

Masrat Khursheed

DOCTRATE IN PSYCHOLOGY

Profile

As a dedicated researcher in Psychology, I have a passion for unraveling the mysteries of the human mind. With strong background in Psychology and extensive research experience I continue to contribute significantly to the advancement of knowledge in the field.

I have authored and co-authored nearly 9 papers in esteemed international journals focusing on topics such as Trauma and PTG, Covid19, Distress and Depression.

I am a part of peer review group and reviewed research papers for international publication like Wiley, Springer, and Sage

In my previous roles, I have demonstrated my teaching and counselling skills and endeavored to impart knowledge with passion and dedication. My efforts have been recognized at Jamia Milia and Amity University with a very positive feedback and reputation. I am always eager to learn new skills, embrace challenges, and collaborate with diverse teams.

Employment History

Assistant Professor, Amity University Noida, India

FEBRUARY 2023 — JULY 2023

- Developed and delivered engaging and comprehensive course material for Undergraduate psychology students.
- Incorporated diverse teaching methodologies to cater to students' varied learning styles.
- Fostered a supportive learning environment conducive to student success, providing individualized guidance.
- Implemented innovative teaching strategies, including interactive lectures, case studies and group discussions.
- Designed and Administrated fair and rigorous assessments, including exams, assignments, projects and presentations.

Teacher, Govt High School, Baramulla India

JUNE 2014 — OCTOBER 2014

- Designed and implemented age-appropriate lesson plans aligned with state or national educational standards.
- Established a positive and inclusive classroom environment conducive to learning, utilizing effective behavior management strategies to promote a respectful and supportive atmosphere among students.
- Tailored instruction to meet the individual needs and learning styles of students, integrating various teaching methods, resources, and technologies to accommodate diverse abilities and interests.
- Cultivated open and collaborative relationships with parents and guardians through regular communication, parent-teacher conferences, and progress reports, ensuring alignment between home and school environments to support student success.

Accomplishments:

1. **Published a research paper entitled “Trauma and PTG: Spirituality and Self-Compassion as Possible Mediators Among Parents of lost Children in Kashmir”. (international journal: october 2020 journal of religion and health.) publisher: springer**

2/8/2024

AXP Internal

Details

Baramulla, Jammu and Kashmir
Contact Number: 7006297730
Khankhushi58@gmail.com

LinkedIn

<https://www.linkedin.com/in/dr-masarat-khursheed-728143170/>

Skills

Research Methodology

Data Analysis

Critical Thinking

Collaboration

Teaching and Mentoring

Counselling

Microsoft Office

SPSS

Hayes Mediation, Moderation

Smart PLS

Amos

Psychological Assessment

Problem Solving

Languages

English

Hindi

Urdu

Hobbies

Reading, Working with NGO.

DOI:10.1007/S10943-020-00980-2

2. **Published an article on Covid 19 entitled “how to navigate these tough times” (english daily newspaper greater kashmir).**

3. **Published a research paper entitled “Depression, Anxiety and Stress Among Indians in Times of Covid-19 Lockdown”.**

international journal: january 2021 community mental health journal
publisher: springer doi:10.1007/s10597-020-00664-x

4. **Published a research paper entitled “Quality of Life in the Covid-19 Pandemic in India: Exploring the Role of individual and Group Variables”.** **international journal:** january 2021 community mental health journal
publisher: springer doi:10.1007/s10597-020-00712-6

5. **Published a research paper entitled "Risk perception, social distancing, and distress during COVID-19 pandemic: Exploring the role of online counseling and perceived social support".** november 2021 journal of death studies. **publisher:** routledge taylor and francis group. doi:10.1080/07481187.2021.2006826

6. **Published a research paper entitled “Individual and group level risk factors in preventive health and panic buying behaviors during COVID-19 pandemic in India”.** april 2022, journal of current psychology. **publisher:** springer doi: org/10.1007/s12144-022-03098-8

7. **Published a research paper entitled “Development and Validation of a New COVID-19 Anxiety Scale (NCAS)”.** august 2022 journal of health management **publisher:** sage doi: 10.1177/09720634221114672

Papers Presented.

