

## Curriculum Vitae



**Dr. RICHA RANI YADAV**

**Assistant Professor**

**Department of Psychology**

**D A V PG College, Varanasi-221005**

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- **Area of Specialization:** Applied Social Psychology & Women Studies
- **Academic Qualifications:**

<b>Exam Passed</b>	<b>Board/ University</b>	<b>Subjects</b>	<b>Year</b>	<b>Division/ Grade Merit etc.</b>
High School	U.P. Board	Hindi, English, Home- Science, Science-I, Social- Science, Drawing	1991	I / 78%
Higher Secondary or Pre-Degree	Do	Literary Hindi, English, Psychology, Sociology, Drawing	1993	I / 70%
Bachelor's Degree(s)	Dr.Ram Manohar Lohia, Awadh University Faizabad (UP)	English, Psychology, Ancient History.	1996	I / 65.3%
Master's Degree(s)	Do	Psychology	1998	I/ 65.4%
Research Degree(s)	Do	Rajneetik netritva mein sahabhagita ke Sandarbh mein vibhinna varga ki mahilaon ke anasakti,	2002	

		yaun-bhed bhoomika pravritti aur mansik svasthya ka addhayan		
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**Total Teaching Experience: 15 years**

**Major Research Project:**

Submitted Major Research Project entitled **“A comparative study of married & unmarried working women: Happiness and Social Worth”**, funded by UGC, New Delhi, 2012.

**WORKSHOP ORGANIZED / PARTICIPATED**

- 1- Participated in workshop on sensitization/ awareness/Motivation for capacity building for women managers in higher education Organized by CWSD, BHU, Sponsored by UGC, Oct. 9-14, **2006**.
- 2- **Workshop** on human values And academic excellence, Organized by Malaviya Centre For Ethics and Human Values BHU, Varanasi August 11-19, **2007**.
- 3- **Workshop** on Ethics & Human Values For Academic Excellence. Organized by Malviya Centre for Ethics & Human Values, BHU Varanasi, August 24-29, **2009**.
- 4- **Workshop** On Research Methodology UGC sponsored, Organized by Dept. of Commerce, DAV PG College, Varanasi , 30-31 March 2010.
- 5- **Organized** 08 day **National** workshop on “Psychological effects of Gandhian thought on individual transformation and reconstruction of society” in collaboration with Department of Psychology and

Gandhian Studies Centre, DAV PG College, B.H.U., Varanasi, in the capacity of organizing secretary. 30 Jan-6 Feb, 2013.

- 6- **Organized** 07 day **National** Workshop on “Bhartiyamahilaonkiasmitakirakshameinsamajevamkanooniprakriyakibhumika”, Organized by Stree - Vimarsh Cell, DAV PG College, Varanasi, 23-29 October, 2013.
- 7- **Organized** 08 day **National** Workshop on Graphology/writing Analysis, DAV PG College, Varanasi, January 6-13, 2014.
- 8- **Organized** 10 day **National** workshop on “Understanding Mental Health Issues and Outcome: An Interface between Psychiatry and Psychotherapy”, Department of Psychology, DAV PG College, Varanasi, in the capacity of organizing secretary, April 3-12, 2015.
- 9- Participated in one week **National** workshop on “Assessing the E-Resources (N-List) of Library and its Application”, DAV PG College, Varanasi, February 09-16, 2016.
- 10- **Organized** 01 day National workshop on “Women’s Health: Some Issues”, Stree-Vimarsh Cell, DAV PG College, Varanasi, 20<sup>th</sup> Feb, 2016.
- 11- Participated 10 days National workshop on “Understanding Statistics by MS-Excel and SPSS”, Organized jointly by Division of Biostatistics, Department of Community Medicine, IMS, DST Centre for Interdisciplinary Mathematical Sciences (CIMS) BHU, Varanasi, in the capacity of organizing secretary, June 1<sup>st</sup> -10<sup>th</sup>, 2016.
- 12- -Participated in UGC Sponsored International workshop on “Vipassana” ,Organized by Centre for Buddhist Studies; AryaMahila PG College, BHU, Chetganj, Varanasi ,26<sup>th</sup> Sep- 2<sup>nd</sup> Oct, 2016.

- 13- भाग लिया,आखिल भारतीय कार्यशाला “संस्कारात्मकर्मकांडेन सह ज्योतिष-वास्तु कौशल विकास”, संस्कृत विभाग,डी.ए.वी.पी.जी. कॉलेज,वाराणसी,अक्टूबर २०-२९,२०१६ .
- 14- Participated in one week National workshop on “Theoretical and empirical aspects of research methodology”, DAV PG College, Varanasi, November 07-16, 2016.
- 15- Participated in Ten day National workshop on “Statistical Techniques and Software tools for Data Analysis”, Organized by Department of Commerce and Research Assessment Committee, DAV PG College, Varanasi, January 20-30, 2017.
- 16- Participated in eight day National workshop cum training programme on “Phonetics, Phonology and Effective Communication”, organized by Department of English, under the aegis of IQAC, DAV PG College, Varanasi, January 23-30, 2018.
- 17- **Organized** 10 day **National** workshop on “Psychological Assessment and Person Enrichment” organized by Department of Psychology, DAV PG College,B.H.U., Varanasi, in the capacity of organizing secretary.08 -17 Feb,2018.
- 18- Participated one week National workshop cum Training Programme on “Scale Development, Rorschach Ink Blot Test and IQ Testing”, Jointly organized by Department of Kayachikitsa, IMS, B.H.U., Varanasi and All India AyurvedicSpecialist(PG) Association, Varanasi, February 27-March 04,2019.
- 19- Participated in two days UGC Sponsored National workshop/seminar on International Politics and Technical Terminology, Organized by Department of Political Science, DAV PG College, Varanasi, June 29-30, 2019.

