

## **Dr- MOHD IQBAL WAR**

**Warapora Sopore, District Baramulla Jammu and Kashmir India-193201**

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### **OBJECTIVE**

To work in an environment which encourages me to succeed and grow professionally where I can utilize my skills and knowledge appropriately.

### **SKILLS**

- SPSS
- MS word
- MS Power Point
- All computer Knowledge


### **RESPONSIBILITIES**

- Always obtained high student morale and motivation, both in the specific classes and the college in general by regularly monitoring the students.
- Coordinated with other college officials to obtain general college discipline and the overall operation stability, integrity and professional image of the college.
- Supervised student attendance and punctuality.
- Facilitated counseling of individual students regarding attendance, punctuality, academic progress, professional development, and behavior as required.

### **WORKING EXPERIENCE**

- Seven years of teaching experience in Higher education department of Jammu and Kashmir and had taught both UG and P.G students,.
- **Courses Taught:** General Psychology, Social Psychology, Clinical Psychology, Counseling Psychology, Psychopathology, Psychotherapeutics and Research Methodology etc.
- Worked as Resource Person at Directorate of Distance Education Annamalai University Tamil Nadu India.
- Worked as Senior psychologist at Dream Residential Psychiatric Rehab facility (Recognized under State Mental Health Authority) - **17 Oct 2020 to 28 Sep 2021**

#### **Lecturer**

**Higher Education Department Jammu and Kashmir, India**  **April 2012 – Nov 2018,**  
**February 2023 – Till date**

S. No	Name of the College	Academic session	Period of Engagement
1	Govt. Degree College Uri	2012	5 April 2012 to 28 Feb, 2013
2	Govt. Degree College Ganderbal	2013	2 May 2013 to 28 Feb, 2014
3	Govt. Degree College Ganderbal	2014	24 April 2014 to 30 Apr, 2015
4	Govt. Degree College Ganderbal	2015	8 July 2015 to 31 Mar, 2016
5	Govt. Degree College Boys Sopore	2016	5 April 2016 to 31 March, 2017
6	Govt. Degree College Sumbal	2017	12 April 2017 to 31 March, 2018
7	Govt. Degree College Sumbal	2018	05 April 2018 to 19 Nov, 2018
8	Govt. Degree College Baramulla (Autonomous)	2023	23 February to 26 December 2023
9	Govt. Degree College Baramulla (Autonomous)	2024	09 October 2024 to Till date

## EDUCATION

- Ph.D. Psychology Annamalai University Tamil Nadu India (December, 2022)
- M.Ed. Kashmir University, (2015)
- B.ED Kashmir University, (2013)
- M.Phil. Barkatullah University Bhopal India, (2011)
- M.A, Psychology Barkatullah University Bhopal India, (2010)

## PUBLICATIONS

1. **War, M. I & Ramanathan, G. (2021).** Mental Health and Self-efficacy Among College Students of Kashmir. *Vidyabharati International Interdisciplinary Research Journal* (special issue), 3358-3362.
2. **War, M. I & Ramanathan, G. (2020).** Relationship of Protective Factors with Mental Health among the College Students In Kashmir. *Elementary Education Online*, 19(4), 6381–6390. <https://doi.org/10.17051/ilkonline.2020.04.765042>.
3. **War, M. I., Ramanathan, G., & Kachroo, W. Q. (2021).** Hope and Mental Health among Kashmiri. *Journal of Emerging Technologies and Innovative Research*, 8(12), b606-b610.
4. **War, M. I & Ramanathan, G. (2021).** Stress and coping among Kashmiri and non-Kashmiri students. *Journal of Xian University of Architecture and Technology*, 13(2), 102-104.
5. **Kachroo, W. Q., War, M. I & Ramanathan, G. (2021).** Relationship between life satisfaction and self-esteem among College Students. *Journal of Xian University of Architecture and Technology*. 13(2), 161-167.
6. **Kachroo, W. Q., Ramanathan, G. & War, M. I. (2021).** Hope and Psychological Well- being among Kashmiri College Students. *International Research Journal of Management Sociology and Humanities*. 12(12), 65-70.
7. **War, M. I & Ramanathan, G. (2022).** Mental Health among mothers of children with multiple disabilities. *The International Journal of Indian Psychology*. 10(4), 2095-2103.

## PROJECTS CONDUCTED

1. Alienation in Relation with the Suicide Behavior among Adolescents (August-2023).
2. Work Life Balance as the Predictor of Burnout among Working Females (June-2024).
3. Gratitude, Forgiveness and Mental well-being among College students of Baramulla Kashmir (April-2025).

## CONFERENCES AND WORKSHOPS

- ❖ Participated in the National Conference (*Recent Trends In Psychology: In Indian Perspectives*) on Psychology organized by department of Psychology, Government Maharani Lakshmi Bai Girls College P.G. Autonomous College Bhopal Sponsored by University Grants Commission From 6<sup>th</sup> to 8<sup>th</sup> January 2011.
- ❖ Attended Two days' workshop on "New Trends on Stochastic Process, SQC and RELIABILITY using R programming (NTSPQR 2019), Organized by Department of Statistics Annamalai University (11th and 12th July 2019).
- ❖ Attended Two days IQAC Enabled national workshop on "Emotional Quotient (EQ) and Emotional Intelligence (CEQEI-2019) Organized by Department of Psychology Annamalai University (14th and 15th November).
- ❖ Attended one day workshop on Article Publishing Techniques and tools- Organized by Dr. C. P. Ramasamy Aiyar Library and Wiley International (20 November 2019).
- ❖ Participated in the Memorial Lecture entitled "Dr. B. R. Ambedkar- The maker of modern India" on the occasion of 64th Mahaparinivan Diwas of Dr. B. R. Ambedkar. Organized by Dr. Ambedkar chair Annamalai University (6 December).
- ❖ Indian psychiatric Society "Mid –Term- CME-2019" attended on 8- December 2019 organized by Raja Mathia Medical College Annamalai, University.
- ❖ Attended one day National Workshop on "Art of Research writing and Plagiarism check" organized by Department of Political Science and Public Administration (12- December-2019).
- ❖ Attended 7 days' workshop on "Research Methodology" organized by Department of Economics, Annamalai University from 13 December to 19 December, 2019.
- ❖ Attended 10 days National workshop on Research Methodology conducted by Department of Political science and public administration in collaboration with ICSSR New Delhi (03-12 February 2021).