




ZAKIR HUSAIN DELHI COLLEGE
(University of Delhi)

Faculty Details

Title	Gulgoona	Jamal	Photograph
Designation	Associate Professor		
Address	2095, Ahata Kaley Sahib, Qasimjaan Street, Ballimaran, Chandni Chowk, Delhi-110006		
Phone Number	Office	-	
	Residence	-	
	Mobile	9818025649	
Email Id	gulgoona.jamal@zh.du.ac.in		
Web Page	-		
Educational Qualification			
Degree	Institution	Year	
B.A. (Hons) Psychology	University of Delhi	1997	
M.A. Psychology	University of Delhi	1999	
UGC-NET Psychology	UGC	1999	
Ph.D	University of Delhi	2007	
Career Profile			
Teaching Experience: 2005-till date {Teaching in Zakir Husain Delhi College from August 17, 2005 (ad hoc), from March 29, 2006 (temporary) as a permanent since September 8, 2010, and as an associate professor since September 09, 2018, till date}			

Project Fellow in a UGC sponsored Major Research Project undertaken by Prof. Ashum Gupta in 2002 (No.F.S-73/2002 (HRP) entitled "Intervention Strategies in Dyslexia".

Administrative Assignments

- 1. Member, Psychology Society 2005-tii Date.**
- 2. Member, Organizing Committees for the National Workshop “*Technique in Psychotherapies: A Multidimensional Approach*” 2006**
- 3. Member, Organizing Committee for the ICSSR Sponsored National Seminar organized by Dept of Psychology on *Identity and Wellbeing* 2007**
- 4. Member, Organizing Committee for Intercollege Fest, Dept of Psychology 2008**
- 5. Member, Counselling in Admission Committee 2006-2012**
- 6. Member, Memorial Lecture Committees 2006-2014**
- 7. Member, Career Counselling & Placement Cell, 2007-2013**
- 8. Member, Girls’ Association, 2009-2015**
- 9. Member, Arts and Culture Society, 2011-2012; 2019-2022**
- 10. Superintendent, Practical Exams 2011-2012; 2017-2018; 2022-2023**
- 11. Teacher-in-Charge 2012-2013; 2018-2019; 2024-2025**
- 12. President, Psychology Society 2012-2013; 2018-2019;**
- 13. Editorial Board Member Dept of Psychology, Magazine, “*Psychedelics*” 2013**
- 14. Member, Anti-Ragging Squad, 2013-2018**
- 15. Convener, Girls’ Association, 2016-2017**
- 16. Member, Student Union Advisory Board, 2016-2018**
- 17. Editor, Dept of Psychology, Magazine, ‘*Psynapse*’, 2016-2017**
- 18. Member, Nature and Environment Club, 2015-2017**
- 19. Member, Handmade Paper Club, 2016-2023**
- 20. Member, Convocation Committee, 2016-2018**
- 21. Member, Annual Day Committee, 2016-2024**
- 22. Member, Organizing Committee for Workshop on Palliative Care by CanCare, 2018-2019**
- 23. Member, Proctorial Board, 2019-2022**
- 24. Nodal Officer, Aazadi Ka Amrit Mahotsav (AKAM), 2021-2022**
- 25. Superintendent, Practical Exam (Dept of Psychology), 2022-2023**
- 26. Member, Academic Staff Committee, 2022-2023**

27. Convener, NEP course restructuring, DSC Paper: Social Psychology, 2022-2023
28. Convener, NEP course restructuring, DSE Paper: Social Behavior and Group Processes, 2022-2023
29. Convener, NEP course restructuring, GE Paper: Identifying and Dealing with Psychological Disorders, 2022-2023
30. Member, NEP course restructuring, DSC Paper: Development of Psychological Thought, 2022-2023
31. Member, NEP course restructuring, DSC Paper: Understanding Mental Disorders, 2022-2023
32. Member, NEP course restructuring, DSC Paper: Perspectives in Mental and Behavioral Disorders, 2022-2023
33. Member, NEP course restructuring, DSE Paper: Advanced Social Psychology, 2022-2023
34. Member, NEP course restructuring, GE Paper: Youth and Mental Health, 2022-2023
35. Member, NEP course restructuring, DSE Paper: Psychodiagnostics, 2022-2023
36. Monitoring Teacher for Students enrolled in Internship Program
37. Member, NEP course restructuring, DSE Paper: Introduction to Psychometrics, 2024-2025
38. Member, NEP course restructuring, DSE Paper: Qualitative Methodology and Applications, 2024-2025
39. Convener, NEP course restructuring, DSE Paper: Psycholinguistics, 2024-2025
40. Member, NEP course restructuring, Dissertations, Academic Projects, 2024-2025