- 20- **Organized** 01 day National Seminar on “Role of Law And Justice In Achieving Gender Equality”, Sexual harassment and violence against women Redressal committee, DAV PG College, Varanasi, 15<sup>th</sup> March, 2019.
- 21- **Organized** poster making competition and poster presentation on “Sexual Harassment and violence against women at work place”, Sexual harassment and violence against women Redressal committee, DAV PG College, Varanasi, 18<sup>th</sup> March and 11<sup>th</sup> April 2019 respectively.
- 22- Participated in one day National workshop on Health, Wealth and Happiness: Psychological Science, Organized by Department of Psychology, DAV PG College, Varanasi, September 25, 2019.
- 23- **Organized** 01 day workshop on “An intersectional analysis of sexual Harassment : Gender and society at work place ”, Sexual harassment and violence against women Redressal committee, DAV PG College, Varanasi, 04<sup>th</sup> november, 2019.
- 24- **Organized** special lecture on “Badgering and Bantering: Gender difference in experience of and reactions to sexual harassment at work place”, Sexual harassment and violence against women Redressal committee, DAV PG College, Varanasi, 31 October, 2019.
- 25- **Participated as RESOURCE PERSON** 07 days National workshop on “Issues and challenges of Indian Economy”, Department of Economics, DAV PG College, Varanasi, 13-20 November, 2019.
- 26- **Participated** in Ten day National workshop on “Research Methodology in Social Sciences and Humanities”, Organized by Department of Sociology, DAV PG College, Varanasi, 6-16 November, 2019.
- 27- **Participated** 01 day International consultative workshop/Seminar on “Child Labor: Issues and the way forward”,

Department of Economics, DAV PG College, Varanasi with the collaboration of Manchester Business school, University of Manchester U.K., 01 April, 2019.

- 28- **Participated** 01 day International collaborative workshop/Seminar on “Women’s World of Work : Issues and Challenges”, Department of Economics, DAV PG College, Varanasi with the collaboration of School of Social Sciences ,University of Manchester U.K., 07 June, 2019.
- 29- **Participated** in one day **state level** workshop on Organizational Leadership: Generating extraordinary organizational performance, Organized by School of Management Sciences, Varanasi, January 11, 2020.
- 30- **Participated** 3<sup>rd</sup> National workshop on “Statistical Techniques for data analysis using Software tools SPSS and R”, Organized by Department of Commerce, DAV PG College, Varanasi, January 16-31, 2020.

#### **SEMINAR ORGANIZED(one day)**

- 1- Celebrating International women’s Day with Organizing 01 day National Seminar, on “NAARI VIBHED : VIMARSH SE NISHKARSH TAK”, StreeVimarsh Cell, DAV PG College, Varanasi, 8<sup>th</sup> March, 2016.

#### **LECTURE DELIVERED**

- 1- Delivered lecture as resource person in the workshop on “Psychological effects of Gandhian thought on individual transformation and reconstruction of society” in collaboration with Department of Psychology and Gandhian Studies Centre, DAV PG College, B.H.U., Varanasi, in the capacity of organizing secretary. 30 Jan-6 Feb, 2013.
- 2- Delivered a lecture as a resource person on the subject “वर्तमान शिक्षा और हमारी सामाजिक समस्याएँ” on 12/02/2013 in the seven days camp, organized at Beniyanbaag Varanasi, from 11-17 February, 2013 by NSS unit, DAV PG College, BHU, Varanasi.
- 3- Delivered a lecture as a resource person on the subject “**Awareness of health and sanitation**” on 15/08/2013 in the one day camp, organized at Ishwargangipokhara, Varanasi, by NSS unit, DAV PG College, BHU, Varanasi.
- 4- Delivered a lecture as a resource person on the subject “स्वास्थ्य अभियान” on 22/01/2014 in the seven days camp, organized from 20-26 January, 2014, at Bunker Basti, Ratnakar Park, Shivala, Varanasi, by NSS unit, DAV PG College, BHU, Varanasi.
- 5- Delivered Lecture as a resource person on ‘present status of women in India’, February 27, 2014, Anokhi Club, Hindustan, Varanasi
- 6- Delivered Lecture as a resource person on “HIV AIDS and Youth”, in sensitization workshop on HIV AIDS, under Red Ribbon Club for peer educators, March 24-28, 2014, Organized by National Service Scheme, BHU, Varanasi.

- 7- Delivered a lecture as a resource person on the subject "**COMMUNICATION SKILLS**" on 09/07/2014 at Department of Psychology ,Mahadev PG College, MGKVP, Varanasi.
- 8- Delivered a lecture as a resource person on the subject "**Stages of counseling and importance of collaborative approach**" on 10/07/2014 at Department of Psychology ,Mahadev PG College, MGKVP, Varanasi.
- 9- The association of human support and sustainability, "Ahsas" has organized the lecture programme on Friday evening, 22/08/2014 and invited to deliver a lecture on "**Health and Sanitation awareness**".
- 10- Delivered a lecture as resource person on the subject "**STRESS AND DRUG ADDICTION**" on 13/09/2014 at Department of Psychology श्रीघनश्यामदूबेस्नातकोत्तरमहाविद्यालय, MGKVP, Varanasi.
- 11- The association of human support and sustainability, "Ahsas" has organized the lecture programme on Sunday, 21/09/2014 and invited to deliver a lecture on "**Gender sensitization and cognition**".
- 12- The association of human support and sustainability, "Ahsas" has organized the lecture programme on Saturday evening, 04/07/2015 and invited to deliver a lecture on "**Social adjustment and Quality of life**".



