stress due to COVID-19 & Health) (ICHP-2021) Department of Applied Psychology, Bahuddin Zakariya University, Multan on 18-20 March, 2021.
- 45 Presented Paper on **Impact of Humor Styles on Psychological Distress among University Students** in International E-Conference on Health Psychology: Impact, Benefits, & Application (Stress due to COVID-19 & Health) (ICHP-2021) Department of Applied Psychology, Bahuddin Zakariya University, Multan on 18-20 March, 2021.
- 46 Presented Paper on **Impact of Online Computer Games on Academic Performance and Academic and Cognitive Distortion among University Students** in International E-Conference on Health Psychology: Impact, Benefits, & Application (Stress due to COVID-19 & Health) (ICHP-2021) Department of Applied Psychology, Bahuddin Zakariya University, Multan on 18-20 March, 2021.
- 47 Presented Paper on **Influence of Work-Family Conflict on Work-Stress among School Teachers** in International E-Conference on Health Psychology: Impact, Benefits, & Application (Stress due to COVID-19 & Health) (ICHP-2021) Department of Applied Psychology, Bahuddin Zakariya University, Multan on 18-20 March, 2021
- 48 Certification of Appreciation as **Organizer of Southern Psychology Society throughout the year 2020-2021** in Institute of Southern Punjab. Organized Annual Dinners, Bonfire events, seminars, workshops, talk shows, Symposium.
- 49 Attended Webinar as a **Guest Speaker on Mental Health Day**, 14th October, 2021 at NUML, Multan.

50 Attended Webinar as a **Guest Speaker** on **Mental Health**, 30th November, 2021 at NUML, Multan.

51 2 days Workshop conducted as a **Trainer** on **Emotional Freedom Technique (EFT)**, 1st & 2nd December, 2021 at BZU.

52 1 day Workshop conducted as a **Trainer** on **SEDONA**, 15th December, 2021 at BZU.

53 1 day Workshop conducted as a **Trainer** on **Phobia Cure**, 6th January, 2022 at BZU.

RESEARCH PROJECTS

Total Supervised 128 theses.

- 23 M.Phil Psychology Theses BZU and ISP students
- 61 ADCP Theses BZU and ISP students
- 14 M.Sc Psychology Theses BZU students
- 30 B.S Psychology Theses BZU and ISP students

PUBLICATIONS

- 1 Published Article of **Effect of Cultural Intelligence on Leadership Effectiveness through Personality Traits in International Journal of Social Relevance & concern (IJSRC)**, ISSN No : 2347-9698, Volume 2, Issue 8/ IJSRC-2810, August 2014, Page No: 27-33, www.ijournals.in

Maria Anwar Khan and Sarwat Sultan, (August, 2014). Effect of Cultural Intelligence on Leadership Effectiveness through Personality Traits in International Journal of Social Relevance & concern (IJSRC), ISSN No : 2347-9698, Volume 2, Issue 8/ IJSRC-2810, Page No: 27-33, www.ijournals.in

APA

Reference

Khan, M. A., & Sultan, S., (2014). Effect of Cultural Intelligence on Leadership Effectiveness through Personality Traits:. International Journal of Social Relevance & concern (IJSRC), ISSN No : 2347-9698 (online), 8(2), 27-33.

- 2 Published Article of **Emotional Intelligence Predicting Leadership Effectiveness: Mediating Role of Personality Traits**, *JISR-MSSE* Volume 13, No 2, July-Dec (2015), Pages No. 67-81.

Sarwat Sultan, Maria Anwar Khan and Frasad Kanwal (July-Dec, 2015). Emotional Intelligence Predicting Leadership Effectiveness: Mediating Role of Personality Traits, *JISR-MSSE* Volume 13, Issue No 2, July-Dec (2015), Pages No. 67-81.

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Reference

Sultan, S., Khan, M. A., & Kanwal, F., (2015). Emotional Intelligence Predicting Leadership Effectiveness: Mediating Role of Personality Traits. *JISR-MSSE*, 8(2), 67-81.

- 3 Published Article of **Spiritual Intelligence linking to Leadership Effectiveness: Interceding Role of Personality Traits in People: International Journal of Social Sciences**, ISSN 2454 – 5899, Volume 3, Issue 2, 16th September, 2017, Pages No: 599 – 613, citation:2. DOI-<https://dx.doi.org/10.20319/pijss.2017.32.599613>

Sarwat Sultan, Maria Anwar Khan and Frasad Kanwal (16th September, 2017). Spiritual Intelligence linking to Leadership Effectiveness: Interceding Role of Personality Traits in People: International Journal of Social Sciences, ISSN 2454 – 5899, Volume 3, Issue 2, Pages No: 599 – 613, citation:8. DOI-<https://dx.doi.org/10.20319/pijss.2017.32.599613>

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Reference

Sultan, S., Khan, M. A., & Kanwal, F. (2017). Spiritual intelligence linking to leadership effectiveness: interceding role of personality traits. *PEOPLE: International Journal of Social Sciences*, 3(2). 599-613.