Areas of Interest / Specialization

Areas of Interest: Clinical Psychology, Cognitive Psychology, , Psychodiagnostics Psycholinguistics

Specialization: Dyslexia, Bilingualism

Subjects Taught

B.A. (Hons) Psychology:

1. Systems and Theories in Psychology (Theory)
2. Abnormal Psychology (Theory)
3. Physiological Psychology (Theory)

4. Special Practical
5. Emergence and Growth in Psychology (Theory)
6. Psychology For Living (Theory)
7. Qualitative Research Methods (Theory & Practicum)
8. Health Psychology (Theory)
9. Life Span Development (Practicum)
10. Biopsychology
11. Development of Psychological Thought
12. Understanding Social Relations (Practicum)
13. Applied Social Psychology (Theory & Practicum)
14. Understanding Psychological Disorders (Theory)
15. Understanding and Dealing with Psychological Disorders (Theory & Practicum)
16. Psychology of Disability (Theory & Practicum)
17. Understanding Mental Disorders (Theory & Practicum)
18. Perspectives in Mental and Behavioral Disorders (Theory & Practicum)
19. Psychodiagnostics (Theory & Practicum)

B.A. (Prog):

1. Orientation to Psychology (Theory)
2. Mental Testing (Practical)
3. General Experiments (Practical)
4. Psychological Testing (Practical)
5. Introduction to Social Psychology (Theory)
6. Understanding Mental Disorders (Theory & Practicum)
7. Perspectives in Mental and Behavioral Disorders (Theory & Practicum)

Research Guidance

Undergraduate Dissertations: 38 Students (2006-2024)

Ph.D. (Co-supervisor): One Awarded, One Registered

Publications Profile

- Gupta, A., & Jamal, G. (2004). Reading and spelling among bilingual dyslexic and skilled readers. *Journal of Personality and Clinical Studies, 20*, 15-33.
- Gupta, A., & Jamal, G. (2006). An analysis of reading errors of dyslexic readers in Hindi and English. *Asia Pacific Disability Rehabilitation Journal, 17* (1), 73- 86.
- Gupta, A., & Jamal, G. (2007). Reading strategies of bilingual normally progressing and dyslexic readers in Hindi and English. *Applied Psycholinguistics, 28*, 47-68.
- Jamal, G. & Ajoodhea, B. (2009). Social dominance orientation and attitudes towards women's rights: Indian men versus Indian women. *Journal of Personality and Clinical Studies, 25* (2), 67-77.
- Jamal, G. & Monga, T. (2010). Reading strategies of first grade bilingual children in Hindi and English. *Asia Pacific Disability Rehabilitation Journal, 21* (2), 127- 142.
- Maheshwari, P. & Jamal, G. (2015). Subjective well-being: A comparison between only children and children with siblings. *Indian Journal of Health and Wellbeing, 6* (2), 167-170.
- Jamal, G. (2019). Stereotypes about the adults with learning disabilities: Are professionals cut above the rest? *Disability, CBR and Inclusive Development, 30*(2), 7-36.
- Jamal, G. & Parmar, P. S. (2022). Effect of Aerobic and Anaerobic Exercise on Psychological Well-being of North Indian Young Adult Males. *International Journal of Indian Psychology, 10*(3), 1594-1610. DIP:18.01.167.20221003, DOI:10.25215/1003.167
- Jamal, G. (2022). Sleep Quality, Life Satisfaction, and Psychological Well-being in Indian College Students. *Indian Journal of Health and Well-being, 13*(3), 307-316.
- Mansata, V. & Jamal, G. (2022). Sexual Awareness, Assertiveness, and Attitudes of Indian Young Adults: Family Structure and Parents. *IOSR Journal Of Humanities And Social Science (IOSR-JHSS), 27*(11), Series 1 (November, 2022) 27-37.
- Jamal, G. & Jain, D. (2022). Understanding of “sexual consent” among Indian male and female college students. *International Journal of Innovation and Multidisciplinary Research, 2*(2), 44-57.
- Jamal, G. (2023). Effects of Visual Arts Versus Performing Arts on Psychological Wellbeing of Indian Young Adult Female Amateur Artists During COVID-19. *Journal of Indian Health Psychology, 17*(1), 50-72.
- Jamal, G. (2023). Ego Defense Mechanisms and Personality: Comparison of Adaptive Versus Maladaptive Perfectionism in Indian Young Adults. *International Journal of Innovation and Multidisciplinary Research, 3*(1), 27-35.
- Jamal, G. (2023). “Do Opposites Attract” or “Like Dissolve Like”? Heterogeneity of Friendship Networks for Indian Young Adult Males and Females. *Journal of Indian Health Psychology, 17*(2), 21-30.

