

Curriculum vitae

1. Name: Dr. Sunita Singh
2. Designation: Assistant Professor
3. Subject: Psychology
4. Academic Qualifications: M. Phil, NET, PhD
5. Areas of interest/Specialization: Clinical, Positive Psychology
6. Date of Birth: 24.03.1982
7. Date of Joining: 29.09.2005 as Mandey, 08.03.2019 Regularized as Assistant Professor.
8. Experience: 14 years as Mandey Lecturer and as Assistant Professor 4 years.
9. Official Address: 165 South Soti Ganj Meerut.
10. Contact no. :9634713601
11. Email: sunitamrt82@gmail.com
12. Areas of research: Clinical Psychology, Positive psychology, Experimental Psychology,



13. Research Papers published:-

S. No	Title of the paper published(with Page no.)	Research Journal (with Vol. no.)	Year	ISSN	Whether peer reviewed ,UGC listed,Impact Factor if any	Digital Link, if any
1	“Use of adaptive and maladaptive emotional regulation by adults in relation to their life satisfaction.”	In the journal RJPSS	Apr-Sep-2021.	Vol. XLVI No. 2 ISSN (P) 0258-1701 (e) 2454-3403	Impact factor 8.280.	https://doi.org/10.31995/rjps.2021.v46i02.040
2	“Effect of Cognitive Intervention Program on Children with Attention Deficit Hyperactive Disorder.	Journal Global Values	June 2015	Vol. VI, No-1 ISSN: 09769447		
3	Impact of Cognitive Intervention Program on ADHD : age 5 to 7 years.	Dev Sanskriti university Journal	Dec: 2009	Volume- 5&6		

14. Articles in Books/ Paper Conference Proceedings Published:

<i>S.No</i>	<i>Title of the Article published with page no.</i>	<i>Title of the Book/Conference Proceedings</i>	<i>Year</i>	<i>ISBN</i>	<i>Detail of the Publisher</i>	<i>Published by International/national /Local Publishers</i>	<i>Digital Link(if any)</i>
1	<i>Psychological aspects of Aesthetics.</i>	<i>Bhartiya Paramperama Sndarya</i>	2020	978-93-86491-25-1	<i>Prime Publishing house</i>	<i>Local publisher</i>	
2	<i>Effect of spirituality on brain and positive thinking.</i>	<i>Philosophy: Its Dimensions and Relevance.</i>	2016	0978-93-82166-45-0	<i>Anu Books</i>	<i>Local publisher</i>	

15. Faculty Enrichment Programme Attended:

<i>S. No</i>	<i>Detail of the FDP/FEP</i>	<i>Date(s) of the event</i>	<i>Organizer & Sponsor</i>	<i>International/ National/ State/ University</i>
1	<i>Online Two-Week Interdisciplinary Refresher Course in “Managing online Classes and Co-Creating MOOCS 30.0”</i>	<i>06 to 20 September</i>	<i>TLC, Ramanujan College, University of Delhi under the aegis of Ministry of Education, PMMMMNMTT</i>	<i>International</i>
2	<i>Five Days Faculty Enrichment Program on “Literary Explorers: Uncover, Imagine, Discover”</i>	<i>18-09-2023 to 22-09-2023</i>	<i>Organized by Library Committee and Teachers’ Re-Skilling Cell</i>	<i>National</i>
3	<i>Faculty Developmental Program on “MOOCS and E-Content Development”</i>	<i>29th April to 05th May 2023</i>	<i>Organized by Raghunath Girls’ Post Graduate College, Meerut and Guru Angad Dev Teaching Learning Centre under PMMMMNMTT, SGTB Khalsa College, University of Delhi.</i>	<i>National</i>
4	<i>Online Two Week Interdisciplinary Refresher Course on “Advance Research Methodology”</i>	<i>22 March- 05 April, 2023</i>	<i>TLC, Ramanujan College, University of Delhi under the aegis of Ministry of Education, PMMMMNMTT</i>	<i>International</i>
5	<i>One Week FDP on New Trends in Research Methodology</i>	<i>11-17 February 2023</i>	<i>Teachers’ Re-Skilling Cell & LMS Cell, Raghunath Girls’ Post Graduate</i>	<i>National</i>

