

CURRICULUM VITAE (CV)

I am a competent social scientist, researcher, teacher and a good manager having more than fifteen years’ experience of teaching and management from school to university level. Teaching is my passion, profession and ultimate destination. I have sound family teaching background which goods me towards seeking for an opportunity that may bless me with the honor of continuing this zeal of mine of polishing my capabilities and potentialities and transfer this wealth of knowledge and skills to those who come to me for the satisfaction of this urge of theirs.

BIODATA

PERSONAL: Name: **Dr. Saira Khanm**  
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EDUCATION

**Degree title:** PhD 2019-2025 in Education from University of Sargodha 3.94/4.00  
M.Phil 2016-2018 in education from University of Sargodha 3.30/4.00  
Masters of Arts (Teaching of English as a Foreign Language) AIOU 2015-2017 1123/1700  
Master in Education from University of Education,Lahore 2010. 843/1200  
**Professional Course title:** DIP TEFL, MA TEFL from Allama Iqbal Open University Islamabad 2009-2011.  
**Short Training Courses:** FDW Trainer/ISW facilitator (Academics Without Borders Universitaires sans frontiers)

RESEARCHES AND PUBLICATIONS

- Article “Perceptions of Research Supervisors Regarding Postgraduate Students’ Self-Regulated Learning, Emotional Intelligence and Possible Stressors to Influence Wellbeing and Research Execution” published in Advance social science archive journal Vol 4, No 2,2025.
- Article “The Tragic Vision and Narrative Art of Thomas Hardy: A Study of Enduring Thoughts and Unyielding Wisdom in Tess of the d’Urbervilles” published in Journal of Social Sciences and Humanity Research Review March, 2025.  
Article “An Investigation into the Factors Responsible for Academic Stress at University-level Policy Implication for Relevant Stakeholders” published in Annual Methodological Archive Research Review volume 3, Issue 10,2025
- Article published in Journal of Asian Development Studies Dec-2024 Influences of Self-Regulated Learning, Emotional-Intelligence, and Stress Coping Mechanism on the Wellbeing of Postgraduate Students Saira Khanm<sup>1</sup> Muhammad Uzair-ul-Hassan<sup>2</sup>

- Article published on Understanding Stress and Coping Mechanisms among Medical Students: Evidence from Faisalabad, Pakistan in International Journal of Social Sciences Bulletin Oct-Dec 2024.
- «Exploring the perceptions of Pre-primary Students Regarding their Teachers, Students and Studies » for partial fulfillment of Masters of Philosophy degree under supervision of Associate Professor Dr Anjum Naz UOS.
- Thesis under entitlement « Anxiety towards computer learning at secondary level » for fulfillment of M.Ed degree under supervision of Mukhtar Ahmed Ch GCET Sargodha.
- Studying the effect of ESL classroom anxiety on students speaking fluency at secondary level for partial fulfillment of M.A TEFL Degree under supervision of Assistant Professor Ijaz Bhatti Sb, English

## EXPERIENCES

**Position:** Lecturer in Education at IAEERD, University of Agriculture Faisalabad 28 Dec, 2023-

**Position:** Visiting lecturer for subject of Education in IAEERD UAF Faisalabad.

September, 2020—2024

**Position:** Resource Person, Examiner, Supervisor, Evaluator AIOU teaching at F.A. ADP, B.Ed, M.Ed and MA education level.

May, 2019 to onward

**Position:** Principal at Allied school Shaheen, Campus Sargodha Feb 2012- October 2019

**Position:** Secondary School Teacher at Farogh-e Taleem Girls High School for One year under NIP. 2007-2008

**Position:** English Teacher at City Grammar School Faisalabad. 2003-2006

## TRAININGS & WORKSHOPS

- Participation in International Training Courses/ Seminars/ Conferences/ Workshops/ Symposia/Exhibitions
- Attended and participated in International 10<sup>th</sup> Academic Studies Conference fall-2025 at The University of Faisalabad ev Sahipliginde
  - International symposium on Emerging trends and best practices in education, Pakistan 5-6 May, 2025
  - International conference on Cooperatives for sustainable agriculture and rural development, Pakistan 28-29 May, 2025.
  - International Conference on Quality Teacher Education. Empowering Education, Transforming Tomorrow by NACTE AIOU 26-27 May, 2025.
  - International conference on Advancing quality education : Bridging gaps for a sustainable future 24 October, 2025.
  - Faculty Development Workshop by Academics Without Borders Volunteer Canada 9-13 September, 2024.
  - Edorer Masterclass on Nature Based Solutions as a Means for Sustainable Agriculture
- November, 2024.
- Edorer Masterclass by Dr. Agarwal on Bridging the Gap between Agriculture Education and Farmers 24 June 2024.
- ISW Academics Without Borders Volunteer Canada, 7-10 August, 2024.
- Participation in Local Training Courses/Seminars/Conferences/Workshops/Symposia/Exhibition
- Attended One-Day physical Training course on “ICT Based Tools, Techniques & procedures and its Adaptability in Library Information & Management System held on October 21, 2025 Peshawar.
- Attended Three-Day online Training Course on “workplace Behavior and Ethical Practices” held in November 4-6, 2025 Peshawar.
- Two-Day workshop organized for school teachers on fostering a growth mindset through conducive learning behavior, Faisalabad.
- One-Day Workshop on “Business Plan Development” by IBMS FSS, UAF 30<sup>th</sup> July, 2025.
- Participated in Post-Induction Training Programme as Resource Person 21-30 June, 2025.
- Participated in training program on enhancing pedagogical skills of the faculty of UAF as resource

person 6-14<sup>th</sup> February, 2025.

- Two-Day Teacher Training workshop on promoting self-regulated learning of students through learner centered pedagogical skills, Faisalabad 10-11 July, 2024.
- Post-induction training and professional development for young faculty, Faisalabad 7-21 August, 2024
  - Workshop on Research project writing techniques, Faisalabad 13-14 March, 2025.
  - Organized Educational workshop on World Food Safety Day June, 2024.
  - Attended Workshop on endnote & Mendley Referencing and Citation on November, 2022.
  - Attended Two Days Workshop on Advance Data Analysis Techniques on October, 2021.
  - Two-Day Principal training arranged by UCP Lahore, 2013.