

PERSONAL INFORMATION

Sabila Naseer



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Sex : Female

Date of birth : 9/4/1990

Nationality: Pakistani

WORK EXPERIENCE

(Sep, 2025-Presesnt)

▪ **In-Charge/HOD of Department of Psychology (University of Narowal)**

- Managing the academic and administrative affairs of the department.
- Overseeing curriculum development, course allocation, and faculty coordination.
- Ensuring quality assurance in teaching, learning, and student assessment.
- Organizing departmental meetings, Board of Studies matters, and academic events.
- Supporting student mentoring, departmental growth, and institutional collaboration.

(June, 2025-Sep 2025)

▪ **In-Charge/HOD of Department of Allied Courses (University of Narowal)**

- Led the academic coordination of allied courses delivered across multiple departments.
- Oversaw course scheduling, faculty allocation, and implementation of teaching plans.
- Ensured academic quality and consistency in course delivery, assessment, and student support.
- Collaborated with interdepartmental stakeholders to facilitate effective academic administration.
- Maintained course records, reporting, and communication related to allied academic activities.

(2022-Continue)

▪ **Lecturer (Regular)**

- Delivering lectures in core and applied areas of psychology at the undergraduate level.
- Preparing course outlines, lectures, assessments, and academic learning materials.
- Evaluating students through assignments, quizzes, presentations, and examinations.
- Providing academic mentoring, classroom guidance, and research support to students.
- Participating in curriculum planning, departmental coordination, and academic events.

(2022-2024)

- Sports Manager of Female Athletes
- University of Narowal, Narowal, Punjab, Pakistan

(2019-2022)

▪ **Lecturer (Visiting)**

- University Narowal of Narowal,
- Al-Shifa Health Sciences College,
- Heritage College Narowal, Punjab, Pakistan
- Teaching
- Students Counsellor

(2017-2019)

▪ **Lecturer (Contractual)**

- Govt. Women College, Narowal, Punjab, Pakistan
- Contractual Lecturer
- Students Counsellor
- Team work

(2015-2017)

Visiting

- University of Punjab, Punjab, Lahore
- Queen Marry College Lahore, Punjab Pakistan.

- (2014-2015)
- **Lecturer (Contractual)**
 - Govt. College for Women, Zafrwal, Narowal, Punjab, Pakistan
 - Teaching
 - Student Counsellor
 - Team work

- (2013-2014)
- **Youth Internship**
 - Govt. Women College, Narowal, Punjab, Pakistan.
 - Teaching
 - Student Counsellor
 - Team work

EDUCATION

- 2025-Conti...
2015-2017
- PhD. in Psychology
 - M.Phil. in Applied Psychology
 - University of Punjab Lahore, Lahore Punjab, Pakistan, CGPA% 78%
- 2011-2013
- MSC in Applied Psychology, University of Punjab, Pakistan, 74%
- 2010-2011
- GCET Narowal, (University of Education), Punjab, Pakistan. Marks (%) = 74%
- 2008-2010
- Govt. P/G Muslim College (W), Narowal (University of Punjab). Marks% = 64%
- 2006-2008
- Govt. P/G Muslim College (W), Narowal. BISE-Gujranwala. Marks% =68%
- 2004-2006
- Govt. Girls High School Narowal, Punjab, Pakistan. Marks% =66%

- Language(s)
- Punjabi
 - Urdu (National Language)
 - English

- Communication skills
- Excellent verbal and written communication skills with the ability to interact effectively with students, colleagues, and academic stakeholders.
 - Strong presentation and public speaking skills developed through teaching, seminars, and academic events.
 - Ability to explain psychological concepts clearly and effectively in academic settings.

- Organizational / managerial skills
- Strong organizational and managerial skills with the ability to coordinate academic activities, manage departmental responsibilities, and ensure smooth administrative functioning.

- Job-related skills
- Course planning, lecture delivery, and effective classroom management.
 - Curriculum implementation and preparation of course outlines, lesson plans, and instructional materials.
 - Student assessment and evaluation through assignments, quizzes, presentations, and examinations.
 - Academic advising, mentoring, and research guidance for students.
 - Departmental coordination, academic documentation, and quality assurance in teaching and learning.
 - Organization of seminars, workshops, and academic awareness activities.

