DR. SIDRA ALI

Assistant Professor | Human Development and Family Studies

College of Home Economics, University of Peshawar, Pakistan

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ACADEMIC PROFILE

Dr. Sidra Ali is an academician and researcher in Human Development and Family Studies with a Ph.D. from the College of Home Economics, University of Peshawar. She has extensive experience in undergraduate and postgraduate teaching, student supervision, academic coordination, curriculum and assessment, and university-level academic administration. Her research and scholarly work focuses on human development, family and parenting, adolescent well-being, disability and inclusion, and the psychosocial well-being of families of children with Down syndrome. She has also contributed to academic and community-oriented initiatives through professional training, awareness programs, conferences, and educational activities.

ACADEMIC APPOINTMENTS

Assistant Professor / Lecturer – College of Home Economics, University of Peshawar | February 2008 – Present

- Teach undergraduate and postgraduate courses using student-centered and research-informed approaches.
- Develop syllabi, lesson plans, assessment tools, and course materials in accordance with departmental and HEC guidelines.
- Supervise undergraduate and postgraduate research and provide academic mentoring and critical feedback.
- Contribute to curriculum development, academic planning, examinations, seminars, workshops, and student academic activities.
- Serve on departmental academic and administrative committees, including admission, examination, discipline, and curriculum review.
- Support academic documentation, reporting, event coordination, and student development activities.

Lecturer (Ad hoc Appointment) – College of Home Economics, University of Peshawar | September 2007 – February 2011

- Delivered lectures in core subject areas and contributed to examinations, curriculum activities, and departmental administration.
- Supported academic calendar planning, examination invigilation, and student mentoring.

Publication Intern – International Rescue Committee (IRC), Peshawar | May 2007 – September 2007

- Researched, compiled, and authored a 30-page publication commemorating 15 years of IRC/FEP educational services for Afghan refugee children.
- Collaborated with field teams to collect and synthesize qualitative and quantitative information and supported editorial production.

EDUCATION

Degree	Field	Institution	Year
Ph.D.	Human Development and Family Studies	College of Home Economics, University of Peshawar	2024
M.Phil.	Human Development and Family Studies	College of Home Economics, University of Peshawar	2018
M.Sc.	Home Economics	College of Home Economics, University of Peshawar	2006
B.Sc.	Home Economics	College of Home Economics, University of Peshawar	2004

RESEARCH INTERESTS

- Human Development and Lifespan Development
- Family Studies and Parenting
- Child and Adolescent Development
- Mental Health and Psychosocial Well-Being
- Disability, Inclusion and Special Needs
- Early Childhood Development and Early Intervention
- Family Well-Being, Parental Stress and Coping
- Gender, Education and Social Development
- Child and Family Health
- Social and Emotional Development

RESEARCH PUBLICATIONS

1. **Parenting Styles and Adolescent Mental Health in Peshawar: A Cross-Sectional Study**

   Competitive Research Journal Archive | Vol. 3, No. 04 (2025), Oct–Dec 2025
   https://thecrja.com/index.php/Journal/article/view/185

2. **Understanding the Cognitive Foundations of Achievement: The Role of Intelligence in Adolescent Learning**

   Competitive Research Journal Archive | Vol. 3, No. 04 (2025), Oct–Dec 2025
   https://thecrja.com/index.php/Journal/article/view/197

3. **Camouflaged Pain: Adolescent Mental Distress Interwoven with Age and Gender Expectations**

   The Journal of Research Review | Vol. 2, No. 03 (2025), July–Sept 2025
   https://thejrr.com/index.php/39/article/view/175/220

4. **Exploring the Psychological and Social Determinants of Youth Distress and Risk of Self-Harm: The Role of Parental Expectations, Gender, Aesthetic Sensitivity, and Protective Factors in a Pakistani Context**

   Competitive Research Journal Archive | Vol. 3, No. 03 (2025), July–Sept 2025
   https://thecrja.com/index.php/Journal/article/view/159/186

5. **Unrealistic Hopes, Unspoken Despair: Investigating the Role of Parental Expectations in Suicidal Ideation Among Pakistani Adolescents**

   Competitive Research Journal Archive | Vol. 3, No. 02 (2025), 25 July 2025
   https://thecrja.com/index.php/Journal/article/view/148

6. **Mughal Miniature Paintings' Decorative Elements: An Analysis of Border Compositions**

   The Journal of Research Review | Vol. 2, No. 02 (2025), 4 July 2025
   https://thejrr.com/index.php/39/article/view/162

7. **Role of Emotional Intelligence in Achieving Work-Life Balance and Enhancing Job Performance: Insights from Female Principals**

   Journal of Asian Development Studies | Vol. 14, Issue 2 (2025), June 2025
   https://doi.org/10.62345/

8. **Coping Strategies and Parental Stress among Parents of Children with Down Syndrome: Gender, Employment, and the Potential Role of Art**

   Sociology & Cultural Research Review (SCRR) | Vol. 03, No. 02 (2025), April–June 2025
   https://scrrjournal.com/index.php/14/article/view/373/459

9. **Examining the Psychological Impact of the Micro Ceramic Industry on Consumer Behavior**

   Pakistan Heritage | Vol. 16 (2025)

10. **Understanding the Role of Emotions and Art in Online Shopping Among Young Women in Pakistan**

    The Journal of Research Review | Vol. 1, No. 04 (2024), Oct–Dec 2024
    https://thejrr.com/index.php/39/article/view/194/237

