

**RUQIA SAFDAR BAJWA, PH.D.**  
**CURRICULUM VITAE 2024**  
**DRIVEN BY KNOWLEDGE, COMMITTED TO SERVICE**

**PERSONAL DETAILS AND CONTACT**

Ph.D. (Social Psychology)  
M. Phil Applied Psychology  
M. Sc Applied Psychology (Gold Medalist),  
Assistant Professor, Department of Applied Psychology,  
Faculty of Social Sciences,  
Bahauddin Zakariya University Multan, Pakistan.  
E-mail: ruqiasafdar@bzu.edu.pk  
Website: <https://profiles.bzu.edu.pk/ruqiasafdarbajwa>  
<https://publons.com/researcher/AAP-3798-2020/>  
Social Psychology Network Member page:  
<http://www.socialpsychology.org/member/bajwa->  
ResearchGate Profile: [https://www.researchgate.net/profile/Ruqia\\_Bajwa](https://www.researchgate.net/profile/Ruqia_Bajwa)  
Google Scholar Profile:  
<https://scholar.google.com/citations?user=2dKjou8AAAAJ&hl=en&authuser=1>  
ORCID ID: [0000-0002-4460-2025](https://orcid.org/0000-0002-4460-2025)  
Web of Science Researcher ID: AAP-3798-2020  
Scopus Author ID: 57189504951  
RePEc Short-ID: pba2049  
APA Member Number: 2205-8154  
PPA Life Member Number: LM/152  
AASP MEMBER ID: 1692



**PERSONAL STATEMENT**

Dr. Ruqia Safdar Bajwa is a highly accomplished academic with a PhD in Social Psychology from the University of Putra Malaysia and over 17 years of experience in teaching, research, and clinical practice. Her areas of expertise include social, personality, educational, and health psychology. Dr. Bajwa has been published in high-impact journals and has served in various administrative roles, including social responsibilities as the vice president of the academic staff association at BZU. She is passionate about leveraging psychological principles for societal well-being and actively participates in educational and voluntary services.

## **QUALIFICATIONS**

### **Throughout the Academic Career 1<sup>st</sup> Class 1<sup>st</sup> Division and Position Holder**

- 2018-2022                    **UNIVERSITY PUTRA MALAYSIA, MALAYSIA (QS World Ranking 148)** Ph.D. in Social Psychology. A Grade
- 2009-2011                    **BAHAUDDIN ZAKARIYA UNIVERSITY, MULTAN, PAKISTAN**  
M. Phil in Applied Psychology. B<sup>+</sup> Grade (1<sup>st</sup> Division)
- 2004-2006                    **BAHAUDDIN ZAKARIYA UNIVERSITY, MULTAN, PAKISTAN**  
Master of Sciences in Applied Psychology (Gold Medalist). A Grade

## **POSTS SERVED**

- 12-09-2022- To date        **BAHAUDDIN ZAKARIYA UNIVERSITY, MULTAN, PAKISTAN**  
Assistant Professor, Department of Applied Psychology (BPS-19)
- 11-01-13- 11-09-2022     **BAHAUDDIN ZAKARIYA UNIVERSITY, MULTAN, PAKISTAN**  
Lecturer, Department of Applied Psychology (BPS-18)
- 04-07-12 to 10-01-13     **PUNJAB HIGHER EDUCATION DEPARTMENT, PAKISTAN**  
Lecturer of Psychology, Govt. Post Graduate College for Women,  
Khanewal (BPS-17)
- 01-11-08 to 03-07-12     **PUNJAB SPECIAL EDUCATION DEPARTMENT, PAKISTAN**  
Psychologist (BPS-17)
- 03-12-07 to 31-10-08     **GOVERNMENT COLLEGE UNIVERSITY, FAISALABAD, PAKISTAN**  
Lecturer, Department of Applied Psychology (BPS-18)

## **OTHER EXPERIENCES**

- 08-08-23- to date        Working as Superintendent “**Zainab Hall Hostel for Postgraduate and Foreign Students**” Bahauddin Zakariya University
- 03-05-16- to date        Voluntarily Working for "**Dream Children: Rehabilitation Centre for Special Children**"

- 01-11-06 to 30-10-08 Voluntarily Worked for "**Indus Research and Development Organization**"
- 05-06-06 to 15-07-06 Worked as internee (Clinical Psychology) in the "**Psychiatry Department**" at Combined Military Hospital (CMH) Multan Cantonment
- 24-01-11 to 18-01-11 Served as Superintendent for "**Primary and Middle Standard Annual Examination of Hearing Impaired/Visually Impaired & Physically Disabled Students**"

### **HONORS/ AWARDS**

- Gold Medalist, M. Sc Applied Psychology (Bahauddin Zakariya University, Multan, Pakistan)
- Vice President of Academic Staff Association, Bahauddin Zakariya University Multan, Pakistan (2024-to-date).
- Executive member of Academic Staff Association, Bahauddin Zakariya University Multan, Pakistan (2017-2018).
- 3<sup>rd</sup> Position in Poster Competition at National Conference on Mental Health held at G. C. University Faisalabad, Pakistan (28<sup>th</sup> -29<sup>th</sup> April 2016)
- Honored to be Selected through the Punjab Public Service Commission three times for different posts of BPS 17 and remained in high-merit positions
- Executive Member of Pakistan Psychological Association WEF 21-03-15 (14<sup>th</sup> Interim Executive Body of PPA)
- Executive member of Multan Association of Psychology Students, 2005
- Information Secretary of Multan Association of Psychology Students, 2006

### **ADMINISTRATIVE RESPONSIBILITIES**

*Exercised sound judgment and took on key administrative responsibilities, contributing to the efficient functioning of my department and concerned committees.*

- Departmental focal person for the official website of Bahauddin Zakariya University
- President of taekwondo (female) at Bahauddin Zakariya University Multan

- Departmental Focal Person of Quality Enhancement Cell, Bahauddin Zakariya University, Multan 2013-15
- Secretary Member of Departmental Admission Committee (2013- 2017)
- Library In-charge in the Department of Applied Psychology (2013- 2018)
- Internship Placement In-charge in the Department of Applied Psychology, BZU (08 June 2023-to date)
- In-charge Internship Program for Advance Diploma in Clinical Psychology (2013-2015)
- Program Coordinator of BS Applied Psychology (2014-2015)
- Program Coordinator of Advanced Diploma in Clinical Psychology (2017-2018)
- Program Coordinator of Advance Diploma in Clinical Psychology (March 2023-to-date)
- Member of the Admission Committee for Ph.D. Program in the Department of Applied Psychology, BZU, Multan (16-12 2022- to date)
- Member of the Admission Committee in the Department of Applied Psychology, BZU, Multan (2023- to date)

### **SCHOLARSHIP/GRANT**

- Syed Yousuf Raza Gillani (Faculty Development Program) Foreign Ph.D. Scholarship awarded by Bahauddin Zakariya University, funded by Higher Education Commission Pakistan
- Received Scholarship for a course on "Understanding Research Methods" by the University of London and SOAS University of London, England
- Received Scholarship for a course on "The Science of Well-Being" by Yale University, United States
- Received Travel Grant from Higher Education Commission Pakistan to Present Research Paper

## SELECTED PUBLICATIONS

1. Salman, I., **Bajwa, R. S.**, & Yunus, A. (2024). Investigating The Interplay of Stress, Loneliness, And Social Media Addiction among Millennials and Gen Z. *International Journal of Contemporary Issues in Social Sciences*, 3(3), 1234–1244.  
**(HJRS: HEC PAKISTAN INDEXED)**
2. Yunus, A., Mushtaq, S.K., **Bajwa, R.S.** and Tahir, M. (2024). Ethical Governance of Artificial Intelligence: Guiding Youth towards Responsible Digital Citizenship. *Journal of Policy Research*, 10(2), 726–733. DOI:10.61506/02.00291  
**(HJRS: HEC PAKISTAN INDEXED)**
3. Zulfqar, A., Hussain, B., **Bajwa, R. S.**, & Tareen, F. Z. (2024). Unveiling the Essence of Achievement Goals: Examining Multidimensional Pursuits and Gender Differences in University Students' Academic Success. *International Journal of Social Science Archives (IJSSA)*, 7(2), 649-661.  
**(HJRS: HEC PAKISTAN INDEXED)**
4. Malik R.Z, Hassan S.M.U, **Bajwa R. S.** (2024). Exploring disordered eating behaviors among adolescent girls in Islamabad, Pakistan. *Khyber Medical University Journal*, 16(02), 91-96. DOI: [10.35845/kmu.j.2024.23315](https://doi.org/10.35845/kmu.j.2024.23315)  
**(WEB OF SCIENCE; SCOPUS Q4)**
5. Ahmad, B., Zulfqar, A., & **Bajwa, R. S.** (2024). Studying the Effect of Problem-Based Learning on Mathematics Achievement of Elementary Students. *Journal of Excellence in Social Sciences*, 3(3), 125-136.  
**(HJRS: HEC PAKISTAN INDEXED)**
6. Ain, Q. ul., Jabeen, M., Hussain, M., Javaid, A., **Bajwa, R. S.**, & Raza, M. A. J. (2024). Exploring The Efficacy of Self-Concept and Psychosocial Skill Enhancement Interventions in Hearing-Impaired Children: A Comparative Analysis. *Migration Letters*, 21(S7), 413–420. DOI: [10.59670/ml.v21is7.8698](https://doi.org/10.59670/ml.v21is7.8698)  
**(WEB OF SCIENCE; HJRS: HEC PAKISTAN INDEXED)**
7. Shafi, S. & **Bajwa, R.S.** (2023). Online Connection Versus Relational Disconnection: An Exploration of the Impact of Internet Addiction on Couple Burnout in Pakistan. *Journal of Policy Research*. 9(4), 338–344. DOI: 10.61506/02.00157.  
**(HJRS: HEC PAKISTAN INDEXED)**

