

## *Curriculum Vitae*

### *Personal Details*

**Dr. SAJAD AHMAD BHAT**  
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### *Current Designation*

**Assistant Professor Dept.  
of Psychology  
Government Degree College Sopore J&K**

### *Academic Details*

S.No	Class	Board/University	Year
1	10 <sup>th</sup>	J&KBOSE	2005
2	12 <sup>th</sup>	J&KBOSE	2007
3	B.A	University of Kashmir	2011
4	M.A (Psychology)	University of Kashmir	2013
5	PHD (Psychology)	Aligarh Muslim University	2018
6	CBSE-UGC NET (Psychology)	UGC	Dec 2016

**Topic of PhD:** Depressive Symptoms, Social Support and Psychological Capital as Determinants of Life Satisfaction among **Drug Addicts in Kashmir.**

### Research Publications

- 1. Bhat,S and Imtiaz Nasheed (2016):** Drug Addiction in Kashmir: Issues and Challenges published in *Journal of Drug Abuse iMedPubJournals*.
- 2. Bhat,S (2017)** Child Sexual abuse: An overview published in **International Journal of Academic Research and Development**  
ISSN: 2455-4197
- 3. Wani, M,A, Kumar, M and Bhat,S.** Published in Factors of Social Networking Towards the Development of Self-Esteem, Social Skills and Learning Behavior Among Adolescents *International Journal of Recent Technology and Engineering (IJRTE)* (SCOPUS Indexed)
- 4. Bhat, S (2017)** Drug addiction and Scientific Research (Editorial) published in **Journal of Addiction and Clinical Research** (SCOPUS Indexed)
- 5. Bhat,S (2017).** The emerging problem of substance abuse published in *International Journal of Advanced Research and Development*

6. **Bhat,S (2017).** Substance abuse: Intervention of positive strengths  
*published in International Journal of Academic Research and Development*
7. **Bhat,S and Khan,T (2016).** The Relationship of Emotional Intelligence  
and Anxiety among Students published in *International Journal of  
Trend in Scientific Research and Development.*
8. **Bhat,S (2017).** *Psychological capital as related to life satisfaction  
among sports coaches* published in **National Journal of  
Multidisciplinary Research and Development**
9. **Khan,T and Bhat, S (2016)** *Social Intelligence, Life satisfaction and  
Depressive Symptoms Among Adult Women* published in **International  
Journal of Indian Psychology.**
10. **Bhat,S (2017).** Psychological capital: A review of literature published  
in **National Journal of Multidisciplinary Research and Development.**
11. **Bhat, S and Imtiaz, N (2016)** The role of Psychological Capital in  
Building Human Empowerment: A conceptual framework published in  
*International Journal of Research culture and Society*
12. **Bhat,S (2017).** The relationship of perceived social support with  
self-esteem among college-going students *published in International  
Journal of Advanced Research and Development*
13. **Arora, K and Bhat, S ( 2019)** *Personality Traits, Family  
Environment and level of Aspiration among adolescents of Jammu  
District* published in **Pramana Research Journal**
14. **Mansotra, R and Bhat, S (2019)** *Personality traits and level of  
aggression among adolescents with different colour preferences* published  
in **Suraj Punj Journal for Multidisciplinary Research**
15. **Dheeraj, K and Bhat, S (2019)** *Self-esteem and self-confidence  
among adolescents living in different socio-economic status* published in  
**Suraj Punj Journal for Multidisciplinary Research**

16. **Bhat,S (2017).** *Social Networking sites and Mental Health: A review published in International Journal of Advanced Educational Research*
17. **Bhat,S (2017).** *Cognitive Behavioural Therapy and Depression published in International Journal of Advanced Educational Research*

### Paper Presentations

1. Presented a paper entitled “*The relationship between Meaning in life and life satisfaction*” among students at a National conference at Dept. of Psychology AMU Aligarh on **3rd -4th March 2017**
2. Presented a paper entitled “*Social Networking and mental health outcomes*” among students at a National conference in Dept. of Psychology AMU Aligarh on **3rd -4th March 2017.**
3. Presented a paper entitled “*Child-rearing practices in building human empowerment*” at a National conference conducted by Dean Faculty of social sciences AMU Aligarh **8th -9th March 2017.**
4. Presented a paper “*Perceived Social Support and Self Esteem among University Students*” at an **International conference at University of Rajasthan Jaipur on 23rd-25th Feb 2017.**
5. Presented a paper entitled “*The role of Psychological strengths in building human empowrment*” at a National conference conducted by Dean Faculty of social sciences AMU Aligarh **8th -9th March 2017.**
6. Presented a paper entitled “**The role of Psychology in Peace building**” at an **International conference** organised by Department of Psychology AMU, Aligarh on 24th -25th March 2018.

