

**Contribution of Professor Akbar Husain, Former Chairman, Department of Psychology and Former Dean, Faculty of Social Sciences, Aligarh Muslim University, Aligarh in the field of *Spiritual Psychology***

Spiritual psychology was one of the major thrust areas of research of the department of psychology as identified by University Grants Commission under DRS-1 SAP (April 2012-March 2017). It envisages to promote human potential movement and to bring forward the spiritual needs and values of evolving behavior experience which help to achieve a state of consciousness, unity and transformation. Researches were conducted in a variety of phenomena such as spiritual health, spiritual values, spiritual exercises (meditation and prayer), spiritual orientation or attitude, daily spiritual experiences, spiritual intelligence, spiritual distress, spiritual coping, spiritual fitness, spiritual belief, spiritual well-being and spiritual personality in the field of spiritual psychology. One emerging trend in the past few years has been towards studying spiritual psychology from the viewpoint of the individual, how he thinks, develops a sense of purpose and consciousness, and maintains discipline which determines his experience and behaviour.

**Professor Akbar Husain** and his research scholars and post-doctoral fellows worked on the above-mentioned topics. Based on empirical data, they have standardized psychological tests for the assessment of spirituality. Professor Husain has started researching and writing in the field of Spiritual Psychology in 2000 and continuing till date.

In view of the need for introduction of various fields of psychology as the specialization at the Post-Graduate level, Spiritual Psychology is also introduced as one of the field of specialization in the University Grants Commission, Curriculum 2016.

Title of D. Litt. Thesis: **Explorations and Applications of Spirituality in Psychology.**  
Awarded in 2015

## BOOKS PUBLISHED

- 2020 Husain, A., & Hasan, A. **Psychology of Meditation. A Practical Guide to Self-Discovery.** New Delhi: Psycho Information Technologies. ISBN: 978-81-939227-6-7
- 2019 Husain, A., & Singh, R. **Spirituality in Practice.** New Delhi: The Readers Paradise. ISBN: 978-93-85958-17-5
- 2017 Husain, A., & Maqbool, S. **New Directions in Spiritual Psychology.** New Delhi: Global Vision Publishing House. ISBN: 978-81-.8220-802-5.
- 2016 Husain, A., Hilal, H., & Anas, M. (Eds.). **Annotated Bibliography: Spiritual Psychology in India.** Hisar, Haryana: Indian Association of Health, Research and Welfare. ISBN: 978-81-920053-9-4.
- 2014 Husain, A., & Khan, S. **Applied Spirituality: Theory, Research and Practice.** New Delhi: Global Vision Publishing House. ISBN: 978-81-8220- 632-8.
- 2014 Husain, A., Kaneez, S., & Jahan, M. (Eds.). **Studies in Spiritual Psychology.** New Delhi: Research India Press. ISBN: 978-81-89131-88-3.
- 2013 Husain, A., Beg, M. A. & Dwivedi, C. B. **Psychology of Humanity and Spirituality.** New Delhi: Research India Press. ISBN: 978-81-89131-79-1.
- 2012 Husain, A. & Khatoon, N. (Eds.) **Understanding Spirituality.** New Delhi: Research India Press. ISBN: 978-81-89131-63-0.
- 2011 Husain, A. **Spirituality and Holistic Health: A Psychological Perspective.** New Delhi: Prasad Psycho Corporation. ISBN: 978-81-909923-3-6.
- 2011 Husain, A. and Saeeduzzafar **Spiritual Virtues and Human Development.** New Delhi: Global Vision Publishing House. ISBN: 978-81-8220-436-2.
- 2010 Husain, A. (Ed.) **Explorations in Human Spirituality.** New Delhi: Global Vision Publishing House. ISBN: 978-81-8220-316-7.
- 2009 Husain, A. (Ed.) **Twenty-First Century Psychology: Spirituality, Behavior and Wellness.** New Delhi: Global Vision Publishing House. ISBN: 978-81-8220-264.
- 2008 Husain, A., Jamaluddin, S., Hashim, O., Cheong, L.S., Nor, M.M. and Sulaiman, H. (Eds.) **Horizons of Spiritual Psychology.** New Delhi: Global Vision Publishing House. ISBN: 81-8220-278-7.

2005 Husain, A. **Spiritual Psychology**. New Delhi: Global Vision Publishing House. ISBN 81-8220-095-4.

2002 Husain, A. **Spirituality: The Hidden Dimension Discovered**. New Delhi: P.R. Books. ISBN: 81-86618-37-6.

#### **EMPIRICAL PAPERS PUBLISHED IN NATIONAL, INTERNATIONAL JOURNALS (WEB OF SCIENCES)**

1. Nazam, F., & Husain, A. (2020). Further validation of spiritual values scale. *The New Educational Review*, 61(3), 199-210. ISSN: 1732-6729.
2. Anas, M., & Husain, A. (2018). Revision of Spiritual Personality Inventory. *Journal of the Indian Academy of Applied Psychology*, 44(2), 288-295. ISSN 0019-4247.
1. Gull, M., & Husain, A. (2018). Relationship between Islamic personality and spiritual practices among Muslim students. *Asian Journal of Multidimensional Research*, (AJMR), 7(6), ISSN: 2278-4853. Impact Factor: SJIF 2017 = 5.443
2. Nazam, F., & Husain, A. (2016). Exploring spiritual values among school children. *International Journal of School and Cognitive Psychology*, 3(2), 1-5. ISSN: 2469-9837.
3. Husain, A., Singh, R., Khan, S. M., & Khan, S. (2016). Psychometrics and standardization of the Hindi adaptation of the daily spiritual experience scale. *Clinical and Experimental Psychology*, 2:2, 1-6. <http://dx.doi.org/10.4172-2701>. 1000117. ISSN: 2471-2701 CEP.
4. Singh, R., & Husain, A. (2015). Spiritual beliefs among Muslim male and female religious devotees. *International Journal of Recent Trends in English Language Teaching (ELT), Education, Psychology and Allied Researches*, 2(6), 173-183. ISSN: 2350-1499 (Online), 2350-0751 (Print). Impact Factor: 1.5
5. Zehra, S., & Husain, A. (2015). Relationship between spiritual values and psychological capital among university employees. *The New Educational Review*, 39(1), 253-263. ISSN: 1732-6729. Impact Factor: 0.75.

6. Husain, A. (2012). Identifying spiritual values among Muslim-Malay adolescents. *Indian Journal of Psychology* (Special Issue), 83-91. ISSN: 0019-5553.

#### **THEORETICAL ARTICLES PUBLISHED IN NATIONAL, INTERNATIONAL JOURNALS (WEB OF SCIENCES) AND PROCEEDINGS OF THE CONFERENCES/SEMINARS**

1. Husain, A. (2021). Spiritual experiences of Islamic seekers. *Mind and Society*, 10, (III & IV), ISSN: 2277-6907.
2. Husain, A. (2016). Islamic spirituality in practice. In N. A. Ab. Majeed (Ed.) *Proceedings of the Two-day International Conference on Social and Spiritual Teachings of the Quran in Contemporary Perspective* (pp. 222-230). New Delhi: Excel India Publishers.
3. Husain, A. (2014). Spiritual practices as paths to attain spiritual peace. In M. M. S. Nadwi Azhari (Ed.). *National Seminar on Peaceful Co-existence in multi-cultural societies – The Quranic Perspective* (pp. 169-176). New Delhi: Excel India Publishers. ISBN: 978-93-83842-18-6.
4. Husain, A., & Jamal, S. R. (2013). Spiritual development of children through spiritual education. *Journal of Distance Education and Management Research*, 1, 1-10. ISSN: 2278-9251
5. Husain, A., & Khan, A. (2010). Clarifying spiritual values among organizational development personnel. *African Journal of Business Management*, 4(2), 278-281. ISSN: 1993-8233.

