



تعلیم سے کاروبار تک
Education to Entrepreneurship

Contribution of GIFT School of Art & Social Sciences to Women's Empowerment

(Through Interdisciplinary Research in Psychology, English, and Islamic Studies)

The **GIFT School of Art & Social Sciences** actively contributes to women's empowerment through **research, supervision, and intervention-based studies** conducted across its academic programs.

These contributions primarily support the following **UN Sustainable Development Goals (SDGs)**:

- **SDG 3 Good Health and Well-Being**
- **SDG 4 Quality Education**
- **SDG 5 Gender Equality**
- **SDG 10 Reduced Inequalities**

1. Psychology Program

Promoting Women's Mental Health, Well-Being, and Clinical Interventions

The **Psychology program** at GIFT School of Art & Social Sciences has produced extensive research addressing women's mental health, maternal health, gender violence prevention, and therapeutic interventions.

Women's Mental Health and Well-Being

Thesis Title	Supervisor	SDG Alignment
Cognitive Distortions, Sexual Desires and Mental Well-being in Female Prisoners	Dr. Sana Rehman	SDG 3, SDG 10
Effects of Premenstrual Syndrome on Psychological Distress with Social Support	Hira Fatima	SDG 3, SDG 5
Postpartum Depression and its Association with Social Support	Tayyab Habib	SDG 3, SDG 5
Relationship of Body Shaming with Insomnia and Depression among Female University Students	Mr. Tayyab Habib	SDG 3, SDG 5
Impact of Body Image on Life Satisfaction among Overweight and Underweight Females	Ms. Habiba Tariq	SDG 3, SDG 5
Ruminative Brooding Mediates the Association between Self-Objectification and Psychological Distress among Early Adults	Hira Fatima	SDG 3

Women's Health and Therapeutic Interventions

Thesis Title	Supervisor	SDG Alignment
Evaluating the Effectiveness of Eye Movement Desensitization and Reprocessing (EMDR) in Treating Women with Cancer	Dr. Ume-Laila	SDG 3
The Potential of Art Therapy as a Holistic Mental Health Intervention among Ovarian Cancer Patients in Pakistan	Dr. Ume-Laila	SDG 3
Impact of Postpartum Pain and Delivery Method on Quality of Life and Mother-Infant Bonding	Dr. Umi-Lela	SDG 3, SDG 5

Family, Work and Social Roles of Women

Thesis Title	Supervisor	SDG Alignment
Work-Family Conflict, Marital Adjustment and Mental Health in Working Married Women	Dr. Sana Rehman	SDG 5
Problem-Solving Skills and the Impact of Work and Family Spillover on Psychological Well-Being in Pakistani Working Married Women	Dr. Ume-Laila	SDG 5
Quality of Life and Psychological Well-Being of Divorced Persons	Dr. Muhammad Asir Ajmal	SDG 3

Gender Equality and Women's Rights

Thesis Title	Supervisor	SDG Alignment
Empowering University Students to Prevent Gender-Based Violence: An Action Research Study	Dr. Ume-Laila	SDG 5
Dowry and its Effects on Subjective Well-Being in Lower Caste Women	Dr. Asir Ajmal	SDG 5, SDG 10
Dominance and Self-Esteem in Husbands: Roles of Wives' Working Status	Fizza Noor	SDG 5
Gender Identity Formation in Transgender and Gender-Diverse Adults	Dr. Sana Rehman	SDG 5, SDG 10
Gender Role Conflicts on Psychosocial Well-Being of Married Girls in Joint Families	Sir Daud Afzal	SDG 5

Girls' Education and Youth Empowerment

Thesis Title	Supervisor	SDG Alignment
Academic Stress and Career Decision-Making Difficulties in Final-Year University Students	Faiza Khalid	SDG 4
Effect of Savoring on Resilience in Adolescents: Mediating Role of Mother-Daughter Relationship	Saba Sajjad	SDG 3, SDG 5
Spiritual Intelligence and Life Satisfaction among Madrassa Females	Tayyab Habib	SDG 4, SDG 5
The Impact of Teacher's Empathy on Students' Self-Compassion: An Evidence-Based Intervention Study	Dr. Ume-Laila	SDG 4, SDG 3

