

Curriculum Vitae

Name:	BIBI HAJRA
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Gender:	Female
Department:	Psychology
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CAREER OBJECTIVES

I am enthusiastic to work in an organization where I can utilize my theoretical knowledge and abilities. I like to have novel experience of interacting with people from different walks of life in professional setting.

I am dedicated, self-motivated and a team player. I can easily cope up with stress and have a very good emotional quotient.

EDUCATION

- **International Islamic University Islamabad**
MS in clinical psychology- (2021) (3.95 CGPA)
- **International Islamic University Islamabad**
Bachelor of Sciences in Psychology – (2015) (3.85 CGPA)
- **Islamabad Model College for girls G.10/2 Islamabad**
Intermediate (Pre-Medical) – 2011
- **Islamabad Model College for girls G.10/2 Islamabad**
Matriculation (Science Group) – 2009

EXPERIENCE

- **Lecturer** Department of Psychology, Faculty of Social Sciences, at University of Wah (2022-continued).
- **Counsellor** at Psychological Counselling center in University of Wah (2024- Continued).
- Worked as an online tutor with international students from 2021 till date.
- Worked as an Educational counsellor and teacher trainer at Brainaincs school system New city phase II (2021).
- Internee at Benazir Bhutto Hospital Rawalpindi for 4 months with the Key tasks of Diagnosis, Interviewing Clients, Treatment and Report writing. Application of Psychological Tests and Interpretation & Scoring of Psychological Tests. (2017).
- Worked in Apples the grooming school St # 58, G 11/2 Sachal Sarmast road Islamabad for 2 months with autistic and ADHD children along with the key tasks of writing proposals to NGOs and management plans for each child. (2015)
- Internee at National Institute of Rehabilitation Centre (NIRM) Islamabad for the

period of 2 months (2014).

- Home tuitions

DEPARTMENTAL ACTIVITIES

- **ISO Coordinator** of the Department of Psychology University of Wah.
- **Counsellor** of Psychological Counselling Centre of UW
- Organized **Suicide Prevention Awareness Walk** on 13th November 2025 at UW.
- Organized an **awareness walk on special children's special education** from UW to Nasheman especial education institute in march 2025.
- Organized Documentary competition o the topic: **"Forensic insights and understrings through the lens of forensic psychology"** from 22d January to 23rd January 2026.
- Organizer and counsellor of mental health camps 2022 to 2026
- Civic Theatre on Social media bubble held on 22nd Oct, 2024
- Art based activity related to celebrating world mental health day on 29th Oct, 2024
- Awareness lecture on mental health related problems at Wah Engineering college on 5th Nov, 2024
- Departmental Sports coordinator UW
- Departmental event coordinator UW
- Designed 2 courses for MS program
- Conducted role plays in the course of theories of personality and Ethical issues in psychology
- Organized projects twice on the display of the diverse cultures of Pakistan in the course of cross-cultural psychology.
- Guest speaker on the topic of social phobias at Radio station of the University of Wah.
- Alumni oath-taking ceremony representative from the department of psychology.
- Organized sports events namely: friendly cricket match, badminton match and running marathon in the department with the students.

RESEARCH WORK

PUBLICATIONS

Links to publication data

ResearchGate : <https://www.researchgate.net/profile/Bibi-Hajra/research>

Googlescholar: <https://scholar.google.com/citations?hl=en&user=5Zyl-wwAAAAJ>

1. Scholarly article on "Social dominance orientation across the gender at workplace", published in Islamabad medical and dental college Journal in 2016 **(Y Category)**
2. Scholarly article titled as "The use of Islamic patterned art therapy: healing of psychological problems among university students", published in the Journal of religion and health in 2021. **(W category)**
3. Scholarly article on the topic "role of self-esteem in the relationship between perceived social support and stress among university students". Published in the journal of positive school psychology in June 2023 **(X category)**.
4. Scholarly article on the topic "procrastination: Association with mindfulness and self-regulation" published in Al-Mahdi Research Journal in 2023 **(Category Y)**
5. Scholarly article on the topic "The impact on perceived discrimination on student's self- efficacy: moderating role of religious orientation among university students", published in the Journal of Development and Social Sciences in 2024 **(Category Y)**.