- 13- Delivered a lecture as a resource person on the subject **“BEHAVIOURAL ASSESSMENT IN PSYCHODIAGNOSTICS”** on 25/07/2015 at Department of Psychology, Subhashchandra Mahavidyalaya, MGKVP, Varanasi.
- 14- Delivered a lecture as resource person on the subject **“HAPPINESS AND WELL-BEING”** on 06/09/2015 at Department of Psychology, श्रीघनश्यामदूबेस्नातकोत्तरमहाविद्यालय, MGKVP, Varanasi.
- 15- The association of human support and sustainability, “Ahsas” has organized the lecture programme on Saturday evening, 26/09/2015 and invited to deliver a lecture on **“Domestic violence: stress and mental health”** .
- 16- The association of human support and sustainability, “Ahsas” has organized the lecture programme on Sunday, 27/12/2015 and invited to deliver a lecture on **“Dropout cases in primary schools: causes and prevention”** .
- 17- Delivered Lecture as a resource person on “ Personality in Eastern Perspective” in National seminar on “ANAND MIMAMSA”, Organized by Mangla Foundation , Delhi and GyanPravah, Varanasi, January 16- 17, 2016
- 18- The association of human support and sustainability, “Ahsas” has organized the lecture programme on Saturday evening, 02/04/2016 and invited to deliver a lecture on **“Human values: Foundation of happy life”** .

- 19- Delivered a lecture as a resource person on the subject **“MANAGEMENT OF EDUCATIONAL STRESS”** on 30/07/2016 at Department of Psychology, Subhash Chandra Mahavidyalaya, MGKVP, Varanasi.
- 20- Delivered a lecture as a resource person on the subject **“CONFIDENCE BUILDING STRATEGY AND PERSONALITY”** on 07/01/2016 at Department of Psychology, Subhashchandra Mahavidyalaya, MGKVP, Varanasi.
- 21- Delivered a lecture as a resource person on the subject **“Goals and functions of counselor and counslee”** on 07/11/2016 at Department of Psychology, Mahadev PG College, MGKVP, Varanasi.
- 22- Delivered a lecture as a resource person on the subject **“FREUD AND PSYCHOANALYSIS”** on 07/11/2016 at Department of Psychology, Subhashchandra Mahavidyalaya, MGKVP, Varanasi.
- 23- Delivered a lecture as a resource person on the subject **“Importance of psychodiagnostic in therapeutic intervention”** on 10/11/2016 at Department of Psychology, Mahadev PG College, MGKVP, Varanasi.
- 24- Delivered a lecture as a resource person on the subject **“Building better Mental Health”** on 10/07/2017 at Department of Psychology, Subhash Chandra Mahavidyalaya, MGKVP, Varanasi.
- 25- The association of human support and sustainability, “Ahsas” has invited as a Resource person to deliver a lecture on **“Narcissism as a driving hazard”** on 19/11/17.

- 26- The association of human support and sustainability, “Ahsas” has invited as a Resource person to deliver a lecture on **“Gender and education system”** on 20/10/17.
- 27- The association of human support and sustainability, “Ahsas” has invited as a Resource person to deliver a lecture on **“Child labor and general health perspectives”** on 18/03/18.
- 28- Delivered a lecture as a resource person on the subject **“Power of Positive attitude and Success”** on 06/07/2018 at Department of Psychology, Subhash Chandra Mahavidyalaya, MGKVP, Varanasi.
- 29- The association of human support and sustainability, “Ahsas” has invited as a Resource person to deliver a lecture on **“Mental Health Awareness: The Indian Scenario”** on 19/08/18.
- 30- Delivered a lecture as a resource person on the subject **“Women and Gandhi”** on 02/10/2018 at Department of Psychology, Subhash Chandra Mahavidyalaya, MGKVP, Varanasi.
- 31- The association of human support and sustainability, “Ahsas” has invited as a Resource person to deliver a lecture on **“Power of understanding self”** on 11/11/18.
- 32- Delivered a lecture as a resource person on the subject **“Gender and Sexual Abuse”** on 08/07/2019 at Department of Psychology, Subhash Chandra Mahavidyalaya, MGKVP, Varanasi.
- 33- The association of human support and sustainability, “Ahsas” has invited as a Resource person to deliver a lecture on **“The Pursuit of Happiness: Using the power of positive emotions”** on 15/09/19.

- 34- The association of human support and sustainability, “Ahsas” has invited as a Resource person to deliver a lecture on **“Working women: Issues and challenges”** on 08/12/19.
- 35- **Participated as RESOURCE PERSON** 07 days National workshop on “Issues and challenges of Indian Economy”, Department of Economics, DAV PG College, Varanasi, 13-20 November, 2019.
- 36- Delivered a lecture as a resource person on the subject **“ IMPORTANCE OF MENTAL HEALTH FOR PERSONALITY”** on 13/03/2019 in one day orientation programme NSS, organized at DAV PG College, Varanasi , by NSS unit ,DAV PG College, BHU, Varanasi .
- 37- Delivered a lecture as a chief speaker on the subject **“ About the importance of National Service”** on 06/02/2019 in one day orientation programme NSS, organized at DAV PG College, Varanasi , by NSS unit ,DAV PG College, BHU, Varanasi .
- 38- Delivered a lecture as a chief speaker on the subject **“ National Service scheme: An Introduction”** on 06/02/2019 in one day orientation programme NSS, organized at DAV PG College, Varanasi , by NSS unit ,DAV PG College, BHU, Varanasi .
- 39- Delivered a lecture to NCC Cadets as a Resource Person on the subject **“Impact of Anasakti on life”** on 02/10/2019 organized at DAV PG College, Varanasi , by NCC unit ,DAV PG College, BHU, Varanasi .
- 40- Delivered a lecture to NCC Cadets as a Resource Person on the subject **“Leadership Quality”** on 03/01/2020 organized at DAV PG College, Varanasi , by NCC unit ,DAV PG College, BHU, Varanasi .

