

CURRICULUM VITAE

DR. SONIA OMER

Associate Professor of Social Work & Director
Sughra Begum Center for Education Policy and Development
University of the Punjab
Lahore, Pakistan

Email:

soniaomer78@gmail.com
sonia.dsw@pu.edu.pk

Contact:

+92 322 7474176
+92 42 99231553

PERSONAL DETAILS

- **Date of Birth:** 31st May, 1976
- **Nationality:** Pakistani

EDUCATION

- **PhD in Social Work**
Department of Social Work, University of the Punjab, 2019
- **M.Phil. in Social Sciences** (CGPA: 3.86)
Centre for South Asian Studies, University of the Punjab, 2011
- **M.A. in Social Work** (First Class)
University of the Punjab, 2000
- **B.A. in Social Work & Political Science** (First Class)
Lahore College for Women University, 1997

PROFESSIONAL EXPERIENCE

- **Director**, Sughra Begum Center for Education Policy and Development, University of the Punjab
August 18, 2023 – Present
- **Associate Professor**, Department of Social Work, University of the Punjab
May 28, 2022 – Present
- **Assistant Professor**, Department of Social Work, University of the Punjab
May 2013 – May 27, 2022
- **Lecturer**, Department of Social Work, University of the Punjab
June 2008 – May 2013
- **Lecturer**, Wise College for Girls
August 2003 – March 2008

FIELDS OF TEACHING & RESEARCH INTEREST

- Development Economics
- Mother and Child Health Care
- Poverty Reduction
- Population Studies and Demography
- Methods of Social Work
- Gender and Development

AREAS OF CURRENT RESEARCH

- Gender and Development
- Socio-economic Problems of Underprivileged Communities
- Population and Demography
- Health and Human Rights

PUBLICATIONS

1. Khan, S. S., Omer, S., & Khan, K. T. (2026). Algorithm Governance in Social Welfare: A Narrative Review of Data-Driven Decision-Making in Social Work and Policy. *Sociology & Cultural Research Review*, 5(2), 518–539. <https://doi.org/10.5281/zenodo.20647777>
2. Khan, K.T., Omer, S. & Khan, S.S. (2025). Health Challenges in the Wake of Floods: Evidence from Pakistan. *Journal of Religion and Society*, 4(01), 1096–1110. <https://doi.org/10.5281/zenodo.20558069>

