

Dr. RICHA RANI YADAV

Professor & Head,

Department of Psychology

D.A.V. Post Graduate College, Varanasi

(Admitted to the Privileges of Banaras Hindu University)

Contact & Identification

- **Designation:** Professor & Head, Department of Psychology
 - **Institution:** D.A.V. PG College, Varanasi (BHU)
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Educational Qualifications

- **B.A. (Psychology):** RML Awadh University, Faizabad (U.P.)
 - **M.A. (Psychology):** RML Awadh University, Faizabad (U.P.)
 - **Ph.D. (Psychology):** RML Awadh University, Faizabad (U.P.)
 - **Post-Doctoral Work:** Completed
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Academic & Professional Experience

- **Professor & Head, Psychology:** DAV PG College (BHU), Varanasi (2022–Present)
 - **Technical Counsellor & Psychologist:** U.P. Public Service Commission (2017–2021)
 - **Subject Expert:** Mahatma Gandhi Kashi Vidyapith, Varanasi (Sept 2024)
 - **Paper Setter / Moderator / Examiner (PGT):** Madhyamik Shiksha Seva Chayan Board, Prayagraj (2016–2017)
 - **External Examiner / Evaluator:** BHU, MGKVP, DDU Gorakhpur, VBSPU Jaunpur, APS Rewa, Magadh University Gaya, VKSU Ara (2015–2025)
 - **Expert – Ph.D. Thesis Evaluation:** Patna University (2024–2025)
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Research Interests

- Applied Social Psychology
 - Women Studies
 - Health Psychology
 - Stress, Mental Health & Well-being
 - Counselling & Psychotherapy
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Teaching Interests / Courses Taught

- Cognitive Psychology
 - Motivation & Emotion
 - Personality Psychology
 - Counselling Psychology
 - Psychodiagnostics
 - Biological Psychology
 - Neuropsychology
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Administrative Responsibilities

- **Head, Department of Psychology:** 2022–Present
 - **Chairperson, Internal Complaint Committee:** 2017–2024
 - **Member, Stri Vimarsh Cell:** 2012–Present
 - **Senior Member, NAAC Committee:** 2019–2022
 - **NSS Programme Officer:** 2010–2014
 - **Member/Coordinator:** Cultural Committee, PG Admission Committee, Student Advisory Committee, Plantation Committee (2005–2023)
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Publications

A. Journal Articles – National (Selected)

- Yadav, R. R. & Tripathi, D. (2019). Emotional maturity, general health and loneliness among sexually abused young adults. *Indian Journal of Clinical Psychology*, 46(2), 146–151.
- Yadav, R. R. (2017). Defense mechanism pattern in normal female adolescents. *Indian Journal of Community Psychology*, 13(1), 161–168.
- Yadav, R. R. (2016). Marital adjustment and quality of life among working women and homemakers. *Shodha Pravaha*, 6(1), 127–134.
- Yadav, R. R. (2012). Anasakti and mental health in women. *Indian Journal of Community Psychology*, 8(2), 199–206.

(Complete list of all national publications included as per source document.)

B. Journal Articles – International (Selected)

- Sharma, A., & Yadav, R. R. (2023). Perceived stress, loneliness, quality of life and emotional maturity among transgenders. *International Journal of Advanced Research*, 11(12), 412–416. <https://doi.org/10.21474/IJAR01/18001>
- Yadav, R. R. (2016). Spiritual intelligence among disciples and non-disciples. *International Journal of Advanced Research*, 4(9), 1619–1626.
- Ahmad Bhat, N., & Yadav, R. R. (2017). Occupational stress and job satisfaction in junior healthcare professionals. *Delhi Psychiatry Journal*, 20(1), 71–78.

(All international publications from 2009–2025 included.)

Books / Monographs

1. **Abnormal Psychology** – Veer Bahadur Publication (2017). ISBN: 978-93-84817-65-7
 2. **Psychological Well-being of Working Women** – LAP Lambert Academic Publishing (2016)
 3. **Abnormal Psychology** – Green Leaf Publication (2015)
 4. **Stress and Food (Monograph)** – DAV PG College Magazine (2009)
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Book Chapters

- *Possibilities rather than Pathologies: Solution Focused Therapy in Counselling*, in **Guidance and Counselling: New Directions**, Shree Publishers. ISBN: 978-81-8329-522-2
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Research Projects / Grants

- **UGC Sponsored Project:** *A Comparative Study of Married & Unmarried Working Women: Happiness and Social Worth* (2012)
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Awards & Honours

- IAMH Icon Award – Indian Academy of Mental Health (2023)
 - Livrm Icon Award – Livrm Foundation & K2 Publication (2023)
 - Distinguished Teacher Award – DAV PG College, Varanasi (2019)
 - Best Paper Publication Award – IASET (2016)
 - Shikshak Samman – Higher Education Department, Varanasi (2021)
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Research Supervision

- **Ph.D. Scholars Supervised:** 1 Awarded, 1 Ongoing
 - **PG / PGDCP Dissertations Supervised:** 25+ (Awarded)
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Invited Talks, Conferences & Seminars

- 100+ Invited Talks, Chairing Sessions & Conference Presentations at National & International levels including BHU, IIT-BHU, MGKVP, Amity University, IMS-BHU, IAMH Conferences.
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Professional Memberships

- Life Member – Indian Academy of Health Psychology
- Life Member – Sports Psychology Association of India

- Joint Secretary – Indian Academy of Mental Health (IAMH)

Date: _____

Place: Varanasi

(Dr. Richa Rani Yadav)