### **PAPER PUBLISHED**

- Yadav R R, Depression and life satisfaction among teachers; United Journal of Awadh Scholars, Vol. **1**, Nos. 1-2, 2007, pp. 93-96.
- Yadav R R, Anasakti, mental health and sex-role orientation : a comparative study of women concern in politics : Indian Journal of Human Relations, Vol. **33**, 2008, pp. 55-58.
- Yadav, R. R, A monograph on “Stress and Food” published in ‘Prabha’ the College Magazine of DAV P/G College, Varanasi, 2009
- Yadav,R.R.(2010), Sex-Role Orientations And Mental Health In Women:Impact Of Caste And Rural-Urban Background; United Journal of Awadh Scholars, Vol. 4, No. 2, 2010, pp. 31-36.
- An Assessment of Environmental Awareness and Personality among Teachers, pp. 82-85.United Journal of Awadh Scholars, Vol. 5, No. 2, June 2011
- Certain Specific Conditions and Solution of childhood Psychiatric Disorder; pp. 102-107.Kashi Journal of Social Sciences, Vol. 01, No. 1, 2011
- Yadav,R.R. and Gautam Prasad Suxena (2012).Subjective Well-being and Marriage Attitude among women professionals; Indo- Indian

Journal of Social Science Researches, Vol. 8, No. 1, April, 2012, ; pp. 141-145.

- Yadav,R.R. (2012).Study of Anaksati and Mental Health in Specific Context of Women; Indian Journal of Community Psychology, Vol. 8, No. 2,September, 2012,pp.199-206.
- Yadav,R.R. and Gautam Prasad Suxena (2012). Effect of Cellular Phone Exposure on Cognition and Physiology of Teenagers and Adolescents; Indian Journal of SocialSciences &Societies; Vol. 12, February 2012, pp. 63-71.
- Yadav,R.R. (2014). Violence against Dalit Women in India; “Prabha” Dalit vimarsh visheshank, DAV PG College, BHU, Varanasi, pp.21-27.
- Yadav,R.R. (2015). भारतीय राजनीति में महिलाओं के सीमित नेतृत्व का सवाल; “Prabha” स्व. पी. एन. सिंह यादव स्मृति अंक, DAV PG College, BHU, Varanasi,Vol. २ , pp.-74-76.
- Yadav,R.R. (2016).Human rights as self conscious emotions in Buddhism, SHODHA PRAVAHA,A Multidisciplinary Refereed Research Journal . Issue 1, Vol. VI, January, 2016, pp.1-3.
- Yadav,R.R. (2016).Study on the marital adjustment and quality of life among working women and homemakers; SHODHA PRAVAHA,A Multidisciplinary Refereed Research Journal . Issue 1, Vol. VI, January, 2016, pp.127-134.
- Yadav,R.R. (2016).An empirical examination of Organizational citizenship Behavior and Occupational stress among railway

employees; International Multilingual Research Journal ,Printing Area. Issue 15,Vol. 01, March, 2016, pp.20-25.

- Yadav, R.R. (2016). Non-attachment among kabirpanthy sadhus: A Psychological exploration. IMPACT: International Journal of Research in Applied, Natural and Social-Sciences (IMPACT: IJRANSS), ISSN(P): 2347-4580; ISSN(E) : 2321-8851,Vol.4,Issue 9,Sep 2016,147-154.
- Yadav, R.R. (2016). Spiritual intelligence:study of disciples and non-disciples of spiritual gurus. International Journal of Advance Research (IJAR), ISSN: 2320-5407; Vol.4, Issue 9, Sep 2016,1619-1626.
- Yadav, R.R. (2016). Occupational stress among junior resident doctors: A comparative study. IASET: International Journal of Humanities and Social-Sciences ( IJHSS), ISSN (P) : 2319-393X; ISSN(E) : 2319-3948,Vol.5,Issue 6,Oct-Nov 2016,81-92.
- Yadav,R.R. (2016). Relationship between quality of life and perceived stress: A caste Perspective.IMPACT: International Journal of Research in Applied, Natural and Social-Sciences (IMPACT: IJRANSS), ISSN(P): 2347-4580; ISSN(E) : 2321-8851,Vol.4,Issue 11,Nov 2016,153-158.
- Yadav, R.R. (2016). Mental health and self-esteem of teachers: An influence of Indian caste system. International Journal of Advance Research (IJAR), ISSN: 2320-5407; Vol.4,Issue 11,November 2016,1391-1398.
- Yadav, R.R. (2017). Defense mechanism pattern in normal female adolescents. Indian Journal of Community Psychology (IJCP), ISSN: 0974-2719;Vol.13, Issue 1,March 2017, 161-168.
- Nasir Ahmad Bhat, Richa Rani Yadav (2017). Occupational Stress and Job Satisfaction in Junior Health Care Professionals of IMS-BHU

Varanasi. Delhi Psychiatry Journal, ISSN: 0971-9571; Vol.20, No. 1, April 2017, 71-78.

- Yadav, R.R. (2017). Parenting Styles in developing suicidal ideation among college going students at Varanasi U.P.. SHODH DARPAN , An International and Multidisciplinary Peer Reviewed Refereed Research Journal, UGC List No-45149, ISSN: 2231-1688; Vol.VII, January - June, 2017, 319-327.
- Geetesh Kumar Singh, Richa Rani Yadav (2017). Appearance Status and Narcissism among adolescents and young adults. International Journal of Advanced Research, ISSN: 2320-5407; Vol.05, Issue 08, August, 2017, 699-706.
- Yadav, R.R. (2018). Animal Assisted Therapy: An Overview. अयन , An International Multidisciplinary Peer Reviewed Refereed Research Journal, ISSN / ISBN NO- 2347-4491, Volume 06, Number 1, Issue 02, January-March 2018,235-245.
- Yadav, R.R. (2018). Non-attachment and Subjective Well-being: A Comparative study among teachers and nurses. MANAVIKI, An International Journal of Humanities and Sciences.UGC List NO-42515, ISSN 0975-7880, Vol. XI, NO.1, Issue II January -June, 2018, 354-360.
- Laxmanji Yadav, Richa Rani Yadav, J.S.Tripathi (2018).Expanding Horizons of Satvavajaya chikitsa: Through EMDR & CBT. International Journal of Research and Analytical Reviews, EISSN 2348-1269, Print ISSN: 2349-5138; Vol.05, Issue 04, October-December 2018, 55-58.
- Yadav, R.R. (2019). Effect of study habit among children of club-going and non club-going Parents. JIGYASA, UGC approved Journal No. 40957 , ISSN: 0974-7648; Vol.12, No. 2,February 2019, 751-758.



