



Ujjwal Sharma

Professional Summary

Assistant Professor with over 6 years of successful experience in teaching. Recognized consistently for performance excellence and contributions to success in teaching industry. Strengths in counseling, psychotherapy and research backed by training in Clinical Psychology. Eager to contribute to team success through hard-work, attention to detail and excellent organizational skills. Devoted to using strong oral and written communication, clinical skills, leadership and educational strengths to enhance student success.

Work History

J&K Department of Higher Education - Assistant Professor of Psychology

Jammu, Jammu & Kashmir

01/2017 - Current

- Created and enhanced course plans centered around class objectives.
- Implemented diverse instructional techniques and integrated technology to enhance student learning.
- Prepared and delivered lectures to undergraduate students on topics such as abnormal psychology, cognitive processes, personality and research methodology.
- Provided clinical services to clients such as assessing psychological problems and conducting psychotherapy.
- Carried out day-day duties accurately and efficiently.
- Proved successful working within tight deadlines and fast-paced atmosphere.
- Adhered to social distancing protocols and wore mask or face shield at all times.
- Mentored less successful students one-on-one to improve understanding of materials.
- Enhanced classroom learning by facilitating small group projects and discussions centering around core concepts of psychology.

Contributions

- Contributed as an organizing secretary in the seminar organized by Department of Psychology, Padma Shri Padma Sachdev Govt. College for Women, Gandhi Nagar, Jammu on “Suicide Awareness and Prevention” on 15th September 2022
- Contributed as an organizing member in the Webinar organized by Department of Psychology, in collaboration with Internal Quality Assurance Cell, Govt. College for Women, M.A. Road, Srinagar on “Career opportunities in Psychology” on 21st June, 2021.

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📍 180001, Jammu , Jammu & Kashmir

Links

- https://www.researchgate.net/profile/Ujjwal_Sharma5
- <https://www.linkedin.com/in/dr-ujjwal-sharma-b3866027/>
- <https://scholar.google.com/citations?hl=en&authuser=1&user=IPFPRhUAAAAJ>

Skills

- Class instruction
- Syllabus development
- Student mentoring
- Organization and Time management
- Adaptability
- Verbal and written communication
- Data Analysis (SPSS)
- Research Methodologies
- Scientific Writing
- Behaviour Modification
- Cognitive Behaviour Therapy
- Psychotherapy

Courses Taught

- Foundation of Psychology
- Psychopathology
- Research Methods in Psychology
- Social Psychology
- Physiological Psychology
- Life Span Development
- Counselling & Psychotherapy
- Clinical Psychology

- Contributed as an organizing secretary in the Webinar organized by Department of Psychology, Govt. College for Women, M.A. Road, Srinagar titled “Who am I? Understanding the dynamics of self” on 18th Dec, 2020.
- Contributed as an organizing secretary in the Webinar organized by Department of Psychology, Govt. College for Women, M.A. Road, Srinagar on “Mental Health issues among Adolescents and Young Adults during COVID-19 Pandemic” on 11th July, 2020.

University of Jammu - Lecturer, Psychology

Jammu, Jammu & Kashmir

08/2013 - 05/2014

- Evaluated and revised lesson plans and course content to facilitate and moderate classroom discussions and student-centered learning.
- Inspired discussions through presentation of thought-provoking material, preparing students for rigors of field.
- Employed advanced knowledge of SPSS to teach challenging high-level courses to graduate students.
- Graded assignments according to strict institutional policies and upheld guidelines for academic integrity while disciplining plagiarism and cheating accordingly.
- Oversaw graduate student projects and advised on focus, methodology and report generation to meet preset standards.
- Mentored graduate students in effective next-steps for education and career preparedness.

J&K Society for Promotion of Youth and Masses (Mashwara Kendra) - Counselor

Jammu, Jammu & Kashmir

09/2009 - 08/2010

- Provided comprehensive case management services, including creating treatment plans for individuals suffering from addiction and connecting clients and families to appropriate resources.
- Assessed clinical risk and danger to children and families and determined appropriate level of response and intervention.
- Collaborated with physicians to determine effective combination of therapy and medical treatments for patients in recovery.
- Developed patient care plans and documented progress toward goals.
- Assessed and treated patients through drug and alcohol addictions, making referrals for comorbid conditions as needed.
- Led individual and group counseling sessions to meet variety of therapeutic needs for recovering individuals.
- Facilitated group and individual therapy in outpatient and inpatient setting.
- Guided clients in effective therapeutic exercises integrated from Cognitive Behavior Therapy and Dialectical Behavior Therapy (DBT).