#### **Chapters in Edited Books**

1. Husain, A. & Pervez, R. (2024). Psychosocial and Spiritual Interventions for Well Being. In G. Dutta, G. Misra and S. Gupta (Eds.) *Handbook of Positive Psychology and Indian Thought Systems- Transforming Education for Well-Being and Happiness* (pp. ). Singapore: Springer. SBN 1737281600, 9781737281603
2. Husain, A., & Nazam, F. (2015). Assessment of spirituality. In N. Chaube (Ed.), *Spirituality and human psyche* (pp. 170-204). New Delhi: Partridge. ISBN: 978-1-4828-6759-6
3. Husain, A. (2013). Existential rhythm, spiritual synergy and spiritual immunity: Spiritual approaches to stress management. In D.M. Pestonjee and S. Pandey (Eds.) *Stress and Work: Perspectives on understanding and managing stress* (pp. 267-277). New Delhi: Sage Publications. ISBN: 978-81-321-1088-0.

4. Husain, A. (2012). Psychospiritual basis of understanding, prevention, and control of violence and terrorism. In U. Kumar and M. K. Mandal (Eds.) *Countering Terrorism- Psychosocial Strategies* (pp. 408-426). New Delhi: Sage Publications. ISBN: 978-81-321-0959-4
5. Husain, A. (2011). Spirituality and positive behavior. In A. K. Chauhan and S. S. Nathawat (Eds.) *New Facets of Positivism* (pp. 58-67). New Delhi: Macmillan Publishers India Ltd.

#### **EMPIRICAL PAPERS PUBLISHED IN REFREED JOURNALS AND PROCEEDINGS OF THE CONFERENCES/SEMINARS**

1. Kirmani, M.N., & Husain, A. (2018). Impact of gender, religion & age on spirituality. *International Journal of Psychology & Psychiatry*, 6(1), 40-51. ISSN: 2320-6233 (e)
2. Khan, Md. J., & Husain, A. (2016). Relationship between hope and spiritual wellbeing among people living with HIV/AIDS. *Journal of Community Guidance & Research*, 33(3), 572-578. ISSN 0970-1346.
3. Hayisama, I., Husain, A., & Anas, M. (2016). Relationship between spiritual well-being and attachment to God among Thai students. *Asian Resonance: A Peer-Reviewed Multi-Disciplinary International Research Journal*, IV(II), 113-115. (P) ISSN: 0976-8602, (E) ISSN: 2349-9443; SJIF 3.676, GIF = 0.384
4. Husain, A., Zehra, S., & Jahan, M. (2015). Standardization of employees' spiritual values scale (ESVS). *Indian Journal of Positive Psychology*, 6(3), 321-322. ISSN-P-2229-4937E-2321-368X
5. Jahan, F., & Husain, A. (2015). Assessment of spiritual well-being and behavior associated with reading scriptures among adults. *Journal of International Academic Research, for Multidisciplinary*, 3(8), 103-112. ISSN: 2320-5083. Impact Factor: 1.625
6. Khan, M. J., & Husain, A. (2015). Spiritual well-being among male and female HIV inpatients. *The International Research Specialist*, 2(6), 140-149. ISSN: 2350-1499 (Online), 2350-0751 (Print). Impact Factor: 1.5
7. Singh, R., & Husain, A. (2015). Spiritual beliefs among Muslim male and female religious devotees. *International Journal of Recent Trends in English Language Teaching (ELT), Education, Psychology and Allied Researches*, 2(6), 173-183. ISSN: 2350-1499 (Online), 2350-0751 (Print). Impact Factor: 1.5
8. Singh, R., & Husain, A. (2015). Spiritual practices among Kalpvasis and daily devotees. *Asian Journal of Multidimensional Research*, 4(5), 63-73. ISSN: 2278-4853. Impact Factor: SJIF 2013 = 4.708.

9. Nazam, F., & Husain, A. (2014). Conceptual definition and standardization of the spiritual values scale. *Indian Journal of Positive Psychology*, 5(4), 411-414. ISSN-p-2229-4937e-2321-368X.
10. Anas. M., Husain., A., & Aijaz, A. (2014). Mindfulness and spirituality index of well-being among students of nursing and social work. *Perspective on Health and Well-being in India*. (pp. 29-34). Excel India Publisher, New Delhi. ISBN: 978-93-83842-93-3.
11. Husain, A. (2012). Identifying spiritual values among Muslim-Malay adolescents. *Indian Journal of Psychology (Special Issue)*, 83-91. ISSN: 0019-5553.
12. Husain, A. (2007). Subjective well-being in relation to spiritual orientation among solace seekers. *Journal of Psychological Researches*, 51, 39-45. ISSN: 0022-3972

### **THEORETICAL ARTICLES PUBLISHED IN REFREED JOURNALS, AND PROCEEDINGS OF THE CONFERENCES/SEMINARS**

1. Husain, A., & Pervez, R. (2023). Righteousness in religious traditions. *Psychologos*, 4(12), 6-9. ISSN: 2583-4193.
2. Husain, A. (2021). Defining spirituality in our life. *Psychologos*, 2(II), 36-41. ISSN: 2583-4193.
3. Husain, A., & Pervez, R. (2021). Transformation of behavior through spiritual practices in Hinduism. *Aligarh Journal of Interfaith Studies*, 1(4), 29-64. ISSN: 2582-7553.
4. Husain, A. (16-31 December, 2020). Spirituality and Psychology. *News Times Post*, 05(14), 18-19.
5. Hasan, A., & Husain, A. (2016). What are the best ways to become spiritually fit? *Indian Journal of Positive Psychology*, 7(2), 221-223. ISSN-p-2229-4937; e-2321-368X.
6. Husain, A. (2014a). Spiritual paths for managing holistic health of the elderly. *Journal of Positive Psychology*, 3(2), 40-46. ISSN-2249-6254.
7. Husain, A. (2014b). Spiritual practices as paths to attain spiritual peace. In M. M. S. Nadwi Azhari (Ed.). *National Seminar on Peaceful Co-existence in multi-cultural societies – The Quranic Perspective* (pp. 169-176). New Delhi: Excel India Publishers. ISBN: 978-93-83842-18-6.
8. Husain, A., & Jamal, S. R. (2013). Spiritual development of children through spiritual education. *Journal of Distance Education and Management Research*, 1, 1-10. ISSN: 2278-9251
9. Husain, A. (2011b). Spiritual counselling: An integrated approach. *Proceedings of the Interdisciplinary National Seminar on Positive Living: Current Trends and Applications*. Department of Psychology, Gauhati University, Gauhati, pp. 45-50.

10. Husain, A., & Khan, A. (2010a). Relevance of spiritual and religious traditions in business. *Amity Journal of Applied Psychology*, 1(1), 66-70. ISSN 0976-6731
11. Husain, A. (2007b). Spirituality: The new frontier for counselor education and training. *Journal of Indian Health Psychology*, 2, 233 – 237. ISSN: 0973-5755
12. Husain, A., & Ahmad, S.W. (2005). Spiritual principle of the unity of all being for the world peace. *Journal of Politics and Development*, 11, 43-53.
13. Husain, A., & Khan, T. (2002). Role of spiritual values of the personnel in the development of healthy organization. *PRASAR - Contemporary Journal of Population and Adult Education*, 1, 147-150.