Contribution of English Program

Women Empowerment & Development Research

1. Feminist Literary Analysis & Women's Agency

(SDG 5 – Gender Equality, SDG 4 – Quality Education)

Thesis Title	Student	Supervisor
A Post-Feministic Study of Shaw's <i>Mrs. Warren's Profession</i>	Maham Insha Cheema	Dr. Babar Jamil
Double Oppression and Third-World Women: A Feminist Study of Ngugi's <i>Petals of Blood</i>	Hafiza Sana Khalid	Dr. Muhammad Babar Jamil

Thesis Title	Student	Supervisor
Existentialist Feminist Analysis of Virginia Woolf	Anwaar Ul Hassan	Mr. Hebron Rafiq
Female Struggle for Emancipation in Ama Ata Aidoo's <i>Anowa</i>	Noureen Sana Ullah	Syed Hussain Irtqa
Feminine Resistance Narrative: <i>I Am Malala</i> and <i>Nujeen</i>	Rabia Iram	Dr. Muhammad Ajmal Khan
Feminine Response to Colonial Enterprise in <i>Nervous Conditions</i>	Quratulain Rashid	Dr. Khair Muhammad Larik
Nathaniel Hawthorne's <i>The Scarlet Letter</i> : A Feminist Critique	Subreena Ahsan	Dr. Khair Muhammad Larik
Post-Colonial Feminist Study of Bapsi Sidhwa's <i>The Pakistani Bride</i>	Talib Hussain	Dr. Taimur Kayani

2. Representation of Women in Literature & Media

(SDG 5 – Gender Equality, SDG 10 – Reduced Inequalities)

Thesis Title	Student	Supervisor
Angel or Demon: Analysis of Dickens's Ideal Woman	Saadia Nawaz	Dr. Saqib Mehmood Goraiya
Investigating Women Portrayal in Pakistani TV Drama <i>Sar-e-Rah</i>	Muskan Iqbal	Dr. Mudassar Jahan
Representation of Patriarchal Consciousness in <i>The Pearl That Broke Its Shell</i>	Amir Sajjad	Dr. Khair Muhammad Larik
Literary Representation of Nursing Profession in <i>Our Lady of Alice Bhatti</i>	Rabia Naseer	Dr. Khair Muhammad Larik
Feminine Objectification and Coping Strategies in <i>Our Lady of Alice Bhatti</i>	Iqra Mughal	Dr. Muhammad Ajmal Khan
Misandry in Vijay Tendulkar's <i>Kamala</i>	Afza Sabir	—

3. Gender Discourse, Identity & Cultural Narratives

(SDG 5 – Gender Equality, SDG 16 – Inclusive Societies)

Thesis Title	Student	Supervisor
Gender and Power in Muhammad Hanif’s Fiction	Ahmad Nawaz Cheema	Salman Rafique
Gender as Performance in Brecht’s <i>The Good Person of Szechwan</i>	Muhammad Awais	Ms. Komal Nazir
Gendered Identities in Urdu & Punjabi Proverbs	Rafia Asghar	Dr. Surriya Shaffi Mir
Exploring Identity and Social Constructs in Umaira Ahmad’s Writings	Asma Abdurehman	Dr. M Ajmal Khan
Subversion of Traditional Feminine Stereotypes in <i>Exit West</i>	Mariam Mubarik	Dr. Taimur Kayani
Unveiling the Female Protagonist in <i>The Weary Generations</i>	Dania Parveen	Dr. Taimur Kayani

4. Women, Society & Education

(SDG 4 – Quality Education, SDG 5 – Gender Equality)

Thesis Title	Student	Supervisor
Attitudes of Pakistani Female Students Towards Socio-Cultural Roles of English	Sidra Nazir	Dr. Muhammad Islam
Sociocultural Importance of English for Female Students in Gujranwala	Fatima Zain	Dr. Surriya Shaffi Mir

5. Women in Literary Discourse & Language Studies

(SDG 5 – Gender Equality, SDG 4 – Education)

