

CURRICULUM VITAE

Akhilendra Kumar Singh



DEPARTMENT OF PSYCHOLOGY
DAV PG COLLEGE
Ph. D. BANARAS HINDU UNIVERSITY
VARANASI- 221001, INDIA
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Current Position

- ✚ Working as Assistant Professor in Department of Psychology, DAV PG College (Banaras Hindu University), Varanasi since October, 1st, 2011.
- ✚ Academic Counselor, for MAPC Program (MA in Psychology), IGNOU, New Delhi since August, 2017

Teaching, Administrative and Research Experience

- ✚ Worked as Assistant Professor (contract basis) in P. G. Diploma in Counseling and Psychotherapy (Department of Psychology), Rajiv Gandhi South Campus (B. H. U.), Barkachha, Mirzapur since November, 27, 2008 to September, 30, 2011.
- ✚ Worked as **Proctor** in Rajiv Gandhi South Campus (BHU), Barkachha, Mirzapur since August, 08, 2009 to September, 30, 2011.
- ✚ Worked as a Lecturer (core faculty, contract basis) in the Department of Psychology, Mahatma Gandhi Kashi Vidyapeeth (NTPC Campus), since October 23, 2008 to November 26, 2008.
- ✚ Worked as a Lecturer (guest faculty) in the Department of Psychology, Mahatma Gandhi Kashi Vidyapeeth, in session 2007-2008.

- ✚ Worked as a Project Fellow in UGC sponsored project, Department of Psychology, BHU, since 23rd December, 2005 to 30th June, 2006.

Academic Achievement

- ✚ Doctor of Philosophy (Ph.D.) in Psychology on the topic “**Role of some antecedents in Organizational Citizenship Behaviour among front level managerial personnel**” from Department of Psychology, B. H. U., Varanasi, in 2008.
- ✚ Post Graduation in Psychology (Organization behaviour & Counseling) from Banaras Hindu University, with First Division (**65.60%**) in 2004.
- ✚ Graduation in Psychology (with Economics) from Udai Pratap Autonomous College Varanasi, with First Division (**69.33%**) in 2002.
- ✚ Intermediate in Science (Bio group) from Udai Pratap Inter College Varanasi, with First Division (**69.20%**) in 1999.
- ✚ Matriculation in Science from Udai Pratap Inter College Varanasi with First Division (**66.83%**) in 1997.

Professional Achievement

- ✚ UGC-NET in Psychology in December 2003 & December, 2006.

List of Publications

Books

1. A. K. Choubey and Akhilendra. K. Singh (2012). **Stress and Health among Indian Adults: Role of Affect related Ability and Traits** LAP Lambert Academic Publishing, Germany (ISBN: 978-3-6591-7314-1)
2. Akhilendra K. Singh (2011). **Organizational Citizenship Behavior in India: Role of Stress, Organizational Support, Family Involvement and Personality.** LAP Lambert Academic Publishing, Germany (ISBN: 978-3-8465-0735-3)

Edited Book

Akhilendra K. Singh and Jay Singh (March 2023). **Ethics and values in Organization: Contemporary issues and Challenges.** Anu Books International Publishers & Distributors

H.O.: Meerut, Branch: Green Park Extension, New Delhi & Glasgow (UK). ISBN: 978-93-90879-83-0 DOI: <http://doi.org/10.31995/Book,AB274-M23>

Research Papers Published in Journals

In Refereed Journals

1. K. Mukherjee, A. S. Varisha & A. K. Singh (July 2023). Emotional Intelligence, Conformity to Masculine Gender Norms and Help-Seeking Attitudes Among Male Adolescents. *Journal of the Indian Academy of Applied Psychology*. **Accepted for Publication**
2. Vishal Deep, S. Kumar & A. K. Singh (December, 2022). Self-Regulated Learning and Academic Procrastination Among Students. **Journal of the Asiatic Society of Mumbai**, 96 (12-I), 122-131. ISSN: 0972-0766. UGC Care Group 1 Journal.
3. Singh, A. K. & Singh, S. (July 2022). Dispositional Mindfulness and Academic Performance among Adolescent: The Mediating Role of Psychological Well Being. **Journal of the Indian Academy of Applied Psychology**, 48 (2), 188-197. ISSN- 0019-4247 (Indexed Journal). UGC No. -11057
4. Singh, A. K. & Singh, S. (June, 2020). Development and Initial Validation of Role Overload Scale. **Mind and Society**, 09, (I & II), 09 – 14. ISSN 2277-6907. (A Peer Reviewed Journal)
5. Singh, A. K. (July, 2018). Mindfulness and Happiness among Students: Mediating Role of Perceived Stress. **Journal of the Indian Academy of Applied Psychology**, 44 (2), 198-207. ISSN- 0019-4247 (Indexed Journal). UGC No. -11057
6. Singh, A. K. & Kumar, A. (September, 2017). Mindfulness and Mental Health among Senior Secondary Girls Students. **Research Highlights**, 4 (3), 20-30. ISSN- 2350-0611 (Indexed Journal). UGC No. -48441.
7. Singh, A. K., Singh, S., & Singh, A. P. (January, 2017). Trait Emotional Intelligence, Work-Family Culture and Organizational Citizenship Behavior among Indian Managers.

Journal of the Indian Academy of Applied Psychology, **43** (1), 11-19. ISSN- 0019-4247 (Indexed Journal). UGC No. -11057.

