

Amna Ghafoor Alvi



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OBJECTIVE

To attain a challenging position in reputable and progressive institute that provides an opportunity for professional growth and where my qualification and experience are appreciated through demanding responsibilities.

PROFILE

Date of Birth:	01/04/1988
Gender:	Female
Nationality:	Pakistani
Religion:	Islam
Marital Status:	Married

AREA OF EXPERTISES AND INTERESTS

Currently, I am working as a Lecturer and Coordinator of the Social Sciences Department at the National University of Modern Languages Faisalabad.

I am also serving my services as a Clinical Psychologist at Mujahid Hospital Faisalabad since 3 years.

I worked as a Senior Research Writer Executive at Massive Dynamics. I am experienced in Clinical Nursing papers of Capella University.

Previously I worked as a lecturer Psychology since 2.5 years in Riphah International University Faisalabad Campus

I had a 4 years' experience as a lecturer Psychology (BS-18) in University of Sargodha women campus Faisalabad.

I worked as a principal in The Citizens Foundation School in Dashua, Faisalabad.

I had One Year Experience of College Teaching Intern (CTI Lecturer) on contract from 23 Oct 2014 to 30 May 2015 in "Govt. Degree College Samanabad, Faisalabad" as lecturer of psychology.

I had also One Year Experience of Teaching in "AL-Huda Public High School, Faisalabad."

I had also Experience of Punjab Youth Internship in "Govt. MC Girls High School, Faisalabad."

I had also worked in the Capacity of Internee Clinical Psychology to "Psychiatry Department District Health Quarter, Faisalabad."

I had also Worked Acquaintance in Capacity of Internee Clinical Psychology in "Aziz Fatima Trust Hospital, Faisalabad."

I had also Worked in Capacity of Internee Clinical Psychology under the supervision of Dr Tariq Rasheed in "Allied Hospital, Faisalabad."

I had also Worked as An Internee Clinical Psychologist in "Wali Clinic, Faisalabad." I also have Worked Exposure as An Internee Clinical Psychologist in "National Special Education Centre, Faisalabad."

EDUCATION

Good Motivational and Communicational Skills, Having Training Abilities, Having Planning & Development Abilities, Good Capacity Building and Leadership Skills, Ability to Work In Groups and Accomplishment of Tasks, Report Writing Skills.

PhD Scholar	Continued with CGPA 4, Thesis work continued (Riphah International University Faisalabad)
G.C University Faisalabad (2015)	M.S Clinical Psychology with current C.G.P.A 3.76. Equivalent to M. Phil
G.C University Faisalabad (2012)	Masters in Applied Psychology with C.G.P.A 3.33.
University Of Punjab, Lahore (2010)	Bachelors in Science with 1st Division.
IMCG G-10/2 Islamabad (2006)	Higher Secondary School Certification (F.Sc Pre-Medical)from Federal Board of Intermediate & Secondary Education, Islamabad
Islamabad College for Girls F-6/2 Islamabad (2004)	Secondary School Certification from Federal Board of Intermediate & Secondary Education, Islamabad

RESEARCH EXPERIENCE

MS Research Thesis

A research thesis conducted on “Anger, Hostility and Psychological well-being among spouses of Cardiac patients”.

Research

A mini research entitled “Anxiety, stress and depression among Type 2 Diabetic male and female patients” as a course work.

Paper Presentation

Paper Presentation on the topic “Resilience, Self-Harm and Suicidal behavior among Undergraduate Students” at 15th Muslim National Conference
Organized by Society for Advancement of Muslim Psychology

Paper Presentation on the topic “Exploring the Interplay of Emotional Intelligence, Social Support, Self-Efficacy, and Meaning of Life in Predicting Academic Motivation and Achievement among University Students” at 15th International Conference of Pakistan Psychological Association Organized by Riphah International University Faisalabad

Publication

Khursheed, L. ., Chohan, D. S. H., & Alvi, A. . (2023). DEPRESSION AND PSYCHOLOGICAL WELL-BEING AMONG PEOPLE HAVING COVID-19 UNDERGONE QUARANTINE. *Pakistan Journal of Rehabilitation*, 12(2).

