

CURRICULAM VITAE

H.No. 42/T-1
Roshan Manzil
Ghaffar Manzil
New Delhi, India

Dr. Zeenat Zahoor



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Career objective

Willing to work with a full team spirit in order to maintain the organizational cohesion for the organizational enrichment and organizational well-being.

Academic profile

✚ **2007-2012:** Doctor of Philosophy (Ph.D) in Psychology on “*Influence of Organizational Climate, Teaching Attitude and Adjustment on Job Satisfaction of Teachers*” from Aligarh Muslim University (A.M.U).

✚ **2005-2007:** Post-Graduation in Psychology from D.D.U Gorakhpur University, Gorakhpur with *First division*.

✚ **2002-2005:** Graduation degree in Psychology from D.D.U Gorakhpur University, Gorakhpur with *second division*.

✚ **2002:** SSSC from Carmel Girls Inter College, Gorakhpur, U.P Board with *First division*.

✚ **2000:** High School from Carmel Girls Inter College, Gorakhpur, U.P Board with *First division*.

Professional Courses/Vocational Courses

- ✚ **2006:** Diploma in Information Technology (DIT) from NIIT, Gorakhpur with *Merit* (80%).

Teaching experience

- ✚ **2012-2015:** *Three years* teaching experience of undergraduate level at department of Psychology, A.M.U, Aligarh.
- ✚ **2017-2018:** One year teaching experience of UG and P.G level at Jamia Millia Islamia, New Delhi.
- ✚ **2020-2022:** Two years teaching experience of U.G level at National Post graduate College, Barahalganj, Gorakhpur, U.P.

Papers Published

- ✚ **“Organizational Commitment among Male and Female Higher Education Teachers”** published in Indian Journal of Psychology and Education (IJPE), Vol. 2 No. - 1, January 2012, pp- 55 – 60.
- ✚ **“Anxiety and Psychosomatic Problems among Students in University System”** published in Journal of Educational and Psychological Research, Vol. 2 No. - 1, January 2012, pp- 22 – 26.
- ✚ **“A Study of Organizational Climate and Adjustment among Private and Government school Teachers”** published in Golden Research Thought, Vol.1 No. 12, June 2012, pp- 1-5.
- ✚ **“A Comparative Study of Job satisfaction among Private and Government Secondary School Teachers.”** published in Indian Journal of Psychology and Education (IJPE), Vol. 3, No. 1, January 2013, pp- 121-128.
- ✚ **“A comparative study of teaching attitude among private and government secondary school teachers.”** Published in International Journal of Education & Management Studies, Vol. 3, No.2, 2013, Page 194-197.

- ✚ “*Mental health among elite and non-elite players.*” published in Indian Journal of Health & Well-being. Vol. 4, No. 6, Sept 2013, Page 1330-1332.
- ✚ “*A comparative study of psychological well-being and job satisfaction among teachers*”. Published in Indian Journal of Health & Well-being. Vol. 6 Issue 02, Feb 2015, Page 181-184.
- ✚ “*Psychological well-being among supervisory staff of private and public undertakings*”. Published in National Journal of Psychology, Vol: 1, Issue 03, December 2015.
- ✚ “*Quality of work life of muslim women*”. Published in International Journal of Indian Psychology, Vol: 3, Issue 03, April 2016.

Papers presented in conferences/ seminars

- ✚ “*Mental Health among Youths*” Presented at UGC Sponsored **National Seminar** on Revamping Mental Health Programmes, organized by D/o Psychology, Tilak Dhari College, Jaunpur (UP) during February 23-24, 2008.
- ✚ “*Organizational Commitment Among Male and Female Higher Education Teachers*” Presented at **National Seminar** on Mental Health And Current Scenario, organized by D/o Psychology, Gurukul Kangri University, Haridwar (Uttarakhand), during 20th to 21st March, 2009.
- ✚ “*Concept of Death in Islamic Perspective*” Presented at **International Conference** on Concept of Psyche in Islam, organized by D/o Psychology, Aligarh Muslim University, Aligarh during 26th to 28th October, 2009.
- ✚ “*Psychological well-being among supervisory staff of private and public undertakings*” Presented at **National Seminar** on Aggression and Violence: Challenges for Social Well-being, Organized by D/o Psychology, Jamia Millia Islamia University, New Delhi during 17th to 18th March, 2010.

