

PERSONAL INFORMATION

Dr. Sahar-UI-Nisa Haroon
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Sex Female | Date of birth 24/10/1985 | Nationality Indian

PRESENT POSITION Dr. Shar Ul Nisa Haroon is an Assistant Professor (Contractual) at the School of Education, Central University of Kashmir, offering over 8 years of dedicated academic expertise. Possessing a Ph.D. in Psychology from Aligarh Muslim University, I have specialized in clinical psychology, applied social psychology, and guidance and counselling. With an illustrious career, I demonstrated my commitment to education through the organization of numerous seminars. My contributions in academia underscore my profound knowledge and dedication to the fields of psychology and counselling, making me a valuable asset to the academic community at the Central University of Kashmir.

ACADEMIC DETAILS:

2013-2015	Ph.D. Aligarh Muslim University, Aligarh, Uttar Pradesh, 202002
2012-2015	M.A. Psychology Aligarh Muslim University, Aligarh, Uttar Pradesh, 202002: 70%
2009-2011	B.A. University of Kashmir, Srinagar: 57.05%
2000	12 th Jammu and Kashmir Board of School Education: 70.93%
2000	10 th Jammu and Kashmir Board of School Education: 62.40%

TEACHING EXPERIENCE

Two Year	Guest Faculty Law College
Nine Year	Lecturer (Contractual) Higher Education, Kashmir Assistant Professor (Contractual) Department of Education School of Education, Central University of Kashmir
1 st March 2021 Till Date	

Curriculum Vitae

PERSONAL SKILLS

Mother tongue(s) Kashmir

Other language(s)

UNDERSTANDING

Listening

Reading

SPEAKING

Spoken
interaction

Spoken production

WRITING

English	Advance	Advance	Advance	Advance	Advance
Urdu	Advance	Advance	Advance	Advance	Average
Hindi	Advance	Advance	Advance	Advance	Average

Communication skills

- Good communication skills gained through my experience by participating in various workshops, and seminars and also presented papers at various national seminars.

Projects Undertaken

- Successfully completed M.A. Dissertation Programme entitled “Appraisal of terrorism and its causes” from AMU.
- Successfully completed Ph.D. Dissertation entitled “An Analysis of Attitude towards e-learning and Research Self-efficacy among research scholars of University of Kashmir” from University of Kashmir, Srinagar, January 2016 - June 2019.

Have guided PG students in their PG dissertation Programme with the following titles

- Resilience: A bouncing back mechanism in pandemic Covid19 among the adults of Kashmir, Master dissertation for University of Kashmir 2020.
- Unity and uniqueness in Dr sir Muhammad Iqbal’s Educational outlook with special reference to character and spiritual development, Master dissertation for Central University of Kashmir 2021.
- Educational thought of Friedrich Froebel with special reference to pre-primary education, Master dissertation for Central University of Kashmir 2021.
- Suicidal ideation among youth: A preliminary study of two districts of Kashmir, Master dissertation for Central University of Kashmir 2021.
- Health related quality of life among youth during Pandemic Covid-19, Master dissertation for Central University of Kashmir 2021.
- Perinatal grief, Master dissertation for Central University of Kashmir 2022.
- The impact of Covid-19 on Global public health: lessons learned and future preparedness, Master dissertation for Central University of Kashmir 2023.

Projects Guided/ Guiding

Curriculum Vitae

- Student life: Psychological status, perception and satisfaction, Master dissertation for Central University of Kashmir 2023.
- Psychological status: A study on women entrepreneur in District Ganderbal, Master dissertation for Central University of Kashmir 2023.
- Psychological status and decision making: A study on housewives of District Budgam, Master dissertation for Central University of Kashmir 2023.
- Integrated child development services (ICDS): A Psychological Study, Master dissertation for Central University of Kashmir 2023.
- The Enduring Legacy of Jean Piaget (1896-1980): Pioneering Cognitive development and Shaping Modern Psychology and Education, Master dissertation for Central University of Kashmir 2023.

PUBLICATIONS

- ✓ **Haroon, S. N., Bhat, S. A., & Jan, H. (2023). Gender inequality, Regionalism and locus of control.** In M.M Baba., C Krishnan, & N.G Goswami (Eds.), Gender Equality and Leadership: A Transformation (In Press). Taylor & Francis (INDEXED IN TAYLOR & FRANCIS)
- ✓ **“Impact of religious rituals on spirituality among Hindu and Muslims”**—published in Studies in Spiritual Psychology edited by Akbar Hussain, First edition: 2014 ISBN: 978-81-89131-88-3, Research press India pp 74-84
- ✓ **“Kashmiri stone pelters: A psychological perspective”**----published in International journal of Society and Humanities (IJSH) ISSN 2319-2070, Vol 03, Jan Issue 2014.
- ✓ **“ Ex-militants: A case study of Alienation and reestablishment in society”**--- Published in International Journal of Management and Behavioral sciences (IJMBS), ISSN 2278-5671, Vol 03, March issue 2013.
- ✓ **“Effect of terrorism on self efficacy of children living in Kashmir”**---- Published in Indian Journal of Health and Well-being, March 2012.
- ✓ **“Channeling and up-gradation of Indian sports through counseling”**---- Published in Journal of health and Fitness Vol.4 No.1 January- June 2012.

