

Dr. Sara Akram

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Permanent Address: P-31, 213 Susan, Madina Town Faisalabad, Pakistan



Objective

As a Social Anthropologist with a robust background in public health and academic expertise, I am committed to advancing initiatives that promote health and well-being across diverse cultural settings. I am seeking a challenging position in the academic sector, where I can apply my academic knowledge and hands-on experience to create meaningful, health-oriented solutions. With a careful, data-driven approach to planning and a deep understanding of the ways culture influences health, I am confident in my ability to contribute to impactful academic programs and research that address the needs of vulnerable populations.

Education

Ph.D. Sociology (2018-2025)

Sen Yat-sen University, Guangzhou, China

Ph.D. Dissertation: Pandemic as Collective Trauma and Cultural Repercussions: An Ethnography of Punjabi Village Sahianwala

Ph.D. Anthropology (2015-2024)

Quaid-i-Azam University, Islamabad, Pakistan

Ph.D. Dissertation: Intersection of Gender, Caste, and Social Class in Access to Reproductive Health Facilities

M.Phil. Anthropology (2012-2014)

Quaid-i-Azam University, Islamabad, Pakistan (84%)

M.Phil. Dissertation: Sociocultural Determinants of Reproductive Health among Textile Female Workers in Faisalabad

M.Sc. Sociology (2008-2010)

GC University, Faisalabad, Pakistan (80%)

Professional Experience

Research Associate | University of Faisalabad, Pakistan

Sustainability and Health Research Unit | January 2026 – Present

- Leading research projects on sustainable health systems, producing publications and policy analyses on environmental impacts and community well-being.

Lecturer | CIMS, School of Law, Lahore Pakistan
Department of Sociology | August.2020- June.2022

- Taught *Sociology*

Visiting Lecturer | Sun Yat-sen University, Guangzhou, China
Department of Anthropology | Feb-Sep-2018

- Taught Egyptology

Visiting Lecturer | Islamic International University, Islamabad, Pakistan
Department of Anthropology | Feb-Sep -2017

- Taught introductory courses in social sciences.

Visiting Lecturer | Quaid-i-Azam University, Islamabad, Pakistan
Department of Plant Sciences and Biochemistry | 2016

- Delivered introductory courses in social sciences.

Research Project Coordinator | Oxfam Novib & Quaid-i-Azam University, Islamabad
Youth Issues in Pakistan | Sept 2016 - Jan 2017

- Coordinated with donor agencies and implemented research activities.

Research Associate | Quaid-i-Azam University, Islamabad
Islamic Charity and Social Development in Pakistan | Sept 2015 - Sept 2016

- Developed reports, peer-reviewed articles, and performed data analysis.

Coordinator for Punjab | GIZ Project, Islamabad
Anthropology Department, QAU | Mar - Jun 2014

- Managed data, wrote proposals, and conducted literature reviews.

Research Associate | University of Alberta, Canada (Remote)
Research on Gender and Health | Jul 2013 - Jan 2014

- Supervised teams, conducted FGDs, and wrote reports.

Intern | SPARC, Islamabad, Pakistan
Society for the Protection of Rights of the Children | Mar - Aug 2012

- Assisted in data collection and proposal writing.

Intern | Human Appeal International, Islamabad, Pakistan
Fundraising Department | 2012

- Assisted with fundraising proposals and documentation.

Fellow | Deutscher Akademischer Austausch Dienst (DAAD) & LMU, Munich
Visual Anthropology & Gender Disparity | 2011-2012

Training & Workshops

- MFF Pakistan National Training on Project Cycle Management
MFF Pakistan National Training on Project Cycle Management — National-level capacity-building program on project design, implementation, and evaluation (IUCN / MFF Pakistan).
- Qualitative Data Collection and Analysis (Dr. Zubia Mumtaz, University of Alberta, Canada)
- Scientific Research Tools Workshop (PASTIC) /24 Mar – 28 2014
Scientific Research Tools Workshop — Organized by PASTIC, focusing on digital research databases, citation management, and scientific publishing tools.
- NGO Capacity Building and Good Practices (Green Acre) – Green Acre | Focused on NGO management, community engagement, and good governance | 11–12 Mar 2014
Green Acre | Focused on institutional management, community engagement, and non-profit best practices | 11 Mar – 12 Apr 2014
- Visual Anthropology (DAAD & LMU Munich) DAAD & LMU Munich | Focused on visual ethnography, film, and photography in anthropological research
- NED-Film & Citizen Journalism Workshop – Interactive Resource Centre | Focused on community storytelling, visual documentation, and participatory media | 22–26 Feb 2016

