

Curriculum-Vitae

Meena Osmany, Ph.D.

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Academic Qualifications:

- Ph. D in Psychology, Jamia Millia Islamia, New Delhi.
- M.A. in Applied Psychology from Jamia Millia Islamia, New Delhi
- Qualified NET (National Eligibility Test for Teaching) in Psychology

Present Employment

Associate Professor: Department of Psychology, (since 29. 10.2022)

Assistant Professor: Department of Psychology, (2012 - 2022)
Jamia Millia Islamia (A Central University, Accredited NAAC A++)
New Delhi

Specialization: Organizational Behaviour Psychology

Areas of Interest: Health & Wellbeing, Social Identity, Group Relationships & Positive Psychology at Workplace

Papers Taught: Physiological Psychology, Life Span Development, Human Development, Research Methodology, Human Resource Development, Organizational Psychology, Organizational Change and Development, Psychology at Work, Experiments and Testing, Statistics.

Academic Visit: U.K. (Universities of Plymouth, Exeter, Bristol, Open University Milton Keynes), National University Singapore & UPM, Malaysia

International Collaboration And Projects:

1. UGC-UKIERI Thematic Partnership Project on *“Intergroup contact and collective action in educational settings in India”* with Prof. John Dixon, Open University, UK, 2014-16 has been completed as a Co-PI.

National Projects:

1. ICSSR funded project on, *“A Multi-level Analysis of Psychological Capital: An expansion of Antecedents, Mediators/ Moderators and Outcomes”*. 2018-2022 has been completed as a Co-PI.

2. DST/SATYAM funded project on “Mindfulness Meditation and Yoga Based Psychological Intervention to Combat Depression and Anxiety among students”, February 2022 is going on as a Co-PI.

Ph. D. Supervision:

1. **Nahid Burney:** Identity style in relation to quality of interpersonal relationship, health and psychological well-being of young adults.(awarded 4th May 2018)
2. **Sabeen Fatima Rizvi:** Mediating Role of Commitment and Strength use between Relationship Maintenance and Well-being among Married Adults. (Awarded 23rd April 2019)
3. **Mir Shahid Ali:** Character Strengths, Resilience and Psychological Wellbeing of Violence Affected Orphan Kashmiri Adolescents. (Awarded 22 October 2019)
4. **Ghausia Taj Begum:** Emotional Intelligence and Personality as moderators of Work Life Balance and Mental Health of Women managers(awarded 19 February 2020)
5. **Navya Jain:** Gender Discrimination and Stress among Working Professionals: Exploring Perceptions on Gender Issues and Experiences at Work. (submitted)

Supervising and mentoring activities:

- Five research students have completed their Ph.D.
- Three research students are working towards their Ph.D. degree
- More than 45 students have completed their M.A. research projects

Administrative Experience:

1. Warden, Hall of Girls Residence (old) **(2014-2021)**
2. Student’s Advisor, Psychology Department (July2016- July 2019, July 2022..continued)
3. Member of the organizing committee for the Centenary Celebrations, Jamia Millia Islamia, 2020, New Delhi.
4. Assistant Superintendent for Private Exams, Jamia Millia Islamia, September 2021.
5. Assistant Superintendent for Regular Semester Exams, Social Science Faculty, December 2018.
6. Assistant Superintendent for Regular Semester Exams, Department of Psychology, December 2017
7. Assistant Superintendent for Practical Exams, Department of Psychology, (2016-2018).
8. Assistant Coordinator, IGNOU Study Centre 0707, Jamia Millia Islamia, (2013...continued).
9. Assistant Coordinator of Advanced Diploma Course in Counselling Psychology, Department of Psychology, JMI, New Delhi- 25 (July 2016-July 2019 & (July 2022...continued)
10. Member, Advisory Board for Literary Club since 27-05-2022

Awards/ Honours:

1. Best Research paper award in Humanities and Social Sciences during International E conference ICSISD-Chandigarh June 3-4, 2022.
2. Prof Deepak Bhat Award for best paper presentation by Indian Academy of Applied Psychology on 25 February 2017.
3. **Visiting Research Fellow**, Department of Psychology, Open University, Walton Hall, Milton Keynes, UK, 1 October 2014- April 2016.
4. Advance Research Training Seminar Award (**ARTS**), XXV IAAP, Singapore, 20002.