## CHAPTERS IN BOOKS

1. Husain, A., & Rehman, E. (2019). Spiritual ways to live a salubrious and blissful life. In S. Ojha, M. Asthana & U. Ojha (Eds.) *Spirituality & Health Emerging Issues* (pp. 3-20). New Delhi: Shree Publication & Distributor. ISBN: 978-81-8729-993-0.
2. Nazam, F., & Husain, A. (2017). Spiritual development of adolescents. In A. Husain (Ed.) *Contemporary trends in Islamic psychology* (pp. 82-95). Hyderabad: Centre for Study and Research. ISBN 935258909-2.
3. Husain, A., & Jahan, F. (2017). Prayer and recitation of the Holy Qur'an: Evidence based Islamic Practices. In A. Husain (Ed.) *Contemporary trends in Islamic psychology* (pp. 135-156). Hyderabad: Centre for Study and Research. ISBN 935258909-2.
4. Husain, A. (2015b). A new approach to defining applied spirituality. In N. Sanyal (Ed.), *Spirituality and positive psychology* (pp. 351-370). Kolkata: Ramakrishna Mission Institute of Culture. ISBN: 978-93-81325-26-1.
5. Husain, A., Masood, A., Parveen, S., Ikram, S., Rahman, S., & Ahmed, W. A. (2014). Identifying positive behaviour among Tasbeeh meditators. In S. Saini (Ed.), *Positive Psychology in the light of Indian traditions* (pp. 656-672). Haryana: Indian Association of Health, Research and Welfare. ISBN: 13: 978-81-920053-9-3.
6. Husain, A., & Singh, R. (2014). Religious/Spiritual practices and well-being. In R.C. Sobti, J. Mohan, M. Sehgal, V. Sobti and S. Sharma (Eds.), *Biopsychological impacts in the era of science and technology* (pp. 243-262). Delhi: Narendra Publishing House. ISBN: 978-93-82471-82-0.
7. Anas, M., Husain, A., & Aijaz, A. (2014). Mindfulness and spirituality index of well-being among students of nursing and social work. In S. Aleem & N. Iqbal (Eds.) *Perspectives on health and well-being in India* (pp. 29-34). New Delhi: Excel India Publishers. ISBN: 978-93-83842-93-3.
8. Islam, S., & Husain, A. (2014). Exploring spiritual orientation among male and female students. In A. Husain, S. Kaneez and M. Jahan (Eds.), *Studies in spiritual psychology* (pp. 3-13). New Delhi: Research India Press. ISBN: 978-81-89131-88-3.

9. Rizvi, F. M., Khan, M. I., & Husain, A. (2014). Attitude towards spirituality and self-efficacy among nursing and medical students. In A. Husain, S. Kaneez and M. Jahan (Eds.), *Studies in spiritual psychology* (pp. 130-134). New Delhi: Research India Press. ISBN: 978-81-89131-88-3.
10. Husain, A. (2012). Model of spirituality: Bodily, mental and emotional states. In A. Husain & N. Khatoon (Eds.) *Understanding Spirituality* (pp. 39-51). New Delhi: Research India Press. ISBN: 978-81-89131-63-0.
11. Nurhaili Nasruddin, Husain, A., & Hameed, S. (2012). Spiritual intelligence among students. In S. Ojha and S. Pandey (Eds.) *Positive Psychology: Emerging Issues* (pp. 181-190). New Delhi: Shree Publishers & Distributors. ISBN: 978-81-8329-473-7.
12. Husain, A. (2011). Spiritual values among adolescents. In A. Husain, A. K. Palaniappan, M.M. Nor, S. Jamaluddin, L.S. Cheong and A. Khan (Eds.) *Studies in Applied Psychology: Asian Perspective* (pp. 127-132). New Delhi: Research India Press. ISBN: 978-81-89131-44-9.
13. Husain, A. (2010). Spiritual meditative techniques. In A. Husain (Ed.) *Explorations in Human Spirituality*, (pp. 381-399). New Delhi: Global Vision Publishing House. ISBN: 978-81-8220-316-7.
14. Husain, A., S., Jamaluddin, & Cheong, L.S. (2010). Spiritual health among ethnic groups in Malaysia. In S. Ojha, U.R. Srivastava and S. Joshi (Eds.) *Health and Well-Being*, (pp. 135-142). New Delhi: Global Vision Publishing House. ISBN: 978-81-8220-284-9.
15. Husain, A. (2009). Relationship between meaning in life and spirituality. In A. Husain (Ed.) *Twenty-First Century Psychology: Spirituality, Behavior and wellness*, (pp. 3-11). New Delhi: Global Vision Publishing House. ISBN: 978-81-8220-264.
16. Husain, A., Hashim, O. & Rosli, N.A. (2008). Spiritual orientation among Malaysians. In A. Husain, S. Jamaluddin, O. Hashim, L.S. Cheong, M.M. Nor and H. Sulaiman (Eds.) *Horizons of Spiritual Psychology* (pp. 263-271). New Delhi: Global Vision Publishing House. ISBN: 81-8220-278-7.
17. Husain, A. (2007). Need for spiritual care training to the health caregivers? In A. Yadava and N.R. Sharma (Eds.) *Positive Health Psychology* (pp. 387-394). New Delhi: Global Vision Publishing House. ISBN: 81-8220-195-0
18. Husain, A., & Yaqub, K. (2003). Maintenance of spiritual health through Yoga. In A. Husain (Ed.) *Positive Psychology*, (pp. 180-188). Aligarh: Aligarh Muslim University.
19. Pervez, N., & Husain, A. (2003). Subjective well-being among high-low spiritually oriented people. In A. Husain (Ed.) *Positive Psychology*, (pp. 159-179). Aligarh: Aligarh Muslim University.
20. Husain, A., & Pervez, N. (2002). Religious meditative techniques for the healthy aging. In A. Husain (Ed.) *Healthy Ageing (Vol. Two)*, (pp. 156- 173). Aligarh: Aligarh Muslim University.

