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**OBJECTIVE:**

To teach Bachelors, Masters, M.Phil and PhD students and to conduct research at Lahore College for Women University along with management of administrative services with greatest efficiency and integrity.

**EDUCATION**

- **PhD Psychology**, Lahore College for Women University, Lahore (2018)
- **M.Phil., Psychology**, Quaid-e-Azam University, Islamabad, Pakistan (1996)
- **M.Sc., Applied Psychology**, University of The Punjab, Lahore, Pakistan (1985)
- **B.A., (Psychology)**, University of The Punjab, Lahore, Pakistan (1982)

**EXPERIENCE AND ACCOMPLISHMENTS**

- Currently working as the Head of Applied Psychology Department Lahore College for Women University from 20<sup>th</sup> December 2012 to present date
- Currently working also as Director Women Institute of Leadership and Learning from December 2018 to present date
- Currently working as Professor at Lahore College for Women University (LCWU) from 2013 to date
- 1988 to 1994 Lecturer at Lahore College for Women University (LCWU)
- 2008-2013 Associate Professor at Lahore College for Women University (LCWU)
- 1994 to 2008 Assistant Professor at Lahore College for Women University (LCWU)

**RESPONSIBILITIES INCLUDE:**

- Pioneer of MS Health Psychology Program at LCWU 2008.
- Pioneer of PhD Applied Psychology Program at LCWU 2011.
- Teaching graduate students of Psychology, Gender Studies, Fine Arts and Film Making Departments
- Preparing the annual resource plan for the department while working closely with the Chancellors office

- Teaching at graduate level Statistics, Research Methodology, Clinical Psychology, Psychology and Gender, Psychology of Film characterization, Survey related to consumer Psychology.
- Teaching at undergraduate level Psychology, Behaviors and Counseling
- Supervising undergraduate and graduate laboratory programs. Laboratory demonstration of experiments related to Areas of Sensation, Perception, Learning, Memory, Intelligence etc. Conducting Survey related with current important topics of Psychology.
- Associate Editor Research Journal for LCWU, JASS (JASS)
- Supervising research projects and thesis leading to BS, MS degree
- Research Projects
- Internship Projects
- Active Citizen Social Action Projects for Community development
- Serving on Faculty and Departmental committees dealing with curriculum planning and development and degree requirements
- All administrative work of Applied Psychology Department and LCWU assigned by VC office.

#### **ADDITIONAL INFORMATION**

- Launched Hashmat Ara Begum Memorial Gold Medal with Cash Money for BS (Psychology) Top Student, in memory of my late mother, Hashmat Ara Begum, being awarded regularly since 2003.
- Paper setter and External Examiner for M.Phil. and M.Sc., Clinical and Counseling Psychology Papers, for GCU, Lahore
- Paper setter and External Examiner for M.Sc and B.A Psychology Papers, for Punjab University, Lahore
- Paper setter and External Examiner for M.Sc Clinical, Counseling and Medical Psychology Papers for Bahauddin Zakariya University Multan
- Paper setter and External Examiner for M.Sc. Clinical Psychology Paper for Sargodha University, Sargodha
- Paper setter for Selection of Lecturers and Assistant Professors for Federal Public Service Commission 2005-2007
- Consultant in Selection of Lecturers in subject of Psychology for Provincial Public Service Commission 2008-2009

- Consultant Faculty from 1998 to YTD at the FAST University, Lahore
- Consultant Faculty from 2006- 2007 to Virtual University, Lahore
- Resource Person for HEC Faculty Development Programme 2005-2007 held at LCWU.
- Resource Person for HEC Faculty Development Programme 2008 held at LCWU.
- Resource Person for HEC Faculty Competency Building Programme 2009 to be held at LCWU.
- Consultant Faculty (2008) to Pakistan School of Fashion Design Lahore
- Resource Person (2008) for National Curriculum Framework Committee for Psychology Grades XI and XII, Curriculum Wing, Ministry of Education
- Attended numerous National and International Conferences (listed)
- Several publications in National Research Journals (listed).
- Several Internship projects conducted in National Organizations (listed).