8. Yunus, A., **Bajwa, R. S.**, Mushtaq, S. K. and Safdar, S. (2023). From Screen to Scene: A Qualitative Analysis of Smartphone-Zombie (Smombie) Phenomenon. *IUB Journal of Social Sciences*, 5(2), 334–347. DOI: [10.52461/ijoss.v5i2.1592](https://doi.org/10.52461/ijoss.v5i2.1592)  
**(HJRS: HEC PAKISTAN INDEXED)**
9. Yunus, A., **Bajwa, R. S.**, & Mushtaq, S. K. (2023). Mothers' Perceptions of the Birthing Environment on their Birth Satisfaction: A Qualitative Study. *Journal of South Asian Studies*, 11(3), 267-275. DOI: [10.33687/jsas.011.03.4582](https://doi.org/10.33687/jsas.011.03.4582)  
**(ICI JOURNALS MASTER LIST; HJRS: HEC PAKISTAN INDEXED)**
10. Yunus, A., **Bajwa, R. S.**, Mushtaq, S. K., & Hussain, M. M. (2023). Exploring Social Media Usage and Self-image Congruity as Predictors of Online Conspicuous Consumption. *Pakistan Journal of Humanities and Social Sciences*, 11(4), 4333–4340. DOI: [10.52131/pjhss.2023.1104.0695](https://doi.org/10.52131/pjhss.2023.1104.0695)  
**(HJRS: HEC PAKISTAN INDEXED)**
11. Yunus, A., Abidin, M. Z. U., & **Bajwa, R. S.** (2023). Analyzing the Public Health Implications of Road Traffic Accidents: An Epidemiological Perspective. *Journal of Health and Rehabilitation Research*, 3(2), 231-235.  
**(HJRS: HEC PAKISTAN INDEXED)**
12. **Bajwa, R. S.**, Yunus, A., Fadhel, F.H., Iqbal, F., Sufyan, N. S., & Mushtaq, S.K. (2023). Association of Negative Life Events and Psychological Well-being among Paramedical Staff. *Migration Letters*, 21(1), 158–166. DOI: [10.59670/ml.v21i1.5170](https://doi.org/10.59670/ml.v21i1.5170)  
**(WEB OF SCIENCE; HJRS: HEC PAKISTAN INDEXED)**
13. Batool, A., **Bajwa, R. S.**, Farooq, S., & Ayub, M. (2023). The Impact of Marital Instability and Psychological Distress on Quality of Life among Married Women, Pakistan. *Pakistan Journal of Humanities and Social Sciences*, 11(2), 2447-2454. DOI: [10.52131/pjhss.2023.1102.0536](https://doi.org/10.52131/pjhss.2023.1102.0536)  
**(HJRS: HEC PAKISTAN INDEXED)**
14. **Bajwa, R. S.**, Abdullah, H. B., Jaafar, W. M. W., & Samah, A.A. (2023). Assessing the relationship between internet usage and technostress—a moderated mediation model. *Nurture*, 17(1),1-9. DOI: [10.55951/nurture.v17i1.137](https://doi.org/10.55951/nurture.v17i1.137)  
**(SCOPUS Q4; HJRS: HEC PAKISTAN INDEXED)**
15. **Bajwa, R. S.**, Abdullah, H. B., Zaremohzzabieh, Z., Jaafar, W. M. W., & Samah, A.A. (2023). Smartphone addiction and phubbing behavior among university students: A moderated mediation

model by fear of missing out, social comparison and loneliness. *Frontiers in Psychology*, 13,1-11.  
DOI: [10.3389/fpsyg.2022.1072551](https://doi.org/10.3389/fpsyg.2022.1072551)

**(JCR Q1)**

16. **Bajwa, R. S.**, Abdullah, H. B., Jaafar, W. M. W., & Samah, A.A. (2022). Smartphone Use and Psychological Well-being among Generation Z: Role of Phubbing. *Khyber Medical University Journal*, 14(03), 190-195. DOI: [10.35845/KMUJ.2022.21718](https://doi.org/10.35845/KMUJ.2022.21718)

**(WEB OF SCIENCE; SCOPUS Q4)**

17. **Bajwa, R. S.**, Abdullah, H. B., Jaafar, W. M. W., & Samah, A.A. (2022). Addicted to smartphones: Exploring the prevalence of smartphone usage patterns and addiction among undergraduates in South Punjab-Pakistan. *Rawal Medical Journal*, 47 (02), 446-450.

**(WEB OF SCIENCE; SCOPUS Q4)**

18. **Bajwa, R. S.**, Abdullah, H. B., Jaafar, W. M. W., & Samah, A.A. (2021). Information and Communication technology use, technostress, psychosocial effects, and implication on university students. *Isra Medical Journal*, 13(03), 207-212.

**(INDEX COPERNICUS; HJRS: HEC PAKISTAN INDEXED)**

19. Safdar, Z., Safdar, K., **Bajwa, R.S.**, Hussain, S., & Karim, A. (2021). Internet of Medical Things (IoMT) for Covid-19 Epidemic Affected People. *South Asian Journal of Social Sciences and Humanities*, 02 (5), 65-84. DOI: [10.48165/sajssh.2021.2505](https://doi.org/10.48165/sajssh.2021.2505)

**(ICI JOURNALS MASTER LIST)**

20. **Bajwa, R. S.**, Abdulah, H. B., Jaafar, W. M. W., & Samah, A.A. (2021). Technology Addiction and Phubbing Behaviour in the Generation Z of Pakistan. *Medical Forum Monthly*, 32 (07), 15-19.

**(SCOPUS Q4; HJRS: HEC PAKISTAN INDEXED)**

21. Ilyas, S., Khawar, R., **Bajwa, R. S.**, & Sheraz, A. (2021). Psychological Distress in Relation to Bullying/Victimization at Secondary Schools. *Journal of Pakistan Psychiatric Society*, 18 (1), 01-07.

**(HJRS: HEC PAKISTAN INDEXED)**

22. **Bajwa, R.S.**, Batool, I., & Shahid, M. S. (2021). Understanding the Association between Personality Traits and Motivational Potential of Jobs - The Employees' Perspective. *South Asian Journal of Social Sciences and Humanities*, 02 (1), pp.151-167. DOI: [10.48165/sajssh.2021.2111](https://doi.org/10.48165/sajssh.2021.2111)

**(ICI JOURNALS MASTER LIST)**

23. Safdar, Z., **Bajwa, R.S.**, Hussain, S., Abdullah, H., Safdar, K., & Draz, U. (2020). The role of Roman Urdu in multilingual information retrieval: A regional study. *The Journal of Academic Librarianship*, 46 (6), pp.01-08. DOI: [10.1016/j.acalib.2020.102258](https://doi.org/10.1016/j.acalib.2020.102258)  
(JCR Q1; SCOPUS Q1)
24. **Bajwa, R.S.**, (2020). Impact of COVID-19 on Vulnerable Groups: A Need for Mental Health Facilities. *Annals of Social Sciences and Perspective*, 01(2), pp.09-11. DOI: [10.52700/assap.v1i2.19](https://doi.org/10.52700/assap.v1i2.19)  
(HJRS: HEC PAKISTAN INDEXED)
25. Abid, S., **Bajwa, R. S.**, & Ajmal, A. (2020). Social Support, Spiritual Well-Being and Life Satisfaction of Cancer Patients. *Journal of Pakistan Psychiatric Society*, 17 (3), 24-27.  
(HJRS: HEC PAKISTAN INDEXED)
26. Mubashir, K., **Bajwa, R.S.**, & Hussain, M.M. (2020). Role of Social Support in the Relationship between Depression, Perceived Stress, Stressful Life Events, and Cardiovascular Disease. *Review of Applied Management and Social Sciences*, 03(1), pp.75-83. DOI: [10.47067/ramss.v3i1.26](https://doi.org/10.47067/ramss.v3i1.26)  
(HJRS: HEC PAKISTAN INDEXED)
27. Irum, U., **Bajwa, R.S.** & Khawar, R., 2020. Motivation and Decision-Making Styles at Work: A Comparison of Public-Private Sector Managerial Positions. *Review of Education, Administration, and Law*, 3(1), pp.77-89. DOI: [10.47067/real.v3i1.23](https://doi.org/10.47067/real.v3i1.23)  
(HJRS: HEC PAKISTAN INDEXED)
28. **Bajwa, R. S.** (2020). Relationship between Intellectual Functioning and Behavioral Problems among Children with Hearing Impairment. *Pakistan Journal of Social Sciences*, 40 (1), pp.111-121.  
(HJRS: HEC PAKISTAN INDEXED)
29. Yasmeen, S., Batool, I., **Bajwa, R. S.**, & Saqib, M. (2020). Learning Styles and Employee Creative Behavior; An Exploration through Cognitive Styles. *Journal of Business and Social Review in Emerging Economies*, 6(1), pp.43-54. DOI: [10.26710/jbsee.v6i1.1024](https://doi.org/10.26710/jbsee.v6i1.1024)  
(HJRS: HEC PAKISTAN INDEXED)
30. Yoqub, F., **Bajwa, R.S.** & Batool, I. (2020). Impact of acne vulgaris on self-esteem, body image perception, and quality of life among adolescents. *Journal of Pakistan Association of Dermatologists*, 30(1), pp.26-31.  
(SCOPUS Q4)

- 31. Bajwa, R.S. & Bibi, H.,** 2019. Comparative Exploration of Psychological Health and Subjective Well-being among Fertile and Infertile Females. *Review of Education, Administration, and Law*, 2(2), pp.73-92. DOI: [10.47067/real.v2i2.12](https://doi.org/10.47067/real.v2i2.12)  
**(HJRS: HEC PAKISTAN INDEXED)**
- 32. Ghaffari, A. S., Bajwa, R. S., Hussain, M., Tahir, M., Bibi, S., & Khalid, A.** (2019). Hospital Anxiety and Depression of Patients with Heart Failure in South Punjab Pakistan: A Sectional Survey Study. *International Transaction Journal of Engineering, Management, & Applied Sciences & Technologies*, 11(6). pp.1-10. DOI: [10.14456/Itjemast.2020.103](https://doi.org/10.14456/Itjemast.2020.103)  
**(WEB OF SCIENCE)**
- 33. Gul, U., Batool, I., Bajwa, R. S., Emteyaz, S.** (2019). Cognitive Behavior Avoidance, Care Giver Burden and Psychological Well Being as a Predictor of Temporal Satisfaction among Mothers of Slow Learners. *Pakistan Journal of Social Sciences*, 39 (4), pp.1641-1648.  
**(HJRS: HEC PAKISTAN INDEXED)**
- 34. Bajwa, R.S. & Mubashir, K.** (2019). Association of Stressful Life Events and Depression among Cardiovascular Patients. *Isra Medical Journal*, 11(4) - Part B, pp.318-322.  
**(ICI JOURNALS MASTER LIST; HJRS: HEC PAKISTAN INDEXED)**
- 35. Bajwa, R.S. & Shoukat, B.** (2019). Medication Adherence and Psychological Well-being among Patients of Hypertension: A Survey of Multan City. *Isra Medical Journal*, 11(4) - Part B, pp.327-330.  
**(ICI JOURNALS MASTER LIST; HJRS: HEC PAKISTAN INDEXED)**
- 36. Batool, I., Zulfiqar, F., & Bajwa, R. S.** (2019). Impact of Threat of Terrorist Attack on Social Interaction Anxiety and Death Anxiety among Young Adults. *Pakistan Journal of Criminology*, 11(2), pp.51-62.  
**(HJRS: HEC PAKISTAN INDEXED)**
- 37. Abid, S., Bajwa, R. S., Batool, I., Ajmal, A.** (2019). Interaction of Cultural Intelligence, Psychological Hardiness and Academic Performance with Homesickness among Hostel Students. *Pakistan Journal of Social Sciences*, 39(1), pp.179.188.  
**(HJRS: HEC PAKISTAN INDEXED)**
- 38. Bajwa, R. S., Batool, I., & Tahira, S.** (2018). Interpersonal Relationship and Self-Esteem Associated with the Development of Problematic Internet Use. *Pakistan Journal of Social Sciences*, 38(2), pp.399-407.

**(HJRS: HEC PAKISTAN INDEXED)**

39. Makki, A., Ajmal, A. & **Bajwa, R.S.** (2018). Impact of Mindfulness on Mental Health of Patients Diagnosed with Major Depressive Disorder. *Isra Medical Journal*, 10(2), pp.66-69.

**(ICI JOURNALS MASTER LIST; HJRS: HEC PAKISTAN INDEXED)**

40. Batool, I., Hussain, S., & **Bajwa, R.S.** (2017). Job Satisfaction and Marital Adjustment among Paramedicals: Mediating Role of Work-Family Conflict. *Journal of Business and Social Review in Emerging Economies*, 3(1), 65-77. DOI: [10.26710/jbsee.v3i1.37](https://doi.org/10.26710/jbsee.v3i1.37)

**(HJRS: HEC PAKISTAN INDEXED)**

41. Batool, I., Ishfaq, K., & **Bajwa, R.S.** (2017). Psychosocial Burden among Thalassemia Major Patients: An Exploratory Investigation of South Punjab, Pakistan. *Pakistan Paediatric Journal*, 41(3), 158-62. **(SCOPUS Q4; HJRS: HEC PAKISTAN INDEXED)**

42. Qureshi, A.S., **Bajwa, R. S.**, & Batool, I. (2017). Coping Strategies: A Determining Factor for Psychological Well-Being in Cancer Patients. *Journal of Pakistan Psychiatric Society*, 14 (2), 39-43.