Accomplishments

Qualified **National Eligibility Test (NET)** in 2012

Teaching Assistant for COM200 offered by IIT Kanpur, Jul-Dec 2015

Education

04/2021

Indian Institute of Technology Kanpur

Kanpur, Uttar Pradesh, India

Doctor of Philosophy: Psychology

- Graduated with 9.33 GPA
- Thesis Title: Emotion Recognition Ability and Social Adaptive Behaviour in children with Autism Spectrum Disorder (ASD): A Study of Behavioural and Phenotypic Linkage

10/2012

Institute of Human Behaviour and Allied Sciences

Delhi, India

Master of Philosophy: Clinical Psychology

- Graduated with 62.8%
- Thesis Title: Perceived Expressed Emotion and Hopelessness in patients of Depression

07/2009

University of Jammu

Jammu

Master of Arts: Psychology

- Graduated with 70.3%

03/2007

University of Jammu

Jammu

Bachelor of Arts: Psychology

- Graduated with 64.8%

Certifications

Licensed Clinical Psychologist by Rehabilitation Council of India (RCI)
CRR No. A33457

Successfully completed 4 weeks **Orientation Programme** offered by Centre for Professional Development in Higher Education, Human Resource Development Centre, University of Delhi, 09 Oct-06 Nov, 2018.

Successfully completed 2 weeks online **Faculty Development Programme** on "Managing Online Classes and Co-creating MOOCS 3.0" offered

Successfully completed workshop on **Structural Equation Modeling** in 2016
Teaching Assistant for NPTEL online certification course **Psychiatry- An overview**, Mar-Apr 2016

Teaching Assistant for NPTEL online certification course **Introduction to Psychology**, Jul-Sep 2016

Peer reviewer for **Psychological Reports** journal, 2020

Affiliations

International Affiliate of American Psychological Association
23273870

Professional Life Member of Indian Association of Clinical Psychologists

Clinician in World Health Organisation

<https://gcp.network/author/64bff93c038aa6eb211fd686f9b58142/>
PLM474/12/14

Life Member of Indian Science Congress Association L 22892

Publications

- 1) Ara, E., **Sharma, U.**, Shabir, S. & Zulfiqar, H. COVID-19 Vaccination Acceptance and Hesitancy among Female Student Community of Kashmir. (Submitted).
- 2) **Sharma, U.** Online Cognitive Behavior Therapy in the treatment of Irritable Bowel Syndrome: A case study. (Submitted)
- 3) **Sharma, U.**, Bhushan, B & Gulati, S. Emotion Recognition and Social Adaptive Behaviour of children with Autism Spectrum Disorder. (Submitted).
- 4) **Sharma, U** & Bhushan, B. (2019). Development and validation of Indian Affective Picture Database. *International Journal of Psychology*, 54 (4), 462-467. DOI: 10.1002/ijop.12471
- 5) **Sharma, U** & Bhushan, B. (2018). The hindi adaptation and standardization of BAPQ: A brief tool for assessing Broad Autism Phenotype. *Asian Journal of Psychiatry*, 38, 16-19. <https://doi.org/10.1016/j.ajp.2018.10.008>
- 6) Meena, Y. K., Chowdhury, A., **Sharma, U.**, Cecotti, H., Bhushan, B., Dutta, A., Prasad, G. (2018). Hindi Virtual Keyboard Interface with Multimodal Feedback: A Case Study with a Dyslexic Child. Published by BCS Learning and Development Ltd. Proceedings of British HCI 2018
- 7) **Sharma, U** & Sinha, U. (2015). Perceived Expressed Emotion and Hopelessness in Patients of Depression. *Indian Journal of Clinical Psychology*, 42(2), 122-128.
- 8) **Sharma, U.** (2014). Stigma of mental illness among the educated youth. *Psychology in India*, 2(2), 212-216.
- 9) **Sharma, U** & Bakhshi, A. (2014). Obsessive-Compulsive Disorder: A Cognitive-Behavioural Analysis, *Researcher*, 7(1), 54-62.

by Teaching Learning Centre, Ramanujan College, University of Delhi, 25 Jul-10 Aug, 2020.

