

Curriculum vitae

1. Name: Dr. Anuradha
2. Designation: Professor
3. Subject: Psychology
4. Academic Qualifications: M.Phil., Ph.D.
5. Areas of interest/Specialization: lateralization, Clinical psychology
Developmental Psychology, Research method
6. Date of Birth: 15th May, 1969
7. Date of Joining: 2-05-2001
8. Experience: 23 years
9. Official Address: R.G.P.G. College Meerut
10. Contact no. : 8171848744
11. Email: dranuradha15569@gmail.com
12. Areas of research: Mental Health, Handedness, Wellbeing, CBT, Spirituality, Stress



13. Fellowships & Awards:

S.No.	Name of Fellowships/Awards	Awarding Agency	Whether International/National/State/Regional
1	Certificate of Honour	Shubharti University Meerut	National
2	Latter of Admire	Higher Education	State

14. Research Papers published:-

S.No	Title of the paper published (with Page no.)	Research Journal (withVol.no.)	Year	ISSN	Whether peer reviewed, UGC listed, Impact Factor if any
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1.	A STUDY OF MENTAL HEALTH OF WORKING AND HOMEMAKER WOMEN WITH REGARDS TO DEMOGRAPHIC AREA	RJPSS (A PEER REVIEWED & REFEREED INTERNATIONAL JOURNAL)	2022	0976-9447	8.0808
2.	IMPACT OF PARTNER'S PRESENCE AND GENDER ON STRESS AMONG OLD AGE	THE INTERNATIONAL JOURNAL OF INDIAN PSCHOLOGY	2022		
3.	IMPACT OF DOMESTIC VIOLENCE ON THE MENTAL HEALTH OF WORKING AND NON-WORKING WOMEN, PAGE NO. 55-58	VIDYAWARTA (PEER REVIEWED INTERNATIONAL MULTILINGUAL RESEARCH JOURNAL) ISSUE:43, VOL-06, JULY TO SEPTEMBER 2022	2022	2319-9318	Peer Reviewed
4.	EFFECT OF PEER PRESSURE AND FAMILY STRUCTURE ON SUICIDAL IDEATION OF MALE ADOLESCENTS, PAGE NO. 286-292	RJPSS (A PEER REVIEWED & REFEREED INTERNATIONAL JOURNAL)	2021	0258-1701	Peer Reviewed
5.	ANXIETY AMONG WORKING AND NON-WORKING WOMEN IN RELATION TO THEIR AGE, PAGE NO. 20-25	RJPSS (A PEER REVIEWED & REFEREED INTERNATIONAL JOURNAL)	2021	0258-1701	Peer Reviewed
6.	EFFECT OF ACADEMIC STRESS AND PEER PRESSURE ON MENTAL HEALTH OF SECONDARY SCHOOL STUDENTS PAGE NO.19-21	PRINTING AREA (PEER REVIEWED INTERNATIONAL MULTILINGUAL RESEARCH JOURNAL) ISSUE:76,VOL-02, MAY	2021	2394-5303	Peer Reviewed
7.	A STUDY OF STRESS COPING IN THE MOTHERS OF MENTALLY RETARDED CHILDREN, PAGE NO. 63-69	VIDYAWARTA (PEER REVIEWED INTERNATIONAL REFEREED RESEARCH JOURNAL),ISSUE:36,VOL -03, OCT. TO DEC.	2020	2319 9318	Peer Reviewed
8.	A STUDY OF STRESS IN THE MOTHERS OF MENTALLY RETARDED	VIDYAWARTA (PEER REVIEWED INTERNATIONAL REFEREED RESEARCH	2019	2319 9318	Peer Reviewed

