



AWAIS KHALID

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Tehsil & District Toba Tek Singh
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OBJECTIVE

Looking Forward to obtain a challenging position where I demonstrate my knowledge, skills and potential and be an effective member in progressive environment that offer opportunities challenges for me to achieve personal and professional goals.

PERSONAL INFORMATION

Father's Name	Khalid Hussain
Date of Birth	25-04-1996
Marital Status	Single
Gender	Male
Country	Pakistani
Religion	Islam
District	Toba Tek Singh (Punjab)
N.I.C#	33303-4460562-5

EDUCATIONAL QUALIFICATION

Certificates Degree	Year	Marks/CGPA	Division	Board
Post Graduate Diploma in Hospitality & Tourism Management	2022-2023	77.83/79.00	1 st	COTHM Lahore
M.Phil (Clinical Psychology)	2019 to 2021	3.57/4.0	1 st	Riphah International University Islamabad
M.Sc (Applied Psychology)	2018	729/1200	1 st	GC University Faisalabad
B.Sc	2016	503/800	1 st	GC University Faisalabad
F.A (IT)	2014	647/1100	2 nd	B.I.S.E Faisalabad
Matric	2012	679/1050	1 st	B.I.S.E Faisalabad

COMPUTER SKILLS

- ❖ 03 Months Short Course of Computer Application from Braincox Academy & School System Toba Tek Singh.
- ❖ 1.5 Month Short Course of Microsoft Office from Learning with Earning.
- ❖ 1.5 Month Short Course of Canva Certified Creative from Learning with Earning.
- ❖ 1.5 Month Short Course of ChatGPT (Artificial Intelligence) from Learning with Earning.

INTERNSHIP

- ❖ 04 Months Internship at Pakistan Healing Foundation Faisalabad.
- ❖ 04 Months Internship at Small Steps Learning Centre Islamabad.

OTHER SKILL

- ❖ Certificate of Participation in the Webinar E Awards Ceremony Organized by YPA.
- ❖ Certificate of Participating in the speaking activity organized by SM Foundation.
- ❖ Certificate of Participation in Achieving Personal Mentorship Organized by PEC.
- ❖ Certificate of Appreciation Organizing Discover Summit-2024 Seminar for Discover Psychology Organization.

WORKSHOP

- ❖ Online CBT Training Module 1 & 2.
- ❖ Workshop Major Depressive Disorder & Anxiety Disorder Treatment with Cognitive Behavior Therapy (CBT)
- ❖ Practical Workshop OCD Management with CBT.
- ❖ Workshop on Resilience Building and inner wellness.
- ❖ Workshop on Positive Psychotherapy organized by Abdus Sami Psychiatric Clinic.
- ❖ Online workshop on Data Analysis through SPSS organized by Rising Life Clinical Counseling Services.
- ❖ Online workshop on Autism organized by Sarim Maqbool Hussain.
- ❖ Online workshop on Clinical Assessment and Counseling Organized by R.P.C.
- ❖ Online Webinar on Topic Othello Syndrome/Pathological Jealousy Organized by Sarim Maqbool Foundation.
- ❖ Workshop on Health & Wellness Industry Conducted by Physiocure Society.
- ❖ Webinar on Anemia Organized by Desert Rose Psychics.
- ❖ Webinar on what is depression and how to cope with depression organized by Desert Rose Psychics.
- ❖ Online Webinar on Dopamine organize by Sibgha Academy.
- ❖ Workshop on Communication and Leadership Skills Organized by PBN Marketing Pvt. Ltd.
- ❖ 01 Day Workshop on Emotional Freedom Therapy Organized by Helping Heart Clinic.
- ❖ Workshop on Mental Health Challenges organized by ILFAZ Organization.
- ❖ Webinar on Juvenile Justice System Organized by Dynamic Law Association.
- ❖ Workshop online session about How to Stay Focused on your Aim Organized by Leading Stars Pakistan.
- ❖ Webinar on Fibromyalgia Organized by Mr.Doctevo.Pk.
- ❖ Webinar on Mental Health in Professional Life Organized by Psych Education.
- ❖ Webinar on Atheism & its Reality Organized by AS Learning Hub.
- ❖ Webinar on Cognitive Error Organized by Psych Education.
- ❖ One day online workshop on Psychotherapies organize by Royal Psychologist Community.