3. Khan, S. S., Omer, S., & Khan, K. T. (2024). Burnout and Job Satisfaction among Medical Social Workers in Punjab, Pakistan: A Cross-Sectional Survey. *Advance Social Science Archive Journal*, 2(4), 1651–1663. <https://doi.org/10.5281/zenodo.20647356>
4. Jabeen, S., Omer, S., & Kokab, S. D. (2026). *Online engagement to offline empowerment: Exploring the socio-economic, cultural, and psychological challenges of women digital entrepreneurship*. **Annals of Human and Social Sciences**, 7(1), 94–107. [https://doi.org/10.35484/ahss.2026\(7-1\)09](https://doi.org/10.35484/ahss.2026(7-1)09)
5. Granich, S., Omer, S., & Malik, M. (2025). *Neurodiversity in higher education institutions: A case study from Pakistan*. In *Title of the Book* (pp. 263–294). IGI Global. <https://doi.org/10.4018/979-8-3693-8920-1.ch008>
6. Khalil, R. S., & Omer, S. (2025). *Effects of correctional services on juvenile delinquents: A qualitative study of Borstal institutions and juvenile jails in Punjab, Pakistan*. **Review Journal of Social Psychology & Social Works**, 3(4).
7. Omer, S., Aleem, A., & Mahmood, Q. K. (2025). *Analyzing the effectiveness of Dar-ul Aman as shelter homes for survivors of violence against women*. **Social Sciences Spectrum**, 4(2), 188–198. <https://doi.org/10.71085/sss.04.02.263>
8. Muhammad, N., Jabeen, S., & Omer, S. (2025). *Divorce, stigma, socio-economic and psychological challenges: A study of the lived experience of women from Swabi (Pakistan)*. **Journal of Asian Development Studies**, 14(2), 1972–1983.
9. Jabeen, S., Omer, S., & Rizwan, H. (2025). *Domestic violence and socio-cultural economic factors: A case study of Darul Aman*. **Pakistan Journal of Gender Studies**, 221–238. ISSN: 2663-8886 (Online).
10. Tariq, R., Khalid, Q., & Omer, S. (2024). *The experiences and challenges faced by women with polycystic ovary syndrome (PCOS) in Lahore, Pakistan*. **Contemporary Issues in Social Sciences and Management**, 3(3), 1–11.
11. Jabeen, S., Omer, S., & Ikhlaq, N. (2024). *Socio-economic and cultural issues faced by disabled population: A case study of Chakwal City*. **International Journal of Contemporary Issues in Social Sciences**, 3(2), 3544–3553.
12. Omer, S., & Jabeen, S. (2024). *Determinants of maternal health in Punjab: Evidence from Multiple Indicator Cluster Surveys 2011–2014–2018*. **Journal of Development and Social Sciences**, 5(2), 185–196.
13. Baig, R., Jabeen, S., & Omer, S. (2024). *Role of community-based organizations (CBOs) in providing health care services: A case study of Baloch women domestic workers*. **Journal of Asian Development Studies**, 13(1), 478–490.
14. Omer, S., Jabeen, S., & Granich, S. (2024). *The role of non-governmental organizations dealing with disastrous floods in Pakistan in the year 2022*. **Annals of Human and Social Sciences**, 5(2), 167–180.
15. Jabeen, S., Omer, S., & Zafar, A. (2024). *Exploring the socio-cultural barriers to girls' education: A qualitative study of parents' perspective of school dropout of girls of South Punjab*. **Pakistan Journal of Gender Studies**, 24(1), 216–233.
16. Omer, S., & Jabeen, S. (2023). *A qualitative study of the female university students' experiences on the psycho-social consequences of sexual harassment*. **Journal of Asian Development Studies**, 12(4), 185–195.
17. Omer, S., & Jabeen, S. (2023). *Who else dies when a mother dies? Investigating the effects of maternal mortality on children and families in Southern Punjab, Pakistan*. **Pakistan Journal of Applied Social Sciences**, 14(2), 133–147.

18. Omer, S., & Jabeen, S. (2022). *The issues and challenges faced by lady health workers in maternal health care in rural communities: An evidence from South Punjab*. **Pakistan Journal of Gender Studies**, 22(2), 139–152.
19. Das, K., Mehta, B., Nikku, B., Omer, S., & Granich, S. (2022). *Decolonizing South Asian social work: An analysis*. **Social Work Education**.
20. Jabeen, S., Omer, S., & Zaheer, M. (2022). *Gender-sensitive public policy initiative: An analytical study of the Punjab Women Empowerment Package (PWEP) 2012–2016*. **Pakistan Journal of Women Studies: Alam-e-Niswan**, 29(1).
21. Omer, S., Zakar, R., Zakria, M., & Fischer. (2021). *The influence of social and cultural practices on maternal mortality: A qualitative study from South Punjab, Pakistan*. **BMC Reproductive Health**, 18, Article 97.
22. Granich, S., Jabeen, T., Omer, S., & Arshad, M. (2021). *Addressing the issue of child sexual abuse in Pakistan: A conceptual analysis*. **International Social Work**.
23. Nauman, A., Javed, A., & Omer, S. (2021). *Psychological capital development in street children through education at Child Protection & Welfare Bureau, Lahore*. **Journal of Elementary Education**, 30(1).
24. Omer, S., Jabeen, S., & Ibrar, M. (2021). *Gender mainstreaming in education: An overview of education policies in Pakistan*. **International Review of Social Sciences**, 9.
25. Omer, S., Jabeen, S., & Sherazi, N. S. (2021). *Historical context and situational analysis of rife socio-economic manifestations of transgender community in Lahore City*. **Journal of the Punjab University Historical Society**, 34(1).
26. Tariq, S., Qayyum, S., Fatima, I., Omer, S., & Gillani, S. (2021). *Exploring dimensions of corruption in education sector*. **Elementary Education Online**, 21(4).
27. Jabeen, S., Riaz, M., & Omer, S. (2020). *Applying socio-ecological framework to acid attack violence: An exploration of inhabitant factors*. **Journal of Interpersonal Violence**.
28. Shahzad, A., Ainul, A., Omer, S., Sulsabil, I., Rizwan, S., & Sadia, J. (2020). *Analysis of potential factors influencing EPI implementation in Punjab*. **Journal of Pakistan Vision**, 21(1).
29. Omer, S. (2019). *The social and cultural factors of maternal mortality in the context of three delays: The perspective of lady health workers of South Punjab*. **Journal of Pakistan Vision**, 20(1).
30. Omer, S., & Jabeen, S. (2017). *Exploring Karl Marx theory in education: Are Pakistani private schools maintaining status quo?* **Bulletin of Education and Research**, 38(2), 195–202.
31. Omer, S., Farooq, S., & Jabeen, S. (2016). *Effects of cousin marriages on adverse pregnancy outcomes among women in Pakistan: A secondary analysis of data from the Pakistan Demographic and Health Survey 2012–13*. **Pakistan Journal of Women's Studies: Alam-e-Niswan**, 23(1), 65.
32. Omer, S., & Jabeen, S. (2015). *The role of family in teaching religious and moral values to their children in urban areas: A case study of Lahore (Pakistan)*. **Journal of Pakistan Vision**, 16(1), 258–273.
33. Omer, S., & Jabeen, S. (2015). *Situational analysis of the gender-based violence faced by domestic workers (aged 8–15) at their workplace*. **Pakistan Journal of Women Studies: Alam-e-Niswan**, 22(1), 27–38.
34. Jabeen, S., Qayyum, A., & Omer, S. (2014). *Gender discrimination in curriculum: A reflection from Punjab Textbook Board*. **Bulletin of Education and Research**, 36(1), 55–77.
35. Noshina, S., Jabeen, S., Omer, S., & Manan, A. (2014). *A critical discourse analysis of Dawn newspaper on Indo-Pakistan trade relations*. **South Asian Studies**, 29(1), 309–320.
36. Javaid, U., Jabeen, S., & Omer, S. (2012). *Rife manifestations of gender segregation in Indian society: Evidence from textbooks*. **South Asian Studies**, 27.