11. **Lived Experiences of Women Who Have Recovered from Postpartum Psychosis: A Phenomenological Study**

    BMC Journal of Medical Sciences | Vol. 5, No. 2 (2024), 25 December 2024
    https://doi.org/10.70905/bmcj.05.02.0408

12. **Mughal Realities: A Thematic Study of Baswan's Portraits in Decoding Akbar's Era with Psychological Perspective**

    Remittances Review | Vol. 9, No. 3 (2024), 7 June 2024,
    https://remittancesreview.com/menuscript/index.php/remittances/article/view/2787

13. **Symbolic Use of Animals in Mughal Miniature Paintings: An Analysis**

    International Journal of Human and Society (IJHS) | Vol. 4, No. 3 (2024), 29 August 2024,
    https://ijhs.com.pk/index.php/ijhs/article/view/716

14. **The Interrelationship of Work-Life Balance to Enhance Job Performance; A Case Study of Female Principals in Education Sector of District Charsadda, Khyber Pakhtunkhwa Pakistan**

Migration Letters | Vol. 21, No. S14 (2024), 5 September 2024
https://migrationletters.com/index.php/ml/article/view/11610

15. **Exploring the Impact of Interventions on the Psychological Well-being of Parents of Children with Down Syndrome in Khyber Pakhtunkhwa, Pakistan**
Journal of Ayub Medical College Abbottabad | Vol. 36, No. 1 (2024), 14 February 2024
https://doi.org/10.55519/jamc-01-12897

16. **Influence of Early Inclusion and Parental Employment on Stress and Coping Among Families of Children with Down Syndrome in Khyber Pakhtunkhwa: A Cross-Sectional Study**
International Journal of Human and Society (IJHS) | Vol. 3, No. 4 (2023), Oct–Dec 2023, https://ijhs.com.pk/index.php/IJHS/article/view/878

ACADEMIC AND ADMINISTRATIVE SERVICE

- **Graduate Studies Advisor (M.Phil. & Ph.D.)**, College of Home Economics, University of Peshawar — **November 2025–Present**

- **In-Charge, Early Childhood Care and Education Center**, College of Home Economics, University of Peshawar

- **Student and Family Counselor**, particularly in the areas of student development, family support, early childhood care and education, and related developmental concerns

- **Workshop/Seminar Resource Person & Speaker**, contributing to academic, professional-development, student-support, family, and early-childhood-related seminars and workshop

INTERNATIONAL ENGAGEMENT

Experience America – Cultural and Academic Exchange Program, United States of America | 30 August – 24 October 2010

- Selected as a cultural and academic representative of Pakistan for a two-month U.S.-based program focused on educational exchange and community development.
- Participated in cross-cultural activities, leadership sessions, and institutional visits promoting global understanding and intercultural collaboration.

AWARDS AND RECOGNITION

- Star Laureate Award, 2007 – recognized for contributions to education and the promotion of gender equality in academic settings.
- 3rd Position, Academic Excellence, 2004.

Excellence in Public Speaking and Academic Event Presentation, College of Home Economics, University of Peshawar (2003)

PROFESSIONAL DEVELOPMENT, TRAINING AND WORKSHOPS

- Master Trainers Faculty Development Program (Advanced Communication Skills), Higher Education Commission, Regional Centre Lahore, 21–25 June 2010.

- Five-Day Training Course on Planning and Management of Rural Development Projects, Pakistan Academy for Rural Development, 4–8 August 2017.
- Workshop on Project Proposal/PC-1 and Project Cycle Management, HEC Islamabad, 15–20 December 2008.
- Faculty Professional Development Program, HEC Islamabad, 18 March–30 April 2008.
- Statistics Training, University of Peshawar, 2011.
- English Language Teaching Reforms Phase-II, HEC, May 2011.
- Early Childhood Care and Education Workshop, Children Global Network Pakistan, 23–25 September 2019.
- Counseling and Rehabilitation of Disabled People workshops, University of Peshawar, 2014–2015.
- Capacity Building for Active Citizens, British Council Pakistan and Institute of Social Work, University of Peshawar, 28 November–1 December 2011.
- Training and awareness programs related to mother and child immunization, oral health, nutrition in emergencies, neurotrauma, and gender-based violence.

ACADEMIC, COMMUNITY AND PROFESSIONAL ENGAGEMENT

- Organizer and speaker, 1st Annual Khyber Pakhtunkhwa Women Conference, Khyber Pakhtunkhwa Commission on the Status of Women, 22–23 August 2022.
- Member, Autism Society, Khyber Pakhtunkhwa, 2022.
- Organizer, Mass Awareness Against Drug Abuse Workshop, University of Peshawar, 2017.
- Organizer, Annual Mega Science Event Quiz Competition, University of Peshawar, 2019.
- Resource Person, Nursery School Summer Camp, College of Home Economics, 2010.
- Participation in community and university awareness initiatives concerning disability, health, education, women's empowerment, and child development.

SKILLS AND ACADEMIC COMPETENCIES

- Teaching and curriculum development
- Research design, academic writing, and publication
- Postgraduate supervision and student mentoring
- Academic coordination and administration
- SPSS and quantitative research support
- MS Word, Excel, and PowerPoint
- Communication, presentation, and event coordination
- Community engagement and interdisciplinary collaboration

LANGUAGES

- Pashto – Mother tongue; speaking and reading
- Urdu – Speaking, writing and reading
- English – Speaking, writing and reading