- Yadav, R.R. (2019). प्रसन्नता का संज्ञानात्मक क्षमता या वैचारिक क्षमता पर पड़ने वाले प्रभाव का अध्ययन. अयन , An International Multidisciplinary Peer Reviewed Refereed Research Journal. UGC list approved Journal-49095,ISSN/ISBN NO-2347-4491, Volume 07, Number 1, Issue 04, January-March 2019, 284-290
- Yadav, R.R. and Tripathi D. (2019). Emotional Maturity, General Health and loneliness Among sexually abused young adults. Indian Journal of Clinical Psychology, UGC CARE LISTED (section D),ISSN 0303-2582, Volume 46, Number 2,September 2019,146-151.

**PARTICIPATED /PAPER PRESENTED IN INTERNATIONAL  
CONFERENCE/SEMINAR/WORKSHOP**

- 1-“Present Scenario of Higher Education in India”.National seminar on Higher Education Organized by Akhil Bharatiya Rashtriya Shaikshik Mahasangh, BHU, Varanasi,Sept.11-12,2010.
- 2- “Stress- Management at work and Practical Psychology”. National seminar on Innovative Management Practices in Globalised Era.UGC sponsored, Organized by Dept. of Commerce, DAV PG College, Varanasi, January 4-5, 2011.
- 3- “Personality and Athlete’s Performance”.National seminar on Physical Education and Sports:Current Status and Future Prospects.UGC Sponsored,Organized by Dept. of Physical Education and Sports, Jagatpur P/G College, MGKVP, Varanasi, February 14-15,2011.
- 4- “Subjective Well-being and Marriage Attitude among Women Professionals”.**International** Conference on Counseling and Community Psychology.Organized by Dept. of Applied

Psychology, VBS Purvanchal University, Jaunpur (U.P.), December 17-19, 2011.

- 5- "Poverty And Child-Labor", **National** Seminar on Discourses on Poverty Issues Some Myths And Realities, Organized by Dept. of Economics, D.A.V. P.G. College, Varanasi, Feb. 25-26, 2012.
- 6- "Untouchability In Eastern U.P.: Present Scenario", **National** Seminar on Ambedkar's vision on 21<sup>st</sup> Century. UGC sponsored, Organized by Dr. Ambedkar Studies Centre, DAV PG College, Varanasi, Feb. 26, 2012.
- 7- "Critical Thinking and Psychology", State Level Seminar on Critical Thinking and Philosophizing. ICPR New Delhi, Organized by DAV PG College, Varanasi, Dec. 22, 2012.
- 8- "Sexual-harassment at work place", **National** Workshop on "Bhartiya Mahila on kiasmita kirakshame insamajevam kaanooniprakiyakibhoomika", Organized by Stree-Vimarsh Cell, DAV PG College, Varanasi, Oct. 23-29, 2013.
- 9- "बुद्ध : महान मनोचिकित्सक ", अंतर्राष्ट्रीय संगोष्ठी "भारतीय संस्कृति एवं बौद्ध धर्म दर्शन में पर्यावरण", धर्म संस्कृति संगम काशी एवं बौद्ध दर्शन विभाग , सम्पूर्णानन्द संस्कृत विश्वविद्यालय, वाराणसी, दिसम्बर ५, २०१४ .
- 10- "Buddhism: The positive Psychology of human Rights", Interdisciplinary **International** Seminar on "Buddhism, Culture/Literature & the constitution of India. Organized by Department of English , B.H.U., Varanasi, December 20, 2014.

- 11- “लोक और जनजाति कला”राष्ट्रीय संगोष्ठी/कार्यशाला “आदिवासी जनजाति समाज ,संस्कृति,कला और साहित्य:२१वीं शताब्दी के परिप्रेक्ष्य में”.जनजातीय शोध एवं विकास संस्थान वाराणसी एवं जनजाति एवं लोक कला संस्कृति संस्थान ,संस्कृत विभाग 30 प्र0 सरकार,अप्रैल 11-12 ,2015.
- 12- “Relevance of educational thoughts: Dr. BabasahebAmbedkar in present era”, **International** Seminar on “All inclusive thoughts of Dr. B.R. Ambedkar” Ambedkar’s. ICSSR sponsored, Organized by Department of Political Science, B.H.U., Varanasi, April 16-17, 2015.
- 13- “Impact of Organizational Citizenship Behaviour and Occupational Stress Effectiveness among Railway Employees” **International** Congress Of Sports Psychology in collaboration with ASIAN SOUTH PACIFIC ASSOCIATION OFSPORTS PSYCHOLOGY AND SPORTS PSYCHOLOGY ASSOCIATION OF INDIA UNDER THE AUSPICES OF INTERNATIONAL SOCIETY OF SPORTS PSYCHOLOGY on “Changing Trends and Challenges in 21<sup>st</sup> Century”, Organized by Department of Physical Education, Faculty of Arts, B.H.U., Varanasi, 27/11/15-1/12/15, 2015.
- 14- “A Study of Spiritual Intelligence in Disciples and Non-Disciples of Spiritual Gurus” 4<sup>TH</sup>**International** Conference on Recent Advances in Cognition and Health, Organized by SAP-DRS-I Department of Psychology ,B.H.U., Varanasi, February 6-8,2016.
- 15- “Guru Ravidas In Establishment Of Human Values” **International** Seminar on “Contribution of Guru Ravidas in Establishment of Human Values ”Ambedkar’s. Organized by SC/ST Student Programme Organizing Committee, B.H.U., Varanasi, February 21-22, 2016.

