

# CURRICULUM VITAE

*Kaiser Ahmad Dar, Ph.D.*

Nadihal Rafiabad, Baramulla, Jammu & Kashmir-193301 (India)

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**Present Position:** Assistant Professor (Senior Scale)

Department of Psychology, Government Degree College, Baramulla

National Highway Road Khwaja-Bagh, Baramulla, Jammu and Kashmir 193101 (India)

## Academic Qualification

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**Ph.D. (Clinical Psychology)** : Jamia Milla Islamia, New Delhi-110025 (INDIA) in 2015.

**B. ED.** : University of Kashmir, Srinagar-190006 (INDIA) in 2007 with 1<sup>st</sup> Division.

**M. A. (Psychology)** : University of Kashmir, Srinagar-190006 (INDIA) in 2006 with 1<sup>st</sup> Division.

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Qualified *State Level Eligibility Test (SLET)* in December 2013.

Qualified *National Eligibility Test (UGC-NET)* in October 2013.

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**Ph.D. Topic:** Intolerance of Uncertainty, Worry, Negative Affectivity and Emotional Regulation in Major Depressive and Generalized Anxiety Disorders.

**M.A. Research Project Topic:** A comparative study of aggression in terms of gender.

**Teaching Experience:** Eight years at undergrad and seven at postgrad level.

**Broad & Special Areas of Research:** Applied Psychology/ Clinical Psychology

**Areas of Interest:** Clinical Psychology, Statistical Modelling (Mediation, Moderation, & Conditional Process Analysis), Transdiagnostic Approach, and Islamic Perspective to Psychology.

**Research Supervision:** More than twenty (30) M. A. (Psychology) students completed their Project Work under my supervision

## Research Project(s) On-going

1. Echoes of Prolonged Displacement: Understanding Support System, Resilience and Mental Health in Internally Displaced and Relocated Kashmiri Pandits. *ICSSR 2023-2024 (Major)*.
2. COVID-19 related stress, compassion fatigue, moral distress, and mental health: Testing a moderated-mediation model in healthcare workers in India. *DST-SERB under SURE scheme*.

## Papers published:

1. Hashim, M., Osmany, M., Alimoradi, Z., **Dar, K. A.** and Iqbal, I. (2024). Prevalence of social anxiety during COVID-19 pandemic: A systematic review and meta-analysis. *Current psychology*. <https://doi.org/10.1007/s12144-024-06617-x>

2. Emran, A. Iqbal, N., and **Dar, K. A.** (2022). Attachment orientation and depression: A moderated mediation model of self-silencing and gender differences. *International Journal of Social Psychiatry*. <https://doi.org/10.1177/00207640221074919>
3. Iqbal, N., & **Dar, K. A.** (2022). Gratitude Intervention and Subjective Well-Being in Indian Adolescents: Examining the Moderating Effects of Self-Esteem. *Child Indicators Research*, 15(1), 263–278. <https://doi.org/10.1007/s12187-021-09871-8>
4. Suhail, A., Dar, K. A., & Iqbal, N. (2022). COVID-19 related fear and mental health in Indian sample: The buffering effect of support system. *Current psychology (New Brunswick, N.J.)*, 41(1), 480–491. <https://doi.org/10.1007/s12144-021-01694-8>
5. Iqbal, N., & **Dar, K. A.** (2020). Coronavirus disease (COVID-19) pandemic: Furnishing experiences from India. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(S1), S33–S34. <https://doi.org/10.1037/tra0000770>
6. **Dar, K. A.**, & Iqbal, N. (2019). Religious commitment and well-being in college students: Examining conditional indirect effects of meaning in life. *Journal of Religion and Health*, 58, 2288–2297. <http://doi.org/10.1007/s10943-017-0538-2>
7. **Dar, K. A.**, Iqbal, N., Prakash, A., & Paul, M. A. (2018). PTSD and depression in adult survivors of flood fury in Kashmir: The payoffs of social support. *Psychiatry Research*, 261C, 449–455. <https://doi.org/10.1016/j.psychres.2018.01.023>
8. **Dar, K. A.**, Iqbal, N., & Mushtaq, A. (2017). Intolerance of uncertainty, depression, and anxiety: Examining the indirect and moderating effects of worry. *Asian Journal of Psychiatry*, 29, 129–133. <http://doi.org/10.1016/j.ajp.2017.04.017>
9. Iqbal, N., & **Dar, K. A.** (2015). Negative affectivity, depression, and anxiety: Does rumination mediate the links? *Journal of Affective Disorders*, 181C, 18–23. <http://doi.org/10.1016/j.jad.2015.04.002>
10. **Dar, K. A.**, & Iqbal, N. (2015). Worry and rumination in generalized anxiety disorder and obsessive compulsive disorder. *The Journal of Psychology: Interdisciplinary and Applied*, 149 (8), 866–880. <http://doi.org/10.1080/00223980.2014.986430>
11. Wani, N. A., **Dar, K. A.**, & Wani, R. Y. (2013). Relationship between marital adjustment and socio-cultural determinants. *Indian Journal of Health and Wellbeing*, 4 (1), 31–33.
12. **Dar, K. A.**, & Wani, N. A. (2013). Self-efficacy in Militancy Affected Youth of Kashmir Valley. *Indian Journal of Psychological Science*, 3 (2), 123–128.
13. Iqbal, N., Aleem, S., Wani, R. Y., **Ahmad, K.**, & Lian, K. N. (2012). Depression, stress and suicide ideation among Burmese refugees in Delhi. *Indian Journal of Psychology and Mental Health*, 6 (1), 54–64.
14. Shah, S. A., & **Dar, K. A.** (2011). Mental health status of school-going adolescents. *Indian Journal of Health and Wellbeing*, 2 (4), 907–909.

