

Islamic Psychology and Counselling in India

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During the 21st century, the development of Islamic Psychology and Counselling in India was spearheaded by Muslim psychologists, with Professor Akbar Husain from the Department of Psychology, Aligarh Muslim University, Aligarh, making significant contributions. He made his foray into this field in 2002 through publications and article presentations at national-level conferences.

Organizations Promoting the field of Islamic Psychology

Institute of Objective Studies (IOS), New Delhi, India, founded in the year 1986 by Dr. M. Manzoor Alam (presently its Chief Patron), is a non-political and not-for-profit, public organisation recognised at the national and international levels for promoting frontline academic research and publishing books and journals on contemporary issues and themes. The IOS has so far published about 450+ books on a range of subjects from education, economics, politics, technology and culture to development, religion, philosophy and human rights by eminent Indian and international scholars, writers and journalists. IOS has so far organised 1300+ programmes—conferences, consultations, seminars, symposia, academic research workshops and discussions at national and international levels in collaboration with well-known universities and organisations in India and abroad.

Additionally, the Institute of Objective Studies in New Delhi played a pivotal role in encouraging psychologists to advance the field of Islamic Psychology. The IOS has so far published nine books and one in the press, in the field of Islamic Psychology, and organized a number of National and International Conferences, Workshops, Symposium, Invited Talks/Lectures of eminent resource persons on the subject from India and abroad.

Centre for Study and Research (CSR), www.csrindia.in is a registered not for-profit research centre. It was established in Hyderabad in 2012, subsequently its head office was moved to New Delhi. Its aim is to create a niche in the current knowledge ecosystem by evolving alternative paradigms of purposeful, holistic and value-based knowledge ecosystems. It works in different domains pertaining to social sciences and humanities and strives to evolve an Islam inspired knowledge ecosystem. Professor Mohammed Rizwan is the Director CSR India.

Since 2013, the CSR has been instrumental in developing the field of Islamic Psychology by establishing a council on Islamic Council of Perspective in Psychology (ICIPP) operating under the aegis of the Centre for Study and Research in Hyderabad. Professor Akbar Husain, Aligarh Muslim University, was appointed as the Chief Patron of ICIPP. The CSR published two books in the field of Islamic Psychology, organized a number of National and International Conferences, Workshops,

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Symposium, Orientation Programs, Invited Talks/Lectures of eminent resource persons of India and overseas.

Collaboratively, ICIPP, along with the Department of Psychology, Aligarh Muslim University and Jamia Millia Islamia in New Delhi, organized a multitude of National and International Seminars, Conferences, Workshops, and Discussions between 2013 and 2020. The primary focus of these events revolved around fostering dialogue between Islamic and Western perspectives in psychology. Distinguished faculty members and research scholars from both Indian and overseas universities actively participated and presented their research in these conferences.

Psychological Tests Standardized

Professor Husain and others have standardized a number of Psychological Tests in the past ten years; they are:

- Spiritual Values Scale (Nazam, F., Husain, A., & Khan, S. M., 2015)
- Spiritual Practices Scale (Muslims). (Husain, A., Singh, R., & Khan, S. M., 2016)
- Spiritual Coping Scale (Khatoon, F. Husain, A., & Khan, S. M., 2017)
- Religious Coping Scale (Gull, M., & Husain, A., 2019)
- Taqwa (Piety) Scale (Nazam, F., Husain, A., & Gull, M., 2022)
- Fitrah Scale (Husain, A., Nazam, F., & Gull, M., 2024)
- Islamic Parenting Styles Inventory (Husain, Nazam, & Jabir, K. IN PRESS)

Ph.D. Theses Awarded

Name of the Candidate : Zohra Khatoon

Topic of Thesis : Alleviating Mental Health Problems through Counselling Interventions.

Awarded in 2021 at the Department of Psychology, Aligarh Muslim University, Aligarh U. P. (INDIA)

Name of the Supervisor : Professor Akbar Husain

Name of the Candidate : Misbah Rafiq

Topic of Thesis : Conceptualizing Human Nature from Quranic Perspective as a basis for Islamic Counselling.

Awarded in 2021 at the PG Department of Psychology, University of Kashmir, Srinagar (J & K (INDIA))

Name of the Supervisor : Professor Shawkat Ahmad Shah

International Conferences and Orientation Programme Organized as The Director (Professor Akbar Husain)

1. Islamic Psychology & Counselling. Aligarh Muslim University, Aligarh. July 16-19, 2018.
2. International Conference on Islamic Psychology: Theory, Research and Application. Organized by the Department of Psychology, Aligarh Muslim University, Aligarh, in collaboration with International Association of Muslim Psychologists and Centre for Study and Research, November 10-12, 2018.

