



SHAHNAWAZ
MUSHTAQ

**PhD. in
Clinical Psychology**
(Awarded 2019)
JN Medical College & Hospital
Aligarh Muslim University

**Masters
in Psychology**
(2014)
Aligarh Muslim University

**Bachelors in
Psychology**
(2012)
Aligarh Muslim University

PhD. Thesis Topic

“Study of Psychological
morbidity in Caregivers of
Person with Dementia and
role of Cognitive Reframing”

PERSONAL

Born	15/10/1990
Nationality	Indian
Status	Married

CONTACT

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Jammu & Kashmir, India
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PROFESSIONAL SUMMARY

I am a clinical researcher and educator with 3+ years of teaching experience and 5+ years clinical expertise in therapeutic innovations, specializing in children and families, with special interest in dementia care. Honoured with the prestigious ICSSR Doctoral Fellowship from the Ministry of Human Research Development, Government of India, with a strong research profile including eight published articles and 5+ international conference presentations.

SKILL HIGHLIGHTS

- + Good communication skills
- + Interdisciplinary collaboration
- + CBT & Family Psychoeducation
- + Empathic Listener
- + Psychological assessment
- + Crisis intervention/Stress Management

WORK EXPERIENCE

Assistant Professor - II (Jul 2025 – Present)

Adamas University, Kolkata, West Bengal, India

Assistant Professor (Feb 2023 – Jun 2025)

Chandigarh University, Mohali, Punjab, India

- Teach undergraduate and graduate courses in clinical psychology and related subjects
- Provide mentorship to graduate students, including supervision of research/clinical work
- Participate in departmental and university service activities
- Contribute to curriculum development and program evaluation
- Engage in scholarly activities including publication in peer-reviewed journals
- Active Participation in conferences, CMEs, and workshops

Lecturer (Jul 2021 – Dec 2022)

Government Degree College (Boys), Baramulla, Jammu & Kashmir, India

- Teach undergraduate and graduate courses in psychology
- Provide mentorship to graduate students, including supervision of research/clinical work
- Contribute to curriculum development and program evaluation
- Engage in scholarly activities including publication in peer-reviewed journals

Consultant Psychologist (Sep 2020 - Jul 2021)

Samvedna Senior Care, Gurugram, Haryana, India

- Comprehensive elderly psychological assessment
- Devise and communicate psychological treatment plans with dementia caregivers
- CBT and Psychotherapy to mitigate Dementia Caregiver Burden
- Community outreach programs (Dementia related)

Research Assistant (Aug 2019 - May 2020)

Kaleidoscope Life Skills-LLP, Delhi, India

- Documentation and record keeping of psychological assessments
- Psychotherapy sessions and Caregiver Training under supervision

Research Scholar/Clinical Counselor (Jan 2015 - Mar 2019)

JN Medical College & Hospital, AMU, Aligarh

- Team member (Patient Healthcare Program) / Clinical Responsibilities under supervision
- Assisting psychological assessments and treatment procedures
- Participation in ward rounds and academic activities

PROJECTS SUPERVISED

- Compulsive Internet use and its effect on mental well-being during COVID-19 pandemic (2021)
- Big Five personality traits and phubbing behaviour: Explaining the effect of gender and age (2022)

LANGUAGES

English
Hindi
Urdu
Kashmiri
Arabic (Basic)

MEMBERSHIPS

"Global Research
Development Services"
(Life Member)

"Teaching and Education
Research Association"
(Life Member)

"Asia Society of Researchers"
(Life Member)

"International School
Psychology Association"
(Student Member)

SHORT TERM COURSES

"Mental Health & Well-Being"

"Understanding Alzheimer's
and Dementia"

"10 Warning signs of
Alzheimer's"

"Living with Alzheimer's: For
people with Alzheimer's
disease"

"Understanding and
Responding to Dementia
related behaviour"

"Effective Communication
strategies"

"Living with Alzheimer's: For
Youngest onset"

"Dementia conversation:
Driving, doctor visit, legal and
Financial planning"

"Living with Alzheimer's: For
Caregivers-early stage, middle
stage and last stage"

RESEARCH PUBLICATIONS

- Published Paper in International Journal of All Research Education and Scientific Methods on "The Impact of Conflict Exposure, PTSD and Social Support on Posttraumatic Growth a study of the Kashmir Conflict" during the year 2023, Volume 11, Issue 6, ISSN: 2455-6211.
- Published Paper in EC Psychology and Psychiatry on "Quality of Life and Functional Disability in Caregivers of Patients with Dementia" during the year 2019, Vol 8; Issue 12.
- Published Poster in Indian Journal of Psychiatry on "Gender difference in the progression of Alzheimer's disease in patients attending a tertiary care hospital in northern India treated with donepezil" during the year 2019, 61 (9), S618- S619.
- Published Paper in Archives of Mental Health on "Perception of stress and coping tactics among medical students at Aligarh Muslim University, Aligarh" during the year 2018, Volume 19, Issue 2, DOI: 10.4103/AMH.AMH_23_18.
- Published paper in Asian Journal of multidimensional research on "The effectiveness of brief cognitive behavioural therapy on guilt feelings of dementia caregivers" during the year 2018, Volume 7; Issue 7; July 2018; Page No. 100-110, ISSN: 2278- 4853.
- Published paper in International Journal of academic research and development on "Comparative study of family burden and life satisfaction among care givers of the patients with dementia and schizophrenia" during the year 2017, Volume 2; Issue 6; November 2017; Page No. 1081-1087, ISSN: 2455-4197.
- Published paper in International Journal of Scientific research on "Effectiveness of mindfulness based cognitive therapy on Quality of life, Life satisfaction and Depression of patients with HIV/AIDS" during the year 2017, Volume 6, Issue 6, June 2017, ISSN No 2277-8179, IF: 4.176, IC value: 78.46.
- Published Paper in International Journal of Indian Psychology on "Self Esteem, Anxiety, Depression and Stress among Physically Disabled" during the year 2016, Vol 3, Issue 4
- Published paper in Indian Journal of Applied Research on "Psychological Impact of Human Rights Violation on Kashmiri People" during the year 2016, volume 6, Issue 10.

