

Appendix–A

Curriculum-Vitae

Navshad Ahmad Wani, Ph.D

Zehanpora Baramulla Gantamulla Colony, 193101. Jammu and Kashmir, India

Current Position

Associate Professor & Head, Department of Psychology, Govt. Degree
College Uri, Baramulla, J&K.

Contact Details:

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Academic & Professional Qualification

Ph.D. (2012-2017). IGNOU-Maidaan Garhi New-Delhi.

M.A (2004-2005). University of Kashmir, Srinagar, J&K. (1st Division)

J&K S.E.T (State Eligibility Test): 2008.

Areas of Interest:

- Psychology of Human Relationships
- Clinical Psychology
- Social Psychology

Personal & Professional Skills

- Creativity, Participatory Approach, Professional Integrity, Tolerance, Adjustability
- Command over MS Word, Office, Office 360, Windows 98/2000/XP/VISTA, SPSS, MINITAB
- Research and Statistical Analysis

Teaching Experience:

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- Lecturer on Contract Basis in Govt. Degree College (Boys) Sopore from May, 2006 to March, 2007.
 - Lecturer on Contract Basis in Govt. Degree College (Boys) Baramulla from April, 2007 to 25 July, 2007.
 - Teacher (General Line) on Permanent basis at 10+2 level in Govt. Hr. Sec. School, Pahlipora Baramulla, J&K from 27 July, 2007 to October, 2009.
 - Assistant Professor on permanent basis in Govt. College for Women, M.A. Road, Srinagar w-e-f 30-11-2009 to 30-04-2013.
 - Assistant Professor on permanent basis in Govt. College (Boys) Baramulla w-e-f 01-05-2013 to 17-02-2017.
 - Assistant Professor on permanent basis in Govt. Degree College Uri w-e-f 18-02-2017 to 10-01-2018.
 - Assistant Professor on permanent basis in Govt. Degree College Baramulla w-e-f 11-01-2018 to 10-12-2023.
 - Assistant Professor on permanent basis in Govt. Degree College Uri Baramulla w-e-f 11-12-2023 till date

Research Experience:

- Worked on a Research Project on Marital Adjustment as part of M. A Psychology (2006).
- Worked on a minor Research Project on Late Marriages in Kashmir at Women's Study Centre at Govt. College for Women, M. A Road Srinagar (2012).
- Carried out research on, "Marital Adjustment and Socio-psychological Dimensions among Working Couples in Kashmir" as part of Ph.D. (2017).
- Supervised around 150 students in their M.A research projects under IGNOU MAPC- Master of Arts in Psychology, IGNOU MFT- Masters in Family Therapy at Govt. College for Women, M. A Road Srinagar and Govt. Degree College Boys Baramulla w- e-f 30-11-2009 till date.

Supervising one PhD students Ms. Nahida Shaban of NIMS University Rajasthan

Administrative Experience:

- Head Department of Psychology, Govt. Degree College Baramulla, J&K w-e-f 01-05-2013 to 17-02-2017.

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- Head, Department of Psychology, Govt. Degree College Uri, J&K w-e-f 18-02-2017 to 10-01-2018.
 - Head Department of Psychology, Govt. Degree College Baramulla, J&K. 11-01-2018 till Date.
 - Coordinator, Add On course in Still Photography, Govt. Degree College Baramulla, J&K w-e-f March, 2014- October, 2016.
 - Coordinator Anthropology, Govt. Degree College Baramulla, J&K w-e-f March, 2016- February, 2017.
 - Co-ordinator Career Counselling and Placement Cell of Govt. College for Women, M.A Road, Srinagar from September, 2012 to April, 2013.
 - Convener, Publication/Magazine Committee Govt. Degree College (Boys) Baramulla, J&K.
 - Programme Officer NSS Unit I at Govt. Degree College (Boys) Baramulla, J&K.
 - Coordinator IQAC Govt. Degree College (Boys) Baramulla, J&K.