- Digital Skills
- Microsoft Office (Word, PowerPoint, Excel)
 - SPSS
 - Google Meet, Zoom, and online teaching platforms
 - Internet research and academic formatting

ADDITIONAL INFORMATION

Publications

- Naseer, S., Ansari, Z., & Malik, F. (2025). Polygyny: Relationship Satisfaction. In *Encyclopedia of Sexual Psychology and Behavior* (pp. 1-7). Cham: Springer Nature Switzerland.
- Naseer, S., Afzal, M. W., Farooq, A., & Malik, F. (2024). Positive Evidences of Polygamous Family Structures: A Qualitative Analysis through Interpretive Phenomenological Approach. *Pakistan Journal of Psychological Research*, 39(2).
- Naseer, S., Idrees, M., Akram, I., Ansari, Z., & Asif, M. (2024). Perceived Parental Expectations, and Academic Motivation: Mediating Role of Self-Determination Among College and University Students. *Pakistan Journal of Psychological Research*, 39(4).
- Ansari, Z., & Naseer, S. (2024). Perspective chapter: Collaborative learning benefits and its role in critical thinking. In *Massive Open Online Courses-Learning Frontiers and Novel Innovations*. Intech-Open.
- Ansari, Z., & Naseer, S. (2024). Prosociality: Conflict. In *Encyclopedia of Religious Psychology and Behavior* (pp. 1-9). Cham: Springer Nature Switzerland.
- Naseer, S., & Munir, M. (2024). Structural Patriarchy: Marriage Arrangements. In *Encyclopedia of Domestic Violence* (pp. 1-7). Cham: Springer International Publishing.
- Naseer, S., & Perveen, H. Z. (2023). Perspective chapter: Advantages and disadvantages of online learning courses. In *Massive open online courses-current practice and future trends*. Intech-Open.
- Naseer, S., Mussarat, R., & Malik, F. (2022). Personality Traits and Academic Achievements of Undergraduate Students: The Mediating Role of Emotional Intelligence. *Pakistan Journal of Psychological Research*, 37(1).
- Naseer, S., & Malik, F. (2022). Development and validation of an indigenous jealousy scale for polygamous women. *Pakistan Journal of Psychological Research*, 37(2), 165-186.
- Naseer, S., & Rafique, S. (2021). Moderating Role of Teachers' Academic Support between Students' Satisfaction with Online Learning and Academic Motivation in Undergraduate Students during COVID-19. *Education Research International*, 2021(1), 7345579.
- Naseer, S., Farooq, S., & Malik, F. (2021). Causes and consequences of polygamy: An understanding of coping strategies by co-wives in polygamous marriage. *ASEAN Journal of Psychiatry*, 22(9), 1-10.
- Ali, S., Naseer, S., & Nadeem, A. (2021). Perceived teachers' support and academic achievement: Mediating role of students' satisfaction with online learning in medical and non-medical students during COVID-19. *Journal of Psychiatry*, 22(9), 1-10.
- Naseer, S., Mubeen, B., & Farooq, A. (2021). Staying into religious boundaries and bearing polygamy: Understanding jealousy, marital satisfaction, and mental health among Muslim women. *Al-Qamar*, 4(03), 41-56.
- Naseer, S., Khan, W. A., & Malik, F. (2021). A study on jealousy, marital satisfaction, and mental health comparing the first and second wives in Pakistani polygynous families. *Perspectives on Humanities and Social Sciences*, 2, 34-42.

Conferences and Presentations

- Paper presented in an "International Conference of Management and Social Sciences" (held 16- 17 June) organized by Garrison University, Lahore, Pakistan.
- March 9th, 2017: Oral Presentation: "*Parental Involvement, Parental Expectations, Self-Determination and Academic Motivation of College and University Students*" at International Conference of Institute of Clinical Psychology: Clinical Psychology and the Developing World: Issues, Challenges and Solutions. 9-10 March, 2017, Organized by University of Management and Technology, Lahore, Pakistan.
- March 5th, 2016: Participation at one day Conference on Positive Psychology: Islamic Tradition in Psychology, organized by Society for Advancement of Muslim Psychology (SMP), Lahore School of Management, University of Lahore.