			<i>College, Meerut</i>	
6	<i>Online Faculty Developmental Program on “Women-Led Entrepreneurship: Barrier and opportunity.”</i>	<i>9.12.2022</i>	<i>Amity University Greater Noida, AURA Amity University Radiant Artistry</i>	<i>International</i>
7	<i>Five Days Workshop & Faculty Developmental Program on “Propagation & uses of Medicinal Herbs and Bio-Composting”</i>	<i>14.11.2022-18-11-2022</i>	<i>Plant Conservation Society & IQAC, Department of Botany Raghunath Girls’ Post Graduate College Meerut</i>	<i>National</i>
8	<i>Online Inter-disciplinary and Multilingual Two-Week Refresher Course/Faculty Development Program on “Managing Online Classes & Co-creating MOOCS 4.0”</i>	<i>11-26 March, 2021</i>	<i>TLC, Ramanujan College, University of delhi under the ages of Ministry of Education, PMMMNMTT</i>	<i>International</i>
9	<i>Faculty Development Program on Emerging Tools and Trends in Contemporary Research.</i>	<i>17 July to 23 July 2020</i>	<i>Department of Sociology, NAS College, Meerut. Research Foundation (International) New Delhi. International Roma Cultural University (Serbia-India) ASDF International, London, United Kingdom.</i>	<i>International</i>
10	<i>E Faculty Induction Program (FIP) on Research Methodology for Science</i>	<i>June 20, 2020 to June 30, 2020.</i>	<i>Meerut College Meerut & Advance Research Institute</i>	<i>National</i>

	<i>and Social Science”</i>		<i>for Development of Social Science (ARIDSS), Meerut.</i>	
11	<i>Online Faculty Development Program on “Technical Skill Development: Need of the Hour”</i>	<i>23.05.2020 to 27.05.2020</i>	<i>Shaheed Mangal Pandey Government Girls’ (P.G.) College, Meerut.</i>	<i>National</i>
12	<i>Online Faculty Development Program on “How to Improve Quality in H.E. Is”</i>	<i>29th May to 03 June 2020</i>	<i>Jain Kanya Pathshala (P.G.) College Muzaffarnagar, IQAC</i>	<i>National</i>
13	<i>One week Faculty Development Program/workshop on Research Methodology & Environment-Sustainable Development.</i>	<i>27.12.2019 - 02.01.2020</i>	<i>under the scheme of Rastriya Uchchar Shiksha Abhiyan (RUSA), Meerut College Meerut, Advance Research Institute for Development of Social Science (ARIDSS), Meerut. Meerut college Meerut</i>	<i>National</i>
14	<i>125th Three-Week Orientation Program</i>	<i>11 June 20219 to 01 July 2019</i>	<i>UGC sponsored, organized by HRD, Jamia Millia Islamia, New Delhi</i>	<i>National</i>

16. Seminar/ Workshop/ Conference Attended:

<u>S.No</u>	<u>Detail of the Conference/ Seminar</u>	<u>Organizer & Sponsor</u>	<u>Date(s) of the event</u>	<u>Venue of the event</u>	<u>International/National/ State/ University</u>
1	One day workshop on “Enterprise Architecture adoption for Higher Education Institutions”	Organized by IQAC & Teachers’ Re-Skilling Cell	On 19.08.2023	Raghunath Girls’ Post Graduate College Meerut.	National
2	Seven days-workshop on “Universal Human Values and Ethics”	Organized by Psychology Department	15.04.2023 to 21.04.2023	Raghunath Girls’ Post Graduate College Meerut.	National
3	Symposium on “Role of women in innovation and startup under India’s G-20 Presidency”	Organized by R. G. P. G. Innovation Centre in collaboration with Srijan Sanchar, New Delhi.	13.02.2023	Raghunath Girls’ Post Graduate College Meerut.	National
4	Two days National Conference on Induction Training for Teachers at Higher Education Institutions: Today’s Need for Enhancing Quality of Higher Education	Raghunath Girls’ Post Graduate College, Meerut	21-22 December, 2022	Raghunath Girls’ Post Graduate College, Meerut	National

