

Dear Hiring Team,

I am writing to express my keen interest in applying for the said job, as advertised by esteemed Institute, based on my research of available opportunities within your organization. With my skills, experience, and passion in relevant field, I believe I am an ideal candidate for this position.

I am Doing **Ph.D. in Applied Psychology** from Islamia University Bahawalpur, Punjab, Pakistan, course work is completed and now I am doing thesis work. Throughout my 9 Years of professional experience in teaching, I have developed a strong foundation in Research. My roles as Lecturer at National University of Modern Languages Sub campus Multan, National college of Business Administration Sub Campus Multan and Admire college of science & Commerce Multan, city college of science & Commerce Multan have equipped me with the necessary knowledge and abilities required to succeed in this role.

In addition to my technical skills, I possess excellent Research skills that enable me to work effectively both independently and in collaborative team environments. I am a fast learner, adaptable, and have a strong attention to detail, which I believe are crucial qualities for success in the team.

The innovative solutions and impactful work your institute has been involved in align perfectly with my career goals and personal values. I am excited about the opportunity to contribute my skills and be part of such a dynamic and forward-thinking organization.

I have attached my resume for your review, which provides further details about my qualifications, work experience, and achievements. I would welcome the opportunity to discuss how my skills and experience can contribute in your esteemed institute. I am available for an interview at your convenience.

Thank you for considering my application. I look forward to the possibility of joining and contributing to continued success. Please feel free to contact me at 03056853027 or hinajabbar377@gmail.com if you require any additional information or to schedule an interview.

Yours sincerely,

Hina Jabbar (Ph. D Scholar)

0305-6853027

Hinajabbar377@gmail.com

HINA JABBAR



CAREER OBJECTIVE

To pursue a professional career in an organization that offers highly competitive environment demands excellence in performance and provide opportunities to attune professional growth based on the individual's merit, performance and capabilities.



PERSONAL PROFILE

Candidate Name: Hina Jabbar
Contact #: 0305-6853027
E-mail: hinajabbar377@gmail.com
NIC #: 36304-5811517-0
Gender: Female
Marital Status: Married
Domicile: Multan (Punjab)
Religion: Islam
Nationality: Pakistani



Academic Qualification

DEGREE	DISCIPLINE	P/YEAR	DIVISION/CG P%	BOARD /UNIVERSITY
Matric	Bio, Chem, Phy ,Math	2007	583 / 850	B.I.S.C Multan
F.SC(Pre-Medical)	Bio, Chem, Phy	2009	704 / 1050	B.I.S.C Multan
B.S Psychology	Applied Psychology	2013	3.52 / 04	B.Z.U Multan
M.Phill Psychology	Applied Psychology	2013-2016	04 / 04	N.C.B.A & E Multan
Ph. D Applied Psychology	Applied Psychology	2022-2026	Course work completed with 3.62 CGPA	The Islamia University of Bahawalpur
B.Ed	B.Ed	2015	813 / 1250	Education University Multan Campus
M.A Urdu	Urdu Literature	2018	583	Sargodha University



PROFESSIONAL EXPERIENCE

- **6-Weeks Internship as clinical practitioner at Nai Zindgi Hospital Multan**
- **6-Weeks Internship as clinical practitioner at Dar-ul-Ammaan Multan**
- **04-weeks internship as clinical practitioner at Khawaja Farid Hospital Mumtazabad Multan**
- **3 years teaching experience as a lecturer and examination controller at City College of Science and Commerce Multan (2014 to 2017)**
- **B.S Program Course Coordinator and Psychology Lecturer at Admire College of Science and Commerce University Campus Multan (2017 to 2024)**
- **Visiting lecturer of Psychology at Superior University Multan Campus (2015 to 2019)**
- **Visiting lecturer of Psychology at NCBA&E Multan Campus (2021 to 2023)**
- **Lecturer of Psychology at National university of Modern Languages Multan Campus (2022 to Current)**



Research Projects

- **Impact of perceived parenting style on adolescents self-esteem and social skills**
- **Emotional intelligence as predictor of self-esteem and social skills among college Teachers**
- **A qualitative study of transgender community issues in Bahawalpur region**
- **Qualitative study of psychological impact of unemployment on individuals**
- **Perceived parenting style as a predictor of adolescent's self-efficacy.**



Published Articles

1. Jabbar, H. Ain Q, & Irshad, R. (2025). *Impact of Perceived Parenting Styles on Adolescent's Self Esteem and Social Skills*. **International Journal of Politics & Social Sciences Review (IJPSSR)**, 4(I), 194–198.
<https://ojs.ijpssr.org.pk/index.php/ijpssr/article/view/124>

