

DR. FARYAL YOUSAF

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University

QUALIFICATION:

Sr. No.	Year	Degree	Institute
1.	2018-2025	PhD in Home Economics	College of Home Economics, University of Peshawar
2.	2012-2017	MPhil in Home Economics	College of Home Economics, University of Peshawar
3.	2002-2003	Masters in Home Economics (Textiles and Clothing)	College of Home Economics, University of Peshawar
4.	1998-2001	Bachelors in Home Economics (Textiles and Clothing)	College of Home Economics, University of Peshawar
5.	1997	Matriculation (Science Group)	Beacon House School System, Peshawar

JOB EXPERIENCE:

Sr. No.	Date of Appointment	Contract/Regular	Post	Institute
1.	7-10-2004	Contract	Lecturer BPS-18	Department of Textiles and Clothing, College of Home Economics, University of Peshawar
2.	9-12- 2009 till date	Regular	Lecturer BPS-18	Department of Textiles and Clothing, College of Home Economics, University of Peshawar.

HONORS & AWARDS:

Sr. No.	Year	Award/Prize	Event/Competition	Institute
1.	1991	First Prize	English Hand Writing Competition	Beaconhouse Public School, Peshawar
2.	1992-1993	First Prize	Naat Competition	Beaconhouse Public School, Peshawar
3.	1998-1999	First Prize	National Song Competition	College of Home Economics, UOP

4.	1999-2000	Second Prize	Naat Competition	College of Home Economics, UOP
5.	2001	Third Prize	Declamation Contest, Independence Day Celebrations	Convocation Hall, University of Peshawar
6.	2003	Second Prize	Declamation Contest	Paradise Environmental & Community Welfare Society, Peshawar
7.	2003	Best President Shield	President, Students' Association	College of Home Economics, UOP
8.	2014	Best Presentation Shield	paper presentation in First National Conference, 'Home Economics: Exploring New Horizon'	Peshawar University Summer Camp, Baragali

MEMBERSHIPS & POSITIONS HELD:

Sr. No.	Year	Memberships/Positions Held	Institute/Organization
1.	1997-2000	Class Proctor	College of Home Economics, UOP
2.	1998	Table Drill Commander, Women Guard Training	College of Home Economics, UOP
3.	1999-2000	President, Students Association	College of Home Economics, UOP
4.	2000-2003	University Proctor	College of Home Economics, UOP
5.	2009 till date	Book reviewer in Home Economics for 7 th , 8 th , 9 th classes	Textbook Board, Peshawar
6.	2009-2016	Member Proctorial Board	College of Home Economics, UOP
7.	2009 till date	Incharge, Students' Association	College of Home Economics, UOP
8.	2010-2021	Incharge, Staff Social Affairs	College of Home Economics, UOP
9.	2009 till date	Stage Secretary in Convocations and various programs	At College of Home Economics, UOP and at Peshawar University

TRAININGS / WORKSHOPS / SEMINARS / EXHIBITIONS ATTENDED & ORGANIZED

Sr. No.	Year	Event	Attended/Organized	Institute/Organization
1.	1998	Four Days Orientation Course on Extension Education & Rural Development	Attended	Pakistan Academy for Rural Development, Peshawar
2.	2000-2001	One week Social Work Program	Attended	College of Home Economics, UOP
3.	2007	One Month Staff Development Course arranged by HEC	Attended	Frontier Women University, Peshawar

4.	2008		One Day Workshop on “Where Government & Academia Meet”	Attended		Directorate of Science & Technology, Peshawar
5.	2007		Basic Fire Fighting and First Aid Course during Civil defence Training	Organized		Civil Defence, N.W.F.P
6.	2007		One Week Civil Defence Training Course	Organized		College of Home Economics, UOP.
7	2009		Seminar on “Acne and Hirsutism” and “Infertility”	Organized		Sponsored by Bayer Company, held at College of Home Economics, UOP.
8.	2009		“Opportunities for Scholarships & Higher Studies”	Organized		Sponsored by British Council, held at College of Home Economics, UOP.
9.	2009 till date		Annual Exhibitions of Textile Designing	Organized		College of Home Economics, UOP
10.	2014		One Day Workshop on Counselling and Rehabilitation of Disabled People	Participated as Secretary	Stage	College of Home Economics, UOP
11.	2014		First National Conference, ‘Home Economics: Exploring New Horizon	Organized along with other committee members		Peshawar University Summer Campus, Baragali
12.	2014		First National Conference, ‘Home Economics: Exploring New Horizon	Presented Paper		Peshawar University Summer Campus, Baragali
13.	2014		First National Conference, ‘Home Economics: Exploring New Horizon	Participated in Poster Presentation		Peshawar University Summer Campus, Baragali
14.	2015		5 Days Workshop of Active Citizenship	Attended		Organized by British Council at SSAQ Museum University
15.	2015		Workshop of Textile Designing: Weaving, Stencilling, Rug making	Organized		Department of Textiles and Clothing, College of Home Economics, UOP
16.	2016		Students’ Association Week containing various competitions for the College Students including salad & sandwich making competition, cultural dance competition, national	Organized		College of Home Economics, UOP