8. Singh A. K., Choubey, A. K., & Singh S. (December, 2016). Does mindfulness enhance psychological well-being of the student? **Journal of Psychosocial Research**, **11**, (2), 241-250. ISSN 0973-5410 print/ ISSN 0976-3937 online. (Indexed Journal). UGC No. - 49050
9. Singh, A. K., Singh, A. P. Kumar, S, & Gupta, V. K. (January, 2015). Role of Perceived Organizational Support in the Relationship between Role Overload and Organizational Citizenship Behavior. *Journal of the Indian Academy of Applied Psychology* **41**(1), 77-85. ISSN- 0019-4247. (Indexed Journal). UGC No. -11057
10. Singh A. K., Singh S., & Singh A. P. (September, 2014). Cognitive and emotion based self- efficacy and well- being among younger adults. In *Indian Journal of Community Psychology*, **10**(2), 323-334. ISSN- 0974-2719 (Indexed Journal). UGC No. - 64804
11. Singh A. K., Singh S. & Singh, A. P. (July, 2014). Personality Traits and Turnover Intention among Front Level Managerial Personnel. *Journal of the Indian Academy of Applied Psychology*, **40** (2), 228-236. ISSN- 0019-4247. (Indexed Journal). UGC No. - 11057
12. Singh S., Singh A. K., & Singh A. P. (December, 2013). Does justice perception matter for psychological well-being of executives? **Journal of Psychosocial Research**, **8**, (2), 243-251. ISSN 0973-5410 print/ ISSN 0976-3937 online. (Indexed Journal). UGC No. - 49050
13. Singh A. K. & Singh S. (January, 2013). Perceived organizational support and organizational citizenship behaviour: Mediating role of Personality. *Journal of the Indian Academy of Applied Psychology*, **39** (1), 117-125 ISSN- 0019-4247. (Indexed Journal). UGC No. -11057
14. Singh A. K. & Singh S. (January, 2013). Psychological Well Being of Students: Role of Depression and Self Esteem. *Indian Journal of Psychology and Education*, **3** (1), 59-66. ISSN- 2231-1432. UGC No. -48921

15. Singh A. K., Singh S., Singh A. P. & Srivastava, A. (March, 2013). Hope and Well Being among Students of Professional Courses. *Indian Journal of Community Psychology*, 9 (1), 101-119. . ISSN- 0974-2719. (Indexed Journal). UGC No. - 64804
16. Singh A. K., Singh S., & Singh A. P. (December, 2012). Assessing Family Involvement among Managers: The Development and Validation of a Measure. *Gorakhpur Social Scientists*, 3 (2), 18-26. ISSN-0976-8521.
17. Singh A. K., Singh S., & Singh A. P. (July, 2012). Does Trait Predict Psychological Well-Being among Students of Professional Courses? *Journal of the Indian Academy of Applied Psychology*, 38 (2), 234-241 ISSN- 0019-4247. (Indexed Journal). UGC No. - 11057
18. Singh A. K. & Singh A. P. (February 2011). Role of perceived organizational support and family involvement in organizational citizenship behaviour among Indian managers. *Journal of Indian Academy of Applied Psychology*, 37(Special Issue), 151-161 ISSN- 0019-4247. (Indexed Journal). UGC No. -11057
19. Singh A. K. & Singh A. P. (June, 2010). Personality development among executives: A career stage perspective. In *Asian Journal of Arts and Sciences*, 1(1), 96-108. (Published from Asia University, Taiwan).
20. Singh A. K. & Singh A. P. (October, 2010). Role of stress and organizational support in predicting organizational citizenship behavior. In *The IUP Journal of Organization Behaviour*, 10 (4), 7-25. . ISSN- 0972-687X) (Indexed Journal). UGC No.- 46859
21. Singh A. K. & Singh A. P. (July, 2010). Career stage and organizational citizenship behavior among Indian manager. *Journal of the Indian Academy of Applied Psychology*, 36(2), 268-275. ISSN- 0019-4247) (Indexed Journal). UGC No. -11057
22. Singh A. K. & Singh A. P. (July, 2009). Does Personality Predict Organisational Citizenship Behaviour among Managerial Personnel? In *Journal of the Indian Academy of Applied Psychology*, 35 (2), 291-298. ISSN- 0019-4247 (Indexed Journal). UGC No. - 11057

23. Singh A. K. & Singh A. P. (July 2008). Personal Outcomes of organizational Citizenship Behaviour. *ASBM Journal of Management*, 1 (1), 47-56. ISSN-0974-8512. (Indexed Journal). UGC No.-47305
24. Singh A. P. & Singh A. K. (June, 2008). Organizational Role Stress and Its Impact on Managers' Health: Moderating Role of Work-Family Conflict. *Journal of Well Being*, 2 (2), 13-22. ISSN- 0974-8717. UGC No.-43318
25. Singh A. P. & Singh A. K. (March, 2007). Effect of life events stress on mental health of managers: The role of coping. *Journal of Indian Health Psychology* 1 (2), 205-216. ISSN- 0973-5755. UGC No.- 45251