5	National Workshop on “3D of MOOCS courses (Design, Development and Delivery)”	Jointly Organized By Rastriya Uchchatar Shikha Abhiyan (RUSA), Meerut, College Meerut, Swayam – MOOCS Society And Media, New Delhi. All India Survey of Higher Education (AISHE, Meerut College Meerut.	28.12.21 to 01.01.2022.	Meerut College Meerut.	National
6	One Day National Seminar on ‘Various Content Trends in Research Methodology’	Advance Research Institute for Development of Social Science (ARIDSS), Meerut organized by Research Development Cell.	19-12-2021	Kanoher Lal (P.G.) College, Meerut.	National
7	National	Organized by	29 TH & 30 th	Raghunath	National

	<i>Conference on Landscape of Higher Education in India: “A Perspective to Impart Quality Education”</i>	<i>Department of Education & IQAC</i>	<i>November 2021</i>	<i>Girls’ Post Graduate College, Meerut</i>	
8	<i>National Seminar on Kashmir Problem And India-Pakistan Relations.</i>	<i>Indian Council of World Affairs (ICWA), New Delhi. Ministry Of External Affairs, Gov. Of India.</i>	<i>25 & 26-09-2021</i>	<i>DEPARTMENT OF DEFENSE STUDIES MEERUT COLLEGE MEERUT.</i>	<i>National</i>
9	<i>National Webinar on “Sh. Chhatrapati Shivaji Maharaj Strategic Thoughts”</i>	<i>Jointly organized by Ladakh and Jammu Kashmir Study Centre, Meerut & Advance Research Institute for Development of Social Science, Meerut.</i>	<i>31.07.2021-01-08.2021</i>	<i>Meerut College Meerut.</i>	<i>National</i>
10	<i>Two days Workshop on “Implementation of NEP-2020 in the Session 2021-22.”</i>	<i>Chaudhary Charan Singh University and Internal Quality Assurance</i>	<i>24.06.2021-25.06.2021</i>	<i>Chaudhary Charan Singh University and Internal Quality Assurance Cell,</i>	<i>National</i>

		<i>Cell, Raghunath Girls, Post Graduate college Meerut.</i>		<i>Raghunath Girls, Post Graduate college Meerut.</i>	
11	<i>Seven days online workshop on “Relax, Rejuvenate and reset during second wave of COVID with pranik Program”</i>	<i>Organized by Department of Zoology & IQAC</i>	<i>17.06.2021 to 23.06.2021</i>	<i>Raghunath Girls’ Post Graduate College Meerut</i>	<i>National</i>
12	<i>International Webinar on Institutional “Climate Change”</i>	<i>College</i>	<i>31.05.2021</i>	<i>Lal Bahadur Shastri, Arts & Commerce, College Baloda, Janjgir Champa (C.G.)</i>	<i>International</i>
13	<i>National Seminar on “Medicinal Plants and Herbal Immune Booster in Covid- 19 Pandemic and Beyond: Current Scenario & Future prospects.</i>	<i>Department of Botany.</i>	<i>09.04.2021</i>	<i>Raghunath Girls, Post Graduate college Meerut</i>	<i>National</i>
14	<i>One day National Webinar on “Covid-19: Management through Ayurveda”</i>	<i>Organized by Covid-19 Help Desk, Medical Aid Committee</i>	<i>27.01.2021</i>	<i>, Raghunath Girls, Post Graduate college Meerut.</i>	<i>National</i>
15	<i>One Day National Webinar on “राष्ट्रीय</i>	<i>Organized by NSS</i>	<i>25-09-2020</i>	<i>Ragunath Girls, College</i>	<i>National</i>

	<i>शिक्षा नीति 2020: एक समग्र दृष्टि</i>			<i>Meerut.</i>	
16	<i>National webinar on “Jammu Kashmir & Ladakh: Past, Present & Future.”</i>	<i>Department of Defense Studies, Meerut college</i>	<i>On 29th & 30th August 2020</i>	<i>Meerut & Jammu Kashmir Addhayayan Kendra Meerut.</i>	<i>National</i>
17	<i>One day National Webinar on “Human Trafficking and Cyber Security- Special Reference to Adolescents”</i>	<i>Organized by the Department of Social Work in collaboration with International Justice Mission</i>	<i>03.07.2020</i>	<i>Bharathidasan University Tiruchirappalli, India</i>	<i>National</i>
18	<i>Online Seven Days National Workshop on “Research Methodology”</i>	<i>N.A.S. P.G. College, Meerut in association with IGNOU Regional Centre, Noida</i>	<i>09.06.2020 to 15-06-2020</i>	<i>N.A.S. P.G. College,</i>	<i>National</i>
19	<i>Two days International web Symposium on “वर्तमान वैश्विक परिदृश्य कोविद-19 में शिक्षा साहित्य और समाज की भूमिका”</i>	<i>Organized by Hindi Department</i>	<i>07-06-2020 to 8=08.06.2020</i>	<i>Janta Vadic College, Barout, Baghpat, U.P.</i>	<i>International</i>
20	<i>National Webinar on “Digital Learning in and beyond COVID-19”</i>	<i>Organized by Botany Department</i>	<i>07.06.2020</i>	<i>Raghunath Girls’ Post Graduate College, Meerut.</i>	<i>National</i>