Retrieved from <http://ojs.zu.edu.pk/ojs/index.php/pjr/article/view/1957>

Rafiq, E., Alvi, A., & Majeed, M. (2023). Balancing Act: Navigating Media Multitasking’s Effects on Mental Fatigue and Wellbeing in University Students: Balancing Act: Navigating Media Multitasking’s Effects on Mental Fatigue . *Journal Of Social Sciences*, 14(1), 61-69. Retrieved from

<https://jss.gcuf.edu.pk/index.php/jss/article/view/100>

Supervisor

RESEARCH THESIS SUPERVISION

Mphil Scholars

1. Ambreen Naseer. 2019. Distress, Sexual Dysfunctioning and Subjective well-being Among Women Diagnosed with Breast Cancer Undergone Lumpectomy

2. Amina Ghaffar. 2019. Impact of Psychological distress and Self Esteem on their Psychological Adjustment Among the mothers of their Physically Impaired Female Adults
3. Sheharbano. 2019. Lack of Familial Social Support, Sexual dysfunctioning and Marital Adjustment Among Married Female Epileptic Patients
4. Samreen Shabbir. 2019. Sleep Apnea and fast food taking as a determinant of obesity and aggression among adolescents: moderation model
5. Shehzadi Zulfiqar. 2019. Relationship between Somatic symptoms, Inter-parental Conflicts and Subjective Well-being Among patients With Conversion Disorder
6. Iram Shehzadi. 2020. Relationship between Resilience and Perceived Social support with hope in Diabetic type-2 patients
7. Nargis Fatima. 2020. Psychological distress and perceived burden of care on quality of life of the caregivers of stroke patients
8. Syeda Sehar Haroon. 2020. Caregiver burden, quality of life, and Vulnerability towards psychopathology in caregivers of patients with schizophrenia
9. Fatima Akram. 2020. Psychological distress, perceived Social support and Quality of life Among spouses of end stage renal kidney failure
10. Amina Iftikhar. 2020. Role of stress, Marital Adjustment and Quality of life Among Infertile Women.
11. Sunbal Sharif. 2020. Psychopathology, Social Support and Marital adjustment in women with primary infertility
12. Areeba Younas. 2020. Self-control and self-efficacy among patients with substance use disorder with mediating role of resilience: A correlational study among heroin addicted
13. Tuba Kainat. 2021. Relationships between Psychological Capital, Mindfulness and their Impact on Subjective Wellbeing among Doctors.
14. Tahira jabeen. 2021. Role of spirituality, depression and quality of life on caregivers of stroke patients
15. Laraib Khursheed. 2021. Relationship between depression, self-esteem, and psychological wellbeing among people of covid-19 after quarantine

Workshop

- 📅 Attended workshop on Rational Emotive behavior therapy organized by GC University Faisalabad

3 Days International Conference

- 📅 RICPP is organizing Three Days International Conference on “Islamic Perspectives in Modern Psychology” from 24th-26th September, 2019 at Royal Palm Golf & Country Club, Lahore.

SKILLS

Academic Skills

- Counseling
- Psychological Assessment
- Psychological Interventions
- Behavior Modification
- Rational Emotive Behavior Therapy (REBT)
- Cognitive Behavior Therapy

Languages

- English
 - Urdu
 - Punjabi
 - Excellent Communication and Presentation Skills
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Computer

- Basics & Internet
- Good knowledge of MS Office package
- SPSS

AREA's of INTEREST

- Clinical Psychology
- Health Psychology ○ Psychological Intervention with adults and children ○ School Psychology ○ Counseling

BEHAVIORS

- Self-motivated
- Leadership skills
- Teamwork and group participation

HOBBIES

- Voluntary work for needy people, keen f conducting workshop related to my profession and developing awareness in common population
- Book Reading ○ Net Surfing ○ Active participation in social activities

REFERENCE

Available on request

