

EXECUTIVE SUMMARY

www.drsukoon.info

I have been working on several pioneering constructs within the philosophy and science of psychology. With an impressive array of qualifications including a PhD, an MPhil, and an MSc in Clinical Psychology, my portfolio is coupled with over 25 years of invaluable experience in research, teaching, and clinical practice. My work is labeled as 'Natural Psychology' which is the 'Sensory & Ultimate Knowledge On Observing Nature – SUKOON'. It is an enlightening approach that explores the intersection of the Quran and modern psychology. It differentiates Nature from Nurture and highlights the unequivocal importance of Nature in shaping lifelong psychosocial grooming and achieving optimal psychosocial health. I extracted profound insights on human psychology from the Quran and introduced the concept of four distinct selves, each characterized by a unique nature. Furthermore, I unveiled the existence of eight types of intelligence, unraveled the intricacies of behavior execution and free will, and delved into the realms of psychosocial health, wellness, and illness. My research journey also involves intelligential naturalization, selective sociality, a model of lifelong learning for educational excellence, and the identification of two previously unknown mental conditions: atimiaphobia and charismaphobia. Empowering clinicians and researchers alike, I have developed a comprehensive clinical framework for understanding, diagnosing, and treating psychosocial problems. My innovative approach has further led to the creation and validation of more than 30 new psychological scales, revolutionizing the assessment and measurement of various psychological phenomena. To delve deeper into my groundbreaking work and remarkable publications, I invite you to visit my engaging website and video channel.

Website: www.drsukoon.info YouTube Channel: <https://www.youtube.com/@DrSukoon>

ACADEMIC QUALIFICATION (DEGREES)

University of Peshawar, Pakistan

- Ph.D. Psychology with Research in Clinical Psychology
- M.Phil. Psychology with specialization in Clinical Psychology
- M.Sc. Psychology with specialization in Clinical Psychology
- B.A. with Psychology as major

RESEARCH PROFILES 72 papers published, 27 papers submitted, 5 books published, 15 studies in progress

Platform	ID	H-Index	i10-Index	Citations	Reviews
Clarivate Web of Science	A-8738-2018	9		216	228
Scopus	57112142400	9		223	
Google Scholar	Waqar Husain	17	28	952	
Research Gate	Waqar Husain	14		630	
ORCID	0000-0003-3047-1834				

ABILITIES

In connection to the professional potentials, following are some of my features revealed through a reliable psychological test:

- I am a bold & innovative thinker; self-confident; self-reliant; extremely independent; very strong willed; incisive; highly individualistic; masterful; steadfast and persevering; good at putting things into practice and able to bring things into manifestation.
- I learn rapidly; achieve the goals through willpower and organization; exercise authority with much courage; and act in a vigorous and organized manner.
- I have a dynamic personality; able to cut through illusion; a keen, piercing, and penetrating mind; dynamic intensity of thought; power to analyze and criticize; ability to stand alone; readiness to scale the heights; sense of discipline, and emotional control.
- My personality characteristics include decisiveness; fearlessness; obstinacy; pride; leadership and sense of command.

PERSONAL INFORMATION



Name: Waqar Husain
Father's Name: Sabir Husain
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Nationality: Pakistani
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PROFESSIONAL EXPERIENCE IN ACADEMIC INSTITUTIONS **14 years**

Tenured Associate Professor of Psychology **COMSATS University Islamabad, Islamabad, Pakistan**
(Mar. 2021 till date) Teaching different areas of Psychology and supervising research projects.

Assistant Professor of Psychology **COMSATS University Islamabad, Islamabad, Pakistan**
(Mar. 2015 till Mar. 2021) Teaching different areas of Psychology and supervising research projects

Head of Psychology Department **Foundation University, Islamabad, Pakistan**
(Jan.2014 till Mar. 2015) Teaching different areas of Psychology at undergraduate and post-graduate levels. Supervising scientific studies and projects. Overall management of the department including teaching methodologies and quality, research and projects, examinations, faculty’s performance, initiating new programs, preparation of budgets, etc.