21	One Day Webinar entitled “COVID-19; Psychological Impact on Tribal Elderly”	Organized by the Centre of Social Exclusion & Inclusive Policy in collaboration with BDU-Heritage Centre for Gerontology, Department of Social Work.	08.06.2020	Bharathidasan University Tiruchirappalli, India	National
22	Two Days Webinar entitled “COVID-19: Challenges and Implications for Scenario Citizens Care”	Organized by BDU-Heritage Centre for Gerontology, Department of Social Work,	02.06.2020 to 03.06.2020	Bharathidasan University Tiruchirappalli, India	National
23	National Webinar on “Role of Science and Technology in Present Scenario: A Sustainable development of the Nation”	Organized by department of Physics.	31.05.2020	Bareilly College, Bareilly, U.P.	National
24	Two days Webinar on “Emotional Intelligence for Achieving Results”	Organized by Department of Social Work, Bharathidasan University	28-05.2020 to 29-06-2020	Department of Social Work, UGC-SAP-DRS-1 Bharathidasan University, Khajamalai Campus, Tiruchirappalli, India	

25	<i>One Day National Webinar on “Migrant Workers in India: Problems and Prospects (with special reference to COVID-19)”</i>	<i>Department of Sociology</i>	<i>29.05.2020</i>	<i>Shri Lal Bhadur Shastri Degree College, Gonda.</i>	<i>National</i>
26	<i>International webinar on Towards Excellence in Qualitative Research in Social Sciences”</i>	<i>Organized by Tamil Nadu Open University in Collaboration with Meston College of Education</i>	<i>28.05.2020</i>	<i>Tamil Nadu Open University</i>	<i>International</i>
27	<i>International Level Webinar on “Covid-19 Pandemic Effects on the Education Sector in India”</i>	<i>In Association with Library Department</i>	<i>28.05.2020</i>	<i>M.B. Harris College of Arts & A.E. Kalsekar College of Commerce & Mgmt. Burhan Chowk, Nawayat Nagar, Nallasopara-west, Maharastra</i>	<i>International</i>
28	<i>National Webinar on “online learning: 21st Century Education at Crossroads”</i>	<i>Department of B. ED</i>	<i>26.05.2020</i>	<i>Shri Jai Narain Mishra P.G. College, Lucknow</i>	<i>National</i>
29	<i>Two International Webinar on “COVID-19:</i>	<i>IQAC & Department of Sociology</i>	<i>23-05-2020 to 24.05.2020</i>	<i>Shaheed Hira Singh Government P.</i>	<i>International</i>

	<i>Information and its Impact on the Society”</i>			<i>G. College, Dhanapur, Chandauli, Utter Pradesh.</i>	
30	<i>National Webinar on “कोविड 19 एक वैश्विक महामारी से उत्पन्न चुनौतियां और उनके समाधान”</i>	<i>Organized by Government Degree College Bhojpur Moradabad (UP)</i>	<i>23.05.2020</i>	<i>Government Degree College Bhojpur Moradabad (UP)</i>	<i>National</i>
31	<i>International Webinar on “COVID-19: Information and its Impact on the Society”</i>	<i>Organized by IQAC & Department of Sociology</i>	<i>23-24 May, 2020</i>	<i>Shaheed Hira Singh Government P.G. College</i>	<i>International</i>
32	<i>Webinar on the topic “Changing Scenario of Higher Education in Corona Crisis”</i>	<i>Organized by Government Arts College, Talaja.</i>	<i>23.05.2020</i>	<i>Government Arts College, Talaja. Taluka-Talaja, Dist-Bhavnagar.</i>	
33	<i>National Webinar on topic “Pandemic Novel Corona Virus Disease 2019 (COVID-19) the Unseen and unsaid”</i>	<i>Department of Zoology</i>	<i>22.05.2020</i>	<i>Sri Jai Narain Mishra, P.G. College KKC Lucknow</i>	<i>National</i>
	<i>National Webinar on “Socio-Economic Issues of Migrant Labourers During COVID-19”</i>	<i>Department of Sociology.</i>	<i>22.05.2020</i>	<i>Maharaj Balawant Singh Post Graduate College Gangapur, Varanasi</i>	<i>National</i>