- 4 Published Article of **Engagement In Gratitude Practices Enhancing The Sense Of Psychological Wellbeing**: Hamdard Islamicus, Vol. 42 No.3 (2019), Pages No: 342-353, ISSN :0250-7196, https://hamdardfoundation.org/hamdard_Islamicus/

Rizwana Amin, Sarwat Sultan, Maria Anwar Khan and Laiba Sohail (2019). Engagement In Gratitude Practices Enhancing The Sense Of Psychological Wellbeing: Hamdard Islamicus, Vol. 42, No.3, Pages No: 342-353, ISSN :0250-7196,

APA

Reference

Amin, R., Sultan, S., Khan, M., & Sohail, L., (2019). Engagement in Gratitude Practices Enhancing the Sense of Psychological Wellbeing. *Hamdard medicus*, ISSN :0250-7196. 42 (3). 342 - 353.

- 5 **Published Article of Managing Stress Through Stress Management Intervention For Increasing Emotional Intelligence And Academic Achievement:** Youth Voice Journal, ISSN (Online): 2056 –2969, Scopus, Pages No: 1-15, First published in the UK in 2020 by RJ4All Publications, November 2020. Sarwat Sultan, Rizwana Amin and Maria Anwar Khan (November, 2020). Managing Stress through Stress Management Intervention For Increasing Emotional Intelligence And Academic Achievement: Youth Voice Journal, ISSN (Online): 2056 –2969, Scopus, Pages No: 1-15, First published in the UK in 2020 by RJ4All Publications.

APA

Reference

Sultan, S., Amin, R., & Khan M, A. (2020). “Managing Stress through Stress Management Intervention for Increasing Emotional Intelligence and Academic Achievement ” *Youth Voice Journal*, ISSN (online): 2056 –2969. 1-15, UK.

- 6 **Published Article of The Impact of Death Anxiety on Quality of Life among Cancer Patients: A Case of Bahawalpur And Multan District:** Psychology and Education, ISSN (Online): 00333077, Scopus, Pages No: 5473-15477, **Vol. 58 No.1.** February, 2021. www.psychologyandeducation.net

Siraj Hussain, Dawood Nawaz, Maria Anwar Khan, Toqeer Nawaz and Saadia Zia (February, 2021). The Impact of Death Anxiety on Quality of Life among Cancer Patients: A Case of Bahawalpur And Multan District: Psychology and Education, ISSN (Online): 00333077, Scopus, Pages No: 5473-15477, Vol. 58 No.1. www.psychologyandeducation.net. <https://doi.org/10.17762/pae.v58i1.2162>

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Reference

Hussain, S., Nawaz, D., Khan, M. A., Nawaz, A., & Zia, S. (2021). The Impact Of Death Anxiety

On Quality Of Life Among Cancer Patients: A Case Of Bahawalpur And Multan District. *Psychology and Education Journal*, 58(1), 5473-5477.

- 7 **Published Article of Validation and Adaptation of the Perception of Academic Stress Scale.** Psychology and Education, ISSN (Online): 00333077, Scopus, Pages No: 5693 – 5697, Vol. 58 No.2. www.psychologyandeducation.net.
DOI: <https://doi.org/10.17762/pae.v58i2.2991>

Maria Anwar Khan, M. Saleem (24, February, 2021). Validation and Adaptation of the Perception of Academic Stress Scale. Psychology and Education, ISSN (Online): 00333077, Scopus, Pages No: 5693 – 5697, Vol. 58 No.2. www.psychologyandeducation.net. **DOI:** <https://doi.org/10.17762/pae.v58i2.2991>

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Reference

Khan, M. A., & Saleem, M. (2021). Validation and Adaptation of Perception of Academic Stress Scale. *Psychology and Education Journal*, 58(2), 5683-5697.

EXPERIENCE:

2005- 2006	Teacher in Candle High School, Multan
2006-2008	Teacher in Lincoln’s Inn School, Multan
2008 to 2018	Teacher and Admin Pak Turk Int’l High School, Multan.
2010 to Date	Visiting Lecturer in Bahuddin Zakariya Unuiversity, Multan.
2010-2011	Consultant in Bakhtawar Aameen Hospital
2017-2021	Consultant in The Physio (Private Practice)
2018 to 2021	Lecturer in Institute of Southern Punjab (University), Multan.