	CHILDREN, PAGE NO. 37-41	JOURNAL), ISSUE: 32, VOL-01, OCT. TO DEC.			
9.	JOVENILE DELINQUENCY :CAUSES AND PREVENTIONS WITH SPECIAL REFERENCE TO INDIA, PAGE NO.121-129	RELEVANT DERIVE (REVIEWED INDEX & REFEREED INTERNATIONAL RESEARCH JOURNAL OF SOCIAL SCIENCE QUARTERLY BILINGUAL), ISSUE:8, VOL-1, JAN TO MARCH	2015	2322-018X	Peer Reviewed
10.	A STUDY OF PHYSICAL HEALTH AND MENTAL HEALTH AMONG MALE AND FEMALE, PAGE NO.108-112	A FREE LANCE (PEER REVIEWED & REFEREED INTERNATIONAL RESEARCH JOURNAL OF HIGHER EDUCATION QUARTERLY BILINGUAL), ISSUE:4, VOL-01, JAN-MARCH	2014	2322-0171	Peer Reviewed
11.	A STUDY OF DEPRESSION IN THE MOTHERS OF MENTALLY RETADED CHILDREN, PAGE NO. 134-138	DELIBERATIVE RESEARCH (PEER REVIEWED, REFEREED & INDEXED, A QUARTERLY BILINGUAL NATIONAL JOURNAL), ISSUE:1, VOL-24,OCT-DEC.	2014	0976-1136	Peer Reviewed
12.	BHUMANDALIKARA N MAI GANDHI VADI VICHARO KI PRASANGIKTA, PAGE NO. 179-183	SHODH MANTHAN, VOL-II. NO.1, MARCH	2011	0976-5255	Peer Reviewed
13.	IMPACT OF CHILD LABOUR ON EDUCATION, PAGE NO.139-149	JOURNAL GLOBAL VALUES (A JOURNAL OF INTERNATIONAL VALUES), VOL-1, DECEMBER	2010	0976-9447	Peer Reviewed
14.	VIOLENCE SEEN ON TELEVISION : A REVIEW OF THE EFFECT ON CHILDREN OF	REVIEW JOURNAL OF POLITICAL PHILOSOPHY (INTERNATIONAL JOURNAL OF POLITICAL SCIENCE & POLITICAL	2010	0976-3635	Peer Reviewed

	DIFFERENT AGES, PAGE NO. 51-60	PHILOSOPHY), VOL-VII, SEPTEMBER			
15.	HIGHER AND PROFESSIONAL EDUCATION : QUALITY IMPROVEMENT FACTORS, PAGE NO. 177-188	RESEARCH JOURNAL OF PHILOSOPHY AND SOCIAL SCIENCE, VOL- XXXV	2009	0048- 7325	Peer Reviewed
16.	HANDEDNESS PATTERNS IN SENIOR CITIZENS: THE EFFECT OF AGE, SEX AND FAMILY SINISTRALITY, PAGE NO. 1012107	RESEARCH JOURNAL OF PHILOSOPHY AND SOCIAL SCIENCE,	2009	0048- 7325	Peer Reviewed

15. Ph.D Supervised :

S.No.	Name of the student with Regd. No.	University Registered	Topic	Type of Supervision	Enrolled Date & Year	Submitted Date & Year	Awarded Date & Year
1	Neha Sharma	C.C.S.U. Meerut	A Study Of Mental Health Among The Parents Of Mentally Retarded Children	Main Supervisor	13-2- 2017	16-12- 2020	Dec 2021
2	Deepshikha	C.C.S.U. Meerut	Effect of Academic Stress and Peer Pressure on the Mental Health and Academic Perform	Main Supervisor	12 October 2018	17 march 2023	-

			ance of Secondary School Students				
3	Manisha	C.C.S.U. Meerut		Main Supervisor	12 October 2018	5 June 2023	
4	Hemlata	C.C.S.U. Meerut	Psychological Well-Being And Stress Among Working Women As Related To Age ,Caste And Profession	Main Supervisor	12 October 2018		
5	Meenakshi Chauhan	C.C.S.U. Meerut	A Study Of The Quality Of Life And Mental Health Of Women From Reserved And Unreserved Category Of Up State	Main Supervisor	15-2-2018		
6	Preeti Rana	C.C.S. University Meerut	Spirituality And Resilience As Predictors Of Physical And Mental	Main Supervisor	13-6-2023		

