



AROOJ FATIMA MAZHAR

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💬 **Skype:** fatimamazharawan

Gender: Female **Date of birth:** 05/10/1995 **Nationality:** Pakistani

ABOUT ME

Lecturer | PhD Scholar | Psychologist | Researcher | Content Creator

Experienced academic and mental health professional with a strong background in teaching, research, and psychological practice. Skilled in creating educational content, supervising research, and developing student-centered curriculum. Currently pursuing a PhD with a focus on practical applications of psychology in organizational and educational settings. Founder of *Mindful Valley*, promoting mindfulness and mental health awareness through workshops and digital content. Committed to empowering others through knowledge, empathy, and accessible support. I strive to create spaces where learning, growth, and human connection are prioritized.

WORK EXPERIENCE

Riphah International University, Islamabad

City: Islamabad

[27/09/2021 – Current] **Lecturer of psychology**

Lecturer, Research Supervisor, Member of QEC Committee, Member of ORIC, Member of exam Committee, Member of curriculum development, Member of Audit Committee, Incharge of Library Committee, Incharge of Smart sheet five year strategic plan, Head of Extra Curricular Committee and Clubs and Societies

Mindful Valley

Country: Pakistan

[01/01/2021 – Current] **Founder & Mental Health Coach**

- Designed and delivered mindfulness programs for individuals, schools, and organizations.
- Led awareness campaigns on stress, emotional health, and resilience.
- Created online content promoting accessible psychological guidance.

Therapy Club

[01/10/2015 – Current]

Clinical psychologist

- Provide virtual psychotherapy for anxiety, stress, relationship issues, and mood disorders.
- Use evidence-based approaches (e.g., CBT, mindfulness) tailored to client needs.
- Ensure ethical practice and confidentiality in online sessions.
- Deliver support via video consultations, messages, and digital tools.

Riphah International College, Bhalwal

City: Sargodha | **Country:** Pakistan

[21/10/2019 – 20/09/2021]

Lecturer of psychology

• Intermediate and Graduate Teaching • Admission of Department of Psychology • Time Table • Event Management

The University of Lahore

City: Sargodha | **Country:** Pakistan

[21/09/2017 – 20/10/2019]

Academic Officer

Academic Director Assistant • Faculty Operations • Students, Faculty and HoD's Issues * Curriculum Updation • Course Offering

• Enrollments • Time Table * Management of all Academic Activities *QEC * Admission * Exam

Govt. Post Graduate College for Women, Chandni Chowk, Sargodha

City: Sargodha | **Country:** Pakistan

[01/10/2015 – 15/05/2017]

Lecturer of psychology

• Intermediate and Graduate Teaching • Admission of Department of Psychology • Time Table • Event Management

Al-Shams Psychiatry Hospital

City: Sargodha | **Country:** Pakistan

[01/02/2017 – 31/03/2018]

Clinical psychologist

• Case History of Clients • Daily Session with Clients • Therapies

AZM Addiction and Rehabilitation Center

City: Sargodha | **Country:** Pakistan

[01/01/2014 – 31/07/2015]

Clinical psychologist

Therapy, Counseling and Diagnosis

EDUCATION AND TRAINING

[01/02/2025 – Current]

PhD Psychology

Shaheed Zulfiqar Ali Bhutto Institute of Science and Technology

City: Islamabad | **Country:** Pakistan |

[08/01/2025]

Course on Supervisory Skills (CSS)

Riphah International University

City: Islamabad | **Country:** Pakistan |

[04/08/2023 – 06/08/2023]

Traditional Integrated Islamic Psychotherapy

Khalil Center: Psychological & Spiritual Wellness Center

City: Islamabad | **Country:** Pakistan |

[01/02/2022 – 31/12/2022]

Post Graduate Diploma in Professional Ethics and Teaching Methodologies

Riphah International University

City: Islamabad | **Country:** Pakistan |

[01/09/2016 – 31/12/2018]

Master of Science in Clinical Psychology

The University of Lahore

City: Sargodha | **Country:** Pakistan |

CGPA: 3.91/4.00

Thesis: Effectiveness of Positive Psychotherapy for Young Adults with Depressive Symptoms