Research Work & Publications

- **Akram, S.** "Interface between Mental Health and the Earthquake: Considering Humanitarian Endeavor," *Frontier of Public Health*, 2024. Volume 12 – 2024 <https://doi.org/10.3389/fpubh.2024.1326407>. (SCIE)
- **Akram, S.** "Environmental change and floods: the long-ignored effects of displacement on mental health," *Frontier of Public Health* 2024.Sec. Environmental Health and Exposome Volume 12 - 2024 | <https://doi.org/10.3389/fpubh.2024.1434123>. (SCIE)
- **Akram, S.,** Amin, H., Alam, M. S., Khawaja, S., Imran, M., Obaid, A., & Iqbal, R. (2025). Effects of COVID-19 on traumatic stress and psychological health. *African Journal of Reproductive Health/La Revue Africaine de la Santé Reproductive*, 29(1), 87-99.(SSCI) <https://pubmed.ncbi.nlm.nih.gov/39906013/>
- **Akram, S.,** Aftab, R., Baloch, Q. B., Ullah, F., Alonazi, W. B., Baloch, V. Q., Amin, H., & Alam, M. S. (2025). The conditionality of COVID-19 vaccine acceptance: A qualitative study in Pakistan. *African Journal of Reproductive Health* 29(3):143-159. doi: 10.29063/ajrh2025/v29i3.17. PMID: 40135475. .(SSCI)

- Niazi, K., Ma, J., **Akram, S.**, & Saddique, K. (2025). The impact of COVID-19 on prenatal anxiety in women: A study in Rawalpindi, Pakistan. *African Journal of Reproductive Health*, 29(5), 166. <https://doi.org/10.29063/ajrh2025/v29i5.15>.(SSCI)
- Zheng, W., **Akram, S.**, & He, R. (2025). Exploring health care experiences and access challenges through a qualitative study of African migrants in Guangzhou, China. *African Journal of Reproductive Health*, 29(8), 35–47. <https://doi.org/10.29063/ajrh2025/v29i8.4>.(SSCI)
- **Akram, S.**, Saddique, K., Sufyan, M., Ashiq, M. A., & Nasir, A. (2026). The intersection of gender, caste, and health: Disparities in access to healthcare for marginalized women in Pakistan. *African Journal of Reproductive Health*, *30*(2), 108–120. <https://doi.org/10.29063/ajrh2026/v30i2.9> PMID: 41586475
- **Akram, S.** "Lessons from Historical Epidemics and Pandemics: Exploring Potential Scenarios for COVID-19," *Mankind Quarterly*, 64(1), 2023. Scopus Indexed
- **Akram, S.**, Shah, S., Husain, F., & Al-Kubaisi, H. A. R. A. (2024). Mental Health Issues Following a Devastating Earthquake 2023: Socio-Economic and Structural Determinants. *ASEAN Journal of Psychiatry*, 25(S5), 01-10 (ESCI).
- **Akram, S.**, Alam, M. S Therapeutic cultural resilience perspectives during the COVID-19 pandemic: An ethnographic qualitative study of Faisalabad, Pakistan. *International Journal of Population Studies* 4109. <https://doi.org/10.36922/ijps.4109> Scopus Indexed
- **Akram, S.**, & Alam, M. S. (2025). Examining the relation of social networks with psychological wellbeing: Case study of young adults in Pakistan. *Applied Psychology Research*, 4(1), 2168. <https://doi.org/10.59400/>
- **Akram, S.** "Efficacy of Parenting Styles on Adolescent Self-Esteem," *Journal of Population Therapeutics & Clinical Pharmacology*, 2024. Indexed in Scopus, Web of Science (ESCI), and Google Scholar.
- **Akram, S.**, Idrees, M., Shah, S., Alam, M. S., & Amin, H. (2025). Inflation and its impact on living standards and public health in Dera Ghazi Khan, Pakistan. *Global Health and Emerging Sciences*. Advance online publication. <https://doi.org/10.36922/ghes.8570>
- **Akram, S.**, Alam, M. S., & Shah, S. Significant impact exerted on global economy by implementing pandemic-reactive global-scale public health measures. *Global Health and Economic Sustainability (GHES)*, 4531. (2024). <https://doi.org/10.36922/ghes.4531>
- Niazi, K..., & **Akram, S.** Unraveling the Nexus of Gender Discrimination, Environment, Covid-19, and the Syndemic. *The International Journal of Learner Diversity and Identities*, 30(2) ,2023.
- **Akram, S.**, Idrees, D. M., Husain, F., & R A Al-Kubaisi, H. A. (2023). Socio-Cultural Construction of Islamic Charity: A Healing Perspective: Socio-Cultural Construction of Islamic Charity. *Journal Of Social Sciences*, 14(1), 01-17. Retrieved from [//jss.gcuf.edu.pk/index.php/jss/article/view/76](http://jss.gcuf.edu.pk/index.php/jss/article/view/76)
- Hassan Z, **Akram S**, Ambreen M. System analysis of modern maternal and child health care practices during pregnancy. *ShodhSamajik: Journal of Social Studies*. 2025 Feb 6;2(1):17-28.
- Husain, F., **Akram, S.**, Al-Kubaisi, H. A. R. A., & Hameed, F. (2023). The COVID-19 Pandemic Exposes and Exacerbates Inequalities for Vulnerable Groups: A Systematic Review. *Pakistan*