			Health Among Adults And Senior Citizens				
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16. Faculty Enrichment Programme Attended:

S.No	Detail of the FDP/FEP	Date(s) of the event	Organizer & Sponsor	International/National/ State/ University
1	National workshop on “3-D of MOOCs Courses” (Design, Development and Delivery).	28-12-2021 to 1-01-2022	Rashtriya Uchchatar Shiksha Abhiyan (RUSA), Meerut College, Meerut , SWAYAM-MOOCs Society and Media, New Delhi.	National
2	“ <i>Software for Psychologists</i> ”.	16 th November 2021	Psychology Department C.C.S. University	University

17. Seminar/ Workshop/ Conference Attended:

S.No	Detail of the Conference/ Seminar	Organizer & Sponsor	Date(s) of the event	Venue of the event	International/National/ State/ University
1	National conference on “landscape of Higher	Department of Education & IQAC	29 th and 30 th November 2021.	Raghunath Girls’ Post Graduate	National

	Education in India: A Perspective to Impart Quality Education’.			College, Meerut.	
4	One Week Faculty Development Programme/ Workshop on Research Methodology & Environment-Sustainable Development	Rashtriya Uchchar Shiksha Abhiyan (RUSA),	27 December, 2019 to 2 January, 2020	Meerut College, Meerut and Advance Research Institute For Development of Social Science (ARIDSS), Meerut.	National
5	Three Week Interdisciplinary Faculty Recharge/ Enrichment of Teacher Course	All Star Departments Under UGC, CPE,	10 th June to 30 th June, 2017	Meerut College, Meerut.	National
6	National Conference on “Thought of Mahatma Gandhi, Pndit Nehru, Dr. Babasaheb Ambedkar & Sardar Patel:	Sponsored by U.G.C New Delhi		S.P.D.M. Art’s, S.B.B & S.H.D. Commerce & S.M.A Science College, Shirpur, Dist. Dhule (M.S) Mahatma	National

	It's Need in Modern Era			Gandhi, Pandit Nehru, Dr. Babasaheb Ambedkar & Sardar Patel Study and Research Centres.	
7	International Seminar on "Sustainable Peace & Well Being : Integration Across Generations" Presented a Research paper on A Correlational Study Between Emotional Intelligence and Mental Health	Organized by National Association of Psychological Science-india	18-20 Oct, 2019	Dept. Of Psychology & Dept. Of Anthropology, Panjab University, Chandigarh-India.	International
8	International Seminar on "Sustainable Peace & Well Being : Integration Across Generations" 18-20 Oct, 2019 invited as a Chairperson	Organized by National Association of Psychological Science-india	18-20 Oct, 2019	Dept. Of Psychology & Dept. Of Anthropology, Panjab University, Chandigarh-India.	International

9	National Symposium on “Psychology of Nonviolence”	Gandhian Study Centre (UGC Sponsored) and Department of Psychology,	21 September 2017	Ismail National Mahila PG College, Meerut	National
10	National Seminar on “GST in Present Scenario- Impact and Challenges”		28-29 oct, 2017	Organized by Raghunath Girls (PG) College, Meerut.	National
11	National Seminar on “Psychological Interventions For Social Well- Being”	Sponsored by ICSSR Organized by Department of Psychology,		D.J.College, Baraut (Baghpat), CCS University, Meerut.	National
12	National Midterm CME on “Geriatric Mental Health (GMH) Services in India”.	Organized by Indian Association for Geriatric Mental Health.	07 th & 08 th May, 2016	R.G.P.G.College Meerut	National
13	National Workshop on “Research Methodology in Science & Social Science”.	Sponsored by United Service India (USI). Organized by Department of Defence Studies,	12 th to 18 th , June 2016.	Meerut College, Meerut.	National