- ✚ **“A Sustainable Society: Its meaning and objectives”** Presented at **37th Indian Social Science Congress**, organized by Aligarh Muslim University, Aligarh. During 27th December to 31st Dec, 2013.
- ✚ **“Evaluating psychological well-being and job satisfaction among teachers”** Presented at **International conference** on Well-being and Human Development, organized by Aligarh Muslim University, Aligarh, during 24-26 November, 2014.
- ✚ **“Quality of Work Life of Muslim Females”** Presented at **National Seminar** on Role of Higher Education and New Avenues of Market and Rural Growth in the Empowerment of Muslim Women: Problem and Prospects, Organized by Al-Barkaat Institute of Education, Aligarh, during 19-20 March, 2016.

Article Published

- ✚ **“Women empowerment”** Article published in Dainik Jagran Newspaper on 17th February 2022

Book Published

- ✚ **Job satisfaction of teachers:** Lambert Academic Publishing, Germany. ISBN-13: 978-3-659-3. September 2013.

Associate Editor /Membership

- ✚ International Journal of Creative Research Thought.
ISSN: 2320-2882.
Life time membership of Counselor Council of India (CCI)
CRN No: CRN5806834

Courses/Training attended

- ✚ **Attended Short Term Course on “Recent Trends of Research and Basics of Research Methodology in History”** organized by UGC Academic Staff College, Aligarh Muslim University, Aligarh, from 21st to 26th March, 2011.

- ✚ **Attended “Induction Training for Newly Engaged Counsellors”** Organized by Navodaya Leadership Institute, Amritsar, from 30th Dec to 04th January 2020.

Seminars/ Workshops attended

- ✚ **Attended a workshop on “*Neuropsychological Assessment and Remediation*”** organized by Department of Clinical Psychology, Institute of Human Behaviour and Allied Sciences, Delhi, from 27th to 29th March 2009.
- ✚ **Attended a workshop on “*SPSS AND RESEARCH IN PSYCHOLOGY*”** organized by Department of Psychology, Aligarh Muslim University, Aligarh during 15th -16th December, 2009.
- ✚ **Attended a workshop on “*SPSS*”** organized by Department of Psychology, Aligarh Muslim University, Aligarh during 05th -10th May, 2014.
- ✚ **Attended a workshop on “Counselors Skills Training”** organized by ANSRRS India, New Delhi. on 06th October 2018.
- ✚ **Participated in International Conference on “Early Childhood Development and Emergencies: Way Forward”** held on 14-15 November 2018. Organized by Centre for Early Childhood Development & Research. Jamia Millia Islamia, New Delhi.
- ✚ **Attended webinar/session on “Anxiety and Panic Disorders”** held on 14th October 2020. Organized by Healthy Minds World, Bengaluru, India.
- ✚ **Attended webinar/session on “Holistic Approach to Mental Health For all”** held on 14th October 2020. Organized by Healthy Minds World, Bengaluru, India.
- ✚ **Participated in International Conference on “Depleting natural resources, environmental crisis and remedies in Jambhani**

philosophy” held on 05-06 June 2022. Organized by Jai Narain Vyas University, Jodhpur (Rajasthan).

- ✚ Participated in National level one day online workshop on “**AI in Research Tools, Trends, and Techniques**” held on 13th February, 2026. Organized by the School of Education, Indira Gandhi National Open University (IGNOU).

Administrative Experience

- ✚ Residential Warden at P.G Hostel (S.N Hall annexie) A.M.U, Aligarh since January 2013 till August 2015.
- ✚ Counsellor at Brilliant Public School, Aligarh since March 2016 till March 2017.
- ✚ Counsellor at Delhi Public School, Aligarh since April 2017 till August 2017.
- ✚ Psychologist at Varta Healthcare Since June 2018 tilldate.
- ✚ Counsellor at Jawahar Navodaya Vidyalaya, Punjab (Residential School) since October 2019 till March 2020.
- ✚ Counsellor at Expert Counsellor since July 2022 till date.

Distinction/Honor

- ✚ Passed with Distinction in High School.
- ✚ Honored by Deep Sansthan, Gorakhpur, U.P for Securing First division in High school.

Personal Vitae

Father’s Name:	Mr. Zahoorullah
Mother’s Name:	Mrs. Rabiya Zahoor
Date of Birth:	07-08-1983
Gender:	Female
Marital status:	Married
Nationality:	Indian
Language Known:	English, Urdu, Hindi
Permanent Address:	‘Al-Subhan’H.No, 70, Chilmapur Rustampur, Gorakhpur, U.P. 273016.

Declaration:

I hereby declare that the above written particulars are best of my knowledge.

DR. ZEENAT ZAHOOR

Place: New Delhi

Date: 05/04/2026