Workshop/ Training Programs/ Seminars/ Conferences organised

1. Organised one- day Pre- Conference Workshop on “Designing Behaviour Change Intervention”, Jamia Millia Islamia, New Delhi on 11 March 2019.
2. Organizing Secretary for the International Conference on ‘Prospects and Future of Health and Wellbeing’ organized the Dept. of Psychology, JMI. March 12-13, 2019.
3. Organizing Secretary for 10 day workshop on Research Methodology for SC/ST Research Scholar, Department of Psychology & ICSSR, New Delhi. 2018.
4. Organizing Secretary for 2 days Capacity Building Workshop for Teachers of Jamia School on “Substance Abuse Prevention & Treatment” in collaboration with National Institute of Social Defence GOI and Faculty of Social Science, JMI. December 21-22, 2017.
5. Organizing Secretary for One day awareness workshop on “Substance Abuse Prevention”, for under graduate and Post Graduate students in collaboration with National Institute of Social Defence GOI and Faculty of Social Science, JMI. 26 September, 2017.
6. Organised One day awareness workshop on “Substance Abuse Prevention and Counselling”, for Post Graduate students in collaboration with National Institute of Social Defence GOI and Faculty of Social Science, JMI. 25-26 August, 2017.
7. Organizing Secretary for 3 days workshop on “Scale Construction”, Department of Psychology, Jamia Millia Islamia, New Delhi, December 1-3, 2016.
8. Organised One Day workshop on “Mental Health for All”, on 13 October 2017, Department of Psychology, Jamia Millia Islamia.

Publications:

Research Papers (Peer Reviewed Journals)

1. Amin, A., Shahnwaz G.M.,.....& Osmany, M. (2022). Revisiting and Expanding Psychological Capital: Implications for Counterproductive Work Behaviour. *Trends in Psychology*, <https://doi.org/10.1007/s43076-022-00205-3>.
2. Begum, G.T., & Osmany, M. (2019). Work Life balance and Mental Health of Women managers. *The International Journal of Social Sciences Review* 7(1), 76-81.
3. Jain, N., & Osmany, M. (2019). Gender Identity and Gender Discrimination among Female Employees in Indian. *OPUS: HR Journal*, 10(1)9-27.

4. Osmany, M. M, S, Ali., & Fatima, N S. (2019). Gender differences in cognitive impairment and its effect on well-being among geriatric population. *International Journal of Social Science Review*, p.p 85-89. July 2019. ISSN 2347-3797.
5. Work- life balance and Mental health among women managers. *International Journal of Social- Sciences Review*, p.p 70-81. January 2019. ISSN 2347-3797.
6. M,S, Ali., & Osmany, M. (2018). Character Strengths and Psychological Wellbeing of Institutionalised and Non- Institutionalised orphans in Kashmir. *Delhi Psychiatry Journal*, p.p 57-65. October 2018. ISSN 0971-9571.
7. Burney, N., Osmany, M., & Kahn W. (2017). Spirituality and Psychological Wellbeing of Young Adults. *Indian Journal of Health and Wellbeing*, p.p 1481-84. Volume 8 (12). December 2017 ISSN 2229-5356.
8. Dixson ,J., Cakal,C., Khan,W., Osmany,M.,...etal (2017).Contact Political Solidarity and collective action: An Indian Case Study of Relations between Historically Disadvantaged Communities. *Journal of Community and Applied Social Psychology*. DOI: <https://doi.org/10.1002/casp.2296>.
9. M, Singh., Khan, W., & Osmany, M. (2014).Gratitude and health among young adults. *Indian Journal of Positive Psychology* 5 (4), p.p 465-468. http://www.iahrw.com/index.php/home/journal_detail/19#list.
10. S, Rizvi., & Osmany, M. (2016). Relational commitment across gender and duration of marriage. *European Academy Research*, p.p 7455-76) (December 2016). ISSN 2286-4822.
11. G, T, Begum., & Osmany, M. (2016). Religiosity, Social Distance and Wellbeing among Hindu and Muslims young adults. *International Journal of Indian Psychology*. 3 (2/7), p.p 30-39.
12. M, S, Ali., Osmany, M., Khan, W., & Mishra, D. (2014) Fear of death, depression and coping among cancer patients. *Indian Journal of Health and Wellbeing*. 5 (6), p.p 681-686ISSN 2229-5356
13. Osmany,M., M,S, Ali., S, Rizvi, W, Khan., &G, Gupta. (2014).Perceived social support and coping among alcohol/cannabis dependents and non-dependents. *Delhi Psychiatry Journal*17 (2), 2014, pp. 36-43.
14. Osmany, M., & Khan, W. &.. (2002). Quality of Work Life and Job Involvement in bank employees. *Journal of Indian Academy of Applied Psychology*. 28 (No.1-2)p.p 63-68.
15. Osmany, M., & Khan W. (2003).Organizational Stress in working women. *Indian Psychological Review*. Volume 61 p.p 2-6.