Successfully completed 1 week online **Faculty Development Programme** on "Cyber Attacks & Digital Forensics" offered by Department of Information Technology, Mahatma Gandhi Institute of Technology, 20 Jul-24 Jul, 2020.

Successfully completed online course on **University Teaching** offered by University of Hong Kong and offered through Coursera, Jan 2021

10) Charak, R, **Sharma, U** & Singh, A. (2010). Strengths and difficulties of shelter home adolescents affected by terrorist acts from Jammu division. *Indian Journal of Social Science Researches*, 7(2), 112-121.

Conferences

- 1) **Sharma, U.** (2023). Management of Irritable Bowel Syndrome via Internet Based Cognitive-Behaviour Psychotherapy: A Case Study. *49th National annual conference of Indian Association of Clinical Psychologists*, Gurgaon, 10-12 February 2023
- 2) **Sharma, U**, Bhushan, B & Gulati, S. (2022). Emotion Recognition and Social Adaptive Behavior of Children with Autism Spectrum Disorder. *Annual Meeting of International Society for Autism Research*, Austin, Texas, 11-14 May, 2022.
- 3) **Sharma, U** & Ara, E. (2022). COVID-19 Vaccination acceptance and hesitancy among female student community of Kashmir. *31st Convention of National Academy of Psychology*, Indian Institute of Technology Bombay, 4-6 March, 2022
- 4) **Sharma, U.** (2021). Cognitive behavioural treatment of agoraphobia. *32nd International Congress of Psychology*, Prague, Czech Republic, 18-23 July, 2021.
- 5) **Sharma, U**, Bhushan, B & Gulati, S. (2021). Emotion recognition and social impairment in Autism Spectrum Disorder. *32nd International Congress of Psychology*, Prague, Czech Republic, 18-23 July, 2021.
- 6) **Sharma U**, Tayibah, Muzaffer, M, Khan, I & Wani, A.S. (2021). Social anxiety and quality of life among female college students of Kashmir. *47th National annual conference of Indian Association of Clinical Psychologists*, AFMC, Pune, 28-30th May, 2021.
- 7) **Sharma, U.** & Bhushan, B. (2018). Broad Autism Phenotype in parents and its relationship with empathy in children. *29th International Congress of Applied Psychology*, Montreal, Canada, 26-30th June, 2018.
- 8) **Sharma, U.** & Bhushan, B. (2017). Are male siblings more likely to be diagnosed with ASD than female siblings? *43rd National Annual Convention of Indian Association of Clinical Psychologists*, Coimbatore, 27-29th January, 2017.
- 9) **Sharma, U.** & Bhushan, B. (2016). Emotion Recognition in Autism Spectrum Disorder: A review. *25th Silver Jubilee Convention of National Academy of Psychology*, University of Allahabad, 2-5 Feb, 2016
- 10) **Sharma, U.** & Bhushan, B. (2016). Development and Validation of Indian Affective Picture Database. *XXII World Congress of the World Association of Social Psychiatry*, New Delhi, Nov 30- Dec 4, 2016.
- 11) **Sharma, U.** (2014). Qualitative study of stigma towards mental illness among the educated youth of Jammu region. *Indian Science Congress*, University of Jammu, 3-7th February, 2014.
- 12) **Sharma, U.** (2013). Marital Relationships: Understanding the underlying issues. *World Yoga Conference on Global Peace and Harmony through holistic approach of Yoga and Meditation*, University of Jammu, 21-23rd February, 2013.
- 13) **Sharma, U.** & Charak, R. (2010). DAPT- A journey through the minds of drug addicts. *International Conference on Recent Advances in Cognitive Science*, Banaras Hindu University, 18-20th December, 2010.
- 14) Charak, R, **Sharma, U** & Singh, A. (2010). Elucidation of drawings, strengths and difficulties of adolescents from conflict zones of Jammu and Kashmir. *45th National and 14th International Conference of the Indian Academy of Applied Psychology*, 18-20th February, 2010.

- 15) **Sharma, U.** (2010). Psychological Impact of terrorism on adolescent girls from conflict zones of Jammu Province. *5th J&K Science Congress*, University of Jammu, 8-10th February, 2010.