INTERNATIONAL CONFERENCES (PRESENTER / SPEAKER)

- Kenyatta University, **Kenya** (2012)
Presented a research paper at the Gender-Based Violence Conference titled:
"Situational Analysis of the Gender-Based Violence Faced by Housemaids (Age 8–15) at Their Workplace."
- Arizona State University, **United States of America (USA)** (2013)
Presented a research paper at the Religion and Society Conference titled:
"The Role of Family in Teaching Religious Moral Values to Their Children in Developing Countries: A Case Study of Pakistan."
- Keele University, **United Kingdom (UK)** (June 2014)
Presented a research paper at the Gender, Work and Organization Conference titled:
"Significance of Women Economic Empowerment and Its Impact on Socio-Economic Development: A Case Study of Central Punjab, Pakistan."
- IIES 19th International Academic Conference, **Italy** (2015)
Presented a research paper titled:
"Acid Attacks on Rise in Pakistan: Socio-Psychological Impact and Consequences."
- University of Central Florida, **United States of America (USA)** (February 2016)
Presented a research paper at IWIC titled:
"Micro Loans as a Tool of Women Economic Empowerment — A Case Study of Central Punjab, Pakistan."
- Imperial College London, **United Kingdom (UK)** (July 2017)
Presented a research paper at the 15th International Conference on New Directions in the Humanities titled:
"A Social and Psychological Influence of Sexual Harassment on Female Students in Colleges: A Qualitative Insight from Lahore, Pakistan."
- University of York, **United Kingdom (UK)** (July 2019)
Presented a research paper at the 9th International Conference on Social Work in Health and Mental Health titled:
"Maternal Health Care and the Role of Government Service Providers: A Case Study of South Punjab, Pakistan."
- Menlo College, **United States of America (USA)** (August 6, 2020)
Presented a virtual research paper at the Global Research Conference on Social Entrepreneurship titled:
"What Entrepreneurial Activities Have Been Carried Out During the COVID-19 Pandemic in Universities to Maintain Teaching Quality."
- Millersville University, **United States of America (USA)** (April 2021)
Presented a virtual research paper at the 8th Global Wellbeing and Social Change Conference titled:
"Addressing the Issue of Child Sexual Abuse in Pakistan."
- Northumbria University, **United Kingdom (UK)** (January 2023)
Presented a research paper at the International Conference on Social Work in Times of Crisis

titled:

"Role of Non-Governmental Organizations in Relief Activities During the 2022 Floods."

