

SABA ZAKARAT

Sociologist



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RAWALPINDI, PAKISTAN

Profile

I am a dedicated Sociology lecturer with strong teaching experience and a robust academic background, I bring both scholarly insight and practical classroom experience to my teaching. Over the years, I have served as a Lecture, Visiting Lecturer and controller of examinations, where I engaged students with dynamic lectures, participatory learning, and conducted successful exams. My academic journey is complemented by active involvement in youth development, training coordination, and community service, reflecting a deep commitment to social impact and educational excellence. My dedication to student mentorship, and inclusive pedagogy positions me as a passionate educator ready to contribute meaningfully to your institution.

Education

MS SOCIOLOGY

International Islamic University

Thesis: Experiences of Polygamous Males: A Study in Twin Cities

2020 – 2023

Islamabad, pakistan

BS SOCIOLOGY

International Islamic University

2016 – 2020

Islamabad, Pakistan

Publications

Saba Zakarat, Neelam Farid "Experiences of Men in Polygamous Marriages: A Qualitative Study in Islamabad and Rawalpindi"

Submitted for Publication

Professional Experience

LECTURER

Superior College Rawalpindi

Taught Sociology, Pak studies, psychology, Islamiyat, education, Civics.

Nov 2021 – Present

Rawalpindi, Pakistan

CONTROLLER OF EXAMINATION

Superior College Rawalpindi

Planned, Coordinated, conducted and supervised internal examination department.

Jun 2022 – Dec 2024

Rawalpindi, Pakistan

VISITING LECTURER

Rawalpindi Women University

Taught Sociology to BS students.

Sep 2025 – Present

Rawalpindi, Pakistan

HEAD OF DEPARTMENT F.A

Superior College Rawalpindi

Organized and Managed the department of Arts with leadership and team management skills

Dec 2022 – Present

Rawalpindi, Pakistan

VISITING LECTURER

International Islamic University

Sep 2024 – Mar 2025

Islamabad, Pakistan

VISITING LECTURER SOCIOLOGY

Superior University Rawalpindi

Nov 2021 – Dec 2024

Rawalpindi, Pakistan

CAREER-PREP FELLOW <i>Amal Academy</i>	Jul 2021 – Sep 2021 Lahore, Pakistan
PROJECT BASED FREELANCER <i>KANTAR</i>	2019 – 2020 Islamabad, Pakistan
TRAINING COORDINATOR <i>ORG EXC</i>	2018 – 2020 Islamabad, Pakistan
SOCIAL WORK INTERN <i>Pakistan Red Crescent Society</i>	Jun 2019 – Aug 2019 Islamabad, Pakistan
LECTURER <i>Prime Inovative Institute</i>	Jan 2018 – Jul 2018 Rawalpindi, Pakistan

Awards

MERIT BASED LAPTOP AWARD <i>Chief Minister Punjab</i>	2018
MERIT BASED ACADEMIC SCHOLARSHIP <i>International Islamic University</i>	2016

Courses

Basic First Aid Training <i>Pakistan Red Crescent Society</i>	Islamabad, Pakistan
Training Course of multiple identities and values diversity <i>Margla Hotel Islamabad</i>	Islamabad, Pakistan
English language and presentation skills course <i>NICON</i>	Islamabad, Pakistan

Conferences

Attended a session at IQRA UNIVERSITY on leadership skills of Finance Professionals

First National conference on social discrepancies and remedies from sociological perspective at IRD

Training workshop on youth interfaith harmony by (kingdom of Neitherland)

Outdoor Training workshop 'RISE AND SHINE

Connected Pakistan 2 Days Conference

Social Media Leader Conference

Organisations

UNITED YOUTH ORGANIZATION <i>Regional President</i>	Islamabad, Pakistan
READ FOUNDATION <i>Campus Ambassador</i>	Islamabad, Pakistan
ACT OF KINDNESS <i>Campus Ambassador</i>	
DAR E IN SANIYAT <i>Campus Ambassador</i>	

Member

Volunteer

Volunteer

Team Member

- MS OFFICE (WORD, EXCEL, POWERPOINT)
- TEAM MANAGEMENT
- CONDUCTING EXAMS
- PRESENTATION SKILLS
- LEADERSHIP

ENGLISH



URDU