Assistant Professor of Psychology / Program Manager **Foundation University, Islamabad, Pakistan**
(May.2013 till Jan. 2014) Teaching different areas of Psychology and supervising research projects

Assistant Professor of Psychology **Hazara University, Mansehra, Pakistan**
(Mar.2012 till Feb. 2013) Placement through Higher Education Commission Pakistan’s IPFP program for one year. Teaching different areas of Psychology at undergraduate and post-graduate levels. Supervising scientific studies and projects.

Psychology Teacher **Army Burn Hall College for Girls, Abbottabad, Pakistan**
(Oct. 2009 till Feb, 2012) Teaching different areas of Psychology at post-graduate level. Supervising researches and projects.

PROFESSIONAL EXPERIENCE IN HUMANITARIAN AGENCIES **12 years**

Founder & Executive Director **Sukoon**
(Nov.2006 till April, 2013) The overall management of the society and her activities (unpaid) including project management, proposal writing, financial planning and management, human resources management, coordination with prospective donors, stakeholders and beneficiaries, etc.

Executive Director **Sohni Dharti Development Foundation**
(Jan. 2008 till Sep. 2009) Planning and executing the funded community-based projects, hiring and managing human resources, reporting to the donors, organizing capacity building workshops for partner organizations, conducting field based surveys, etc.

Project Evaluator (External) **People in Need**
(Dec. 2008) Conducting the final evaluation of a UNICEF funded project on Psychosocial Assistance to the Earthquake Affected Population in Districts Bagh and Muzaffar Abad of Azad Jammu & Kashmir

Human Rights Analyst Assistant **European Union Election Observation Mission**
(Dec. 2007 till Feb. 2008) Conducting and reporting analysis of Human Rights related issues during the electoral process in Pakistan

Psychosocial Activities Coordinator **Terre Des Hommes**
(Mar. 2006 till Oct. 2006) The overall coordination of TDH and UNICEF funded Psychosocial Support project for the earthquake affected children of 35 villages of District Mansehra; supervising more than 250 project staff including Child Protection Coordinators, Child Protection Managers, Child Protection Monitors, Field Officers, etc.; handling of Project’s physical resources

Child Protection Program Manager **Terre Des Hommes**
(Nov. 2005 till Feb. 2006) The overall management of TDH funded Psychosocial Support project for the earthquake affected children of 35 villages of District Mansehra, Pakistan; supervising more than 200 project staff including Child Protection Coordinators, Child Protection Managers, Child Protection Monitors, Field Officers, etc. Designing and implementation of recreational activities / play therapy for disaster affected children

Child Protection Manager **International Rescue Committee**
(Oct. 2005 till Nov. 2005) The overall management of Child Friendly Spaces established for children affected by the earthquake

Protection Specialist **International Rescue Committee**
(Apr. 2004 till Sep. 2005) Monitoring and Integration of Protection principles in all the projects of IRC Pakistan; Capacity building of IRC Pakistan staff on Protection, Human Rights, Refugee Rights, etc. Mainstreaming Gender related elements in IRC’s projects

Project Manager **Ministry of Law, Justice and Human Rights / Save the Children**
(Jun. 2003 till Feb. 2004) The overall management of a project “Psychological Correction & Rehabilitation of Juvenile Delinquents in Haripur Prison” to provide the juvenile delinquents with basic education, applied skills and modifying their behaviors constructively

Counselor Information **Norwegian Refugee Council**
(May 2002 till Jan. 2003) Providing counseling sessions to Afghan Refugees on Relocation and Repatriation related issues

Field Clerk **United Nations High Commission for Refugees**
(April, May 2002) Providing administrative and technical assistance to Afghan Refugees in Relocation and Repatriation

Psychologist **Ministry of Law, Justice and Human Rights / International Labor Organization**
(Sep. 2000 till Apr. 2002) Psychological Correction & Rehabilitation of Juvenile Delinquents; Psychological Assessment; Psychotherapies; Counseling; Behavior Modification, etc.

PROFESSIONAL EXPERIENCE IN PSYCHOTHERAPEUTIC PRACTICE **20 years**

Psychotherapist **Private Practice**
(Sep. 1998 till date) I have developed a new psychosocial approach (SUKOON; www.dr.sukoon.info) for prevention and response to psychosocial problems. I have been providing psychotherapeutic interventions to the mentally ill and psychologically disturbed since 20 years.

