

# CURRICULUM-VITAE



*Navshad Ahmad Wani, Ph.D*

Zehanpora Baramulla P/O Gantamulla Colony, 193101. Jammu and Kashmir, India

## Current Position

Assistant Professor (Sr. Scale II) & Head, Post Graduate 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. (1<sup>st</sup> 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

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## Teaching Experience:

- 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 till date.

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**Research Experience:**

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- 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 5 research projects of M. A Psychology students of M. A Psychology affiliated to University of Kashmir at GDC Baramulla w-e-f 2018 till date
- 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.
- Supervised one research scholar Ms. Nahida Shaban of NIMS University Rajasthan, Jaipur as co-Supervisor in Psychology (Ref. NoNIMSUR/URC/2021/296; Dated; 24-03-2021.

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**Administrative Experience:**

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- Head Department of Psychology, Govt. Degree College Baramulla, J&K w-e-f 01-05-2013 to 17-02-2017.
- Head, Department of Psychology, Govt. Degree College Uri, J&K w-e-f 18-02-2017 to 10-01-2018.
- Head Post Graduate 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 w-e-f April 2014 to Feb. 2017.
- Dean Academic Affairs at Govt. Degree College Baramulla, J&K w-e-f December, 2019 till date.
- Convener Career Counseling Cell at Govt. Degree College Baramulla, J&K w-e-f December, 2019 till 01-04-2022.
- Convener Library Committee, Govt. Degree College Baramulla w-e-f 27-06-2020 to 01-04-2022
- Executive member Manodarpan (Atmanirbhar Bharat Initiative) for District Baramulla and Nodal officer for North Kashmir for Psychological cum career counselling and placement cell.
- Coordinator IQAC Govt. Degree College Baramulla, J&K w-e-f March, 2022 Till Date
- Dean Social & Behavioural Sciences at Govt. Degree College Baramulla, J&K w-e-f March,

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2022 Till Date

- Assistant Coordinator IGNOU Study Centre No. 1236 at Govt. Degree College Baramulla

**Research Papers Presented (Conferences & Seminars):**

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- Dar, K. A & Wani, N. A (2012). **Self-Efficacy in militancy affected youth of Kashmir valley** at 2<sup>nd</sup> Indian Psychological Science Congress organized by Dept. of Psychology, P.G. Govt. College, Sector-46, Chandigarh on 15-16 October, 2012, Chandigarh. [https://www.academia.edu/7432353/Indian\\_Psychological\\_Science\\_Congress-2012\\_Abstract\\_Book](https://www.academia.edu/7432353/Indian_Psychological_Science_Congress-2012_Abstract_Book)
- Wani, N. A., Dar, K. A & Wani, R. Y. (2013). **“Marital Adjustment and Socio-cultural determinants”** “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 19<sup>th</sup> – 20<sup>th</sup> 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 8<sup>th</sup> – 9<sup>th</sup> 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 2<sup>nd</sup> 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 8<sup>th</sup> July, 2018.
- Wani, N. A Rasool, R., & Khaliq, W. (2019). Acculturative stress among displaced Kashmiri pandits: A qualitative exploration. *International conference on stress management: Dimensions and suggestive measures* organized by Govt. Degree College for Women, Anantnag on 12-13, June, 2019.
- Wani, N. A. (2020). Presented a paper on **“Programme Outcomes for Undergraduate B. A Programme in Psychology”** in One-Day seminar on **“Learning Outcome Based Curriculum Framework for Undergraduate Education”** on 19<sup>th</sup> March, 2020 at Govt. College for Women, Baramulla J&K.
- Wani, N. A. & Rafi, S. (2022). Presented a paper on **“Revisiting Leadership & Governance in the Context of NEP-2020”** in Two-Day National Conference on **“Institutional Autonomy in the Light of NEP-2020”** w-e-f. 24<sup>th</sup> August to 25<sup>th</sup> August 2022 at Govt. Degree College Baramulla J&K.

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**Research Papers Published:**

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- 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.
- Navshad A Wani. (2018). Mass Disabilities as a Result of Pellet Guns in (IAK) Indian Administered Kashmir-An Opinion Paper. *Degenerative Intellectual & Developmental Disabilities*; 1(2), 1-2. DIDD.000521. 2018.