### Psychology Today (Interview)

- How India Is Coping With COVID-19: An interview with Dr. Kaiser Ahmad Dar on the pandemic situation in India (Part-I). <https://www.psychologytoday.com/us/blog/hope-resilience/202008/how-india-is-coping-covid-19>
- 7 Ways to Build Resilience in Challenging Times: An interview with Dr. Kaiser Ahmad Dar on methods for growing more resilient. <https://www.psychologytoday.com/us/blog/hope-resilience/202008/7-ways-build-resilience-in-challenging-times>

### **Papers presented in Seminars/Conferences:**

1. Presented paper titled “PTSD and depression in adult survivors of flood fury in Kashmir: The payoffs of social support” in two day International Conference on ‘Stress Management: Dimensions and Suggestive Measures’ on 12 & 13 June, 2019, organized by Department of Psychology, Government College for Women, Anantnag, J&K.
2. Presented paper titled “Religious commitment and well-being in college students: Meaning in life as a potential mediator” in National Seminar on Health and Well-Being: Recent Developments and Challenges from November 12<sup>th</sup> to 13<sup>th</sup>, 2014, organized by Department of Psychology, Jamia Millia Islamia, New Delhi-110025.
3. Presented paper titled “Relationship between marital adjustment and socio-cultural determinants” in 2<sup>nd</sup> International Conference on Psychology and Allied Sciences from March 21 to 22, 2013, organized by Centre for Behavioral Research and Intervention, Guru Jambheshwar University of Science & Technology and Indian Association of Health and Welfare (IAHRW), Hisar, Haryana, India.
4. Presented paper titled “Spirituality in women with Post-traumatic Stress Disorder (PTSD)” in International Seminar on Psychology of Trauma: Women and Children in Violent Conflict from March 13 to 14, 2013, organized by Department of Psychology, Faculty of Social Sciences Jamia Millia Islamia, New Delhi-110025
5. Presented paper titled “Self-efficacy in militancy affected youth of Kashmir valley” in 2<sup>nd</sup> Indian Psychological Science Congress on Psychological Well-being: Building bridges for tomorrow from October 5<sup>th</sup> to 6<sup>th</sup>, 2012, under the aegis of National Association of Psychological Science (Regd.).
6. Presented paper titled “Mental health status of school-going adolescents” in 1<sup>st</sup> International Conference on Psychology and Allied Sciences from November 25 to 26, 2011, organized by Indian Association of Health, Research & Welfare (IAHRW) and Centre for Behavioral Research & Intervention, GJUST & T, Hisar.

### **Conferences/Seminars/Workshops/Webinar attended/participated in:**

1. Attended Webinar on ‘NEP-2020: Challenges and Opportunities’ on November 12, 2022, organized by Bharati Vidyapeeth's Institute of Computer Applications and Management (BVICAM), New Delhi.
2. Participated in the DST–SERB sponsored one week online workshop on “Statistical Techniques for Data Analysis” from November 22 to 26, 2021, organized by Department of Physics, Dr. B. R. Ambedkar National Institute of Technology, Jalandhar, Punjab (India).
3. Attended national webinar on ‘Leadership’ organized by UGC-Human Resource Development Centre, University of Rajasthan, Jaipur on September 24, 2021.
4. Participated in One-Week Workshop on “Soft Skills and Personality Development” organized by Postgraduate Departments of Psychology and Computer Applications, Government Degree College, Baramulla between June 07 and July 07, 2021.