Chapters Published in Books

1. Gender Identity, perceived gender discrimination and stress among working professional. N. Jain , M. Osmany. In Prasad P.M., Nagar, R (Eds) . *Law and Economics, Non market and network transactions*, Vernon Press 2019. ISBN 978-1-62273-452-8.
2. Marital Adjustment, forgiveness and occupational stress among dual career women. Positive vistas on Health and Wellbeing. Anam Nishat & Meena Osmany. *Psychological*

- Issues and Interventions in Health and Well-being; Naved Iqbal and Sheema Aleem (Eds.) Excel India Publishers, New Delhi 2016. ISBN: 978-93-87648-50-0.
3. Organizational climate & job satisfaction: A study of public and private sector bank employees. Meena Osmany, Mir Shahid Ali & Adeep Soha. Human Resource Management and Corporate Social Responsibility in Emerging Economics 2014, pp. 379-388. Excel India Publishers: New Delhi- ISBN -978-93-8342-82-7.
 4. Parent- peer attachment and aggression among adolescents. The International Education Conference. Viva Books Pvt. Ltd, New Delhi. 2014, pp. 610-620. ISBN-978-81-309-2742-8.
 5. Drug Abuse and its Management. M. Osmany and W. Khan. Trends in Clinical Diagnosis and Psychotherapy (Modern and Vedic) edited by Khokhar C.P 2001 p.p 42-53.

Book published:

1. Aleem, S. Suri, S. & Osmany, M. (eds) (2017). *Interdisciplinary Perspectives on Health and Wellbeing*. New Delhi: Excel India Publishers. ISBN: 978-93-86256-63-8.

Paper Presentations in National and International Seminars/ Conferences:

1. “ Gender Discrimination and Women’s Wellbeing in the Workplace: Exploring the Role of Gender Identity”, at International E- Conference on Inter-Disciplinary Approaches towards Socio- Economic Inclusion for Sustainable Development (ICSISD-2022) June 3-4, 2022 organised by University School of Business, Chandigarh University Mohali , India.
2. “Occupational Stress and subjective well being among working professionals”, at International Conference Managing in a VUCA World opportunities and Challenges in Future Workplace on 7th June 2019. Organised by New Delhi Institute of Management and Pepperdine University- GSEP, USA.
3. “Gender Difference in Cognitive Impairment and its Effect on Well Being among geriatric population”, at International Conference on Cognitive Behavioural Interventions-ICCB I2018 on 27-29 September 2018. Organised by SGT University and Indian Association for Cognitive Behaviour therapy.
4. “Gender Identity and Gender Discrimination among female employees”, at 52nd National and 21st International Conference of Indian Academy of Applied Psychology (IAAP) on Psychology for building global community on 23-25 February, 2017. Organised by Department of Psychology, University of Rajasthan, Jaipur.
5. Work-life balance and Mental health among Women managers: Moderating role of Personality , paper presented in “ International conference on Emerging challenges to environmental and occupational Health and Sustainability”, January 17-18, 2019. Organised by Department of Social Work, Jamia Millia Islamia, New Delhi.
6. “Emotion Regulation, Mood States and Quality of life among adolescents”, at an International Conference on Health and wellbeing: An Interdisciplinary Inquiry on 22-