- ❖ Workshop on Face Reading Techniques Organized by Royal Psychologist Community.
- ❖ Workshop on Hypnotherapy Organized by Royal Psychologist Community.
- ❖ One Day Training Workshop on Speech language Therapy Organized by Sibgha Academy.
- ❖ One Day Workshop on Polish Your Presence: Self Grooming Mastery Training for Early Years Teachers Organized by Teen Therapy Wellness and Mental Health Coach Organization.
- ❖ Webinar on Attachment Theory Uncover the power of Early Relationships Organized by Empath Ease Foundation.
- ❖ Online Workshop on Cognitive Behaviour Therapy Organized by Royal Psychologist Community.
- ❖ Online Workshop on Emotional Intelligence Organized by Royal Psychologist Community.
- ❖ Workshop on Professional Resilience, Life Skills for Mental Health Professionals Organized by Fatima Hope & Psychological Center.
- ❖ Workshop on Introduction To Cognitive Behavioral Therapy Organized by Fatima Hope & Psychological Center.
- ❖ Workshop on Mental Health in Children Organized by Fatima Hope & Psychological Center.
- ❖ Online workshop on Toxic Relationship Organized by Royal Psychologist Community.
- ❖ Workshop on Over Coming Phobias Organized by Fatima Hope & Psychological Center.
- ❖ Workshop on Autism and Mental Health Organized by Fatima Hope & Psychological Center.
- ❖ Workshop on Mental Health and Relationship Organized by Fatima Hope & Psychological Center.
- ❖ Workshop on The Neuro Science of Depression Organized by Fatima Hope & Psychological Center.
- ❖ Online Webinar on Stress free life – Stress management and Coping techniques Organized by MH Health Solutions.
- ❖ Online Workshop on Secrets of Consistency 4 secrets for good Habits Organized by AS Learning Hub.
- ❖ Online Workshop on Stress Management Organized by AS Learning Hub.
- ❖ Online Workshop on Anger Management Skills Organized by AS Learning Hub.
- ❖ Online Workshop on Substance Induced Mood Disorder Organized by Areeba Sarwar Learning Hub.
- ❖ Workshop on benefits of Yoga on the mental Health Organized by AS Learning Hub.
- ❖ Workshop on Schizophrenia and its Management Organized by AS Learning Hub.
- ❖ Workshop on Confidence Organized by AS Learning Hub.
- ❖ Workshop on Autism Spectrum Disorder Organized by Desert Rose Psychics with Collaboration of AS Learning Hub.
- ❖ Workshop on Possessive love Organized by AS Learning Hub. with Collaboration of Heal Mind and Body.
- ❖ Workshop on Coping with Anxiety love Organized by AS Learning Hub.
- ❖ Workshop on Obsessive Compulsive Disorder Organized by AS Learning Hub.

SHORTS COURSE

- ❖ 02 Weeks course of Introduction to Psychology Organized by Psychological World.
- ❖ 01 Month short course on English Spoken Organized by PBN Marketing Pvt. Ltd.

- ❖ 15 Days short course on PowerPoint Presentation Organized by PBN Marketing (Pvt) Ltd.
- ❖ 02 Months short course on Cognitive Behavioural Therapy Organized by MA Self Realization International Mental Health Centre.
- ❖ 1.5 Month Short Course of English Spoken Communication Organized by Learning with Earning.
- ❖ 02 Months short course on Emotional Intelligence Organized by Psychiatric Rehabilitation Center.
- ❖ Online short course on topic of Inventory Management Organized by HP Life Foundation.
- ❖ Online short course on topic of Unique Value Proposition Organized by HP Life Foundation.
- ❖ Online short course on topic of 3D Printing Organized by HP Life Foundation.
- ❖ Online short course on topic of Resume Writing and job Interviewing Organized by HP Life Foundation.
- ❖ 01 Month Short Course Training Diagnostic and Statistical Manual of Mental Disorders 5TR (DSM5TR)

PUBLICATION

- ❖ **“Relationship of Academic Handicap, Cheating and Disruptive Behavior with Happiness among School Children”**
Pakistan Journal of Medical & Health Sciences, Volume 17 No.2.
- ❖ **“Parental Emotional Abuse, Resilience, Expressive Suppression and Academic Procrastination among Medical Students in Pakistan”**
Frontier Medical & Health Research, Volume 3 No.2.
- ❖ **“Perceived Stress and Anxiety Among Pakistani Parents Of Children with Intellectual Disabilities”**
Insight Journal Of Life And Social Sciences, Volume 3 No.2.
- ❖ **“Perceived Stress and Psychological Wellbeing Among Married and Unmarried Pakistani Women”**
Journal of Asian Development Studies, Volume 14 No.2.

MEMBERSHIP

- ❖ One year Bronze Royal Membership of Royal Psychologist Community.

INTERNATIONAL CERTIFICATE

- ❖ Certificate of Achievement and performance in Global Professional Development Organize by COTHM Dubai.
- ❖ Certificate Course of Basics of Clinical Psychology Organized by Alison Empower Yourself.
- ❖ Certificate Course of Effective Leadership Organized by HP Foundation.
- ❖ Certificate Course of Hospitality Management Studies – Hotel Operations Organized by Alison Empower Yourself.

EXPERIENCE

- ❖ Currently working as a Visiting Faculty Lecturer at University of Narowal..
- ❖ 06 Months experience as a Computer Operator in Dawn Computer Centre Toba Tek Singh.

- ❖ 06 Months experience as a Royal President in Royal Psychology Community Peshawar.
- ❖ 06 Month experience as a vouleenter as Social Media agent and Psychologist in Sarim Maqbool Foundation.
- ❖ 01 year & 5 months experience as a Clinical Psychologist at Mubashir Ali Medical Centre Toba Tek Singh.

LANGUAGE

- ❖ Urdu
- ❖ English
- ❖ Punjabi

REFERENCE

- ❖ Reference will be furnished on demand.