

Dr.Kalpana Singh

Academic Background:

- **Post Graduation** and **Ph.D.** from Banaras Hindu University.

Professional Qualifications:

- **NET** in Dec'99.
- Post Graduate Diploma in Guidance & Counselling from NCERT, New Delhi in 1996
- Bachelor of Education from B.H.U. in 1993.

Academic Experiences :

- **Assistant Professor**, DAV P. G. College, Varanasi (1st Oct. onwards).
- **Assistant Professor**, New Delhi Institution Of Management, New Delhi, (15th August 2009 to 30th September 2011).
- **Sr. Lecturer**, Ansal Institute of Technology, Gurgaon, (August 2008 to July 09).
- **Lecturer**, Veer Bahadura Singh Purvanchal University, Jaunpur (March 2006 to July 08).
- **Lecturer**, Vasant Kanya Mahavidhyalaya, Kamachha, Varanasi (Aug.2001 to Feb.2003) .

Awards:

- Best paper presented award in 1st Indian Congress of Industrial and Organizational Psychology 2018, entitled "Organizational Climate: Relationship to Employee Engagement".
- Prof Anima Sen -IAAP Award for best Paper published in Journal of Indian Academic of Applied Psychology (2002), entitled "Stress – Management: A Cognitive Intervention Approach", has been selected as Prof Anima Sen -IAAP Award for best paper award for year 2003.

Membership:

- Life Member of Indian Academic of Applied Psychology (IAAP), India (membership no.1603).
- Life Member of Society of Industrial and Organizational Psychology (SIOP) India (membership no.065).
- Life Member of Indian School Psychology Association (INSPA), India (membership no.333/2017).
- Life Member of Indian Academy Health Psychology (IAHP) India.
- Member of general body of "SAMARPAN" NGO since October 2015.

Invited Lectures:

- Lecture delivered on topic entitled "Mental Health Awareness among adolescence", as a resource person in the online seminar organized by International Hindu School, Varanasi, on 10th Oct 2020.

- Lecture delivered on topic entitled “Application of Descriptive Statistic in Social Science”, as a resource person in the online workshop on Research Methodology organized by Department of Psychology, Patana University, Patana, on 23rd Sept 2020.
- Lecture delivered on topic entitled “Health Promotions issues in Rural India”, as a resource person in the Center for Integrated Rural Development and management, Faculty of Social Science, Banaras Hindu University, Varanasi, on 30th March 2019.
- Lecture delivered on topic entitled “Stress and its effect on working life”, as a resource person in the Deptt of Psychology, Udai Pratap Autonomous College, Varanasi, on 30th Jan 2019.
- Lecture delivered on topic entitled “Mental Disability: Identification and Preventions” to Volunteers of NSS, DAV P. G. College, Varanasi, on 15th March 2019.
- Lecture delivered on topic “Vipassana to Manage Stress” in International Workshop on “Vipassana” organized by Centre for Buddhist studies, Arya Mahila P. G. College, Varanasi, held on 26th Sept to 2nd Oct, 2016.
- Deliver a lecture on “Mental Health Problems among students and suggestions for health improvement” to graduate students of Kalikadham Postgraduate Mahavidyalaya, Varanasi on 27th August 2016.
- Invited as Visiting Faculty to take classes in A. P.S. University, Rewa From 28th Dec 15 to 1st Jan 16.
- Deliver a lecture as **Resource Person** on topic entitled “Relevance of Gandhi’s view in Modern World of Management”, in National Workshop on Psychological Effects of Gandhian Thought on Individual Transformation and Reconstruction of Society, organized by Department of Psychology, DAV P. G. College, Varanasi held on 30th Jan to Feb 06 2013.
- Deliver a lecture on “Strategies for Improvement of Self Esteem of students” to graduate students of Kalikadham Postgraduate Mahavidyalaya, Varanasi on 12th Oct 2013.