6. Scholarly article on the topic, “Role of mindfulness on the relationship between psychological well-being and perceived stress among university students, published in International Journal of Social science archives in 2024 **(Category Y)**.
7. Scholarly article on the topic, “The relationship between religious orientation, Islamic spirituality and psychological wellbeing among university students” published in ACADEMIA International Journal for Social Sciences in 2023**(Category Y)**.
8. Scholarly article on the topic, “Impact of optimism on quality of life and academic buoyancy among university students” published in International Journal for Social Sciences in Dec 2024 **(Category Y)**
9. Scholarly article on the topic, “Career Counselor's Self-Efficacy and Job Satisfaction across the Gender in Professionals and Internees” published in Indus Journal of Social Sciences in November 2025 **(Category Y)**

SUBMISSIONS

- Role of sleep quality on the relationship between competitive attitude and psychological flourishing among freelancers.
- Examining the Interplay between Digital Health Literacy, Intolerance of Uncertainty and Cyberchondria in General Population.
- Sacred Resilience: Islamic Spirituality, Vicarious Trauma, and Helplessness among Pakistani University and Madrassa Students.
- Art as Healing: Investigating the Power of Creative Expression to Reduce Work Stress and Enhance Self-Compassion in Pakistani University Faculty Members.

ONGOING RESEARCH

- Coping styles and Nomophobia in young Adults; mediating role of perceived social support.
- Exploring trends on Bridge drawing: An Art based Assessment among Pakistani sample.

BS THESIS AS SUPERVISOR

- Impact of perceived discrimination on self-efficacy; moderating role of religious orientation among university students (2023).
- Exploring the role of optimism in relationship en quality of life and academic buoyancy in university students (2023).
- Role of sleep quality on the relationship between competitive attitude and psychological flourishing among freelancers (2024).
- Investigating the role of financial literacy on the relationship between financial self- efficacy and financial distress among working adults (2024).
- Effectiveness of Islamic patterned mandala on work stress and self-compassion among university faculty members (2025).
- Role of Islamic Spirituality on the relationship between vicarious trauma and helplessness among university and madrasa students (2025).
- Examining the relationship of Fear of missing out (FOMO) and Nomophobia among university students: Mediating role of Cognitive emotional regulation

(2025).

- Role of D-type personality on the relationship between misophonia and OCD among University students (2025).

MS THESIS AS SUPERVISOR

- Examining the relationship of family functioning and academic burnout among medical students: moderating role of Cognitive Emotion Regulations, Co-supervising an MS scholar at UW.
- The impact of self-objectification on social appearance anxiety: Exploring the moderating role of interoceptive awareness among adolescents, Co-supervising an MS scholar at UW.

RESOURCE PERSON FOR TRAINING PROGRAMS

- Resource person for a **guest lecture on “Case Approaches to Counselling ad psychotherapy” at the department of professional psychology, Bahria university Islamabad H11 campus on 16th April 2026.**
- Resource person for a webinar o the topic **“Zero discrimination day: breaking stigma about HIV”** in collaboration with UW Environmental society o 12th April 2026.
- Resource person for a podcast at UW Media department organized under the initiative of The Women Development Department Punjab, on the topic **“Strong Minds, strong women: Mental health, empowerment & everyday wellbeing”** on 4th Dec 2025
- Resource person for a **Seminar on nurse’s mental health at GHQ Attock on 9th Oct 2025.**
- Resource person for a one-day webinar on the topic **“Zero discrimination day: women Entrepreneurs, success stories and challenges”** on 11th March, 2025 at **Rawalpindi Women University.**
- An Awareness walk was organized on the topic **“Autism Awareness walk from UW to Nasheman Institute of special education Wah Cantt”** on 14th April, 2025.
- Resource person for an awareness session on the topic **“Theoretical and evidence-based counselling for children, adolescents and adults”** held at **COMSATS University Wah Campus** on 26th May, 2025.
- Resource person for one week training program on **“Transition plan for Intellectual Developmental Disorders”** held at **National Institute of Special Education, H-8/4 Islamabad** under the Directorate General of Special Education, Ministry of Human Rights Government of Pakistan on **2nd Feb, 2024.**
- Resource person for one week training program on **“Understanding Intellectual Disabilities: Foundations and Practice”** held at **National Institute of Special Education, H-8/4 Islamabad** under the Directorate General of Special Education, Ministry of Human Rights Government of Pakistan on **23rd Aug, 2024.**
- Resource person for one week training program on **“Understanding Developmental Delays: Assessment, Intervention and support”** held at **National Institute of Special Education, H-8/4 Islamabad** under the Directorate General of Special Education, Ministry of Human Rights Government of Pakistan on **23rd Sep, 2024.**

PROFESSIONAL TRAININGS, CONFERENCES AND SEMINARS

- Paper presentation at Reviving Transpersonal Psychology Through the Decolonial

Lens of Islamic Psychology **IPCON** 29th January held at Shifa Tameer-E-Millat University Islamabad.

