



## MANAV RACHNA UNIVERSITY, FARIDABAD

Sector 43, Aravalli Hills, Manav Rachna Campus Rd, Faridabad, Haryana 121004

### Dr. Azmat Jahan

**Designation: Assistant Professor**

**Qualifications :Ph.D.(Psychology)**

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**Experience: 4 Years**

[Google Scholar Profile](#)



**Research Interest :** Clinical Psychology, Personality, Social Psychology, Positive Psychology and Statistics in Psychology

#### + Journal Publication Details:

##### A. International Journals

- 1) **Suri, Jahan and Naaz (June, 2018).** Multidimensionality of Peer Pressure as Predictor of Emotional autonomy and General Health, published in UGC approved, Copernicus Indexed, International Journal of Research in Management & Social Science, Vol 6, issue 2(II), 31-37.
- 2) **Jahan and Suri.** Parenting Style in Relation to Mental Health among Female Adolescents", published in Abnormal and Behavioural Psychology, volume 2 Issue 3 No. 125. July, **2016** DOI: 10.4172/2472-0496.1000125
- 3) **Ahmad, Jahan and Imtiaz.** Personality correlates of Optimism among Couples, published in International Journal of Indian Psychology, Volume 3, Issue 4, No. 67, September, **2016**. DIP: 18.01.214/20160304 ISBN: 978-1-365-39397-6
- 4) **Ahmad, Jahan and Imtiaz.** Measure of Attachment Style (MAOS), published in International Journal of Indian Psychology, Volume 3, Issue 4, No. 56, **2016**, DIP: 18.01.082/20160304
- 5) **Jahan, Tyagi and Suri.** Income Disparity as predictor of happiness and self-esteem, published in International Journal of Indian Psychology, Volume 3, Issue 1, No.4, 149-156, **2015**. ISSN 2348-5396 (e) | ISSN: 2349-3429 (p), DIP: C00367V3I12015
- 6) **Sharma, Suri and Jahan.** Spillovers of Ageing, published in Dignity Dialogue: The Magazine for Productive Ageing, volume 22, March, **2017**

#### + Unpublished Research Work

1. Paper entitled, "Moderating role of gender on attachment style and dating violence among youth" is in the process of publication.
2. Developed and validated a scale entitled, "Measure of Health Risk Behavior" which is in the process of publication

### + Conference Details:

- 1) Papers presented, entitled, "Parenting Style as correlate of mental health", at National Seminar on Social Harmony and Well-being: Issues and Challenges at Aurobindo College(Eve), Delhi University, March, 18-19, 2016.
- 2) Papers presented, entitled, "Life-satisfaction, optimism and social anxiety among parents of intellectually disabled and normal children", at National Seminar on "Health and Well-being: Recent Development and Changes", Jamia Millia Islamia, 12 - 13 Nov, 2014.
- 3) Papers presented entitled, "Income Disparity as predictor of happiness and self-esteem", at National Seminar on "Social Changes in Contemporary India: Psychological Dimension and Social Response" at Aurobindo College (Evening), Delhi University, March 21-22, 2014.
- 4) Papers presented entitled "Impact of Online Social Networking on Mental Health A comparison of Facebook and Non-Facebook User Adolescents", at National Seminar on "Social Changes in Contemporary India: Psychological Dimension and Social Response" at Aurobindo College (Evening), Delhi University, March 21-22, 2014.
- 5) Paper entitled "Stress and psychological well-being among students preparing for professional courses", presented at 1st International and 3rd Indian Psychological Science Congress, National Association of Psychological Science (NAPS), Chandigarh, 2014

### + Research Supervised (PhD):

1. Thongam Monica on efficacy of cognitive behavioral therapy on OCD in college students- 2017 (Ongoing)
2. Shambhavi Deval Internalisation of Stigma in parents of children with neurodevelopmental disorders and its effects on their mental health , QOL and satisfasaction with life. -2019 (Ongoing)

### + Administrative Responsibilities:

1. Member Board of studies

### + Expert Talk Delivered

1. Topic title "Career Prospects in the field of Psychology". Career counseling session organized by Bachpan & AHPS Group of Schools on 19<sup>th</sup> September, 2021.

### + Event Organized (Conference/Seminar/FDP/Workshops)

1. Participated and contributed in organizing National Seminar on "Health and Well-being: Recent Development and Changes", Jamia Millia Islamia, 12 - 13 Nov, 2014.
2. Contributed in organizing National Seminar on "Social Changes in Contemporary India: Psychological Dimension and Social Response" at Aurobindo College (Evening), Delhi University, March 21-22, 2014.

### + FDP Attended

1. One week Faculty development program on "Psychological Skills for Effective Teaching and Learning " organised by Teaching Learning Center Ramanujan College, University of Delhi under the Ministry of Education sponsored Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) scheme 6th -12th January 2022.

## + Awards

ICSSR Doctoral Fellowship Award for the year 2015-2017

## + Workshop Attended/Training

1. Successfully completed the e-workshop on **Qualitative analysis with NVivo** organized by Commacad, from 24th to 25th April, 2021.
2. Successfully completed the course on "**Psychological Health First Aid** for COVID-19 Online Only" by 'The American Red Cross', on 6th June 2020.
3. Attended the Webinar on 'Cognitive Behaviour Therapy' organized by the Psychotherapy Sub Committee of the Indian Psychiatric Association, on 30th May, 2020.
4. Attended One day Seminar on "Depression-Let's Talk about what we all should know", organized by OP Jindal Global University in collaboration with University of Melbourne, Australia and Institute of Human Behavior and Allied Science, Delhi on 6th April, 2017.
5. Attended National Seminar on Aggression and Violence: Challenges for Social Wellbeing, Department of Psychology, Jamia Millia Islamia, 17-18 March 2010.
6. Attended training workshop on **Exner's Comprehensive System Of Rorschach**- Administration, Scoring & Interpretation from the Workshop organized by Institute of Mental Health and Life Skills Promotion, Psychological Assessment – Training Series 2013.
7. Summer training at Institute of Human Behaviour and Allied Sciences (**IHBAS**), May-June 2012