## **PAPERS PRESENTED IN INTERNATIONAL CONFERENCES / SEMINARS/ SYMPOSIUM**

1. Family spirituality in Indian context. International Seminar on Family System in World Religions. Organized by the Al-Mustafa International University, Iran (India Branch) and Centre for Interfaith Understanding, Aligarh Muslim University, India. February 13-14, 2019.
2. Islamic spirituality in practice. Two-day International Conference on Social and Spiritual Teachings of the Quran in Contemporary Perspective. K. A. Nizami Centre for Quranic Studies, Aligarh Muslim University, Aligarh, India, April 4-5, 2016.
3. Psychospiritual elements of strength. Centenary Conference on Psychology – An International Event. Department of Psychology & Department of Applied Psychology, University of Calcutta, Kolkata. 9<sup>th</sup> – 11<sup>th</sup> October, 2015.
4. Role of spiritual chaplains in the healing of trauma victims. International Seminar on Psychology of Trauma: Women and Children in Violent Conflict. Department of Psychology, Jamia Millia Islamia, New Delhi, March 13-14, 2013.
5. Role of spiritual support in enhancing well-being of patients. Patient Religious Support Conference. King Fahad Medical City, Riyadh January 1-3, 2013.
6. Spiritual healing techniques in alleviating stress-related disorders. 30<sup>th</sup> International Congress of Psychology on Psychology Serving the Humanity. Cape Town July 22-27, 2012.
7. Spiritual intelligence among students of professional and non-professional courses. International Conference on Positive Psychology: A New Approach to Mental Health. Amity Institute of Behavioural & Allied Sciences, Amity University Rajasthan, Jaipur, India, 6<sup>th</sup>-8<sup>th</sup> August, 2010.
8. Identifying positive behaviour among Tasbeeh meditators. International Conference on Positive Psychology: A New Approach to Mental Health. Amity Institute of Behavioural & Allied Sciences, Amity University Rajasthan, Jaipur, India, 6<sup>th</sup>-8<sup>th</sup> August, 2010.
9. Attainment of spiritual happiness: Al-Ghazali's thought. International Conference on Positive Psychology: A New Approach to Mental Health. Amity Institute of Behavioural & Allied Sciences, Amity University Rajasthan, Jaipur, India, August 6<sup>th</sup>-8<sup>th</sup> August, 2010.
10. Relevance of spiritual and religious traditions in business. The 17<sup>th</sup> International Transpersonal Conference on Consciousness Revolution: Transpersonal Discoveries that are changing the world. Alpha Hotel, Moscow, June 23-27, 2010.
11. Cultivation of Islamic virtues for holistic human development. The 7<sup>th</sup> World Conference on Muslim Education (WORLD-COME 2009). Blue Wave Hotel, Shah Alam, Selangor, Malaysia 21<sup>st</sup>-23<sup>rd</sup> December, 2009.

12. Spiritual Virtues: The pride of Islam and Humanity. International Conference on the Concept of Psyche in Islam. Jointly organized by the Department of Psychology, Aligarh Muslim University, Aligarh, India and Institute of Objective Studies, New Delhi, India. 26-28 October, 2009.
13. Spiritual values among adolescents. International Conference on Applied Psychology, Faculty of Education, University of Malaya, Kuala Lumpur, 12-14, March, 2009.
14. Spiritual health among ethnic groups in Malaysia. 2<sup>nd</sup> Convention of Asian Psychological Association, Faculty of Arts and Social Science, University of Malaya, Kuala Lumpur, 27-28 June, 2008.
15. The role of spiritual values in spiritual development. World Congress on Psychology and Spirituality, Habitat Center, New Delhi, India, 5-8, 2008.
16. What is good for parents for the development of moral behavior of children? Spiritual Virtues. International Seminar on Educational Management, Faculty of Education, University of Malaya, Kuala Lumpur, 27-29, November, 2007
17. Spiritual orientation among Malaysians. International Seminar on Spiritual Psychology, Faculty of Education, University of Malaya, Kuala Lumpur, 24-25 August, 2007.
18. Spiritual remedies for coping with behavioral disorders. Regional Seminar on Islam Hadhari 2007: Islamic and Arabic Education, 10<sup>th</sup>-12<sup>th</sup> August 2007, Kuala Lumpur, Malaysia.
19. Spiritual values among Muslim –Malay adolescents. 7<sup>th</sup> Biennial Conference of Asian Association of Social Psychology (AASP). University Malaysia Sabah, Kota Kinabalu, 25-28 July, 2007.
20. Spiritual virtues as the resource for the development of Islamic leadership. International Seminar on Islamic Leadership 111. Academy Islamic Studies, University of Malaya, Kuala Lumpur, 10-11 July, 2007.
21. Subjective well-being and high-low spiritually oriented people who pay visit to holy shrines. 25<sup>th</sup> International Congress of Applied Psychology, Singapore-2002.
22. Behavioural, Cognitive and Religious interventions for promoting spirituality. 25<sup>th</sup> International Congress of Applied Psychology, Singapore, 2002.
23. Psycho-spiritual concept in the Shah Waliullah's doctrine. Shah Waliullah Dehalvi's Tasawwuf, Aligarh-2002.
24. Faith Psychotherapy: Myth or Reality? 24<sup>th</sup> International Congress of Applied Psychology, San Francisco, 1998.

## PAPERS PRESENTED IN NATIONAL CONFERENCES AND SEMINARS

1. Spiritual Practices as Paths to Attain Spiritual Peace. National Seminar on Peaceful Coexistence in Multicultural Societies: The Quranic Perspective. K. A. Nizami Centre for Quranic Studies, A.M.U., Aligarh. 8<sup>th</sup>-9<sup>th</sup> March, 2014.
2. Spiritual Personality Inventory: Psychometric Analysis. National Seminar on Spiritual Psychology. Department of Psychology, A.M.U., Aligarh. October 28-30, 2010.
3. Development of Spirituality Attitude Scale. National Seminar on Spiritual Psychology. Department of Psychology, A.M.U., Aligarh. October 28-30, 2010.
4. Psychospirituality and Healthy Quality of Life in a Changing World. 45<sup>th</sup> National and 14<sup>th</sup> International Conference of the Indian Academy of Applied Psychology, Vishakhapatnam, February 18-20, 2010.
5. Role of self in building a spiritual personality. 9<sup>th</sup> International 40<sup>th</sup> National Conference of Indian Academy of Applied Psychology, Bodh Gaya, March, 2005.
6. Altruistic Love and Spiritual Love: Ways of Attaining Spiritual Life. Department of Psychiatry, JSS Medical College Mysore, August 22-23, 2003.
7. Maintenance of spiritual health. 29<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologists, Ranchi Institute of Neuro – Psychiatry & Allied Sciences, Ranchi, March 7 – 9, 2003.
8. Spiritual Principle for the Unity of All Being for the World Peace. 6<sup>th</sup> International, 37<sup>th</sup> IAAP and 3<sup>rd</sup> Pondicherry Psychological Association, Pondicherry, 2002.
9. Integrating spirituality into counseling. National Seminar on Practices for Emerging Counselling Needs, Vadodra, 2001.
10. Role of Spiritual Values of the Personnel in the development of a healthy organization. National Seminar on Leadership and Human Values, Center for Leadership and Human Values, Indian Institute of Management, Lucknow, 2001.
11. Religious Meditative technique for healthy ageing. National seminar on Multigenerational relationship in the Indian Context, Central Chinmaya Vanprasth Sansthan, Allahabad, 1999.

## POST DOCTORAL THESIS COMPLETED UNDER MY SUPERVISION

1. **Dr. Shaheena Siddiqui.** Resilience and Spiritual Support as the predictors of Spiritual Well-Being among Stress-Related Disorder Patients. Indian Council of Social Science Research, New Delhi. 2016
2. **Dr. Shahin Zafar.** Religiosity, Spirituality and Attachment to God as Predictor of Spiritual Well-being among Elderly People. Indian Council of Social Science Research, New Delhi. 2019

3. **Dr. Huma Hilal.** Behavioral Problems and Religious/Spiritual Interventions among Adolescents: The Role of Parental Styles and Social Support. University Grants Commission, New Delhi. 2021.
4. **Dr. Fauzia Nazam.** Hope, Meaning in Life and Religious and/or Spiritual Struggle as Predictors of Quality of Life among Cancer Patients with Early and Advanced Malignancy. University Grants Commission, New Delhi. 2021.
5. **Dr. Ruchi Singh** (2022). Spiritual Practices and Spiritual Orientation as Predictors of Spiritual and Social Well-being among Healthy People and Patients. University Grants Commission, New Delhi. 2022.