		song competition, qirat and naat competition, urdu debates competition, English essay writing competition, recycling & bangle making competition, video making competition, science quiz competition and sports day		
17.	2017	Exhibition of Textile Designing	Organized	PUTA Hall, UOP
18.	2021	Three Days Workshop on ‘Uplifting the industry of Hospitality, Hotel Management and Tourism through Women Academia’ in Collaboration with the team of Community Research Development Organization	Attended	Peshawar University Summer Campus, Baragali
19.	2022	Three Days Workshop on Life Training Skills’ in collaboration with YDI	Organized	College of Home Economics, UOP
20.	2025	Two Days International Conference on ‘Knowledge Based Textiles’	Poster Presentation	National Textile University, Faisalabad
21.	2025	Three-days’ workshop “Concept Development: Design Thinking to Creation”	Organized	College of Home Economics
22.	2026	AI for Academic Research, Writing and Institutional Growth	Arranged	Aghaaz, College of Home Economics, UOP

RESEARCHES CONDUCTED

Sr. No.	Year	Degree Program	Research Topic
1.	2003	M.Sc Home Economics Part-I	Research Report on “Hepatitis B”
2.	2004	M.Sc Home Economics Part-II	A Comparative Study on the Effects of Washing Powders on the Performance Characteristics of Polyester/Cotton Blends
3.	2017	M.Phil Home Economics	Personal Attire Of Women In Relation To Identity Formation: A Case Study of Peshawar
4.	2024	P.hD Home Economics	Analysis of Comfort Properties of Woven Fabrics for Ladies’ Winter Shawls

RESEARCHES SUPERVISED

Sr. No.	Year	Degree Program	Research Topic
1.	2006	M.Sc	Dress Designing for Different Body Types of Teenage Girls with Special Reference to their Age, Complexion and Personality
2.	2007	M.Sc	The Attitudes of Adults and Old Age Women towards Red Color
3.	2008	M.Sc	A Comparative Study on the Attitudes of Working Women towards Custom-made and Ready-made Garments
4.	2010	M.Sc	Islamic Dress Code: Impact of Current Fashion Trends on the Islamic Dress Code of Women in Peshawar
5.	2011	M.Sc	A Comparative Study of the Adoption of the Fashion Styles by Employed & Unemployed Women of Peshawar
6.	2011	M.Sc	A Comparative Study on the Preference of the Celtic Designs & Floral Designs to Clothes & Clothing Accessories
7.	2015	M.Sc	Impact of Clothing Choices on the Self Esteem of Adolescent Girls of Peshawar
8.	2015	M.Sc	Perceived Body Image, Body Cathexis, and Clothing Behavior of Adult Women of Peshawar
9.	2016	M.Sc	Women Preferences towards Branded and Counterfeit Products
10.	2018	M.Phil	Application of Screen Printing with Pigment

			Dyes and Assessment of Fastness Properties of Cotton/Cotton Blended Fabrics
11.	2024	M.Phil	Revival of Vintage Art in Contemporary Wazir Khan Designs using Foil Screen Printing on Textile Products

