

Mrs. Umehabiba Johar (PHD Scholar, Public Health: HSA)

Address : Chaklala Garrison Rawalpindi

(PHD Comprehensive passed, 3.64 GPA)

Email : umehabiba25@gmail.com **Mobile & WhatsApp :** 0092 334 7090929,

Date of Birth : 25 April 1986 (Age 37 Years)

Family : Wife of Johar Abrar, Three Kids

CNIC : 36302-1195448-2 (Expiry Feb 2029)

Passport: AA8124481

Profile

- Strong interpersonal and communication skills.
- Experience of Academic Leadership, Administration & Management with prime focus on Health & Education
- Remain composed under challenging conditions.
- Dedicated to make significant contributions to Holistic approach of Health & Education as a Public right

Education (19 Years) PHD Scholar (Public Health)

PHD Public Health (Health Science Academy HSA, Chak Shahzad near NIH Rawalpindi)

- Course work completed, write-up in progress), (Completed 2nd semester with 3.78 GPA and 1st Semester with 3.5 GPA)

Masters in Public Health (AISOPH, Quaid-e-Azam University)

- MSPH (2019-2021), (Completed with distinction of being Topper of the Batch, 2548 / 3000 (84.9%))

Bachelors of Eastern Medicine And Surgery (BEMS, 5 Years Degree; The Islamia University of Bahawalpur; 2004-2009) Gold Medalist in BEMS, Obtained First division with Total Marks 3998 out of 5500 (Overall 73%)

Higher Secondary School Certificate - Pre Medical (F.G Degree College Okara Cantonment, 2002-04)

- Grade A, Total Marks obtained 813 out of 1100 (74%)

Secondary School Certificate – Matriculation in Science (F.G Public School Gujranwala Cantonment, 2001-02)

- Grade (A plus), Total Marks obtained 680 out of 850 (80%)

Publications:

- Screening Depression and Mental Distress by Using AI-Powered Tools Among Women with Breast Cancer: A Review
- DOI: <https://doi.org/10.63468/sshr.093>
- Cardiovascular Disorders and Dietary Total Antioxidant Capacity in Adults of Twin Cities (RWP, ISB)
- DOI : <https://doi.org/10.52461/ijnms.v1i3.899>.
- Effectiveness of Mouthwash, Rinses, Salt Water, and Toothpastes on the Oral Health of Pregnant Women: A Systematic Review
- DOI: <https://doi.org/10.1155/ghe3/2627524>.

Certifications:

- Facilitator in Pre-Conference workshop on Perinatal mental health, Moderator in 15th international conference at HSA
- Moderator in 1th international conference at HAS

Experience (Approx 08 years)

Kuldana Army Public School (Senior Section Head; 03-09-25 till to date)

- Dealing with Management and administration of Senior Section.

BAHRIA University (Senior Lecturer; 29-1-24 till 08-08-24)

- Facilitator in Public Health Department (HSS) along with member of Quality Assurance Team, Organized CAQ meeting

APSACS PMA (Section Head, Jnr Section; Feb 22 till 31st July 23)

- Heading, managing & coordinating 525 plus students (15 Sections) and 27 faculty members along with admin staff. Dealing with Management and administration of whole Section

APSACS FWO COBBE LINES RAWALPINDI (March 2019 to December 2019)

- Bioloav Coordinator and lecturer (Senior Section) . School Evaluation Framework Coordinator.
- IQRA APSACS (College Section, Quetta Cantonment - July 2017 to May 2018)
- Academic Coordinator & CCA (Conducted Sports week, A2Z Champ Competition, Goods Drive Campaign as major activities).
- Class Teacher (2nd Year, Medical) and Subject Coordinator (Biology)

AUREUS PHARMA PAKISTAN (June 2011 to December 2012)

- Marketing Manager (Nutritional Group) and Project Coordinator & Trainer (for new products to be launched).
- To Conduct and arrange Workshops, Chamber meetings, Presentations for the doctors/ Health Care professionals.

NEUVIC PHARMA PAKISTAN (October 2009 to April 2011)

- Product Manager (Nutritional Division) and Project Coordinator & Trainer (for new products to be launched).
- To Conduct and arrange Trainings, Workshops, Chamber meetings, Presentations for the doctors/ Health Care professionals.
- Products Managed and Launched: Androgen, Fem-50), AlgeCal, D-Sun NO-NV, BIC, UT-Care

Certifications:

- Health system Leadership Course Certificate , MIYC Nutrition & growth Monitoring TOT Certificate.
- Life time membership Certificate of Aqeeq Foundation(a non-profit Organization), ACT for PNMH

Trainings:

Faculty training and orientation at Bahria University (CLO based learning, OBE sheet, Blooms Taxonomy, Effective teaching strategies) , B-TECH Beginner & Advance

Abilities & Skills

- Administrative, Coordination, Management , Training & Teaching , Information Technology
- SPSS, Open Epi, Mendeley, End Note , MS office

Interests & Activities

Traveling (I have visited KSA, Turkey and China) , Arts & Crafts