- 23 March 2017. Organized by Department of Psychology Jamia Millia Islamia, New Delhi.
7. "Stress and Mental Health among Research Scholars", at an International Conference on Health and wellbeing: An Interdisciplinary Inquiry on 22-23 March 2017. Organised by Department of Psychology Jamia Millia Islamia, New Delhi.
 8. "Relational Maintenance and Well Being among Married Men and Women", at an International Conference on Health and wellbeing: An Interdisciplinary Inquiry on 22-23 March 2017. Organized by Department of Psychology Jamia Millia Islamia, New Delhi.
 9. "Character Strengths and Psychological Wellbeing of Institutionalized and Non-Institutionalized Orphans in Kashmir", at an International Conference on Health and wellbeing: An Interdisciplinary Inquiry on 22-23 March 2017. Organized by Department of Psychology, Jamia Millia Islamia, New Delhi.
 10. "Mastering work life balance: Islamic Perspectives", at National Conference on Islamic Perspective in Psychology Challenges and Future Prospects on 14-15 November 2016. Organised by Centre for Study and Research, Hyderabad and Indian Council on Islamic Perspective in Psychology, New Delhi.
 11. "Hope and Resilience as predictors of Psychological Well being in Adolescents", in International conference on Psychosocial Perspectives on Health and Wellbeing, organised by Department of Psychology, Jamia Millia Islamia, New Delhi: March 1-2nd, 2016
 12. "Marital Adjustment, Forgiveness and Occupational Stress among dual career women", in an International conference on Psychosocial Perspectives on Health and Wellbeing, Department of Psychology, Jamia Millia Islamia, New Delhi: March 1-2nd, 2016.
 13. "Religiosity, Social distance and Well-being among Hindu and Muslim Young adults" in International conference on Competing through Operations Excellence: Agility, Adaptability, and Analytics, at FORE School Of Management, New Delhi, 26th-27th November, 2015.
 14. "Perceived Social Support and Coping among Alcohol/Cannabis Dependents and Non-Dependents". National Seminar on Mental Health Challenges and Remedial Approaches. Haridwar, 15-16 Feb, 2014. Organized by Gurukul Kangri University, Haridwar.
 15. Participated and presented paper in 3rd International Conference on Psychology and Allied Sciences jointly Organized by Amity Institute of Psychology and Allied Sciences, Amity University, Noida & Indian Association of Health, Research and Welfare on "Nurturing Values and Strengths in Individuals and Society: Role of Psychology" 25th-27th September, 2014.
 16. "Anger expression, mental health and coping in violence affected orphan children in Kashmir valley", International Seminar of Trauma: Women and children in Violent Conflict, organised by Jamia Millia Islamia, New Delhi, 13-14, March 2013.

17. "Role of Mental Health at Work Place", An International seminar on Challenges before Human Resource Development in the Millenium, organized by AASTHA foundation for Welfare and Development , New Delhi, 18th -20th January2002.
18. "Organizational Stress in working Women", First International Seminar on Health Psychology: A Dynamic interface with Working environment, organized by AASTHA foundation for Welfare and Development , New Delhi, 23rd -25th January2001.
19. "Sustainable Human Resource Development in relation to organizational climate and culture", International Conference on Human Resource Development in this Millennium organized by AASTHA foundation for Welfare and Development , New Delhi, 18th -20th January2000.
20. "Organizational Effectiveness: A Comparison of Public and Private Sector Workers", in the XXV International Congress of Applied Psychology in **Singapore** from 7th-12th July,2002.

Workshops Attended/Participated:

1. One Week Online Workshop on Academic Research Writing. 31 Dec 2021 -06 January, 2022. Teaching Learning Centre, Ramanujan College University of Delhi
2. Refresher Programme on Human Rights & Social Inclusion. 03-14 August, 2021, MHRD Centre, JMI, New Delhi-110025.
3. One Week Online Workshop on Gender Studies. 26 Aug- 1st Sep, 2021, MHRD Centre, JMI , New Delhi-110025
4. Attended in a 15-day workshop for "Research Methodology" under the banner of "Capacity Building Programme" sponsored by ICSSR from 12th March -26th March 2015, organized by the Department of Psychology, Jamia Millia Islamia, New Delhi
5. Attended One month Orientation Program organised by MHRD Centre, Jamia Millia Islamia , June 2016.
6. Participated in one day symposium on "Prospects in Forensic Psychology: Mental health, law & justice", March 13, 2012, Department of Psychology, JMI.
7. Participated in workshop on "Status of Victim Assistance Programmes in India", organized by centre for Victimology and Psychological Studies at O.P Jindal Global University, Sonipat, Haryana on 21 September, 2012.

Membership of Professional Societies

1. Indian Association of Positive Psychology, India.
2. Indian Social Science Congress, India.

Special Training:

1. Completed one year Diploma in Computer programming conducted by U.G.C,1994.
2. Attended Advanced Research Training Seminar (ARTS) on the topic "Work Safety, System Safety and Psychology" held at National University Singapore, July 13-15, 2002.
3. Attended two day workshop on Structural Equation Modeling (SEM) using IBM AMOS & SmartPLS on 31st January & 1st February, 2015 at IBS Gurgaon.