#### **ARTICLES PUBLICATION IN INTERNATIONAL AND NATIONAL JOURNAL**

<b><u>Sr.</u></b>	<b><u>Title of the Article</u></b>	<b><u>Title of the Journal</u></b>	<b><u>Year of Publication</u></b>	<b><u>Category</u></b>
<b>1</b>	Urdu translation of the Ottawa Self-injury Inventory version 3.1.	Asia-Pacific psychiatry: official journal of the Pacific Rim College of Psychiatrists	2019	Impact Factor
<b>2</b>	Correlates of professional quality of life in nurses	Annals of King Edward Medical University	2017	X
<b>3</b>	Daily Hassles Checklist for School Teachers	Pakistan Vision	2016	Y
<b>4</b>	Occupational Role Stress Scale Development (Paper Accepted for publication)	Pakistan Vision	2014	Y
<b>5</b>	Occupational Role Stress Scale and health related quality of life among secondary school teacher	JASS, Journal of Arts and Social Sciences, LCWU	2014	Y
<b>6</b>	Breakfast, attachment styles and health of female university students	International journal of research studies in Psychology	2013	Yes accepted for publication
<b>7</b>	Decision Making Style of Women University Teachers	Research Frontier. LCWU , (Pg. 145 to 149)	2006	1
<b>8</b>	A Study on Job Stress and intention to quit job of Pakistani	Journal of Psychology. GCU. (Pg no 63 to 68)	2000	XXVI

	doctors			
9	Occupational Stress Scale Development	Pakistan Journal of Psychology. Institute of Psychology University of Karachi ( Pg no53 to 66)	2000	31
10	Measurement of Depression in Run Away Females	Journal of Research (Humanities).Bahauddin Zakariya university( Page no 115 to 120)	1999	16
11	Occupational Stress in Bank Employees	Journal of Research (Humanities).Bahauddin Zakariya University (Page no 69 to 73)	1998	15
12	Stress, Social Support and Burnout in Nurses	Pakistan Journal of Psychological Research. Institute Of Psychology Quaid-e- Azam University ( page no 77 to 86)	1997	12
13	Role of a Teacher	Curriculum Wing , Ministry of Education, UNESCO Publication ( page no 98 to103)	1991	

**Following papers/lectures/talks were delivered on given dates at said seminar and conference**

<b>Sr.</b>	<b>Seminar / conferences</b>	<b>Title of the paper/lecture/ presentation Venue/ organized</b>	<b>Year of Presentation</b>
1	Patient Counseling	Counseling for residents of old people's home Dep't of Pharmacy, LCWU	12- 09-2007
2	Training Of Internees At Fountain House	Group Psychotherapy For Patients Fountain House an institution for schizophrenics	16- 07-2007
3	Creating Awareness On Drug Addiction	The drug addiction problem. Antinarcotics force Punjab, Al-Fajar and LCWU	29-05-2007
4	Psychosocial Management In Disastrous Situations	Pakistan Psychological Association	17-03 -2007
5	International Conference on	Depression Among Earthquake	24-04-2006

	Disasters by Clinical Psychologists	Survivors Alhamra	
6	The Mental Health of Rescue Workers	LCWU	17-02-2006
7	The Earthquake Disaster	LCWU	13-12-2005

### **MS Health Psychology Thesis Projects Completed in 2010**

- 1 Development of Anxiety Scale for Female College Students
- 2 Health Related Quality of Life Among Chronic Obstructive Pulmonary Disease Patients
- 3 Illness Perception among Type 2 Diabetes Patients

### **MS Health Psychology Thesis Projects Completed in 2011**

- 1 Body image Satisfaction and Self Esteem in Female University Students Exercise and Non Exercise
- 2 Role Ambiguity and Resource Inadequacy as Predictors of Psychological Well being among Teachers
- 3 Development of Daily Hassles Checklist for use with School Teachers

### **MS Health Psychology Thesis Projects Completed in 2012**

- 1 Development of Hassel's Scale and its initial Validation
- 2 Occupational Role Stress Health related Quality of life Secondary School Teachers
- 3 Validation of Occupational Role Stress Scale for Secondary School Teachers

### **MS Thesis Projects Completed in 2012 in others Departments of LCWU**

- 1 Measurement of the LCWU students Perception about the Quality of Learning Environment and Learning Outcomes
- 2 Relationship between work and family conflict and job stress and job satisfaction