Journal of Humanities and Social Sciences, 11(3), 3755–3765.
<https://doi.org/10.52131/pjhss.2023.1103.0654>

- **Akram, S.**, & Alam, R. N. Socioeconomic Influences at Antenatal Healthcare Seeking Women: A Qualitative Study of Faisalabad, Pakistan. *International Review of Social Sciences (IRSS)*, 9(4). 2021.
- **Akram, S.**, & Alam, R. N. Impacts of Social Structural Supremacy of Caste on Women's Health in Pakistani Society. *Revista Dilemas Contemporáneos: Educación, Política y Valores*. 2019.

Book Chapters:

- **Akram, S.**, "Social Constructions of COVID-19 in Pakistan: An Anthropological Investigation," *Negotiating the Pandemic*, London: Routledge, 2022. (Scopus indexed)
- Mushtaq, S.,& **Akram, S.** (2024). An In-Depth Examination of Islamic Finance and its Role in Promoting Financial Inclusion. In *Empowering Communities: The Nexus of Islamic Finance and Financial Inclusion* (Chapter 3). (Scopus indexed)

Publications in Process

- MA, J., Rui Rui, T., Amin, H., **Akram, S.**, Alam, M. S., & Idrees, M. (under review). Augmentation of Artificial Intelligence in Nursing. *Frontiers in Digital Health*, Section: Connected Health. Manuscript ID: 1533317.
- Niazi, K., Ma, J., **Akram, S.**, Amin, H., & Idrees, M. (2025). Climate change and mental health issues in Pakistan. *Frontiers in Public Health - Environmental Health and Exposome*. Advance online publication. Manuscript ID: 1577402.
- **Akram, S.**, Ma, J., Rui, T., Niazi, K., Charan, I. A., Chongjin, W., Soomro, S., Amin, H., Imran, M., Obaid, A., Iqbal, R., Alam, M. S., & Idrees, M. (2025). Smog and respiratory illnesses: An analysis of the escalating health issue of the nation. *Frontiers in Public Health - Environmental Health and Exposome*. Advance online publication. Manuscript ID: 1573970.

