

Noor Fatima Ajmal

(Member Pakistan Psychological Association)

Date of Birth: 18th Nov, 1984

Domicile: Swat

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Present job designation: Incharge & Lecturer in Psychology,
University of Malakand.

Objectives:

To accept the challenging position in an organization and grow on the basis of my personal abilities and capabilities to provide effective and efficient services to the best of my knowledge to an organization and want to become successful and result oriented personnel.

Vision:

I intend to enhance my study up to Ph. D and Post doctorate. To make my knowledge more beneficial especially for the people of my country and to the rest of the world as a whole.

Academic achievements:

Degree	MSc in Psychology
Marks Obtained	895
Percentage	74%.
Grade	A+.4 TH Position in department.
University	University of Peshawar.
Total Marks	1100
Session	2007-8 Annual
Degree	B.A
Marks Obtained	360
Percentage	65.64 %
Grade	A.
College	Jinnah College For Women, University Of Peshawar.
Total Marks	550
Session	2004-6 Annual
Certificate	F. Sc Annual.
Marks Obtained	834
Percentage	75.81%.
Grade	A+.
College	Govt; Girls Degree College, Saidu Sharif, Swat.

Total Marks Session	1100. 2003.
Certificate	SSC Annual.
Marks Obtained	707
Percentage	83.17%
Grade	A+. 10 Position in Saidu Board, Swat.
School	Public School Sangota, Swat.
Total Marks Session	850. 2000.

Experience:

A. Internship:

February, March 2008 at Dost Welfare Foundation.

- Social mobilization process aiming at awareness of drug addiction.
- Introduction progress and achievement of Organization.
- Drug classification and different approaches to treatment and re habilitation of drug addiction.
- Causes of addiction, identification of an Addict and effects of drugs on the individual, his family and community.
- Counseling therapy, its different techniques and behavior shaping.
- Application of Psychological tests on recovering addicts and its data collection.
- Visit to treatment centers.

B. As a Psychologist:

Worked at Dost Welfare Foundation, (October 08 to October 09) Hayatabad, Peshawar, as Senior Psychologist.

- Treating drug addicted patients having behavioral problem.
- Counseling traumatized persons.
- Appling behavioral shaping tools, for changing the behavior into socially accepted and organized behavior and insight development.
- Arranging individual, family and peer counseling, when necessary.
- Delivering problem related lectures, arranging groups for problem solving ability boosting.
- Applying psychological tests for clients' data collection.
- Insight development helping in clients for better future, and developing future oriented goals.
- Giving effective Therapy for leaving Drugs Dependency. Confronting the concerned parties for solving the problematic issues.

Worked at SPADO (Sustainable Peace And Developmental Organization) as Senior Coordinating Psychologist, from October 09 to Feb 2010, UNICEF Project of Psychosocial Rehabilitation of Internally Displaced Children Of Swat.

Performed duties:

- Conduct Individual and Group Counseling.
 - Assessing and analyzing the child problem. Helping the child parents to soothe the child and to develop a shared friendly environment.
 - Conduct family Therapy to develop problem related insight.
 - Give problem related (Trauma) lecture for developing self-help education in children, and concerned parties.
- Identification of Psychologically Disturbed Children, Adults and Community members.**
- Attending Community Meetings, for psychological help and assistance.
 - Give Therapy to children's, concerning their fears related to "Taliban Insurgency".
 - Working with the team, submitting the weekly reports relating Psychologist weekly work, identification, references, and communities and family meetings.
 - Helping the school children and college children (Under 18) to solve their own issues and attain their desired goals in a suitable and progressive ways.

Worked at Youth Resource Committee, Swat Chapter, UNHCR Project, from March 2010 till October 2010.

Working with community people, who have suffered from the Conflict War. During the current job, performed the various duties.

- Taking individual sessions of the Psychologically Disturbed People, as a part of treatment, after assessing them.
- Consulting the family of the patient, for improving the life standards.
- Giving awareness about mental health and its unique status.
- Identifying and helping the Gender Base Violence Cases, in the community and reporting them further.
- Counseling on spot, the community people about the organization output and reference plan.
- Taking in account, the Data Record Form, the YRC Client Profile.
- Submitting the psychologist weekly and fort-weekly report.
- Reporting the cases of Gender Bases Violence and Vulnerable Women.
- Conducted, Staff Awareness Training, related to Identification of Psychologically Disturbed People, and the Impacts of Conflict War Upon them.
- Helped in making the YRC Client Assessing Form and YRC Client Profile.