## WORKSHOPS, SEMINARS, ORIENTATION AND REFRESHER COURSES

- ❖ Completed **4-Week Induction/Orientation Programme** for "Faculty in Universities/Colleges/Institutes of Higher Education" from September 01- September 30, 2020 and obtained a grade A+ **organized by Teaching Learning Centre, Ramanujan College University of Delhi** under the aegis of **MINISTRY OF HUMAN RESOURCE DEVELOPMENT PANDIT MADAN MOHAN MALAVIYA NATIONAL MISSION ON TEACHERS AND TEACHING**
- ❖ Completed **2-Week interdisciplinary Refresher course** for "Faculty in Universities/Colleges/Institutes of Higher Education" in November 2021 and obtained a grade A **organized by Teaching Learning Centre, Ramanujan College University of Delhi** under the aegis of **MINISTRY OF HUMAN RESOURCE DEVELOPMENT PANDIT MADAN MOHAN MALAVIYA NATIONAL MISSION ON TEACHERS AND TEACHING**
- ❖
- ❖ **Attended One week FDP on ICT, e-Learning & Emerging technologies**  
**Organized by Department of Higher education, UT of J&K** in collaboration with **NIELET J&K Srinagar w.e.f 18<sup>th</sup> to 22<sup>nd</sup> of 2021 at NIELET Srinagar.**
- ❖ **Attended one day National Seminar on Learning outcomes Based Curriculum Framework (LOCF) for Psychology Undergraduate Program** organised by Govt Degree College for Women Baramulla.
- ❖ Participated in 14 day **Research Methodology: Islamic Perspective** from **27th Jan 2018 to 07th Feb 2018** organised by **Dean Faculty of Social sciences AMU, Aligarh** in collaboration with **Institute of Objective studies New Delhi**
- ❖ Attended a one day symposium on **Behaviour Change Intervention for a Healthier Society** organised by **FEDI** at Jhon Strachey Hall AMU, Aligarh on 7th Feb 2018
- ❖ Participated in an **International Conference on Islamic Psychology, Nature, Methods and Applications** conducted by **Centre for Study and Research (CSR) at New Delhi Nov 2017.**
- ❖ Attended a workshop on **“Ethics in Counselling”** under the supervision of **Dr. Sachin Jain** at the **University of Kashmir**
- ❖ Attended a workshop on **Plagiarism and Ethics in Research”** conducted by Maulana Azad Library AMU Aligarh

- ❖ **Participated in a national conference on “Towards EQUALITY, JUSTICE AND FRATINITY, creating a better tomorrow through Education”** conducted by Institute of Objective Studies New Delhi

### **Work Experience**

- **Assistant Professor in the Dept. of Psychology School of Humanities Lovely Professional University Punjab(July 2018- Nov 2019)**
- **Worked as *Mental Health Therapist for Healing Minds Foundation Kashmir July 2013 to Nov 2015.***
- **Participated and supervised mental health awareness programs givento *ICDS supervisors* & workers in different districts and blocks of Kashmir valley.**
- **Worked as a volunteer for *Kashmir Flood Relief Initiative - 2014* with “*DORAI FOUNDATION*”.**

### **Adminstrative Assignments:**

- **Worked as Placement Coordinator at GDC Sopore 2021**
- **Worked as Psychological Counsellor at GDC Sopore 2021**
- **Worked as Tele counselor and Research Assistant at Divisional Covid Control room Srinagar during the Covid 19 Pandemic.**
- **Paper setter for Kashmir University and Govt Degree College Baramulla 2022 23**
- **Paper Evaluator for Kashmir University.**

### **Master’s Dissertation Supervision**

- 1. Self-esteem and Self-confidence among Adolescents Living in Different Socio-Economic Status**
- 2. Personality Traits and Level of Aggression among adolescents with different color preferences**
- 3. . Personality Traits, Family Environment and Level of Aspiration amongadolescents of Jammu District**
- 4. Gender Differences in Job Satisfaction and Job Commitment**