### **MS Health Psychology Thesis Projects Completed in 2013**

- 1 A study Exploring Motivating and Restricting Factors in Adaptation to Healthy Lifestyle
- 2 Breakfast, Attachment Styles and Health of Female University Students

### **MS Health Psychology Thesis Projects Completed in 2014**

- 1 Domestic Violence Checklist Development
- 2 General Self Efficacy, Life Satisfaction and Burnout in Traffic Wardens

- 3 Role of Parenting Styles in Emotional Adjustment and Quality of Life of Young Adolescents
- 4 Relationship between Emotional Intelligence, Personality Traits and Stress related Health concerns of Secondary School Teachers of International School from multi cultural backgrounds

#### **MS Health Psychology Thesis Projects Completed in 2015**

- 1 Expressed Emotions and Marital Adjustment of Expectant mother's Psychological Health
- 2 Correlates of Turnover Intentions among Rescue 1122 Workers
- 3 Development of TIES(Terrorism Impact Evaluation Scale)

#### **MS Health Psychology Thesis Projects Completed in 2016**

1. Hostility, Aggression, As Predictor Of Health And Academic Performance in College Students
2. Marital Adjustment, Perceived Social Support, And Psychological Wellbeing Of Married Working Men And Women
3. Compassion Fatigue, Compassion Satisfaction, And Self Care Strategies Among Rescue 1122 Workers
4. Stress Level As A Predictor Of Psychological Wellbeing And Self-Efficacy
5. Quality Of Life, Sleep Patterns And Social Support Among Elders
6. Anxiety, Social Support, And Quality Of Life Among Adults With Hypertension

#### **MS Health Psychology Thesis Projects Completed in 2017**

- 1 Use Of Social Media As Predictor Of Academic Learning, Emotional Adjustment And Quality Of Life Among University Students
- 2 Predictor Of Occupational Role Stress Among Primary School Teachers
- 3 Perceived Parental Trust As A Predictor Of Psychological Wellbeing, Social Adjustment, And Academic Achievement Among University Students
- 4 Motivational Level, Social Support And Quality Of Life As Predictor Of Organizational Adjustment Among University Employees
- 5 Expressed Anger As A Predictor Of Psychological Wellbeing Of Cardiac Patients

#### **MS Health Psychology Thesis Projects Completed in 2018**

- 1 Dermatological Problems, Self Esteem and Body Image of Adolescents
- 2 Work alcoholism, Burnout and Health of University Employees
- 3 Diet, Sleep Patterns and Quality of Life of Security Guards of Public Universities

- 4 Eating Behavior, Sleep Disturbance and Psychological Wellbeing among Young Adults
- 5 Academic Stress, Migraine and Quality of Life among University Students

#### **MS Health Psychology Thesis Projects Completed in 2019**

1. Stress, Spiritual Health and Wellbeing of Female Undergraduate Students
2. Embitterment, Quality of Life and Psychological Well-Being of Investigating Officials
3. Resilience and Suicidal Ideation's Influence on Quality of Life of Street Vendors
4. Stress, Quality of Life and Coping Strategies of Intermediate Pre-medical Students
5. Resilience, Embitterment, Daily Hassles and Quality of Life of Mothers of Children with Special Needs

#### **MS Thesis Projects Completed in 2012 in others Departments of LCWU**

- 1 Measurement of the LCWU students Perception about the Quality of Learning Environment and Learning Outcomes
- 2 Relationship between work and family conflict and job stress and job satisfaction

#### **MS Health Psychology Internship Projects Completed in 2009**

- Nine internship projects were planned in important areas of Health Psychology and carried out along with a written report on which an external examiner conducted a viva

#### **MS Health Psychology Internship Projects Completed in 2010**

- Eleven Internship projects were completed in significant areas of Health Psychology and carried out successfully along with a report on which an external evaluation was conducted

#### **MS Health Psychology Internship Projects Completed in 2011**

- Twenty one internship projects were planned in different areas of Health Psychology and carried out successfully along with a report on which an external evaluation was conducted

#### **MS Health Psychology Internship Projects Completed in 2012**

- Four internship projects were planned and completed in different areas of Health Psychology and carried out successfully along with a report on which an external evaluation was conducted.

### **MS Health Psychology Internship Projects Completed in 2013**

- Four internship projects were planned and completed in different areas of Health Psychology and carried out successfully along with a report on which an external evaluation was conducted.