**(HJRS: HEC PAKISTAN INDEXED)**

43. Hussain, S., Batool, I., Khan, F., & **Bajwa, R. S.** (2017). Self-Concept and Social Anxiety among Male and Female Juvenile Delinquents. *Pakistan Journal of Life and Social Sciences*, 15(1), 18-23.

**(SCOPUS Q4; HJRS: HEC PAKISTAN INDEXED)**

44. **Bajwa, R.S.**, Batool, I., Azam, A., & Ali, H. (2016). Impact of Locus of Control on Life Satisfaction among Distance Learning Students. *Journal of Educational Research*, 19(1), 50-60.

**(HJRS: HEC PAKISTAN INDEXED)**

45. Hussain, S., Batool, I., & **Bajwa, R. S.** (2016). A Comparative Study of Psychological Correlates of Entrepreneurs and Managers. *Pakistan Journal of Social Sciences*, 36(1), 343-356.

**(HJRS: HEC PAKISTAN INDEXED)**

46. Rashid, A., **Bajwa, R. S.**, & Batool, I. (2016). Effect of Emotional Intelligence on Job Stress, Job Satisfaction, and Organizational Commitment among Bank Employees. *Pakistan Journal of Social Sciences*, 36(1), 141-149.

**(HJRS: HEC PAKISTAN INDEXED)**

47. Ajmal, A., Amin, R., & **Bajwa, R. S.** (2016). Association of Personality Traits as Predictors with Forgiveness and Gratitude (Pakistan). *Pakistan Journal of Life and Social Sciences*, 14(2), 91-95. (SCOPUS Q4; HJRS: HEC PAKISTAN INDEXED)
48. **Bajwa, R. S.**, Batool, I., Asma, M., Ali, H., & Ajmal, A. (2016). Personality Traits and Decision-Making Styles among University Students (Pakistan). *Pakistan Journal of Life and Social Sciences*, 14(1), 38-41. (SCOPUS Q4; HJRS: HEC PAKISTAN INDEXED)

### **BOOKS & BOOK CHAPTERS**

- **Bajwa, R. S.**, Yunus, A., Saeed, H., Zulfqar. (2024). Parenting in the Age of Artificial Intelligence: Digital Guardians. In Z. Zaremohzzabieh, R. Abdullah, S. Ahrari (Eds.), *Exploring Youth Studies in the Age of AI* (pp. 44-66). IGI Global. DOI: [10.4018/979-8-3693-3350-1.ch003](https://doi.org/10.4018/979-8-3693-3350-1.ch003) (SCOPUS)
- **Bajwa, R. S.**, Yunus, A. (2024). Screen Time and Identity Formation as a Digital Dilemma: Identity in the Screen Age. In Z. Zaremohzzabieh, R. Abdullah, S. Ahrari (Eds.), *Exploring Youth Studies in the Age of AI* (pp. 67-87). IGI Global. DOI: [10.4018/979-8-3693-3350-1.ch004](https://doi.org/10.4018/979-8-3693-3350-1.ch004) (SCOPUS)
- **Bajwa, R. S.** (2024). Digital Detox by Balancing Screen Time and Offline Experiences: Reclaiming Well-Being in a Hyper-Connected World. In Z. Zaremohzzabieh, R. Abdullah, S. Ahrari (Eds.), *Exploring Youth Studies in the Age of AI* (pp. 109-127). IGI Global. DOI: [10.4018/979-8-3693-3350-1.ch006](https://doi.org/10.4018/979-8-3693-3350-1.ch006) (SCOPUS)
- Yunus, A., Mushtaq, S.K., **Bajwa, R. S.** (2024). Impact of AI on Diversity and Inclusion. In Z. Zaremohzzabieh, R. Abdullah, S. Ahrari (Eds.), *Exploring Youth Studies in the Age of AI* (pp. 315-335). IGI Global. DOI: [10.4018/979-8-3693-3350-1.ch018](https://doi.org/10.4018/979-8-3693-3350-1.ch018) (SCOPUS)
- Yunus, A., **Bajwa, R. S.**, Mushtaq, S.K. (2024). Social Dynamics of AI Networks for Impacting Youth. In Z. Zaremohzzabieh, R. Abdullah, S. Ahrari (Eds.), *Exploring Youth Studies in the Age of AI* (pp. 353-369). IGI Global. DOI: [10.4018/979-8-3693-3350-1.ch020](https://doi.org/10.4018/979-8-3693-3350-1.ch020) (SCOPUS)

- **Bajwa, R. S.** (2023). Journeying Through the Impact of ICTs on Individual Subjective Well-Being and Social Relations. In Z. Zaremohzzabieh, H. Abdullah, & S. Ahrari (Eds.), *Social Psychology Theories and Methods in Education* (pp. 124-140). IGI Global. DOI: [10.4018/978-1-6684-8837-9.ch006](https://doi.org/10.4018/978-1-6684-8837-9.ch006)  
(SCOPUS)
- **Bajwa, R. S. & Habiba, U.** (2019) Role of Mother in the Psychological Growth of her Child. Mauritius: Lap Lambert Academic Publishing, ISBN: 978-3-330-33046-7.  
(DEUTSCHE NATIONALBIBLIOTHEK) (DNB)

### **SYMPOSIUM**

1. 25-26 November 2022–**Mental Health and Psychosocial Challenges (Symposium presentation)**. International Conference on Contemporary Issues in Sociology and Public Health (ICCISPH-2022)". Department of Sociology, Bahauddin Zakariya University Multan, Pakistan.

### **CONFERENCE PAPER PRESENTATIONS/PROCEEDINGS**

1. 13 December 2023 – **Unveiling the Spectrum: A Systematic Review of Withdrawal Symptoms in Internet Addiction Following PRISMA Guidelines**. 15th Social Sciences Postgraduate International Seminar (SSPIS 2023): The Roles of Social Sciences Towards Prosperous, Inclusive& Sustainable World. School of Social Sciences, Universiti Sains Malaysia, Malaysia
2. 23-24 November 2023 – **Through their Eyes: A Feminist Perspective on Female Academics in Pakistan**. 1st International Conference of Sociology, titled “Social Institutions: Emerging Challenges, Opportunities, and Solutions”. The Department of Sociology, School of Social Sciences and Humanities at the University of Management and Technology (UMT) Lahore, Pakistan
3. 22-23 November 2022 – **Impact of Gratitude Intervention on Self-esteem, Forgiveness, and Mental Health among University Students**. 2nd International Center Conference on Interdisciplinary Approach in Social Sciences 2022 "Mental Health for All: Social Determinants, Challenges, and Sustainable Remedies". Department of Applied Psychology, Faculty of Social Sciences, The Islamia University of Bahawalpur, Pakistan.

4. 22-23 November 2022 – **Psychological Risk Factors among Transgender: The Mediating Role of Body Dissatisfaction between Quality of Life, Suicidal Ideation and Social Interaction Anxiety.** 2nd International Conference on Interdisciplinary Approach in Social Sciences 2022 "Mental Health for All: Social Determinants, Challenges, and Sustainable Remedies". Department of Applied Psychology, Faculty of Social Sciences, The Islamia University of Bahawalpur, Pakistan.
5. 16-17 November 2022 – **Domestic Violence and Mental Health Problems among Women: A Study of South Punjab.** 2nd International Conference on Economic Issues and Sustainable Development (EISD-2022). The Women University Multan, Pakistan.
6. 20-22 June 2022 – **Psychosocial risk factors of technostress among Generation Z: The mediation of internet addiction.** 7th International Conference on Behavioral Addictions, Nottingham, United Kingdom.
7. 21-22 October 2021 – **Mediating Role of Burnout in the Relationship Between Psychological Contract Breach and Counterproductive Work Behavior.** 8th International Conference on "Mental Health and Productivity: The Emerging Challenges for Youth." National Institute of Psychology, Quaid-I-Azam University, Islamabad, Pakistan.
8. 18-20 March 2021 – **Impact of Perceptions about Parents, Self-concept on Criminal Thinking with Mediating Role of Curiosity & Exploration among Juvenile Delinquents.** International E-Conference on "Health Psychology (IHP 2021)". Department of Applied Psychology, Bahauddin Zakariya University, Multan, Pakistan.
9. 18-20 March 2021 – **Impact of Resilience and Cognitive Failure on Insomnia, Mediating Role of Coping Strategies among Cancer Patients.** International E-Conference on "Health Psychology (IHP 2021)". Department of Applied Psychology, Bahauddin Zakariya University, Multan, Pakistan.
10. 18-19 December 2019 – **The Impact of Job Insecurity on Job Performance: Mediating Role of Work Engagement (MYSC94).** 4<sup>th</sup> International Research Conference on Economics Business and Social Sciences (4<sup>th</sup> IRC 2019-MY Chapter) on "Inclusive Business, Innovation, Society and Economic Growth." Putra Business School, Malaysia.
11. 18-19 December 2019 – **The Relationship of Workaholism with Organizational Citizenship Behavior and Burnout of Academics (MYSC93).** 4<sup>th</sup> International Research Conference on

Economics Business and Social Sciences (4<sup>th</sup> IRC 2019-MY Chapter) on "Inclusive Business, Innovation, Society and Economic Growth." Putra Business School, Malaysia.

12. 18-19 December 2019 –**Role of Roman Urdu in Multilingual Retrieval Context: A Regional Study of Pakistan** (MYSC207). 4<sup>th</sup> International Research Conference on Economics Business and Social Sciences (4<sup>th</sup> IRC 2019-MY Chapter) on "Inclusive Business, Innovation, Society and Economic Growth." Putra Business School, Malaysia.
13. 09-10 November 2018 –**Learning Styles and Employee Creative Behavior: An Exploration through Cognitive Styles**. 3<sup>rd</sup> International Research Conference on Economics Business and Social Sciences (3<sup>rd</sup> IRC 2018-MY Chapter) on "Sustainable Economy, Business and Society in Emerging Economies in the Age of Industrial Revolution 4.0". The University of Malaya, Kuala Lumpur, Malaysia.
14. 09-10 November 2018 – **The Demographic Transition and Growth Nexus in Pakistan: Implications for Development Policy**. 3<sup>rd</sup> International Research Conference on Economics Business and Social Sciences (3<sup>rd</sup> IRC 2018-MY Chapter) on "Sustainable Economy, Business and Society in Emerging Economies in the Age of Industrial Revolution 4.0". The University of Malaya, Kuala Lumpur, Malaysia.
15. 08-09 September 2018—**Enhancing Self-Esteem and Mental Health among Adolescents: The Role of Family Quality of Life**. First International Conference on Social Sciences: Emerging Trends in Research. Institute of Southern Punjab, Multan, Pakistan.
16. 08-09 September 2018 –**Women Empowerment: Key to Social and Economic Growth in Pakistan**. First International Conference on Social Sciences: Emerging Trends in Research. Institute of Southern Punjab, Multan, Pakistan.
17. 08-09 September 2018 –**The Impact of Internet Usage on Depression and Loneliness of College and University Students: A Case of Vehari District**. First International Conference on Social Sciences: Emerging Trends in Research. Institute of Southern Punjab, Multan, Pakistan.
18. 15-17 March 2018 – **Psychological Distress and Bullying/Victimization in Secondary School Students. Promoting Mental Health in Schools: A way forward**. Institute of Clinical Psychology, University of Management and Technology, Lahore. Pakistan.
19. 14-16 December 2017 –**Socio-economic Impact of Conflicts and Violence: Analytical Study of Pakistan**. 1<sup>st</sup> International Conference on Social Sciences and Humanities in the New Millennium:

Challenges and Prospects (ICSSH 2017). Virtual University of Pakistan and Lahore College for Women University, Lahore, Pakistan.

