

Shamaila khalid

EXPERIENCE

November 2020 - January 2021

Women Economic wellbeing Private Sector-MICE | Gujrat, punjab

April 2020 - October 2020

Administrator Officer Oaks Academy | Gujrat, Punjab

December 2019 - April 2020

Multiple Indicator cluster survey WHO | Lahore , Punjab

September 2017 - October 2018

Pre-School Teacher Educator school systems | Gujrat, Punjab

EDUCATION

2023

Masters in Work Life Studies | work Sciences, School of Health, Care & Social welfare

Mälardalens University, Västerås, Sweden

Final Year Research Project

- **Topic:** How people Experience Work life Balance
A Qualitative case study with Three Industrial Sector Organizations
Individuals Interviews with Employees (Sweden)
- **School :** School of Health ,Care and Social Welfare
- **Department :**Work life study

2023

M.sc | Gender & Women studies

Allama Iqbal Open University , Islamabad

Final Year Research Project

Topic: Role of women in conflict Resolution

A qualitative case study in District Gujrat, Pakistan

- School of Arts and Humanities
- Department Gender & Women studies

2017

BS (Hons) | Sociology

University of Gujrat, Gujrat, Punjab, Pakistan

Final year projects (2016-2017)

- **Title:** Breaking with the past
Description: The nature of this project was to breaking with the past and the purpose of the project was to promote brotherhood and harmony among society and reduce inter-Generational and intra-Generational conflicts from society.
- **Title:** Welfare of handicapped
Description: The purpose of this project was to welfare of handicapped students at university level and motivate and help them through the funds collection.

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PROFESSIONAL SUMMARY

I am a highly motivated and deeply passionate about my field of study and I am always eager to learn more. Throughout my academic career, I have consistently challenged myself to achieve academic excellence. I have also gained valuable experience from academic perspective through the mentioned research projects and publication and also from working life as an Administrator Officer and as a Pre-School Teacher. I am excited to continue my journey and confident that my passion, dedication, and hard work will enable me to make meaningful contributions into my work field . Committed interview with MICE Private Organization and public organizations for WHO, professional skilled in determining and choosing people with characteristics specified in surveys. Knowledgeable in compiling, recording and coding results and data obtained from interviews and surveys. Possesses in-depth understanding of ethical considerations in research.

CORE QUALIFICATIONS

- Team player" Role up the

- sleeves" Attitude
- Self-driven achievements oriented ,efficient, dependable , strong
- Expert in Microsoft office, word document, Powerpoint
- An ability to make sound and in need creative choices, objective accomplishments, using time productively, determination leadership
- English speaking, Reading &Writing, Swedish Basic
- Critical Appraisal Skills Program (CASP)Qualitative Checklist
- Expert in use of Scientific Data Base, Strategies for Academic Writing

ADDITIONAL INFORMATION

Interests & Activities

- Member of IKSO society at university of Gujarat
- Representative and organizers in conferences at university of Gujrat
- To find new things
- Books reading
- Traveling
- Gardening
- Cooking
- Find New Things

2013

HSSC | Humanities

Board of Intermediate &Secondary Education , Gujranwala, Punjab,Pakistan

2010

SSC | Science

Board of Intermediate & Secondary Education , Gujranwala, Punjab,Pakistan

ACCOMPLISHMENTS

- Got certificate of achievement for outstanding participation in "Project Citizen Pakistan" at school level by executive director under centre for civic education Pakistan ,**2008**
- Got solar lamp under Ujala program of P.M,**2012**
- Selected as a group leader for the project and completed it successfully,**2017**
- Project selected in university for expo in the year of innovation and productivity Awarded cash price from Vice. Chancellor of UOG & stood top rank,**2017**
- The project selected in British council and get invitations of funds for further Project work at minimum 4 to 5 areas,**2017**
- Got certificate under the programme of USAID "institutionalization of Gender Sensitization and Gender training materials in public sector,**2017**
- Got PM laptop under prime minister laptop sachem on at performance in my BS Hons qualification from University Of Guirat,**2018**

LANGUAGES

Swedish: First Language

English:

C2

Swedish:

B2



Proficient



Upper Intermediate

Urdu: Mother language

CONFERNCES & SEMINAR

• Seminar/2021-09-10 (Participant)

Title: Management, Teams &organisations in health &social welfare

Topic: How do leadership influence performance determinants and well-being among employees • **Seminar/2021-09-15 (Participant)**

Title: Work &Organization

Topic: Organization Theory Main Arguments and Major Strands within Organization and Work life

• Seminar/2021-10-29(Participant)

Title: Work & Organization

Topic:Worklife in Contemporary Welfare States

• Seminar/2021-12-14 (Participant)

Title: Evidence Based Practice

Topic: What are two major challenges in transferring evidence from research to evidence-based practice in a specific field, such as social work nursing science, physiotherapy, working life science or a related field? What does evidence mean in your chosen field?

• **Seminar/2022-01-04(Participant)**

Title: Work &Health

Topic: Healthy Organization, Interventions & Evaluation

• **Seminar/2022-03-18 (Participant)**

Topic: Qualitative Research Method Use Different Approaches

Title: How does participation impact on organizational outcome

PUBLICATIONS

References :(Google,Google Scholar, Diva Portal)

<https://mdh.diva-portal.org> (2023)

Khalid, S. (2023). HOW PEOPLE EXPERIENCE WORK LIFE BALANCE: A QUALITATIVE STUDY WITH THREE INDUSTRIAL SECTOR ORGANIZATIONS. (Sweden)

Reference : Pakistan Journal of Social Research
ISSN 2710-3129 (P) 2710-3137 (O) Vol. 5, No. 1, March 2023, pp. 660-669.
www.pjsr.com.pk
WOMEN PARTICIPATION IN POLITICS OF PAKISTAN:
CHALLENGES AND OPPORTUNITIES (2013-2018)

Reference :Remittances Review April, 2024
Volume: 9, No: 2, pp.3958-3974 ISSN: 2059-6588(Print)
ISSN 2059-6596(Online)
<https://remittancesreview.com/article-detail/?id=1796>
UNDERSTANDING THE FACTORS THAT CONTRIBUTE TO THE SOCIAL EXCLUSION OF OLDER WOMEN IN THE DISTRICT GUJRAT,PUNAB PAKISTAN

Reference: Pakistan Journal of Law, Analysis and Wisdom
Vol No:3, e-ISSN 2959-0825,p-ISSN: 2959-0817
<http://www.pjlaw.com.pk>
DOMESTIC VIOLENCE AGAINST WOMEN IN PAKISTAN:THE ROLE OF SOCIO-ECONOMIC FACTORS

Reference: Pakistan Journal of Social Research
ISSN 2710-3129 (p) 2710-3137 (O)
Vol.6 No.1,March 2024,pp.21-28
<https://pjsr.com.pk>
ROLE OF WOMEN IN CONFLICT RESOLUTION WITHIN FAMILY: A CASE STUDY OF DISTRICT GUJRAT VILLAGE MADINA SYEDAN

References: International Journal of Contemporary Issues in Social Science
ISSN(P):2959-3808 | 2959-2461
Volume 3, Issue 3,2024
<https://ijciss.org/index.php/ijciss/article/view/1563/1797>
DEVOLUTION OF POWER TO THE PROVINCES AFTER 18TH CONSTITUTIONAL AMENDMENT IN PAKISTAN: THEORY AND PRACTICE