### **MS Health Psychology Internship Projects Completed in 2014**

- Eight internship projects were completed in different areas of Health Psychology and carried out successfully along with a report on which an external evaluation was conducted.

### **MS Health Psychology Internship Projects Completed in 2015**

- Twelve internship projects were planned and completed in different areas of Health Psychology and carried out successfully along with a report on which an external evaluation was conducted.

### **MS Health Psychology Internship Projects Completed in 2016**

- Thirteen internship projects have been planned and completed in different areas of Health Psychology and carried out successfully along with a report on which an external evaluation was conducted.

### **MS Health Psychology Internship Projects Completed in 2017**

- Twelve internship projects have been planned and completed in different areas of Health Psychology and carried out successfully along with a report on which an external evaluation was conducted.

### **MS Health Psychology Internship Projects Completed in 2018**

- Thirteen internship projects were completed in different areas of Health Psychology and carried out successfully along with a report on which an external evaluation was conducted.

### **MS Health Psychology Internship Projects Completed in 2019**

- Ten internship projects were planned and completed in different areas of Health Psychology and carried out successfully along with a report on which an external evaluation was conducted.

### **MS Health Psychology Internship Projects to be completed in 2020**

- Ten internship projects are planned in different areas of Health Psychology and presently being carried out and the students are involved in report writing.



### **Active Citizen Program (ACP)**

Certified ACP facilitator and completed 30 projects in groups in 2014.

Certified ACP facilitator and completed 30 projects in groups in 2015.

### **Event Organized**

- Dementia Awareness event was organized on 20<sup>th</sup> November 2019 with collaboration between Psychological Society and Alzheimer's Pakistan.
- Animal Welfare and Protection Society, LCWU organized a "Compassion Camp" for street dogs in Tech Society, Lahore on 6<sup>th</sup> November, 2019 from 11AM to 12:30 PM. The purpose was to educate residents that street dogs deserve the same kindness and compassionate treatment that all animals deserve.
- An animal rights awareness seminar and poster competition was organized by The Animal Welfare and Protection Society, Applied Psychology Department in-collaboration with RIZQ ASAP LCWU Chapter on 21<sup>st</sup> October 2019.
- Psychological Society LCWU organized a Seminar on "Autism Awareness" in collaboration with Autism Spectrum Disorder Welfare Trust (ASDWT) on October 17' 2019.
- Department of Applied Psychology organized Breast Cancer Awareness Seminar on October 15' 2019.
- Harassment Awareness Seminar was organized by Psychological Society Department of Applied Psychology on 26<sup>th</sup> April 2019
- A lecture on Muslim Psychology and Modernity by Dr. Mussaffa Butt was organized for faculty and students on 25<sup>th</sup> February 2019
- Exhibition on Practicum Material of MS Health Psychology for the session 2018-2020 was organized on 19<sup>th</sup> February 2019
- A lecture on Muslim Psychology: a Unique Paradigm was organized by Psychological Society Department of Applied Psychology 10<sup>th</sup> January, 2019
- Hypnosis Training by Dr. Oskan Mehmedgi was organized for faculty and students on 31<sup>st</sup> October , 2018
- Days Workshop on Advance Statistical Techniques by Dr. Iram Fatima was organized for faculty and students on 28<sup>th</sup> to 30<sup>th</sup> August , 2018
- Mental Health Week was organized by the Psychological Society on 10<sup>th</sup> to 12<sup>th</sup> April 2018
- World Health Day was celebrated on 6<sup>th</sup> April 2018

- The kindness to stray animal day organized by psychological Society-LCWU 14<sup>th</sup> March 2018. The students, faculty and employees of the university fully participated and took oath to show kindness to stray animals.
- The psychological Society-LCWU organized a fund raising week for the poor and homeless from 13<sup>th</sup> January to 17<sup>th</sup> January, 2014 with the theme of “Donate some happiness: Feed one hungry (needy) person this week” .The students, faculty and employees of the university generously donated. The raised amount was used to distribute food (110 biryani boxes) among needy persons in a slum at the backside of Pakistan Mint, Lahore.