- University of Chester, **United Kingdom (UK)** (June 2023)
Presented a conference paper at the Talking Bodies Conference, Institute of Gender Studies, titled:
"Fences and Challenges for Girls on the Way to Equality: Investigating Factors Excluding Girls from Education in Rural Pakistan."
 - Fort Hays State University, **United States of America (USA)** (June 27–28, 2024)
Presented a research paper at the 49th Annual National Institute on Social Work and Human Services in Rural Areas Conference titled:
"Leaving a Home to Die: A Qualitative Insight on the Consequences of Illegal International Migration of Rural Population of Pakistan."
 - European Conference for Social Work Research 2026, **Scotland, United Kingdom (UK)** (April 15–17, 2026)
Presented a poster presentation titled:
"Differentiating the Role of Professional and Non-Professional Social Workers in Flood Disasters in Pakistan."
 - Münster, **Germany** (April 2014)
Attended the Model United Nations Program (MUN).
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NATIONAL CONFERENCES (PAKISTAN)

- Forman Christian College, **Pakistan** (September 25, 2025)
Presented a research paper at the International Conference of Sociology organized by the Department of Sociology titled:
"A Qualitative Insight into Issues and Challenges Faced by Residents of AAFIAT (Elderly Home), Lahore, Pakistan."
- Virtual University of Pakistan, **Pakistan** (February 12–13, 2025)
Presented a research paper at the International Conference on Women's Empowerment and Gender Equality titled:
"Daril Aman: Fostering Women Empowerment Through Safety and Rehabilitation."
- Iqra University, **Pakistan** (February 25, 2025)
Presented a research paper at the conference *"State, Society and Culture: Dynamics of Power, Identity and Change"* titled:
"Evolution of Welfare Initiatives in Pakistan: A Historical Perspective."
- University of Management and Technology, **Pakistan** (January 24, 2025)
Attended as Session Chair at the International Conference on:
"Social Conflicts and Pathways to Resolutions."
- Bahauddin Zakariya University, **Pakistan** (November 25–26, 2022)
Presented a research paper at the International Conference on Contemporary Issues in Sociology and Public Health titled:
"Issues and Challenges Faced by Lady Health Workers in Maternal Health Care in Rural Communities: Evidence from South Punjab."

- Sustainable Development Policy Institute, **Pakistan** (December 19–20, 2023)
Presented a research paper under the conference theme *“Light at the End of the Tunnel: Hope in Times of Despair”* titled:
“A Light in Grim Sights: Investigating Lady Health Workers’ Role in Maternal Health Care in Rural Pakistan.”
- Forman Christian College, **Pakistan** (November 21–22, 2023)
Presented a research paper at the 24th Annual Population Research Conference titled:
“The Cultural and Social Barriers Preventing Women from Receiving Antenatal Care: A Case Study from Southern Punjab.”
- University of Home Economics, **Pakistan** (March 20, 2024)
Presented a research paper at the Conference on Empowering Women for Sustainable Development titled:
“Family Planning as a Determinant of Maternal Health: Insight into Usage Among Rural Women of Pakistan.”
- Kinnaird College for Women, **Pakistan** (February 25–28, 2024)
Presented a research paper at the 4th International Conference on Social Sciences and Humanities titled:
“A Growing Concern of Cyberbullying Among Female Students: A Qualitative Insight from Lahore.”
- The Islamia University of Bahawalpur, **Pakistan** (December 2023)
Presented a research paper at the Third International Interdisciplinary Conference on Approaches in Social Sciences titled:
“Hurdles in the Way of Girls’ Education at Secondary Level in Rural Pakistan.”