ARTICLES PUBLISHED

- ✓ **AFSPA problem thereof**--- published by Kashmirawareness.org on 16-04-2012 link <http://www.kashmirawareness.org/Article/View/9938/afspa-and-problems-thereof>
- ✓ **Kashmir: a breeding ground for spirituality** –published by Sufi news and Sufi World Report on 02-08-2012 link <http://sufinews.blogspot.in/2012/08/kashmir-breeding-ground-for-spirituality.html>
- ✓ **Alone in the crowd**— published by Rising Kashmir on published by Rising Kashmir on 02-11-2012 link <http://m.risingkashmir.in/news/alone-in-the-crowd-35736.aspx> and reprinted as Alone in the crowd: Ex-militant issues by Kashmir Watch link <http://kashmirwatch.com/opinions.php/2012/11/02/alone-in-the-crowd-the-ex-militants-issue.html>
- ✓ **Adolescence : A period of stress and storm**—published by Rising Kashmir on 20-10-2012 link <http://www.risingkashmir.in/news/adolescence-period-of-storm-and-stress-35114.aspx>
- ✓ **Kashmir the garden of Sufis**-- published by Rising Kashmir on 22-07-2012 link <http://www.risingkashmir.in/news/kashmir-the-garden-of-sufis-30572.aspx>

Curriculum Vitae

- ✓ **Better schooling for better society**—published by Rising Kashmir on 21-01-2013 link <http://www.risingkashmir.in/news/better-schooling-for-better-society-40408.aspx>
- ✓ **Be kind to your parents**—published by Rising Kashmir on 26-02-2013 link <http://www.risingkashmir.in/news/be-kind-to-your-parents-42405.aspx>
- ✓ **Emotional Development in children**—published by Rising Kashmir on 14-06-2013 link <http://m.risingkashmir.in/news/emotional-development-in-children-49157.aspx#.UcoKePIHJhR>
- ✓ **Agony of a Kashmiri Mother**—published by Kashmir Watch on 11-01-2015 link <http://kashmirwatch.com/opinions.php/2015/01/11/agony-of-a-kashmiri-mother.html>
- ✓ **Kashmir: Death of a language is a death of culture-** published by Kashmir Dispatch on 16-01-2015 link <http://www.kashmirdispatch.com/blog/160128787-kashmir-death-of-a-language-is-a-death-of-culture.htm>
- ✓ **Meaningful engagement with adolescents** – published by Rising Kashmir on 02-02-15 link <http://www.risingkashmir.com/meaningful-engagement-with-adolescents/>
- ✓ **Good technology, bad technology-** published by Kashmir Dispatch on 03-02-2015 link <http://www.kashmirdispatch.com/blog/030229082-good-technology-bad-technology.htm>
- ✓ **Shrines are antidote for stress in Kashmir** –Published by Kashmir reader on 16-02-2015 link <http://kashmirreader.com/shrines-are-antidotes-for-stress-in-kashmir-34131>
- ✓ **Harmful Digital friends** –Published by Kashmir watch on 18-02-2015- link <http://kashmirwatch.com/opinions.php/2015/02/18/harmful-digital-friends.html>
- ✓ **A choice between Spirituality and Materialism**—Published by Kashmir Reader on 18-03-2015 link <http://www.kashmirreader.com/a-choice-between-spirituality-and-materialism>
- ✓ **Disabilities due to violence---** Published by Rising Kashmir on 16-03-2015 link <http://www.risingkashmir.com/disabilities-due-to-violence>

Papers Presented

- ✓ **Impact of religious rituals on spirituality among Hindu and Muslims”----** Paper presented at National seminar on *Spiritual psychology*. Organized by Deptt. of Psychology A.M.U., Aligarh. (Oct. 28-30, 2010).
- ✓ **Effect of terrorism on self-efficacy of children living in Kashmir”-----** Paper presented at Ist National Conference of InSPA on *School Psychology: Challenges and Opportunities*. Organized by TEPSE & HEPSN Centre and Deptt. of Psychology, Jai Narain Vyas University, Jodhpur- 342001(Rajasthan) . (November 26-28, 2011).
- ✓ **Understanding Kashmiri stone pelters in the context of frustration-aggression hypothesis”----** Paper presented at International conference on *Stress--- Paradigm shift in Technology and Allied Sciences*. Organized by IISMAAS and IIHMR, New Delhi. (December 27-28, 2011).
- ✓ **Impact of violence on victimized women of Kashmir”----** Paper presented at National Seminar on *Domestic violence and women*. Organized by UGC and Department of Psychology Government R.D College, Bharatpur-321001 (Rajasthan). (December 3rd - 4th, 2012).
- ✓ **Hope and meaning of life as determinants of well-being among drug addicts”----** Paper presented at 9th National Seminar on *Drug Addiction: A growing menace*. Organized by Dr.ZakirHussain Foundation, Aligarh. (January 20th, 2013)
- ✓ **Ex-militant: A case study of alienation and reestablishment in society”---** Paper presented at 7th International conference on *Management and Behavioural sciences*. Organized by Society of management and behavioural science (SMBS), Noida (NCR). (March 9-10, 2013).

