

Dr. Mehvish Shah (M.A, PhD)

Position: Research Assistant

Organization: ICSSR sponsored Major Research Project, GDC Baramulla

Location: National Highway Road, Khawaja Bagh, Jammu and Kashmir 193101

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Work Experience

Teaching	Research Experience
2+years	7+ years

- Working as Research Assistant in ICSSR sponsored Major Research Project at GDC Baramulla.
- Worked as Contractual Lecturer in Psychology at GDC Baramulla from 15th October 2024 till 10th April 2025.
- Worked as an Assistant Professor at AMITY University Mumbai from 12th July 2023 till 12th July 2024.

Academic Achievements

- Ph.D. (Psychology): 2023- Aligarh Muslim University Aligarh.
- B.Ed. with 1st Division- 2016 – Kashmir University.
- M.A. (Psychology): with 1st Division- 2014 - A.M.U. Aligarh
- B. A (Psychology) with First Division 2012- Kashmir University.

Certification/Diploma

- PG Diploma in Guidance and Counselling - First Division - 2021- A.M.U. Aligarh

Title of Ph.D. thesis

Hardiness, Religious Commitment, and Meaning in life as Predictors of Post Traumatic Growth among Pellet Victims of Kashmir.

Title of PG Dissertation

Study on Self-efficacy, Optimism Related to Mental Health among Medical Students.

Specialization

Clinical Psychology, Positive Psychology and Research Methodology.

Teaching interest

Clinical Psychology, Health Psychology, Positive Psychology and Research Methodology.

Language

- ▣ **Speak:** Kashmiri, English, Hindi, Urdu
- ▣ **Read & Write:** English, Urdu.

Membership

- Life time member of Indian Academy of Health Psychology. Sr No: - 313

Workshop Attended

- Participated in a Fourteen Days' National Online Faculty Development Program on Data Analysis for Research in Social Sciences held from 17th to 30th June 2020 organized by Ramanujan College University of Delhi.
- Participated in One Day Online International Faculty and Researcher Development Program on How to Become a Successful Researcher held on 21st June 2020 organized by Art of Giving Charitable Trust, India in Association with Ace International Pvt. Ltd., Singapore
- Participated in One Day Online Special Lecture Session on Role of Counselor in School Setting on 21st June 2020 organized by Rabindrik Psychotherapy Research Institute Trust in Collaboration with Indian School Psychology Association.
- Participated in One-Day National Webinar on Idea of Care and Civil Society in Ambedkarian Discourse on 8 May 2020 organized by the Ambedkar and Social Justice Committee, Vivekananda College of Delhi.
- Participated in Online Quiz on Mental Health Awareness on 2nd June 2020 Organized by Department of Psychology, Apsm, Barauni, Begusarai Bihar.
- Participated in Four Days Online Workshop on Qualitative Research Using Nvivo from 2 to 5 May 2020 conducted by Sashakt- A Centre of Empowerment, India.
- Participated in One-Day Online Workshop on Quality Research and Scholarly Publications Using Scopus and Mendeley on 19th May 2020 organized by the faculty of social sciences, Amu Aligarh 2 In Collaboration with Elsevier.
- Participated in Two Days' Webinar on Emotional Intelligence for Achieving Results organized by the Department of Social Work, from 28 to 29 May 2020.
- Participated in One-Day Live International Webinar on Post Covid19: The Role of Information Technology in Education and Industries on 7 June 2020 organized by South Asian Chamber of Commerce and Industry in Association the with Center for Indic Studies, University of Massachusetts, and Dartmouth, USA.
- Participated in Two-Day' On-Line Workshop on Data Science vs. Data Analytics on 1st to 2nd June 2020 organized by Faculty of Social Sciences and Faculty of Science Amu, Aligarh.
- Participated in One-Day Pre-Conference Workshop of Amu Centenary International Conference:

Psychology of Religion and Spirituality on Role of Spirituality for Counsellor and Health Care Professionals held on 22nd February 2020 organized by Department of Psychology in Collaboration with Students Counselling Center Amu, Aligarh.