International Conferences:

- **Akram, S.** (2025, April 17–18). *Environmental Justice in South and East Asia: A Comparative Study of Disproportionate Impacts on Marginalized Communities in China, India, and Pakistan*. Paper presented at the 6th Young Scholars Symposium: Asia and the World in Critical Times, Room E904, New Bund Campus, New York University Shanghai, China.
- **Akram, S.** "Analysing Identities and Cultural Legacies: Pakistan's Complex International Interactions," Geopolitics from Below Conference, King's College London & Karakoram University, 2024.
- **Akram, S.** "Considering the Benefits of Family Planning: Social and Behaviour Change Factor Analysis," 24th Annual Population Research Conference, FCCU Lahore, 2023.
- **Akram, S.** "Female Nutritional Status in Pakistan: The Role of Socio-Cultural Patterns," Sun Yat-sen University, 2018.

- *Akram, S.* "The Impact of Trauma of COVID-19: The Conditionality of COVID-19 Vaccine Acceptance, Beliefs, and Intentions" at the 9th Asia Pacific Region Conference of the International Union Against Tuberculosis and Lung Disease, Taiwan, 2024.
- *Akram, S.* "Female Nutritional Status in Pakistan: The Role of Socio-cultural Patterns", arranged by Sun Yat-sen University, Guangzhou, China, 2018.
- *Akram, S.* "Changing Social Structure as an Effect of Male Out-Migration" at the Two-Day International Conference on Migration, Education, and Development in South Asia, organized by the British Council, University of Sussex, HEC, and Quaid-i-Azam University, Islamabad, 2014.
- *Akram, S.* "Charity as a Way to Bring Justice and Harmony Among Society" at the Two-Day International Conference on Islamic Charity and Social Development, organized by HEC and Quaid-i-Azam University, Islamabad, 2014.
- *Akram, S.* "Socio-Economic Impacts on the Health of Transgender Individuals: A Temporal Analysis" at the Two-Day International Conference on Causes and Consequences of HIV/AIDS in Rural and Urban Communities of Pakistan, organized by HEC and University of Malakand, 2015.
- *Akram, S.* "Changing Social Structure as an Effect of Male Out-Migration" at the Two-Day International Conference on Migration, Education, and Development in South Asia, organized by the British Council, University of Sussex, HEC, and Quaid-i-Azam University, Islamabad, 2014.

Awards & Fellowships

- Fellowship: Deutscher Akademischer Austausch Dienst (DAAD) & LMU Munich on Visual Anthropology.
- Fellowship: University of Alberta, Canada (Gender and Health Research).
- Recipient of the CSC China Government Scholarship for PhD research in Sociology
- Recipient of the scholarship for M.Phil in Anthropology at Quaid-i-Azam University, Islamabad, Pakistan.

Academic Service: Peer Reviewer

Peer Review Activities:

- Current Psychology: 13 reviews
- Dialogues in Health: 24 reviews
- IGI Global Book Chapter Peer Reviews: 1 review
- International Journal of Anthropology and Ethnology: 1 review
- PLOS Climate: 1 review
- PLOS ONE: 3 reviews

- Psychology of Sexual Orientation and Gender Diversity: 1 review

<https://orcid.org/0000-0001-7281-0086>

Edited Books

- Idrees, M. (2024). Equitable development and sociological theory: Addressing future lessness and inequality in modern societies (**S. Akram, Ed.**). Lumina Literati Publishing.

Languages

- English (Fluent) Valid IELTS with 6.5 bands
- Chinese (Fluent)
- Urdu (Fluent)
- Punjabi (Fluent)

Computer Skills

- Microsoft Office Suite (Word, Excel, PowerPoint)
- Python
- SPSS
- NVIVO
- R Programming

Research Expertise

Skilled in data collection and analysis using observation, interviews, and surveys. Experienced in coordinating and managing large research projects.

References

- Dr. Rao Nadeem Alam, Assistant Professor, Department of Anthropology, Quaid-i-Azam University, Islamabad. Email: raonadeem@qau.edu.pk
- Dr. Liang Yu Cheng, Professor, School of Sociology and Anthropology, Sun Yat-sen University, China. Email: lyucheng@mail.sysu.edu.cn | Phone: +8618819157909
- Dr. Serena Wanqing Zheng, Assistant Professor, Institute of Guangdong–Hong Kong–Macao Development, Sun Yat-sen University, China Email: zhengwq6@mail.sysu.edu.cn | Phone: +86 135 6000 2790.