3. AMU Centenary International Conference on Psychology of Religion & Spirituality. Organized by the Department of Psychology, Aligarh Muslim University, Aligarh, in collaboration with Centre for Study and Research, Hyderabad and Institute of Objective Studies, New Delhi. February 24-26, 2020.
4. Two-day Online International Conference on Islamic-Spiritual Psychology in South-East Asia. Organised by Institute of Objective Studies, New Delhi, India in Collaboration with International Institute of Islamic Thought (East and South East Asia) International Association of Muslim Psychologists, & Jamia Hamdard, New Delhi, India. October 14-15, 2023.

Patent/Copyright:

Title of Contribution : Contribution of Maulana Ashraf Ali Thanvi in the field of Psychopathology and Psychotherapy. 2009.

Author : Professor Akbar Husain

Title of Work : Religious Systems on India (Islam)

Editor : Professor Mohammad Rafique
No. F. 3-2/2008/PHISPC/309

Research Projects Completed by Professor Akbar Husain

1. Identifying Spiritual Values based on Quranic Concepts among Muslim Adolescents of Malaysia. IPPP, University of Malaya, Kuala Lumpur, Malaysia.
Duration: 1 Year 2006-2007.
2. Exploring Islamic Parenting Styles and Human Values among Muslim Parents.
Funded by the Centre for Study and Research, Hyderabad. (India). Duration: 1 Year 2023-2024.

Teaching Courses introduced at UGC and the Aligarh Muslim University, Aligarh (INDIA)

In 2016, University Grants Commission Expert Committee on Model Courses in Psychology was formed. Professor Akbar Husain, Member of the Curriculum Development Committee in Psychology introduced four theory courses and one practicum course under the M. A. Specialization in Islamic Perspective on Psychology.

Paper I - Islamic Psychology
Paper II - Psychology and Sufism
Paper III - Human Nature and Personality - Islamic Perspectives
Paper IV - Islamic Practices, Counselling and Psychotherapeutic Interventions
Practicum

PG Diploma in Muslim Chaplaincy (Academic Sessions: 2019-20, 2020-21)

Course offered in Professor K.A. Nizami Centre, Aligarh Muslim University, Aligarh, India.

Board of Studies of the Department of Islamic Studies, Aligarh Muslim University, Aligarh (India) held on 21st October 2023 has decided to introduce two courses: Islamic Counselling at the

Undergraduate level and Islamic Psychology at the Post-graduate level. Islamic Counselling course is introduced at the B.A V Semester, its teaching is in progress during the academic session 2024-2025.

Muslim Psychologists of India contributed/contributing in the field of Islamic Psychology

1. Professor M. G. Husain, (Retired Professor of Psychology), Jamia Millia Islamia, New Delhi
(*Edited Book*)
Husain, M. G. (1996). *Psychology and Society in Islamic Perspective*. New Delhi: Institute of Objective Studies, Genuine Publications & Media Pvt. Ltd.
2. Professor Shamim A. Ansari (Retired Professor of Psychology), Aligarh Muslim University, Aligarh.
(*Edited Book*)
Ansari, S. A. (In Press). *Readings in Islamic Psychology*. New Delhi: Institute of Objective Studies, Genuine Publications & Media Pvt. Ltd.
3. A. A. Wahab, Kerela
Vahab, A. A. (1996). *An introduction to Islamic psychology*. New Delhi: Institute of Objective Studies.
4. Dr. Sharafat Hussain Khan, University of Rajasthan, Jaipur (Rajasthan)
(*Chapter in Edited Book*)
Khan, S. H. (1996). Islamization of knowledge: a case for Islamic psychology. In M. G. Husain (Ed.) *Psychology and society in Islamic perspective* (pp. 41-52). New Delhi: Institute of Objective Studies.
5. Professor Nazirul Hasnain (Retired Professor of Psychology), Jamia Millia Islamia, New Delhi.
(*Edited Book*)
Hasnain, N. (1999) (Ed.) *Social Psychological Dimensions of Muslims: The post-Independence Scenario*. New Delhi: Institute of Objective Studies.

Publications of Professor Akbar Husain (Retired), Department of Psychology, Aligarh Muslim University, Aligarh (U.P). Professor Husain has authored and co-authored a number of books and edited two books in the field of Islamic Psychology and Counselling.