34	<p><i>One Day Online National Workshop on “Role of IQAC in Assessment and Accreditation Process”</i></p>	<p><i>Organized by IQAC Cell In collaboration with state project directorate, RUSA, Maharashtra and Joint Director, Higher Education, Jalgaon Region</i></p>	22.05.2020	<p><i>PSGVP Mandal’s SIP Arts, GBP science and STKVS Commerce College, Shahada, Dist-Nandurbar (M.S.)</i></p>	National
35	<p><i>National Webinar on “Why EQ matters more than IQ”</i></p>	<p><i>D.S.N. (P.G.) College Unnao</i></p>	21.05.2020	<p><i>D.S.N. (P.G.) College Unnao</i></p>	National
36	<p><i>Three Days Online Training Program entitled “Research Methodology for Social Sciences”</i></p>	<p><i>Organized by the Department of Social Work, Bharathidasan University</i></p>	18.05.2020 to 20.05.2020	<p><i>Department of Social Work, UGC-SAP-DRS-1 Bharathidasan University, Khajamalai Campus, Tiruchirappalli, India</i></p>	
37	<p><i>National Seminar on Jammu Kashmir and Ladakh: Past, Present and Future”</i></p>	<p><i>Jointly organized by Department of Defense Studies & Jammu Kashmir Addhyan</i></p>	23.02.2020	<p><i>Meerut College Meerut</i></p>	National

		<i>Kendra, Meerut</i>			
38	<i>National seminar on Ethnomedicinal Wealth of India: Conservation and Sustainable Management.</i>	<i>Organized by department of Botany,</i>	<i>29.01.2020</i>	<i>R.G.(P.G.) College, Meerut.</i>	<i>National</i>
39	<i>National Seminar on “4G Gandhi, Ganga, Gau, Gany”</i>	<i>Organized by Gandhian Study Centre sponsored by U.G.C. New Delhi</i>	<i>1 & 2 October 2019</i>	<i>Ismail National Mahila (P.G.) College Meerut</i>	<i>National</i>
40	<i>National Symposium on “Aesthetics in Indian Art Tradition”</i>	<i>Organized by Visual Art: Drawing & Painting Department</i>	<i>16.09.20219</i>	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
41	<i>International Seminar on “Kashmir Problem and India-Pakistan Relations”</i>	<i>Organized by Department of Defense Studies & sponsored by Indian Council of World Affairs (ICWA), New Delhi.</i>	<i>17-18 March 2019</i>	<i>Meerut College Meerut.</i>	<i>International</i>
42	<i>One week National Art Summit on Art, Craft & Culture – The True Cost of Modern India”</i>	<i>Organized by Visual Art : Drawing & Painting Department</i>	<i>26 October to 1 November 2018</i>	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
43	<i>National Conference on</i>	<i>Organized by Centre for</i>	<i>22 November 2018</i>	<i>Shobhit Deemed</i>	<i>National</i>

	<i>“Psychology Today....And The Road Ahead”</i>	<i>Psychology and Human Behavior School of Business Studies</i>		<i>University, Meerut (U.P.) India.</i>	
44	<i>National Seminar on “Senior Citizen: Problems and Perspectives-A Multi-Disciplinary Approach”</i>	<i>ICSSR Sponsored organized by Department of Psychology</i>	<i>22-23 November 2012</i>	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
45	<i>National Seminar on Psychological Interventions for Social Well-Being”</i>	<i>ICSSR Sponsored organized by Department of Psychology</i>	<i>27th & 28th September 2012</i>	<i>D. J. College Barout.</i>	<i>National</i>
46	<i>National Seminar on “Environment and Social Issues”</i>	<i>Department of Education</i>	<i>25-26 February 2012</i>	<i>Gokuldas Hindu Girls’ College, Moradabad.</i>	<i>National</i>
47	<i>International Seminar on “Mental Illness: Depression & Learned Optimism: A Skill- Approach to Depression”</i>	<i>Department of Psychology</i>	<i>02.02.2012</i>	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>International</i>
48	<i>National Workshop on “Experimental Design in Social Sciences”</i>	<i>Department of Psychology</i>	<i>21st January 2012</i>	<i>Ismail National Mahila P.G. College Meerut</i>	<i>National</i>
49	<i>National Seminar on Jainism: Different</i>	<i>Department of Philosophy</i>	<i>13.12.2012</i>	<i>Raghunath Girls’ Post Graduate</i>	

