

**Shafia Nazir**

**E-mail:** [shafianazir@uok.edu.in](mailto:shafianazir@uok.edu.in)

Phone: 9858406406

University Professor with 20 years of experience teaching Human Development with emphasis on Human Exceptionality, Advanced Study in Human Development, Parenting in early Childhood and Theories of Human Development..

### **Professional Appointment**

**Assistant Professor Human Development** **2004**  
Institute of Home Science  
University of Kashmir, J&K, India

### **Education**

**PhD in Human Development** **2018**  
University of Kashmir

### **RESEARCH PAPERS**

- Anthropometric measurements of Kashmiri Pandit infants (0-18 months) *The Anthropologist: Indian Journal of Contemporary and Applied Studies of Man.* vol-7, April 2005, No.2
- Self-esteem in Visually impaired and Normal School going Children in Srinagar city schools. *International Journal of Social Science Tomorrow (IJSST)* November 2012 Vol. 1, No. 9
- Academic anxiety in Visually impaired and Visually normal school going children in district Anantnag (J&K) *International Journal of Social Science Tomorrow (IJSST)* December 2012 Vol.1, No.10
- A study of anxiety in young women (20-30 years) *International Journal of Social Science Tomorrow (IJSST)* Vol. 1 No.10 December 2012
- Depression in working young adult males of Kashmir University. *Research Expo International Multidisciplinary Research Journal*, June 2015, vol.5, Issue 6 ISSN: 2250-1630
- Fear of Personal Death among late adults (65 years and above) in District Anantnag. *Quest International Multidisciplinary Research Journal.* Vol.4, Issue 9 September-2015
- Social, Emotional and educational adjustments among sighted and partially sighted Adolescents. *Quest International Multidisciplinary Research Journal.* Vol. 5, Issue.1 January 2016 ISSN: 2278- 4497
- Self-Esteem in physically challenged and typically growing school going children in Srinagar (J&K). *International Educational Scientific Research Journal (IESRJ).* Vol.2. Issue:11 November 2016 E-ISSN:2455- 295X
- Factors that led Adolescents to increased risk of Stress. *Asian Resonance*, Vol-6, Issue-2, (April-2017) pp 59-62: P ISSN:0976-8602, E ISSN: 2349-9443
- Academic Achievement in physically challenged and normal school going children in Districts Anantnag and Srinagar (J&K) *Periodic Research*, Vol-5, Issue-4, (May-2017) pp 133-135: P ISSN: 2231-0045, E ISSN: 2349-9435

- Personality in physically challenged and Normal School going children in Districts Anantnag and Srinagar. Online International Interdisciplinary Research Journal (Bi-Monthly) Vol-07, June 2017 Special Issue (01) ISSN 2249-9598
- Self-Efficacy Among Hearing impaired and Typically growing school going Adolescents in Districts (J&K)
- Study Habits in physically challenged and normal school going children in Districts Anantnag and Srinagar (J&K) Remarking : An Analisation, Vol-2, Issue-11, (February-2018) pp 113-116: P ISSN: 2394-0344, E ISSN: 2455-0817
- Self Esteem and Academic Achievement: A study of special children in Rural Kashmir (J&K) India International Journal of Arts, Management and Humanities, (April 2018) 7 (1): 156-160 ISSN No. (Online): 2319-5231
- Emotional Intelligence among Hearing Impaired and Normal Adolescents in Srinagar. (J&K) Online International Interdisciplinary Research Journal, 8 (01): 305-310 July 2018 {ISSN: 2249-9598}
- Effects of bullying on the personality and academic performance of School going Children and Adolescents (6-16 years) vol-3, issue-7 October 2018 {P ISSN: 2394-0344} {E ISSN: 2455-0817}
- Study Habits and Academic Achievement in school Children with Disabilities. Asian Journal of Advanced Basic Sciences: 2018, 6(2), 52-56
- Disabilities and personality traits: A study of School going children in Kashmir, International Journal of research and analytical reviews, vol 6, issue 1, January 2019 (E-ISSN 2348-1269, P-ISSN 2349-5138) pp 968-975 www.ijrar.org
- Book Chapter: Depression and Generalized Anxiety Disorders in working women: ISBN: 978-93-87631-24-3 (Women Perspectives: Issues and Concerns, Delton Publishing House. (2019)
- Personality factors in Physically Challenged School Going Children. Studies in Indian Place names, Vol-40, Issue 89, March 2020 pp 102-109, ISSN 2394-3114
- Book Chapter: Anxiety and Depression in patients with Hypothyroidism ISBN 978-93-90692-29-3 (Women's Health Across Life Span) Serials Publications (2021)
- Book titled Exceptional Children: Personality and Academics, ISBN: 978-81-951728-8-7 Social Research Foundation, Kanpur (2021)
- Child sexual abuse and problems of adjustment: A case study of Kashmir. Asian Journal of organic and medicinal Chemistry, vol 7, No. 2 special issue 3, ISSN 2456-8937 (2022)
- College students Academic Stress: A study of medical and engineering students in Srinagar (J&K) Asian Journal of organic and medicinal Chemistry, vol 7, No. 2 special issue 4, ISSN 2456-8937 (2022)
- Allergic Rhinitis and sleep disturbance in Young Adults. Asian Journal of organic and medicinal Chemistry, Vol 7, No. 2 special issue 4, ISSN 2456-8937 (2022)
- Book Chapter: "Disabilities and personality traits: A study of school going children in Kashmir" ISBN: 978-93-94424-47-0 (Food for Heal) ABS Books, New Delhi (2022)
- Impact of Allergic Rhinitis on quality of life among young adults (2023) Res Militaris, vol 13, No. 4, ISSN: 2265-6294
- Impact of maltreatment on Mental Health: A comparative Analysis of school going children (2023) Res Militaris, vol 13, No. 4, ISSN: 2265-6294