#### **Ph.D. DEGREES AWARDED UNDER SUPERVISION**

1. **Rikza Pervez.** Reliability, Validity, Norms and Factor Analytic Structure of Wisdom and Righteousness Scale. 2023
2. **Zeenat Fatima.** Spirituality and Hope as Correlates of Posttraumatic Growth among the Victims of Natural Disaster. 2019.
3. **Shahla Ahmadi.** Effectiveness of Meditative Techniques in Alleviating Depression and Stress in Indian and Iranian University Students. 2018.
4. **Shabnam Qayoom.** Spiritual Experiences and Mindfulness as related to Spiritual Health and Spiritual Well-being. 2018.
5. **Asif Hasan.** Spiritual Fitness and Strengths in relation to Mental Health Problems among National Cadet Corps and National Service Scheme Volunteers. 2018.
6. **Fauzia Khatoon.** Spiritual Distress and Spiritual Coping among People Living with Different Stages of HIV/AIDS. 2017.
7. **Mustafa Nadeem Kirmani.** Health, Happiness and Spirituality among Adults. 2016.
8. **Ruchi Singh.** Spiritual Beliefs and Spiritual Practices as Predictors of Spiritual Experiences among Hindu and Muslim Religious Devotees. 2016.
9. **Fauzia Nazam.** Hope in relation to Spiritual Values and Spiritual Intelligence among Adolescents. 2016.
10. **Md. Jasimuddin Khan.** Hope and Meaning in Life as the Predictors of Spiritual Well-being among People Living with HIV/AIDS. 2015.
11. **Nazli Pervez.** Impact of Psychosocial factors on subjective well-being in solace seeking from visit to Holy shrine. 2001.

## **INTERNATIONAL AND NATIONAL SEMINARS AND CONFERENCES ORGANIZED AS THE DIRECTOR**

1. AMU Centenary International Conference on **Psychology of Religion & Spirituality**. February 24-26, 2020.
2. National Conference on **Spiritual Psychology in Practice**. Aligarh Muslim University, Aligarh, November 18-20, 2016.
3. National Conference on **Yoga and Spirituality**, Aligarh Muslim University, Aligarh, November, 7-8, 2015.
4. National Conference on **Spiritual Psychology: Theory, Research, Practice and Training**, Aligarh Muslim University, Aligarh, March 23-25, 2013.
5. National Seminar on **Spiritual Psychology**, Aligarh Muslim University, Aligarh, India October 28-30, 2010.
6. International Seminar on **Spiritual Psychology**. University of Malaya, Kuala Lumpur, Malaysia, August 24-25, 2007

### **U Tube Lectures:**

#### **Spiritual Psychology (SWAYAM)**

[https://www.youtube.com/watch?v=Dejy08V7mLo&feature=emb\\_logo](https://www.youtube.com/watch?v=Dejy08V7mLo&feature=emb_logo)

<https://youtu.be/EJeflaAG-Zk>

**Lectures delivered in the Orientation Programmes, Refresher Courses and Short Term Courses Organized by UGC Academic Staff College/ UGC Human Resource Development Centre of various Universities.**

### **Resource Person**

**Psychospiritual Approaches to Stress Management.** Two Week Refresher Course on ‘Stress and Mental Health issues in Present Times’ (RC11-21). Organized by UGC-Human Resource Development Centre Doctor Hari Singh Gour Vishwavidyalaya, Sagar. 12-02-2022

**Spiritual Approaches to Stress Management.** One Week Faculty Development Programme (Online FDP) on Enabling Technologies for Artificial Intelligence. Machine Learning and IOT. Organized By Department of Computer Engineering, Zakir Husain College of Engineering & Technology, Aligarh Muslim University, Aligarh. June 25, 2021.

**Holistic Spirituality: An Indigenous Approach.** Seven Day Online Faculty Development Programme (FDP) on Mental Health and Spirituality: The Capital of Well Being. Organized By: Human Resource Development Centre (HRDC), Panjab University, Chandigarh. December 5, 2020.

**Psychosocial and Spiritual Approaches for Stress Management.** Refresher Course/Training Programme for AMU School Teachers Organized by UGC HRDC, A.M.U., Aligarh, December 28, 2018.

**Vedic and Quranic Views on Maintaining Spiritual Ecology.** Subject Refresher Course in Environmental Studies. Organized by UGC HRDC, AMU, Aligarh. December, 06, 2017.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC HRDC, Jamia Millia Islamia, New Delhi. November 30, 2017.

**Stress Management: Psychospiritual strategies.** Refresher Course in Library Science Professionals Organized by UGC HRDC, AMU, Aligarh. **October, 07, 2017.**

**A spiritual explanation to Human Rights.** Refresher Course in Human Rights. Organized by UGC-HRDC, AMU, Aligarh.

**Applications of Spiritual Psychology.** Orientation Programme Organized by UGC HRDC, AMU, Aligarh. April 08, 2017.

**Spiritual Counseling.** Refresher Course in Behavioural Sciences (ID). Organized by UGC-HRD Centre, University of Kashmir, Srinagar. 21-01-2017.

**Applications of Spiritual Psychology.** Refresher Course in Behavioural Sciences (ID). Organized by UGC-HRD Centre, University of Kashmir, Srinagar. 20-01-2017.

**Psychospiritual Dimensions of JIHAD.** Refresher Course in Behavioural Sciences (ID). Organized by UGC-HRD Centre, University of Kashmir, Srinagar. 20-01-2017.

**Spiritual Approaches to Stress Management.** Summer School Organized by UGC HRDC, Jamia Millia Islamia, New Delhi. June 1, 2016.

**Stress Management: Psychospiritual strategies.** Orientation Programme Organized by UGC HRDC, AMU, Aligarh. May 31, 2016.

**Stress Management: Psychospiritual strategies.** Orientation Programme Organized by UGC HRDC, AMU, Aligarh. November, 19, 2015.

**Stress Management: Psychospiritual strategies.** Orientation Programme Organized by UGC HRDC, AMU, Aligarh. October, 05, 2015.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by HRDC, AMU, Aligarh. August, 11, 2015.

**Stress Management: Psychospiritual strategies.** Orientation Programme Organized by UGC HRDC, AMU, Aligarh. August, 11, 2015.

**Stress Management: Psychospiritual strategies.** Orientation Programme Organized by UGC HRDC, AMU, Aligarh. August, 07, 2015.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by HRDC, AMU, Aligarh. August, 06, 2015.

**Spiritual Counselling.** Defence Institute of Psychological Research, New Delhi. March 12, 2015

**Spiritual Fitness.** Defence Institute of Psychological Research, New Delhi. March 12, 2015

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC Academic Staff College, AMU, Aligarh. March, 3, 2015.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC Academic Staff College, AMU, Aligarh. November, 3, 2014.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC Academic Staff College, AMU, Aligarh. November, 5, 2014.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC Academic Staff College, AMU, Aligarh. July 2, 2014.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC Academic Staff College, AMU, Aligarh. July 1, 2014.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC Academic Staff College, AMU, Aligarh. March 26, 2014.

**Spirituality in Business and Workplace.** Subject Refresher Course in Business Studies. UGC Academic Staff College, AMU, Aligarh. July 8, 2013.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC Academic Staff College, AMU, Aligarh. December 11, 2013.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC Academic Staff College, AMU, Aligarh. August 27, 2013.

