

Saika Farid

Assistant professor (contractual)

I am organized and dependable candidate successful at managing multiple priorities with a positive attitude. Willingness to take on added responsibilities to meet team goals. Moreover, I excel to be Innovative Assistant Professor bringing proven success in implementing technology-based curriculum delivery and assessment tools. Passionate about fostering academic development and success for every student.



Contact

Address

Srinagar, Kashmir 190015

Phone

7006702475

E-mail

shah.saika@gmail.com



Skills

Microsoft

Word

Statistical

Package of

Social

Sciences

(SPSS)



Personal Details

Nationality: Indian

Marital Status: Married

Gender: Female



Software

Knowledge of R software,

SPSS, AMOS



Work History

2024-03 -

Current

Assistant Professor (Contractual)

University of Kashmir, Naseem Bagh, Hazratbal Srinagar

- Built strong rapport with students through class discussions and academic advisement.
- Evaluated student performance through comprehensive assessments, identifying areas of improvement and providing targeted feedback for growth.
- Contributed to campus activities to promote positive university image.

2022-03 -

2023-12

Assistant Professor (contractual)

Department of Psychology, University of Kashmir, Srinagar

- Contributed to departmental goals by serving on various committees focused on curriculum development, assessment strategies, and accreditation requirements.
- Enhanced student research skills by supervising independent studies projects both inside and outside the classroom setting.
- Revised course objectives, course materials, instructional and assessment strategies for UG/PG courses.

2024-03 -

2024-08

Guest Lecturer

School of Law, University of Kashmir, Hazratbal, Srinagar

- Maintained open lines of communication with students, addressing concerns and offering

support as needed.

- Sought ways to improve performance by reflecting on teaching design and delivery and obtaining and analyzing feedback.
- Reviewed and framed curriculum based on UGC guidelines, leading to improved course content and increased student satisfaction.

**2023-10 -
2023-12**

Guest Lecturer

School of Law, University of Kashmir , Hazratbal, Srinagar

2021-01

Lecturer

Government Degree College, Baramulla

2020-01

Lecturer

Government Degree College, Kulgam

**2016-04 -
2017-01**

Lecturer

Government Amar Singh College, Srinagar

**2015-09 -
2015-12**

Consultant Counsellor

Medecins Sans Frontieres (MSF)

- Mental Health Survey 2015



Education

2019-02

Post Doctoral Fellow : Social Psychology

Aligarh Muslim University - Aligarh

2015-04

Ph.D

Aligarh Muslim University

2011-04

M.Phil

Aligarh Muslim University

Percentage: 71.2

2008-04

M.A. Hons.

Aligarh Muslim University

2006-04

B.Sc

University of Kashmir



Research

- Postdoctoral, ICSSR, Two years, Impact of stressful life events and perceived social support on Aggressive Behavior: A Study on Juvenile Delinquents
- Ph.D, 2015, Health related Quality of life in relation to Emotional stability, Perception of illness and Perceived Social Support, Prof. Shamim. A. Ansari, Dr. Arshad Hussain, Study conducted among Diabetic and Coronary artery disease patients of Kashmir valley.
- M. Phil, 2011, Impact of Certain Personality Variables and Perceived Psychological Well-Being on Work Identification, Prof. Shamim. A. Ansari, Study conducted among bank employees of Kashmir Valley.
- M.A. Project, Perceived Social Support and Hope amongst Individuals experiencing different levels of Depression, Prof. Hamida Ahmed, Study conducted among postgraduate university students.



Degrees

- M.Phil
- Ph.D
- PostDoc



Supervised projects

- Compulsive Internet Use and its Effect on Mental well-being during the Covid-19 Pandemic
- The relationship between compulsive use of social media and self-image in adolescents: The moderating role of Gender
- Investigating the dynamic relationship among academic anxiety, self-concept and academic performance
- Thriving Against Adversity: Exploring Coping,



Personal Information

- Gender: Female
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- Marital Status: Married



Papers published

- Impact of Personality Variables on Psychological well-being of Bank employees, Saika Farid, Shamim A. Ansari, Human Behavior: Journal of Applied Psychology, Vol. 5, No. 1, 89-96, December 2010, 0975-6582
- The Impact of Self efficacy on Stress and Depression among University Students, Saika Farid, Shabana Azmi, Shamim A. Ansari, Indian Journal of Health and Well-being, Vol. 3, No. 1, 70-72, March 2012, 2229-5356
- Social Support and Coping as Predictors of Psychological well-being, Saika Farid, Shamim A. Ansari, Arshad Hussain, Humanities and Social Science Studies, Vol. 2, No. 1, 40-47, March 2013, 2319-829X
- Women, Violence and Mental Health: A global issue, Saika Farid, Shamim A. Ansari, The Indian Journal of Social Sciences Research, Vol. 2, No. 4, 38-43, October - December 2013, 2277-2227
- An assessment of Self- Efficacy and Psychological Well being among Non-teaching staff, Adiba Ali, Saika Farid, NIU Journal of Social Sciences, Vol. 2, Issue 1, 67-76, January-June 2014, 2347-9795
- Psychological Well being: A comparative study of Public and Private sector Bank Employees, Saika Farid, Adiba Ali, NIU Journal of Social Sciences, Vol. 2, Issue 1, 111-116, January-June 2014, 2347-9795
- Perception of Stress and Health related Quality

of Life among Marginalized Women of Kashmir, Saika Farid, Arshad Hussain, Indian Journal of Health and Wellbeing, Vol. 8, Issue 11, 1374-1376, November 2017, p-2229-5356

- The Role and Importance of Artificial Intelligence in Today's Scenario, Shafat Khan, Saika Farid, Mohd. Syeed Bhat, Uzma Hamid, Bashir Ahmad Dar, Mushtaq Ahmad Dar, Journal of The Maharaja Sayajirao University of Baroda, Vol. 56, Issue 8, 90-95, 2022, 0025-0422

Awards

Exemplary Contribution Against Drug Abuse

References

Prof. Shamim A. Ansari, Professor, Deptt. of Psychology, A.M.U., Aligarh, India, 09412562735, ansarisa786@yahoo.com

Training

- Stress management and Mental Health
- Stress Management
- SPSS Software Training Program
- Your Health Wellbeing
- R Programming
- Soft Skills and Personality Development

Certifications

2021-04 MOOC

2021-06 MOOC