5. Participated in One-Day Workshop on 'Prospects of Saffron Cultivation in Kashmir and its Economic Aspects' organized by Department of Botany, Government Degree College, Baramulla in collaboration with Department of Agriculture and Farmers Welfare, Kashmir, under the aegis of IQAC, GDC, Baramulla on July 07, 2021.
6. Participated in One-Week Workshop on 'Research Methodology in Social Sciences and Intellectual Property Rights (IPRs)' organized by Internal Quality Assurance Cell (IQAC) in collaboration with Faculty of Social Sciences, Government Degree College, Baramulla between March 15 to 25, 2021.
7. Attended 'One-Week Training Program for NSS Program Officers' organized by Empanelled Training Institute (ETI), National Service Scheme (NSS), University of Kashmir, Srinagar and sponsored by Ministry of Youth Affairs & Sports, New Delhi from March 01 to 07, 2021.
8. Participated in national level online workshop on 'Applying SPSS for Educational and Psychometric Data Analysis' organized by National Psychological Corporation, Agra (UP) during July 17 to 21, 2020.
9. Participated in one-day national seminar on Learning Outcome Curriculum Framework (LOCF) in Psychology, organized by Department of Psychology, Government Degree College for Women, Baramulla on March 17, 2020.
10. Participated in CPE/UGC sponsored one day workshop on "NAAC TALK" conducted as part of Teacher Enrichment Program (TEP) of CPE/UGC scheme by Internal Quality Assurance Cell (IQAC) of Government Degree College, Baramulla on March 4, 2020.
11. Participated in a CPE/UGC sponsored seven day workshop on "Teacher Enrichment Program" conducted between May 18 to October 16, 2018 as part of faculty development program of UGC, held at Government Degree College, Baramulla.
12. Attended one day UGC/CPE sponsored workshop on "Sustenance of CPE – Status" organized by Government Degree College, Baramulla, on October 21, 2017.
13. Participated in "One Day Seminar cum Awareness Programme on Emergency & Trauma Care" on May 12, 2017, organized by Department of Students Welfare, University of Kashmir & Sher-i-Kashmir Institute of Medical Sciences, Kashmir.
14. Participated in National workshop on "Scholarly writing, Reference Management and deterring plagiarism" organized by Allama Iqbal Library, University of Kashmir, Srinagar on March 22 and 23, 2017.
15. Participated in five day workshop on "Reshaping Youth Leadership for 21<sup>st</sup> Century" organized by Rajiv Gandhi National Institute of Youth Development, Regional Centre, Chandigarh, from 12 to 16 June, 2015 at Government Degree College, Baramulla

16. Participated in post seminar workshop on “Qualitative Research on Trauma, Suffering and Healing” organized by Department of Psychology, Jamia Millia Islamia, New Delhi on March 01, 2013.
17. Participated in seven day workshop on “Assessment and Psychodiagnostics” organized by Department of Psychology, University of Kashmir, Srinagar from 1<sup>st</sup> to 7<sup>th</sup> November, 2011.
18. Participated in the National Seminar on “E-Waste Management and Recycling in India – Issues and Challenges” organized by Department of Economics under UGC Specil Assistance Programme (DRS-1) in collaboration with MAIT and Toxics Link, New Delhi, from March 17 to 18, 2011.
19. Participated in International Conference on “Advances in Military Psychology: Solider Preparedness” organized by Defence Institute of Psychological Research (DIPR), DRDO and National Academy of Psychology (NAOP), India from March 10 to 12, 2011 at IDSA, New Delhi, India.
20. Participated in two day workshop on “Cognitive Behavior and Rational Emotive Behavior Therapy” on March 5 & 6, 2011 at Department of Psychology, Jamia Millia Islamia, New Delhi.

**Orientation/Refresher/Induction/FDPs/Training courses attended:**

1. Completed two weeks online Refresher Course in Computational Social Sciences organized by the Malaviya Mission Teacher Training Centre (MMTTC), University of Hyderabad from March 04 to 16, 2024 and obtained grade ‘A’.
2. Completed the ‘NEP-2020 Orientation and Sensitization Programme’ under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) organized by Malaviya Mission Teacher Training Centre (MMTTC), National Institute of Educational Planning and Administration (NIEPA), new Delhi from February 05 to 14, 2024.
3. Participated and successfully completed UGC-Approved Short-Term Professional Development Programme on ‘Implementation of NEP-2020 for University and College Teachers’ organized by IGNOU under PMMMNTT from 09-17 September, 2022 and obtained grade ‘A’ (84%).
4. Participated and successfully completed **5 Days National Faculty Development Program** on “**Recent Advances in Psychology**” organized by the Department of Psychology, University Institute of Liberal Arts and Humanities, Chandigarh University, Chandigarh during **July 12-16, 2022**.
5. Participated in One Week faculty Development Programme (FDP) on ‘Use of ICT with Special Emphasis on LMS (MOODLE) in Teaching Learning Process: A Shift from Traditional to Digital Oriented LMS Based Teaching Learning and Assessment Process’, organized by Government Degree College for Women, Baramulla from March 07 to 15, 2022.