Articles Published in Journals

In Refereed Journals

1. Vishal Deep, S. Kumar & A. K. Singh (November, 2022). Academic Procrastination, Mindfulness, And Psychological Well-Being Among Students: A Review. *Journal of the Asiatic Society of Mumbai*, 96 (11-I), 96-102. ISSN: 0972-0766. UGC Care Group 1 Journal.
2. Singh, A. K. & Kumar, A. (March, 2018). Gainful Employment: A Psychological Perspective. *Varanasi Management Review*, IV (3), 39-46. ISSN- 2395-0390 (Indexed Journal). UGC No. -48402
3. Singh, A. K. (2016). Social Justice in the Workplace: A Challenge. *Prabha*, 2, 123-127. ISSN-2394-5974.
4. Singh A. K. (August, 2007). Employee Retention: A challenge for HR practitioners. *Indian Journal of Psychology and Mental Health*, 1(1), 141-149. ISSN-0973-7286.
5. Sharma, S., Singh A. K. & Singh A. P. (September, 2006). Retirement: A new phase of life. *Indian Journal of Community Psychology*, 2 (2), 80-93. ISSN- 0974-2719. (Indexed Journal).

Articles Published as Chapter in Edited Books

1. Pandey, S.K. Singh, Sadhana, **Singh, Akhilendra K.** (2023). Organizational Ethics and Organizational Effectiveness: Some Reflections from Literature. In *Ethics and values in*

Organization: Contemporary issues and Challenges edited by A. K. Singh and Jay Singh (pp 1-18). Anu Books International Publishers & Distributors H.O.: Meerut, Branch: Green Park Extension, New Delhi & Glasgow (UK). ISBN: 978-93-90879-83-0 DOI: <http://doi.org/10.31995/Book,AB274-M23>

2. Kumar, A., Singh Sadhana and **Singh Akhilendra K.** (2023). Ethical Leadership in Organization: A Conceptual Overview. In **Ethics and values in Organization: Contemporary issues and Challenges** edited by A. K. Singh and Jay Singh (pp 1-18). Anu Books International Publishers & Distributors H.O.: Meerut, Branch: Green Park Extension, New Delhi & Glasgow (UK). ISBN: 978-93-90879-83-0 DOI: <http://doi.org/10.31995/Book,AB274-M23>
3. **Singh A. K.** & Singh A. P. (2009). Organizational Citizenship Behaviour: A Conceptual Analysis. In **Organizational Behaviour** edited by Shyodan Singh (pp. 227-244). New Delhi: Global Vision Publishing House, India. ISBN-978-81-8220-263-4.

Research Articles Published as Chapter in Edited Books

1. Singh A. P. & Singh A. K. (2009). Effect of organizational role stress on job satisfaction and work family conflict: moderating role of work culture. In **“Health and Well Being: Some emerging Perspectives** Edited by Sandhya Ojha, Urmila Rani Srivastava and Sobhana Joshi (pp. 276-286) New Delhi: Global Vision Publishing House, India. ISBN-978-81-8220-284-9.
2. Singh A. P. & Singh A. K. (2007). Effects of stress (life events) and social support on general health. In **Psychological Well- Being Correlational and Interventional Studies** edited by K. Ravichandra, C. Beena & Renuka Ragnai, (pp. 42-53). New Delhi: Global Vision Publishing House, India. **ISBN10:** [818220237X](#) / **ISBN 13:** [9788182202375](#)
3. Singh A. P. & Singh A. K. (2007). Effects of stress (life events) and locus of control on depression. In **Positive Health Psychology**, edited by Amrita Yadava, & Nov Rattan Sharma. (pp. 227-242). New Delhi: Global Vision Publishing House, India. **ISBN:** 81-8220-195-0.
4. Singh A. P., Mishra L. K. & Singh A. K. (2007). Stress and health relationship among middle managers: Role of locus of control. In **Psychology of Wellbeing**, edited by Rajbir

Singh, & Radhey Shyam , (pp. 219-228). New Delhi: Global Vision Publishing House, India. ISBN: 81-8220-196-9.

Research Guidance as Supervisor or Co-Supervisor

MA in Psychology

Anjani Kumar Maurya	Trait Emotional Intelligence Job Satisfaction and Job performance among School Teachers	2014-15
Priti Verrma	The role of personality Traits in Mental Health among Women	2014-15
Shalini Jaisawal	Role of Emotional intelligence and Big Five personality in Well being among Adults	2014-15
Ishita Chakravarty	Development and Initial Validation of Attitude towards Dating Scale	2018-19
Astha Asthana	Translation and validation of Comprehensive Inventory of Thriving	2018-19
Astha Kumari	Role of Stress and Spiritual Intelligence in Well-Being among Older Adults	2019-20

MA in Psychology-IGNOU

Manoj Kumar Mishra	Outcomes of High-Performance Human Resources practices among Insurance Personnel	2017-18
Indu Mathur	A Study of loneliness and Self Esteem: Relationship Between the two in late Adolescents in Indian Perspective	2018-19
Sunita Singh	A Comparative Study of Test Anxiety among Upper primary and Secondary level Students	2018-19
Somu Singh	Self Concept and Aggression among Institutionalized Orphans of Varanasi	2019-20

Sandeep Mohan	Association between Self Concept and Achievement in Air Force School Students	2019-20
Amrita Katyayani	Emotional Intelligence in relation to Life Skills and Anxiety of Secondary School Students of Varanasi City	2020-21