- 16- “The Relation between Mental Health and Defense Mechanisms among Female Adolescents” **International** Conference on “Psychosocial Perspective On Mental Health and Well-being”, Organized by Department of Psychology [UGC-DRS], Jamia Millia Islamia, New Delhi, March 1-2, 2016.
- 17- “Consciousness a Buddhists View” **International** Conference on Pali Diwas on “Contribution of Pali Literature in the development of Indian Culture”, Organized by Pali Society of India with International Research Institute of Buddhist Studies; Vipinkhand, Gomti Nagar, Lucknow, 31<sup>st</sup> March-01 April, 2016.
- 18- “Buddha Attitude to Women and society development”, **अंतर्राष्ट्रीय** संगोष्ठी “विश्व की सुरक्षा एवं शान्ति में सभी धर्मों की उपादेयता एवं समाज एवं राष्ट्र निर्माण में महिलाओं का योगदान”, धर्म संस्कृति संगम काशी एवं पत्नी एवं थेरवाद विभाग, श्रमण विद्या संकाय, सम्पूर्णानन्द संस्कृत विश्वविद्यालय, वाराणसी, अप्रैल ६-७, २०१६.
- 19- “Five principles of Panchsheel : Buddha’s teaching”. UGC Sponsored **International** workshop on “Vipassana”, Organized by Centre for Buddhist Studies; Arya Mahila PG College, BHU, Chetganj, Varanasi, 26<sup>th</sup> Sep-2<sup>nd</sup> Oct, 2016.
- 20- “Culture, Heritage, Tourism and Hospitality Development: Kashi”. Grand Global Peace Meet-IV, **International** Symposium on “Culture, Heritage, Tourism and Hospitality Development”, Organized by Sri Ramanuja Mission Trust, Chennai, IAHRW, Baldev PG College, Baragaon, DAV PG College, Varanasi, IGNOU, Malaviya Moolya Anusheelan Kendra, BHU, March-02, 2016.
- 21- “Barriers in education for college students”. State level seminar on “Barriers in education for college going students”, Organized by

PSYCHOGENESIS YOUTH FORUM, Department of psychology,  
DAV PG College, Varanasi, 16<sup>th</sup> April, 2016.

- 22- “Relationship of astrology and Psychology”, आखिल भारतीय कार्यशाला  
“संस्कारात्मकर्मकांडेन सह ज्योतिष-वास्तु कौशल विकास”, संस्कृत  
विभाग, डी.ए.वी.पी.जी. कॉलेज, वाराणसी, अक्टूबर २०-२९, २०१६ .
- 23- “Buddhist techniques in clinical settings”. **3<sup>rd</sup> International**  
Conference on “Pali and Buddhism”, International Pali Institute,  
Sarnath, Varanasi, 11-13 Nov., 2016.
- 24- “The mental health continuum: From resilience to flourishing in  
life”. ICSSR Sponsored, **National** Conference on “Psychology and  
society today: Contemporary issues and interventions”, Organized  
by Department of Psychology, MGKVP, Varanasi, 26-27 Nov, 2016.
- 25- “Effect of occupational stress among teachers at different  
hierarchical levels of educational organization”, **5<sup>TH</sup> International**  
Conference on Recent Advances in Cognition and Health,  
Organized by SAP-DRS-I Department of Psychology ,B.H.U.,  
Varanasi, Dec 19-21, 2016.
- 26- “Health related quality of life in patients with thyroid disorder”  
**2<sup>nd</sup> International** Conference of Indian Academy Of Health  
Psychology, Organized by Department of Psychology and Mental  
health school of humanities & social-sciences, Gautam Buddha  
University, Greater Noida ,Gautam Buddha Nagar (UP), Dec 16-  
18, 2016.
- 27- “Foreign Direct Economy and Retail Sector”, Two day **National**  
Seminar on FDI and its impact on Indian Economy. UGC, New  
Delhi sponsored, Organized by Department of Commerce,  
Harishchandra PG College, Varanasi, March 05-06, 2017.

- 28- “Risk of violence against children with disability”, An interdisciplinary **National** Seminar on Protection of rights of divyang children. ICSSR, New Delhi sponsored, Organized by Department of Sociology, DAV PG College, Varanasi, March 18-19, 2017.
- 29- “Indo-Pak water conflict: Looking for co-operation”, **National** Seminar on Indian Foreign Policy: Emerging Paradigms. ICSSR, New Delhi sponsored, Organized by Department of Political-Science, DAV PG College, Varanasi, April 22-23, 2017.
- 30- “Role of Sports Psychology with Special Reference of Female Athlete”, **National** Seminar on Emerging trends issues and challenges in physical education, Sports and Health Sciences. Organized by Department of Physical Education, Shri Jainarayan PG College, Lucknow, August 30, 2017.
- 31- “Real happiness and youth: Issues and challenges”, one day **state level** Seminar on Feeling good and doing well: A promotive intervention module for youth. DAV PG College, varanasi sponsored, Organized by Department of Psychology, DAV PG College, Varanasi, September 20, 2017.
- 32- “Psychological Intervention and Health Issues” 3<sup>rd</sup> **International** Conference of Indian Academy Of Health Psychology, Organized by Department of Psychology , National Post Graduate College, Lucknow, November 12-14, 2017.
- 33- “A Study of General Health and Quality of Life of Female sex Workers in Eastern U.p.”, **International** Conference on Psychology ,Health and Medicine, Organized by Amity Institute of Behavioural and Allied Sciences, Amity University, Rajasthan, February 02-04, 2018.
- 34- “Exploring Horizons of SatvavajayaChikitsa”, **International** Conference on Psychology, Health and Medicine, Organized by Amity Institute of Behavioural and Allied Sciences, Amity University, Rajasthan, February 02-04, 2018.