Books

1. Husain, A. (2006). *Islamic Psychology: Emergence of a New Field*. New Delhi: Global Vision Publishing House. ISBN: 81-8220-139-X.
2. Husain, A. (2017). (Ed.). *Contemporary Trends in Islamic Psychology*. Hyderabad: Centre for Study and Research. ISBN: 935258909-2.

3. Husain, A. (2018). *Applied Islamic Psychology: A Fresh Interpretation*. New Delhi: Global Vision Publishing House. ISBN: 978-93-.86603-40-1.
4. Husain, A., Nazam, F., & Khatoon, Z. (2018). *Manual: Islamic Counselling*. New Delhi: Global Vision Publishing House. ISBN: 978-93-.86603-47-0.
5. Husain, A. (2021). *Quranic Guidance, Therapy & Islamic Counselling Interventions*. New Delhi: Qazi Publishers & Distributors. ISBN: 978-93-84973-97-1
6. Husain, A., Anas, M., & Ab. Majeed, N. A. (2021). *Introduction to Muslim Chaplaincy*. Aligarh Muslim University: Publications Division. ISBN: 978-81-951710-4-0
7. Husain, A., Khan, A., Kirmani, M. N., & Khatoon, Z. (2021). *Psychological Perspectives in Islam and Sufism*. New Delhi: Global Vision Publishing House. ISBN: 978-81-.947716-6-1.
8. Husain, A., Nazam, F., & Khan, A. (2022). *Empirical Studies in Islamic Psychology: Annotated Bibliography*. New Delhi: Institute of Objective Studies. Genuine Publications & Media Pvt. Ltd. ISBN 978-93-91659-25-7
9. Husain, A., & Fakhr, R. (2023). *Religious and Spiritual Counselling*. New Delhi: Global Vision Publishing House. ISBN: 978-93-.90423-10-1.
10. Husain, A. (2024). *Quranic Virtues for the Development of Idyllic Personality*. New Delhi: Institute of Objective Studies. Genuine Publications & Media Pvt. Ltd. ISBN: 9789391659523
11. Husain, A., & Muslim, M. (2024). *Contribution of Indian Muslim Theologians and Thinkers to Islamic-Spiritual Psychology*. New Delhi: Institute of Objective Studies. Genuine Publications & Media Pvt. Ltd. ISBN: 978-93-91659-77-6
12. Husain, A. (2024). *HAPPINESS: Islamic and Philosophical Perspectives*. New Delhi: Institute of Objective Studies. Genuine Publications & Media Pvt. Ltd. ISBN: 978-9391659-69-1

Empirical Papers Published and Under Review in International Journals (Web of Sciences)

Husain, A., Nazam, F., & Gull, M. (2024). Reliability, Validity, and Factor Structure of Fitrah Scale. *Afkar: Jurnal Akidah & Pemikiran Islam* (In Press).

Husain, A., & Nazam, F., & Jabir K (2024). Standardization of Islamic Parenting Styles Inventory. *Journal of Religion and Health*. Under Review

Theoretical Articles Published in National, International Journals 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., & Qayoom, S. (2020). Sehat: (Health): Islamic perspective. *Journal of Indian Health Psychology*, 14(20), 1-8. ISSN: 0973-5755.
3. Khatoon, Z., & Husain, A. (2019). Alleviating Mental Health Problems through Islamic Practices, Counselling and Cultivation of Values. *IAHRW International Journal of Social Sciences Review*, 7(5-11), 1403-1405. ISSN-2347-3797. UGC Journal No. 41948.
4. Singh, R., & Husain, A. (2019). Reading scriptures and prayer: Paths towards developing inner strength. *IAHRW International Journal of Social Sciences Review*, 7(2), 292-299. ISSN-23473797 UGC Journal No. 41948 and NAAS Rating 2.72.
5. 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.
6. Husain, A., & Qayoom, S. (2016). The power of prayer in enhancing well-being. *Remarking, IIXI*, 98-103. P: ISSN No.: 2394-0344; E: ISSN No.: 2455-0817. Impact Factor: GIF = 0.543, SJIF = 4.473.
7. Husain, A. (2011). Prevention of environmental pollution through Islamic Lifestyles. *Proceedings of UGC National Seminar on Psychosocial Antecedents and Moderators of Environment*. Department of Psychology, Banwari Lal Jindal Suiwala PG College, Tosham (Bhiwani) Haryana, pp. 73-77.
8. Husain, A. (2010). Prophetic ways for coping with behavioural disorders. *Indian Journal of Positive Psychology*, 1(1-2), 27-29. ISSN: 2249-4937.
9. Husain, A. (2008). What is good for parents for the development of moral behavior of children? The spiritual virtues! *The Preston Journal of Social Sciences*, 1(1), 1-10. ISSN: 0092-91-5845540-1