Thesis Title	Student	Supervisor
Dialogue as Discourse in Caryl Churchill's <i>Top Girls</i>	Samra Iqbal	Mr. Salman Rafique
Feminist Post-Structuralist Discourse Analysis of <i>Hedda Gabler</i>	Ammara Sabohi	Muhammad Iqbal Butt
Feministic Concerns in <i>Top Girls</i>	Saira Maryam	Salman Rafiq

1. Legal Perspectives on Women's Rights

- **Thesis Title:** پاکستان میں حقوق نسواں پر قانون سازی کے اثرات
Call No: 297 AHS-P-MP-IS
Student's Name: محمد احسان الہی
Supervisor: Hafiz Muhammad Ammar Khan Nasir
- **Thesis Title:** پاکستان میں حقوق نسواں پر قانون سازی کے اثرات: تجزیاتی مطالعہ
Call No: 297 IHS-P-MP-IS
Student's Name: محمد احسان الہی
Supervisor: محمد عمار خان ناصر

2. Role and Status of Women in Islam

- **Thesis Title:** اسلام میں عورت کا مقام اور پاکستانی برقی ذرائع ابلاغ...تجزیاتی مطالعہ
Call No: 297 AMI-A-MP-IS
Student's Name: عامر مشتاق
Supervisor: پروفیسر ڈاکٹر حافظ محمود اختر
- **Thesis Title:** احاد پٹ نیویہ میں تزکرہ خواتین: دروس و عبر
Call No: 297 ASM-A-MP-IS
Student's Name: اسماء رانی
Supervisor: Dr. Muhammad Akram Virk

3. Social Activities and Historical Perspectives

- **Thesis Title:** حجاناں ر عصری اور سرگرمیاں سماجی کی خواتین میں بعین تا و صحابہ عہد
Call No: 297 ATY-E-MP-IS
Student's Name: خالد عطیہ
Supervisor: اختر محمود حافظ ڈاکٹر

4. Economic and Educational Aspects

- **Thesis Title:** عورت کی معاشی آزادی : سامی ادیان کی تعلیمات کا تقابلی مطالعہ
Call No: 297 UMA-E-MP-IS
Student's Name: عمیرہ ظفر اللہ
Supervisor: ڈاکٹر مستفیض احمد علوی

- **Thesis Title:** خواتین کی دینی تعلیم و تربیت سے متعلق اردو تصانیف
Call No: 297 SAD-K-MP-IS
Student's Name: سعدیہ بانو
Supervisor: ڈاکٹر محمد شریف چودھری
- **Thesis Title:** خواتین کی تعلیم و تربیت کے بارے میں ادیان سماویہ کی تعلیمات کا تقابلی جائزہ
Call No: 297 TAB-K-MP-IS
Student's Name: تابندہ طارق
Supervisor: ڈاکٹر محمد شریف

5. Comparative Studies on Women's Empowerment

- **Thesis Title:** حقوق نسواں: مسیحی اور اسلامی تعلیمات کا تقابل
Call No: 297 KAN-H-MP-IS
Student's Name: کنیز فاطمہ
Supervisor: Dr. Mustafiz Ahmad Alvi
- **Thesis Title:** شریک حیات کا انتخاب: اسلامی تعلیمات اور عصری معاشرتی رویے
Call No: 297 FOU-S-MP-IS
Student's Name: فوزیہ شفاقت

6. Cultural Depictions and Literature

- **Thesis Title:** جدید اردو ناول میں اسلامی تہذیب کے نقوش خواتین کے کام کا تجزیاتی مطالعہ
Call No: 297 FRH-J-MP-IS
Student's Name: فرحت افزا
Supervisor: ڈاکٹر مستفیض احمد علوی
- **Thesis Title:** عورت کا دائرہ کار جدید مسلم مفکرین کی آراء کا تقابلی مطالعہ
Call No: 297 SAI-A-MP-IS
Student's Name: سائرہ بانو
- **Thesis Title:** عائلی زندگی میں عورت کے اختیارات اور دائرہ کار
Call No: 297 SIB-A-MP-IS
Student's Name: صبغہ یاسین

7. Prominent Figures in Islamic History

- **Thesis Title:** میں روشنی کی بائبل اور قرآن، مطالعہ کا السلام علیہا مریم سیرت
Call No: [Not Provided]
Student's Name: مجید کرن
Supervisor: چیمہ حسین منور ڈاکٹر