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC Academic Staff College, AMU, Aligarh. August 24, 2013.

**Dimensions of Spirituality.** Subject Refresher Course in New Directions in Psychology. Organized by UGC Academic Staff College, Kumaun University, Almora. August 19, 2013.

**Spiritual Counselling.** Subject Refresher Course in New Directions in Psychology. Organized by UGC Academic Staff College, Kumaun University, Almora. August 19, 2013.

**Spiritual Approaches to Stress Management.** Subject Refresher Course in New Directions in Psychology. Organized by UGC Academic Staff College, Kumaun University, Almora. August 20, 2013.

**Spirituality in Business and Workplace.** Subject Refresher Course in Business Studies. UGC Academic Staff College, AMU, Aligarh., July 22, 2013.

**Spiritual Counselling.** Defence Institute of Psychological Research, New Delhi. March 23, 2012

**Spiritual Approaches to Stress Management.** Defence Institute of Psychological Research, New Delhi March 23, 2012

**Spiritual Approaches to Stress Management.** Orientation Programme Organized by UGC Academic Staff College, AMU, Aligarh., March 21, 2012.

**Spirituality and Stress Management.** Workshop on Stress and Time Management. Institute For Excellence in Higher Education, Bhopal, (M.P.), March 17, 2012

**Conceptualizing Spirituality.** Workshop on Stress and Time Management. Institute For Excellence in Higher Education, Bhopal, (M.P.), March 17, 2012

**Spirituality in Business and Workplace.** Subject Refresher Course in Business Studies, Organized by UGC Academic Staff College, AMU, Aligarh., July 26, 2011.

**Spiritual values based education.** Subject Refresher Course in Education Organized by UGC Academic Staff College, J. N. V., University, Jodhpur. January 25, 2011.

**Spirituality and Education.** Subject Refresher Course in Education Organized by UGC Academic Staff College, J. N. V., University, Jodhpur. January 25, 2011

**Spiritual and Religious traditions in business.** Subject Refresher Course in Business Studies, Organized by UGC Academic Staff College, AMU, Aligarh. January 8, 2011.

**Maintenance of Spiritual Health.** Orientation Programme Organized by UGC Academic Staff College, A.M. U. Aligarh. February 1, 2003.

**Spiritual Exercise.** Subject Refresher Course in Psychology, Organized by UGC Academic Staff College, Himachal Pradesh University, Shimla. November 26, 2002.

**Spiritual Psychotherapy.** Subject Refresher Course in Psychology, Organized by UGC Academic Staff College, Himachal Pradesh University, Shimla. November 25, 2002

**Spirituality –An integrated Field of Psychology.** Subject Refresher Course in Psychology Organized by UGC Academic Staff College, J. N. V., University, Jodhpur. September 17, 2011

**Spiritual Counselling.** Subject Refresher Course in Psychology Organized by UGC Academic Staff College, Panjab University, Chandigarh. January, 2002

**Spirituality: Toward the positive psychology.** Subject Refresher Course in Psychology Organized by UGC Academic Staff College, Panjab University, Chandigarh. January, 2002

**Spirituality in the Indian context.** Subject Refresher Course in Psychology Organized by UGC Academic Staff College, J. N. V., University, Jodhpur December, 2001

**Spirituality and Well-being.** Subject Refresher Course in Psychology Organized by UGC Academic Staff College, Lucknow University, Lucknow. September, 2001

### **Keynote/Valedictory Address, Extension Lecture and Extra Mural Lectures**

1. **Roles and Responsibilities of Religious Leaders in Promoting Inter-religious Understanding and Peaceful Co-existence.** Two-Day National Conference On “*Role of Religious Diversity in Harnessing Human Values*” September 12-13, 2023 held at Convention Centre, Jamia Hamdard, New Delhi.
2. **How to Lead a Good and Happy Life in the Troubled World?** National Seminar on State of Chaos and crisis in Contemporary Social and Family Life: Problems and Solutions held at Khanqah e Barakatiya under the aegis of Jamia Aley Rasool, Mahrehra Shareef, Etah, 25<sup>th</sup> February, 2023.
3. **Stress Management: Psychospiritual Strategies.** Keynote address delivered in the IV International Symposium on Activization of Mental Resources of Personality: Theory and Practice. Baltic International Academy, July 6<sup>th</sup> – 7<sup>th</sup>, 2017, Latvia, Riga.
4. **Approaches to Spiritual Assessment and Coping with Depression.** Keynote address delivered in the National Conference on Depression: Holistic & Integrated Approach and its Management. Organized by Tahaffuzi wa Samaji Tib (Preventive and Social Medicine), Faculty of Unani Medicine, Ajmal Khan Tibbya College, Aligarh Muslim University, Aligarh 7<sup>th</sup> April, 2017.
5. **Holistic Spirituality as the Resource to Foster the Relationship between Self and Others.** Special Lecture delivered in the National Seminar on Changing Perspectives on the Relationship Between Individuals and Society. Organized by the Department of Psychology, Barkatullah University, Bhopal (M.P), 30-31 January & 1<sup>st</sup> February, 2017.
6. **Relevance of Spirituality in Human Existence and Happiness.** Valedictory Address delivered in the Ist Asia Pacific Conference of Rajasthan Psychology Academy. Department of Psychology, University of Rajasthan, Jaipur, March 2, 2016.
7. **Stress Management: Psychospiritual Strategies.** Extra Mural Lecture delivered in the Department of Physical Education, A.M.U., Aligarh. February 17, 2016.
8. **Spiritual Fitness for Sportspersons.** Extra Mural Lecture delivered in the Department of Physical Education, A.M.U., Aligarh. February 17, 2016.
9. **Spiritual Fitness in Sportspersons.** Extra Mural Lecture delivered in the Department of Physical Education, Aligarh Muslim University, Aligarh. March 16, 2015.
10. **Spiritual Consciousness: The Ultimate Growth.** Keynote address delivered in the National Seminar on Brain, Mind and Consciousness Organized by the Department of Psychology, Dayalbagh Educational Institute, Dayalbagh, Agra. August 2, 2014.

11. **Dimensions of Spirituality.** Department of Psychology, Dayalbagh Educational Institute, Dayalbagh, Agra. January 11, 2014.
12. **Spiritual Approaches to Stress Management.** Department of Psychology, Dayalbagh Educational Institute, Dayalbagh, Agra. January 11, 2014.
13. **Spirituality and Well-being.** Amity Institute of Behavioural and Allied Sciences, Amity University Haryana, Gurgaon. March 24, 2012.
14. **Spirituality and Counselling – An Integrated Approach .**Inter-disciplinary National Seminar on Positive Living: Current Trends and Applications. Gauhati University. November 2, 2011
15. **Spirituality and Positive Behaviour.** Second International Conference on Positivism: Success, Satisfaction and Bliss, August 7, 2011
16. **Spiritual Approaches to Stress Management.** Orientation Program Organized by UGC Academic Staff College, AMU, Aligarh. October 25, 2010
17. **Maintenance of Spiritual Health Through Self-care Interventions.** AMITY University Rajasthan, Jaipur., August 6, 2010

#### **Invited Lecture/Talk/Special Lecture**

***Satya (Truth), Ahimsa (Non-Violence) and Tapas (Self-suffering): The Three Spiritual Virtues Linked to Satyagraha.*** Webinar on Philosophy of Gandhi. Centre for Distance Education, A.M.U., Aligarh. October 9, 2020.