- 35- “Association of Parenting style and suicidal ideation among adolescents”, UPHED Sponsored,**National** Conference on Advances in Health & well-being research, Organized by DigvijaiNath Post Graduate College, Gorakhpur, March 25-26,2018.
- 36- “Mental Health and well-being of Adolescents: Present Scenario”, one day **state level** Seminar on The Mental Health and well-being of young people ,DAV PG College, varanasi sponsored, Organized by Department of Psychology, DAV PG College, Varanasi, October 13, 2018.
- 37- “Personality Analysis of Rahul Sankrityayan”, **National** Seminar on राहुल संकृत्यायन और आज का भारत. Organized Jointly by Department of Hindi ,DAV PG College,Varanasi and नेहरु स्मारक संग्रहालय और पुस्तकालय,तीन मूर्ति भवन ,नई देहली, Oct 30-31, 2018.
- 38- “A Comparative assessment of General health, stress, loneliness and life satisfaction in working married and widow adults” 4<sup>th</sup> **International** Conference of Indian Academy Of Health Psychology, Organized by M.V.P.Samaj’s A.C.S. College, Tryambakeshwar, Nashik, Maharashtra, November 23-25,2018.
- 39- Paper presented on “The Mental Tendency of Diasporic people in India”. **International** conference on Diaspora and homeland, 18-19 Jan 2019, ICSSR SPONSORED, Organized by Department of History, DAV PG College, Varanasi.
- 40- “Emerging Trends in Intervention of children with Autism”, one day **state level** Seminar on Emerging Trends in Intervention of children with Neuro-developmental Disorders.DAV PG College, varanasi sponsored, Organized by Department of Psychology, DAV PG College, Varanasi, February 15, 2019.
- 41- “A Comparative assessment of General health and loneliness: A study of sexually abused young adult ” 5<sup>th</sup> **International**

Conference of Indian Academy Of Health Psychology, Organized by Department of Psychology, M.G.K.V.P, Varanasi in association with Department of Physical Education and Yoga and University sports council, M.G.K.V.P., Varanasi, October 20-22, 2019.

42- “Non-attachment and Subjective Well-being among Teachers and Nurses” 5<sup>th</sup> **International** Conference of Indian Academy Of Health Psychology, Organized by Department of Psychology, M.G.K.V.P, Varanasi in association with Department of Physical Education and Yoga and University sports council, M.G.K.V.P., Varanasi, October 20-22, 2019.

43- “EMDR and its effectiveness in the management of treatment Resistant Depression” 5<sup>th</sup> **International** Conference of Indian Academy Of Health Psychology, Organized by Department of Psychology, M.G.K.V.P, Varanasi in association with Department of Physical Education and Yoga and University sports council, M.G.K.V.P., Varanasi, October 20-22, 2019.

44- “Role of mindfulness Promoting Mental Health and well-being”, one day **state level** Seminar on Role of mindfulness, Savouring, flow and Gratitude in promoting mental health and well-being. DAV PG College, varanasi sponsored, Organized by Department of Psychology, DAV PG College, Varanasi, November 05, 2019.



## BOOKS

### Books (National)

- 1- **Abnormal Psychology (2015):** Green Leaf Publication, Varanasi, ISBN-978-81-90763-72-1, **2015.**

### BOOKS (International)

- 2- **Psychological well-being of working women (2016):** LAP LAMBERT Academic Publishing, Bahnhofstraße 28, D-66111 Saarbrücken Think Tank: Haroldstr. 14, D-40213 Düsseldorf, ISBN-978-81-90763-72-1, 2016.

### Books (National)

- 3- **Abnormal Psychology (2017):** Veer Bahadur Publication, South City, Rai Bareilly Road, Lucknow-226025, ISBN-978-93-84817-65-7, **2017.**
- 4- राजनीतिक नेतृत्व में महिला संवर्ग की सहभागिता का मनोवैज्ञानिक अध्ययन  
अनासक्ति, यौन-भेद भूमिका प्रवृत्ति एवं मानसिक स्वास्थ्य के परिप्रेक्ष्य में – **(IN PRESS)**

## Faculty /Skill Development Programme

- 1- Organized and participated two days clinical skill training on “COGNITIVE BEHAVIOUR THERAPY LEVEL-1” at Department of Psychology, DAV PG College, BHU, Varanasi, Nov.12-13, 2016.
- 2- Organized and participated Ten days training in Intelligence testing, Hypnosis, Cognitive Drill therapy, mindfulness based cognitive therapy, CBT, DBT and Rorschach Inkblot Test at Department of Psychology, DAV PG College, BHU, Varanasi, February 08-17, 2018.
- 3- Organized and participated one day intensive training programme on “LIFE MANAGEMENT SKILL” at Department of Psychology, DAV PG College, BHU, Varanasi, April 17, 2018.

## **CHAPTER IN BOOK**

1- "Possibilities rather than Pathologies: Solution focused therapy in counseling **Guidance and Counseling new direction**. Shree publishers and distributors, New Delhi-110002. ISBN: 978-81-8329-522-2, 2013.

2- "भारत में महिला सशक्तिकरण" एक विशले: JANKRITI INTERNATIONAL  
, Multilingual, Monthly MAGAZINE. www.jankritipatrika.in ISSN: 2454-2725  
Vol-3, Issue 25-26 May-June, 2017.

## **OTHER**

NSS Programme Officer (YEAR 2010-2014).