PG Diploma in Counseling and Psychotherapy

Lovely Singh	Big five personality traits and well being among rural women	2014-15
Aakriti Pandey	Role of Spirituality and Traits emotional Intelligence in Life satisfaction and Thriving among Adults	2014-15
Priyanka Jaiswal	Five Factor Personality traits and happiness among younger female	2015-16
Priyanka Gupta	Role of Mindfulness in Mental Health in Psychological Well Being among Students of Senior Secondary Schools	2016-17
Ankita Prajapati	Role of Mindfulness and Trait Emotional Intelligence in Life Satisfaction and Thriving among Adolescents Girls	2016-17
Priyanka Gupta	Mindfulness and Mental Health among Students	2016-17
Shreya Gandhi	Mindfulness, Mental Health, and Academic Performance among Students	2017-18
Ravi Balmiki	Stress, Mental Health and Suicidal Behaviour among Police Personnel	2017-18
Pritam Pandey	Emotional Intelligence and Well Being among Primary School Teachers	2017-18
Archana Pandey	Stress, Emotional Intelligence and Well Being	2018-19

Papers Presentation in Conferences/Seminars/Workshop

INTERNATIONAL

1. Singh, A. K. 'Mental Health and Psychological Well Being during COVID-19' in Two days International Webinar on 'COVID-19: Psychological Issues and Opportunities' organized by Department of Psychology, R.B.B.M. College, Muzaffarpur in collaboration with Bharatiya Manovigyan Parishad (BMP) on 31st May- 1st June, 2020.
2. Singh, A. K. 'Psychological Immunity and COVID-19 Pandemic' in Two days International Webinar on 'Psychological Health and Well Being: Current issues and Challenges' organized by Psychological Forum Chhattisgarh in collaboration with SoS in Psychology, Pt. Ravishankar Shukla University, Raipur, CG) on May 26-27, 2020.
3. Singh, A. K. 'Coping with CORONA Crises: Strategies and Interventions for Mental Health Problems' in Two days International Webinar on 'COVID-19: Life Challenges and Strategies' organized by PG Department of Psychology, Veer Kunwar Singh University, Ara *in association with* Bharatiya Manovigyan Parishad on May 18-19, 2020.
4. Singh, A. K. "Managing Stress through Mindfulness" Oral Presentation in 5th International Conference of Indian Academy of Health Psychology organized by Department of Psychology, MGKVP, Varanasi. October 20-22, 2019.
5. Singh A. K. & Singh Sadhana "The Interactive Effects of Neuroticism and Agreeableness on Mental Health". Oral presentation in, 5th International Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U. December 19-21, 2016.
6. Singh, A. K. "Women's Mental Health and Indian Society" Oral Presentation in International Conference on Role of Women in Construction of Society and Nation

organized by Department of Pali and Therwad, S S University, Varanasi. April 6-7, 2016.

7. Singh, A. K. "Mindfulness in Pali Literature". Oral Presentation in International Conference on Pali Diwas organized by Pali Society of India, in Collaboration with International research Institute of Buddhist Studies, Lucknow, March 31st to April 01, 2016
8. Singh A. K. & Singh Sadhana "Influence of Emotional Intelligence and Spirituality on Thriving". Oral presentation in, 4th International Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U. February 6-8, 2016.
9. Singh A. K. "Role of Mindfulness and Stress in Predicting Happiness and Psychological Well Being among college students". Oral presentation in, 3rd International Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U. Varanasi, December 19-21, 2014.
10. Singh A. K, Singh, S. & Singh A. P. "Role of Managerial Trustworthy Behavior in Predicting work Behaviour among Front Level Executives". Oral Presentation in 18th International and 49rd National Conference of IAAP on Psychology for Holistic Living in Global World organized by Department of Psychology, Smt. Laxiben & Shree Chimanlal Mehta (GLS) Arts College, Ahmadabad, 1-3 March 2014.
11. Singh A. K & Singh A. P. "Role of Personality Traits in predicting In Role and Extra Role Behaviour among managers". Oral presentation in, 2nd International Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U. Varanasi, January 23-25, 2014.
12. Singh A. K & Singh A. P. "Role of Intelligence and Personality in predicting Turnover intension among front level managers". Oral presentation in, International Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U., Varanasi, January 23-24, 2012.
13. Singh A. K & Singh A. P. "Emotional intelligence, work-family culture and organizational citizenship behavior among India managers". Oral Presentation in 15th

International and 46rd National Conference of IAAP on Life Skills for Quality of Life organized by Department of Studies in Psychology, University of Mysore, Mysore, February 4-6, 2011.

14. Singh A. K & Singh A. P. “Depression Hope and Personality as predictors of Psychological Well Being”. Oral presentation in, International Conference on Recent Advances in Cognitive Science organized by Department of Psychology, B.H.U., Varanasi, December 18-20, 2010.
15. Singh A. K. ‘The Role of Yoga in the treatment of Depression’. Oral presentation in International Conference on recent Advances of Yoga, Organized by Indian Academy of Yoga, IMS, BHU, Varanasi, November 27-28, 2010.
16. Singh A. K & Singh A. P. “Perceived organizational support and organizational citizenship behaviour: The role of Personality”. Oral presentation in IV International Symposium on Cognition, Stress and Mental Health organized by Department of Psychology, B.H.U. December 14-16, 2009.
17. Singh A. K & Singh A. P. “Role of perceived organizational support and role overload in organizational citizenship behaviour”. Oral Presentation in 13th International and 44rd National Conference of IAAP on Applied Psychology in the Changing Cultural Perspectives, organized by Department of Applied Psychology, BAM University, Aurangabad. January 30 to February 1, 2009.
18. Singh A. K & Singh A. P. “Personal outcomes of organizational citizenship behaviour” Oral presentation in 12th International and 43rd National Conference of IAAP, on Challenges of Applied Psychology for Societal Transformation, organized by Department of Applied Psychology, Calcutta University, Kolkata, in collaboration with NITTR, Kolkata and Indian Statistical Institute, Kolkata. February 7-9, 2008
19. Singh A. K & Singh A. P. “Stress and health among managers: Moderating role of coping”. Oral presentation in 11th International and 42nd National Conference of IAAP on Applied Psychology for Peaceful World organized by Department of Psychology, Jamia Millia Islamia Jamia Nagar, New Delhi . February 15-17, 2007.