2. Jabbar, H. & Mubeen, A., (2025). *Perceived Social Support Predict Emotional Intelligence among College Teachers*. **Journal for Social Science Archives**, 3(2), 63–68. <https://doi.org/10.59075/jssa.v3i2.216>
3. Jabbar, H. & Fatima, A. "The Psychological Impact of Unemployment on Individuals." Volume. 9 Issue.7, July - 2024 **International Journal of Innovative Science and Research Technology (IJISRT)**, www.ijisrt.com. ISSN - 2456-2165, PP:- 2917-2922, <https://doi.org/10.38124/ijisrt/IJISRT24JUL1699>
4. Mubeen, A., & Jabbar, H. (2025). *Impact of coping strategies on mental health among university students*. **Dialogue Social Science Review**, 3(10), 382–390. <https://www.thedssr.com>
5. Zulfiqar, F., Jabbar, H., Liaqat, M., Aslam, M., Noor, M., & Tanzeem, S. W. (2025). *The pathways of smoking and stress: A mediated moderation analysis of personality, family conflict, and social disintegration among different types of smokers*. **Research Journal for Social Affairs**, 3(6), 1453–1461. <https://doi.org/10.71317/RJSA.003.06.0627>
6. Jabbar, H., & Khalid, A. (2026). *A workforce demographic profile of para-medical personnel in Pakistan: Age, gender, education, specialization, experience, salary, and family characteristics*. *Dialogue Social Science Review (DSSR)*, 4(2)
7. Jabbar, H., & Khalid, A. (2026). *Socio-demographic moderators in the relationship between workplace dynamics among para-medical personnel in Pakistan*. *Pakistan Journal of Social Sciences Review (PJSSR)*, 5(2), 637–. <https://pjssr.com.pk/index.php/Journal/issue/archive>



Conferences/ Workshops/ seminars

- **Poster Presentation** of Research Paper at First International Conference (ICCTP-2016) 31st March 2016. Current Trends in Psychology: Security issues in Pakistan & its Psychological Implications organized by Department of Applied Psychology Bahauddin Zakariya University Multan, Pakistan & Pakistan psychological Association **Title: Perceived Parenting Style As A Predictor Of Adolescents' Self-Esteem And Social Skills**
- **Capacity Building Training** by Awaz Foundation Pakistan Center for Development Services, attended at 9/27/2011

- **Record keeping & counselling concepts** by **MEDCINS DU MONDE** attended at 8/5/2012.
- **5 days Teachers training workshop** at National University of Modern Languages Multan Pakistan attended at 4/9/2023-8/9/2023
- **5 days Teachers training workshop** at National University of Modern Languages Multan Pakistan attended at 29/1/2024-2/2/2024
- **Tuberculosis Awareness Seminar** by Bakhtawar Amin hospital attended at 3/20/2024
- **Sexual harassments and its impact on growing minds** by Anti harassments committee NUML organized at 5/16/2024
- **Improving Discoverability of your Research: tools & services from IEEE** training attended at 6/24/2024
- **Mental health Psychosocial support (MHPSS)** by Happy life psychological services Islamabad attended at 7/22/2024
- **3 days Teachers training workshop** at National University of Modern Languages Multan Pakistan attended at 3/9/2024
- Pre-conference Workshop on **Human-AI Interaction** by Pakistan Psychological Association Multan Chapter attended at 11/14/2024
- One day Webinar at **Panic Attack and its Management** by Shazia Sherani Psychology Clinic & Training Center, at 21/8/2025.
- 8 days Training Workshop at topic of **“Psychological Assessment”** by Shazia Sherani Psychology Clinic & Training Center, 8/11/2025 to 8/18/2025.
- One day Webinar at the topic of **“Practical Tools for Resilience and Calm in Daily Life”** by Hope and heal with Ayesha 10/10/2025 to 10/10/2025.
- One day Webinar at the topic of **"Hello to Healing" Psychological Assessment**, by Rapid Bloom Center of Psychology, 8/24/2025 to 8/24/2025.
- One day Webinar attended at **11/10/2025** by Rapid Bloom Center of Psychology Topic **ABA Therapy**.
- 2 Months course in **Cognitive Behavioral Therapy (CBT)**, by Rapid Bloom Center from 14/9/2025 to 14/11/2025.



SKILLS

- **Hardworking**
- **Good Communicative**
- **Self-Motivated**
- **Creative**
- **Team Working & Leadership Quality**
- **Regular & punctual**



AREAS OF INTEREST

- **Teaching**
- **Administration**
- **Course coordinator**



COMPUTER SKILLS

- **MS Office**
- **MS Excel and PowerPoint**
- **SPSS (Statistical Packages for social sciences)**
- **Urdu In-page**
- **Content writing**



LANGUAGE

- **Urdu**
- **English**
- **Punjabi**
- **Sariki**



REFERENCE