### **Visits**

- The MS Health Psychology students and faculty of Applied Psychology, LCWU visited Rising-Sun institute DHA Campus Lahore on 1<sup>st</sup> March 2018.
- The MS Health Psychology students and faculty of Applied Psychology, LCWU visited NIP, Quaid-e-Azam university Islamabad to participate in International conference on Psychology, 2015. The faculty and students presented several papers.
- The MS Health Psychology students and faculty of Applied Psychology, LCWU visited NIP, Quaid-e-Azam university Islamabad to participate in National conference on Psychology, 2017. The faculty and students presented several papers.
- The MS Health Psychology students and faculty of Applied Psychology, LCWU visited Fountain House 2015 and spend time with members of Fountain House.
- The MS Health Psychology students and faculty of Applied Psychology, LCWU visited Fountain House and spend time with members of Fountain House 2014.

### **Sessions of International and National Conferences Chaired**

1. Chaired the session Family Day organized at the Fountain House, Lahore on 12<sup>th</sup> April, 2012.
2. Chaired the scientific session at the 11<sup>th</sup> Muslim Psychological Conference organized at the Fountain House, Lahore on 24<sup>th</sup> May, 2013.
3. The HOD, Applied Psychology Department, Professor Talat Sohail was invited to chair the scientific session at the 12<sup>th</sup> Muslim Psychological Conference organized at the Fountain House, Lahore on 10<sup>th</sup> November, 2014.
4. The scientific session at the 14<sup>th</sup> International Conference of Psychology 19<sup>th</sup>-21<sup>st</sup> March 2015 was chaired.

5. Chaired the scientific session at the 1<sup>st</sup> National Psychological Conference organized at the Institute of Clinical Psychology University of Management and Technology, Lahore on 6<sup>th</sup> -7<sup>th</sup> December, 2015.
6. Chaired the scientific session at the 1<sup>st</sup> International Conference of Education organized at the Institute of Education Lahore College for Women University, Lahore on 4<sup>th</sup> -5<sup>th</sup> November, 2016.
7. Chaired the scientific session at the 1<sup>st</sup> International Conference on Gender organized at the Women Institute of Leadership, Lahore College for Women University, Lahore on 14<sup>th</sup> -16<sup>th</sup> December, 2015.
8. Chaired the scientific session at the 1<sup>st</sup> National Psychological Conference organized at the Institute of Clinical Psychology University of Management and Technology, Lahore on 9<sup>th</sup> -10<sup>th</sup> March, 2017.
9. Organized the first International Conference on Health and Wellbeing on 11<sup>th</sup> to 13<sup>th</sup> December 2017 at LCWU, Lahore.
10. Chaired scientific session at the International Conference on Social Sciences and Humanities held on 14<sup>th</sup> to 16<sup>th</sup> December 2017 at LCWU, Lahore.
11. Chaired the scientific session at the 2<sup>nd</sup> National Psychological Conference organized at the Institute of Clinical Psychology University of Management and Technology, Lahore on 17<sup>th</sup> March, 2018.
12. Chaired the scientific session in seminar on Radicalization at the MAO College, Lahore, organized by Psychology department, Lahore on 29<sup>th</sup> March, 2018.
13. Chaired the scientific session in seminar at the 2<sup>nd</sup> International Conference on Moral Education and Character Building: Role of Educators and Education 22 – 24 November, 2018 organized by Research and Evaluation Department (IOE) LCWU. .
14. Chaired the scientific session in seminar at the 7<sup>th</sup> International Conference on Positive Psychology: Developing a Flourishing Community 29<sup>th</sup> – 30<sup>th</sup> November, 2018 organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad
15. Chaired the scientific session in seminar at the 2nd International Conference on Perspectives, Realities and Challenges: Gender Issues, 3<sup>rd</sup> -5<sup>th</sup> December, 2018 organized by Gender Studies Department LCWU.
16. Chaired the scientific session in seminar at the 3-Day International Conference on Gender, Religion, and Culture in Psychology: Issues, Challenges, and Prospects, 17<sup>th</sup> – 19<sup>th</sup> December, 2018, at Government College University, Lahore