20. Singh A. K & Singh A. P. "Effect of stress (life events) and locus of control on depression". Oral presentation in 10th International and 41st National Conference of Indian Academy of Applied Psychology on Innovative Dimension of Applied Psychology: Counseling for Development, organized by NITTTR Chennai. February 16-18, 2006.
21. Singh A. K & Singh A. P. "Organizational citizenship behaviour: Antecedents and consequences- A critical review". Oral presentation in 9th International and 40th National Conference of Indian Academy of Applied Psychology, on Applied Indian Psychology: Retrospect and Prospect, organized by Department of Psychology, Magadh University, Bodh-Gaya. March 7-9, 2005.

NATIONAL

1. Singh, A. K. 'Positive Coping during COVID-19' in National Webinar on ' COVID-19: Mental Health Problems and Coping' organized by Department of Psychology, Juhari Devi Girls P. G. College, Canal Road, Kanpur in collaboration with Bharatiya Manovigyan Parishad (BMP) on May 29-30, 2020.
2. Singh, A. K. 'Role of Social Media in the Time of COVID-19 Outbreak' in National Webinar on 'Individual and Organizational Strategies to deal with Stress Issues During CORONA phase' organized by Department of Applied Psychology, IGNTU, Amarkantak in collaboration with SOIOP, India on May 26, 2020.
3. A. K. Singh, 'Personality and Job Satisfaction among Banking Professionals, in 3rd Indian Congress of Industrial & Organizational Psychology, organized by Department of Psychology, Guru Nanak Dev University, Amritsar, from November 1st to 2nd, 2019.
4. Singh, A. K., "Spirituality and Well Being among female: Role of Perceived Stress" in 3rd National Conference on Recent advances in Cognition and Health, organized by, Department of Psychology, B.H.U. Varanasi, from March 5 to 6, 2019.
5. A. K. Singh, & Sadhana Singh 'Role of Managerial Personality in Innovative Behavior at Work Place', in 2nd Indian Congress of Industrial and Organizational Psychology, organized by Department of Psychology, M.S. University, Baroda, from February 23rd to 24th, 2019.

6. A. K. Singh, Vishaldeep & Sandeep Kumar ‘Role of Job Involvement in Occupational Stress and Psychological Well Being’, in 2nd Indian Congress of Industrial and Organizational Psychology, organized by Department of Psychology, M.S. University, Baroda, from February 23rd to 24th, 2019.
7. Singh, A. K., “Mindfulness and Thriving among Students: Mediating Role of Trait Emotional Intelligence” in 2nd National Conference on Recent advances in Cognition and Health, organized by, Department of Psychology, B.H.U. February 26-27, 2018.
8. A. K. Singh, ‘Development and Validation a Quick Measure for Job Satisfaction’, in 1st Indian Congress of Industrial and Organizational Psychology, organized by Department of Psychology, University of Rajasthan, Jaipur, January 30th to 31st, 2018.
9. A. K. Singh, ‘Role of Leaders’ Personality in Determining Indian Foreign Policy’, in National Seminar on Indian Foreign Policy: Emerging Paradigms, organized by Department of Political Science, DAV PG College, Varanasi, April 22-23, 2017.
10. A. K. Singh, ‘Mindfulness and Academic Achievement among Students’, in National Conference on Psychology and Society Today: Contemporary Issues and Interventions, organized by Department of Psychology, M. G. Kashi Vidyapeeth, Varanasi, 26-27 November, 2016.
11. Singh, A. K. “Personality Traits and Innovative Work Behavior among Managers” in National Seminar on Challenges of Human Resource Development in Tribal Areas Organized by Department of Economics and Psychology, Government PG College, Dantewada, Chhattisgarh. January 16 -17, 2105.
12. Singh, A. K. Singh, S. & Singh A. P., “Preventing Suicide through Expectation Management” in National Conference on Current Concerns and Emerging Areas of Application of Counseling, organized by, Department of Psychology, B.H.U. February 27-28, 2013.
13. A. K. Singh, Cognitive and Emotion based self Efficacy and Mental health among Younger adults, in 1st National Conference of Indian Association of Positive psychology, organized by Department of Psychology, M. G. Kashi Vidyapeeth, Varanasi, December 24-26, 2012.