Papers/Articles Published:

- Singh, K. (2017). Shift towards online shopping: Youth of Varanasi, **Sodh Drishti**, Vol 8(3), 149-156, ISSN: 0976-6650 (UGC Approved, SI no. 49321) Impact Factor – 2.591.
- Singh, K. (2017). Sense of Responsibility among Teachers, **Interdisciplinary Journal of Contemporary Research**, Vol 4 (1),125-126, ISSN : 2393-8358. (Refereed Journal) (UGC Approved, SI no. 48416, IJCR) Impact Factor – 2.314.
- Singh, K. (2016). Managing Stress through Vipasana, **Prabha**, Vol 2,171-176. ISSN: 2394-5974.
- Singh, K. (2015). Downsizing in Indian IT Companies, **Interdisciplinary Journal of Contemporary Research**, Vol 2 (4),105-108, ISSN : 2393-8358. (Refereed Journal) (UGC Approved, SI no. 48416, IJCR) Impact Factor – 2.314.
- Singh, K., (2015). Bahrat me Shikha ki Yatra, **Annals of Multi Disciplinary Research**, Vol V (2), 278-282. ISSN- 2249-8893. (Refereed Journal).

- Singh, K., (2015). “Quality of Life and Life Satisfaction among Retired Person”, **Shodh Prerak**, Vol V (2), 186-189. ISSN- 2231-413X. (Refereed Journal) (UGC Approved, SI no. 4080).
- Singh, K., (2015). “Samajik Vikash me Samajik Nayay Ki Bhumika”, **Prabha**, Vol 2,ISSN – 2394-5974, 130-131.
- Singh K. (2008) “Parental Attitude, Socioeconomic Status and Self – Confidence” published in **Journal of Psychosocial Research**, Vol.3.No.2.225-233.ISSN 0973-5410,e-ISSN-0975-3357, Impact Factor – 2.314, (UGC Approved, SI no. 49050).
- Singh K. (2013) “Attitude Towards Women at Executive Positions”. In book Mishra A. K. (Ed.), **Women Leadership: A Management Perspective**, Shree Publishers & Distributors: N. Delhi.ISBN-978-81-8329-319-8.
- Singh K. (2007) “Impact of Changing Nature of Work on Employee Wellbeing”. In book Pathardikar A.D. (Ed.), **Organizational Change Contemporary Issues**, pp.168-172.,Shree Publishers & Distributors: N. Delhi. ISBN N0.81-8329-193-7.
- Singh K. & Srivastava A.K. (2004) “Behavioural Intervention for Management of Job Stress & Consequent Job and Health Strains”, **Industrial Psychiatry Journal**, Vol.13,No.2,103-104. ISSN No.0972-6748,e-ISSN-0976-2795. Impact Factor –2.25, (UGC Approved, SI no. 1897-20995).
- Singh K. & Srivastava A.K. (2003) “Stress – Management: A Cognitive Intervention Approach”, **Journal of Indian Academic of Applied Psychology**, Vol.29,No.1&2, 31-36.ISSN – 0019-4247, Impact Factor – .22, SJR-.12(UGC Approved, SI no. 1476-11057).

Paper Presented:

- Presented a paper entitled ”Spiritual Intelligence and employee engagement among police personnel” in ICIAHP-2019, 5th International Conference of IAHP, organized by Department of Psychology, MGKVP, Varanasi, held on Oct 20-22,2019.
- Presented a paper entitled “Sports motivation and achievement in shooter” in 3rd National Conference on Recent Advances in Cognition and Health held on March 5-6 2019.Organized by Department of Psychology, B.H.U.
- Presented a paper entitled ”Role of Media in Value Inculcation and Post truth Phenomenon” in International Conference on Debating the Post-truth phenomenon: Indian Literature, Culture and Critical Discourse” held on December,19-20 2018.Organized by Department of English, DAV P.G. College, Varanasi.
- Presented a paper entitled “Emotional Intelligence, Job Satisfaction and Teachers Psychological Wellbeing” in 2nd National Conference on Recent Advances in Cognition and Health, organized by Department of Psychology, B.H.U. held on February 26-27 2018.
- Presented a paper entitled “ Organizational and work satisfaction in relation to work engagement” in 1st Indian congress of industrial and organizational psychology on changing landscape and future of Industrial and Organizational psychology on 30-31st January 2018.Organized by Department of Psychology, University of Rajasthan, Jaipur.

