

MS.AQSA SAJJAD

LECTURER PSYCHOLOGY

Personal Details



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👤 Father's Name: Sajjad Hussain

📍 Address: House no. 4a, Street 17, Gulraiz Housing Society, Rawalpindi

💎 Status : Married

Objective.

Experienced in both University & College setting with 7 Years of Teaching Experience Managing Large classrooms. Expertise extends to addressing students behavioral and psychological issues that may impact their educational journey. Specialized in Valuable Career counseling. Adept at using positive reinforcement, active engagement, clear communication and constructive feedback teaching techniques. Possess PHD in psychology, educational trainings workshops and Conferences.

Academics

PHD in Psychology (2026)

Hazara university of Mansehra

M. Phil (Applied Psychology 2014-16)

3.66/ 4.0 CGPA

Bahauddin Zakariya University, Multan.

MASTER (MS.c Psychology 2011-2013)

3.3/4.00 CGPA

Islamia University Bahawalpur.

B.ED (2014)

1st Division

Allama Iqbal open university, Islamabad

GRADUATION BSc (2009-2011)

1st Division

Islamia University Bahawalpur.

Training/Courses

Clinical Care for autistic adults, 16-02-25

Havard Medical school, Cambridge, Massachusetts U.S.

Certificate of Membership since 2024, active year 2025.

(Member number: C2304566075)

American psychological association, APA.

Certificate of Membership, Membership number 20758.

Australian and New Zealand, Mental health association.

Women Health: Breast cancer screening; supplemental imaging and genetic testing. 09-10-24

Standford university school of medicine, California

Understanding ADHD. 19-08-2024

The Open University Milton Keynes, England

Identifying early signs of psychosis in adolescents and young adults. 08-16-24

Standford university school of medicine, California

Pedagogical Training july-August 2022. Pedagogical skills

FSc(Pre-Medical 2007-2009)

2nd Division

BISE BWP

MATRIC (Science-2007)

1st Division

B.I.S.E

Professional Experience

ISLAMIA UNIVERSITY OF BWP| RAHIM YAR KHAN CAMPUS

7 years of teaching Experience as Visiting Lecturer

M.T.B GROUP OF COLLEGES| UBAID CAMPUS RYK

5 and half year of experience as HOD of psychology Department and Lecturer.

Previous performed Duties

Developed and implemented a comprehensive Course outline for different assigned Courses at university, aligning with departmental goals and learning objectives.

Regularly reviewed and updated the course Outline to adapt to evolving educational trends, Student feedback and emerging research in the field.

Incorporated multimedia elements, case studies, and real-world examples to create a dynamic Learning experience.

Facilitated and guided students in the Execution of diverse campaigns and events aimed at raising awareness and fostering Creativity.

Languages.

- Urdu (Native)
- Saraiki
- English

Learning sciences planning for teaching

measuring students learning outcome & teaching

practice Understanding system of university education.

Publication

Contemporary Issues in Social Sciences & Management Practices (CISSMP)

Emotion Regulation as Moderator between Body image & Body Shaming among post mastectomy breast cancer women Vol.4N0.3(2025): September ISSN 2959-1023 Journal of Pakistan psychiatric society (JPPS) coping strategies: a determining factor for psychological well being in cancer patients jppsyol 14(2) april-june 2017.

Thesis

Difference of Emotion regulation between male And female at IUB (Masters)

Coping strategies and psychological well-being among cancer patients (Mphil)

Internship

6 weeks internship at shaqor mind care institute Bahawal Pur.

6weeks internship at Nishtar medical college and Hospital Multan.

Conferences

21st National Psychiatric Conference held in Multan Pakistan.

1st International Conference on current trends in Psychology "Security issues and its psychological implications" Bahauddin Zakariya University Multan.

International E-Conference of youth leadership in drug free Pakistan 2020

Digital Skills.

Microsoft office application

Basic to Mid Level use of Microsoft office (word, Excel & PowerPoint)

Online teaching skills

Remote/hybrid teaching tools (Zoom, Google Meet video conferencing, documents cameras)

Use of university learning management system (L.M.S)