Worked at Regional Institute of Policy Training and Research, from Oct 2010 to Dec 2010.

Responsibilities:

- Group sessions with women to give psychosocial support.
- Identifying vulnerable cases
- Conduct individual sessions
- Record keeping of case histories and group sessions.
- Need identification of women

- Providing Training of different relaxation techniques.
- Identifying women protection issues.

C: Project Officer, Psychosocial Support.

Worked as Project Officer Psychosocial support, with Community Resource and Developmental Organization, under BMW German Group, at Charsadda. From January 2011 till June 2011.

Responsibilities:

- To ensure safety and security issues for staff and beneficiaries are adequately addressed and monitored/reported. .
- To build the capacity of/train identified community volunteers on psychosocial activities.
- To prepare the scheduled and need based reports on activities.
- Report on own activities
- Implement/train related staff on protocols for monitoring and reporting separated/missing children/ incidents of violence (sexual gender based or otherwise) and psycho-social interventions.
- Analysis of program impact on and potential for conflict between beneficiaries and non-beneficiaries, report on issues accordingly and provide suggestions for improvement.
- Doing assessment and identification of schools, in district charsadda, for installation of Child Friendly Spaces.
- Conducting capacity building training, related Psychosocial Support with the community teachers.
- Activating Parent-Teacher Councils.
- To establish Nature Clubs, in the concerned schools.
- Work on Child Protection Issues.

D: As Incharge, Department of Psychology, University of Malakand. As Lecturer:

Working at University of Malakand as Incharge and Lecturer in Psychology. Dec 2011 till date.

Perform following

- Well known of administrative work
- Member QEC assessment team
- Member board of Studies, Department of Psychology, University of Malakand.
- Member board of Faculty, Social Sciences, University of Malakand.
- Member UFM committee.
- Served as senior warden, Masooma Bibi Girls hostel, University of Malakand.
- Member of Proctorial Board.
- Member of Career Counselling Committee.

Research:

- On anxiety level in Heart patients.
- On self-esteem and family relation.
- On stress in pregnancy.
- A case study of level of depression in AIDS patients, in Khyber PukhtunKhwa.

Trainings/ Workshops & Conferences attended:

1. Gender base violence and strengthening Psycho-social skills, training under UNHCR.
2. Art and Drama as Psychic Forces Workshop, department of Psychology, University of Peshawar.
3. Teaching and Research Workshop, University of Malakand and HEC.
4. Indigenous training on Semester Bylaws, under HEC.
5. Indigenous training on Self-Assessment Report of QEC, under HEC.
6. Active Citizens Training as Facilitators by British Council & HEC.
7. International Conference on Social Sciences in Service of Humanity, University of Lahore.
8. Causes and Consequences of HIV/AIDS in Rural and Urban Communities of Pakistan, consultancy workshop, University of Malakand.
9. International Conference on Causes and Consequences of HIV/AIDS in Rural and Urban Communities of Pakistan, University of Malakand.
10. National conference on Psychological Impacts of Regional Geo-Strategic Situation on Pakistani Youth and Children. University of Peshawar.
11. NLP & Hypnotherapy workshop, University of Peshawar.
12. PACE Workshop, by Center for Research and Security Studies
13. International Chemistry Conference, University of Malakand.
14. Problems and Challenges to English Language Teaching Reforms in Religious Madrassas of Pakistan, consultancy workshop, University of Malakand.
15. International Conference on Problems and Challenges to English Language Teaching Reforms in Religious Madrassas of Pakistan, University of Malakand.
16. Introduction to CBT with Psychosis Workshop, by Pakistan Association of Cognitive Therapists.
17. International Conference on Cognitive Behavior Therapy.
18. Conflict Resolution, Meditation & Peace Building Workshop, by Institute of Peace and Conflict Studies, University of Peshawar & UNDP.

References:

Dr. Erum Irshad
Department of Psychology
University of Peshawar.

Dr, Arab Naz
Chairman Sociology,
University of Malakand.

Dr. Muhammad Jehanzaib.
Chairman,
Department of Psychology,
University of Peshawar.