

CAREER OBJECTIVES

To Seek a challenging and inspired career responsibility with growing organization under which my talent, potential and knowledge may further prosper and contribute to the organizational growth and profitability

PROFESSIONAL EXPERINCE

- ✓ **DEMONSTRATOR & PSYCHOLOGIST**
(Dec 2021 – Oct 2023)
Department: Community Medicine (Behavior Science)
Job Description:
 - To Coordinate with different Institute in community for filed visits of students
 - Arrange Visits for students in different Institute to create awareness about Community and its Issues
 - Arrange sessions and visits for students how to work in community?
 - Arrange visits for students how to build repo with patients?
 - Arrange seminars on Behavior Science & Mental Health
 - Deliver Lecture to MBBS students of Behavior Science Subject

CMH Kharian Medical College, Kharian Cant.
- ✓ **SENIOR PSYCHOLOGIST**
(Dec 2020 – Present)
Job Description:
 - Online Counselling Session

UMANG PAKISTAN.
- ✓ **FIELD PSYCHOLOGIST**
(Oct 2019 – April 2020)
Program: Mirpur Emergency Earthquake Response
Job Description:
 - Establishment of Women & Childfree Space Centers
 - Psycho-Social Support Sessions
 - Stigma Reduction Campaigns

ISLAMIC RELIEF PAKISTAN
- ✓ **CLINICAL PSYCHOLOGIST**
(March 2015 – Present)
Job Description:
 - Clinical Practice in Hospital Setting

DOCTOR HOSPITAL KHARIAN, GT ROAD KHARIAN
- ✓ **PSYCHOLOGY LECTURER**
(May 2017 – Aug 2019)
Job Description:
 - Deliver Lecture of Psychology in BS Class

KHARIAN COLLEGE OF COMMERCE, GT ROAD KHARIAN
- ✓ **PSYCHOLOGIST TRAINER**
(Oct 2016 – Jan 2017)
Job Description:
 - Psychosocial Support Session for students

INTERNATIONAL SCHOOL OF CORDOBA, KHARIAN

ACADEMIC QUALIFICATION

Degree Title	Year	Institution Name	Percentage/CGPA
M.Phil. Psychology	2019	University Of Sargodha	3.60
BS (Hons) Psychology	2013	International Islamic University Islamabad	3.26
HSSC	2009	BISE Gujranwala	74.85
SSC	2007	BISE Gujranwala	66.23

- ✓ **MPHIL (THESIS)**
Title: Cognitive and Relational Precursors of Post-Partum Depression
Supervisor: Dr. Adnan Adil (Assistant Professor UOS)

PUBLICATIONS

✓ INTERNATIONAL PUBLICATION

TITLE: Influence of Parental Competence on Postpartum Depression Mediated Via Negative Thoughts (Moderating Role of Type of Delivery)

AUTHORS: Adnan Adil, Rabiah Shahbaz Khan, Sadaf Ameer & Muhammad Usman

PUBLICATION JOURNAL: Taylor and Francis; Women and Health, Volume 61,2021 – issue 6, page 591-598

✓ NATIONAL PUBLICATION 1

TITLE: Meditating Role of Postpartum Depression between Perceived Spousal Support & Postpartum maternal bonding

AUTHORS: Adnan Adil, Rabiah Shahbaz Khan, Anam Khan & Sadaf Ameer

PUBLICATION JOURNAL: Ayub Medical College Abbottabad (2021;33(1):64-70)

✓ NATIONAL PUBLICATION 2

TITLE: Effects of Perceived Husband's Support on Postpartum Depression (Mediating Role of Need for Approval)

AUTHORS: Adnan Adil, Rabiah Shahbaz Khan, Saba Ghayas, Sadia Niazi & Sadaf Ameer

PUBLICATION JOURNAL: Journal of Pakistan Medical Association JPMA 71:2203:21

CERTIFICATIONS

Certificate Title	Year	Institution Name	Status
Certified Consultant Hypnotherapist	2019	National Guild of Hypnotists (USA)	Passed
Professional Diploma in Clinical Psychology	2015	University of Gujrat	2.81 CGPA
B.Ed.	2015	Allama Iqbal Open University (Islamabad)	66.45%

SKILLS

- ✓ Communication Oracle cloud (ERP)
- ✓ Microsoft Office (Word, Power Point, Excel)
- ✓ Microsoft Outlook
- ✓ Strong EQ
- ✓ Teamwork

LANGUAGES

- ✓ **Urdu** (Excellent Reading, Writing & Speaking)
- ✓ **English** (Excellent Reading, Writing & Good Speaking)
- ✓ **Punjabi** (Regional Language)