20. 12-13 December 2017 –**The Link of Depression, Loneliness and Sociability in Old Age People.** National Conference of Psychology (NCP 2017): Emerging Social and Mental Health Issues in Society. Lahore Garrison University, Lahore, Pakistan.
21. 12-13 December 2017 –**Social Competence and Coping Strategies among Children with Physical Disabilities: Resilience as Mediating Factor.** National Conference of Psychology (NCP 2017): Emerging Social and Mental Health Issues in Society. Lahore Garrison University, Lahore, Pakistan.
22. 23-24 November 2017 –**Gender Differences in Meaning in Life and Happiness among Patients with Coronary Heart Disease.** International Conference on Gender, Human Rights and Islam. Department of Sociology, Bahauddin Zakariya University Multan, Pakistan.
23. 23-24 November 2017 –**Gender Differences in the Levels of Personal Control and Moral Reasoning. International Conference on Gender, Human Rights and Islam.** Department of Sociology, Bahauddin Zakariya University Multan, Pakistan.
24. 04 November 2017 –**The relationship of Psychological Hardiness and Job Satisfaction among Teachers.** 2<sup>nd</sup> International PPS Conference on Health, Happiness & Positive Psychology. The Grand Regency Hotel, Bahawalpur, Pakistan.
25. 14-15 October 2017 –**The Impact of Mindfulness on Job Satisfaction and Job Stress among Bankers.** 1<sup>st</sup> Student Research Conference. Department of Management Sciences, COMSATS Institute of Information Technology, Vehari, Pakistan.
26. 14-15 October 2017 –**The Level of Depression and Anxiety among Doctors Working in Emergency Units and Non-emergency Units.** 1<sup>st</sup> Student Research Conference. Department of Management Sciences, COMSATS Institute of Information Technology, Vehari, Pakistan.
27. 17-18 April 2017 -**Job Satisfaction and Marital Adjustment among Paramedical Staff: Mediating Role of Work-Family Conflict.** 2<sup>nd</sup> International Research Conference on Economics Business and Social Sciences: Linking Business with People and Planet in Developing Economies China-Pakistan Economic Corridor (CPEC), Opportunities and Challenges Ahead. School of Economics, Bahauddin Zakariya University Multan Pakistan.
28. 17-18 April 2017 -**The Impact of Quality of Work Life on Job Satisfaction and Exploration of Role of Perceived Stress among Bank Employees.** 2<sup>nd</sup> International Research Conference on

Economics Business and Social Sciences: Linking Business with People and Planet in Developing Economies China-Pakistan Economic Corridor (CPEC), Opportunities and Challenges Ahead. School of Economics, Bahauddin Zakariya University Multan Pakistan.

- 29.** 16-17 March 2017- **Religious Orientation and Aggression among Students of Colleges and Madrassahs: A Case Study of Jhang District.** Two-Day International Conference on "Constitutionalism and Reconstruction of State Institutions in an Islamic Perspective". Department of Islamic Studies & Islamic Research Centre, Bahauddin Zakariya University, Multan. Pakistan
- 30.** 09-10 March 2017- **Physical Disability as a Predictor of Loneliness and Life Dissatisfaction.** 1<sup>st</sup> International Conference on "Clinical Psychology and the Developing World: Issues, Challenges, and Solutions." Institute of Clinical Psychology, University of Management and Technology, Lahore. Pakistan
- 31.** 09-10 March 2017- **A Comparative Analysis of Stress and Personal Identity among Teenagers and Adults.** 1<sup>st</sup> International Conference on "Clinical Psychology and the Developing World: Issues, Challenges, and Solutions." Institute of Clinical Psychology, University of Management and Technology, Lahore. Pakistan
- 32.** 17-18 January 2017- **A Study of Religious Orientation and Psychological Well-being among Postgraduate Students.** Two-Day International Conference on "Terrorism, Extremism, and Militancy in Pakistan: Domestic & International Factors." Department of Political Science, Bahauddin Zakariya University, Multan. Pakistan
- 33.** 12-15 December 2016- **The Link between Emotional Intelligence and Psychological Well-being among Adolescents.** 14th Islamic Countries Conference on Statistical and Allied Sciences (ICCS-14). National College of Business Administration & Economics, Sub-Campus, Multan. Pakistan
- 34.** 23-25 November 2016- **Mindfulness, Curiosity, and Exploration across the Developmental Stage.** 4<sup>th</sup> International Conference on "Research in Education (ICORE 2016) Combating Contemporary Challenges through Education". Institute of Education and Research, University of the Punjab, Lahore. Pakistan
- 35.** 23-25 November 2016- **Exam Anxiety and Academic Self-concept: A paired Comparison.** 4<sup>th</sup> International Conference on "Research in Education (ICORE 2016) Combating Contemporary Challenges through Education". Institute of Education and Research, University of the Punjab, Lahore. Pakistan

36. 23-25 November 2016- **Exploration of Difficulties in Emotional Regulation and Peer Victimization among Adolescents.** 4<sup>th</sup> International Conference on "Research in Education (ICORE 2016) Combating Contemporary Challenges through Education". Institute of Education and Research, University of the Punjab, Lahore. Pakistan
37. 15-16 November 2016- **Parental Stress and Marital Adjustment among Parents of Physical Handicaps.** 1<sup>st</sup> National Conference on Emerging Trends and Challenges in Social Sciences Department of Sociology, Bahauddin Zakariya University, Multan. Pakistan
38. 15-16 November 2016- **Stress and Hopelessness among Parents of Children with Intellectual Disability.** 1<sup>st</sup> National Conference on Emerging Trends and Challenges in Social Sciences Department of Sociology, Bahauddin Zakariya University, Multan. Pakistan
39. 15-16 November 2016- **Loneliness and Anxiety Level among Old Age People.** 1<sup>st</sup> National Conference on Emerging Trends and Challenges in Social Sciences Department of Sociology, Bahauddin Zakariya University, Multan. Pakistan
40. 15-16 November 2016- **Level of Anxiety and Locus of Control among Drug Addicts.** 1<sup>st</sup> National Conference on Emerging Trends and Challenges in Social Sciences Department of Sociology, Bahauddin Zakariya University, Multan. Pakistan
41. 15-16 November 2016- **Alexithymia, Anxiety, and Perceived Stress among Teachers: An Exploratory Investigation.** 1<sup>st</sup> National Conference on Emerging Trends and Challenges in Social Sciences Department of Sociology, Bahauddin Zakariya University, Multan. Pakistan
42. 25-26 October 2016- **An exploratory Study of Locus of control and shyness among Orphans.** 1<sup>st</sup> International Conference on Bridging the Gap through 5Es. Department of Education, Faculty of Social and Behavioral Sciences, University of Sargodha, Pakistan
43. 25-26 October 2016- **Emotional Expressiveness: A Predicting Factor for Psychological Distress among Young Adults.** 1<sup>st</sup> International Conference on Bridging the Gap through 5Es. Department of Education, Faculty of Social and Behavioral Sciences, University of Sargodha, Pakistan
44. 25-26 October 2016 - **Employability Culture Linking to Work Centrality among Employees: Mediated by Career Satisfaction.** 1<sup>st</sup> International Conference on Bridging the Gap through 5Es. Department of Education, Faculty of Social and Behavioral Sciences, University of Sargodha, Pakistan

45. 25-26 October 2016 - **An Exploration of Job Satisfaction among College Lecturers: An Analytical Review.** 1<sup>st</sup> International Conference on Bridging the Gap through 5Es. Department of Education, Faculty of Social and Behavioral Sciences, University of Sargodha, Pakistan
46. 21-22 September 2016 - **Relationship between happiness and life satisfaction mediated by interpersonal support.** 1<sup>st</sup> National Conference on Emerging Trends in Clinical Psychology. Department of Humanities, Faculty of Clinical Psychology, COMSATS-Institute of Information Technology
47. 26-27 August 2016 - **Impact of the terrorist attack on social interaction anxiety and death anxiety among young adults.** Psychological Impact of Regional Geo-Strategic Situation on Pakistani Youth and Children. Department of Psychology, University of Peshawar, Pakistan
48. 28-29 April 2016- **Aggression and Marital Satisfaction between Rural and Urban Women.** National Conference on Mental Health. Department of Psychology, Government College University Faisalabad (GCUF), Pakistan
49. 28-29 April 2016- **Emotional Intelligence and Academic Performance among college students: A comparative analysis.** National Conference on Mental Health. Department of Psychology, Government College University Faisalabad (GCUF), Pakistan.
50. 28-29 April 2016- **A Role of Self-Esteem in Achievement Goal of Students.** National Conference on Mental Health. Department of Psychology, Government College University Faisalabad (GCUF), Pakistan.
51. 28-29 April 2016- **Level of Self-Assertiveness among Educated and Uneducated People.** National Conference on Mental Health. Department of Psychology, Government College University Faisalabad (GCUF), Pakistan
52. 28-29 April 2016- **Exploration of Life Satisfaction and Happiness among Adolescents and Young Adults.** National Conference on Mental Health. Department of Psychology, Government College University Faisalabad (GCUF), Pakistan
53. 12-13 April 2016—**Relationship of Peer Victimization, Psychological Distress, and Self-Esteem among Teenagers.** 1st International Research Conference on Economics, Business, and Social Sciences. Penang, Malaysia; BZU Multan, Pakistan
54. 12-13 April 2016- **Recognized Social Support Arbitrating the Relationship between Identified Stress and Job Satisfaction in Police Personnel—1st International Research Conference on**

Economics Business and Social Sciences. Penang, Malaysia; Bahauddin Zakariya University Multan, Pakistan.

55. 31 March 2016- **Mental and Sexual Reproductive Health among Youth.** 1<sup>st</sup> International Conference on Current Trends in Psychology. Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan.
56. 31 March 2016- **Effect of Parenting Styles on Emotional Health: A Comparison between Special and Normal Children.** 1<sup>st</sup> International Conference on Current Trends in Psychology. Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan.
57. 31 March 2016—**The combined Effect of Gender and Personality on Risk Propensity.** 1<sup>st</sup> International Conference on Current Trends in Psychology. Department of Applied Psychology, Bahauddin Zakariya University, Multan, Pakistan.
58. 20-22 November 2015- **Effects of Temperament on Life Satisfaction and Social Anxiety.** 21<sup>st</sup> National Psychiatric Conference. Nishtar Medical University, Multan, Pakistan.
59. 20-22 November 2015- **Significance of Life Satisfaction and Happiness among Undergraduate Students.** 21<sup>st</sup> National Psychiatric Conference. Nishtar Medical University, Multan, Pakistan.