14. Singh, A. K., “Hope and Well-Being among Students of Professional Courses”. Oral presentation in, National Conference on Factor affecting teaching & research and strategies to improve quality in higher educating, organized by R.G.S.C. Barkachha, Mirzapur, February 28-29, 2012.
15. Singh A. K & Singh A. P. “Does Personality predict organizational citizenship behaviour among managerial personnel”. Oral presentation in, 1st National Conference on Recent Advances in Cognitive Science organized by Department of Psychology, B.H.U. December 19-21, 2008.
16. Singh A. K. “Role of perceived organizational support and family involvement in organizational citizenship behaviour”. Oral presentation in Section (3) “Anthropological and Behavioural Sciences” for Young Scientist Award in The Indian Science Congress Association at NEHU, Shillong, October 17, 2008
17. Singh A. K & Singh A. P. “Organizational role stress and its impact on managers health: moderating role of work family conflict”. Oral presentation in National Seminar on “Positive Perspectives of Health and Behaviour” organized by Department of Psychology, M. D. University, Rohtak. February 1-2, 2008.
18. Singh A. K & Singh A. P. “Effect of stress (life events) and social support on general health”. Oral presentation in National Seminar on “Promoting Psychological Well-Being across Lifespan” Organized by Department of Psychology, Osmania University-Hyderabad. February 22-24, 2006.

State / University Level

1. Singh A. K. “Expectations as a Barrier in Education for College Students”. Oral presentation in State Level Seminar on “Barriers in Education for College Students” organized by department of Psychology, DAV PG College, Varanasi. April 16, 2016.

PARTICIPATION

TRAINING COURSES /WORKSHOP / FACULTY DEVELOPMENT PROGRAM

1. Completed two-week **Refresher Courses in Psychology** organized by Teaching Learning Center, Ramanujan College, New Delhi from 30 December 2022 to 13 January 2023.

2. Completed FDP on **Advanced Research Methodology** organized by Teaching Learning Center, Ramanujan College, New Delhi from 21 June to 05 July, 2022.
3. Completed FDP on **Developing Soft Skills and Personality** through SWAYAM/ NPTEL from August to October 2021 (8 Weeks).
4. Participated in International Webinar on '**Pursuit of Authentic Happiness**' organized by department of psychology, Govt. M.L.B. Girls PG College, Indore and sponsored by World Bank, from September 27 to October 01, 2021.
5. Completed FDP on Managing online Classes and Co-Creating MOOCs 3.0 organized by Teaching Learning Center, Ramanujan College, New Delhi from 25 July to 10 August, 2020
6. Completed FDP on Advanced Concepts for Developing MOOCs organized by Teaching Learning Center, Ramanujan College, New Delhi from 02 July to 17 July, 2020.
7. Completed FDP on Application of Digital Tools and Technology in Teaching and learning organized by Indira Gandhi National Tribal University, Amarkantak from 16 June to 29 June, 2020
8. Completed FDP on Enhancing Soft Skills and Personality through SWAYAM/ NPTEL from 24 February to 17 April, 2020 (8 Weeks).
9. Participated in National Workshop on 'Research Methodology and Statistical Analysis (Using SPSS and AMOS)' Organized by Department of Psychology, DAV PG College, Varanasi, from February 13-20, 2020.
10. Participated in 3rd National Workshop on 'Statistical Techniques for Data Analysis Using Software Tools SPSS and R' Organized by Department of Commerce, DAV PG College, Varanasi, from January 16-31, 2020.
11. Completed Refresher Course in Psychology (ARPIT) through SWAYAM/ AICTE from 01 September to 31 December, 2019 (16 Weeks).
12. Participated in National Workshop on 'Research Methodology in Social Sciences and Humanities' Organized by Department of Sociology, DAV PG College, Varanasi, from November 6-16, 2019.

13. Participated in Three days Training of Trainers (TOT) for Training of NSS Coordinators, FP Consultant & Counselors on Health Issues organized by State Innovations in Family Planning Services Project Agency (SIFPSA), Lucknow from 31st January to 2nd February, 2019.
14. Participated in National Workshop on ‘Statistical Techniques for Data Analysis Using Software Tools SPSS and R’ Organized by Department of Commerce, DAV PG College, Varanasi, from January 9 to 19, 2019.
15. Participated in National Workshop on ‘Psychological Assessment and Person Enrichment’ Organized by Department of Psychology, DAV PG College, Varanasi, from February 8 to 17, 2018.
16. Participated in National Workshop on ‘Statistical Techniques and Software Tools for Data Analysis’ Organized by Department of Commerce & Research assessment Committee, DAV PG College, Varanasi, from January 20 to 30, 2017.
17. Participated in Workshop on ‘Theoretical and Empirical Aspects of Research Methodology’ Organized by DAV PG College, Varanasi, November 7 to 16, 2016.
18. Participated in Two Days Clinical Skill Training on “Cognitive Behaviour Therapy Level-1” Organized by Department of Psychology, DAV PG College, Varanasi from November 12-13, 2016.
19. Participated in International Workshop on ‘Vipassana’ Organized by Centre for Buddhist Studies, Arya Mahila PG College, Varanasi. September 26th to Oct 2nd, 2016.
20. Participated in International Workshop on ‘Cultural Dimensions of Archaeology’ Organized by Department of AIHC & Archaeology, DAV PG College, Varanasi, from February 18th to 24th, 2016.
21. Participated in National Workshop on ‘Accessing the E Resources (N-List) of Library and Its Application’ Organized by Library, DAV PG College, Varanasi, from February 9th to 16th, 2016
22. Participated in National Workshop on ‘Understanding Mental health Issues and Outcome: An Interface between Psychiatry and Psychotherapy’ Organized by Department of psychology, DAV PG College, Varanasi, from April 3rd to 12th, 2015.