Research Papers Presented (Conferences & Seminars):

- Dar, K. A & **Wani, N. A (2012).**Self-Efficacy in militancy affected youth of Kashmir valley at 2nd Indian Psychological Science Congress organized by Dept. of Psychology, P.G. Govt. College, Sector-46, Chandigarh on 15-16 October, 2012, Chandigarh.
- **Wani, N. A.,** Dar, K. A & Wani, R. Y. (2013). “**Marital Adjustment and Socio- cultural determinants**” at 2nd International Online conference “ICPAS-International Conference of Psychology and allied Sciences-Psychology in day to day life” organized by Centre for Behavioural Research & Intervention, Guru Jambheshwar University of Sciences & Technology, Hisar Haryana India and India Association of Health Research and Welfare (IAHRW) Hisar, Haryana India.
- **Wani, N. A. (2015).** Role of teachers in motivating the students by enhancing their level of motivation” at Two Day National Seminar on “*Sustenance of Quality in Higher Education with special reference to teacher education in J&K*” organized by Govt. College of Education, (Now Institute of Advanced Studies in Education) M. A Road, Srinagar J&K, on 19th – 20th March, 2015.

- **Wani, N. A. (2017). Women participation in workforce and politics** at Two Day National Seminar on “Creating Space not sympathy for women” organized by Govt. College of Education, M. A Road, Srinagar J&K, on 8th – 9th March, 2017.
- **Wani, N. A., Najar, S. A & Masoodi, Z. S. (2018). “Impact of Automation on Human Behaviour”** at International Conference on Recent Developments in Science, Humanities and Management organized by Amar Singh College in Collaboration with Conference World on 17-18 April, 2018.
- **Khaliq, M. W., Tiwari, A & Wani, N. A (2018). “Death Anxiety, and Emotional Maturity among Old Aged”** at 2nd *International Conference on Recent Developments in Science, Humanities and Management* organized by Maharatta Chamber of Commerce, Industries and Agriculture Tilak Road, Pune (India) in collaboration with Conference World on 8th July, 2018.

Research Papers Published:

- **Dar, K. A & Wani, N. A (2012). “Self-Efficacy among militancy affected youth in Kashmir Valley”** (Jan. 2013) Indian Journal of Psychological Science, 3: 123-128).
- **Wani, N. A., Dar, K. A & Wani, R. Y. (2013). Marital Adjustment and Socio-cultural determinants.** Journal of health and wellbeing- volume, 4; 1. pp 31-33.
- **Wani, N. A. (2014). Marital Adjustment – A Critical Review”** (2014). Indian journal of health and wellbeing. 5:1, 115-118.).
- **Lone, M. A., Wani, N.A., Fafoo, M. A., Jan, M & Dar, B. H. (2015). Cultural intelligence as a Predictor of Acculturative stress and Psychological Well-being among College Students.** Journal of Indian Academy of Applied Psychology; Vol. 41 No. 1, 86-94.
- **Bhat, R. M., Wani, N. A & Chakrawarty, S. (2017). Conflict Exposure and PTSD Implications among Young Adult Students in Kashmir: A Short Commentary”.** Trauma Acute Care 2: 40. ((2017).
- **Wani, N. A (2018). Marital Delay-A Qualitative Study.** Psychology and Behavioural Sciences International Journal; 8(1), DOI: 10.19080/PBSIJ.2017.08.555728

- **Wani, N. A.,** Najar, S. A & Masoodi, Z. S. (2018). **Impact of Automation on human behavior.** International journal of Advance Research in Science and Engineering; 07(04), 448-460.
- Khaliq, M. W., Tiwari, A & **Wani, N. A (2018). Death Anxiety, and Emotional Maturity among Old Aged.** *International Journal of Movement Education and Social Science*; 07(03), 167-175.
- Wani, N.A. (2023). Perceived Discrimination, Acculturative Stress and Social Isolation among the Displaced Kashmiri Pundits: A Qualitative Exploration. *International Journal of Indian Psychology*, 11(3), 150-159. DIP:18.01.013.20231103, DOI:10.25215/1103.013
- S Rafi, AN Kamili, BA Ganai, S Jan, NA Wani - Biochemistry Applications, 2023 Enhancement in secondary metabolites and arbutin content via gamma irradiation elicitation in *Bergenia ciliata* (Haw.) Sternb. callus
<https://aber.apacsci.com/index.php/B-A/article/view/2177>

Books & Book Chapters Published:

- **Wani, N. A.** (2019). Introduction to Psychology. **Wisdom Press, New Delhi.** (ISBN: 978-93-88387-06-4).
- Wani, N.A. (2022). Development in Adolescence: An Introduction. In: Patra, S. (eds) *Adolescence in India*. Springer, Singapore. https://doi.org/10.1007/978-981-16-9881-1_2

Awards & Medals:

- Best Paper Award at International Conference on Recent Developments in Science, Humanities and Management organized by Amar Singh College in Collaboration with Conference World on 17-18 April, 2018.
- 1st Division award & Best Student Award HSE Part II (2000).
- Best Stage Anchor, College Annual Day, 2015 at Govt. Degree College Baramulla, J&K.