Chapters in Course Books for Indira Gandhi Open University (IGNOU)

BPCC 133 Psychological Disorders (2020):

Jamal, G. (2020). What is a Psychological Disorder? Registrar, MPDD, IGNOU, New Delhi, India, 978-93-90496-40-2

Jamal, G. (2020). Disorders of Anxiety, Panic, Fear and Obsessions-I, Registrar, MPDD, IGNOU, New Delhi, India, 978-93-90496-40-2

Jamal, G. (2020). Disorders of Anxiety, Panic, Fear and Obsessions-II, Registrar, MPDD, IGNOU, New Delhi, India, 978-93-90496-40-2

BPCE 145: Counselling Psychology (2021):

Jamal, G. (2021). Couple and Family Counselling, India. 978-93-91229-71-9

Jamal, G. (2021). Counselling at Workplace. Registrar, MPDD, IGNOU, New Delhi, 978-93-91229-71-9

BPCC 111 Understanding Psychological Disorders (2022)

Jamal, G. (2022). Introduction to Psychological Disorders. Registrar, MPDD, IGNOU, New Delhi, India, 978-93-5568-435-6

Jamal, G. (2022). Assessment of psychopathology Single. Registrar, MPDD, IGNOU, New Delhi, India, 978-93-5568-435-6

Conference Organization/ Presentations

Jamal, G. (2010). Assessment of dyslexia in Hindi: A language specific approach. Paper presented at XXth Annual Convention of NAOP and International Conference on Mind, Culture and Human Activities: Psychological Sciences in Twenty First Century at Zakir Husain Centre for Educational Studies, School of Social Sciences, Jawaharlal Nehru University, New Delhi.

Jamal, G. (2016). Pro-environmental behavior and subjective well-being among elderly people. Paper presented at National Conference on Perspective of Successful Ageing at Mata Sundri College, University of Delhi

Jamal, G. (2016). Freedom: Is it a matter of choice at international seminar on Indian mind & social concerns: An interdisciplinary dialogue at conference centre, University of Delhi, Delhi.

Jamal, G. (2017). Differently Abled ≠ Disabled: Vulnerabilities of Individuals with Learning Disabilities in India, Paper Presented in a National Seminar Emerging Forms of Vulnerabilities: Dialogues, Discourses and Debates organized by the Dept of Psychology University of Delhi sponsored by Special Assistance Programme (SAP), UGC.

Jamal, G. (2017). Western medicalization: Benefits and risks in the Indian context. Paper presented at UGC-DRS sponsored International Conference on “Health and Wellbeing: An interdisciplinary inquiry at Jamia Millia Islamia, New Delhi.

Jamal, G. (2018). Deconstructing depression in the context of globalization. Paper presented at a National Conference on Applications of Psychology: Reaching out and making a difference at Daulat Ram College, University of Delhi.