6. Attended/Completed *Refresher Course in Research Methodology (Interdisciplinary)* organized by Human Resource Development Centre (HRDC), Jawaharlal Nehru University (UGC Sponsored Refresher Course–Online) from *December 06 to 18, 2021* and obtained Grade “A”.
7. Attended/Completed *‘Refresher Course on Research Methodology for Faculty of Social Sciences’* organized by Human Resource Development Centre (HRDC), University of Hyderabad from *July 21 to August 03, 2020* and obtained Grade “A<sup>+</sup>”.
8. Attended/Completed *One Week Faculty Development Programme on ‘Open Source Tools for Research’* organized by Teaching Learning Centre Ramanujan College, University of Delhi and sponsored by PMMMNMTT from *June 08 to 14, 2020*.
9. Participated in 21 days *National Training Course (NTC-2019) on “Livelihood Security through Sustainable Agriculture, Livestock Husbandry, and Allied Enterprises”* organized by National Agriculture Development Co-operative Ltd., Ministry of Cooperatives, Government of India in collaboration with Government Degree College, Baramulla, Department of Sheep Husbandry, Kashmir, Department of Agriculture, Kashmir, & Agro-Environmental Developmental Society, Uttar Pradesh from *February 25 to March 17, 2019* at Government Degree College, Baramulla.
10. Attended *four week 74<sup>th</sup> General Orientation Course* organized by UGC-Human Resource Development Centre, University of Kashmir, Srinagar from *February 27 to March 27, 2017* and obtained grade “A”.
11. Attended *one week second Induction Programme for newly appointed Assistant Professors of Higher Education Department, J&K Government (Kashmir Division)*, organized by IASE, Government College of Education, M. A. Road, Srinagar from *January 17 to 23, 2017*.
12. Attended *Indian Council of Social Science Research (ICSSR) training programme on “Research Methodology Course in Social Sciences for Ph.D Students”* from *February 20 to March 01, 2013* at the Department of Geography, Jamia Millia Islamia, New Delhi.
13. Attended *three week orientation course on “Research Methodology for Environmental Studies”* organized by Department of Economics, Jamia Millia Islamia, for research scholars and faculty under UGC Sponsored DRS-I (Special Assistance Programme) in Environmental Economics from *March 15 to April 05, 2011*.

#### **Workshops/Conferences/Seminars/Training programmes Conducted/Coordinated:**

1. Coordinated one day workshop on “Disability and its Rehabilitation” organized by Composite Regional Centre, Department of Disability Affairs, Ministry of Social Justice & Empowerment, Government of India, Bemina Bypass, Srinagar, held on May 17, 2018 at Government Degree College, Baramulla.

## **Honours and Awards**

1. Received 'Certificate of Appreciation' in recognition of my cooperation and support in implementing the national AIDS Control Programme in Jammu and Kashmir, especially during the COVID-19 pandemic situation from Project Director, JKACS, H and ME Department, Government of Jammu and Kashmir in 2021.
2. Received 'Certificate of Appreciation' from Anti-Corruption Bureau J & K in recognition of my assistance in organizing One Day Workshop on the theme "Independent India@75: Self-Reliance with Integrity" at Government Degree College, Baramulla on November 01, 2021.

## **Online courses completed via Coursera**

1. **Psychodiagnostics and Psychological Assessment'** –by National Research Tomsk State University on Coursera, earned at Monday, July 6, 2020.
2. **Philosophy and Sciences: Introduction to the Philosophy of Cognitive Sciences** by The University of Edinburgh on Coursera, earned at Friday, May 22, 2020.
3. **Psychological First Aid** by Johns Hopkins University on Coursera, earned at Monday, May 18, 2020.
4. **Statistics for Researchers: Understanding Mediation, Moderation and Beyond** by University of Virginia on Coursera, earned at Friday, April 24, 2020.
5. **Introduction to Psychology** by Yale University on Coursera, earned at Thursday, April 2, 2020.