#### **CONFERENCES ATTENDED**

1. Certificate of Participation in One Day Symposium on “**INTERNATIONAL DAY AGAINST DRUG ABUSE & ILLICIT TRAFFICKING**” organized by the Department of Psychiatry & Behavioural Sciences, Nishtar Medical University Multan. Held on June 26, 2024
2. Certificate of Participation in Mental Health Symposium 2024 on “**RECENT ADVANCEMENT IN NEUROSCIENCE & PSYCHIATRY**” organized by the Department of Psychiatry Nishtar Medical University/ Hospital Multan. Held on February 19, 2024
3. Certificate of Attendance and Participation in 1<sup>st</sup> West African International Collaborative Conference on Psychology (WAICCP) “**REVIEWING THE OPPORTUNITIES, CHALLENGES, AND FUTURE DIRECTIONS OF PSYCHOLOGY**” organized by the Department of Psychology, West Africa Nnamdi Azikiwe University Awka, Nigeria. Held on November 8 - 9, 2023
4. Certificate of Attendance and Participation in APPNA Winter Meeting 2022 “**SCIENTIFIC SESSION IN PSYCHIATRY**” **BIOLOGICAL FRONTIERS IN PSYCHIATRY &**

**BEYOND**", organized by Department of Psychiatry & Behavioral Sciences, Nishtar Medical University Multan, Pakistan. December 24, 2022.

5. Certificate of Attendance and Participation in 1st IEEE Young Professionals Future Leaders Summit 2021: "**TECHNOPRENEURSHIP FORUM: EQUIP YOURSELF WITH KNOWLEDGE ON BEING AN ENTREPRENEUR IN TECHNOLOGY**" organized by IEEE Young Professionals Malaysia—19-20th June 2021.
6. Certificate of Attendance and Participation in 1st IEEE Young Professionals Future Leaders Summit 2021:" **FORUM: EMERGING TECHNOLOGIES & THE INDUSTRY DEMAND**" organized by IEEE Young Professionals Malaysia. 19-20<sup>th</sup> June 2021.
7. Certificate of Participation in International E-Conference on "**HEALTH PSYCHOLOGY (ICHP 2021)**" organized by the Department of Applied Psychology, Bahauddin Zakariya University, Multan, Pakistan. 18-20<sup>th</sup> March 2021.
8. Certificate of Attendance and Participation in 2020 Wharton-QS Reimagine Education Awards & Virtual Conference "**VIRTUAL REIMAGINE EDUCATION CONFERENCE**" organized by QS Quacquarelli Symonds Ltd. and The Wharton School of the University of Pennsylvania, United States. 02-11<sup>th</sup> December 2020.
9. Registered Participation in **1<sup>ST</sup> VIRTUAL QS APPLE 2020 CONFERENCE AND EXHIBITION ON "NEW GLOBAL PARTNERSHIPS FOR RESILIENCE AND CLIMATE ACTION"** organized by QS Quacquarelli Symonds Ltd. Singapore Office. 25-27<sup>th</sup> November 2020.
10. Registered Participation in Indonesia's **2<sup>ND</sup> ANNUAL CONFERENCE ON "PEOPLE ANALYTICS & HR TECH SUMMIT 2020"** organized by Cognitive Links, Asia. 24-25<sup>th</sup> November 2020.
11. Certificate of Attendance and Participation in TMS CONFERENCE "**TECHNOLOGY, MIND & SOCIETY SHOWCASE: A Virtual Event**" organized by the American Psychological Association, Washington, DC. The United States. 12-13<sup>th</sup> November 2020.
12. Registered Participation in the **ANNUAL CONVENTION "APA 2020 VIRTUAL"** organized by the American Psychological Association, Washington, DC. The United States. 6-8<sup>th</sup> August 2020.

13. Certificate of Participation in 1<sup>ST</sup> INTERNATIONAL E-CONFERENCE ON "**COVID-19: THE CHANGING HORIZONS**" organized by the Institute of Clinical Psychology (ICP), University of Management and Technology, Lahore, Pakistan. July 20, 2020.
14. Certificate of Participation in ONE DAY INTERNATIONAL ASIA'S LARGEST CONFERENCE ON "**PEOPLE ANALYTICS VIRTUAL (LIVE) 2020**" organized by Cognitive Links, Kuala Lumpur, Malaysia. June 30, 2020.
15. Certificate of Participation in TWO DAYS INTERNATIONAL VIRTUAL CONFERENCE ON "**ROLE OF TECHNOLOGY IN THE ERA OF COVID-19 FOR EDUCATION**" organized by Uttarakhand Science Education and Research Centre (USERC), Department of Science and Technology, Govt. of Uttarakhand, India. 07th-8th June 2020.
16. Certificate of Participation in ONE DAY INTERNATIONAL CONFERENCE ON "**WOMEN SECURITY AND GLOBAL CHALLENGES**" organized by Wadah Pencerdasan Umat Malaysia (WADAH) Deputy Prime Minister's Office, Malaysia. May 04, 2019.
17. Certificate of Participation in ONE DAY SYMPOSIUM ON "**MENTAL HEALTH IN THE WORKPLACE**" organized by the Department of Psychiatry and Behavioral Sciences, Nishtar Medical University & Hospital Multan, Pakistan. October 10, 2017.
18. Certificate of Participation in 3 DAY INTERNATIONAL CONFERENCE ON "**HEALTH PSYCHOLOGY: ISSUES AND CHALLENGES**" at the Department of Psychology, G. C. University Lahore, Pakistan. 26<sup>th</sup> -28<sup>th</sup> April 2017.
19. Certificate of Participation in 3<sup>RD</sup> INTERNATIONAL CONFERENCE ON "**SAFE FOOD FOR ALL (ICSFA-2017)**" at the Department of Food Sciences and Technology, Bahauddin Zakariya University Multan, Pakistan. 2<sup>nd</sup> -3<sup>rd</sup> March 2017.
20. Certificate of Participation in the 4<sup>TH</sup> INTERNATIONAL CONFERENCE ON "**EDUCATION IN PAKISTAN: CONNECTING RESEARCH AND PRACTICE ACROSS CONTEXTS**" held at the University of Education, Lahore, Pakistan, from March 24 to 26, 2016.
21. Certificate of Participation in TWO DAYS INTERNATIONAL CONFERENCE ON "**GLOBAL TRENDS IN SAFE & HEALTHY FOOD & LYALLPUR FOOD & POULTRY PRODUCTS FESTIVAL**" held at Institute of Home & Food Sciences, Government College University Faisalabad, Pakistan—7-8th March 2016.

22. Certificate of Participation in TWO DAYS INTERNATIONAL CONFERENCE ON **"MALNUTRITION IN SOUTH ASIA: THE PERIL PERSISTS & FOOD EXPO 2015"** at Department of Food Sciences and Technology, Bahauddin Zakariya University Multan, Pakistan. 23<sup>rd</sup> -24<sup>th</sup> February 2015.
23. Certificate of Participation in INTERNATIONAL CONFERENCE ON **"CITRICULTURE CHALLENGES AND MANAGEMENT"** at the Department of Horticulture, Bahauddin Zakariya University Multan, Pakistan. 11<sup>th</sup> -13<sup>th</sup> February 2015.
24. Certificate of Participation in **"NATIONAL YOUTH CONFERENCE: BUILDING A DEMOCRATIC SOCIETY,"** Bahauddin Zakariya University Multan, Pakistan. 12<sup>th</sup> -13<sup>th</sup> January 2013.
25. Certificate of Participation in 14<sup>TH</sup> ANNUAL CONFERENCE OF **"PSYCHOLOGY ON WAR ON TERROR: PSYCHOSOCIAL EFFECTS"** AT SUMMER CAMPUS BARA GALI, Department of Psychology, University of Peshawar, Pakistan 23<sup>rd</sup> -27<sup>th</sup> June 2010.
26. Certificate of Participation in **"SPECIAL CHILDREN FESTIVAL BY SPECIAL EDUCATION DEPARTMENT"** -Multan, Pakistan, December 03, 2009.
27. Certificate of Participation in **"1<sup>ST</sup> INTERNATIONAL CONFERENCE ON PSYCHOTRAUMA"** by Centre for Trauma Research & Psychosocial Interventions National University of Science & Technology- Islamabad, Pakistan 30<sup>th</sup> -31<sup>st</sup> August 2008.
28. Certificate of Participation in **"TWO DAY INTERNATIONAL CONFERENCE ON IMPACT OF GLOBAL VIOLENCE ON MENTAL HEALTH: A CHALLENGE FOR MENTAL HEALTH PROFESSIONALS"** organized by Centre for Clinical Psychology University of the Punjab-Lahore, Pakistan 27<sup>th</sup> -28<sup>th</sup> June 2008.
29. Certificate of Appreciation for Active Participation in the 8<sup>TH</sup> **"MUSLIM PSYCHOLOGICAL CONFERENCE,"** LAHORE, PAKISTAN, 28<sup>th</sup> -29<sup>th</sup> October 2007.

#### **EXTENDED ACADEMIC AND PROFESSIONAL DEVELOPMENT COURSES**

1. One week Certificate of Professional Development Training on: **"English for Academic Purposes under Transforming English Language Skills"** held at The Women University, Multan, by HIGHER EDUCATION COMMISSION, PAKISTAN—13<sup>th</sup> -17<sup>th</sup> February 2017.

2. Certificate of Participation for training Course on "MS Project and SPSS" held at PAKISTAN PLANNING AND MANAGEMENT INSTITUTE (PPMI) ISLAMABAD, GOVERNMENT OF PAKISTAN, 15<sup>th</sup>-18<sup>th</sup> September 2015.
3. Certificate of Participation for attending the “**Good Governance**” workshop under the Indigenous on-campus Training Program organized by QUALITY ENHANCEMENT CELL, NFC INSTITUTE OF ENGINEERING AND TECHNOLOGY MULTAN, PAKISTAN, from December 15th to 19th, 2014.
4. One-week training Course on "**Project Planning**" held at PUNJAB INSTITUTE OF MANAGEMENT AND PROFESSIONAL DEVELOPMENT (MPDD) GOVERNMENT OF THE PUNJAB, PAKISTAN—17th -21<sup>st</sup> October 2011.
5. A three-day course titled "**Assistive Technology along with Software for Special Children**" at GOVT. SHADAAB TRAINING INSTITUTE FOR CHILDREN WITH INTELLECTUAL DISABILITIES- MULTAN, PAKISTAN. 23<sup>rd</sup> -25<sup>th</sup> September 2010.
6. A month-long training course titled "**Pre-Service Training for Psychologists**" held at GOVERNMENT IN-SERVICE TRAINING COLLEGE FOR THE TEACHERS OF DISABLED CHILDREN. LAHORE, PAKISTAN. 03<sup>rd</sup> -29<sup>th</sup> August 2009.
7. One-week Training course on: "**Music and Play Therapy with Special Children**" held at GOVERNMENT IN-SERVICE TRAINING COLLEGE FOR THE TEACHERS OF DISABLED CHILDREN. LAHORE, PAKISTAN. 16<sup>th</sup> -21<sup>st</sup> February 2009.
8. Certificate of Training Course in **REIKI level-II** held at QAMAR ALTAF INSTITUTE OF MIND SCIENCES (QAIMS) MULTAN, PAKISTAN—date of Completion: October 02, 2006.
9. Certificate of Training Course in **REIKI level-1** held at QAMAR ALTAF INSTITUTE OF MIND SCIENCES (QAIMS) MULTAN, PAKISTAN—completion date: September 02, 2006.

#### **SELECTED WORKSHOPS/SEMINARS/WEBINARS ATTENDED**

1. Certificate of participation in Webinar on “**RAPID RESEARCH WRITING: COMPLETE YOUR JOURNAL DRAFT WITH AI IN 3 HOURS**” organized by the Perpustakaan Sultan Abdul Samad, University Putra Malaysia. 25 September, 2024.
2. Certificate of Attendance for a Training on “**WOMEN, PEACE, AND SECURITY**” organized by the Department of Gender Studies, University of Punjab Lahore. 31 May 2024.

