

Ammara Shabir

Clinical psychologist

Contact

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Nationality:

Pakistani

DOB:

24.04.2000

Gender:

Female

Address:

Permanent Address: Battol, Chaffar POS Abbaspur district Poonch Azad Kashmir
Current Address: Gulistan colony Line 01 near Ayub park.

Skills

Leadership: Ability to inspire and guide teams.

★★★★★

Motivational speaker/Communication: Effective verbal and written communication skills.

★★★★★

Problem-Solving: Critical thinking to navigate challenges.

Summary

A highly motivated and results-oriented individual with a strong work ethic and a commitment to excellence. Seeking a challenging position where I can use my skills and experience to make a significant contribution to the company's success.

Education

MS Clinical psychology

Sept 2022 – Feb 2024

Shaheed zulfiqar Ali Bhutto institute of science and technology

BS Psychology

Oct 2017 – Dec 2021

University of Poonch Rawalakot

Pre medical

May 2014 – Jul 2016

Muhammadan science college hajira

Science

Apr 2012 – May 2014

Kashmir Public science college abbaspur

o

Experience

Tehsil Head Quarter Abbaspur Azad Kashmir

May 2024 – Continue

Clinical psychologist

- o Here I work as clinical psychologist whose duties include assessment, diagnosis and treat emotional and psychological disorders. I help them to manage anxiety, depression, mood disorders, career counselling, relationship issues along with personalities and drug therapies. Besides these I also involved in coordinating the staff, as coordination skills are essential for clinical psychologist. I often collaborate with health care providers, educators social services people to plan the treatment. Effective coordination helps in delivering holistic care and improves patients outcomes.

Islamabad psychiatric clinic and rehabilitation centre

May 2024 – Nov 2024

Clinical psychologist

- o In Islamabad psychiatric clinic and rehabilitation centre I worked as clinical psychologist as well as drug counsellor, being a psychologist I preferred patient's mental health

enges.



Time Management: Prioritizing tasks effectively to enhance productivity.



Confidence: Self-assuredness in her abilities and decisions



Teaching: Ability to teach students/people easily.



Flexibility: Adjust according to the situation easily



Language

English

Urdu

Local Language

as well as removal of addiction. I also assisted in management along with CEO of rehabilitation centre because of my exceptional abilities to manage the event.

Amna hospital Rawalakot Azad Kashmir

Jan 2022 – Nov 2022

Clinical psychologist

- o In Amna Hospital Rawalakot, I worked as psychologist in OPD. The duties of psychologist included assessment, diagnosis and provided therapies based on patient's requirements. I worked there along with psychiatrist who enhanced my personality and made me able to faced every situation calmly and wisely. In OPD although time was short, but i learnt there how to work perfectly in short time.

Qurtaba Model school Potha Azad Kashmir

Sept 2019 – Mar 2020

Teacher

- o Being a teacher, i guided the students in learning journey. I always maintained positive and creative environment in classroom that involved classic thinking. As I am psychologist so I always preferred students mental health.

Youth Parliament (District Poonch)

Jun 2018 – Jul 2020

Project Coordinator

- o In this organisation, I worked as project coordinator by developing plans and meetings, facilitate communication between youth members and external parties. I managed budget and resources for organisation. Provided training for participants on leadership skills. Built relationships with other organisations and external parties.

WHO

Sept 2015 – Jul 2016

Polio surveillance and response

- o Being a Healthcare worker in polio surveillance and response, I oftended the first point of contact for patients. My responsibilities include identifying and reporting suspected cases of acute flaccid paralysis (AFP), collecting stool samples, and administering vaccinations during response campaigns. Being a Healthcare workers I also gave education to the people about polio symptoms, vaccination and follow up sessions. As I was working with public health officials and other stakeholders to coordinate vaccination campaigns and outbreak responses.

UNICEF

Oct 2016 – Apr 2017

Immunization and vaccines management

- o In UNICEF, I played the role of Immunization and vaccines management which involved the systematic planning, implementation, and evaluation of vaccination programs to protect populations against infectious diseases. In this process of selection and procurement of vaccines, maintaining proper storage and handling conditions, scheduling vaccination sessions, and monitoring vaccine coverage and efficacy i played a active role along with the help of my colleagues. I held many sessions for public education efforts to aware communities about the benefits of vaccination, addressing concerns, and ensuring equitable access. Effective management ensures that immunisation programs are efficient, safe, and responsive to public health needs, ultimately reducing disease incidence and improving community health outcomes.

WHO

Jul 2019 – Mar 2020

Polio program management

- o In WHO, I worked as a Surveillance in Polio program management because of my experience in Polio surveillance and response, I was selected as duty for surveillance, so i

helped in robust disease surveillance systems to detect and respond to polio cases and monitor vaccine effectiveness.

WHO

Mar 2020 – Aug 2020

Vaccine handling and Storage

- In vaccine handling and storage I played a multiple role because of sensitivity of vaccines. first of all vaccines were kept in proper temperature. besides this I also monitored proper stock of vaccines along with expiry date. I also gave training to the people about vaccines management and maintained proper documentation.

WHO

Communication and Social Mobilization for Polio Eradication

- While Working in Communication and Social mobilization for Polio Eradication many efforts included in raising awareness about disease and benefits of vaccination, along with these my worked includ to made a collaborative relationship with religious group, other NGO's and local organisations for effectiveness of Polio Eradication.

WHO

Emergency Response and Humanitarian Action

- In WHO while at Emergency response and humanitarian action rank the duties were to develop guidelines and frameworks for health systems to prepare for emergencies, ensured that countries can respond effectively to outbreaks, natural disasters, and other crises. We as a team worked to mobilize funding and resources from international partners to support emergency responses, ensuring that affected populations receive the necessary aid.

WHO

Digital Health and Innovation for Polio Programs

- Through digital health there were transformative role in Polio Eradication. Through Digital health Data collection about vaccines and management of vaccines were easy. Through Application and SMS it's was very easy for everyone to contact with healthcare

WHO

Polio Program Financing and Resource Management

- While worked with finances and resources I helped in budget management, funding allocations, resources mobilization,. financial reporting and monitoring, partnership corporation with other NGO'S.

Achievement

Driving licence

- I achieved National Driving Permit from national Highways and motorway police. According to this license I can drive both automatic and manual cars.

Active participation

- Certificate of appreciation awarded for active participation in Webinar "Normalizing the Taboos of Mental Health" given by Almisbakh Foundation Turning on Light.

spiritual awakening and basic skills for counselling children

- Mind and soul health services awarded the certificate for training "Spiritual awakening and Basic Skills for Counselling Children" at Rawalpindi Arts Council.

Mental Health Booster

- Got different certificates for attending different learning sessions on "Mental Health Booster" at Professional Academy of Psychology.

Child Psychology

- Certificate of appreciation for "Child Psychology" by Insightful Mentor and Mental Health Professionals and Trainers.

17th Young Leaders Summit

- Certificate awarded for participation in "17th Young Leaders Summit" at convocation