

HINA ZAHRA

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H. No. J/208, Street No. 24,
Near Liaqat Bagh,
Islamabad, Pakistan
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DEMONSTRATED SKILLS & EXPERTISE

- Eight years diversified experience in various universities/institutions.
- Proven hands-on expertise in Teaching, Research, Clinical Psychologist, Community Work, MS Office Suite, Student Counseling & Office Administration.
- Excellent proven interpersonal and communication skills dealing with all levels of staff and management.
- Leadership skills and personnel management through team building, training, productivity and quality improvement.
- Professional qualification in Clinical Psychology.

ACADEMIC QUALIFICATION

2015 – 2018	M.Phil. (Counseling Psychology) Fatima Jinnah Women University, Rawalpindi, Pakistan Thesis: <i>“Impact of temperament and empathy on cognitive distortions among high secondary school students of Rawalpindi”</i>
2011 – 2013	M.Sc. (Behavioral Sciences) Fatima Jinnah Women University, Rawalpindi, Pakistan
2008 – 2010	B.Sc. (Applied Psychology, Botany, Zoology) Government Postgraduate College for Women, Rawalpindi, Pakistan

PROFESSIONAL QUALIFICATION

2015	Advance Diploma in Clinical Psychology Foundation University, Rawalpindi, Pakistan
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TEACHING EXPERIENCE

2022 to date	National university of Modern languages Islamabad, Pakistan Lecturer (Contract)
2020 -2022	National university of Modern languages Islamabad, Pakistan Lecturer (Visiting Faculty)
2020-2021	National Defense University Islamabad, Pakistan Lecturer (Visiting Faculty)
2017-2021	Barani Institute of Management Sciences Rawalpindi, Pakistan Lecturer (Visiting Faculty)
2017 - 2021	PMAS-Arid Agriculture University Rawalpindi, Pakistan Lecturer (Visiting Faculty)
2019 – 2020	International Islamic University Islamabad, Pakistan Lecturer (Visiting Faculty)

WORK EXPERIENCE

- 25 Jul. 16 - 24 Jan.17 **Fatima Jinnah Women University**
Rawalpindi, Pakistan
Research Assistant (Department of Behavioural Sciences)
- 10 Aug. 15 - 01 Nov.15 **Fatima Jinnah Women University**
Rawalpindi, Pakistan
Internee (Admission Office)
- 08 Jul. 13 - 12 Jul. 13 **Counseling Centre**
Murree Road, Rawalpindi, Pakistan
Community Work
- 23 Jul. 12 - 03 Sept. 12 **Institute of Psychiatry**
Benazir Bhutto Hospital, Rawalpindi, Pakistan
Internee

PERSONAL DETAIL

Father's Name: Chaudhry Muhammad Saleem
Date of Birth: July 29, 1988
CNIC Number: 37405-7441223-6
Domicile: Punjab (Rawalpindi)
Marital Status: Single

RESEARCH & PUBLICATIONS

Journal Articles:

Malik. S., Zahra. H., Jamal. A., Aziz, A., Tehreem, A., and Yu. X. (2023) "The Socio Psychological Importance and Impacts of Care Economy; Post-Pandemic (COVID-19) Findings," *Oeconomia Copernicana* ,14 (2): <https://doi.org/10.1234/rg.376232403>

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REFERENCES

Will be provided on request.