- Participated in Two-Day' Workshop on Effective Teaching Skills held from 14th to 15th December 2019 Organized by Sir Syed Educational and Minority Welfare Society, Aligarh.
- Participated in Two-Day Workshop on Developing Scale: Theories and Practical Concern held from 31st August to 1st September 2019 Organized by Department of Psychology Amu, Aligarh.
- Participated in One-Week Workshop on Research Methodology from 12 to 17 May 2019 Organized by Literary Society, SS Hall South, Aligarh Muslim University Aligarh.
- Participated in One-Day Symposium on toward a Societally Relevant Social Psychology held on 23rd march, 2019 Organized by Department of Psychology Amu, Aligarh.
- Participated in One-Week Workshop on Statistics and Optimization Techniques Using Software Packages held from 11 to 16 march, 2019 Organized by Department of Statistics and Operations Research Amu, Aligarh.
- Participated in 10 Days' Workshops on Research Methodology in Social Sciences held from 19th to 28th October 2018, conducted by the Centre for Social Studies, Veer Narmad South Gujarat 3 University, Surat Sponsored by The Indian Council of Social Science Research, New Delhi.
- Participated in One-Day Workshop On "Presentation Skills for seminars/conferences/workshops" held on 23rd July 2018, organized by department of English AMU Aligarh.
- Participated in Two Week Orientation Program On "Islamic Psychology and Counseling" held on 16 29 July 2018, organized by the Department of Psychology AMU Aligarh.
- Participated in Seven Days' National Workshop on Research Methodology organized by SS Hall South, Aligarh Muslim University, Aligarh from February 21- 27, 2018.
- Participated in the "Exploring Humanitarian Law" Pilot Education Program organized by the Department of School Education, J&K in the Collaboration with International Committee of the Red Cross, NewDelhi2007-2008

Presentations

- Presented a self-written research paper entitled Reliance on God as Related to Stress and Anxiety Among University Students in Three Days' International Conference on Islamic Psychology; Theory, Research and Application on 10th to 12th November 2018 organized by the department of psychology, Amu Aligarh.
- Presented a self-written research paper entitled Pellet Victims: A New Socially Excluded and Marginalized Group in Kashmir in The Three Days National Seminar on Women of Marginalized Communities: Concerns About Exclusion on 14th to 16th November 2018 organized by the advanced

Centre for women's studies Amu Aligarh sponsored by ICSSR.

- Presented a self-written research paper entitled Impact of Occupational Stress on Burnout in Two Days' International Conference on Stress Management: Dimensions and Suggestive Measures held on 12th to 13th June 2019 organized by the department of psychology Govt. Degree College for women Anantnag Kashmir.
- Presented a self-written research paper entitled Posttraumatic Growth in Relation to Religious Commitment. A Study of Pellet Victims in Kashmir in Three Days' International Conference on Psychology of Religion and Spirituality held on 24th to 26 February 2020 organized by the department of psychology Amu Aligarh.

Publications

- **Mehvish & Siddiqui, R. N. (2022).** Role of Religious Commitment in Post traumatic Growth: An Exploratory study on Pellet Victims: **Sambodhi Indological Research Journal** of L.D.I.I, Vol-45-No.01(IV), 115-123.ISSN:2249-6661. UGC Care Approved; Impact factor: 5.80
- Kolhe, D. & **Mehvish (2024).** Exploring Attachment Styles in The Era of Digital Connectivity: A Narrative Review of Detox Behaviours. **International Journal of Indian Psychology**, 12(1), 757-771.DIP:18.01.072.20241201, DOI:10.25215/1201.072

Book Chapter

- **Mehvish, (2019)** Newly Socially Excluded Group in Kashmir: A Story of Female Pellet Victims. In R. Ahmad, T. A. Khan, M.I. Rather, & A. A. Wani (Eds.) Contemporary Issues of Society in Jammu and Kashmir (pp.101-106). **New Delhi: Indu Book Services Pvt. Ltd.** ISBN: 978-93 86754-49-3.

References

- Prof. Roomana N. Siddiqui; Professor; Department of Psychology; Aligarh Muslim university;roomana17@gmail.com.
- Dr. Sarah Javed; Assistant Professor; Department of Psychology; Aligarh Muslim university;drsajaved04@gmail.com, sarahjaved2015@gmail.com.

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Declaration

I hereby declare that the information furnished above is true and correct to my knowledge and belief.

Dr. Mehvish Shah