

Dr. Shaikh Hajimalang Akabar

Ph.D. (Mental Health & Positive Psychology)

Assistant Professor of Psychology

"Committed to Excellence in Teaching, Research, Innovation and Student Development"



PROFESSIONAL PROFILE

An enthusiastic and research-oriented **Assistant Professor of Psychology** with expertise in **Mental Health, Positive Psychology, Clinical Psychology, Psychological Well-being, and Research Methodology**. Possessing university-level teaching experience, school counseling experience, and an active research profile with publications in **Scopus-indexed** and international peer-reviewed journals. Dedicated to promoting academic excellence through innovative teaching, evidence-based research, psychological assessment, and student mentoring.

Recognized for strong analytical abilities, interdisciplinary collaboration, and a commitment to advancing psychological knowledge through quality teaching, research publications, and community engagement.



CONTACT INFORMATION

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 Nationality	Indian
 Gender	Male
 Date of Birth	02 July 1987

CURRENT POSITION

Assistant Professor

Department of Psychology

Punyashlok Ahilyadevi Holkar Solapur University, Solapur

Since: 05 September 2023 – Present

PROFESSIONAL HIGHLIGHTS

 Ph.D. in Mental Health & Positive Psychology

 University Assistant Professor

 Published Research in International Peer-Reviewed Journals

 Scopus Indexed Publications

 Researcher in Positive Psychology & Mental Health

 Expertise in SPSS, Advanced Excel & Statistical Analysis

 School Counsellor with Practical Mental Health Experience

 Experienced in Teaching Undergraduate & Postgraduate Students

RESEARCH AREAS

Mental Health • Positive Psychology • Clinical Psychology

Psychological Well-being • Psychobiology • Religious Orientation • Research Methodology

ACADEMIC PROFILE

EDUCATIONAL QUALIFICATIONS

Qualification	Specialization	University	Year of Completion
Ph.D.	Mental Health & Positive Psychology	Punyashlok Ahilyadevi Holkar Solapur University, Solapur	August 2023
M.A.	Clinical Psychology	Punyashlok Ahilyadevi Holkar Solapur University, Solapur	2010
B.A.	Psychology	Punyashlok Ahilyadevi Holkar Solapur University, Solapur	2008

DOCTORAL RESEARCH

Doctor of Philosophy (Ph.D.)

University: Punyashlok Ahilyadevi Holkar Solapur University, Solapur

Research Area: Mental Health & Positive Psychology

Thesis Title:

"A Study of Educational Level, Religious Orientation and Psychological Well-being of Muslims in Western Maharashtra."

Research Focus

The doctoral research explored the relationship between educational level, religious orientation and psychological well-being among Muslim individuals in Western Maharashtra. The study contributes to the understanding of mental health, positive psychology and socio-cultural influences on psychological well-being using empirical research methods.

PROFESSIONAL EXPERIENCE

Designation	Institution	Duration	Responsibilities
Assistant Professor	Punyashlok Ahilyadevi Holkar Solapur University, Solapur	05 Sept 2023 – Present	Teaching UG & PG students, research supervision, curriculum delivery, mentoring, assessment, academic administration.
Wellness Teacher & School Counsellor	Podar International School, Dharashiv (Osmanabad)	01 Dec 2018 – 05 Sept 2023	Student counselling, psychological guidance, wellness education, behavioural interventions, parent counselling, life skills education.

TEACHING EXPERTISE

- 1) Clinical Psychology
- 2) Positive Psychology
- 3) Mental Health
- 4) Psychological Well-being
- 5) Counselling Psychology
- 6) Research Methodology

TEACHING APPROACH

I believe that psychology education should combine scientific knowledge, practical application and ethical values. My teaching approach encourages critical thinking, active participation, evidence-based learning, and student-centered instruction. I strive to create an engaging classroom environment where students develop academic competence, research skills, and professional confidence while applying psychological principles to real-life situations.

RESEARCH PROFILE & SCHOLARLY CONTRIBUTION

RESEARCH PROFILE

A passionate researcher with a strong interest in **Mental Health, Positive Psychology, Clinical Psychology, Psychological Well-being, Educational Psychology, and Psychosocial Research**. My research emphasizes evidence-based practices, interdisciplinary collaboration, and the application of psychological principles to address contemporary social and educational challenges. I actively contribute to the scientific community through publications in international peer-reviewed and Scopus-indexed journals while promoting high standards of research ethics and academic integrity.

RESEARCH INTERESTS

- ✓ Mental Health
- ✓ Psychological Well-being
- ✓ Psychobiology
- ✓ Artificial Intelligence in Education
- ✓ Positive Psychology
- ✓ Counselling Psychology
- ✓ Psychosocial Research
- ✓ Clinical Psychology
- ✓ Religious Orientation

RESEARCH SNAPSHOT

Academic Indicator	Details
Highest Qualification	Ph.D.
Research Experience	Mental Health & Positive Psychology
International Publications	7
Scopus Indexed Publications	2
UGC Care Listed Publication	02
International Conferences	1
National Conferences	1
Professional Workshops	2

PUBLICATIONS

Scopus Indexed Publications

1. A Comparative Study of Self-Efficacy and Life Satisfaction Among First Generation Postgraduate Students of Mass Communication in Solapur, Maharashtra

Journal: *TPM – Testing, Psychometrics, Methodology in Applied Psychology* (2025)

Indexing: Scopus

Research Area: Self-Efficacy • Life Satisfaction • Educational Psychology

2. The Social and Economic Life of Transgenders in Solapur, Maharashtra: An Attempt to Understand Their Problems

Journal: *Educational Administration: Theory and Practice* (2024)

Indexing: Scopus

Research Area: Social Psychology • Gender Studies • Mental Health

UGC Care Listed Publication

1. The Role of Education in Shaping Religious Orientation and Psychological Well-Being among Muslim Individuals in Western Maharashtra.