Conference Organization/ Presentations (Last Five Years)

Invited Lecture in Fourth One Month Faculty Induction Programme at National Level on 22.2.2021 for a duration of 2 hours, entitled, Work-Life Balance by UGC-Human Resource Development Centre, Jamia Millia Islamia, New Delhi.

Invited Lecture in One month 11th Faculty Induction Programme at National Level on 24.11.2022 for a duration of 2 hours, entitled, Work-Life Balance among Teachers by UGC-Human Resource Development Centre, Jamia Millia Islamia, New Delhi

Orientation, Refresher and Faculty Development Programs attended (2012 to 2018)

Orientation Course (2012). 99th four-week orientation program organized by UGC-ASC, Jamia Millia Islamia, New Delhi.

Summer School (2016). 5th three-week, special summer school organized by UGC-HRDC, Jamia Millia Islamia, New Delhi.

Refresher Course (2017). 1st three-week refresher course in global studies (interdisciplinary) organized by UGC-HRDC, Jamia Millia Islamia, New Delhi.

Refresher Course (2018). One-week Professional Development Programme for senior faculty organized by UGC-HRDC, Jamia Millia Islamia, New Delhi.

Refresher and Faculty Development Programs attended (2019 to 2024)

Refresher Course (2019). One-week course on Research Methodology organized by UGC-HRDC, Jamia Millia Islamia, New Delhi.

One-week FDP (2019). Revisiting Gandhi Today: Questions of Caste, Class, Gender, Religion, and Environment organized by Mahatma Hansraj Faculty Development Centre, PMMMNMTT and Zakir Husain Delhi College.

Two Week FDP (2020). Enhancing Psychological Skills for Teaching and Practice organized by Teaching Learning Centre, Ramanujan College, PMMMNMTT.

One Week FDP (2020). Towards Quality Higher Education through NEP organized by Guru Angad Dev Teaching Learning Centre, S.G.T.B. Khalsa College, PMMMNMTT

Conferences/Seminars/Talks/Workshops attended

Webinar on Revisiting Well-Being (May 6, 2020) organized by the Dept of Human Communication, Bhaskaracharya College of Applied Sciences, University of Delhi.

International webinar on "Well-being and resilience during covid-19 pandemic" (7th July, 2020) organized by the Dept of Psychology, Rajeev Gandhi Govt. PG College, Ambikapur, Chattisgarh.

International Online Workshop-cum-Webinar (October 08, 2020). "VISUAL NOTE-TAKING " organized by the Chemistry Department, Zakir Husain Delhi College in collaboration with Internal Quality Assurance Cell.

Course Workshop on “The Art of Being Happy” (28th October, 2022) organised by Value Addition Courses Committee(University of Delhi) in collaboration with Sri Venkateswara College, University of Delhi under the aegis of Mahatma Hansraj Faculty Development Centre Hansraj College, University of Delhi, PMMMMNMTT

Research Projects (Major Grants/Research Collaboration)

N.A.

Awards and Distinctions

Topper in M.A.

ICSSR Fellowship

Association With Professional Bodies

Other Activities

Appointed as research advisor by Board of Research Studies (ARTS), University of Delhi for the following Ph.D. Scholar in 2013.

Ms. Harsheeta for the Ph.D. Thesis entitled, ‘Phonological Awareness Intervention in Dyslexia’.

Post-Doctoral research, entitled, “Attitudes toward Adults with Learning Disabilities: An Indian Perspective” done under the supervision of Prof. Ashum Gupta, Department of Psychology, University of Delhi from September 01, 2014 to February 28, 2015.

Evaluation of psychology module for Cyber Buddy System at Defence Institute of Physiology and Allied Sciences (DIPAS) on 21st Sep 2015.

Review of the syllabus for the papers entitled, Introduction to Psychology and Positive Psychology for IIIT-D.

Reviewer for Two Journals:

- 1) Disability, CBR and Inclusive Development**
- 2) Learning Curve**

Written an article for Hindi College Magazine: Rashmi; Chaired sessions for paper presentation in National conferences in 2016 and 2017.