SINGLE AUTHOR

1. Waqar Husain. (2024). The Quranic perspective on psychopathology and psychotherapy: a comprehensive guide for psychotherapists of Islamic world. *International Journal of Islamic Psychology*, 7, 29-57. <https://journal.iamphome.org/index.php/IJIP/article/view/58>
2. Waqar Husain. (2022). It's time to translate the Quranic words, Nafs & Qalb as referring to Mind & Intelligence. *ISLĀMIYYĀT - The International Journal of Islamic Studies*, 44(2), 77-95. <https://doi.org/10.17576/islamiyyat-2022-4402-06>
3. Waqar Husain. (2021). Components of psychosocial health, *Health Education*, 122(4), 387-401. <https://doi.org/10.1108/HE-05-2021-0084>
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6. Waqar Husain. (2018). Prevalent tendencies for mental disorders in Pakistan. *Clinica y Salud*, 29(1), 34-38. DOI: <https://doi.org/10.5093/clysa2018a6>
7. Waqar Husain. (2019). Barriers in seeking psychological help: public perception in Pakistan. *Community Mental Health Journal*, 56(1), 75-78. DOI: <https://doi.org/10.1007/s10597-019-00464-y>
8. Waqar Husain. (2020). Depression, anxiety, and stress among urban and rural police officers. *Journal of Police and Criminal Psychology*, 35(4), 443-447. <https://doi.org/10.1007/s11896-019-09358-x>
9. Waqar Husain. (2019). The psychosocial variations in grieving parental and spousal death. *Journal of Loss and Trauma*, 25(1), 99-104. DOI: <https://doi.org/10.1080/15325024.2019.1645926>
10. Waqar Husain. (2020). The levels of perceived emotional abuse among Pakistani husbands and wives. *Global Drugs and Therapeutics*, 1 (1), 1-3. <http://dx.doi.org/10.31487/j.GDT.2020.01.05>
11. Waqar Husain. (2014) Depression, anxiety and stress among junior and senior police officers. *Academic Research International* (5)3, 239-244. [http://www.savap.org.pk/journals/ARInt./Vol.5\(3\)/2014\(5.3-27\).pdf](http://www.savap.org.pk/journals/ARInt./Vol.5(3)/2014(5.3-27).pdf)
12. Waqar Husain. (2014). The levels of depression, anxiety and stress in police officers. *Academic Research International* (5)4, 458-465 [http://www.savap.org.pk/journals/ARInt./Vol.5\(4\)/2014\(5.4-46\).pdf](http://www.savap.org.pk/journals/ARInt./Vol.5(4)/2014(5.4-46).pdf)

