

CURRICULUM VITAE

SHAZIYA SHEKH

Assistant Professor

Department of Psychology

Dr. Ghanshyam Singh Mahavidyalaya, Varanasi

From August 2024 – Present



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Mobile – 7080788665

CAREER OBJECTIVE: To work with innovative and research-oriented approaches in the field of Psychology, contributing to academic excellence, mental health awareness, and evidence-based interventions in education and community settings.

ACADEMIC PROFILE

Qualification	University/ Board	Year of Passing	Percentage or Marks
Ph.D. in Psychology	Mahatma Gandhi Kashi Vidyapith, Varanasi	Pursuing
P.G. Diploma In Psychotherapy, Counselling and Guidance	Mahatma Gandhi Kashi Vidyapith, Varanasi	2021	74
NET (Psychology)	University Grant Commission	2018
Master of Arts (Psychology)	Banaras Hindu University, Varanasi	2017	78.5
Bachelor of Arts	Banaras Hindu University, Varanasi	2015	75.5
Intermediate (XII)	UP Board, Varanasi	2012	70.5
High School (X)	UP Board, Varanasi	2010	56.7

PAPER PUBLISHED

- Shekh S. & Ojha S. (2019). The Impact Of Yoga and Meditation On Depression and Anxiety, IAHRW International Journal of social Science Review, Pg 2002-2008, ISSN 2347-3797, Vol. – 7, Issue 6-1, (June).

- Shekh S. & Ojha S. (2019). Self-Concept and Self-Esteem Among Adolescents with Physically Disability, A Systematic Review, Praachi Journal of Psycho-Cultural Dimensions, Pg 83-94, ISSN 0971-1084, Vol. 35
- Shekh, S., (2020). Impact of COVID-19 epidemic on mental health: A systematic review. *International Journal of Creative Research Thoughts*, 8(10).
- Shekh, S., & Ojha, S. (2024). Emotional intelligence and resilience: A comparison of adolescents with locomotor disability and non-challenged adolescents. *INSPA Journal of Applied and School Psychology*, 6(Special Issue), 417–425.
- Shekh, S., & Ojha, S. (2025). Role of parenting styles in mental health among adolescents with locomotor disability. *Mind and Society*, 14(1), 43–49. <https://doi.org/10.56011/mindmri-141-20256>
- Rawat, R., & Shekh, S. (2025). Personality types and psychological well-being of patients with substance use disorder. *INSPA Journal of Applied and School Psychology*, 6 (Special Issue), 160-166.

CONTRIBUTED CHAPTERS IN BOOK

- Shekh S. & Ojha S. (2021). Life Goals and Happiness in Indian and Western Perspective, Life Goal, Spirituality and Health, Shree Publication & Distributor, 22/4735, Daryaganj, New Delhi-110002, ISBN : 978-81-948189-1-5

PAPER PRESENTED

- Shekh S. & Ojha S. (2019). Self-Esteem and Self-Concept of Physically Disabled Adolescents, National Seminar on Life-Span Human Development: Emerging Issues and Challenges. 15-16 September 2019, organized by Deptt. of Psychology, Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur
- Shekh S. & Ojha S. (2019). The Association of Physical Disability with Suicide, 5th International Conference of Indian Academy of Health Psychology, 20-22 October, 2019 organized by Deptt. of Psychology, M.G. Kashi Vidyapith, Varanasi.
- Shekh S. & Ojha S. (2019). Nationality and Education, National Seminar on Indian Nationalism: Challenges and Solution. November 30-1 December, 2019 organized by Deptt. of Sociology, M.G. Kashi Vidyapith, Varanasi.
- Shekh S. & Ojha S. (2020). Gender Based Inequalities in education, National Seminar on women and Gender Equality in Higher Education of India: Issues and Challenges, 11th December, 2020 organized by Campus Placement Cell, M.G. Kashi Vidyapith, Varanasi.
- Shekh S. & Ojha S.(2020).Yoga Interventions for patients with Multiple Sclerosis, International Conference on Yoga and Health: Awareness and Challenges in Contemporary Society, March 8-9, 2020 organized by Department of Physical Education, Government Girls' Degree College, DLW, Varanasi
- Shekh S. & Ojha S.(2023). Parenting Style and Mental Health among Adolescents: A systematic Review, National Seminar on Psychology & Society Today: Issues,

Challenges & Interventions, 17-18 March, 2023 Organized by Department of Psychology, Mahatma Gandhi Kashi Vidyapith, Varanasi

- Shekh, S. (2026). *Parenting styles as predictors of examination anxiety among adolescents*. ICSSR-Sponsored National Seminar on Environment, Economy, Culture and Technology: A Way Forward to Viksit Bharat, 16-17 March, 2026 by Department of Geography, Dr. Ghanshyam Singh P.G. College, Varanasi.