	<i>Dimensions and Relevance”</i>			<i>College Meerut.</i>	
50	<i>National Seminar on “Problems of Adolescents: A Current Perspective”</i>	<i>Sponsored by ICSSR, organized by department of Psychology</i>	<i>11-12 November 2011</i>	<i>Meerut College, Meerut</i>	<i>National</i>
51	<i>One Day Seminar on “Mirror Neuron System & Sensory Motor Integration, Basic Framework to understand Brain Functioning”</i>	<i>organized by Department of Psychology</i>	<i>10 October 2011</i>	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
52	<i>National Seminar on “Rural Health and Environment Development and Change”</i>	<i>Sponsored by ICSSR, organized by department of Sociology</i>	<i>25-26 November 2010</i>	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
53	<i>National Workshop on “Emotional Intelligence”</i>	<i>B. ED Department</i>	<i>22.01.2010</i>	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
54	<i>Workshop on “Enhancement of Life Skills Through Sound Body, Sound Mind and Self Realization”</i>	<i>Under UGC scheme of CPE for FIP, organized by Psychology Department in association with Guidance, Counselling and placement cell.</i>	<i>1-1 December 2009</i>	<i>Vidhyawati Mukandlal (P.G.) College, Ghaziabad.</i>	<i>National</i>
55	<i>National Seminar</i>	<i>Under Faculty</i>	<i>27-11-2009</i>	<i>Raghunath</i>	

	<i>on “Global Warming”</i>	<i>Enrichment Program, Department of Botany</i>		<i>Girls’ Post Graduate College Meerut.</i>	
56	<i>National Seminar on “Remediation of Cognitive Dysfunction Using Neuropsychological Techniques”</i>	<i>Under CPE Grant , department of Psychology</i>	20.11.2009	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
57	<i>Workshop on “New Approaches of Education”</i>	<i>B. Ed Department</i>	11.11.2009	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
58	<i>One Day Workshop on “Time Management”</i>	<i>Department of Home Science</i>	11.11.2009	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
59	<i>One Day Workshop on “Anger Management and Anger Profile”</i>	<i>Department of Psychology</i>	01.09.2009	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
60	<i>National Seminar on “Mental Health and Current Scenario”</i>	<i>Sponsored by ICSSR, Department of Psychology</i>	20-21 March, 2009	<i>Gurukul Kangri University, Haridwar (Uttarakhand)</i>	<i>National</i>
61	<i>All India National Seminar on “Issues and Status of Child Labor and India”</i>	<i>Department of Sociology</i>	12-13 February 2009	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
62	<i>One Day Workshop on “Positive Assets and Well Being”</i>	<i>Department of Psychology</i>	24.01.2009	<i>Raghunath Girls’ Post Graduate</i>	<i>National</i>

				<i>College Meerut.</i>	
63	<i>One day Seminar on Live in Relationship: An Emerging Pattern of Social Life”</i>	<i>Department of Sociology</i>	<i>05.12.2008</i>	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>
64	<i>One Day Symposium cum Workshop on “Dimensions of Psycho-Analysis and its impact on Literature.”</i>	<i>Department of English</i>	<i>08.03.2008</i>	<i>Raghunath Girls’ Post Graduate College Meerut.</i>	<i>National</i>