## PAPER PRESENTATIONS

- Presented a paper on ‘Strategies to be adopted for better Nutrition’ in a Two Day Seminar on Health and Nutrition Education 2007
- Delivered a guest Lecture at SOS Village Peer Bagh on the theme “Issues of Adolescents”
- Presented a paper on Health Status of Kashmiri Pandit Infants (0-18 months) in 4<sup>th</sup> JK Science Congress 2008
- Presented a paper titled Severity of depression in individuals with lower limb amputation in International Geographical Union (IGU) Commission Conference 2014
- Presented a paper titled Lower limb amputation: A study of Depression in JK Medical Science 2017
- Poster Presentation of paper titled Lower limb amputation: A study of Depression in 13<sup>th</sup> JK Science Congress 2018
- Presented a paper on “Factors that led Adolescents to increased risk of Stress” in a Two-Days International Conference on “Stress Management: Dimensions and Suggestive Measures”(12<sup>th</sup>-13<sup>th</sup> June 2019) organized by Department of Psychology, Govt. Degree College for Women Anantnag in Collaboration with the Institute of Public Policy Research and Development
- Presented a paper on ‘The positive implications of migration on host country, A case of Indian Diaspora in US at one day National Conference on “Migration: Global and Local Perspective-Addressing complex crisis in the 21st century” organized by Department of Management Studies, University of Kashmir on March 11, 2020
- Delivered a talk on ‘ Nutritional considerations for healthy aging and reduction in age related chronic diseases’ on 2<sup>nd</sup> September 2020 at Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir
- Delivered a talk on “Changing nutritional needs throughout the life” on 3<sup>rd</sup> September 2020 at Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir
- Presented a paper on “Hypothyroidism: Psychological Issues in Women” in a two day conference on “Advances in Biopolymers” and workshop on “Fermented Foods and Gut Health” organized by Department of Food Technology University of Kashmir on November 8-9 2021
- Presented a paper on College students academic Stress: A study of medical and engineering students in Srinagar (J&K) in 2<sup>nd</sup> international Conference on Current Trends in Multidisciplinary Research organized by Indian academicians and researchers association on 17<sup>th</sup> July 2022
- Presented a paper on “Disabilities and personality traits: A study of school going children in Kashmir” in International Conference on Interface between Agriculture, Food, Chemical and Biological Sciences organizes by Department of Food Science and Technology in Collaboration with the Association of Food scientists and Technologists of India (AFSTI) from July 27-29 (2022)
- Presented a paper on “Library services and academic achievement of children with special needs” in National Conference on Changing Dimensions of Scholarly communication and role of libraries to attain inclusive knowledge Society organised by Department of Library and Information Science on 6<sup>th</sup>& 7<sup>th</sup> September 2022
- Presented a paper on “Hypothyroidism: A study of psychological Health among women” in National Conference on Reproductive Health and Disease held on 17<sup>th</sup> August (2022) Organized by ICMR centre for advanced research, Department of Biotechnology.
- Presented a paper on “Role of study habits in academic achievement of children with disabilities” in National Seminar on Rights of Differently abled women, organized by

Institute of Home Science, UOK in collaboration and Sponsored by National Commission For women New Delhi on 11<sup>th</sup> & 12<sup>th</sup> October (2022)