**Transformation of Behaviour through Spiritual Practices.** Chai Pe Chat in Mind Spa Initiative. Web Series Happy Healthy and Successful Being: Conscious and Sub-Conscious Techniques. AMITY University, Lucknow. September 29, 2020

**ADHYATMIKTA: Indigenous Interpretation.** Two Day International Conference on Soul in Symphony: Spiritual and Pragmatic Aspects of Happiness. Organized by MCM DAV College for Women, Chandigarh (U.T.), January 29-30, 2018.

**A New Approach to Defining Applied Spirituality.** Capacity Building Programme, Sponsored by ICSSR, New Delhi. Organized by the Department of Psychology, J.N.V. University, Jodhpur, March 28, 2017.

**Towards Introducing the aspect of Heart as a Dimension of Spiritual Health.** 2nd International Conference of Indian Academy of Health Psychology. Organized by Department of Psychology and Mental Health, Gautam Buddha University, Greater Noida, Gautam Buddha Nagar, December 16-18, 2016.

**Role of Spirituality in Human Existence and Happiness.** Ist Asia Pacific Conference of Rajasthan Psychology Academy on Pursuit of Happiness: A Journey to Healthy Living. Organized by Department of Psychology, University of Rajasthan, Jaipur, March 1-2, 2016.

**Spiritual Practices to Attain a State of Bliss.** 25<sup>th</sup> Silver Jubilee Convention of National Academy of Psychology (NAOP), India organized by the Department of Psychology and Centre of Behavioural & Cognitive Sciences (CBCS), University of Allahabad, Allahabad, February 2-5, 2016.

**Holistic Health and Maintenance of Spiritual Health.** 1st International Conference of Indian Academy of Health Psychology. Organized by Department of Psychology, University of Jammu, Jammu, December 6-8, 2015.

**A New Approach to Defining Applied Spirituality.** 50<sup>th</sup> National and International Conference of the Indian Academy of Applied Psychology held at Sri Padmavathi Women's Degree & PG College, Tirupati. January 25, 2015.

**Spirituality: The Essential Feature of Humanity.** National Conference at Sri Aurobindo College, New Delhi. March 22, 2014.

**Spiritual Counseling.** 49th National and 18<sup>th</sup> International Conference of the Indian Academy of Applied Psychology, GLS College of Arts and Commerce, Ahmedabad, Gujrat. March 2, 2014

**Spiritual Counseling.** Training programme in counseling for Senior Army officers, Defence Institute of Psychological Research, Delhi. 16th December, 2013.

**Spiritual Approaches to Stress Management.** Training programme in counseling for Senior Army officers, Defence Institute of Psychological Research, Delhi. 16<sup>th</sup> December, 2013.

**SPIRITUALITY: A Right Path to Knowledge and Practice.** 2<sup>nd</sup> National Conference of Indian Association of Positive Psychology on Dimensions and Perspectives of Positive Psychology at Maniben Nanavati Women's College, Mumbai. 6<sup>th</sup> to 8<sup>th</sup> December, 2013.

**Spiritual Chaplaincy: Opportunities for Indian Muslims.** National Seminar on Professionalization of Education: Problems and Opportunities for Indian Muslims. Organized by Centre for Promotion of Educational and Cultural Advancement of Muslims of India (CEPECAMI), Aligarh Muslim University, Aligarh. December 1, 2013.

**Spiritual Counseling.** Training programme in counseling for Senior Army officers, Defence Institute of Psychological Research, Delhi. 17 May, 2013.

**Dimensions of Spirituality.** Training programme in counseling for Senior Army officers, Defence Institute of Psychological Research, Delhi. 17 May, 2013.

**Role of Spiritual Support in Enhancing Well-being of Patients.** 2<sup>nd</sup> International Forum. King Fahad Medical City Riyadh, Saudi Arabia. January 1-3, 2013.

**Spiritual-Support Counseling Model.** National Conference of Indian Association of Positive Psychology, Kashi Vidyapeeth, Varanasi. December 24-26, 2012

**Spiritual Counseling.** Training programme in counseling for Senior Army officers, DIPR, New Delhi. December 4, 2012.

**Spiritual Psychology on the Applied Side.** Orientation Program of Research Scholars Organized by Centre For Study and Research Jamat-e-Islami Hind, New Delhi. April 24, 2012.

**Spiritual Counselling.** M.L.B., College, Bhopal, March 17, 2012

**Spirituality and Well-being.** International Conference of Applied Psychology. Panjab University, Chandigarh., February 24-25, 2012.

**Spirituality and Well-being.** National Conference on Mental Health & Well-Being: Recent Trends & Interventions. Agra College, Agra., February 6-7, 2012

**Spirituality: The Link between knowledge and practice.** National P.G. College, Lucknow, September 26, 2011.

**Spiritual approaches to stress management.** Training programme in counseling for Senior Army officers, DIPR New Delhi. March 30, 2011

**Spiritual Counseling.** Training programme in counseling for Senior Army officers, DIPR New Delhi., March 30, 2011.

**Maintenance of Spiritual Health.** Department of Community Medicine, JNMCH, AMU, Aligarh., March 24, 2011.

**Integrating spirituality into practice.** Department of Community Medicine, JNMCH, AMU, Aligarh., March 24, 2011

**Relevance of spirituality in postmodernism.** International Seminar on Postmodernism: Dimensions and Challenges, Shri Varshney College, Aligarh., March 6, 2011

**Personality development of youth.** Govt. Degree College, Bilaspur, Rampur., March 5, 2011

**Spiritual Approaches to Stress Management.** Orientation Program Organized by UGC Academic Staff College, AMU, Aligarh. October 25, 2010.

**Spirituality: Concepts and Definitions.** Department of Psychology and Parapsychology, Andhra University, Vishakhapatnam., February 20, 2010

**Spirituality: A new doorway to sports world.** AMU, Aligarh., February 10, 2011

**Spiritual Psychology – Trends and Directions.** Department of Psychology, BLJS College, Tosham (Haryana). January 23, 2010

**Spiritual Psychology – An Interdisciplinary Field.** University of Malaya, Kuala Lumpur. March 27, 2008.

**Spiritual Counselling.** Department of Psychology, M.D. University, Rohtak. March 17, 2005.

**Religious and Spiritual Approaches to stress Management.** Department of Psychology, Lucknow University, Lucknow. March 28, 2003

## RESEARCH PROJECTS COMPLETED

	<b>Title of the project</b>	<b>Name of the Funding Agency</b>	<b>Duration</b>
1.	Exploring Spiritual Beliefs and Spiritual Experiences among Hindu Devotees at Mahakumbh	UGC – SAP (DRS-I)	<b>2 years</b> 2012-14
2.	Identifying Spiritual Values based on the Quranic concepts among Muslim Adolescents of Malaysia	IPPP, University of Malaya, Kuala Lumpur, MALAYSIA	<b>1 year</b> 2006-07

## MEMBERSHIP OF INTERNATIONAL AND NATIONAL ASSOCIATIONS AND JOURNALS

1. Member, Society for the Psychology of Religion and Spirituality (Division 36 of American Psychological Association) 2019
2. International Board of the International Transpersonal Association, Founding Member, USA. (2010)
3. Nyenrode Spirituality in Business Community, Netherlands, Membership offered.

