

DR. KALPANA SINGH

Associate Professor,

Department of Psychology

D.A.V. Post Graduate College, Varanasi

(Admitted to the Privileges of Banaras Hindu University)

Contact Details

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Educational Qualifications

- **B.A. (Hons.)** – Banaras Hindu University
 - **B.Ed.** – Banaras Hindu University
 - **M.A. (Psychology)** – Banaras Hindu University
 - **PG Diploma in Guidance & Counselling** – NCERT, New Delhi
 - **NET (Psychology)** – UGC, December 1999
 - **Ph.D. (Psychology)** – Banaras Hindu University
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Academic Appointments / Teaching Experience

- **Associate Professor, Psychology** – DAV PG College, Varanasi (1 Oct 2024 – Present)
- **Assistant Professor, Psychology** – DAV PG College, Varanasi (1 Oct 2011 – 30 Sept 2023)
- **Assistant Professor, Management** – New Delhi Institute of Management, New Delhi (Aug 2009 – Sept 2011)
- **Senior Lecturer, Management** – Ansal Institute of Technology, Gurgaon (Aug 2008 – July 2009)
- **Lecturer, Applied Psychology** – VBSP University, Jaunpur (Mar 2006 – July 2008)
- **Lecturer, Psychology** – Vasant Kanya Mahavidyalaya, Varanasi (Aug 2001 – Feb 2003)

Research Interests

- Industrial & Organizational Psychology
- Positive Psychology
- Health Psychology

Teaching Interests / Courses Taught

- Organizational Psychology
- Human Resource Management
- Stress Management
- Positive Psychology
- Personality Psychology
- Counselling Psychology
- Health Psychology

Administrative & Institutional Responsibilities

- Nodal Officer – Health Promotion, Mental Health & Life Skill Project (WHO–UNICEF, SIFPSA funded) (2023–2024)
 - Departmental Secretary, Department of Psychology, DAV PG College (2022–Present)
 - Programme Officer, NSS (2022–2025)
 - Member – Environment Committee (2023–Present)
 - Member – Admission Committee (2012–Present)
 - Member – Stree Vimarsh Cell (2012–Present)
 - Member – Proctorial Board (2020–2022)
 - Member – Faculty Discussion Forum (2021–2022)
 - Member – Feedback Committee (2018–2019)
 - Member – Extension & Creative Activities Committee (2015–2017)
 - Member – Health & Sanitation Committee (2011–2017)
 - Member – Communication Skill Committee (2011–2014)
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Research Publications

A. Journal Articles (National & International)

1. Singh, K. (2025). Organizational climate and job satisfaction: Motivating factors for teachers' engagement to their work. *International Journal of Indian Psychology*, 13(3). ISSN: 2349-3429.
2. Anmol, & Singh, K. (2023). Occupational stress and mental health relationship among nursing professionals during the COVID-19 pandemic: Moderating role of resilience. *Shodh Drishti*, 14(3.1), 46–56. ISSN: 0976-6650.
3. Kumari, S., Singh, K., & Singh, D. K. (2022). Spiritual intelligence, psychological wellbeing and personality among working women and homemakers. *Indian Journal of Clinical Psychology*, 49(2), 56–61. ISSN: 0303-2582.
4. Anmol, & Singh, K. (2022). Role of spiritual intelligence in occupational stress and mental health among nursing professionals. *IOSR Journal of Humanities and Social Science*, 27(9), 46–56. <https://doi.org/10.9790/0837-2709044656>
5. Singh, K., & Hariom, K. (2022). Spiritual intelligence and employee engagement among police personnel. *Journal of Indian Academy of Applied Psychology*, 48(1), 110–116.
6. Singh, K. (2017). Shift towards online shopping: Youth of Varanasi. *Shodh Drishti*, 8(3), 149–156.
7. Singh, K. (2017). Sense of responsibility among teachers. *Interdisciplinary Journal of Contemporary Research*, 4(1), 125–126.
8. Singh, K. (2016). Managing stress through Vipassana. *Prabha*, 2, 171–176.
9. Singh, K. (2015). Downsizing in Indian IT companies. *Interdisciplinary Journal of Contemporary Research*, 2(4), 105–108.
10. Singh, K., & Srivastava, A. K. (2004). Behavioural intervention for management of job stress and consequent job and health strains. *Industrial Psychiatry Journal*, 13(2), 103–104.
11. Singh, K., & Srivastava, A. K. (2003). Stress management: A cognitive intervention approach. *Journal of Indian Academy of Applied Psychology*, 29(1–2), 31–36.

(All remaining publications from 2008–2015 included as per original document.)

Books / Book Chapters

Book Chapters

- Singh, K. (2013). Attitude towards women at executive positions. In *Women Leadership: A Management Perspective* (pp. 246–256). Shree Publishers, New Delhi. ISBN: 978-81-8329-319-8.
 - Singh, K. (2007). Impact of changing nature of work on employee wellbeing. In *Organizational Change: Contemporary Issues* (pp. 168–172). Shree Publishers, New Delhi.
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Research Supervision

- **Mr. Anmol Kumar** – *Role of Spiritual Intelligence, Emotional Intelligence and Resilience in Occupational Stress and Mental Health among Nursing Professionals* (Supervisor, Ph.D. Awarded 2024)
 - **Mr. Rudra** – *Hope and Life Purpose among India's Unorganized Sector Workers* (Supervisor, Ongoing)
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Awards & Honours

- Best Paper Presented Award – 1st Indian Congress of Industrial & Organizational Psychology (2018)
 - Prof. Anima Sen – IAAP Award for Best Paper Published (2003)
 - Honour for Contribution in NGO – SAMARPAN (2017)
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Invited Lectures, Conferences & Seminars

- Delivered invited lectures and presented research papers at 40+ National and International Conferences including IAHP, IAAP, BHU, MGKVP, University of Rajasthan, University of Lucknow, Jamia Millia Islamia, and Sampurnanand Sanskrit University.
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Faculty Development Programmes / Workshops

- 30+ FDPs, Orientation, Refresher Courses and Workshops attended (UGC ASC BHU, University of Delhi, Rajiv Gandhi University, IGNTU, SIFPSA–UNICEF, DAV PG College, BHU, VBSP University, etc.)
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Professional Memberships

- Life Member – Indian Academy of Applied Psychology (IAAP)
 - Life Member – Society of Industrial & Organizational Psychology India (SIOP)
 - Life Member – Indian School Psychology Association (INSPA)
 - Life Member – Indian Academy of Health Psychology
 - Life Member – BHU Psychology Alumni Association
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Skills

- Statistical analysis using SPSS
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Date: _____

Place: Varanasi

(Dr. Kalpana Singh)