- Presented a paper on “Gender differences in Sleep Disorders” in 14<sup>th</sup> International Conference on Gender Justice : A Pathway to Sustainable Tomorrow” 9<sup>th</sup> & 10<sup>th</sup> November, 2022 organized by Women Studies Centre Punjabi University, Patiala
- Paper presentation on “Kashmir women in preserving agricultural Biodiversity” in 34<sup>th</sup> All India Congress of Zoology (34<sup>th</sup> AICZ) a 3-Day National Conference on the theme “Changing Course in Global Environment: Challenges and Solutions” (5<sup>th</sup> to 7<sup>th</sup> June 2023) organized by Department of Environmental Science University of Kashmir in collaboration with Zoological Society of India (ZSI)
- Presented a e-poster on “Self esteem in students with disabilities” in International Virtual Conference on Physiology and Lifestyle medicine 2023 organized by All India Institute of Medical Sciences (AIIMS) BibiNagar, Hyderabad, Telangana on 20<sup>th</sup> & 21<sup>st</sup> July 2023
- Presented a e- paper on “Postnatal Depression among women in Kashmir: A study investigating Association with Social ,Cultural and Infant factors”

#### **WORKSHOPS, SEMINARS, CONFERENCES & WEBINARS ATTENDED (NATIONAL)**

- Two Day Seminar on Health and Nutrition Education 7- 8<sup>th</sup> March 2007, held at University of Kashmir
- Two Day workshop on “Dietary Trends in Kashmir” 23-24<sup>th</sup> March 2009
- Five Day workshop on “Capacity building of women managers in Higher Education” sponsored by UGC, organized held at women studies Centre, University of Kashmir, May 26-30, 2009
- One day workshop on “Stress Management and role of life-skills for Succeeding in Life” 26<sup>th</sup> March 2007
- Participated in 2<sup>nd</sup> JK Science Congress held at University of Kashmir 2006
- Participated in 4<sup>th</sup> JK Science Congress held at University of Kashmir 2008
- Participated in 6<sup>th</sup> JK Science Congress held at University of Kashmir 2010
- Attended 9<sup>th</sup> JK Science Congress held at University of Kashmir 2013
- Attended and presented a paper in 2 Day International Geographical Union (IGU) Commission Conference 2014
- Participated in Two Day Seminar on “Disability Patterns: Perspectives and New Directions” organized by Department of Students welfare on 3<sup>rd</sup> and 4<sup>th</sup> December 2014
- Attended 11<sup>th</sup> JK Science Congress held at University of Kashmir 2015
- Participated in Hospital Management Conference on 30-31<sup>st</sup> July 2016 at Mumbai
- Participated in Two day’s Seminar on “Technology as a Facilitator of Learning” organized by Government Degree College Beerwah from 13<sup>th</sup>- 14<sup>th</sup> March 2017
- Participated in One Day Seminar on Role of Educational Institutions for promoting women’s Rights on 8<sup>th</sup> March 2018
- Participated in 13<sup>th</sup> Session of J&K Science Congress (JKSC-2018) organized from 2<sup>nd</sup> to 4<sup>th</sup> April 2018 by University of Kashmir in collaboration with the J&K State Sc, Tech, & Innovation Council
- Attended a National Conference and Workshop on Advances in Biopolymers 30<sup>th</sup>-31<sup>st</sup> October (2018) organized by Department of Food Science and Technology, University of Kashmir