1. Presented a research paper entitled “Distress and PTG: Exploring dual cognitive processing Model among youth in Kashmir in the 30th Annual Convention of NAOP Organized by the Department of Applied Psychology, Ramanujan College, University of Delhi, Delhi India from 19th- 21st March 2021.
2. Presented a research paper entitled “Trauma and PTG: Spirituality and Self-Compassion as Possible Mediators among Parents of lost Children in Kashmir in the 28th Annual Convocation of NAOP Organized by the Department of Applied Psychology, Ramanujan College, University of Delhi, Delhi India from 19th 21st December 2018.
3. Presented a paper entitled “Trauma and PTG: Self-Compassion and Patience as Possible moderators among parents of killed children in Kashmir” during the scientific session of 44th NACIAP, 2018 & Golden jubilee year of Indian association of clinical psychologists (IACP) organized by the department of psychology & Mental Health, SHSS, Gautama Buddha University, Greater Noida, U.P., from 23rd – 25th February 2018.
4. Presented a paper entitled “Suffering and wellbeing among

Papers Reviewed

Nine verified reviews.

The list of papers is available on internet publons.

Peer review summary:

Four research papers for Journal of traumatic stress. Publication: Wiley

Three research papers for Journal of religion and Health. Publication: Springer

One research paper for Journal of Psychological Reports Publication: Sage

individuals in Kashmir” in the international conference on “Health and wellbeing: An interdisciplinary Inquiry organized by Department of psychology, Jamia Millia Islamia University of Delhi, 22-23 March, 2017.

Affiliations:

Conferences/Seminars/Workshops participated.

1. Participated one-week workshop on Advance Research Methods organized by Jamia Millia Islamia University New Delhi on 26-30th December 2020.
2. Participated two day “HUSS-UKIERI workshop on thematic Analysis” organized by Indian Institute of Technology Delhi, Department of Humanities and Social Sciences, New Delhi, 13th-14th April 2019.
3. Participated two day “HUSS-UKIERI workshop on thematic Analysis” organized by Indian Institute of Technology Delhi, Department of Humanities and Social Sciences, New Delhi, 16th-17th April 2019.
4. Participated ten-day workshop on ethnography organized by school of liberal studies and school of Human Ecology Dr. B. R. Ambedkar University Delhi (AUD), Supported by Anthropological Survey of India, Kolkata, 11-22 March 2019.
5. Participated in International Conference on Prospects and Future of Health and Wellbeing held at Jamia Millia Islamia, New Delhi, on 12th and 13th March, 2019.
6. Participated in the one-day- Pre-Conference workshop on Designing Behavior Change Intervention held at Jamia Millia Islamia, New Delhi, on 11 March, 2019.
7. Participated in two-day workshop on Health and Wellbeing: An interpretative phenomenological Approach under UGC-DRS (Phase-II) Program held at Jamia Millia Islamia Maulana Mohammad Ali Jauhar Marg New Delhi, on June 15th and 16th, 2018.
8. Participated ten day's workshop on Research Methodology/SPSS in social science Research, Department of psychology, Jamia Millia Islamia, sponsored by Indian Council of social science Research (ICSSR) North regional Centre, during 5 to 14th, March 2018.
9. Participated and attending seven days' workshop on Advanced Research Techniques and Case Method, Organized by New Delhi Institute of Management in Collaboration Delhi Management Association from 15– 21 December 2017.
10. Participated and attending author workshop on Getting Published in the digital age jointly by Dr. Husain Library, JMI and Taylor & Francis Group October 11, 2017.

11. Participated in the Author Workshop on entitled, “How to Write and Publish Scholarly Articles” jointly organized by Dr. Zakir Husain Library, Jamia Millia Islamia & Springer Nature, 24 August 2017
12. Participated in the post conference workshop on Psychology & Public Health: An Interface, in an International Conference on “Health and wellbeing: An interdisciplinary Inquiry organized by Jamia Millia Islamia University of Delhi, 24 March, 2017.
13. Participated in the international conference on “Health and wellbeing: An interdisciplinary Inquiry organized by Department of psychology, Jamia Millie Islamia University of Delhi, 22-23 March, 2017.
14. Volunteered in the Organization of the International Conference On “Health and Wellbeing: An interdisciplinary Inquiry” Organized by Department of Psychology, Jamia Millia Islamia University, New Delhi, 22-23, March 2017.
15. Successfully participated the three-day workshop on “Scale Construction” Organized by Department of Psychology, Jamia Millia Islamia University, New Delhi, 1-3, December 2016
16. Participated in seven-day workshop on “Assessment and Psycho-Diagnostics” Organized by Department of Psychology, university of Kashmir, Srinagar, 30th Oct-6th Nov, 2011.

Education:

PhD Psychology, Jamia Milia Islamia University, New Delhi, India
(Awarded in April 2022)

Master of Philosophy, Counselling Psychology Kanpur University –
(June 2015)

Master of Arts Psychology, University of Kashmir- (February 2012)

B.Ed., university of Kashmir- (February, 2014)

Bachelors of Arts, University of Kashmir- (February 2010)