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Maria Saif

Dynamic researcher with a robust academic foundation in Public Policy and Social Science of Health. Proven expertise in public health research including data collection, analysis and comprehensive report writing, supported by publications and multiple presentations at international conferences. Demonstrated proficiency in community engagement and awareness campaigns, effectively linking research insights with practical applications to foster inclusive healthcare and enhance social protection initiatives.

Experience

Enumerator/Gallup Pakistan Conducted Computer-assisted telephone interviewing	Oct 2024-May 2025
Intern/Helping Hand for Relief and Development, Islamabad Managed and cleaned datasets for community development projects	Sep 2023- Dec 2023
Intern/Sustainable Social Development Organization, Islamabad Trained in report writing and blog writing on social development projects Delivered school sessions on child protection and designed awareness campaigns	Aug 2022-Sep 2022
Intern/The Gender Guardian Promoted awareness on transgender rights through advocacy and outreach	Aug 2021-Aug 2021
Intern/The New Inception Rehab Center, Islamabad Supported rehabilitation operations and community-based activities	Jan 2021- Feb 2021

Education

M. Phil, Government and Public Policy/National Defence University Thesis: Assessing the Sustainability of Social Protection Programs in Pakistan: The Role of Social, Political and Institutional Factors	Islamabad Sep 2023-present
BS, Social Science of Health/National University of Medical Sciences Thesis: Disability A Social Construction	Rawalpindi 2019-2022

Training

National Center for Rural Development, Islamabad Social Protection in Pakistan: Program and Strategies	Jan 2025
DigiSkills Pakistan, Creative Writing Course	July 2023-Sep 2023

Skills

IBM SPSS Statistics, NVivo 15, Data Entry and Management, Creative Writing, and Fieldwork experience

Publications

Individual's Religious Beliefs related to Health amid COVID-19 Pandemic: A Cross-Sectional Study in Rawalpindi, Pakistan (Journal Hadhari , Volume 15 Number 2)	Dec 2023
Social Media and Individuals Mental Health, The Info News Network	Aug 2023
Transgender Access to Healthcare Services in Pakistan, The Info News Network	Sep 2023

Conference

5th International Conference on Business, Management and Social Sciences ICBMASS-NUST 2025
(presented paper on healthcare access for persons with disability)
Annual Research Meetup 2022, Armed Forces Post Graduate Medical Institute (AFPGMI), Rawalpindi
(Abstract Presentation)
5th International Seminar on ISLAMIC CIVILIZATION (ISIC 2022), Institute of Islam Hadhari
Universiti Kebangsaan, Malaysia (Presented paper on health and religious perspective)
1st International Virtual Summit on Medical Sociology and Public Health (Dec 2021), Fatima Jinnah
Women University in collaboration with Huston-Tillotson University, USA (abstract presentation)

Community/Social Work

Director Community Services, Rotaract Club of Rawalpindi City	June 2021-July 2022
Facilitator, Pakistan Kidney Patients Association	Feb 2019-Mar 2021