**List of certificates of the training and conferences attended**

<b>Sr#</b>	<b>Date</b>	<b>Venue</b>	<b>Workshops/Conferences</b>
1	12-25 Jan 1986	C.C.P P.U Lahore	Psychological and Educational Techniques In special education.
2	9-18 December 1989	Dept of App Psychology P.U Lahore.	Career Planning workshop
3	27 Dec 1993 to 3 Jan 1994	National Academy of Higher Education	Workshop on Applied Psychology
4	7-18 Jan1996	National institute of Psychology	Test construction and Research Methodology
5	20-21 April 2000	CCP P.U Lahore	An Intense Gestalt Group Experience
6	20-21 April 2000	CCP P.U Lahore	Healing through Hypnosis
7	12 March 2002	LCWU	Regional Conference
8	10 Feb-25March2003	LCWU	Research Methodology
9	2-7June 2003	HEC Regional centre Lahore	Conference on no. of components
10	25Aug-6Sep2003	PIM & PD	PC-1 Preparation
	Date	Venue	Workshops/ conferences
11	18March2007	PPA	Membership award
12	17-19Dec2009	British Council & LCWU	Health Risk assessment & management
13	15-18Feb2010	PCEPT	Training of Master trainers
14	19April2012	Quaid-e-Azam university ISL	Industrial and Organizational psychology trends, challenges and application
15	31Oct2013	PPA Lahore	Role of psychologist in service of society
16	31 Oct 2013	PPA Lahore	Role of psychologist in service of society.
17	31 Oct 2013	PPA Lahore	Role of psychologist in service of society.
18	24 may 2013	Fountain house Lahore.	11 <sup>th</sup> Muslim Council social Responsibilities of Psychologist in Pak
19	13 <sup>th</sup> Nov 2014	Quaid-e-Azam University Islamabad.	5 <sup>th</sup> International Conference of Education of Psychology.
20	13 <sup>th</sup> Nov 2014	Quaid-e-Azam University Islamabad.	5 <sup>th</sup> International Conference of Education.
21	2 -5 Sep 2014	LCWU	Active Citizens training of facilitators
22	8 <sup>th</sup> -19 <sup>th</sup> Sep 2014	Women Institute of Leadership, LCWU.	Development, Gender and representation and anthropological perspective.
23	27 march 2014	LCWU	Competent leadership from self

			to other a self to other.
24	10-12 <sup>th</sup> December	LCWU	Chairing an academic department effectively.
25	19-21 march 2015	International Conference of Psychology. (14 <sup>th</sup> ).	Role of Parenting styles in emotional adjustment and quality of life among young adolescents.
26	31 March 2015	LCWU	Teaching Creativity.
27	19-21 <sup>st</sup> March 2015	ICP	The current challenges for Psychology from crisis to sustainable solutions.
28	Jan-Feb 2015	LCWU	Indigenous on Campus training under HEC modern University Government of the Punjab.
29	19 <sup>TH</sup> -21 <sup>ST</sup> March	ICP	The current challenges for Psychology from crisis to sustain solution.
30	26 <sup>th</sup> to 28 <sup>th</sup> April 2017.	GCU Lahore.	Conference on health psychology issues and challenges.
31	9-10 <sup>th</sup> March 2017	UMT	1 <sup>ST</sup> International Conference certificate of oral/poster presentation
32	2 <sup>ND</sup> -4 <sup>TH</sup> Nov 2016	LCWU	Building knowledge competences for sustainable development in Asia achieving the goals of lifelong learning.
33	14-16 Nov 2016	LCWU	Global gender perspective.
34	1 <sup>st</sup> -2 <sup>nd</sup> Dec 2016	Quaid-e-Azam University NIR.	Psychology of gender in perspective issue and challenges.
35	9-10March, 2017	University of Management and Technology, Lahore	1st International conference on Clinical Psychology and the developing world: Issues, challenges and solutions
36	26-28 April, 2017	Psychology dept. GCU, Lahore Pakistan	International conference on health psychology: Issues and challenges
37	11-13 December, 2017	LCWU	Intetrnational Conference on Health and Wellbeing
38	16-17 March 2018	Institute of Clinical Psychology, UMT Lahore	Promoting Mental Health in Schools: A Way Forward

### **Computer Skills**

- MS Office, SPSS and MS Project

### **Memberships**

- Life membership of Pakistan Psychological Association, Pakistan
- Executive Member Academics Pakistan Psychological Association, Pakistan

### **Language Skills**

- Fluent in Urdu, English and Punjabi
- Conversant in French and Arabic

### **Interests**

- Traveling, reading, writing, numismatics and music

### **References**

- Available upon request