

Resume

ANEESUD – DIN – ZUBAIR

Contact No:

Cell Phone: 0342-9621905.

Address:

House #104, Street # 04, Road # 1,
Gulbahar # 1, Peshawar City, Pakistan.



Personal information:

Father Name:	Muhkam-Ud-Din
CNIC no:	17301-9829364-7
Gender:	Male
Marital Status:	Married
Religion:	Islam
Place and Date of Birth:	Peshawar, May 31 st , 1958
Languages spoken/Written:	English/Urdu/Pashto (Native)/ Hindko/ Persian.
Interests	Reading, Watching & Listening Daily News.

Objectives:

To establish & recognize my self with a motivating, competitive and learning environment where my technical and managerial expertise can be put to use and to Work in a dynamic and creative environment with a team of skilled and motivated professionals, where I can gain/provide valuable professional experience .

Personal Attributes:

- ✚ A natural & versatile leader with a proven record of outstanding achievement. Focused on accelerated results, team building, strategic business plan development and execution. A quick thinker with broad knowledge, strong creativity, relentless drive and a personable nature.
- ✚ Result oriented Professional with significant focus on boosting productivity, cutting costs, and fostering efficiency in an organization.
- ✚ Big-Picture visionary with ability to understand how

- daily operations shape overall results and goals.
- ✦ Strong leader/manager of personal with unsurpassed inter personal skills. Strong ability to understand the creation, propagation and development of knowledge in Organization.

Education:

- ✦ **M.A Urdu (1996)**
University of Peshawar.
- ✦ **M.A Pashto (1992)**
University of Peshawar.
- ✦ **M.A / M.Sc Psychology (1984)**
University of Peshawar.
- ✦ **B.A (1980)**
Subjects: Philosophy, English, and Urdu
Government College Peshawar.
- ✦ **HSSC (Humanity Group), Geography (1978)**
Government College Peshawar.
- ✦ **SSC (Science Group) Non-Medical, (1973)**
Government Technical High School Gulbahar Peshawar.
- ✦ **Middle (1971), Free Hand Drawing**
Anglo Vernacular Standard Examination

Certificates Awarded

- ✦ Participation Certificate awarded in 12th Psychiatric Conference held at Peshawar in 1997.
- ✦ Graduate Certificate (Detective/Life membership) awarded by Pakistan Detective Institute Karachi in 1988.
- ✦ Social work certificate awarded by University of Peshawar in 1980.
- ✦ N.C.C Certificate Awarded in Government College Peshawar Session. (1973-1975)

Professional Experience:

- ↓ **(LRH Psychiatry unit)** Clinical Psychologist in Psychiatry unit, Lady Reading Hospital Peshawar with 3 years Clinical experience.
- ↓ Teaching in Sir **Sahibzada Public School**, Peshawar (English medium) for 3 years.
- ↓ One Year experience in **MSF Belgium Pakistan** in Swat Project as Psychological Counsellor
- ↓ Worked as a proofreader in **Weekly News paper "Musalmaan"** Islamabad for 3 years.
- ↓ Worked as a proofreader in Pakistan National Council of the Arts Islamabad for 3 years.

Health net TPO:

- ↓ Two days orientation training on mental health and psychosocial communication and counseling.
 - ↓ Two days to basic psychosocial orientation training.
 - ↓ Conducting BBCM training Basic Board Community Meeting.
- 8 months with them as psychosocial support counselor at Peshawar and conducts training on psychosocial support counselor and as supervisor.

RAHNUMA FAMILY PLANNING ASSOCIATE OF PAKISTAN.

- ↓ Two year work as helpline counselor as well as psychologist conducting several trainings and session in reproductive health with special stress on your, SRH issues, Gender Base Value (GBV) HIV & AIDS Awareness and Prevention. Also having psychological approach to solve the problems like stress amnesia depression.
- ↓ Participation value clarification workshop of counselors on Gender Health & Right at Lahore.
- ↓ Training of youth peer education sexual Reproduction Health & Right.
- ↓ Value clarification workshop of service providers on "Youth Friendly Sexual & Reproductive Health Services" at Karachi.
- ↓ 5 Days sensitization workshop on Gender Dimensions and psychological support in Disaster situation at Islamabad.

SRSP (Aitebaar)

- ✚ 5 days Training on community Activists from SRSP in June 2014.
- ✚ 3 days training on Community Management Skills (CMST) from SRSP in October 2014.
- ✚ 7 days Training MSF-Belgium of Psychological Counselor in 10th October 2008 to 17th October 2008(Main Topic of Training were, Traumatic Management, intro to PTSD, ASD & pathological reactions. Relaxation Techniques, specific target groups Children, adolescents, elderly people, victims of sexual violence. Counseling supervision and practice by Fabia Gianfortuna, Psychologist-Psychotherapist registered in the Italian Psychologist-Psychotherapist Council with number of 1043 Medicine Sans Frontiers Psychologist
- ✚ Two days refresher training for community police forums on community policing human rights & planning Skills
- ✚ 4 days training on leadership management skill training (LMST)
- ✚ 2 days refresher training course for community activist.

Teaching**(From September 2019 to March 2021)**

Worked as Urdu Lecturer in Jinnah Islamia Degree Collage, Peshawar

Research

1 year Research Mental Disorder Particularly the Depression.

3 month research on Food Items in Kacha Gari Camp
Peshawar

Languages Skills :

✚ English, Urdu, Pashto, Persian, Hindko

✚ ***"References will be furnished on Request".***