

Department of Psychology

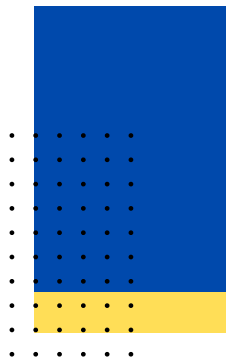
University of Kashmir



UNIVERSITY OF KASHMIR
SRINAGAR - 190006
NAAC ACREDITED GRADE "A+"

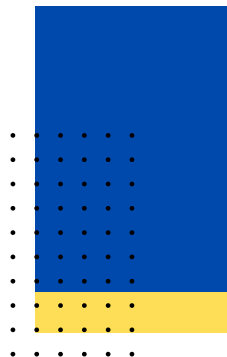


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INTRODUCTION OF THE DEPARTMENT

The Department of Psychology, University of Kashmir, established in 2002, is dedicated to excellence in psychological education, research, and practice. The department offers postgraduate and doctoral programs designed to nurture the next generation of psychology professionals with an emphasis on quality education, innovative research, professional development, community engagement, and fostering an inclusive environment that values diversity and critical thinking. It offers a comprehensive curriculum in various psychological domains, including clinical, counselling, health, cognitive, and organizational psychology. With an intake capacity of 53 students per batch, the department maintains an optimal student-faculty ratio to ensure personalized learning experiences. The faculty comprises of experienced professors and assistant professors specializing in various fields of psychology, supported by a dedicated non-teaching staff that ensures smooth departmental functioning. The department has adequate infrastructure in place, including spacious classrooms, a comprehensive library, specialized psychological & computer laboratories, faculty rooms, a women's room, and a scholars' room. Research is a cornerstone of the department, with faculty and students engaged in numerous projects, including international collaborations like the European Commission-funded Digital Transformation for Neurodiversity project and national initiatives such as research on women's mental health and tribal children. The department has achieved significant milestones, including development of MOOC courses, organizing workshops & receiving awards for research done.



MESSAGE FROM THE HEAD OF THE DEPARTMENT

Greetings!

Welcome to the Department of Psychology, University of Kashmir.

Since our establishment in 2002, we are continuously striving to enhance and upgrade our infrastructure, faculty strength, and facilities to create a vibrant learning environment for our students. Our vision is to prepare the students for carrying out path breaking research in psychology so that they can serve as positive agents of change in the society and our mission is to equip students and scholars with adequate skills and improve their psychological capital further fostering mental health and wellbeing within the community. The department is also open to collaborative work benefitting students and society.

I invite you to explore our department website for information and updates.

Regards

Department's Vision and Mission

Vision

To be the center of excellence in psychological research, education and practice, fostering knowledge, mental wellbeing and societal challenges. equip students with advanced teaching methods and contemporary research skills.

Mission

To equip students with skills, ethics, knowledge through rigorous training, research and community engagement to foster meaningful and purpose driven careers in psychology.

Courses Offered

PG in Psychology

(Intake Capacity: 53)

Ph.D in Psychology

(Currently Enrolled Scholars:34)

Upcoming Course:

1 Year PG Diploma in Addiction Psychology
And Rehabilitation Counselling.



Facilities

Lecture Halls: 3 Lecture Halls with Facilities like Smartboards, Heating, Cooling Appliances



Library

- ❖ Total Books: 3176
- ❖ Textbooks: 2650
- ❖ Reference Books: 526
- ❖ Newspapers Subscribed: 4
- ❖ Magazines Subscribed: 3



Psychology Laboratory

(Equipped with 200 Psychological Tests and Equipment's)



Computer Laboratory

- ❑ Data Analysis Done using R Programming Software, JAMOV, Excel, Online Software Packages etc.
- ❑ Utilization of Virtual Laboratory Facilities of American Psychological Association where in the students can carry out experiments virtually.



TEACHING FACULTY IN THE DEPARTMENT

The Department of Psychology has a longstanding tradition of having distinguished teachers who possess exceptional expertise and understanding in their fields. The list of current faculty members is presented below.



Prof. Touseef Rizvi
(HOD)

Specialization:
Clinical Psychology



Prof. Shawkat Ahmad Shah
Specialization:
Research Methodology



Prof. Humera Shafi
Specialization:
Health Psychology



Dr. Asma Nabi
Specialization:
Psychotherapeutics



Dr. Mohd Muzamil
Specialization:
Psychometrics



Dr. Yasir Hamid
Specialization:
Cognitive Psychology



Dr. Saika Farid
Specialization:
Gender Psychology



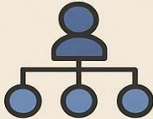
Dr. Imtiyaz Ahmad
Specialization:
Biopsychology

RESEARCH THRUST AREAS



Clinical Psychology

Broad spectrum of research on treatment & diagnosis of mental disorders like schizophrenia, mood disorders, somatic symptom disorders etc.