- Paper entitled “Relationship between emotional intelligence and quality of life among teachers” presented by K. Singh in, 5th International Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U. held on 19th-21st Dec. 2016.
- Paper entitled “Online Shopping Behaviour among Youth” presented by K. Singh in National Conference on Psychology and Society Today: Contemporary Issues and Intervention organized by Department of Psychology, MGKVP, Varanasi, held on 26th-27th Nov, 2016.
- Paper entitled “General wellbeing, anxiety, depression and stress among undergraduate students” K. Singh Presented in, 4th International Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U. held on 6th-8th Feb. 2016.
- Paper entitled “Estriyo ke Sandrabh me Gandhi Ji Key Vichar”, presented by K. Singh in U.G.C. National Seminar on Gandhian Thought on Social Aspect, organized by Gandhi Study & Department of Sociology, DAV P. G. College, Varanasi Held on 13 & 14 April. 2013.
- Paper entitled “ Downsizing in Indian IT companies : An Ethical Challenge” presented by K. Singh in National Conference on Innovative Strategies for Transforming Organization, organized by University School of Management Studies, Guru Govind Singh Indraprastha University, New Delhi held on 19th Oct. 2012.
- Paper entitled “ Employees Wellbeing In Organizational Change Environment”, presented by K. Singh in U.G.C. National Seminar on Revamping Guidance Programme for 21st Century, organized by Department of Psychology, T. D. College, Jaunpur Held on 23 & 24 Feb. 2008.
- Paper entitled “Women Empowerment”, presented by K. Singh in State Level Seminar on Women Empowerment, Leadership Development & Self - employment Organized by NAVIC National Association for Voluntary Initiative & Co-Operation, Varanasi, National Commission for Women, Government of India, New Delhi, held on 4th April 2007.
- Paper entitled “Relationship between Parental Attitude, Socioeconomic Status and Self Confidence”, presented by K. Singh in IAAP National Seminar on Applied Psychology for Peaceful World, organized by Jamia Millia Islamia, N. Delhi held on 15-17 Feb 2007.
- Paper entitled “ Role of Parental Attitude, Socioeconomic status and Self Confidence on Career Choice”, presented by K. Singh in U.G.C. National Seminar on Revamping Guidance Programme for 21st Century, organized by Vasant Kanya Mahavidyalaya, Varanasi Held on 25 & 26 Feb. 2003.
- Paper entitled “A Behavioral Intervention Strategy to Reduce Occupational Stress and Consequent Strains”, presented by K. Singh in U.G.C. National Seminar on Culture & Life Style, organized by Department of Psychology, Deen Dayal Upadhyay Gorakhpur, Gorakhpur Held on 17 & 18 March 2002.

Workshop /Faculty Development Program Attended:

- Participated in two week Faculty Development Programme in online mode for university and college teachers on “Application of Digital Tools and Technology In Teaching and Learning”, organized by Faculty of Social Sciences, IGNTU, Amarkantak, M.P. held on 16th June. to 29th June., 2020.