## HONOURS / AWARDS RECEIVED

1. **Prof. Manju Thakur Memorial Award 2016** for the Innovative Contribution in Test Construction published during the year 2015. **Spiritual Values Scale**. Agra: National Psychological Corporation, 2015. 51st National & 20th International Conference of Indian Academy of Applied Psychology held at Bangalore University 6-8 May, 2016.
2. **Prof. Manju Thakur Memorial Award 2015** for the Innovative Contribution in Book Publication: **Applied Spirituality: Theory, Research and Practice**. New Delhi: Global Vision Publishing House, ISBN: 978-81-8220- 632-8. 50th National & 19th International Conference of Indian Academy of Applied Psychology held at **Sri Padmavathi Women’s Degree and PG College, Tirupati 23-25 January, 2015**.
3. Best Paper Award – **Spiritual principle of the Unity of All Being for the World Peace**. 6<sup>th</sup> International, 37<sup>th</sup> Indian Academy of Applied Psychology and 3<sup>rd</sup> Pondicherry Psychological Association, Pondicherry, 2002.

## **PSYCHOLOGICAL TESTS STANDARDIZED**

Pervez, R., & Husain, A. Wisdom Scale. Agra: National Psychological Corporation (in Press).

Pervez, R., & Husain, A. Righteousness Scale. Agra: National Psychological Corporation (in Press).

Hasan, A. & Husain, A. Spiritual Fitness Scale. Agra: National Psychological Corporation (in Press).

Husain, A., Khan, S. M., & Khan, A. Manual Prayer Scale. New Delhi: Prasad Psycho Corporation, 2019

Gull, M., & Husain, A. Religious Coping Scale. New Delhi: Psychomatrix, 2019.

Qayoom, S., & Husain, A. Spiritual Health Scale. New Delhi: Manas Psycho Home, 2018.

Husain, A., & Anas, M. Spiritual Personality Inventory-Revised. Agra: Agra Psychological Research Cell, 2018.

Khatoon, F. Husain, A., & Khan, S. M. Spiritual Distress Scale. New Delhi: Prasad Psycho Corporation, 2017.

Khatoon, F. Husain, A., & Khan, S. M. Spiritual Coping Scale. Agra: Agra Psychological Research Cell, 2017.

Husain, A., Singh, R., Khan, S. M., & Khan, S. Psychometrics and standardization of the Hindi adaptation of the daily spiritual experience scale. *Clinical and Experimental Psychology*, 2016, 2(2), 1-6.

Husain, A., Singh, R., & Khan, S. M. Spiritual Practices Scale (Muslims). New Delhi: Prasad Psycho Corporation, 2016.

Singh, R. & Husain, A. Spiritual Practices Scale (Hindus). New Delhi: Prasad Psycho Corporation, 2015.

Husain, A. Singh, R., & Zehra, S. Spiritual Belief Scale. New Delhi: Prasad Psycho Corporation, 2015.

Nazam, F., Husain, A., & Khan, S. M. Spiritual Values Scale. Agra: National Psychological Corporation, 2015.

Husain, A., Zehra, S., & Jahan, M. Standardization of employees' spiritual values scale (ESVS). *Indian Journal of Positive Psychology*, 2015, 6(3), 321-322.

Husain, A. Luqman, N., & Jahan, M. Spiritual Personality Inventory. New Delhi: Prasad Psycho Corporation, 2012.

Husain, A., Jahan, M., Nishat, A., Siddiqui, R.N., & Akram, M. Spirituality Attitude Scale. New Delhi: Prasad Psycho Corporation, 2011

Parvez, N. Spiritual Orientation Inventory. Unpublished Ph.D. Thesis, Aligarh Muslim University, Aligarh, (2002).

### **Nine Models on Spirituality/*Adhyatmikta/Ruhaniat***

**SPIRITUALITY:** Husain (2011) defines spirituality in terms of knowledge and practice. According to him, spirituality is concerned with the interrelationship between knowledge and practice. Knowledge component includes Sacredness, Positive energy, Intellect, Reasoning, Inner experience, Transcendence, Universalism, Awareness, Life force, Intuition, Transformation and Yearning. Practice dimension encompasses Sacraments, Perfection, Initiation, Renunciation, Illumination, Temperance, Unity, Awakening, Love, Imagination, Tranquility and Yoga.

**SPIRITUALITY:** Husain (2015) adopted a new approach to define spirituality. Spiritual *Service*, Spiritual *Perfection*, Spiritual *Intuition*, Spiritual *Revelation*, Spiritual *Intelligence*, Spiritual *Transcendence*, Spiritual *Unity*, Spiritual *Awareness*, Spiritual *Love*, Spiritual *Immunity*, Spiritual *Transformation* and Spiritual *Yielding*.

**SPIRITUALITY:** Husain (2016) discusses a number of spiritual practices such as Submission to Allah, Prayer, Infallibility, Remembrance of Allah, Intercession, Truthfulness, Unity, Ascetic life, Love, *Istikharah*, Thankfulness, and Yielding. These practices have been acknowledged in the verses of the Holy Qur'an and Hadith.

**SPIRIT:** Husain (2018) suggests that an individual's behavior can be assessed by Self-control, Patience, Innate temperament, Righteousness, Intention, and Tolerance. These noble virtues are very important for those who are devoted to maintain peaceful co-existence.

**ADHYATMIKTA:** Our spiritual nature is made of *Atma*, *Dharma*, *Havan/homa*, *Yama*, *Atmagyan*, *Tantra*, *Moksha*, *Indriyas*, *Karma*, *Tapas* and *Ananda*.

**SPIRITUALITY** is understood as devotional life and spiritual practices in terms of sacredness, purpose and meaning in life, innerness, rituals and righteous life, intuition, transcendence, unifying interconnectedness, awareness, light and love, immersing, transformation, and Yearning as the dimensions of SPIRITUALITY (Husain & Singh, 2019).

**SPIRITUALITY** in Hinduism is practiced through *Samskaras* (sacraments), *Prarthana* (prayer), *Indriya-nigraha* (control over the senses), *Ragas*, *Invocation of OM* (chanting of OM), *Tarpan*, *Upavaasa* (fasting), *Anubhava* (experiences), *Lokasamgraha* (welfare of all), *Ishwara-pranidhana* (surrender to God), *Tirth-yatra* (pilgrimage), and *Yoga* (Husain & Singh, 2019).

**RUHANIAT:** The essential elements of *ruhaniat* are --Ruh, Urafa, Hikmah, 'Amal salih, Niyat, Irfan, Akhlaq and Tawajjuh. (Husain & Singh, 2019).

## **SPIRITUALITY within YOGA**

The twelve forms of yoga integrated into twelve letters of the concept of SPIRITUALITY are: **S** Sahaja yoga, **P** Parav yoga, **I** Iyengar yoga, **R** Restorative yoga, **I** Integral yoga, **T** Tantra yoga, **U** Uddgeeth Pranayama, **A** Ashtanga yoga, **L** Laya yoga, **I** Isha Kriya, **T** Trataka yoga, and **Y** Yogeshvara's yoga (karam yoga, janan yoga and bhakti yoga) (Husain & Singh, 2019).

## **COURSES TAUGHT**

### **Postgraduate Level**

1. Self and Spiritual Growth (PSM-3091)
2. Spiritual Psychology (PSM-
3. Field Project (PSM-4071)
4. Spirituality and Counseling (MUPA-1003)

### **Ph.D. Course**

Paper II: Advances in Spiritual and Positive Psychology

Paper II: Applied Positive and Spiritual Psychology