CONFERENCE / SEMINAR ATTENDED

- National Seminar on Life-Span Human Development: Emerging Issues and Challenges. 15-16 September, 2019, organized by Deptt. of Psychology, Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur
- 5th International Conference of Indian Academy of Health Psychology, 20-22 October, 2019 organized by Deptt. of Psychology, M.G. KashiVidyapith, Varanasi.
- National Seminar on Social Media and Dimension Of Disability 3rd October, 2019 organized by Deptt. of Psychology, Shri Agrasen Kanya P.G. College, Parmanandpur, Varanasi.
- National Seminar on Indian Nationalism and Solution. November 30-1 December, 2019 organized by Deptt. of Sociology, M.G. Kashi Vidyapith, Varanasi.
- National Seminar on women and Gender Equality in Higher Education of India: Issues and Challenges, 11th December, 2020 organized by Campus Placement Cell, M.G. KashiVidyapith, Varanasi.
- International Conference on Yoga and Health: Awareness and Challenges in Contemporary Society, March 8-9, 2020 organized by Department of Physical Education, Government Girls' Degree College, DLW, Varanasi
- National Seminar on Psychology & Society Today: Issues, Challenges & Interventions, 17-18 March, 2023 Organized by Department of Psychology, Mahatma Gandhi Kashi Vidyapith, Varanasi

WORKSHOP ATTENDED

- One day Workshop on Stress Management and Skill Development, October &, 2015, Organized by Department of Psychology, Vasant Kanya Mahavidhyalaya Kamachha, Varanasi
- One day Workshop on *International Conference on Yoga and Health: Awareness and Challenges in Contemporary Society*, September 1, 2019 organized by Department of Sociology, Banaras Hindu University
- International Pre-Conference Workshop of Mindfulness Based Cognitive Behavioural Interventions, 19th October, 2019, Organized by Department of Psychology M.G. Kashi Vidyapith, Varanasi.
- National Workshop on Research & Communication, 4th to 10th January, 2020, Organized by Mahatma Gandhi KashiVidyapith, Dr Vibhuti Narayan Singh Campus Gangapur, Varanasi.

- 3rd National Workshop on Statistical Techniques for Data Analysis Using Software tools SPSS and R, January 16-31,2020, Organized by Department of Commerce, D.A.V. Post Graduate College, Varanasi
- Workshop on Rights for Persons With Disabilities & Dissemination of KIRAN Inclusive Education Booklets, January 31, 2020, Jointly Organized by KIRAN Society & D.A.V. Post Graduate College, Varanasi
- Workshop organized by RCI on 24 march 2021
- One Day Workshop, on Ozone Layer, Climate Change And Environmental Conservation – A Need of 21st Century, 16th September, 2025, Organized By, Department of Geography, Dr. Ghanshyam Singh Mahavidyalaya, Soyepur, Varanasi

TECHNICAL SKILLS

- SPSS
- R (Basic)
- MS Office
- Research Methodology
- Academic Writing

AREAS OF SPECIALIZATION

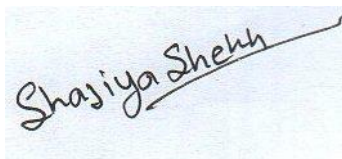
- Clinical & Counselling Psychology
- Adolescent Mental Health
- Disability Studies
- Yoga & Mental Health

EXTRA-CURRICULAR ACTIVITIES

- National Service Scheme (NSS) – Qualified
- Diploma in Computer Application (DCA)

Date: 30/04/2026

Place: Varanasi

A handwritten signature in black ink on a light blue background. The signature reads "Shaziya Shekh" in a cursive style, with a horizontal line underneath the name.

(Shaziya Shekh)