23. Participated in UGC sponsored 68th Orientation Course organized by UGC Academic Staff College, Banaras Hindu University, Varanasi from June 13 to July 10, 2014.
24. Participated in Faculty Development Program on Communicative English & ITC, organized by Department of English, DAV PG College, Varanasi, from 1st to 30th April, 2014.
25. Participated in National Workshop on 'Bhartiya Mahilayon Ki Asmita Ki Raksha Men Samaj Ewam Kanooni Prakriya Ki Bhoomika Organized by Stree Vimarsh, DAV PG College, Varanasi, from October 23rd to 29th, 2013.
26. Participated in National Workshop on Psychosocial effect of Gandhian Thought on Individual Transformation and Reconstruction of Society on Women Empowerment Organized by DVA PG College, Varanasi, from 30-01-2013 to 06-02-2013.
27. Undergone training in Entrepreneurship Development program conducted by M.S.M.E. Development Institute, Allahabad at RGSC Mirzapur from 04-03-2011 to 17-03-2011.

Resource Person

1. Singh, A. K. 'Personality: Approaches and Assessment' National Workshop on Enhancing Learning Achievement in Schools, organized by Bihar Vidyapeeth Patna, Dated 4-5 March, 2022.
2. Singh, A. K. 'Style of Reference Writing' National Webinar organized by department of Psychology, Patna College, Patna University, Patna, Bihar Dated September 27, 2020.
3. Singh, A. K. 'Research Methodology' National Webinar organized by department of Psychology, Patna College, Patna University, Patna, Bihar Dated September 24, 2020
4. Singh, A. K. 'Psychology of Happiness: An Empirical Investigation' in 'National Seminar on Modern Perspective of Positive Psychology and Health Management in Indian, Organized by Department of Psychology, Feroze Gandhi College, Rae Bareli from February 7 to 8, 2020.
5. Singh, A. K. 'Regression and factor Analysis Using SPSS' in '1st National Workshop on Research Method & Data Analysis' Organized by Center of Excellence in Science and

Mathematics Education, Facilitated by Department of Psychology, Banasthali Vidyapith, Rajasthan, India from October 9 to 19, 2019.

6. Singh, A. K. “Mindfulness and Mental Health” in International Workshop on ‘Vipassana’ Organized by Centre for Buddhist Studies, Arya Mahila PG College, Varanasi. Sept 26th to Oct 2nd, 2016.
7. Singh, A. K. “Human Resource Development: A Challenge for Tribal’s” in National Seminar on Challenges of Human Resource Development in Tribal Areas Organized by Department of Economics and Psychology, Government PG College, Dantewada, Chhattisgarh from 16 to 17 January, 2015.
8. Singh A. K. “Women Empowerment: A Psychological Perspective” Acted as a resource and delivered a lecture in National Workshop on Psychosocial effect of Gandhian Thought on Individual Transformation and Reconstruction of Society on Women Empowerment Organized by Gandhian Study Centre and Department of Psychology DVA PG College, Varanasi, from 30-01-2013 to 06-02-2013.
9. Singh A. K. “Expectation and Depression: A new perspective for Counseling”. Acted as a resource person and delivered a lecture in National Workshop on Application in Information Technology in Counseling and Guidance. Organized by Department of Psychology, HCPG College, Varanasi, October 23-24, 2010.

Guest Lecturer/Invited Lecture

1. Delivered a Lecture on ‘Understanding Regression Analysis Using SPSS’ in Department of Psychology, AM PG College, Varanasi on August 16, 2022.
2. Delivered a Lecture on ‘Personality and its Various Measurement Techniques’ in Department of Psychology, U.P. College, Varanasi on January 30, 2019.
3. Delivered a Lecture on ‘Personality Development for Personal and Professional Success’ in Department of AIHC & Archeology, DAV PG College, Varanasi on March 13, 2019.

Awards and Distinction

1. Received **Elite + Silver Medal** for securing more than 87 % score in NPTEL online Certification program on Stress Management funded by MHRD during Sept to October 2020 (Four Week Course)
2. Received **Elite + Silver Medal** for securing more than 86 % score in NPTEL online Certification program on Enhancing Soft Skill and Personality funded by MHRD During February to April 2020 (Eight Week Course)
3. Teacher Innovation Award 2019, by Shri Aurobindo Society
4. **Outstanding Reviewer Award** from Elsevier in cooperation with *International Society for the Study of Individual Differences* for reviewing article in Personality and Individual Difference, November 2018.
5. **Reviewer Recognition Award** from Elsevier in cooperation with *International Society for the Study of Individual Differences* for reviewing article in Personality and Individual Difference, July 2018.
6. **Distinguished Teacher Award** from Principal, DAV PG College, Varanasi, September 5, 2017.
7. **Letter of Appreciation** for convener, Feedback Committee, from Principal, DAV PG College, Varanasi, August 15, 2017.
8. **Letter of Appreciation** for Member, Proctorial Board, from Principal, DAV PG College, Varanasi, August 15, 2017.
9. **Best Paper Award** in 5th International Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U. Varanasi, India, December 19-21, 2016.
10. **Outstanding Reviewer Award** from Elsevier in cooperation with *International Society for the Study of Individual Differences* for reviewing article in Personality and Individual Difference, November 2016.
11. **Reviewer Recognition Award** from Elsevier in cooperation with *International Society for the Study of Individual Differences* for reviewing article in Personality and Individual Difference, May 2016.