17. Seminar/ Workshop/ Conference/ Exhibitions Organised:

<i>S.No</i>	<i>Detail of the Conference/ Seminar/Exhibitions (including Sponsor)</i>	<i>Date(s)of the event</i>	<i>Venueof the event</i>	<i>Internati onal/Nat ional/ State/ Universi ty</i>	<i>Role</i>
1	<i>Five Days Faculty Enrichment Program organized by Teachers' Re-Skilling Cell & Library Committee</i>	<i>18.09.2023 to 22.09.2023</i>	<i>Raghunath Girls' P.G. College Meerut</i>	<i>College leveel</i>	<i>Organizing member</i>
2	<i>One day workshop on "Enterprise Architecture adoption for Higher Education Institutions" Organized by IQAC & Teachers' Re-Skilling Cell</i>	<i>On 19.08.2023</i>	<i>Raghunath Girls' Post Graduate College Meerut</i>	<i>National</i>	<i>Organizing member</i>
3	<i>Seven Days Workshop on "Universal Human Values & Ethics"</i>	<i>15-21 April, 2023</i>	<i>Dept. of Psycholog, Raghunath Girls' Post Graduate College, Meerut, U.P.</i>	<i>National</i>	<i>Co-Convener</i>
4	<i>Seven days FDP program on "New Trends in</i>	<i>from 11.02.2023 to 17.02.2023.</i>	<i>Raghunath Girls' P.G. College Meerut</i>	<i>National</i>	<i>Organizing member</i>

	<i>Research Methodology” organized by LMS Cell & Re-skilling committees</i>				
5	<i>One Week FDP on “Stress Management”</i>	<i>16-21 Dec., 2021</i>	<i>Dept. of Psychology, Raghunath Girls’ Post Graduate College, Meerut, U.P.</i>	<i>National</i>	<i>Co-Convener</i>
6	<i>R. G. Rangers Team organized online symposium on the title “Peace Starts from Us”</i>	<i>21.09.2020.</i>	<i>Raghunath Girls’ P.G. College Meerut</i>	<i>National</i>	<i>organizing secretary</i>
7	<i>Online seminar on “Yoga and Meditation”</i>	<i>25thSeptember 2020.</i>	<i>Online Zoom</i>	<i>National</i>	<i>organizing secretary</i>
8	<i>R. G. Rangers Team organized online symposium under Mission Shakti Awareness Campaign for Women Safety – “महिला आत्मरक्षा व साइबर अपराध”</i>	<i>25.10.2020.</i>	<i>Online zoom</i>	<i>National</i>	<i>organizing secretary</i>
9	<i>International Seminar on Mental Illness: Depression , Learned Optimism : A Skill-Approach to Depression”</i>	<i>02.02.2012</i>	<i>Raghunath Girls’ P.G. College Meerut</i>	<i>International</i>	<i>Member of organizing Committee</i>
10	<i>National Seminar</i>	<i>20.11.2009</i>	<i>Under CPE</i>	<i>National</i>	<i>Member of</i>

	<i>on “Remediation of Cognitive Dysfunction using Neuropsychological Techniques”</i>		<i>Grant (UGC) Department of Psychology, Raghunath Girls’ P.G. College Meerut</i>		<i>organizing Committee</i>
11	<i>Workshop on “Mansik Swasthya: Prabhavak Evam Niyamak”</i>	<i>11 October, 2019</i>	<i>Raghunath Girls’ post Graduate college, Meerut, U.P.</i>	<i>National</i>	<i>Organizing member</i>
	<i>National Seminar On “Senior Citizens: Problems and Perspectives-A Multi-Disciplinary Approach”, ICSSR Sponsored</i>	<i>22-23 November 2012</i>	<i>Raghunath Girls’ post Graduate college, Meerut, U.P.</i>	<i>National</i>	<i>Coordinator</i>
12	<i>One day workshop on “Anger Management and Anger Profile”</i>	<i>01.09.2009</i>	<i>Department of Psychology, Raghunath Girls’ P.G. College Meerut</i>	<i>National</i>	<i>Member of organizing Committee</i>
13	<i>One day Workshop on “Positive Assets and Well Being”</i>	<i>24.01.2009</i>	<i>Department of Psychology, Raghunath Girls’ P.G. College Meerut</i>	<i>National</i>	<i>Member of organizing Committee</i>

