

Curriculum vitae



1. Name: Chinky Upadhyaya
2. Designation: Assistant Professor
3. Subject: PSYCHOLOGY
4. Academic Qualifications: **M.PHIL(Gold Medalist)**
NET(PSYCHOLOGY)NET JRF(WOMEN STUDIES) ;PGDM(HRM)
CERTIFICATE IN GUIDANCE
5. Areas of interest/Specialization: ***HUMAN RESOURCE***
MANAGEMENT;ORGANISATIONAL BEHAVIOUR; PERSONALITY
PSYCHOLOGY , COUNSELLING AND GUIDANCE , PSYCHOLOGY OF
SOCIAL BEHAVIOUR, POSITIVE PSYCHOLOGY AND ABNORMAL
PSYCHOLOGY
6. Date of Birth:15/11/1986
7. Date of Joining:04/09/2017
8. Experience: 06 years
9. Official Address: Department of Psychology Raghunath Girls PG College
10. Contact no. 7417462920
11. Email:vivaciousshiney@gmail.com
12. Areas of research: **Positive psychology ;Organizational behaviour and**
Human Resource Management

13. Achievements:

- Gold Medalist in M.Phil. Psychology
- Recognised as. NPTEL Superstar by NPTEL IIT Madras for January - April 2023
- Recognized as NPTEL *Discipline Star* in HUMANITIES AND SOCIAL SCIENCES BY IIT MADRAS for January- July 2022.
- Recognised as NPTEL Superstar by NPTEL IIT Madras. July to December 2021.
- Recognised as NPTEL Enthusiast by NPTEL IIT Madras, July to December 2021.
- Participated and won second prize in Essay Competition in Faculty category organised by Botanical Council, Department of Botany, Multani, Mal Modi College, Modinagar, Ghaziabad on the occasion of World Environment Day 5th June 2020.

14. Research Papers published:-

<i>S.No</i>	<i>Title of the paper published (with Page no.)</i>	<i>Research Journal (with Vol.no.)</i>	<i>Year</i>	<i>ISSN</i>	<i>Whether peer reviewed ,UGC listed, Impact Factor if any</i>	<i>Digital Link, if any</i>
1	<i>Resilience. An indispensable virtue. To be fostered</i>	<i>Review Journal of Philosophy and Social Science. Vol XLVIII</i>	<i>March 2023</i>	<i>ISSN 2454-3403</i>	<i>Peer reviewed</i>	
2	<i>A study of</i>	<i>International</i>	<i>Sept</i>	<i>ISSN</i>	<i>Peer</i>	

	<i>stress and anxiety among students during COVID 19 pandemic.</i>	<i>journal of Social Sciences. Volume 10</i>	<i>ember 2022</i>	<i>27002497</i>	<i>reviewed</i>	
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15. Faculty Development / 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.	Fdp on Group Dynamics	<i>20th February 2023 till 14th April 2023.</i>	<i>Nptel IIT MADRAS IN COLLABORATION WITH IIT ROORKEE</i>	<i>National</i>
2	Fdp On The Science of happiness and wellbeing.	<i>20th February 2023 till 14th April 2023.</i>	<i>Nptel IIT MADRAS and IIT KHARAGPUR</i>	<i>National</i>
3.	Yoga and Positive psychology for managing career and life.	<i>20th February 2023 till 14th April 2023</i>	<i>NPTEL IIT MADRAS and IIT BOMBAY</i>	<i>National</i>
4.	FDP on consumer behavior.	<i>23^d January 2023 till 17th March 2023.</i>	<i>NPTEL IIT MADRAS and IIT KHARAGPUR</i>	<i>National</i>
5	FDP on.	<i>23 January</i>	<i>NPTEL IIT</i>	<i>National</i>

	Managing change in organization.	2023 till 17 March 2023	Madras in collaboration with IIT Kharagpur.	
6	FDP on Stress management.	22 nd August 2022 till 16 th September 2022	NPTEL IIT MADRAS in collaboration with IIT KHARAGPUR	National
7	Fdp on Human resource development	24 th July 2022 till 14 th October 2022.	IIT Madras in collaboration with IIT Kharagpur.	National
8.	Fdp on Public speaking.	24 th January 2022 till 14 th October 2022.	NPTEL, IIT, Madras. In collaboration with. IIT ROORKEE .	National
9.	FDP on Literature and coping skills.	21 st February 2022. Till 15 th April 2022.	NPTEL, IIT, Madras. In collaboration with IIT BHU.	National
10.	FDP on Effective writing.	24 th January 2022 till 18 th February 2022.	NPTEL IIT MADRAS IN COLLABORATION WITH IIT ROORKEE	National
11	FDP on Psychiatry An overview And how the brain creates mind .	24 th January 2022 till 18 th February 2022.	NPTEL IIT MADRAS and IIT KANPUR	National
12	FDP on literature and	21 February	NPTEL IIT MADRAS in	National