- Attended three day training on **“Faculty Development Program”** organized by the office of Research , Innovation and Commercialization (ORIC) University of Wah (22nd July- 24th July 2024).
- Attended a training workshop on **“Communicating DSM Diagnosis”** organized by Dr Tamkeen Saleem at the department of Clinical psychology Shifa Tameer-e-Millat University **(10 July 2024)**
- Attended Training sessions on **“Quality Enhancement in Teaching: Strategies and best practices”** organized by Directorate of Quality Assurance and Enhancement Cell at university of Wah (2nd October 2023)
- Attended a training workshop on **“The Bridge Drawing: An Art Based Assessment”** organized by the department of clinical psychology at Shifa Tameer-e-Millat university (29th August 2023).
- Attended Training sessions on **“Skills development for marginalized youth to cope with 21st century challenges”** organized by the department of Education at University of Wah. (3rd-5th Jan,2023)
- Attended 7th **Multidisciplinary student research international conference (MDSRIC-2022)** held on 29-30 Nov, 2022 at University of Wah.
- Attended a session on **“Need and rationale of academic research publication; the perspective of an editor”** held on 3rd May 2023 at University of Wah.
- Certificate of participation in 13th **“International CBT Conference theme: Therapy in digital age”** held on 25th -27th May,2023
- Attended a session on **“Roundtable conference on population and food security”** held on 31stOctober, 2022 at University of Wah.
- Gandhara chair organized 1 day session on 19th oct,2022 on **“Gandhara civilization”** by Azam Jamil at University of Wah.
- Attended a seminar of **Art Therapy** conducted by Dr. Tamkeen Saleem (2019).
- Attended **“A series of Training workshops on Quantitative Data Analysis using SPSS”** held at IIUI (2016).
- Attended a seminar on **“Media war & Pakistan”** held on December 20th 2012 in IIUI.
- Attended a seminar on **“Impact of infotainment on society”** held on 25th April 2012 at IIUI.
- Attended **First International conference on mental health held on 29th and 30th march 2012 on violence, psychological trauma with possible acute and post-traumatic interventions in general and particularly in Pakistani society** held at IIUI.
- Attended a seminar on **“Psychologists in Action”** held on Dec 2, 2011 at IIUI.
- Attended a seminar on **“Youth Leadership; Crises and Challenges in Pakistan”** held on 11th November 2011.

ACHIEVEMENTS & ACTIVITIES

- Awarded with **\$250** scholarship by **International Association of Islamic**

Psychology for doing outstanding work in Islamic psychology as a thesis (2020).

- Got merit scholarship of worth Rs 10,000 for scoring 4/4 GPA (2018).
- Did a short course in Arabic calligraphy from international Islamic university Islamabad in December 2018 for a month
- Awarded with a laptop by Prime Minister Laptop scheme for talented students (2014).
- Awarded with distinction certificate in 2014-2015 for securing 3.85/4 CGPA during BS in Psychology.
- Awarded with position certificate for securing 3rd position in the batch during BS in Psychology in 2014-2015.
- Participated in poster competition organized by Human Rights Forum (IIUI Students) on 17th October 2012.
- Participated in the event of Green-tech quiz nationwide held at UET, Lahore on 9th April 2014.
- Awarded with 50 % fee exemption throughout BS in Psychology for maintaining good academic record.
- Awarded with certificate of merit for securing 2nd position in Urdu Essay writing, English speech in 2007-2008.
- Awarded with certificate of merit for securing 1st position in quiz for Knowing Pakistan loving Pakistan in 2005-2006.
- Awarded with certificate of merit for securing 1st position in English, Urdu, Islamiat and Home. Economics in 2005-06
- Awarded with certificate of merit for securing 1st position in three-leg race.
- Participated in volleyball, long-jump, high-jump, race, cultural display and march past.

PROJECTS

- **Commercial Stall**
Displayed stalls at Cultural week twice to cater some experience of marketing and finance on self-help basis.
- **Management Project:**
Explore the management process by visiting “Pakistan telecommunication limited” and exploring the management hierarchy and mere process (2013).
- **Research Project on marital dissatisfaction:**
A study conducted to explore relation of marital dissatisfaction in joint and nuclear families (2014)
- **Qualitative Research Project on Expression of grief :**
A study conducted to explore the expression of grief by studying it qualitatively. (2016).

COURSES TAUGHT SO FAR AS A FACULTY MEMBER

- Social Psychology
- Practical's in Psychology

- Sports Psychology
- Experimental psychology
- Ethics in Psychology
- Ethical Issues in Clinical Psychology (ADCP)
- Psycho-diagnostics (ADCP)
- Cross-cultural Psychology
- Introduction to psychology
- Organizational Psychology
- Gender issues in psychology
- Forensic psychology
- Teaching and learning skills
- Developmental Psychology
- Mass Communication
- Psychopathology
- Educational Psychology

SKILLS

- Counseling
- Data collection
- Data entry
- Psychological Testing
- Interpretation
- Evaluation of patients
- Psychotherapy
- Rehabilitation
- SPSS
- Art therapy
- MS Office
- Documentation

LANGUAGES

- Pashto
- Urdu
- English

