

SARA KOMAL

CAREER OBJECTIVE:

Personal Profile:

I am hard working and constantly seeking to expand my abilities. I can work effectively both on my own and as a part of a team. I can think logically and can adopt new ideas to the situations in hand. I am optimistic, broad-minded, honest, dedicated, having good sense of humour and great values to offer.

Personal Information:

MOBILE: +923174420029

E-mail Address:

sarakomal@uosahawal.edu.pk

Religion: Islam

Nationality: Pakistani


Marital status: Single

Always striving for challenging career, where there is scope for demonstration, always on a lookout for a positive & bigger outlook, thrive on Imagination & Passion, Rigorous thinking and boundless curiosity, Sets levels & standards that exceed expectations, Have fun attitude in everything but not taking things lightly. Enjoy being part of a successful and productive team and thrive in highly pressurised and challenging working environments.

ACADEMICS CAREERS

 **M.Phil Applied Psychology** **2016**
3.78/4.00 CGPA
Bahauddain Zakariya University Multan

M.Phil Research Title: Translation and Validation of the Children's Revised Impact of Events Scale (CRIES-13).

 **M.Sc Applied Psychology** **2012**
3.08/4 CGPA
University of the Punjab Lahore



M.Sc Research Title: Psychological Consequences for the families of deceased of Dengue Fever.

B.A (Arts & Humanities) **2010**
614/800Marks
Bahauddain Zakariya University Multan

COMPUTERS SKILLS:

Microsoft Office Word, , Microsoft Office Power Point, In page, Internet Using (Downloading, Uploading, Emails etc.).

WORK EXPERIENCE:

-  Worked as an Internee (Clinical Psychologist) at Department of Psychiatry and Behavioural Sciences Nishter Medical Collage/ Hospital Multan.
-  Worked as a lecturer in Bahauddin-Zakriya University, Vehari

Campus (2017 to 2019).

OTHER SKILLS:

- + Research & Analysis
- + Counselling & Assessment
- + Communication & Negotiation
- + Initiative energetic and flexibility in work

LANGUAGES SKILLS:

Urdu (Reading, Writing and Speaking)

English (Reading, Writing and Speaking)

Punjabi (Reading, Writing and Speaking)