## **HONOURS**

- Chaired the II Session of, Clinical Psychology Symposium 2015, Organized by Department of Neurology, IMS, BHU, Varanasi, July 17, 2015.
- Chaired a Session of National seminar on "ANAND MIMAMSA", Organized by Mangla Foundation, Delhi and GyanPravah, Varanasi, January 16- 17, 2016.
- Contributed as a technical counselor in Interview board and psychologist in "UP PUBLIC SERVICE COMMISSION", Allahabad, February 2016.

- Nominated for preparing the answer keys of the examination of lecturership from MADHYAMIK SHIKSHA SEWA CHAYAN BOARD Allahabad, sep.2016.
- Co-Chaired the session in the ICSSR Sponsored, National Conference on “Psychology and society today: Contemporary issues and interventions” Organized by Department of Psychology, MGKVP, Varanasi, 26-27 Nov, 2016.
- CO-Chaired the session in the 5<sup>TH</sup> International Conference on Recent Advances in Cognition and Health, Organized by SAP-DRS-I Department of Psychology, B.H.U., Varanasi, Dec. 19-21, 2016.
- Nominated as Paper Setter of the examination of lecturership from UP SECONDARY EDUCATION SERVICE SELECTION BOARD ALLAHABAD, 22/08/ 2016.
- Nominated as Question Paper Moderator of the examination of lecturership (PGT’s) from UP SECONDARY EDUCATION SERVICE SELECTION BOARD ALLAHABAD, 20/02/ 2017.
- Chaired the session in an interdisciplinary National Seminar on Protection of rights of Divyang Children. ICSSR, New Delhi sponsored, Organized by Department of Sociology, DAV PG College, Varanasi, March 18-19, 2017.
- Chaired the scientific session in 4<sup>th</sup> **International** Conference of Indian Academy Of Health Psychology, Organized by M.V.P. Samaj’s A.C.S. College, Tryambakeshwar, Nashik, Maharashtra, November 23-25, 2018.
- Contributed as a technical counselor in Interview board and psychologist in “UP PUBLIC SERVICE COMMISSION”, Allahabad, January 17-19, 2019 .
- Contributed as a technical counselor in Interview board and psychologist in “UP PUBLIC SERVICE COMMISSION”, Allahabad, April 15, 2019.
- Contributed as a technical counselor in Interview board and psychologist in “UP PUBLIC SERVICE COMMISSION”, Allahabad, June 06, 2019.

- Contributed as a technical counselor in Interview board and psychologist in “UP PUBLIC SERVICE COMMISSION”, Allahabad, September 11, 2019.
- Contributed as a technical counselor in Interview board and psychologist in “UP PUBLIC SERVICE COMMISSION”, Allahabad, November 29-30, 2019.
- Contributed as a technical counselor in Interview board and psychologist in “UP PUBLIC SERVICE COMMISSION”, Allahabad, February 07, 2020.

## **AWARD**

- Best Paper Publication Award and Certificate From IASET (Paper Id:IJANSNOV201609)  
paper titled '**Occupational Stress among Junior Resident Doctors: A Comparative Study**' ,evaluated and had been adjudged and selected as ' BEST Paper ' and the jury of IASET's Review Board had decided to award for the excellence. Edition date:30/11/2016
- Distinguished Teacher Award on Teachers Day 2019 from DAV PG College, Varanasi
- Letter of appreciation from college for the academic year 2018-19, doing excel in academics.

**Academic Staff College Orientation /Refresher Course/  
Summer/Winter School etc. attended:**

- Participated in the 5<sup>th</sup> Refresher course on “Environmental Studies” (interdisciplinary) during Aug. 14<sup>th</sup> – Sep. 3<sup>rd</sup>, 2012.Organized by UGC academic staff college, BHU,Varanasi.

**MAJOR ACTIVITIES DURING THE YEAR IN THE SPHERE OF  
EXTENTION ACTIVITIES AND INSTITUTIONAL SOCIAL  
RESPONSIBILITY.**

- 2011-2012-Academic visit to mentally retarded school, MAMTA VIDYALAYA, Allahabad, SOS Baalgram, orphanage home, Varanasi.
- Field work and participatory observation with PG students 2013-2014, Intelligence Level of SC-ST children at Rajdari, Chandauli.
- NSS Programme (YEAR 2010-2014) -Under this banner organized different academic programmeslikelectures on the topic –personality, Leadership, women empowermentand Health Awareness etc. and field work, have been organized andmany more as-How to develop your personality, how to developleadership quality, Tips of communication skills, Talk about interview process and how should you face the interview, methods for making the attractive curriculum vitae.

- Coordinator cultural committee of the college since 2005-2011 and won several prizes for college in the SPANDAN, youth fest, organized by BHU, Varanasi.
- Member student Advisory Committee since 2006 till date.
- Coordinator cultural committee of the college since 2005 till date
- Member plantation committee 2006 till date
- Member of STRI VIMARSH CELL Since 2012 till date
- co-ordinator of sexual harassment committee of the college.
- Organized 08 days workshop in collaboration with Gandhian Studies Centre, DAV PG College, Varanasi, in the capacity of organizing secretary. 30 Jan-6 Feb, 2013.
- Delivered Lecture on women's day and on "women and Gandhi", 2013

#### MEMBER OF PROFESSIONAL BODY/JOURNAL

- Psychology Alumni B.H.U., Varanasi.
- Member of the Journal, community Psychology
- Consulting Editor of UNITED JOURNAL OF AVADH SCHOLARS **ISSN NO.0974-0503**
- Life member (32) of INDIAN ACADEMY OF HEALTH PSYCHOLOGY, Department of psychology, M.G.Kashi Vidyapith, Varanasi.
- Life member (650) of SPORTS PSYCHOLOGY ASSOCIATION OF INDIA.