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#### **Books Published:**

- Wani, N. A. (2019). Introduction to Psychology. **Wisdom Press, New Delhi.** (ISBN: 978-93-88387-06-4).

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#### **Book Chapters Published:**

- 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](https://doi.org/10.1007/978-981-16-9881-1_2)

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#### **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.
- 1<sup>st</sup> Division award & Best Student Award HSE Part II (2000).
- Best Stage Anchor, College Annual Day, 2015 at Govt. Degree College Baramulla, J&K.
- Received a “Certificate of Appreciation” at International Conference on Higher Education Digitization Issue, Challenges & Way Forward 2020, on 16 May, 2020 organized by Innovation Society of India.

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### **Orintation/Refresher Courses/ Faculty Development Programmes**

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- 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 18<sup>th</sup> Feb. to 25<sup>th</sup> 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 21<sup>st</sup> 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 31<sup>st</sup> Jan. to 19<sup>th</sup> 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 9<sup>th</sup> & 10<sup>th</sup> September, 2016 at National Dairy Research Institute Karnal.
- Attended UGC sponsored 3weeks **Interdisciplinary Refresher Course** in “**Human Rights**” from 6<sup>th</sup> Dec. to 27<sup>th</sup> Dec. 2016 at UGC HRDC-Human Resource Development Centre, University of Jammu in collaboration with, Department of Law, University of Jammu.
- Attended UGC sponsored 2 weeks **Interdisciplinary Refresher Course** in “**Gender Studies**” from 13 Jan. to 25<sup>th</sup> Jan. 2020 UGC HRDC-Human Resource Development Centre, University of Kashmir, Srinagar.
- Attended 5 Days National Faculty Development Programme on “Recent Advances in Psychology” organized by Department of Psychology, University Institute of Liberal Arts & Humanities, Chandigarh University w.e.f. 12<sup>th</sup> July, to 16<sup>th</sup> July, 2022.

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### **Workshops/Seminars/Webinars Attended:**

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- 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 22<sup>nd</sup> March. 2010 to 24<sup>th</sup> March, 2010.
- Attended Seven day workshop on “**Assessment and Psycho-diagnostics**” organized by Post-Graduate Department of Psychology, University of Kashmir Srinagar from 31<sup>st</sup> Oct. to 6<sup>th</sup> of Nov. 2011.
- Attended Two day workshop on “**Script Writing and Content Generation**” From 23rd-24<sup>th</sup>, 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 26<sup>th</sup> and 27<sup>th</sup> 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.
- Attended one day UGC/CPE sponsored workshop on “Sustenance of CPE-status” organised by Govt. Degree College Baramulla on 21<sup>st</sup> October 2017.
- 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 from 12-01-2015 to 19-01-2015.
- Attended One day workshop organised by “Composite Regional Centre (MOSJ&E)” on “Disabilities and its Rehabilitation” on 17<sup>th</sup> May 2018.
- Attended UGC/CPE Sponsored seven days workshop on TEP-Teacher Enrichment Programme” between 18<sup>th</sup> of May, 2018 & 16<sup>th</sup> of October, 2018 as part of Faculty Development Programme of UGC held at Govt. Degree College Baramulla, J&K.
- Attended One-Day seminar on “Learning Outcome Based Curriculum Framework for Undergraduate Education” on 19<sup>th</sup> March, 2020 at Govt. Degree College, Uri.
- Participated in one day National Level Multi-Lingual Webinar on Teaching of Languages in Post-Covid Scenario organised by the Departments of Languages, Rashtramata Indira Gandhi Arts, Commerce & Science College, Jalna (M.S.) on 11-06-2020.
- Participated in International Conference on Higher Education Digitization 2020, on 16 May, 2020 organized by Innovation Society of India.
- Successfully completed a National Online Quiz on “ICT in Education” organized by the Department of Education and Computer Applications, Govt. College for Women Sopore on 10-06-2020.
- Attended one day national webinar on Psychological cum Career Counseling and Placements” organized by GDC Anantnag and Islamia College of Science and Commerce Srinagar in collaboration with Department of Higher Education, Govt. of J&K (UT) on 13-08-2020.
- Attended webinar on "The Unrest of the Human Heart: Exploration of Love and Loss" organized by (IQAC) cell of Amar sikh College Cluster University Srinagar on 25th August, 2020. as part of the International Webinar Series on Recent Advances in Science, Social Sciences and Humanities (RASSSH-2020) (24th August, 2020 - 5th September, 2020).
- Participated in the webinar on "Introduction to Indian Aesthetics" organized by (IQAC) cell of Amar sikh College Cluster University Srinagar on 26th August, 2020. as part of the International Webinar Series on Recent Advances in Science, Social