14	Workshop on Obsessive Compulsive Disorder with Special Focus on Cognitive Behaviour Therapy,	Organized by Department of Psychiatry	23 rd -26 th February, 2015	Subharti Medical College, Meerut	National
15	National Workshop on “ Psychological Problems Diagnosis and management”..	Sponsored by U.G.C. Organized by Department of Psychology	24 th to 30 th March,2014	Ismail National Mahila P.G. College, Meerut.	National
16	National Workshop on “Human Values and Ethics”..	Sponsored by U.G.C. Organized by Department of postgraduate Studies and Research in engiush,	12 th to 14 th March, 2013	D.A.V. (P.G.) College, Bulandshahr	National
17	National Seminar on “Human Right Education”..	Sponsored by U.G.C., Organized by Department of postgraduate Studies and Research in engiush	11 th & 12 th February,2013	D.A.V. (P.G.) College, Bulandshahr	National
18	National Seminar on “Self and Emotion in	Sponsored by Indian Council of Social Science	06 th to 08 th April, 2013.	Kumaun University, Almora.	National

	Social Contexts”.	Research, New Delhi . Organized by Department of Psychology,			
19	National Seminar on “Dynamics of Human Relations in Literature and Other Disciplines.”	English Teachers Association (CETA).	08 & 09 March, 2013.	Organized by C.C.S. University, Meerut-College	National
20	National Seminar on “Senior Citizens: Problems and Perspectives- A Multi Disciplinary Approach”.	Sponsored by ICSSR, New Delhi. Organized by Department of Psychology,	22 & 23 November,2012.	Raghunath Girls P.G. College, Meerut.	National
21	National Seminar on “Senior Citizens: Problems and Perspectives- A Multi Disciplinary Approach	Sponsored by ICSSR, New Delhi. Organized by Department of Psychology,	”. 22 & 23 November,2012.	Raghunath Girls P.G. College, Meerut.	National
22	International Seminar on “Mental illness” and “Learned Optimism”	..Organized by R.G.(P.G.) college, Meerut.	2 ^{ad} February, 2012	..Organized by R.G.(P.G.) college, Meerut.	National

23	National Seminar on “ Environment and Social Issues” ,	Sponsored by University Grants Commission Organized by Department of Education	25-26 February, 2012	Gokul Das Hindu Girls College, Moradabad (Affiliated to M.J.P. Rohilkhand University, Bareilly, U.P)	National
24	Two Day National Seminar on “ Theme- Treatment of Love in Literature”	Organized by College English Teacher’s Association	11-12 February, 2012	Kanohar Lal Post Graduate Girls College, Meerut, CCS University, Meerut.	National
25	Regional Consultation (North Region) on the proposed law against Child Sexual Abuse (The Protection of Children from Sexual Offences Bill), , National Commission for Protection of Child Rights, New Delhi.	Lucknow in Collaboration with Organized by Centre for Criminal Justice Administration	10 th June, 2011	Dr. Ram Manohar Lohiya National Law University	National
26	National Seminar on “ Jainism : Different Dimensions and Relevance”	Organized by Department of Philosophy,	13 th December, 2011	R.G.P.G College, Meerut.	National

27	One Day UGC Sponsored National Seminar on “ Globalization & Gandhi”,	Organized by Department of History	31 st October 2011	Ch. Charan Singh University, Meerut	National
28	National Seminar on “ Problems of Adolescents: A Current Perspective”	Sponsored by Indian Council of Social Science Research (ICSSR) , New Delhi Organized by Department of Psychology,	11-12 November, 2011	Meerut College, Meerut.	National
29	One Day Seminar on “ Mirror Neuron System & Sensory Motor Integration, Basic Framework to Understand Brain Functioning”	Organized by Department of Psychology,	10th oct, 2011	R.G.P.G College, Meerut	-
30	National Seminar on “ Emerging Challenges Before Indian Judiciary” ,	Organized by Faculty of Law ,	5 th March 2011	Meerut College, Meerut	National

31	National Workshop on Research Methodology	Organized by Department of Psychology.	26 th November, 2010,	Ismail National Mahila (P.G) College, Meerut	National
32	National Workshop on Emotional Intelligence	by B.ed Department.	22 nd , 2010, January	R.G.P.G College, Meerut organized	National
33	National Seminar on “Rural Employment Programme- Special Reference to Nrega”	Meerut Organized by Department of Economics,	12 th December 2009,	R.G.P.G College	National