Organized Seminars and Workshops

- Organized and attended a Two-Day International Workshop by the Directorate of Students Affairs (DSA), University of Narowal, in collaboration with the Department of Psychology, ORIC UON, and Paigham-e-Pakistan, 27–28 January 2026.
- Guest speaker at a Safety Seminar on Behavior Management organized by GEPCO, 15 January 2026.
- Guest speaker at a seminar on “Managing Stress and Negativity among Undergraduate Students” at Al-Shifa Institute of Health Sciences, Narowal, 18 December 2025.
- Organized an extensive workshop on “Building Inner Peace and Positivity for Caregivers and Patients with Thalassemia” at Sundas Foundation, Sialkot, 20 May 2025.
- Organized and attended a seminar on “Mind-Body Alignment: The Psychology Behind Posture” as a Ph.D. scholar with colleagues at GC Women University, Sialkot, 13 May 2025.
- Organized the Annual Prize Distribution Ceremony at Government Degree College (W) Baddomalhi, Narowal, 18 May 2019.
- Organized Sports Day at Government Degree College (W) Baddomalhi, Narowal, 16 March 2019.
- Organized and delivered awareness seminar on “Kashmir Day” at Government Degree College (W) Baddomalhi, Narowal, 4 February 2019.
- Organized a one-day seminar on “Awareness Raising about the Importance of Psychology Today” at Government Degree College (W) Baddomalhi, Narowal, 5 December 2018.
- Organized a one-day seminar on “Awareness Against Psychological Issues as Social Stigma and Importance of Mental Health” at Government Muslim Post Graduate College for Women, Narowal, 29 October 2017.
- Organized a one-day seminar on “Youth Personality Grooming and Development” at Government Muslim Post Graduate College for Women, Narowal, 11 March 2018.
- Participated in and organized various seminars as part of team activities at Government Muslim Post Graduate College for Women, Narowal.
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Seminars

- Attended webinar on “*Women in Leadership: Achieving an Equal Future in COVID-19 World*” organized by the Department of Psychology, Virtual University, Lahore, 2 March 2021.
- Attended webinar on “*Self-Growth and Self-Exploration: New Avenues in Positive Psychology during COVID-19 Pandemic*” organized by the Department of Psychology, Virtual University, Lahore, 15 September 2020.
- Attended webinar on “*Non-Muslim Citizens’ Rights in Pakistan for Social Inclusion and National Integration*” organized by the Department of Mass Communication, University of Narowal, 11 August 2020.
- Attended webinar on “*Moving Forward with Education*” with Dr. Ahmar Mahboob, University of Sydney, organized by the Department of English, 29 July 2020.
- Attended workshop on “*Digital Management of Literature Review using Latest Research-Based Software*” by Dr. Zahoor Sarwar, organized by University of Narowal, 24–25 July 2020.
- Attended webinar on “*Nation Building and Positivism*” with Mr. Sajid Khan, motivational speaker, organized by the Department of Mass Communication, University of Narowal, 11 July 2020.
- Attended webinar / training session with Tahir Mahmood Chaudhary, organized by University of Narowal, 13–14 April 2020.
- Attended two-day online training session on “*Research Impact and Research Excellence*” with Miss Tamkanat Syeda, organized by University of Narowal, 13–15 April 2020.
- Attended training for “*Distance Learning Program*” with Mr. Zishan Zafar (Deputy Director IT), organized by University of Narowal, 6 April 2020.
- Attended online session on “*Moral Foundations of Education*” with Dr. Abdul Saboor, Dean PMAS Arid Agricultural University Rawalpindi, organized by University of Narowal, 23 July 2020.
- Attended symposium on “*Women Resilience*” organized by Institute of Applied Psychology, University of the Punjab, Lahore, 2017.
- Attended three-day workshop on “*Quantitative Data Analysis using Structural Equation Modeling (SEM) AMOS*” by Jamil A. Malik (Assistant Professor, NIP, Quaid-e-Azam University, Islamabad), organized by Institute of Applied Psychology, University of the Punjab, Lahore, 2017.
- Attended five-day workshop on “*Professional Development in Academia*” by Ms. Saima Noreen (Resource Person from UK), 2016.

Academic and Administrative Committees

- In-charge, Department of Psychology, University of Narowal
- Internal Member, Board of Studies (BOS), Department of Psychology, University of Narowal
- Member, Committee on Review of Examination Answer Sheets Quality and Procurement Rates, University of Narowal
- Member, Strategic Planning Committee, University of Narowal
- Member, Youth Peace Summit and Peace Art Competition Committee, University of Narowal

Interests and Activities

- Reading academic and general interest articles, listening to music, and spending quality time with family and friends
- Social work and community welfare, with a future aspiration to establish an NGO for elderly people in Narowal
- Conducting research on current and emerging psychological and social phenomena

References

- Will be given on demand