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14. Waqar Husain, Bushra Parveen, Haitham Jahrami, Achraf Ammar, & Khaled Trabelsi. (2024). The predictive role of religious beliefs, psychosocial illness, and fear of aging on death anxiety among Christians and Muslims. *Pastoral Psychology*. <https://doi.org/10.1007/s11089-024-01159-2>
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17. Waqar Husain & Maha Nasir Malik. (2024). The gender-specific dynamics of charismaphobia in relation to body-esteem and self-esteem: implications for cosmetic and psycho-dermatology. *Journal of Skin and Stem Cell*, 11(2), e145103. <https://doi.org/10.5812/jssc-145103>.
18. Waqar Husain, Marwa Zulfiqar, & Javeria Khaliq. (2024). Love, sex, respect, and physical attractiveness in marital satisfaction and remarriage: a comparison between monogamous and polygynous marriages. *Interpersona: An International Journal on Personal Relationships*. <https://doi.org/10.23668/psycharchives.14125>
19. Waqar Husain, Tooba Nasir, Muhammad Ahmad Husain, & Farrukh Ijaz. (2024). The perception of feminism and the inclination for empowerment among educated Muslim women from Pakistan. *Middle East Journal of Islamic Studies and Culture*, 4(1), 11-19 https://kspublisher.com/media/articles/MEJISC_41_11-19.pdf
20. Waqar Husain, Yasmin Almashouk, & Haitham Jahrami. (2024). Integrating Psychological Care in Sports Injury Rehabilitation: A Comprehensive Mini-Review. *Tunisian Journal of Sports Science and Medicine*, 2(1), 14-20. <https://tunisportscimed.com/index.php/tjssm/article/view/11>
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22. Waqar Husain, Farrukh Ijaz, Muhammad Ahmad Husain, Marwa Zulfiqar, & Javeria Khalique. (2024). Simplifying the understanding and measurement of mental disorders thru a comprehensive framework of psychosocial health. *OBM Integrative and Complementary Medicine*, 9(1), 011. <http://dx.doi.org/10.21926/obm.icm.2401011>
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24. Waqar Husain, Samia Wasif, & Insha Fatima. (2023). Profanity as a self-defense mechanism and an outlet for emotional catharsis in stress, anxiety, and depression. *Depression Research and Treatment*, 15, 3901-3913. <https://doi.org/10.1155/2023/8821517>
25. Waqar Husain, Shakeela Ibrahim, & Sadia Mushtaq. (2023). The relationship between mother-in-law and daughter-in-law: An Eastern perspective. *Pakistan Journal of Social Research*, 5(2), 1027-1036. <https://doi.org/10.52567/pjsr.v5i02.1215>
26. Waqar Husain, Pakeeza Majeed, Farrukh Ijaz, Muhammad Ahmad Husain. (2023). The predictive role of Big-5 Personality Traits and Psychosocial Health in Marital Readiness. *Journal of Internal Medicine: Science & Art*, 4, 11-18. <https://doi.org/10.36013/jimsa.v4i.116>
27. Waqar Husain, Nashia Ahmed, & Rida-e-Fatima. (2023). The actual and the desired verbal and non-verbal sexually assertive communication between married couples from a collectivistic Muslim culture. *Family Journal*. <https://doi.org/10.1177/10664807231157033>
28. Waqar Husain, Kainat Shams, Afsheen Behram, Resham Tahir, & Samha Rafique. (2023). Paternal and maternal love for married and unmarried sons and daughters. *Families, Relationships and Societies*. <https://doi.org/10.1332/204674321X16895779405910>
29. Waqar Husain, Fayyaz Ahmed Faize, Javaria Urooj, & Rabia Tariq. (2023). Beyond the grades: measuring teacher's efficacy for the psychosocial grooming of students. *Open Praxes*, 15(1), 60-72. <https://doi.org/10.55982/openpraxis.15.1.540>
30. Waqar Husain, Neha Zahid, Areej Jehanzeb, & Momina Mehmood. (2022). The psychodermatological role of cosmetic-dermatologists and beauticians in addressing charismaphobia and related mental disorders. *Journal of Cosmetic Dermatology*, 21(4), 1712-1720. <https://doi.org/10.1111/jocd.14317>
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35. Waqar Husain & Fatima Rooh-e-Zainab. (2022). Construction and initial structure of Sexual Dysfunctions Tendencies Measure. *Journal of Psychological Research*, 4(3), 4798. <https://doi.org/10.30564/jpr.v4i3.4798>
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37. Waqar Husain, Muhammad Ahmad Husain, & Farrukh Ijaz. (2022). The sufferings of abuse, depression, and anxiety among female domestic workers: clinical interviews with 250 housemaids from Pakistan. *International Journal of Psychiatry Research*, 4(2): 17-21 <https://doi.org/10.33545/26648962.2022.v4.i2a.50>
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39. Waqar Husain & Sehrish Mobeen. (2021). The relationship between IT use and aggression in Pakistani youth. *Archives of Psychiatry & Mental Health*, 5(1), 022-024. <https://www.heighpubs.org/hjcap/apmh-aid1031.php>
40. Waqar Husain, Kiren Zahoor, & Farrukh Ijaz. (2021). The levels of joy in Muslims' celebrations: a comparison between Eid and weddings. *El Harakah Jurnal Budaya Islam*, 23(2), 219-237. DOI: <http://dx.doi.org/10.18860/eh.v23i2.14084>
41. Waqar Husain & Fayyaz Ahmad Faize. (2020). Public awareness of psychological problems in Pakistan. *Mental Health Review Journal*, 25(1), 35-45. <https://doi.org/10.1108/MHRJ-09-2019-0033>
42. Waqar Husain & Mibarrah Imran. (2020). Infertility: as seen by the infertile couples from a collectivistic culture. *Journal of Community Psychology*. 49(2), 354-360. <https://doi.org/10.1002/jcop.22463>
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45. Waqar Husain & Umme Furwah. (2020). The role of gender in personality disorders. *Journal of Clinical Neurology, Neurosurgery and Spine*, 3(1), 125. <https://scientificliterature.org/Neurology/Neurology-20-125.pdf>