18. Seminar/ Workshop/ Conference/ Exhibitions Organised:

S.No	Detail of the Conference/ Seminar/Exhibitions (including Sponsor)	Date(s) of the event	Venue of the event	International/National/ State/ University
1	National Workshop on “ Leprosy and its Treatment” Organized by Medical Aid Committee,		R.G. P.G. College, Meerut	National
2	15 th days Certificate course	4 Jan 18 Jan 2015	Meerut	-

	in collaboration with Meerut neuro secretary and headaue centre Meerut			
3	National Seminar on “Philosophy: Its Dimensions and Relevance Organized by Department of Philosophy	20 November, 2015	, R.G.P.G College, Meerut	National

19. Journal /Book Edited:

S.No.	Name of the Journal/ Book edited	Month and Year	Role Digital Link (if any)
1.	Journal Global Values, A Journal of International Values	May 2011	www.anubooks.com

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

S.No	Title of the Invited Lecture/ paper presented	Detail of the Conference/ Seminar(including organizer & Sponsor)	Date(s) of the event	Venue of the event	International/N ational/ State/ University Role
1.	Climate change and its impact on mental health	Rural Health And Environment: Development and Change,	25-26 November, 2010	Department of sociology R.G P.G College Meerut	National
2.	Cultural change and the struggle for self.	Cultural Transformation of Selfhood and Identity: Emerging Dialogues	26-28 February, 2011	Department of Psychology, Kumaun University, S.S.J. Campus, Almora	National

3.	Globalization & Gandhi,		31st October 2011	Department of History Ch. Charan Singh University, Meerut	National
4.	“Adolescents:- Internal Education and Crime”	“Problems of Adolescents: A Current Perspective”	11-12 November, 2011	Department of psychology Meerut College Meerut, Meerut U.P	National
5.	The Status of Well-Being and its Consequences.	Psychological Interventions for Social Well-Being.		Department of Psychology, Digamber Jain College, Baraut (Baghpat) U.P. .(C.C.S. University, Meerut)	National
6.	“Handedness Patterns Among Elders”	Senior Citizens: Problems and Perspectives- A Multi Disciplinary Approach,	22-23 November, 2012	Department of Psychology R.G.P.G. College Meerut	National
7.	Human Mental Health and Noise Pollution.	Environment and Social Issues	25-26, February 2012	Department of Education, Gokul Das Hindu Girls College, Moradabad	National
8.	Organic Farming for Climate resilience	Water Conservation, Climate Change and Organic Farming	, 28th November, 2016	Department of Geography R.G.P.G. College and Samaj Vikas Sansthan, Meerut	National
9.	Mental Health and Climate Change	“Climate Change and Biodiversity Conservation”	21 December, 2016	Department of Botany, R.G.P.G. college Meerut	International
10.	Old age and Mental Health Issues.	“Geriatric Mental Health (GHM) Services in India”	7-8 May 2016		
11.	Alcohol Abuse and Neuroticism	Drug Addiction Among Adolescents In India,	13-14 March, 2016	Department of Psychology Meerut College Meerut	National

12.	Psychological factor in Remote sensing	“Overview of Geo-informatics and its Applications”	February 2017	Department of R.G.P.G. College Meerut	National
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21. Administrative Experience:-

- a. Deputy Controller in University Main Exams
- b. Assistant Controller

22. Work in College Committees

- Incharge of Mentoring and Counselling Cell
- Incharge of Medical aid Committee
- Incharge of Psychological Testing and Counselling Centre
- Incharge of Debating Society
- Nodal Officer COVID-19
- Member of the Research General Cell
- Member of the Renewal Committee
- Departmental I.Q.A.C Incharge
- Assistant Chief-Proctor
- Member of the Library Committee
- Member of the Student Welfare Committee
- NSS Incharge
- Member of the Hostel Committee
- Member of the Cleanliness and Beautification Committee
- Secretary of Old Student Association
- Academic Counsellor for IGNOU Programs
- Member of Student Grievance Cell