- Sciences and Humanities (RASSSH-2020) (24th August, 2020 - 5th September, 2020).
- Attended two-day conference on **“NEP-2020: Preparedness and Implementation”** organized by Department of Higher Education, Govt. of J&K at Govt. College For Women, M.A Road Srinagar w.e.f. 27<sup>th</sup> June to 28<sup>th</sup> June, 2022.
  - Coordinated/Organized One Week Online Workshop on **“Soft Skills & Personality Development”** at Govt. Degree College Baramulla, w.e.f. 7<sup>th</sup> June to 7<sup>th</sup> July, 2021.
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#### **Lectures/Panelist/Invited Talks Delievered:**

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- 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 9<sup>th</sup> March, 2015 on the eve of International Women’s Day (8<sup>th</sup> 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.
- Worked as Resource Personnel at one day intensive workshop on **“Research Methodology and Report Writing”** organised by **“Centre for research and policy studies, Baramulla”** on 31<sup>st</sup> March 2019.
- Delivered a talk on **“Drug Abuse and its Effects on Mental Health”** on 02-08-2019 at Model Degree College Charar-e-Sharief Budgam, J&K.
- Delivered a talk on, **“Relaxation techniques on stress management”** National Webinar on the eve of 6<sup>th</sup> international Yoga Day (21, June 2020) organized by Directorate of Physical Education & Sports, Govt. Degree College Baramulla, J&K.
- Delivered a talk on, **“Self-coaching & relationship skills for parents of children with special needs”** on 25-06-2020 as part of one week National Continuing Educational programme (CRE) approved by Rehabilitation Council of India organized by COMPOSITE REGIONAL CENTRE, Srinagar (Ministry of Social Justice & Empowerment, Government of India).
- Delivered a lecture on **“Juvenile Justice System: Operations and Practices”** and co-chaired a session at **“One Day Workshop”** at School of Legal Studies, Central University of Kashmir Ganderbal on 30-09-2020.
- Delivered a Lecture on **“Pandemic & Mental Health”** online at GCET-Safapora on 14<sup>th</sup> Feb. 2022.
- Delivered online lecture on **“Effective Time Management Strategies”** at Govt. Degree College Kotranka, Rajouri on June, 11, 2021.

- Delivered a lecture on “Modern Strategies of Stress Management” and acted as Invited Resource Person at AICTE Training & Learning (ATAL) online Elementary FDP on “Cyber Security, Ethical Hacking & Cyber Crime” organized by Department of Computer Sciences, University of Kashmir, Srinagar w.e.f. 2<sup>th</sup> July, to 16<sup>th</sup> July, 2021.
- Delivered a lecture on “Coping with the Pandemic during Covid-19 and Mental Health Issues” and acted as Invited Resource Person at online International Conference on “Coping with the Pandemic” organized by Department of Psychology,, Vaishali Mahila College, Hajipur Bihar” w.e.f. 2<sup>nd</sup> & 3<sup>rd</sup> September, 2020.

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### **Memberships**

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- 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.
- Dean Academics at Govt. Degree College Baramulla.

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### **Other Experiences**

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- 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.
- Assistant Coordinator IGNOU Study Centre 1236 at GDC Baramulla w.e.f. July, 2022 till date
- I/C Coordinator IGNOU Study Centre 1236 at GDC Baramulla w.e.f. August, 2022 till date
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#### **M. Phil & Ph.D Supervised:**

1. **Supervising the Ph.D programme of Ms. Nahida Lone of NIMS Jaipur, Rajasthan on “Effect of Perceived Stress and Aggression on Quality of Life and mental health of Kashmiri Students”**

#### **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 & Hindi

*Navshad Wani*

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Updated On 16-10-2022