3. Certificate of Attendance for a Webinar on "**PLANNING YOUR PUBLICATION: PATHWAYS TO SUCCESS**" organized by Bentham Science. **16 May, 2024.**
4. **Certificate of Attendance for an APA Webinar on "TEACHING PERSONALITY PSYCHOLOGY BY DR. ROBERT BORNSTEIN"** organized by the American Psychological Association. 31 January, 2024.
5. Certificate of Attendance in a Webinar on "**TREATING EATING DISORDERS: THE IMPORTANCE OF AN INTERDISCIPLINARY APPROACH ACROSS THE SPECTRUM OF CARE**" Sponsored by Mass GERALD Brigham & McLean and organized by APA Media and Event Sales, Washington, DC, USA. 08 December, 2023.
6. Certificate of Attendance for a Research Methods Webinar on "**EXPERIENCE AND INSIGHTS OF MIXED METHODS RESEARCH BY PROF. JOHN W. CRESWELL**" organized by Sage Marketing. 07 December, 2023.
7. **Certificate of Attendance in a Webinar on "YOUTH MENTAL HEALTH: ASSESSMENT TO INTERVENTION,"** Sponsored by PEARSON & organized by APA Membership Office, Washington, DC, USA. 01 December, 2023.
8. Certificate of Participation in a Webinar on "**MARKETING TOOLS AND STRATEGIES TO ENHANCE YOUR MENTAL HEALTH PRACTICE**" Sponsored by Therapysites & organized by APA Membership Office, Washington, DC, USA. 15 November, 2023.
9. Certificate of Participation in a Sponsored Topical Webinar on "**COMPLEXITY OF ADHD WITH COMORBID DISORDERS**" Sponsored by PEARSON & organized by APA Membership Office, Washington, DC, USA. 14 November 2023.
10. Certificate of Participation in a Sponsored Webinar on "**TREATING CO-OCCURRING DISORDERS IN YOUNG ADULTS**" Sponsored by Newport Healthcare & organized by APA Membership Office, Washington, DC, USA. 08 November, 2023.
11. Certificate of Participation in 1<sup>st</sup> National Seminar on: "**SCIENTIFIC WRITING**" organized by the Department of Biochemistry, Bahauddin Zakariya University, Multan, Pakistan. 07 November, 2023.
12. Certificate of Participation in the 3-Days Workshop on: "**TEST DEVELOPMENT AND VALIDATION**" organized by the Department of Applied Psychology, Bahauddin Zakariya University, Multan, Pakistan. 1<sup>st</sup> -3<sup>rd</sup> November, 2023.

13. Certificate of Participation in the One-Day Workshop on: "**QUALITATIVE DATA ANALYSIS UTILIZING REFLEXIVE THEMATIC ANALYSIS APPROACH**" organized by the Department of Applied Psychology, Bahauddin Zakariya University, Multan, Pakistan. 26 October, 2023.
14. Attendance and Participation in a Webinar on "**ACADEMIC WRITER'S GUIDE TO THE WRITING PROCESS: HOW TO HELP STUDENTS AVOID PITFALLS, ENCOURAGE COLLABORATION, AND SAVE TIME GRADING PAPERS**" organized by APA's Databases Training Sessions, Washington, DC, USA. 27 September 2023.
15. Certificate of Participation in a Sponsored topical Webinar on "**MANAGING THE RISKS OF SOCIAL MEDIA & TECHNOLOGY IN PSYCHOLOGY**" organized by APA Professional Agency, APA Membership Office, Washington, DC, USA. 15 September 2023.
16. Certificate of Attendance and Participation in a Training Session on "**LEADERSHIP IN PROFESSIONAL PRACTICE**" organized by APA Membership Office and Society for Industrial and Organizational Psychology, USA. 13 September 2023.
17. Certificate of Participation in one Day Seminar on Community Engagement for "**EACH ONE TEACH ONE PROJECT**" organized by Women Development Centre, Department of Gender Studies BZU. 11 November 2022.
18. Certificate of Participation in "**GENDER SENSITIZATION CAPACITY BUILDING TRAINING**" organized by Khawaja Sira Society & Women Development Centre, Department of Gender Studies BZU. 03-04 November 2022.
19. Certificate of Attendance and Participation in 1st IEEE Young Professionals Future Leaders Summit 2021, Session: "**CAREER WORKSHOP \_\_ LEARN TO GET HIRED**" organized by IEEE Young Professionals Malaysia—19-20th June 2021.
20. Certificate of Attendance and Participation in International Webinar on "**COMMUNITY DEVELOPMENT IN SOUTHEAST ASIA 2021**" organized by the Department of Social and Development Sciences, Faculty of Human Ecology, UPM International Association for Community Development (IACD). 24-25<sup>th</sup> May 2021.
21. Certificate of Participation in Webinar on "**HOW TO WRITE & GET PUBLISHED**" organized by APAC & Springer Nature. Headquarters: Basingstoke, United Kingdom. 07 March 2021.
22. Certificate of appreciation and participation in a webinar focused on "**FUNDAMENTAL SCIENCE: BEDROCK OF INNOVATION**" organized by the Faculty of Science, University

Teknologi Malaysia, Malaysia, in collaboration with King Khalid University, Abha, Saudi Arabia.  
10 December 2020.

23. Certificate of appreciation and participation in a webinar focused on **"ITERATIVE METHODS FOR SOLVING NONLINEAR EQUATIONS: APPLICATIONS AND DYNAMICAL ANALYSIS"** organized by the Faculty of Science, University Technology Malaysia, Malaysia, in collaboration with Bahauddin Zakariya University Multan, Pakistan. December 10, 2020.
24. Certificate of Participation in APA Town Hall: **"DIVISION LEADER AND MEMBER ENGAGEMENT IN 2021"** organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA. December 09, 2020.
25. Certificate of Participation in APA Town Hall: **"PSYCHOLOGY'S ROLE IN ADDRESSING THE NATION'S 'PERFECT STORM' OF STRESS"** organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA. November 10, 2020.
26. Certificate of Participation in the training session: **"HOW TO MANAGE YOUR REFERENCES USING RefWorks"** organized by ProQuest Education in collaboration with Higher Education Commission Islamabad, Pakistan. October 26, 2020.
27. Certificate of Participation in the advanced training session: **"HOW TO UTILIZE PROQUEST EBOOKS COLLECTION IN TEACHING AND RESEARCH"** organized by ProQuest Education in collaboration with Higher Education Commission Islamabad, Pakistan. October 20, 2020.
28. Certificate of Participation in APA Town Hall: **"STRENGTHENING THE EFFECTIVENESS OF APA AND SPTA ADVOCACY"** organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA. September 16, 2020.
29. Certificate of Participation in One day Webinar focused on **"SELF-GROWTH AND SELF EXPLORATION: NEW AVENUES IN POSITIVE PSYCHOLOGY DURING COVID-19 PANDEMIC"** organized by the Department of Psychology, Virtual University of Pakistan. September 15, 2020.
30. Certificate of Participation in Webinar on **"ACADEMIC PUBLISHING AND RESEARCH METHODS IN HUMANITIES"** organized by ENAGO Academy, New York, USA. September 09, 2020.

31. Certificate of Participation in Webinar on "**GROWING YOUR PRACTICE THROUGH SOCIAL MEDIA: WHAT, WHEN, AND HOW MUCH TO POST**" organized by APA Webinars, Modern Marketing with Brighter Vision Webinar Series, Washington, DC, USA. September 01, 2020.
32. Certificate of Participation in Webinar on "**INTRODUCTION TO REVIEW ARTICLES: WRITING SYSTEMATIC AND NARRATIVE REVIEWS**" organized by ENAGO Academy, New York, USA. July 29, 2020.
33. Certificate of attendance for a two-day Workshop on "**STRUCTURAL EQUATION MODELLING USING AMOS**" Organized by the Institute for Social Science Studies (IPSAS), University Putra Malaysia. 15-16 July 2020.
34. Certificate of Participation in Webinar on "**IMPACT OF COVID-19 ON THE HIGHER EDUCATION SECTOR: AN ACADEMIC'S PERSPECTIVE**" organized by ICH Media, University of Oxford, United Kingdom. July 06, 2020.
35. Certificate of Participation in Webinar with a particular focus on "**INNOVATION & SELF-ACTUALIZATION: A SYMBIOTIC RELATIONSHIP**" organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA 02, July 2020. 10.00 p.m. to 11.00 p.m.
36. Attended Online Training on Zoom focused on "**TEACHING AND RESEARCH DURING COVID-19 PANDEMIC**" organized by CASPAM & ORIC, Bahauddin Zakariya University, and University Technology Malaysia (UTM), Malaysia. 02 July 2020. 11.00 a.m. to 01.00 p.m.
37. Successful completion of Virtual Workshop on Cisco Webex Meetings entitled "**STRUCTURAL EQUATION MODELING USING SMART-PLS 3.2.9**" Launched by Dr. Mohammad Nurul Alam (University Tenaga Nasional (UNITEN) Selangor, Malaysia), organized by Lamda Research & Stat Consultancy, Selangor, Malaysia. 29-30 June 2020.
38. Active Participation in a Zoom Workshop focused on "**DATA SCREENING USING SPSS**" organized by the School of Business Management & Administrative Sciences, The Islamia University of Bahawalpur, Pakistan. June 28, 2020.
39. Certificate of Participation in Webinar focusing on "**BEYOND BIAS: EMPOWERING WOMEN FOR SUSTAINABLE GROWTH**" organized by Birla Global University, India. June 27, 2020. 3.30 p.m. to 4.30 p.m.

40. Attended a Zoom Webinar focusing on "**SYSTEMATIC LITERATURE REVIEW**" organized by Prof. Dr. M. Aminul Islam, University Malaysia Perlis, Malaysia. June 27, 2020. 11.00 a.m. to 12.30 p.m.
41. Attended a Webinar with a focus on "**SUPPORTING COVID-19 RESEARCH EFFORTS: HOW TO MAKE YOUR SEARCH STRATEGIES MORE EFFECTIVE AND EFFICIENT?**" organized by The Clarivate Webinars, The Web of Science Group, Dubai, UAE. June 25, 2020.
42. Certificate of Participation in Webinar focusing on "**SUCCESSFULLY MARKETING YOUR TELEHEALTH PRACTICE**" organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA. June 18, 2020.
43. Attended a Zoom Webinar focusing on "**QUANTITATIVE DATA ANALYSIS AND SEM USING M PLUS**" organized by Dr. Rab Nawaz Lodhi, Associate Professor, University of Central Punjab, Pakistan. June 13, 2020.
44. Certificate of Participation in Webinar focusing on "**DEVELOP YOUR RESEARCH STRATEGY WITH INCITES JCR**" organized by The Head of Customers Education Services, The Web of Science Group, Dubai, UAE. June 12, 2020.
45. Certificate of Participation in Webinar with a particular focus on "**LISTENING TO YOU ABOUT THE ONGOING RACISM PANDEMIC**" organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA. June 09, 2020.
46. Certificate of Participation in Webinar focusing on "**LEGAL AND ETHICAL CONSIDERATIONS AROUND TELEHEALTH**" organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA. May 27, 2020.
47. Participation in Webinar on "**LEADERSHIP DURING A PANDEMIC: STEADYING THE COURSE FOR YOUR TEAM AND ORGANIZATION**" organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA. May 19, 2020.
48. Certificate of Participation in Webinar with a particular focus on "**PREPARING FOR THE 'NEXT WAVE' OF BEHAVIORAL HEALTH CHALLENGES RELATED TO THE PANDEMIC**" organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA. May 13, 2020.