- 12. Best Paper Award** in National Conference on Current Concerns and Emerging Areas of Application of Counseling, organized by Department of Psychology, Varanasi, India, B.H.U., February 27-28, 2013.
- 13. Best Paper Award** in International Conference on Recent Advances in Cognition and Health, organized by Department of Psychology, B.H.U. Varanasi, India, January 23-24, 2012.
- 14. Best Paper Award** in International Conference on Recent Advances in Cognitive Sciences, organized by Department of Psychology, B.H.U., Varanasi, India, December 18-20, 2010.
- 15. Best Paper Award** in 4th International Symposium on Cognition stress and Mental Health, organized by Department of Psychology, B.H.U., Varanasi, India, December 14-16, 2009.
- 16. Best Paper Award** in National Conference on Recent Advances in Cognitive Sciences, organized by Department of Psychology, B.H.U., Varanasi, India, December 19-21, 2008.
- 17. UGC Research Fellowship**, August 2, 2007
- 18. Prof. Dipak Bhat Award** for the best paper presentation in 9th International and 40th National Conference of Indian Academy of Applied Psychology, March 7-9, 2005.

Recognition and Honor

- 1. Chaired** the Scientific Session in 3rd Annual National Web Conference of Psychological Forum Chhattisgarh on 'Status of Awareness of Mental Health' organized by Department of Psychology, Government Kamla Devi Rathi Girls Degree College Rajnandgaon, Chhattisgarh India on June 25- 26, 2021.
- 2. Chaired** the Scientific Session in National Webinar on 'Individual and Organizational Strategies to deal with Stress Issues During CORONA phase' organized by Department of Applied Psychology, IGNTU, Amarkantak in collaboration with SOIOP, India on May 26, 2020.

3. **Chaired** the Scientific Session in ‘National Seminar on Modern Perspective of Positive Psychology and Health Management in Indian, Organized by Department of Psychology, Feroze Gandhi College, Rae Bareli from February 7 to 8, 2020
4. **Chaired** the Scientific Session in 3rd Indian Congress of Industrial & Organizational Psychology, organized by Department of Psychology, Guru Nanak Dev University, Amritsar, from November 1st to 2nd, 2019.
5. **Chaired** the Scientific Session, in 2nd Indian Congress of Industrial and Organizational Psychology, organized by Department of Psychology, M.S. University, Baroda, from February 23rd to 24th, 2019.
6. **Co-Chaired** the Scientific Session in, 2nd National Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U. Varanasi, India, and February 26-27, 2018.
7. **Chaired** the Scientific Session in, 1st National Congress of Society of Industrial and Organizational Psychology on Changing Landscape and future of I/O Psychology organized by Department of Psychology, University of Rajasthan, Jaipur, India, and January 30-31, 2018.
8. Member- Executive Council of Society of Industrial and Organizational Psychology (SIOP) India, since 2018
9. **Member of the Board of Studies** in Psychology, Faculty of Humanities and Social Sciences, RSM University, Lucknow, May 11-12, 2017.
10. **External Expert** in Synopsis presentation of Ph.D. in Psychology, Faculty of Humanities and Social Sciences, RSM University, Lucknow, May 11-12, 2017
11. **Co-Chaired** the Session in, 5th International Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U. Varanasi, India, December 19-21, 2016.
12. **Co-Chaired** the Session in, 3rd International Conference on Recent Advances in Cognition and Health organized by Department of Psychology, B.H.U. Varanasi, India, December 19-21, 2014.

Membership of Professional Organization

- + International Association of Holistic Psychology
- + Indian Academy of Applied Psychology
- + Society of Industrial and Organizational Psychology
- + Indian School Psychology Association
- + National Positive Psychology Association
- + BHU Psychology Alumni Association
- + India Science Congress Association

Member of the Editorial Board of Journals

+ Editor- SOIOP News Bulletin

- + **Member Editorial Board**-Psychology and Behavioral Sciences- (ISSN: 2328-7837 - Print; ISSN: 2328-7845-Online) (Since September, 2017)
- + **Member Editorial Board**- Mind and Society (RNI NO. CHHHIN/2012/46660 ISSN: 2277-6907 (Since March 2020)

Referee/ Reviewer of the Journals

- + Personality and individual Differences (by Elsevier Since March,2014)
- + Social Science Research (by Elsevier Since July, 2022)
- + Journal of the Indian Academy of Applied Psychology (Since May, 2016)
- + African Journal of Business Management (Since February 2011)

Member of College Committees

- + Nodal officer, Youth Friendly Center (funded by SIFPSA, Lucknow) since March 2019
- + Program officer NSS- Since, October 2018 to November 2021.
- + Convener/ Coordinator-Committee for Feedback (Since 2011-12)
- + Member NAAC Steering Committee (Since 09-09-2017)

✚ Member, Games & Sports Committee (21-08-2017)

✚ Member-Committee for Extension and Creative activity (Since, 2011-12)

✚ Member-Communication Skill Committee (Since, 2011-12)

✚ Member-Proctorial Board (Since s06-10-2016)

Professional IDs

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(Dr. Akhilendra Kumar Singh)