Journal: *International Journal of Indian Psychology* (IJIP- 2024),

Indexing: UGC CARE

2. The Role of Gender Dysphoria, Stigma, Rejection and Discrimination in The Mental Health of Transgender Individuals: A Meta-Analysis.

Journal: *The International Journal of Indian Psychology*

Indexing: UGC CARE

International Peer-Reviewed Journal Publications

1. Perception of Artificial Intelligence among Postgraduate Students in Maharashtra, India

Journal: *International Journal of Multidisciplinary Research (IJFMR)*

Year: 2024

Research Area: Artificial Intelligence • Education • Psychology

2. Gender Differences in the Cognition of Religious Orientation and Psychological Well-being

Journal: *International Journal of Multidisciplinary Research (IJFMR)*

Year: 2025

Research Area: Gender Psychology • Well-being

3. Challenges in Investigative Journalism in India: A Psycho-social Analysis of Media Trends and Societal Impact in the Digital Era

Journal: *International Journal of Humanities Social Science and Management*

Year: 2025

Research Area: Media Psychology • Social Psychology

RESEARCH EXPERTISE

Quantitative Research

- ✓ Survey Research
- ✓ Comparative Research
- ✓ Correlational Research
- ✓ Experimental Research
- ✓ Meta-analysis

🏆 ACADEMIC CONTRIBUTIONS

- 1) Published research in internationally recognized peer-reviewed journals.
- 2) Contributed to interdisciplinary studies in Psychology, Education, Artificial Intelligence, and Social Sciences.
- 3) Conducted empirical research on Mental Health, Psychological Well-being, Religious Orientation, and Gender Studies.
- 4) Applied advanced quantitative statistical techniques for psychological research.
- 5) Promoted evidence-based practices and ethical standards in academic research.

ACADEMIC ENGAGEMENT & PROFESSIONAL DEVELOPMENT



CONFERENCES, SEMINARS & PAPER

Continuous participation in national and international academic events has strengthened my knowledge, research capabilities, and professional network. These activities reflect my commitment to lifelong learning, interdisciplinary collaboration, and the dissemination of psychological research.

Conference Participation

Year	Conference / Seminar	Role	Organizing Institution
2025	<i>International Conference on "Transgenders' Lives in the 21st Century"</i>	Presented Research Paper	Punyashlok Ahilyadevi Holkar Solapur University
2025	<i>National Conference on "Viksit Bharat @2047: Pathway to Sustainable Development"</i>	Participant	Punyashlok Ahilyadevi Holkar Solapur University

PROFESSIONAL WORKSHOPS

Professional development has been an integral part of my academic journey. I regularly participate in specialized workshops and training programmes to update my teaching methodologies, research competencies, and psychological assessment skills.

Year	Workshop / Training Programme	Institution
2025	<i>Effortless Document Creation using LaTeX</i>	Punyashlok Ahilyadevi Holkar Solapur University
2025	<i>Research Methodology in Psychosocial Issues</i> (Three-Day Workshop)	National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru
2026	<i>Neuro-Oncological Disorders and Psychological Assessment</i>	National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru

TECHNICAL & RESEARCH SKILLS

Research & Statistical Skills	Computer & Digital Skills
SPSS for Statistical Analysis	Microsoft Office Suite
Advanced Microsoft Excel	PowerPoint Presentations
Quantitative Data Analysis	Academic Documentation
Research Design	LaTeX Document Preparation
Psychological Assessment	Online Teaching Platforms
APA 7th Referencing	Digital Research Resources

PROFESSIONAL PROFILE, REFERENCES & DECLARATION

LANGUAGES KNOWN

Language	Read	Write	Speak
English	✓	✓	✓
Hindi	✓	✓	✓
Marathi	✓	✓	✓
Kannada	-	-	✓

CAREER OBJECTIVE

To contribute to the advancement of higher education through excellence in teaching, quality research, student mentoring, and community engagement. I aspire to foster an academic environment that encourages innovation, critical thinking, interdisciplinary collaboration, and ethical scholarship while supporting the holistic development of learners.

PROFESSIONAL REFERENCES

Reference 1	Reference 2
Prof. Dr. G. S. Kamble	Prof. Dr. Prabhakar Kolekar
Director, School of Social Sciences	Associate Professor & Head
Punyashlok Ahilyadevi Holkar Solapur University	Department of History & Archaeology
Solapur, Maharashtra	Punyashlok Ahilyadevi Holkar Solapur University
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DECLARATION

I hereby declare that the information furnished in this Academic Biodata is true, complete, and correct to the best of my knowledge and belief. I understand that any discrepancy or misrepresentation, if found at any stage, may render my candidature liable for cancellation in accordance with the applicable rules and regulations.

Place: Solapur, Maharashtra

Date: ____ / ____ / 20____

SIGNATURE

(Dr. Shaikh Hajimalang Akabar)

Assistant Professor of Psychology