49. Certificate of Participation in Webinar focusing on "**MANAGING YOUR GRANTS AND RESEARCH DURING COVID-19**" organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA. May 07, 2020.
50. Certificate of Participation in Webinar with a particular focus on "**CONDUCTING AND APPLYING PSYCHOLOGICAL RESEARCH IN A PANDEMIC**" organized by APA Graduate Education Office, American Psychological Association, APA Member Town Hall, Washington, DC, USA. May 06, 2020.
51. Certificate on completing a two-day Workshop on "**SMART PLS**" by T. Ramayah, Professor of Technology Management at the School of Management, Universiti Sains Malaysia, Malaysia. Organized by the Institute of Management Sciences, BZU, Multan, Pakistan. 04-05 February 2020.
52. Certificate of participation in Paper Development Workshop on "**GUIDE TO GETTING PUBLISHED**" Organized by Putra Business School, University Putra Malaysia. December 19, 2019.
53. Certificate of participation in One Day Workshop on "**QUANTITATIVE DATA ANALYSIS**" Organized by Air University, Multan Campus, Pakistan. June 19, 2019.
54. Certificate of participation in Workshop on "**THESIS WRITING AND QUALITY PUBLICATION**" Organized by the Faculty of Economics and Management, University Putra Malaysia. May 07, 2019.
55. Attended Seminar on "**MEDIA LITERACY & WRITING FOR THE WEB IMPACT AND APPLICATION**" Organized by the Faculty of Modern Languages and Communication (FBMK), University Putra Malaysia. May 03, 2019.
56. Attended Seminar on "**TRANSLATING RESEARCH FOR COMMUNITY & INDUSTRY**" Organized by the Institute for Social Science Studies (IPSAS), University Putra Malaysia. April 29, 2019.
57. Attended Seminar on "**INTELLECTUAL DISCOURSE**" Organized by the Faculty of Human Ecology, University Putra Malaysia. January 31, 2019.
58. Participated in a Training class on "**MENDELEY**" Organized by The Sultan Abdul Samad Library (Information Questing & Database Classroom) University Putra Malaysia. January 29, 2019.
59. Certificate of Participation in Workshop on "**SEM: SMART PLS WORKSHOP**" QS Subject Focus Summit on Hospitality and Tourism "The Way Forward: Hospitality and Tourism Education

Convergence with Industry 4.0" Organized by UCSI Hotel, Kuching, Sarawak, Malaysia. December 05, 2018.

60. Participated in a Seminar on "**SCHOLARLY ARTICLES FOR HIGH IMPACT JOURNALS**" Organized by the Faculty of Economics and Management, University Putra Malaysia. November 29, 2018.
61. Participated in pre-conference Workshop on "**ISSUES AND CHALLENGES IN COMMUNICATING SCHOLARLY WORK**" Moderated by Assoc. Prof. Dr. Tengku Faekah Tengku Ariffin, Managing Editor, Malaysian Journal of Learning and Instruction, School of Education and Modern Languages, University Utara Malaysia, held at the University of Malaya, Malaysia. November 10, 2018.
62. Participated in Seminar on "**LIBRARY SEMINAR ON PUBLICATION: Publication in high-impact journals**" Organized by the Faculty of Computer Science and Information Technology, University Putra Malaysia. November 08, 2018.
63. Certificate of Participation in Workshop on "**SOCIAL SCIENCE RESEARCH ETHICS**" Organized by Faculty of Human Ecology (FEM) & Ethics Committee for Research Involving Human Subjects, UPM (JKEUPM) University Putra Malaysia. May 15, 2018.
64. Participated in a Training class on "**INFORMATION SEARCH STRATEGY & TURNITIN**" Organized by The Sultan Abdul Samad Library (Information Questing & Database Classroom) University Putra Malaysia. May 08, 2018.
65. Participated in a Training class on "**ONLINE DATABASES: SOCIAL SCIENCES**" Organized by The Sultan Abdul Samad Library (Information Questing & Database Classroom) University Putra Malaysia. May 08, 2018.
66. Certificate of Participation in One Day Seminar on "**WOMEN EMPOWERMENT- A CATALYST FOR ECONOMIC AND SOCIAL DEVELOPMENT**" Organized by the Department of Economics, The Women University Multan, Pakistan. March 20, 2018.
67. Certificate of Participation in Pre-Conference Workshop on "**CONDUCTING RESEARCH ON WOMEN'S RIGHTS IN PAKISTAN**" Organized by the Department of Sociology, Bahauddin Zakariya University Multan, Pakistan. November 22, 2017.
68. Certificate of Participation in One Day Workshop on "**HYPNOTHERAPY**" Organized by the Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan. October 18, 2017.

69. Certificate of Participation in One Day Workshop on "**STRESS MANAGEMENT**" Organized by the Department of Psychiatry and Behavioral Sciences, Nishtar Medical University & Hospital Multan, Pakistan. October 10, 2017.
70. Certificate of Participation in Two Days Training Workshop on "**UNDERSTANDING ENDNOTE AND NVIVO-RESEARCH MADE EASY**" held by the Office of Research, Innovation, and Commercialization (ORIC) Bahauddin Zakariya University Multan, Pakistan. 10-11 May 2017.
71. Certificate of Participation in Research Workshop on "**ONLINE LITERATURE SEARCHING TECHNIQUES**" held by the Research Centre for Academic & Professional Development (RCAPD) and Economics Department at The Women University Multan, Pakistan. April 28, 2017.
72. Certificate of Participation in Research Workshop on "**PARTIAL LEAST SQUARE STRUCTURAL EQUATION MODELING (PLS-SEM) USING SMART PLS**" held by Research Centre for Academic & Professional Development (RCAPD) at Bahauddin Zakariya University Multan, Pakistan. April 21, 2017.
73. Participated in Emerald Publishing's Workshop on "**GUIDE TO GETTING PUBLISHED**" held at Executive Hall, Institute of Management Sciences, Bahauddin Zakariya University Multan, Pakistan. April 18, 2017.
74. Certificate of Participation in Research Workshop on "**LITERATURE REVIEW MADE EASY**" held at Research Centre for Academic & Professional Development (RCAPD) and Psychology Department, Bahauddin Zakariya University Multan, Pakistan. April 03, 2017.
75. Certificate of Participation in National Seminar on "**INTERNET OF THINGS: CHALLENGES AND OPPORTUNITIES IN PAKISTAN**" held at Institute of CS & IT, The Women University Multan, Pakistan. March 27, 2017.
76. Certificate of Participation in Teacher Training on "**COMMUNICATION SKILLS FOR TEACHERS - STORYTELLING AND INTERACTIVE CLASS DISCUSSIONS**" held at Management Institute for Research and Skill Development (MIRS) Multan, Pakistan. March 19, 2017.
77. Certificate of Participation in Research Workshop on "**SPSS FOR BEGINNERS-SPSS STEP BY STEP**" held at National College of Business Administration & Economics (NCBA&E), Sub-Campus Multan, Pakistan. March 17, 2017.

78. Certificate of Participation in Pre-Conference Workshop on "**MEDIATION AND MODERATION ANALYSIS: REVEALING THE SECRETS IN PSYCHOLOGICAL RESEARCH**" held at Institute of Clinical Psychology, University of Management and Technology, Lahore, Pakistan. 9<sup>th</sup> -10<sup>th</sup> March 2017.
79. Certificate of Participation in Pre-Conference Workshop on "**CLINICAL COUNSELING IN ACTION: UNDOING THE KNOTS**" held at Institute of Clinical Psychology, University of Management and Technology, Lahore, Pakistan—9<sup>th</sup> -10<sup>th</sup> March 2017.
80. Certificate of Participation in Pre-Conference Workshop on "**INTERPRETIVE PHENOMENOLOGICAL ANALYSIS**" held at Institute of Clinical Psychology, University of Management and Technology, Lahore, Pakistan. 9<sup>th</sup> -10<sup>th</sup> March 2017.
81. Certificate of Participation in One-Day Seminar on "**WHEAT PRODUCTION CHALLENGES IN PAKISTAN UNDER CHANGING CLIMATE**" held at Department of Agronomy, Bahauddin Zakariya University Multan, Pakistan, March 07, 2017.
82. Certificate of Participation in Two-Day Workshop on "**ETHICAL HACKING**" held at Institute of Computer Science and Technology, The Women University Multan Pakistan. February 24, 2017.
83. Certificate of Participation in One-Day 1<sup>st</sup> National Seminar & Exhibition on "**CURRENT PERSPECTIVES IN PSYCHOLOGY & PSYCHIATRY**" held at the Department of Applied Psychology, Bahauddin Zakariya University, Sub-Campus Vehari. February 23, 2017.
84. Certificate of Participation in Two-Day Workshop on "**CAREER DEVELOPMENT FOR WOMEN IN SCIENCES**" held at the Women University Multan (A project of Higher Education Commission, Pakistan). 21-22 February 2017.
85. Certificate of Participation in a Two-Day international research workshop on "**IBM SPSS CERTIFICATION EXAM PREPARATION**" held at the Research Centre for Training & Development (RCTD). 28-29 October 2016.
86. Certificate of Participation in a Two-Day international research workshop on "**RESEARCH PROPOSAL WRITING AND FUND WINNING STRATEGIES**" held at the Research Centre for Training & Development (RCTD). 07-08 September 2016.
87. Certificate of One Day International Training Workshop on "**EIDETIC THERAPY**" A Joint Venture of Bahauddin Zakariya University Multan and NCBA&E Multan, August 23, 2016.

88. Certificate of Participation for a workshop on **"INTELLECTUAL PROPERTY RIGHTS AND PATENT DRAFTING"** A Joint Venture of PASTIC-PSF, FVS-BZU & IPO. BZU- Multan, Pakistan. May 11, 2016.
89. Participated in **"EMERALD'S WORKSHOP ON GUIDE TO GETTING PUBLISHED"** by Ben Sng (Video Conferencing) held at Video Conferencing Room at Institute of Computer Sciences, Bahauddin Zakariya University Multan, Pakistan. April 13, 2016.
90. 1<sup>st</sup> One Day International Seminar on **"STATISTICS AS A TOOL IN ACTUARIAL, SOCIAL AND INTERDISCIPLINARY DILEMMA"** held at the Department of Statistics at the Women University Multan, Pakistan. March 22, 2016.
91. Certificate of Participation for a workshop on **"COMMUNITY-BASED MANAGEMENT OF ACUTE MALNUTRITION IN PAKISTAN"** held at the Department of Food Science and Technology, Bahauddin Zakariya University Multan, Pakistan, February 25, 2015.
92. Certificate of Participation on attending an international seminar on **"GLOBAL CHANGE AND PAKISTAN PERSPECTIVE"** at the University of Agriculture Faisalabad, Pakistan. September 16, 2014.
93. Certificate of Participation for two-day HEC workshop on **"SIMULATION MODELING"** Organized by Department of Agronomy, Bahauddin Zakariya University Multan, Pakistan, 04<sup>th</sup>-05<sup>th</sup> March 2013.
94. Certificate of Participation for Seminar on Personal Development for Women **"YOU CAN DO IT"** by Hina Ahmad Hashmi, Lecturer Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan. September 18, 2011.
95. Certificate of Participation for a workshop on: **"HEAL THE SHAME TO LIVE UP TO YOUR FULL POTENTIAL"** held at the Centre for Clinical Psychology University of the Punjab, Lahore, Pakistan. June 26, 2008. 2.00 p.m. to 6.00 p.m.
96. Certificate of Participation for a workshop on: **"IMPACT OF VIOLENCE ON EVERYDAY LIVES"** held at Centre for Clinical Psychology University of the Punjab, Lahore, Pakistan. June 26, 2008, 9.00 a.m. to 1.00 p.m.
97. Certificate of Participation for a workshop on: **"EFFECTIVE PROGRAMMING, PLANNING, AND IMPLEMENTATION OF INCLUSIVE EDUCATION FOR MENTALLY CHALLENGED CHILDREN"** Centre for Clinical Psychology University of the Punjab, Lahore, Pakistan. June 25, 2008.