LECTURES, WORKSHOPS & ENGAGEMENTS WITH INTERNATIONAL AND NATIONAL ORGANIZATIONS

Curriculum Development & Policy Workshops

- Higher Education Commission, **Pakistan** (May 29–30, 2025)
Participated in a two-day workshop as a key member for the development of the national undergraduate Social Work curriculum across Punjab.
- Pakistan Institute of Education, **Pakistan**; University of Oxford, **United Kingdom (UK)**; and Aga Khan University, **Pakistan** (December 19–20, 2023)
Attended a collaborative workshop titled:
“Evidence Landscape of Pakistan: Mapping Gaps and Identifying Existing Evidence.”
- University of the Punjab, **Pakistan**
Participated in a two-day national training workshop organized by the Department of Digital Media on promoting peace, harmony, and ending violent extremism in society.

INTERNATIONAL LECTURES & ACADEMIC SESSIONS

- Northumbria University, **United Kingdom (UK)** (February 6, 2025)
Delivered an international lecture titled:
"Global Perspectives in Social Work."
- Northumbria University, **United Kingdom (UK)** (February 7, 2025)
Presented in a session titled:
"International Social Work Perspective with Children and Families."
- Commonwealth University, **United States of America (USA)** (November 16, 2022)
Delivered an international lecture at the College of Education and Human Studies titled:
"Pakistan's Education System and Gender Perspective."
- Women Being, **United Kingdom (UK)** & Eventbrite, **United States of America (USA)** (May 27, 2021)
Delivered an international lecture titled:
"Barriers to Girls' Education in Pakistan: Strategies and Interventions."
- Bikram Tudu Memorial College, **India** (July 31, 2020)
Delivered a lecture in a seven-day international faculty development program on:
"Gender Sensitization."
- Lock Haven University, **United States of America (USA)** (August 2018)
Delivered a guest lecture to undergraduate students on:
"Cultural Diversity in Pakistan."

WEBINARS & KEYNOTE TALKS

- Potohar Organization for Development Advocacy, **Pakistan** (March 25, 2025)
Served as keynote speaker in a webinar on:
"Child Marriage and Women's Health."
- Agahi Foundation, **Pakistan** (March 27, 2025)
Speaker at an international seminar on:
"Gender Sensitivity and Water Shortage in Pakistan."
- Virtual University of Pakistan, **Pakistan** (October 2021)
Delivered a keynote lecture on:
"Challenges and Prospects of Digital Socialization of Youth in Interdisciplinary Contexts."
- Rotary Club of Lahore, **Pakistan** (October 2020)
Served as keynote speaker on:
"Significance of Vocational Training in Pakistan."

WEBINARS & KEYNOTE TALKS

- Keynote speaker on *Child Marriage and Women's Health* organized by Potohar Organization for Development Advocacy (2025).

- Speaker at international seminar on *Gender Sensitivity and Water Shortage in Pakistan* organized by Agahi Foundation (2025).
- Keynote lecture on *Challenges and Prospects of Digital Socialization of Youth* at Virtual University of Pakistan (2021).

NEWSPAPER & VLOG ARTICLES

1. Omer, S. (2025). *Invisible Hands*. **Daily Times**.
2. Omer, S. (2024). *Girls' Vision for the Future*. **Daily Times**.
3. Omer, S. (2023). *Mob Psychology and Its Effects on Religious Extremism*. **Daily Times**.
4. Omer, S. (2023). *From Conceiving to Birth and Beyond*. **Daily Times**.
5. Omer, S. (2024). *The Power of Her*. **Dunya News Vlog**.

FIELD EXPERIENCE

- PhD, M.Phil., and BS Social Work Thesis Supervisor
- Field Work Supervisor in:
 - Social Case Work
 - Community Development Projects (Urban & Rural)

CO-CURRICULAR & PROFESSIONAL ACTIVITIES

- Member, Board of Advanced Studies, Department of Social Work, University of the Punjab
- Member, Board of Directors, AGAHE Pakistan
- Director, Agahi Pakistan
- PhD Thesis Evaluator, Edith Cowan University
- MPhil Thesis Examiner, University of Karachi
- Guest expert on national television discussing social issues

LANGUAGES

- English
- Urdu
- Punjabi

REFERENCES

1. Professor Dr. Zakria Zakir

Vice Chancellor
University of Poonch
Contact: +92 332 4825266

2. Professor Dr. Irum Khalid

Dean, Faculty of Behavioral and Social Sciences
University of the Punjab
Email: Iramkrc.polsc@pu.edu.pk
Contact: +92 300 4154599