- Participated in two days National Seminar on: Enhancing Social Problem Solving and Self help Skills through Mental Health Exercises. 1<sup>st</sup> – 2<sup>nd</sup> November,2018 organized by University of Kashmir
- Participated and presented a paper on “Factors that led Adolescents to increased risk of Stress” in a Two-Days International Conference on “Stress Management:Dimensions and Suggestive measures”(12<sup>th</sup>-13<sup>th</sup> June 2019) organized by Department of Psychology, Govt. Degree College for Women Anantnag in Collaboration with the Institute of Public Policy Research and Development
- Attended a day long National Conference on “Migration: Global and Local Perspective-Addressing complex crisis in the 21st century” organized by Department of Management Studies, University of Kashmir on March 11, 2020
- Attended an International Webinar on publishing Research Articles held on January 29, 2022 organized by UGC Human Resource Development Centre, University of Kashmir
- 2<sup>nd</sup> international Conference on Current Trends in Multidisciplinary Research organized by Indian academicians and researchers association on 17<sup>th</sup> July 2022
- International Conference on Interface between Agriculture, Food, Chemical and Biological Sciences organizes by Department of Food Science and Technology in Collaboration with the Association of Food scientists and Technologists of India (AFSTI) from July 27-29 (2022)
- National Conference on Changing Dimensions of Scholarly communication and role of libraries to attain inclusive knowledge Society organised by Department of Library and Information Science on 6<sup>th</sup>& 7<sup>th</sup> September 2022
- National Conference on Reproductive Health and Disease held on 17<sup>th</sup> August (2022) Organized by ICMR centre for advanced research, Department of Biotechnology.
- National Seminar on Rights of Differently abled women, organized by Institute of Home Science, UOK in collaboration and Sponsored by National Commission For women New Delhi on 11<sup>th</sup>& 12<sup>th</sup> October (2022)
- UGC sponsored **Webinars** on National Education Policy (NEP) 2020: Opportunities& Challenges for Higher Education organized by UGC-Human Resource Development Centre , held on July 21<sup>st</sup>,2022
- 14<sup>th</sup> International Conference on Gender Justice: A Pathway to Sustainable Tomorrow” 9<sup>th</sup>& 10<sup>th</sup> November, 2022 organized by Women Studies Centre Punjabi University, Patiala
- 34<sup>th</sup> All India Congress of Zoology (34<sup>th</sup> AICZ) and a 3-Day National Conference on the theme “Changing Course in Global Environment: Challenges and Solutions” (5<sup>th</sup> to 7<sup>th</sup> June 2023)organized by Department of Environmental Science University of Kashmir in collaboration with Zoological Society of India (ZSI)
- Attended Organ Donation and Tissue Transplant Awareness Programme Cum Workshop on June 14, 2023 organized by Department of Bio Resources & Institute of Home Science, University of Kashmir in collaboration with Jammu and Kashmir State organ and Tissue transplant Organization& JK Science Technology & innovation Council, JKDST
- Workshop on understanding quality bench marks for academics and Research Organized by DIQA, University of Kashmir from 25<sup>th</sup> to 26<sup>th</sup> October 2023
- 2-Day National Conference on National Education Policy,2020& Higher Education Implementation, Accomplishments and road Ahead on 22<sup>nd</sup> and 23<sup>rd</sup> November 2023 Organized by NEP Cell University of Kashmir
- Webinars on National Education Policy 2020 on the following topics from 9<sup>th</sup> to 13<sup>th</sup> Feb 2024 Organized by UGC- Malviya Mission Teacher Training Centre, University of Kashmir
  1. Information and Communication Technology

2. Research and Development
3. Skill Development

- Webinars on National Education Policy 2020 on the following topics from 9<sup>th</sup> to 17<sup>th</sup> Feb 2024 Organized by UGC- Malviya Mission Teacher Training Centre, University of Kashmir:
  1. National Assessment and Accreditation Council (NAAC)
- Worked as an EXPERT in a Meeting on Fundamental Glossary of Home science organized by Commission for Scientific and Technical Terminology at Institute of Home Science , University of Kashmir from 6<sup>th</sup> to 9<sup>th</sup> March 2024
- **(International Conferences)**
  - Attended 2nd Congress of Asian Society of Sleep Medicine (ASSM 2018) from March 22-25 in Seoul Korea
  - Attended Annual Congress on Malaysian Thoracic Society MTS 2019 organized “with an objective to allow in-depth discourses on various respiratory disorders” by Malaysian Thoracic Society MTS from 18<sup>th</sup>-21<sup>st</sup> July 2019 in Kuala Lumpur, Malaysia

### **Courses attended**

- Three Weeks Refresher Course in Women Studies (Interdisciplinary) in January 2009 at University of Kashmir and obtained Grade A.
- Four Weeks 55<sup>th</sup> General Orientation Course in 2011 at University of Kashmir and obtained Grade A
- 10 Days Workshop on Qualitative Techniques in Social and Allied Sciences organized by Department of Economics University of Kashmir from 16-25<sup>th</sup> December 2013
- 3 Week Refresher Course in Computer Applications(M.D) Organized by UGC Academic Staff College from 26<sup>th</sup> December to 20<sup>th</sup> January 2014 and obtained Grade A
- 2 Weeks Research Methodology Course in Social sciences sponsored by Indian council of Social Science Research (ICSSR)and jointly organized by Rinchen Shah Centre for West Himalayan Cultures for International Relations from 6-16<sup>th</sup> march, 2018
- Participated in the International Online Faculty Development Programme on “Embracing Sustainability as Opportunity” from 03-06-2024 to 07-06-2024 jointly organized by the Department of Pedagogical Sciences, Tamil Nadu Teachers Education University and Academic Staff College and Faculty of Education, Dr. M.G.R. Educational and Research Institute, Chennai

### **OTHER RELATED WORK**

- Prepared study material in the form of scripts for the course- PGDHS (Post graduate Diploma in Home Science) ISBN- 978-93-82097-48-8
- Conducted offline and online classes for the course- PGDHS (Post graduate Diploma in Home Science) 2022 & 2023

### **ACHIEVEMENTS**

- Received Gold Medal for Attaining I<sup>st</sup> Position in Hr. Secondary Part II Examination
- Received Best Poster presentation Award in 13th JK Science Congress 2018
- Received Award of Appreciation for Paper Presentation in 2023