## **Community/Social Services:**

1. Participated in a "Campaign for enhancing legal services to women inmates and their accompanying children in prisons for spelling out the objectives, strategies, activities, and expected outcomes" as per the directions of National Legal Services Authority (NALSA), under the patronage of Honourable Supreme Court of India, from May 12 to 17, 2018 at District Sub Jail (Women Wing), Baramulla.

## **Sports-participation and awards:**

1. Participated in Republic Day celebration on 26<sup>th</sup> of January 2004 at Police Lines Baramulla.
2. Participated and successfully passed NCC 'B' examination in 2003 under the authority of Ministry of Defence, Government of India.
3. Participated in NSS activities as volunteer between 2001 and 2003 and was awarded Certificate of Merit for my outstanding performance in Campus and Community services.
4. Participated in "2 NCC Group HQ Srinagar Annual Training Camp" at Nagrota from July 14<sup>th</sup> to 25<sup>th</sup>, 2003.
5. Participated in "NCC Combined Annual Training Camp (All Wings Boys and Girls)" at Nagrota from September 18<sup>th</sup> to 29<sup>th</sup>, 2002.
6. Participated and successfully completed "Basic Paragliding Course" organized by Directorate of Physical Education and Sports, University of Kashmir, Srinagar from May 7<sup>th</sup> to 13<sup>th</sup>, 2002.

## **Research and Computer Skills**

- ✓ Planning and execution of research work in the laboratory.
- ✓ Data entry and statistical analyses using IBM-SPSS, AMOS, etc.
- ✓ Computation and interpretation of experimental data.
- ✓ Preparation and editing of research material / papers for publication in the journals of national and international repute.
- ✓ Operates Windows 98/2000/XP/VISTA
- ✓ Operates MS Office (MS word/MS excel/MS power point)
- ✓ Familiar with Internet and related services

## **Administrative/Academic/Research/Corporate Experiences:**

1. Head, Department of Psychology, Government Degree College, Baramulla from March 13, 2024.
2. Head, Department of Psychology, Amar Singh College, Srinagar from December 16, 2023 to March 12, 2024.
3. Convenor, Hospitality and Protocol Committee of GDC Baramulla from April 24, 2023 to December 15, 2023.
4. Co-Convenor, Admission and Timetable Committee of GDC Baramulla from April 24, 2023 to December 15, 2023
5. Programme Officer of NSS Unit-I at Government Degree College, Baramulla from April 24, 2023 to December 15, 2023.
6. Co-Convenor, Social and Cultural Activities Committee of GDC Baramulla from April 24, 2023 to December 15, 2023
7. Member, NAAC/IQAC/CPE Committee of GDC Baramulla from April 24, 2023 to December 15, 2023.
8. Convener, Drug De-Addiction and Rehabilitation Cell, GDC, Baramulla since March 30, 2021 to December 15, 2023.
9. Assistant Professor (Senior Scale) from December 30, 2020.
10. Programme Officer of NSS Unit-II of GDC Baramulla from October 22, 2020 to April 23, 2022.
11. Coordinator, Interdisciplinary Research at Government Degree College, Baramulla from October 2020 to June 2022.
12. Empanelled as an Academic Counsellor by IGNOU for MAPC program since August 24, 2020.
13. Member, Association for Psychological Science (APS), 1800 Massachusetts Ave NW, Suite 402, Washington DC 20036-1218
14. Member Postgraduate Board of Studies (PGBOS), Department of Psychology, University of Kashmir, Srinagar since September 14, 2019.
15. Member District Level Content Monitoring Committee to monitor violation of Programme and Advertisement Codes under the Cable Television Networks (Regulation) Act, 1995 by Private Satellite Television Channels and AIR Broadcast Code by Private FM Channels and Community Radio Stations since 2017.
16. Empanelled as paper setter and answer script evaluator in Psychology for undergrads by University of Kashmir, Srinagar.
17. Media Secretary, Government Degree College, Baramulla from February 2017 to April 24, 2023.



18. Coordinator, RAAHAT Counselling cum Disability Resource Centre, Department of Psychology, GDC, Baramulla since 2017 to December 15, 2023.
19. Head, Department of Psychology, Government Degree College, Baramulla from February 2017 to February 2018.
20. Reviewer of the following listed international journals:
  - a. Psychology and Psychotherapy: Theory, Research and Practice
  - b. Psychological Trauma: Theory, Research, Practice, and Policy (APA)
  - c. Psychiatry Research (Elsevier)

**Declaration:**

I hereby declare that all the statements made in these curriculum vitae (CV) are true and complete to the best of my knowledge.

**Dated:** September 2024

**Place:** Baramulla, Jammu & Kashmir

A handwritten signature in black ink, appearing to read 'Kanishk', written over a horizontal line.