18. Invited lectures/ Resource person/ Paper Presented in Conferences/ Seminar/ Workshops:

<i>S.No</i>	<i>Title of the paper presented</i>	<i>Detail of the Conference/ Seminar (including organizer & Sponsor)</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International/National/ State/ University</i>	<i>Role</i>
1	“Holistic Approach of NEP 2020 and Related Challenges”	National Conference on Landscape of Higher Education in India: A Perspective to Impart Quality Education. Organized by B. Ed Department & IQAC, Raghunath Girls’ P.G. College, Meerut	29-30 November 2021	Raghunath Girls’ P.G. College, Meerut	National	Paper presenter
2	Medicinal plants, Their preservation among people and belief system.	National Seminar on Ethnomedicinal Wealth of India: Conservation and Sustainable Management.	29.01.2020	Raghunath Girls’ P.G. College, Meerut	National	Paper presenter
3	First Aid, Environment cleanliness and Voter awareness	R. G. Rangers Team Organized talk.	21.01.2020	Raghunath Girls’ P.G. College, Meerut		Speaker
4	delivered a lecture on “Awareness	Seven days special camp of NSS, Raghunath	16.01.2020	Dettavali Village		Speaker

	<i>on female mental and emotional health of rural areas.”</i>	<i>Girls’ P.G. College, Meerut</i>				
5	<i>Aesthetics of colors in the expression of human emotions.</i>	<i>National Symposium on “Aesthetics in Indian Art Tradition” organized by Visual Art: Drawing & Painting Department</i>	<i>16.09.2019</i>	<i>Raghunath Girls’ P.G. College, Meerut</i>	<i>National</i>	<i>Paper presenter</i>
6	<i>Charismatic Personality Traits of Mahatma Gandhi.</i>	<i>National Seminar on the occasion of Mahatma Gandhi’s 150th Birth Anniversary organized by Gandhian Study Centre sponsored by UGC. On the theme 4G Gandhi, Ganga, Gow, Gauv</i>	<i>1-2 October 2019</i>	<i>Ismail National Mahila (P.G) College Meerut.</i>	<i>National</i>	<i>Paper presenter</i>
7	<i>Mental Health Issues of Kashmiri Polulation</i>	<i>International Seminar on Kashmiri Problem and India- Pakistan Relations. Sponsored by</i>	<i>17-18 March 2019</i>	<i>Meerut College Meerut.</i>	<i>International</i>	<i>Paper presenter</i>

		<i>ICSSR, Organized by Department of Defense Studies, Meerut College Meerut.</i>				
8	<i>Indian Psychology: Its Impact on Global Civilization</i>	<i>National Conference organized by Centre for Psychology and Human Behavior School of Business Studies.</i>	<i>22.11.2018</i>	<i>Shobhit Deemed University, Meerut</i>	<i>National</i>	<i>Paper presenter</i>
9	<i>Impact of Social Support on Physical Health on its Treatment.</i>	<i>National Seminar on Psychological Interventions for Social Well- Being” ICSSR sponsored Department of Psychology, D. J. College Barout.</i>	<i>27-28 September 2012</i>	<i>Digamber Jain College Barout</i>	<i>National</i>	<i>Paper presenter</i>
10	<i>Psychologica l Consequence s of Pollution.</i>	<i>National Seminar on Environment and Social Issues” sponsored by UGC, Department of Education, Gurukul Das Hindu Girls’ College Moradabad.</i>	<i>25-26 February 2012</i>			<i>Paper presenter</i>
11	<i>“Adolescents</i>	<i>National</i>	<i>11-12</i>	<i>Meerut</i>	<i>National</i>	<i>Paper</i>

	<i>: Internet Education and Crime”</i>	<i>Seminar on “Problems of Adolescents: A Current Perspective’ sponsored by ICSSR, department of Psychology.</i>	<i>November 2011</i>	<i>College Meerut</i>		<i>presenter</i>
12	<i>“Global Warming and its Impact on Human Health “</i>	<i>National Seminar on Rural Health and Environment: Development and Change</i>	<i>25-26 November 2010</i>	<i>Raghunath Girls’ P.G. College, Meerut</i>	<i>National</i>	<i>Paper presenter</i>
13	<i>“Child Labor: characteristic and promoting Factors”</i>	<i>All India National Seminar on “Issues and Status of Child Labor in India” organized by Department of Sociology, Raghunath Girls’ P.G. College, Meerut.</i>	<i>12-13 February 2009</i>	<i>Raghunath Girls’ P.G. College, Meerut.</i>	<i>National</i>	<i>Paper presenter</i>

19. Administrative Experience:-

Incharge of R. G. Rangers’ Team from 2020 to current session.

20. Future plans:

Being an academic profession, will give my efforts to research advancement, teaching excellence, professional development as well as personal development.