Short Details: An experimental research which aims to examine the effectiveness of Positive Psychotherapy (PPT) in reducing depressive symptoms and enhancing level of happiness among young adults with mild and moderate depression. The study is based on repeated measure design; initially young adults with depressive symptoms were identified by using depression subscale of DASS-21. Total 30 young adults with mild and moderate level of depression were identified by using the cut off scores of depression subscale. At first, baseline information on level of depression and level happiness was obtained from the participants before starting the first session of PPT. The level of happiness was measured by PPT Inventory by Rashid 2008. After taking the base line information, the 8 consecutive sessions were taken with the participants. Follow up information was obtained after one week of PPT. The findings shed light on the importance of PPT for enhancing the level of happiness and reducing the level of depressive symptoms among students. It suggests that specialized training program bases on PPT should be designed for adults to improve their overall mental health.

Supervisor: Dr. Muhammad Naveed Riaz

[01/09/2011 – 31/08/2015]

Bachelor of Science in Psychology

University of Sargodha

City: Sargodha | **Country:** Pakistan |

PUBLICATIONS

- [2020] [Effectiveness of positive psychotherapy for young adults with depressive Symptoms](#)
Journal Name: The Journal of the Pakistan Medical Association W Category
- [2021] [The Moderating Role Of Emotional Intelligence Between Academic Procrastination And Academic Achievement Among Male And Female University Students](#)
Journal Name: Multicultural Education X Category
- [2021] [History Taking and Diagnosis of Autism Spectrum Disorder: A Case Study](#)
Journal Name: Multicultural Education X Category
- [2022] [Impact of Online Shopping Addiction on Compulsive buying behaviour and life satisfaction among university students](#)
Journal Name: ASEAN JOURNAL OF PSYCHIATRY Y Category
- [2022] [Impact of social application and appearance related consciousness causes symptoms of Body dysmorphic disorder and lower self-esteem among females.](#)
Journal Name: Journal of Pakistan Psychiatric Society X Category
- [2023] [Turnover Intention in the Face of workplace incivility among human service Professionals: Power of Non-Work social Support](#)
Journal Name: Journal of Population Therapeutics & Clinical Pharmacology X Category
- [2025] [Gender Ideologies in Contemporary Pakistani Novels: A Psychological Exploration of Gender Role Attitudes and Identity Formation](#)
Journal Name: Research Journal for Social Affairs Y Category

CONFERENCES AND SEMINARS

- [22/05/2025] **3rd International Conference on Psychology: Global Perspective on Emerging Trends; Evidence Based Practices and Innovation in Mental Health and Clinical Psychology**
- [15/06/2023] **2nd International Conference on Applied Psychology: Creating a Better World for Future**
Riphah International University
- [06/07/2022] **1st International Conference of Applied Psychology: Enhancing Cooperation and Collaboration among Professionals**
Riphah International University
- [08/05/2017] **Seminar on Breast Cancer** Govt. Post Graduate College for Women, Chandni Chowk, Sargodha
- [08/05/2017] **Seminar on Pivotal Role of Psychologist** Govt. Post Graduate College for Women, Chandni Chowk, Sargodha

- [06/05/2017] **Seminar on Unemployment** Govt. Post Graduate College for Women, Chandni Chowk, Sargodha
- [06/05/2017] **Seminar on Eating Disorder** Govt. Post Graduate College for Women, Chandni Chowk, Sargodha
- [01/06/2015] **Seminar on Personality** Govt. Post Graduate College for Women, Chandni Chowk, Sargodha