RESEARCH PAPERS

1. Faryal Yousaf, Shabana Rafique, Fatima Iftikhar and Tanveer Hussain (2024). Stitching Together Quality And Style: A Comparative Study of Hand-Made And Machine- Made Ladies' Woven Shawls, *Migration Letters*. ISSN: 1741-8984 (Print), ISSN: 1741-8992 (Online), Vol. 21(S3), 1901-1914.
2. Faryal Yousaf, Shabana Sajjad, Fatima Iftikhar, Tanveer Hussain, Shahnaz Khattak, Faiza Tauqeer (2025), "Woven fabric selection and grading for ladies' winter shawls using multicriteria decision-making approach", *Research Journal of Textile and Apparel*, Vol. 29 No. 3 pp. 507–520, doi: <https://doi.org/10.1108/RJTA-07-2023-0076>
3. Faryal Yousaf, Mussarat Anwar, Ayesha Anwar, Sadaf Asghar, Maimoona Khalid, Rabia Chishti and Madiha Zeb (2022). Dynamics of Personal Identities: A Study of Female Buying Behavior in Peshawar. *Indian Journal of Economics and Business*, 21 (2), 491 – 499.
4. Faryal Yousaf, Shaista Ali, Zahin Anjum and Hina Gul (2022). Attitudes of Females towards the Counterfeit Products of Luxurious Brands: An Exploratory Study of Peshawar District. *Pakistan Journal of Society, Education and Language (PJSEL)*, 8(2), 412 – 420.
5. Zubaida Mughal, Rabia Chishti, Faryal Yousaf and Zahin Anjum. (2025). Border Decoration in the Mughal Miniature Paintings: A Visual Analysis. *Policy Research Journal*, 3(5), 277–286. ISSN (Online): 3006-7030 ISSN (Print) : 3006-7022 Volume Retrieved from <https://theprj.org/index.php/1/article/view/634>

6. Zahin Anjum, Shaista Ali, Amina Rahat, Rabia Chishti and Faryal Yousaf (2023). Prevalence of Iron Deficiency Anemia and Dietary Profile of Pregnant Women of University Campus, District Peshawar, Pakistan. *NeuroQuantology*, 21(6), 891-897. DOI:10.48047/nq.2023.21.6.NQ23094.

7. Areej Khan, Shahnaz Khattak, Faryal Yousaf and Shabana Rafique (2023). Body Shape Perception in Relation to the Apparel Choices of the Young and Late Adult Women of Peshawar. *Pakistan Journal of Humanities and Social Sciences*, 11 (2), 2128-2136.

8. Faiza Tauqeer, Shabana Rafique, Imrana Seemi and Faryal Yousaf (2023). Costumes of Bodhisattva Depicted in Gandhara Art, *Shnakhat*. 2(3), 146-158. ISSN online: 2079-7641, ISSN Print:2709-7633,.

9. Zahin Anjum, Shaista Ali, Razia Khan, Maria Khan and Faryal Yousaf (2023). Health Risks Linked to Heavy Metal Contamination in Buffalo and Cow Milk in Peshawar. *Pakistan Journal of Society, Education and Language (PJSEL)*, 10(1), 488–494. ISSN (Online) 2523-1227, ISSN 2521-8123 (Print). Retrieved from <https://pjsel.jehanf.com/index.php/journal/article/view/1446>.

10. Zahin Anjum, Shaista Ali, Amina Rahat, Rabia Chishti, Faryal Yousaf and Sumbla Yousaf (2023). Management of Hypertensive Disorders in Pregnancy among Patients of Different Hospitals in District Peshawar. *Annals of Allied Health Sciences*, 9(1), 8–13. Retrieved from <https://aahs.kmu.edu.pk/index.php/aahs/article/view/144>

11. Rabia Chishti, Mussarat Anwar, Ayesha Anwar, Shaista Ali, Faryal Yousaf and Zubaida Mughal (2022). Visual Arts Pedagogy and its Impact on Creativity and Problem Solving Ability of Elementary School Students. *Webology (ISSN: 1735-188X)*,19(3), 3835 – 3846.<https://www.webology.org/data.cms/articles/> .

12. Zahin Anjum, Mubashara Tarana, Shaista Ali, Faryal Yousaf, Amina Rahat and Sumbla Yousaf (2022). Comparative Study on Absorption of Heavy Metal Residues

in Broiler Chicken Available in the University Campus Peshawar, Pakistan. *Sarhad Journal of Agriculture*, 38(4), 1533-1539.
<http://dx.doi.org/10.17582/journal.sja/2022/38.4.1533.1539>.

13. Hina Gul, Shaista Ali, Zahin Anjum, Faryal Yousaf, Beenish Shuja. (2022). Exploitation of Bonded Child Labor by Brick Kilns Industrialist in Peshawar, Pakistan. *Competitive Social Science Research Journal*, 3(1), 263–275. 2022-03-29. ISSN: 2708-9029 (Print), 2708-9037 (Online).
<https://cssrjournal.com/index.php/cssrjournal/article/view/141>

14. Shaista Ali, Zahin Anjum, Sumbla Yousaf, Amina Rahat, Faryal Yousaf (2022). Psychological Impact of Covid-19 on University Students of Peshawar, Khyber Pakhtunkhwa (Pakistan) and their Survival. *Pakistan Journal of Public Health*, 12(3), 117-121. <https://www.pjph.org/pjph/article/view/835>