98. The first degree of the "**USUI SYSTEM OF NATURAL HEALING**" by Independent REIKI Master Rafia Arshad, Islamabad, Pakistan. November 30, 2005.

### **SEMINARS/WORKSHOPS/EXTENDED LECTURES DELIVERED**

1. Conducted an online workshop on "**Effective Clinical Report Writing: Tips and Techniques for Students**" Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan, 10<sup>th</sup> August 2024
2. Conducted a workshop on "**Mendeley for Beginners**" in the Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan, 05<sup>th</sup> December 2023
3. Conducted a workshop on "**Effective Parenting**" In the Learning Festival 2018 at Beaconhouse School System, Multan, Pakistan, 10<sup>th</sup> March 2018
4. Delivered a Lecture on "**Introduction to Andragogical Skills**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – IV, arranged by the Higher Education Department, Government of Punjab, Pakistan, August 18, 2016
5. Delivered a Lecture on "**Perspectives of Andragogical Skills**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – IV, arranged by the Higher Education Department, Government of Punjab, Pakistan. August 18, 2016
6. Delivered a Lecture on "**How People Learn: Theory into Practice**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – IV, arranged by the Higher Education Department, Government of Punjab, Pakistan. August 17, 2016
7. Delivered a Lecture on "**Students as Learners: How Students Learn**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – IV, arranged by the Higher Education Department, Government of Punjab, Pakistan. August 17, 2016
8. Delivered a Lecture on "**Context for Learning & Learning in a Social Context**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – III, arranged by Higher Education Department, Government of Punjab, Pakistan. August 11, 2016
9. Delivered a lecture on "**Learning Development and Learning Process**" induction training for college teachers at the University of Education, Multan Campus, Batch III, arranged by the Higher Education Department, Government of Punjab, Pakistan. August 11, 2016

10. Delivered a Lecture on "**How People Learn: Theory into Practice**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – III, arranged by the Higher Education Department, Government of Punjab, Pakistan. August 03, 2016
11. Delivered a Lecture on "**Students as Learners: How Students Learn**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – III, arranged by the Higher Education Department, Government of Punjab, Pakistan. August 03, 2016
12. Delivered a Lecture on "**Context for Learning & Learning in a Social Context**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – II, arranged by Higher Education Department, Government of Punjab, Pakistan. July 21, 2016
13. Delivered a lecture on "Learning Development and Learning Process" induction training for college teachers at the University of Education, Multan Campus, Batch II, arranged by the Higher Education Department, Government of Punjab, Pakistan. July 21, 2016
14. Delivered a Lecture on "**How People Learn: Theory into Practice**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – II, arranged by the Higher Education Department, Government of Punjab, Pakistan. July 19, 2016
15. Delivered a Lecture on "**Students as Learners: How Students Learn**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – II, arranged by the Higher Education Department, Government of Punjab, Pakistan. July 19, 2016
16. Delivered a Lecture on "Learner's Psychology; **Learning, Development, and Learning Process**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – I, arranged by Higher Education Department, Government of Punjab, Pakistan. June 21, 2016
17. Delivered a Lecture on "Learner's Psychology; **Context for Learning & Learning in a Social Context**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – I, arranged by Higher Education Department, Government of Punjab, Pakistan. June 21, 2016
18. Delivered a Lecture on "**Andragogical skill; Students as Learner**" Induction Training of College Teachers, University of Education, Multan Campus, Batch – I, arranger by Higher Education Department, Government of Punjab, Pakistan. June 21, 2016

## **CONFERENCE/SEMINAR ORGANIZED**

1. **Organized and moderated a Seminar on "Case Conceptualization: Understanding the Art of Clinical Assessment, A Guide for Students"** held by the Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan. May 21, 2024.
2. **Organized and moderated One one-day research Workshop on "Phenomenology in Practice: Selecting Research Design and Methods in Psychological Research"** held by the Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan. December 18, 2023.
3. Worked as **Organizer of "Mehfil e Milaad" & "Mental Health Day"** held at the Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan—18 -19<sup>th</sup> November 2022.
4. Worked as **Organizer at the International Conference on "Gender, Human Rights and Islam"** held at the Department of Sociology, Bahauddin Zakariya University Multan, Pakistan—23<sup>rd</sup> -24<sup>th</sup> November 2017.
5. **Organized Research Workshop on "Online Literature Searching Techniques"** held by the Research Centre for Academic & Professional Development (RCAPD) and Economics Department at The Women University Multan, Pakistan. April 28, 2017.
6. **Organized Workshop on "PLS-SEM"** held by Research Centre for Academic & Professional Development (RCAPD) and Directorate of Research and External Linkages, at Bahauddin Zakariya University Multan, Pakistan. April 21, 2017
7. Worked as **Organizer in 2nd International Research Conference on "Economics Business and Social Sciences: Linking Business with People and Planet in Developing Economies China-Pakistan Economic Corridor (CPEC), Opportunities and Challenges Ahead"** at School of Economics, Bahauddin Zakariya University Multan Pakistan. 17-18 April 2017.
8. **Organized Workshop on "Literature Review Made Easy"** held by Research Centre for Academic & Professional Development (RCAPD) and Psychology Department, Bahauddin Zakariya University Multan, Pakistan. April 03, 2017
9. Worked as **Organizer in 1<sup>st</sup> National Conference on "Emerging Trends and Challenges in Social Sciences"** held at the Department of Sociology, Bahauddin Zakariya University, Multan, Pakistan—15<sup>th</sup> -16<sup>th</sup> November 2016.

10. Worked as **Organizer at the 1<sup>st</sup> International Conference on "Current Trends in Psychology (ICCTP-2016): Security Issues in Pakistan & its Psychological Implications"** at Bahauddin Zakariya University, Multan, Pakistan. March 31, 2016.

### **ACADEMIC ROLE AND RESPONSIBILITIES / INVITED CONTRIBUTIONS**

- 1. Panel Discussion:** Participated as Panel discussant on Violence against women on the eve of 16 days of Activism 2022 with the collaboration of the Gender Study Department BZU, Multan. Under Women's Voice & Leadership – Pakistan December 16, 2022.
- 2. Panel Judge:** Participated as Panel Judge for the competition (video/skit/poster) on Mental Health Day, Organized by the Department of Applied Psychology, Bahauddin Zakariya University, Multan– Pakistan, October 18, 2022.
- 3. Conference Session Moderator:** “Mental Health and Psychosocial Challenges” (Symposium). International Conference on Contemporary Issues in Sociology & Public Health”. Department of Sociology, Bahauddin Zakariya University Multan, Pakistan, November 25-26, 2022.

### **BS/ M. SC /ADCP THESIS SUPERVISED**

"Mentored and guided a cohort of undergraduate, graduate, and diploma students in their research, fostering professional development" (100 plus BS, 100 plus M. Sc, and 100 plus ADCP theses at the Bahauddin Zakariya University, Multan – Pakistan)

### **M. PHIL THESIS SUPERVISED**

"Mentored and guided a cohort of M. Phil students in their research, fostering professional development" (50 M. Phil theses).

The list is attached as Annexure

## **RESEARCH GRANTS/PROJECTS**

*"Initiated and led innovative research project investigating different psychological aspects, demonstrating proactive engagement."*

1. **2024** - BHAUDDIN ZAKARIYA UNIVERSITY MULTAN PAKISTAN (Principal Investigator), "**Intervention through Social Skills Training in the Cognitive, Affective, Behavioral, and Social Domains of School-Going Students** "
2. **2019** - BHAUDDIN ZAKARIYA UNIVERSITY MULTAN PAKISTAN (Principal Investigator), "**A Comparative Exploration of Mental Health and Subjective Well-being among Fertile and Infertile Females.**"
3. **2018** - BHAUDDIN ZAKARIYA UNIVERSITY MULTAN PAKISTAN (Principal Investigator), "**Exploration of different aspects of Well-being in Caregivers of Children with Cerebral Palsy.**"
4. **2017** - BHAUDDIN ZAKARIYA UNIVERSITY MULTAN PAKISTAN (Principal Investigator), "**Parenting Stress, Social Support and Quality of Life in the Parents of Children with Hearing Impairment.**"
5. **2017** - BHAUDDIN ZAKARIYA UNIVERSITY MULTAN PAKISTAN (Principal Investigator), "**Assessment of Self Identity and Self Esteem among Adolescents (Pakistan).**"
6. **2016** - BHAUDDIN ZAKARIYA UNIVERSITY MULTAN PAKISTAN (Principal Investigator), "**Role of Social Support in the Relationship of Stressful Life Events, Perceived Stress, and Depression among Cardiovascular Patients.**"
7. **2016** - BHAUDDIN ZAKARIYA UNIVERSITY MULTAN PAKISTAN (Principal Investigator), "**Interpersonal Relationship and Self-Esteem Associated with the Development of Problematic Internet Use.**"
8. **2015** - BHAUDDIN ZAKARIYA UNIVERSITY MULTAN PAKISTAN (Principal Investigator), "**Impact of Acne Vulgaris on Self Esteem, Body and Quality of Life among Adolescents.**"

## **SUBJECT TAUGHT TO BS/MASTERS/ADCP/M.PHIL CLASSES**

Experimental Psychology, Social Psychology, Positive Psychology, Ethical Standards, Child Psychology, Child Psychopathology, Developmental Psychology, Research Methods, Advanced Research Methods, Perspectives in Psychology, Community Psychology, Introduction to Psychology, Abnormal Psychology, Academic Writing Skills, Core Areas of Psychology, Introduction to Psychology, Special Education, Educational Psychology, Health Psychology etc.

## **EDITORIAL TASKS AND PEER REVIEW**

- Editor of the “Advanced Psychological Research” Journal
- Member of the Editorial Board of the “South Asian Journal of Social Sciences and Humanities”
- Member of the Editorial Board in "International Journal of Rehabilitation and Special Education"
- Member of “National Advisory Board” in 'Annals of Social Sciences and Perspective (ASSAP)' The Women University, Multan
- Member of Reviewer Board in Isra Medical Journal (Y-Category formerly X-Category) HEC Recognized
- Reviewer of Advances in Science, Technology and Engineering Systems Journal (Scopus Indexed Q3 Journal)
- Reviewer of International Journal of Developmental Disabilities (Tylor & Francis Group) (Scopus and WOS Indexed Q3 Journal)
- Reviewer of Cyberpsychology, Behavior, and Social Networking (Impact Factor: 4.157)
- Reviewer of BMC Women's Health (Impact Factor: 2.742)
- Reviewer of Journal of Business Research (Impact Factor: 10.96)
- Reviewer of Journal of Professional & Applied Psychology (HEC Recognized)
- Reviewer of Pakistan Journal of Social Sciences (HEC Recognized)
- Reviewer of Pakistan Journal of Applied Psychology (PJAP) (HEC Recognized)
- Reviewer of Journal of Professional & Applied Psychology (HEC Recognized)

**Note: Errors and Omissions may please be ignored**