Chapters in Book and Edited Books

1. Rassool, G.H. & Luqman, M. M. (2023). *Foundations of Islamic Psychology -- From Classical Scholars to Contemporary Thinkers*. Section III 19-21st Century Scholars, Academics, and Clinicians. Chapter 20 Akbar Husain (India), pp. 172-176. New York, NY: Routledge Taylor & Francis Group. ISBN: 978-1-032—00546-1 (pbk). DOI: 10.4324/9781003181415.

2. Husain, A. (2021). Islamic perspectives of psychology in India. In A. Haque and A. Rothman (Eds.) *Islamic psychology around the globe* (Chapter 4, pp. 73-91). Washington: International Association of Islamic Psychology.
3. Husain, A., & Kirmani, M. N. (2017). Contributions of Arab Muslim scholars to psychology. In A. Husain (Ed.) *Contemporary trends in Islamic psychology* (pp. 13-25). Hyderabad: Centre for Study and Research. ISBN 935258909-2.
4. Husain, A. (2017). Muslim chaplaincy and healing of trauma. In A. Husain (Ed.) *Contemporary trends in Islamic psychology* (pp. 26-36). Hyderabad: Centre for Study and Research. ISBN 935258909-2.
5. 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.
6. Husain, A. (2016). Preservation of health: Al-Tibb and the Quranic perspective. In S. Aleem and N. Iqbal (Eds.) *Positive vistas on health and well-being* (pp. 1-9). New Delhi: Excel India Publishers. ISBN: 978-93-85777-34-9.
7. Husain, A., & Khan, S. R., & Meraj, T. (2015). Spiritual education for the personality development of Muslim youths. In A. Husain, A. Khan, S. R., Khan, A.R., Hamdan, R., Ahmad, & M. S. Mustafa (Eds.) *Advances in Applied Psychology and Education* (pp. 149-158), New Delhi: Research India Press. ISBN: 978-81-89131-88-3.
8. Husain, A., & Zafar, S. (2015). Training programme for Madaris Teachers' skill development. In A. Husain, A. Khan, S. R., Khan, A.R., Hamdan, R., Ahmad, & M. S. Mustafa (Eds.) *Advances in Applied Psychology and Education* (pp. 353-366). New Delhi: Research India Press. ISBN: 978-81-89131-88-3.
9. 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.
10. 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.
11. Husain, A., Khan, S., Krippner, S., Fracasso, C., & Friedman, H. (2013). Muslim attitudes, toward near-death experiences, death, and the afterlife. In J. H. Ellens (Ed.) *Volume Three – End time and after life in Islamic, Buddhist, and indigenous cultures* (pp. 41-52). Santa Barbara, California: Praeger. ISBN: 978-1-4408-0183-9

12. Husain, A. (2009). Contribution of Maulana Ashraf Ali Thanvi in the field of psychopathology and psychotherapy. In M. Rafique (Ed.) Development of Islamic Religion and Philosophy in India. Volume VII Part 5 (pp. 219-230). New Delhi: Project of History of Indian Science, Philosophy and Culture (PHISPC), Centre for Studies in Civilizations (CSC). ISBN: 81-87586-37-0
13. Husain, A. (2005). Islamic lifestyles: The right path for the maintenance of health. In R. Singh, A. Yadava., & N. R. Sharma (Eds.) Health Psychology. (pp. 329-340). New Delhi: Global Vision Publishing House. ISBN: 81-8220-109-08

Professor Mohd. Ghufuran (Retired Professor of Psychology), Gurukul Kangri University, Haridwar (UK)

