



Rukhsar Sakhawat Sakhawat Ali

Curriculum Vitae (CV)

What job i'm looking for? My positive points

(MPhil, Psychologist, research scholar)

I have done my BS honors and MPhil in applied psychology (major clinical psychology) from university of the Punjab. I'm experienced researcher. Also i am an experienced science teacher. i have attended different conferences and also did internship from services hospital Lahore. i have 4years experience of teaching biology to matriculation and intermediate in a coaching center. i have learned and practiced various health related subjects like food and nutrition, psychoneuroses, health psychology, experimental psychology, allied areas of psychology. my major area was clinical psychology. i have visited various hospitals and made case reports on patients of different psychological disorders. i have done my thesis titled on' stigmatization, apathy and social withdrawal in drug addicts.

SKILLS: Communication, Team work, Leadership, Team Building, problem solving

Preferred occupation	Teachers Teaching jobs
Preferred work location	Lahore Punjab

Contact and general information about me

Day of birth	1996-08-20 (28 years old)
Gender	Female
Residential location	Lahore Punjab
Telephone number	<i>Information is available only for registered users.</i> Sign in
Email address	<i>Information is available only for registered users.</i> Sign in

Work experience

Working period **nuo 2015.05 iki 2017.02**
 Company name in a coaching center
 You were working at: Teachers
 Occupation science teacher
 What you did at this job position? – Communication: Facilitated the number of 70 students – Lesson planning :Trained in setting objectives and developing lectures – Time Management: Learned to cover the lecture in 45 minutes

Working period **nuo 2017.07 iki 2017.08**
 Company name services hospital
 You were working at: Jobs for students
 Occupation internship in Clinical psychology in psychiatry department
 What you did at this job position? – Observed patients with severe mental illness – Attended conferences of psychiatrists and psychologists about patient illness diagnosis – Learned general techniques and therapy like de-breathing, muscle relaxation exercise behavioral therapies etc – Took part in research on self-harm and suicide attempt

Education

Educational period **nuo 2009 iki 2011**
 Degree Grade 10
 Educational institution new Kashmir girls high school
 Educational qualification matriculation
 I could work yes

Educational period **nuo 2011 iki 2013**
 Degree Grade 12 / Matric
 Educational institution QUEEN MARY COLLEGE
 Educational qualification intermediate.
 I could work yes

Educational period **nuo 2014 iki 2018**
 Degree Honours
 Educational institution University of the Punjab (INSTITUTE OF APPLIED PSYCHOLOGY)
 Educational qualification BACHELORS
 I could work YES

Languages

Language	Speaking level	Understanding level	Writing level
English	very good	fluent	fluent

Computer knowledge

MS office, MS word, power point, software SPSS.

Conferences, seminars

14th International Conference of Psychology (ICP 2015)

- Organizer of 14th International Conference of Psychology (19th - 21st March 2015)
- Aim was the current challenges for Psychology from crisis to sustainable solutions.
- Participated and received certificate.

Additional information

Your hobbies	PLAYING BADMINTON, SINGING, COOKING, HOUSE DECORATING, DIARY WRITING.
Driver licenses	None
Salary you wish	30k PKR per month
How much do you earn now	10k PKR per month