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51. Waqar Husain & Neelum Aziz. (2014). The levels of body esteem among veiled and unveiled women. *FWU Journal of Social Sciences*. (8)1, 46-49. <http://sbbwu.edu.pk/journal/FWU Journal Summer2014,Vol.8,No.1/7 The levels of body esteem among veiled and unveiled women - revised.pdf>
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54. Waqar Husain & Rahat Sajjad. (2012). Depression, anxiety and stress among married and unmarried police officers. *FWU Journal of Social Sciences* (6)1, 43-47.

COLLABORATOR

55. Haitham Jahrami, Amir H. Pakpour, Waqar Husain, Achraf Ammar, Zahra Saif, Ali Husain Alsalman, Adel Aloffi, Khaled Trabelsi, Seithikurippu R. Pandi-Perumal, & Michael V. Vitiello. (2024). How accurately can supervised machine learning model predict a targeted psychiatric disorder? *BMC Psychiatry* 24, 691. <https://doi.org/10.1186/s12888-024-06152-w>
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73. Theory of hybrid behavior: an explanation to behavioral mechanics thru natural, nurtural, and supernatural agents involved in the execution of human behavior
74. Theory of sinful majority: the Quranic condemnation of cultural conditioning
75. Atimiophobia: The undiscovered burden of honor cultures and shame societies on mental health
76. Queens or captives? The psychosocial dynamics of women's autonomy and disempowerment
77. Avoid and Rule: selective sociality as a psychosocial skill for enhancing psychosocial health in a digitally socialized world
78. Success State Scale: an objective measure for evaluating the current state of psychosocial success in a multidimensional mode
79. Behind body shaming and colorism: unveiling the psychosocial variations through body shapes and skin tones
80. Craving for touch: a comparison of received and desired touch from family and friends
81. Development and validation of Believers' Death Anxiety Scale: integrating religious dimensions into death anxiety assessment
82. Development and validation of Sukoon Religious, Moral, and Spiritual Intelligence Scale
83. Development and validation of a rapid and robust measure for sexual, emotional, social, moral, and spiritual satisfaction with life
84. Development and Validation of the Women's Autonomy Scale for Measuring Psychosocial Freedom from Conventional Gender Roles
85. Education without aptitude: compatibility between RIASEC vocational personalities and career interests of Pakistani university students
86. Infidelity in Pakistan: trends and suggestions
87. Prevalence and measurement of criminal tendencies among Pakistani prisoners and general population
88. Public perception on the major issues of Pakistan
89. Sexual frustration: an under-researched issue of emerging adults who are culturally deprived of sexual encounters
90. Sexual orientation of married and unmarried Muslim women from a collectivistic culture
91. The ideal features of physical attractiveness for different relations
92. The levels of psychosocial health, satisfaction with life, and personal growth initiative among women in Pakistani shelter homes: comparisons with women in general
93. The predictive role of personality disorders and personality traits in death anxiety
94. Development and Validation of the Profanity Scale: the first ever instrument to measure the habit of using profane language in daily communication
95. The role of gender, age, and education in being hopeful toward personal, social and professional domains of life
96. The role of household chores in marital satisfaction and psychosocial health of Muslim housewives from a collectivistic culture
97. The role of pornography and social media consumption in the prevalence and nature of sexual fantasies among unmarried, engaged, and married population from a collectivistic culture

98. The subjective measurement of marital satisfaction
99. Thinking positively after being raped: hints for therapists dealing with rape survivors
100. Unveiling the sex life of housewives from a collectivistic Muslim culture

RESEARCH PROJECTS IN PROGRESS:

101. Daddy's princess: Marital satisfaction of the fatherly husbands and daughterly wives
102. Environmental Intelligence Scale
103. Intelligential Naturalization. The role of intelligence in psychosocial health and psychosocial illness
104. Pleasure Scale
105. Professional brotherhood and social support among different professional communities
106. Professional Excellence Scale
107. Psycho-religious Beliefs Scale
108. Psychosocial Personality Inventory
109. Romantic Readiness: The measurement of romantic initiation and romantic permissiveness toward committed partner and attractive stranger
110. Sukoon Cognitive Intelligence Scale
111. The ideal attributes of orthodox South-East Asian lovers: content analysis of Indian and Pakistani songs
112. The mishmash of culture and Islam
113. The relationship of marital satisfaction with character strengths
114. The role of parental love in sexual health, sexual intelligence, sexual frustration, and romantic readiness
115. Translation and validation of Psychosocial Health Evaluator

PUBLICATIONS (BOOKS)

5 published

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2. International Rescue Committee Pakistan. (2005). *Pyam-e-Nijat*: Peshawar: Print Man.
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EDITOR* / REVIEWER IN JOURNALS

SAGE:

- Clinical Medicine Insights: Psychiatry
- Criminal Justice Review
- Culture and Psychology
- Journal of Applied Social Science
- Journal of Psychosexual Health
- Personality and Social Psychology Bulletin
- Police Quarterly
- Psychological Reports
- Sage Open *
- Sexual Abuse
- Transcultural Psychiatry

TAYLOR & FRANCIS:

- Asian Journal of Women Studies
- Atlantic Journal of Communication
- British Journal of Guidance & Counselling
- Counselling Psychology Quarterly
- International Journal of Sexual Health
- Marriage & Family Review
- Psychology and Health

SPRINGER:

- Administration and Policy in Mental Health and
- Archives of Dermatological Research
- Community Mental Health Journal
- Dermatology and Therapy
- Integrative Psychological and Behavioral Science
- International Journal for Educational & Vocational Guidance
- Journal of Contemporary Psychotherapy
- Mental Health Services Research
- Scientific Reports
- Sexuality Research and Social Policy

PLOS:

- PLOS Global Public Health

ELSEVIER:

- Current Research in Behavioral Sciences

EMERALD:

- Journal of Criminal Psychology
- Mental Health Review Journal

APA:

- International Perspectives in Psychology: Research, Practice, Consultation
- Journal of Psychotherapy Integration

BMC:

- BMC Psychology
- BMC Public Health
- BMC Research Notes

WILEY:

- Child & Family Social Work
- Family Process
- Family Relations
- International Social Sciences Journal
- Journal of Community Psychology
- Performance Improvement Quarterly
- Sociological Inquiry

FRONTIERS:

- Frontiers in Psychology
- Frontiers in Public Health

OTHERS:

- Advance in Research
- Advances in Public Health
- African Journal of Reproductive Health
- ANALES DE PSICOLOGIA / Annals of Psychology
- Archives of Current Research International
- Asian Journal of Advances in Medical Science
- Asian Journal of Advances in Research
- Asian Journal of Education and Social Studies
- Asian Journal of Medicine and Health
- Asian Journal of Probability and Statistics
- Asian Journal of Research in Medical and Pharmaceutical Sciences
- Asian Research Journal of Arts and Social Sciences
- Environment and Social Psychology
- International Journal of Medical & Pharmaceutical Case Reports
- International Journal of Tropical Disease & Health
- International Neuropsychiatric Disease Journal
- Journal for Educators, Teachers, and Trainers
- Journal of advances in medicine
- Journal of Education, Society and Behavioural Science
- Journal of Evidence based Psychotherapies
- Journal of Global Research in Education
- Journal of Humanities & Social Sciences
- Journal of Medicine & Health Research
- Journal of Medicine & Medical Research
- Journal of Pharmaceutical Research International
- Psychological Research & Behavior Management
- Universa Medicina
- Uttar Pradesh Journal of Zoology

CUMMUNITY SERVICES

Apart from offering different psychotherapeutic interventions as a clinician; I offer the following services to the public free of charge:

- *Sukoon Marital Adjustment Analysis & Uplift*: marital testing and counseling to couples to avoid maladjustment
- *Sukoon Poverty Alleviation Therapy*: vocational guidance to the poor families to uplift their socio-economic status
- *Sukoon Faith Healing*: spiritual healing to the believers in all faiths and religions
- *Awareness Raising on Mental Health*: information dissemination through website, flyers, workshops, seminars, etc.

(Appropriate references may be furnished on demand)

CV updated on October 16, 2024