BOOK CHAPTERS

- Mushtaq, S., Popli, H., (2021), "Psychological impact of COVID 19" in book on COVID 19: A holistic perspective, Sunrise publications, New Delhi, ISBN- 978-81947489-0-8.

PAPER PRESENTATIONS

- Presented self-written research paper entitled "Quality of Life and Functional Disability in Caregivers of Patients with Dementia" in Two-day International seminar on Stress Management: Dimensions and Suggestive Measures held on 12-13th June 2019 organized by Department of Psychology, Government Degree College for Women Anantnag in collaboration with the Institute of Public Policy Research Development.
- Presented self-written research paper entitled "The Mediating Role of Resilience in the Recovery of Substance Abuse" in national seminar on Public-Private-Community Partnership in Prevention and Management of Drug Abuse held on 7-8th January 2019 organized by the Department of Social Work, Central University of Kerala.
- Presented self-written research paper entitled "Prevalence of Tobacco Use among School Children's of Aligarh: A School Based Survey" in National Conclave on Psychological Trauma, Child Protection, & Mental Illness held on 27-28th March 2018 (AIIMS, New Delhi).
- Presented self-Written research paper entitled "Perception of Stress and Coping Strategies among Medical Students at Aligarh Muslim University" in International Conference on Mental Health for Sustainable Human Development held on 24th-25th March 2018 organized by Department of Psychology, Aligarh Muslim University.

REFEREES

Dr. Rakesh Kumar Gaur

Professor

Department of Psychiatry

JN Medical College

Aligarh Muslim University

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Dr. Akbar Hussain

Professor and Dean (Retd.)

Faculty of Social Science

Aligarh Muslim University

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profakbar6@gmail.com

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- Presented self-written research paper entitled "Effectiveness of mindfulness based cognitive therapy on Quality of life, Life satisfaction and Depression of patients with HIV/AIDS" in national seminar on yoga and spirituality held on 7-8th November 2015 organized by the Department of Psychology, Aligarh Muslim University, Aligarh.

ARTICLES IN MAGAZINES/NEWSPAPERS

- Published Article in 'Psychology magazine' on "Rethinking Suicide: Why Prevention Fails" in October 2023.
- Published Article in 'The Hindu' on "Pandemic and Mental Health" in July 2020.
- Published Article in 'Kashmir Reader' on "Answers to Common Questions about COVID-19" in May 2020.
- Published Article in 'Rising Kashmir' on "COVID-19: Impact in Kashmir" in March 2020.
- Published Article in 'The Hindu' on "Of Sound Mind and Well-Being" in November 2019.

CAREER ADVANCEMENT

- "Participated in Ten days National Workshop on "Research Methods and Data Analytics with SPSS" from 15th- 24th January 2018, Organized by Department of Psychology, Aligarh Muslim University, Aligarh.
- Participated in "Research Methodology Programme in Social Science" for PH.D Students sponsored by Indian Council for Social Science Research, New Delhi, held from 05th February- 17th February 2018 at Centre for North East Studies and Policy Research, Jamia Millia Islamia, New Delhi.
- Participated in a One-week Workshop on Statistics and Optimization Techniques Using Software Packages held from 26- 31 March, 2018, Organized by Department of Statistics and Operations Research, Aligarh Muslim University, Aligarh.
- Participated in a 7-days National Workshop on "Research Methodology" from February 21-27th, 2018, Organized by Coaching and Guidance Cell Sir Syed Hall (South), AMU, Aligarh in Collaboration with UGC- Human Resource Development Centre, AMU, Aligarh.
- Active Participation in National Level Language Test-Urdu (Graduate Level) conducted by the national testing service- India.
- Active participation in National Seminar on Spiritual Psychology: Recent Trends in Research, Theory, Practice and Training. Organized by Department of Psychology under UGC (SAP) DRS-I Aligarh Muslim University.
- Participated in National Seminar on Traditional versus Modern Education: Vision and Planning of Muslim institutions. Organized by Centre for Promotion of Educational and Cultural Advancement of Muslims of India at Aligarh Muslim University.
- Participated in a workshop on Soft Skills (Web Designing, Graphic Designing, Spread excel Sheet, Power point). Organized by University hobbies Workshop of Cultural Education Centre on 23rd-24th March 2015 at Aligarh Muslim University.
- Participated in a 7-days non-residential Workshop on Data Analytics with SPSS from 20-26th March 2017 organized department of Psychology, Aligarh Muslim University.
- Participated in One day workshop on IQ assessment (S.F.B & V.S.M.S) organized under the aegis of Jubilant Psyche Solution Clinic, Aligarh on 23rd March, at AMU, Aligarh.
- Active Participation in "Author workshop jointly organized by Springer Nature and Aligarh Muslim University" on 3rd November, 2016 at Aligarh Muslim University.
- Served as an Organizer for Mohsinul Mulk Hall Literary and Cultural Fest "Kehkeshan-1.0"