Chapters in Edited Books

1. Ghufuran, M. (1996). Theory of personality development in Quranic perspective. In M. G. Husain (Ed.) Psychology and Society in Islamic Perspective. New Delhi: Institute of Objective Studies.
2. Ghufuran, M. (1999). Abnormal behaviour: Meaning, cause and prevention in Islamic perspective. In N. Hasnain (Ed.) Social Psychological Dimensions of Muslims: The post-Independence Scenario. New Delhi: Institute of Objective Studies.
3. Ansari, S, & Ghufuran, M. (2005). Understanding of mental health in Qur'anic Perspective. In R. Singh, A. Yadav & N. R. Sharma (Eds.) Health Psychology. New Delhi: Global Vision Publishing House.
4. Ghufuran, M. (2017). Life satisfaction, optimism and well-being of elderly Muslims practicing regular collective religious prayers. In A. Husain (Ed.) Contemporary trends in Islamic Psychology. Pp. 37-51, Hyderabad: Centre for Study and Research. Theoretical Articles Published in Journals
5. Wakeel, A. & Ghufuran, M. (2018). Life satisfaction and general health of elderly Muslims practicing regular collective religious prayers. The International Journal of Indian Psychology, 6 (4), 183-192
6. Wakeel, A. & Ghufuran, M. (2018). Impact of religious practices on hardiness and mental health. The International Journal of Indian Psychology, 6 (3), 75-79
7. Ghufuran, M. (2011). Impact of religious practices on mental health of elderly people belonging to Muslim community. Indian Journal of Community Psychology, 7, 380-387.

Professor Naved Iqbal, Department of Psychology, Jamia Millia Islamia, New Delhi.

Chapters in Edited Books

1. Iqbal, N., Rahimi, H., Reazi, F. & Aleem, S. (2016). Effect of life skills Training on self-esteem, empathy and mental health of Iranian adolescents. In Akbar Husain (eds) Contemporary trends in Islamic psychology, (pp. 52-66). Hyderabad: Centre for Study and Research. ISBN 935258909-2
2. Iqbal, N. (2012). Spirituality: An Islamic perspective. In A. Husain and N. Khatoon (Eds) Understanding Spirituality, (pp. 52-68). New Delhi: Research India Press.

Theoretical Articles Published in International and National Journals

1. Aminnuddin, N. A., Puasa, S., & Iqbal, N. (2024). Mapping personality traits to religious coping styles and struggle: Evidence from Malay Muslim undergraduates in Brunei. Personality and Individual Differences, 220, 112523. <https://doi.org/10.1016/j.paid.2023.112523>
2. Ansari, S., & Iqbal, N. (2023). Contributions of Muslim medieval scholars to psychology. Archive for the Psychology of Religion. <https://doi.org/10.1177/00846724231197238>
3. Iqbal, N. & Skinner, R. (2021). Islamic psychology: Emergence and current challenges. Archive for the Psychology of Religion, 1-13. <https://doi.org/10.1177/0084672420983496>
4. Iqbal, N. (2015). Human nature: An Islamic perspective. Indian Journal of Psychology and Mental Health, 9(1-2), 156-170.
5. Iqbal, N., Rahimi, H., & Rezai, F. (2014). Effect of life skills training on empathy of the Iranian high school students. The International Journal of Humanities and Social Studies, 2(5), 282-289.
6. Iqbal, N. (2006). Islamic perspective on Dreams. Islam and Modern Age, 2, 100-111.

Professor Shah M Khan, Department of Psychology, Aligarh Muslim University, Aligarh.

1. Khan, S. M., Husain, A., & Suhail, R. M. (2021-2022). Hemispheric asymmetry and performance flexibility- An EEG focussed study. International Journal of Management Development and Information Technology, 19, 72-79.

Dr. Mustafa Nadeem Kirmani, Associate Professor (Clinical Psychology) in Amity Institute of Clinical Psychology, Amity University Haryana.

Chapters in Edited Books

1. Kirmani, M.N. (2019). Is Muslim Woman's Status Lower than that of a Muslim Man: Psycho-

Quranic Perspective). Muslim Women: What Everyone Needs to Know (pp. 164-172). New Delhi: Viva Books Publishers. ISBN: 978-93-89401-52-3

2. Kirmani, M.N. (2016). Forgiveness Training Interventions: A Psycho-Spiritual Approach. Human Values in World Religions (pp.64-69). Aligarh: Mishkaat Printers and Publishers. ISBN: 978-93-84354-91-6
3. Kirmani, M.N. (2016). Bridging up the gap between Qur'anic knowledge and behavior. Advancement of Science and Philosophy in Islam (pp.23-27). Aligarh: Mishkaat Printers and Publishers. ISBN: 978-93-84354-84-8
4. Kirmani, M. N. (2016). Understanding the Holy Qur'an: Psychological Approach. Social and Spiritual Teachings of the Quran in Contemporary Perspective (pp.258-265). New Delhi: Excel Publishers. ISBN : 978-93-85777-55-4
5. Kirmani, M. N. (2015). Quran and Gender Justice: Psychological perspective. Empowerment of Women under the Prophet of Islam (pp.149-156). Aligarh: Mishkaat Printers and Publishers. ISBN: 978-93-84354-28-2.