Orientation/Refresher Courses

- Attended 10 days Capacity Building Programme (Pre-placement Training programme of 15 days) through School Education Department, Kashmir at DIET(District Institute of Education and Trainings)- Sopore from 27-07-2007 to 12-08-2007.
- Attended UGC sponsored 4 Weeks **General orientation Course** from 18th Feb. to 25th March, 2010 at UGC Academic Staff College, University of Kashmir, Srinagar.
- Co-ordinated a 10-day Orientation course on **“Basic Skills in Computer**

Applications” organized by Career Counselling Cell of Govt. College For Women,

M.A Road, Srinagar from 21st July, 2012 to 04 August, 2012 in collaboration with Department of Computer Applications, Govt. College for Women, M.A. Road Srinagar.

- Attended UGC sponsored 3weeks **SRC-Subject Refresher Course** in “**Women Studies**” from 31st Jan. to 19th Feb. 2013 at UGC Academic College AMU in collaboration with Advanced Centre for Women Studies Aligarh Muslim University, Aligarh UP.
- Attended **two day orientation course** for counsellors at Regional Centre IGNOU Karnal organized by Discipline of Psychology, SOSS IGNOU New on 9th & 10th September, 2016 at National Dairy Research Institute Karnal.
- Attended UGC sponsored 3weeks **Interdisciplinary Refresher Course** in “**Human Rights**” from 6st Dec. to 27th Dec. 2016 at UGC HRDC-Human Resource Development Centre, University of Jammu in collaboration with, Department of Law, University of Jammu.

Workshops/Seminars Attended:

- Attended a three-day workshop of “**Academic Administration in Higher Education**” for Principals and Senior Academicians, organised by Directorate of IT & SS and Academic Staff College, University of Kashmir from 22nd March. 2010 to 24th March, 2010.
- Attended Seven day workshop on “**Assessment and Psycho-diagnostics**” organized by Post-Graduate Department of Psychology, University of Kashmir Srinagar from 31st Oct. to 6th of Nov. 2011.
- Attended Two day workshop on “**Script Writing and Content Generation**” From 23rd-24th, March 2011. At Govt. College for Women, M.A Road, Srinagar in collaboration with EDUSAT-HUB Kashmir and DECU (Development Educational Communication Unit)-ISRO Ahmadabad.
- Attended /presented a module on “**Disaster Preparedness Training Programme**” on 26th and 27th December, 2011 at Govt. College for Women, M.A Road, Srinagar in collaboration State civil Defence Unit Srinagar.

- Attended UGC-Sponsored 2-day national conference **“Politics of Pedagogy-Teaching of English language in India”** from 09-04-2012 to 10-04-2012 at Govt. College for Women, M.A Road, Srinagar.
- Co-Ordinated/Worked as research personnel on a 6-day workshop on **“Soft/Life Skills development”** organized by Career Counselling Cell of Govt. College for Women, M.A Road, Srinagar in collaboration with WAYE- World Alliance for Youth Empowerment from 14 July 2012 to 21 July 2012.
- Attended 3-day workshop on **“Qualitative Research in Psychology”** organized by Discipline of Psychology, School of Social Sciences Indira Gandhi National Open University New Delhi from 23-09-2013 to 25-09-2013.
- Organized a 3-Day workshop on **“Mental Health”** at govt. College (Boys) Baramulla in collaboration with MSF- Medicine Sans Frontiers, Kashmir from 22-08-2014 to 24-08-2014.
- Participated in a One Day Workshop on CBCS-Choice Based Credit System **“Challenges and Opportunities”** organized by Govt. Degree College Pattan, Baramulla on 30-11-2017.
- Worked as Resource Personnel in a 7 day orientation programme for Lab Staff organized by IQAC, Govt. Degree College (Boys) Baramulla, J&K.
- Attended UGC/CPE Sponsored seven days workshop on TEP-Teacher Enrichment Programme” between 18th of May, 2018 & 16th of October, 2018 as part of Faculty Development Programme of UGC held at Govt. Degree College Baramulla, J&K.