- Participated in National Workshop on “Research Methodology and Statistical Analysis Using SPSS and AMOS”, organized by Department Of Psychology, DAV P. G. College, Varanasi, held on 13th to 20th Feb., 2020.
- Participated in 3rd National Workshop on “Statistical Techniques for data Analysis Using Software Tools SPSS and R”, organized by Department Of Commerce and Research Assessment cell, DAV P. G. College, Varanasi, held on 16th to 31th Jan, 2020.
- Participated in National Workshop on “Research Methodology in Social Sciences and Humanities”, organized by Department Of Sociology, DAV P. G. College, Varanasi, held on 06th to 16th Nov., 2019.
- Participated in National Workshop on “Statistical Techniques for data Analysis Using Software Tools SPSS and R”, organized by Department Of Commerce and Research Assessment cell, DAV P. G. College, Varanasi, held on 9th to 19th Jan, 2019.
- Participated in National Workshop on “Psychological Assessment and Person Enrichment”, organized by Department Of Psychology, DAV P. G. College, Varanasi, held on 8th to 17th Feb, 2018.
- Participated in National Workshop on “Statistical Technique and Software Data Analysis”, organized by Department Of Commerce and Research Assessment cell, DAV P. G. College, Varanasi, held on 20th to 30th Jan, 2017.
- Participated in Two days clinical skill training on “Cognitive Behaviour Therapy”, organized by Department Of Psychology, DAV P. G. College, Varanasi, held on 12th to 13th Nov, 2016.
- Participated in Ten days Training Workshop on “Theoretical and Empirical Aspects of Research Methodology” organized by DAV P.G. College, Varanasi, held on 7th to 16th Nov, 2016.
- Participated in International Workshop on “Vipassana” organized by Centre for Buddhist studies, Arya Mahila P. G. College, Varanasi, held on 26th Sept to 2nd Oct, 2016.
- Participated in International Workshop on “Cultural Dimensions of Archaeology” organized by Department of AIHC and Archaeology, DAV P. G. College, Varanasi, held on 18th to 24th Feb, 2016.
- Participated in National Workshop on “Women’s Health: Some Issues ” organized by Stree Vimarsh, DAV P. G. College, Varanasi, held on 20th Feb, 2016.
- Participated in one week Intensive and integrated skill development workshop on “Accessing the E – Resources (N- List) of library and its Applications” organized by Library, DAV P. G. College, Varanasi, held on 9th to 16th Feb, 2016.
- Participated in National workshop on “Understanding Mental Health Issues and Outcomes : An Interface between Psychiatry and Psychotherapy” organized by Department Of Psychology, DAV P. G. College, Varanasi, held on 3rd to 12th April, 2015.
- Participated in Faculty Development Program on “Communicative English & ICT” organized by Department Of English, DAV P. G. College, Varanasi, held on 1st to 30th April, 2014.

- Participated in National workshop on “Structural Models in the Social Sciences : Improving Quantitative Research Strategies in Psychology” organized by Department Of Psychology, Banaras Hindu University, held on 13th to 22nd Nov.2013.
- Participated in National Workshop on “Bhartiya Mahilao Ki Asmita Ki Rakha Me Samaj Evam Kanuni Prakriya Ki Bhumika” organized by Stree Vimarsh, DAV P. G. College, Varanasi, held on 23rd to 29th Oct, 2013.
- Participated in National workshop on “Research Methodology” organized by Department of Ancient History, Archaeology & Culture, Kalikadham P. G. College, Varanasi held on 14th to 20th Dec. 2011.
- Participated in National workshop on “Using Multivariate Analysis in Psychological Research”, organized by Department Of Applied Psychology, Veer Bahadur Singh Purvanchal University, held on 12st to 18th March 2008.
- Participated in National workshop on “Statistical Methods In Test Construction” organized by Department Of Applied Psychology, Veer Bahadur Singh Purvanchal University,Jaunpur, held on 1st to 7th Nov.2006.

Training Course Attended :

- Attended two week **Capacity Building Program** on Research, Teaching and Learning Process for Faculty of Social Science organizes by Center for Study of Social Exclusive and Inclusive Policy, Banaras Hindu University, held on 1st to 14th Dec 2017.
- Attended **Orientation Course**, organized by U. G. C. Academic Staff College, Banaras Hindu University, held on 3rd to 31st July 2013.