Curriculum Vitae

- ✓ **Distant trauma: An existential crisis for women**— Paper presented at international seminar on *Psychology of trauma: women and children in violent conflict*. Organized by Department of Psychology, Jamia Millia Islamia, New Delhi. (March 13-14, 2013)
- ✓ **Half widow: A silent sufferer of violence in Kashmir**— Paper presented at International seminar on *Psychology of trauma: women and children in violent conflict*. Organized by Department of Psychology, Jamia Millia Islamia, New Delhi. (March 13-14, 2013)
- ✓ **Impact of violence and stigmatization on mental health of women in Kashmir**--- Paper presented at National seminar on *Women and health*. Organized by Centre for women studies, Aligarh Muslim University, UP, 202002 (Feb 01-03, 2014)
- ✓ **“Personality changes and adaptation among Madrasa students exposed to Modern Education”**-----Paper presented at National Seminar on *Traditional versus modern education: Vision and Planning of Muslim Institutions*. Organized by Centre for Promotion of Educational and Cultural Advancement of Muslims of India (CEPECAMI), Aligarh Muslim University, U.P (1st -2nd March 2014)
- ✓ **“Traditional and Modern Education in the present scenario: Relevance and Requisites for Muslims”**----- Paper presented at National Seminar on *Traditional versus modern education: Vision and Planning of Muslim Institutions*. Organized by Centre for Promotion of Educational and Cultural Advancement of Muslims of India (CEPECAMI), Aligarh Muslim University Uttar Pradesh (1st -2nd March 2014).

WORKSHOPS AND SEMINARS ATTENDED

- **Stress management and Mental Health** Organized by Academic staff college Aligarh Muslim University, Aligarh from 17th-20th January, 2011.
- **Rorschach Inkblot Test** Organized by Department of Psychology, Aligarh Muslim University, Aligarh from 9th to 11th November, 2011.
- **Gender Awareness** Organized by Centre for Women's Studies, Aligarh Muslim University, Aligarh from 23rd to 28th September, 2013.
- **Research Writing Workshop** Organized by Indian Institute of technology, Delhi, from 28th to 29th March, 2014.
- **Workshop on SPSS** Organized by Department of Psychology under UGC-SAP (DRS-1) Aligarh Muslim University, Aligarh from 05th to 10th May 2014.
- **Webinar attended on** “Mental Health and Career Counselling organized by the Psychological Cum Career Counselling and Placement Cell of the college on 29th December, 2020 as part of the Manodarpan Initiative of Higher Education Department of J&K.
- **Webinar attended on** “Environment And Sustainable Development” organized by the Department of English, on 15 February 2021. Sponsored by : State Project Directorate ,Department of Higher Education, Govt. Of M.P., Bhopal under the World Bank Project of M.P. Higher Education Quality Improvement Program (MPHEQIP)
- **Webinar attended on** “The Indian Subcontinent and Climate Change: A big history perspective on 27th of February 2021 organized by Indian Association for Big History: Symbiosis School for Liberal Arts, Pune India

WORKSHOP /SEMINAR ORGANIZED

- Organized a talk on Mental health: Concept and myths at Central University of Kashmir

Curriculum Vitae

- Organized a National seminar on Women Empowerment at Central University of Kashmir
- Organized a National Seminar on Anti- corruption day at Central University of Kashmir
- Organized a three day workshop on First aid training in collaboration with Indian Red Cross Society (J&K) at Central University of Kashmir
- Organized an interactive session “Let’s Talk” at Central University of Kashmir
- Organized a week long programme on Mental Health week at Central University of Kashmir.

Other Professional Activities

Academic Counsellor at Indira Gandhi National Open University (IGNOU).

Worked as a counselor at RAHAT centre for Counselling at Govt Degree College Baramulla (Boys) Kashmir.

Writing for various news dailies at State level.

REFERENCES

- **Dr. Roomana N. Siddqui**
Associate Professor, Department of Psychology, Aligarh Muslim University, Aligarh.
Email: roomana17@gmail.com
Phone: - +91-9897266869
- **Prof. Akbar Hussain**
Professor, Department of Psychology, Aligarh Muslim University, Aligarh.
Email: profakbar6@gmail.com
Phone: +91- 9045934355
- **Dr. Showkat Ahmad Shah**
Associate Professor and Head of the Department of Psychology, University of Kashmir,
Email: showkat_psy@rediffmail.com
Phone: 09419545340

Computer skills

- Good command of Microsoft Office TM tools, and Internet-related work, Familiar with working with different presentation and formatting tools/software and with statistical software like SPSS also.

Dr. Sahar ul Nisa Haroon