Theoretical Articles Published in Journals

1. Kirmani, M.N., & Bano., S. (2016). Quran and Pluralism: A Social psychological approach. The Indian Journal of Behavioral Sciences, 1(1), 1-8.
2. Kirmani, M.N. (2015). Quranic Approach to Cognitive and Behavioral change: Psychological perspective. IAHRW International Journal of Social Sciences Review, 3(2), 257-261.
3. Kirmani, M. N. (2015). Developing moral behaviors in children and adolescents: Psycho-Quranic perspective. Indian Journal of Positive Psychology, 6(2), 207-210.
4. Kirmani, M.N., Sharma, P., & Jahan, F. (2015). Spirituality & Religious Based Counseling and Psychotherapy: An Emerging Paradigm in Health Care. United Journal of Awadh Scholars, 9(1&2), 11-17.
5. Kirmani, M. N., & Husain, A. (2002). Islamic approaches for the psychological help of AIDS patients. PRASAR: Contemporary Journal of Population and Adult Education, 1, 89-93.

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Conestoga College, Institute of Technology and Advanced Learning, Ontario, Canada.

Research Paper Published in SCOPUS and International Journals

1. Nazam, F., Husain, A., & Gull, M. (2022). Standardization of Taqwa (Piety) scale for Muslims:

An exploratory study. *Islamic Guidance and Counseling Journal*, 5(1), 30-39. E-ISSN 2614-1566. <https://doi.org/10.25217/igcj.v5i.1662>.

2. Nazam, F., & Husain, A. (2020). Further validation of spiritual values scale. *The New Educational Review*, 61(3), 199-210. ISSN: 1732-6729.
3. 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.

Chapter in Edited Book

1. 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.

Dr. Mubashir Gull, Assistant Professor, Department of Applied Psychology, GITAM, School of Humanities and Social Sciences, Visakhapatnam, Andhra Pradesh.

Empirical Papers Published in National, International Journals (Web of Sciences)

1. Gull, M., & Husain, A. (2021). Religious coping among caregivers of differently-abled children. *Life Span and Disability- An Interdisciplinary Journal*, XXIV, 133-147. ISSN: 2035-5963
2. Gull, M., & Husain, A. (2020). Reliability, validity and factor structure of religious coping scale. *Iranian Rehabilitation Journal*, 18(3), 1-10. SCOPUS Q3, Impact Factor: .27 Doi <http://dx.doi.org/10.32598/irj/18.3.942.1> ISSN: 1735-3602, E-ISSN: 1735-3610
3. 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

Theoretical Article Published in Journal by Leyakat Ali Khan

1. Khan, L. A. (2024). Rediscovering the Comprehensive Contribution of Abu Zayd al-Balkhi in the Contemporary Psychology. *International Journal of Islamic Psychology*, VII, 1-9.

Conclusion

The accomplishments outlined above underscore the increasing importance of Islamic Psychology and Counselling in India over the past three decades. Muslim psychologists and Islamic scholars have played a pivotal role in shaping this field, contributing through scholarly publications, impactful presentations, and by organizing workshops and conferences at national and international levels.

There is an urgent need to incorporate Islamic Psychology into undergraduate and postgraduate curricula. Introducing specialized certificate and diploma courses at colleges and universities will not

only broaden the academic landscape but also deepen students' understanding of psychology from an Islamic perspective. To achieve this, well-structured syllabi encompassing the diverse sub-specialties of Islamic Psychology must be developed. Academic advisors should also actively encourage students from allied social sciences, such as Islamic Studies, Education, and Social Work, to opt for Islamic Psychology as an enriching, value-added course.

Value-added courses like Islamic Counselling and Personality Development can significantly enhance employability by equipping students with unique, culturally relevant skills. These courses, whether taught by psychology faculty or in collaboration with other departments, would serve to bridge the gap between theory and practice, offering students both intellectual depth and practical competencies.

In a world where culturally competent mental health services are increasingly in demand, incorporating Islamic Psychology into academic curricula is not just an academic enhancement; it is an essential step toward fostering well-rounded professionals who can bridge the gap between modern psychology and Islamic traditions, providing impactful solutions for the community.