

Dr. Aishvarya Upadhyay

Assistant Professor

Department of Psychology

D.A.V. Post Graduate College, Varanasi

(Admitted to the privileges of Banaras Hindu University)

Educational Qualifications

Degree	Institution
B.A. (Psychology)	Banaras Hindu University
M.A. (Psychology)	Banaras Hindu University
Ph.D. (Psychology)	Banaras Hindu University
Post-Doctoral Research	—

Academic Appointments / Teaching Experience

Designation	Department	Institution	Duration
Assistant Professor	Behavioural Sciences	Medical University of the Americas, St. Kitts & Nevis	Aug 2019 – Apr 2022
Assistant Professor	Psychology	Sunbeam Women's College, Varuna, Varanasi	Aug 2016 – Oct 2017

Research Interests

- Child and Adolescent Mental Health
 - Behavioural Issues in Children
 - Post-Traumatic Stress Disorder
 - Personality and Psychopathology
 - Interdisciplinary Research (Psychology & Paediatrics)
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Teaching Interests / Courses Taught

- Psychopathology
 - Clinical Psychology
 - Counselling Psychology
 - Social Psychology
 - Experimental Psychology
 - Testing and Measurement
 - Diagnostic Psychology
 - Health Psychology
 - Research Methodology
 - Developmental Psychology
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Publications

A. Research Papers in Journals

International Journals

1. Srivastava, A. & Upadhyay, A. (2025). *An empirical investigation on psychological determinants of AI dependence*. **International Journal of Research and Innovation in Social Sciences**, 9(17), 715–725.
2. Jaiswal, S. K., Upadhyay, A., et al. (2016). *Two familial cases of Robertsonian translocations 13;14 and its clinical consequences*. **Journal of Genetic Syndromes & Gene Therapy**, 7, 283.
3. Upadhyay, A., Mishra, O. P., et al. (2016). *Behavioural abnormalities in children with new-onset nephrotic syndrome receiving corticosteroid therapy*. **Pediatric Nephrology**, 31(2), 233–238.

National Journals

4. Upadhyay, A. & Singh, P. (2024). *Management of behavior problems in pediatric chronic illness*. **Indian Journal of Preventive & Social Medicine**, 55(4), 367–370.
5. Singh, P. & Upadhyay, A. (2024). *A psychosocial study of the exploitation of transgender and Indian social institutions*. **Quaderns Journal**, 11(8).

6. Upadhyay, A., et al. (2016). *Cognitive dysfunctions in children with epilepsy*. **Pediatric Education and Research**, 4, 151–154.
 7. Mishra, O. P., Upadhyay, A., et al. (2017). *Behavioral problems in Indian children with epilepsy*. **Indian Pediatrics**, 54.
 8. Upadhyay, A. (2012). *Chronic illness & behavioural problems: A review study*. **Kusum Jankalyan Samiti**, 1(1), 15–20.
 9. Upadhyay, A. (2011). *School underachievement in children with seizure disorder*. **Srijan Samiti**, 2(1), 241–244.
 10. Upadhyay, A. (2012). *Promotion of breast feeding in rural areas*. **Akhil Bhartiya Sahitya Samnvya Samiti**, 3(1), 82–88.
 11. Upadhyay, A. & Shukla, S. (—). *Quality of life issues in caregivers of children with chronic illness*.
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B. Books

- **Towards New India**, National Prints (Blue Buck Publications), New Delhi, 1st Edition
ISBN: 978-81-995286-07-2
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Awards & Fellowships

- **UGC Junior Research Fellowship (JRF)** – 10 October 2010
 - **ICSSR Fellowship** – January 2019
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Invited Talks / Guest Lectures

1. *Building Inner Strength in Women* – 4 Nov 2025, Jannayak Chandershekhar University, Ballia
 2. *Mental Health and Suicide in Students* – 3 Sept 2025, Dr. Shyam Prasad Mukherjee Govt. Degree College, Bhadohi
 3. *Gender Sensitivity and Gender Abuse* – 25 Sept 2021, Shrimati Indira Gandhi PG College
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Conferences & Seminars (National & International)

(Presented papers at more than 15 national & international conferences including BHU, Amity University, Panjab University, Puducherry, Mysore, Delhi, Rajasthan, Thirupati, Chandigarh, and Varanasi on child mental health, epilepsy, chronic illness, family psychology, gender issues, and yoga & mental health.)

Professional Memberships

- Indian Association for Social Sciences and Health (IASSH) – since 2012
 - American Psychological Association (APA) – since 2021
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Skills

- **Statistical Tools:** SPSS
 - **Software:** MS Office, LMS, Panopto
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Declaration

I hereby declare that the information furnished above is true and correct to the best of my knowledge.

Signature _____

(Dr. Aishvarya Upadhyay)