HONOURS AND AWARDS

- [15/06/2023] **Member of Program Committee Awarding institution:** 2nd International Conference, Riphah International University, Islamabad
- [2023] **Sports Gala Organizer Awarding institution:** Riphah International University, Islamabad
- [2023] **1st Position in Art Exhibition Awarding institution:** Quran Fest 2023, Riphah International University, Islamabad
- [2023] **2nd Position in Art Exhibition Awarding institution:** Quran Fest 2023, Riphah International University, Islamabad
- [2022] **Organizer of Seminar on Corruption: Awareness & Challenges for Youth Awarding institution:** PGD in Professional Ethics and Teaching Methodology, Riphah International University, Islamabad
- [06/07/2022] **Organizer Awarding institution:** 1st International Conference, Riphah International University, Islamabad
- [2018] **Distinction in Postgraduate Program Awarding institution:** The University of Lahore
- [2018] **Brilliant Performance as Coordinator Awarding institution:** The University of Lahore
- [2015] **Distinction in Bachelor Program Awarding institution:** University of Sargodha
- [2015] **Brilliant Performance as Coordinator Awarding institution:** University of Sargodha
- [2013] **Brilliant Student Award Awarding institution:** Daily Jung Education Wing and Face Fresh Beauty Products
- [2010] **Brilliant Performance as Coordinator Awarding institution:** Superior Group of Colleges, Sargodha
- [2010] **Gift for Making Best Egg Fried Rice in Cooking Competition Awarding institution:** Superior Group of Colleges, Sargodha

CERTIFICATIONS

Details of Certificates

Completing Digital Learning and Design Program based o ADDIE Model of Instructional Design, Riphah International University Islamabad 2024

Organizing 2nd International Conference of Department of Applied Psychology, Riphah International University Islamabad 2023

Organizing 1st International Conference of Department of Applied Psychology, Riphah International University Islamabad 2021

Internship at Al-Shams Hospital Sargodha in 2018

Workshop on Career Counseling in 2017

Workshop on Wrong Perception about Black Magic in 2017

Workshop on Disrupt, Impulse Control & Conduct Disorder in 2017

Workshop on Grief Counseling in 2017

Focus Group Discussion (FGD) on Suicide among Teenagers in 2017

FGD on Social Challenges & Mental Condition of Thalassemic Patients in 2017

FGD on Access and Barriers in Clinical Services in 2017

Certificate for Completion of SMU Law & Order's Women on Wheels (WOW) Training and Participation in the Raily in 2016

JOB-RELATED SKILLS

Job-related skills

Clinical, Counseling & Therapeutic Expertise

- Active Listening
- Psychological Assessment & Diagnosis
- Treatment Planning & Implementation
- Individual, Child, and Family Counseling
- Empathy & Social Perceptiveness
- Coping with Emotionally Demanding Situations
- Service Orientation
- Judgement & Decision-Making
- Problem Solving & Negotiation
- Case Monitoring & Progress Evaluation
- Crisis Management & Intervention

Leadership & Supervision

- Team Supervision & Mentoring
- Training & Capacity Building
- Interdisciplinary Collaboration
- Workshop & Seminar Facilitation

Documentation & Ethics

- Clinical Documentation & Reporting
- Adherence to Ethical Guidelines
- Confidential Case Handling

Professional Development & Community Engagement

- Mental Health Awareness Campaigns

- Continuous Learning in Therapeutic Practices
- Community-Based Mental Health Interventions

Academic & Research Skills

- Knowledge of Psychological Theory & Practice
- Research Design & Execution
- Test/Scale Development
- Good Research and Writing Skills

COMMUNICATION AND INTERPERSONAL SKILLS

Positive Attitude

Verbal and Non Verbal Communication

Event Manager

Ability to Resolve Conflicts

Extra Curricular Activities

Ability to Adjust in All Environments

Teamwork

Leadership

SKILLS

IBM Statistical package for Sciences (SPSS) | Graphic Design (Adobe Spark, Photopea, Canva) | Content editing tools (Canva; Adobe Premiere Pro) | Amazon Web Services/Cloud Technology | Social Media | Organizational and planning skills | Microsoft Office | Flexibility

LANGUAGE SKILLS

Mother tongue(s): Urdu , Punjabi **Other language(s):** English

RECOMMENDATIONS

Name: Dr. Adnan Adil Professor/Chairperson

My Mentor

Phone number: (+92) 3216036747 | **Email:** adnan.adil@gcwus.edu.pk

Name: Dr. Mohsin Atta Assistant Professor

My Mentor

Phone number: (+92) 3216004050 | **Email:** mohsin.atta@uos.edu.pk