Lectures/Panelist/Invited Talks Delievered:

- Delievered a series of lectures in Govt. College of Education Srinagar to Civil Services Aspirants in January 2011.
- Worked as full time Resource Personnel on Edusat-Hub Kashmir at Govt. College for Women, M. A. Road Srinagar, J&K.
- Delievered a lecture on **“Anger Management”** at Govt. Women’s College Nawakadal, Srinagar on 24 September, 2012.
- Teaching soft-skills on various psychological interventions to mental health professionals and teachers across governmental and nongovernmental organisations from 2011 till date.

- Delievered a lecture on “**Women Participation in Education & Politics in India**” at Govt. Degree College (Boys) Baramulla J&K on 9th March, 2015 on the eve of International Women’s Day (8th March).
- Delievered a series of lectures to Teacher Training Courses at Baramulla Public School Baramulla J&K.
- Worked as Resource Personnel for Induction Training Programme (ITP) sponsored by DoPT- Govt. of India organized by JKIMPARD M. A. Road Srinagar, J&K. in Collaboration District Resource Persons from 14-12-2015 to 29-12-2015 & 04-01-2016 to 18-01-2016 at Govt. Degree College Baramulla, J&K.

Memberships

- Member VCAA-Varmul College Alumni Association
- Member BOS- Board of undergraduate studies for designing undergraduate courses of The University of Kashmir Srinagar, J&K.
- Member IQAC (Internal Quality Assurance Cell) of Govt. College for Women, M.A Road, Srinagar, J&K from March, 2010- April, 2014.
- Member College Purchase, Development Committees, Govt. College for Women, M.A Road, Srinagar, J&K from December, 2009-April, 2013.
- Member Centre for Women Studies, Govt. College for Women, M.A Road, Srinagar, J&K from December, 2009-April, 2013.
- Member Departmental Purchase Committee, Department of Psychology, Govt. College For Women, M.A Road, Srinagar, J&K.
- Member Departmental Purchase Committee, Department of Psychology, Govt. Degree College (Boys) Baramulla, J&K.
- Member College Development Committee, Govt. Degree College (Boys) Baramulla, J&K.
- Member College Development, Purchase, Publications, Library and NSS committees of Govt. Degree College Uri.

Other Experiences

- Empanelled as paper-setter for undergraduate courses of The University of Kashmir Srinagar, J&K.
- Empanelled as paper-evaluator for undergraduate courses of The University of Kashmir Srinagar, J&K.
- Empanelled as External Examiner for undergraduate courses (B.A & B.Sc Hons. Psychology) of Banaras Hindu University Varanasi U. P.
- Empanelled as Academic counsellor for M.A Programme in Psychology (MAPC) IGNOU.
- Empanelled For Academic Counselor IGNOU for M.Sc Programme in M.Sc (CFT) - Certificate Course in Family Therapy.
- Empanelled as Paper Setter, Evaluator for M.A Programme in Psychology (MAPC) and M. A. programme in School Psychology, IGNOU.
- Member College Purchase Committee, Govt. Degree College (Boys) Baramulla, J&K.
- Psychologist/Educationist Member of Kendriya Vidyalaya, NHPC Gingal, Uri J&K.
- Empanelled as an expert examiner of Department of Psychology, BHU- Banaras Hindu University, UP India.
- Member Psychologist of Academic Council of Arifeen School of Excellence, IFD-Idarah Falah e Daareen Baramulla, J&K.

References:

- **Dr. Swati Patra**, Associate Professor, IGNOU, New Delhi.
- **Dr. Showkat Ahmad Shah**, Associate Professor & Head; P.G Department of Psychology, University of Kashmir.

Personal Information

- **Date of birth:** 05-08-1983 (Fifth of August, NH Eighty Three)
- **Sex:** Male
- **Marital status:** Married

- **Nationality:** Indian
- **Religion:** Islam
- **Languages:** English, Urdu, Kashmiri, Arabic