



Shehryar Nasir

Date of birth: 08/10/1994 | **Nationality:** Pakistani | **Gender:** Male | **Phone number:**

(+92) 03365670976 (Mobile) | **Email address:** shehryarnasir66@gmail.com |

Whatsapp Messenger: 923365670976 |

Address: House No 2640 street no 80 F Block B17 Islamabad, Islamabad, Pakistan (Home)

ABOUT ME

An articulate and motivated graduate accustomed to working under pressure and using initiative. To build career in growing organization, where I can get the opportunities to prove my abilities by accepting challenges, fulfilling the organizational goal and climb the career ladder through continues learning and commitment. If I'd given opportunity I can work as a dedicated personality.

Personal Statement "Psychology is to study human mind, its functions & human behaviors; I aim to master it through constant learning and research"

WORK EXPERIENCE

PSYCHOLOGY LECTURER – NATIONAL EXCELLENCE INSTITUTE ISLAMABAD – 18/03/2024 – Current – ISLAMABAD, PAKISTAN

- Delivering Lectures on the different areas of Psychology i-e Social Psychology, History and Systems of Psychology, Educational Psychology, Computer Applications in Psychology, Theories of Personality, Cross Cultural Psychology, Environmental Psychology, Behavioral Sciences, Schools and Perspectives in Psychology, Developmental Psychology
- Program Coordinator
- Conduct seminars on different topics relevant to psychology
- Counseling students who are facing problems in work, exam performance or any other mental health related.

LECTURER PSYCHOLOGY AND BEHAVIORAL SCIENCES – PAK AUSTRIA FACHHOCHSCHULE INSTITUTE OF APPLIED SCIENCES AND TECHNOLOGY – 21/01/2025 – 21/04/2025 – HARIPUR, PAKISTAN

Teaching Developmental Psychology in the department of psychology and also teaching behavioral sciences (Psychiatry and Psychology) to Doctor of physiotherapy students.

PSYCHOLOGY LECTURER – MOHIUDDIN ISLAMIC UNIVERSITY MIRPUR AJK – 14/12/2021 – 13/03/2024 – MIRPUR AJK, PAKISTAN

- Delivered lectures on different areas of Psychology i-e Social Psychology, introduction to psychology, gender issues in psychology, applied areas of psychology, educational psychology
- Research Associate
- Program Coordinator
- Student Counselor
- Developed "Scheme of Studies and Curriculum" for BS Psychology program at Mohi-ud-Din Islamic University Mirpur AJK.
- Pioneer of Department of Psychology in Mohi-ud-Din Islamic University Mirpur Campus AJK.
- Appointed as Center Mobile Inspector at Mohi-ud-Din Institute of rehabilitation Sciences, Mirpur, AJK
- Appointed as Center Mobile Inspector for Fall 2021 Semester Examinations at Government Post Graduate College for Boys, Mirpur, AJK
- Appointed as Center Superintendent for BS Psychology Semester Examination Sprig 2022 at Department of Psychology Mohi-Ud-Din Islamic University Mirpur AJK

PSYCHOLOGIST – PSYCHOLOGICAL HEALTH CARE CENTER ISLAMABAD – 2020 – 2021 – ISLAMABAD, PAKISTAN

- Scheduling patient consultations.
- Assessing patients and identifying their problems.
- Engaging in discussion with patients and making them feel comfortable.
- Implementing individualized treatment programs.
- Undertaking psychometric testing.
- Evaluating patient responses to treatment over time.
- Organizing a long-term counseling plan that involves multiple visits.
- Offering services to all age groups.
- Offering both one-on-one and group counseling.
- Keeping a detailed account of patient mental health history

● **EDUCATION AND TRAINING**

2019 – 2022 Islamabad, Pakistan

MPHIL APPLIED PSYCHOLOGY National University of Modern Languages Islamabad

Website <https://www.numl.edu.pk/>

2014 – 2018 Islamabad, Pakistan

BS PSYCHOLOGY University of Wah, Wah Cant

Website <https://uow.edu.pk/>

2011 – 2012 Abbottabad, Pakistan

FSC PRE ENGINEERING BISE Abbottabad

Website <https://www.biseatd.edu.pk/>

2009 – 2010 Abbottabad, Pakistan

MATRIC SCIENCE BISE Abbottabad

Website <https://www.biseatd.edu.pk/>

● **SKILLS**

Microsoft Office package: Microsoft Word, Excel, PowerPoint, Access | Social Media | IBM Statistical package for Sciences (SPSS) | social media marketing

● **CONFERENCES AND SEMINARS**

21/10/2021 – 22/10/2022 Islamabad

Mental Health and Productivity: The Emerging Challenges for Youth

Oral paper presentation on “Role of Negative Temperament and Cognitive Distortions in Relationship B/W Psychotherapy and Delinquency among Juvenile Offenders” at 8th International Conference on Mental health and Productivity: The Emerging Challenges for Youth.

● **PROJECTS**

2020 – 2022

“Association between General Strains, Delinquency and Psychopathy among Adolescents: A Role of Contextual Factors”

Thesis work on juvenile offenders “Association between General Strains, Delinquency and Psychopathy among Adolescents: A Role of Contextual Factors”

● **VOLUNTEERING**

2018 – 2018 Remote Areas

Enumerator

Conduct Surveys and field works under Durham University England in different regions of Pakistan.