Organizational Psychology

Exploring the applications of psychological theories & models at the workplace.



Gender Psychology

Explore the perceived discrimination, harassment, and stigma encountered by transgender individuals



Indian Knowledge System

Linking Aparigraha concept of Indian Philosophy & Yoga with psychological wellbeing



Health Psychology

Investigating the relationship between psychological factors and physical health. Main focus is given to explore how psychological factors influence overall wellbeing



Social Psychology

Exploring the various psycho-social factors linked with substance abuse, suicide ideations & other emotional & behavioural

List of Research Projects (Assessment Period: 2019-2024)

- 1. Digital Transformation for Neuro-Diversity Inclusion in Africa and Asia (AAN-DI)**
Grant Sanctioned: 1.28 Crore
PI: Prof. Shawkat Ahmad Shah
Sponsoring Agency: European Commission
Year: 2024
- 2. Development of comprehensive technological frame work for holistic youth outreach and engagement in the UT of J&K**
Grant Sanctioned: 1 Lac.
Chief Consultant: Prof. Shawkat Ahmad Shah
CO-PI: Dr.Mohd.Muzamil
Sponsoring Agency: J&K STIC
Year: 2023
- 3. Women Mental Health : Risk and Protective Factors of Psychological Distress among women in Kashmir.**
Grant Sanctioned: 12 Lac.
PI: Prof. Touseef Rizvi (PI)
Sponsoring Agency: NCW
Year: 2022
- 4. Exploration of linkages of Parenting Styles and School Environment with delinquency proneness among tribal children of J&K.**
Grant Sanctioned: 5 Lac
PI: Dr.Mohd. Muzamil (PI)
CO-PI: Prof. Shawkat Ahmad Shah
Sponsoring Agency: ICSSR
Year: 2023

Digital Transformation for Neurodiversity Inclusion in Asia and Africa (AAN-DI)

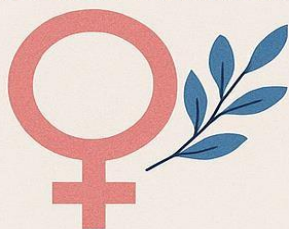


PI: Prof. Shawkat Ahmad Shah

Funding Agency: European Commission

Grant Awarded: 1.28 crore

Women Mental Health: Risk and Protective Factors of Psychological Distress among women in Kashmir



PI: Prof. Touseef Rizvi

Funding Agency: NCW

Status: Completed (2021)

(2021)



MOOC Development

- Two SWAYAM MASSIVE OPEN ONLINE COURSES ON:
 - Effective Decision Making
 - Psychology of Health & Wellbeing

Sports Achievements

Winners of three
Women's Table
Tennis
Tournaments
organized by
the University



Infrastructure Development Plan:

- ❑ We plan to prioritize infrastructure that fosters advanced research, quality education, and meaningful community engagement.
- ❑ Key steps in this direction include enhancing our upcoming “One Year PG Diploma in Addiction Psychology & Rehabilitation Counselling” through further upgradation of the psychology laboratory.
- ❑ We also aim to integrate virtual labs with our existing physical lab setup.
- ❑ In response to growing student demand and current needs, we plan to expand our career counselling services by establishing a dedicated career counselling centre.

Best Practices & Innovations



Unique Teaching Methodology

In addition to routine lab work, we encourage students to utilize online virtual labs, such as those developed by the American Psychological Association

Sustainability Initiative

Students and research scholars are regularly updated on using free and open-source software for research data analysis in consonance with economic sustainability



Community Engagement Projects

To promote community well-being, our students participate in internship programs at various mental health institutions



Strategic Goals for Future:

- ✓ We aim to significantly enhance research output and funding by increasing the number of research projects by actively submitting proposals to agencies such as DST, ICSSR, ICMR, and others.
- ✓ We will focus on improving the quality and impact of publications, with an aim of achieving higher citation indices and impact factors.
- ✓ The department also plans to expand its consultancy and outreach activities while improving infrastructure, including the modernization of laboratories, expansion of library resources, and enhancement of digital infrastructure to better support teaching and research.
- ✓ Additionally, regular curriculum reviews will be conducted to ensure alignment with contemporary developments in psychology, equipping students with the skills and knowledge necessary for academic and professional success.



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UNIVERSITY OF KASHMIR**

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