	coping skills.	2022 Till 15 th April 2022.	<i>collaboration with IIT BHU</i>	
13.	FDP on Gender Justice and Workplace Security	<i>23rd August 2021 till 17th September 2021.</i>	<i>NPTEL IIT MADRAS and IIT KHARAGPUR</i>	<i>National</i>
14.	FDP on Psychology of Everyday.	<i>23rd August 2021 till 17th September. 2021.</i>	<i>NPTEL IIT MADRAS with IIT KANPUR</i>	<i>National</i>
15	FDP on Great experiments in psychology.	<i>from 26th july 2021 till 20th august 2021</i>	<i>NPTEL IIT Madras in collaboration with IIT Kharagpur.</i>	<i>National</i>
16	Fdp on Body Language Key to professional success?	<i>26th july 2021 till 20th august 2021</i>	<i>NPTEL, IIT Madras in collaboration with IIT Roorkee.</i>	<i>National</i>
17	FDP on Advanced Pedagogical Techniques.	<i>30th June 2021 till 6th July 2021.</i>	<i>Ramanujan College, University of Delhi. Under. Pmmmmmtt</i>	<i>National</i>
18	Fdp on safety and security in online teaching	<i>22nd June 2021 till 28th June 2021</i>	<i>Ramanujan College, University of Delhi under PMC. NTT.</i>	<i>National</i>
19	FDP on Blended Learning and Pedagogical Techniques.	<i>7 June. Till 16th June 2021.</i>	<i>Ramanujan College, University of Delhi. Under PMMNMTT</i>	<i>National</i>
20	Fdp on	<i>1st June</i>	<i>Ramanujan</i>	<i>National</i>

	psychological skills for effective teaching and learning	<i>2021 till 7 June 2021.</i>	<i>College, University of Delhi. Under PMMMMNMT.</i>	
21	Fdp on. Psychology of Stress. Health and wellbeing.	<i>18 January. 2021 till 9th April 2021</i>	<i>NPTEL IIT MADRAS in collaboration with IIT Guwhati</i>	<i>National</i>
22	FDP on Managerial skills for interpersonal dynamics.	<i>18 January 2021 till 9th April 2021.</i>	<i>NPTEL IIT MADRAS in collaboration with IIT ROORKEE</i>	<i>National</i>
23	FDP on Emotional intelligence.	<i>18th January. 2021 till 12th March 2021.</i>	<i>NPTEL IIT MADRAS in collaboration with IIT KHARAGPUR</i>	<i>National</i>
24	Refresher course in psychology.	<i>1st December 2020 till 31st March 2021.</i>	<i>Pandit Ravi Shankar University Chhattisgarh</i>	<i>National</i>
25	Faculty induction Programme.	<i>26th June 2020 till 24 July 2020.</i>	<i>Ramanujan College Delhi University</i>	<i>National</i>
26	E Content development for MOOC and online teaching.	<i>27th to 28th May 2020.</i>	<i>Jamia Millia Islamia, New Delhi.</i>	<i>National</i>
27	FDP on. Enhancing personality and soft skills.	<i>24th February 2020 till 17th April 2020.</i>	<i>NPTEL IIT MADRAS In collaboration with IIT Kanpur.</i>	<i>National</i>
28	Refresher	<i>1st</i>	<i>Jamia Millia</i>	<i>National</i>

	course in gender studies and women studies	September 2019 till 15 th January 2020.	Islamia On Swayam platform.	
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16.Seminar/ Workshop/ Conference Attended:

<i>S.No</i>	<i>Detail of the Conference/ Seminar Attended</i>	<i>Organizer & Sponsor</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International /national state/ University</i>
1.	<i>Women empowerment through financial planning including mutual funds</i>	<i>Department of commerce Raghunath girls pg college</i>	<i>30/01/2021</i>	<i>Raghunath Girls, PG College, Meerut.</i>	<i>National</i>
2	<i>Covid Disha Dasha</i>	<i>Bhartiya Manovigyan Parishad</i>	<i>14 15 June 2020</i>	<i>Online</i>	<i>National</i>
3.	<i>Digital learning in and beyond Covid 19</i>	<i>Department of Botany, Raghunath Girls, PG College, Meerut.</i>	<i>7th June 2020.</i>	<i>Raghunath Girls P.G College Meerut</i>	<i>National</i>
4	<i>Protected areas current status role and challenges</i>	<i>Protected areas, current status, role and challenges. Botanical Council, Department of Botany, Multani, Mal College,</i>	<i>5th June 2020.</i>	<i>Multani Mal College Modinagar</i>	<i>National</i>

		<i>Modinagar.</i>			
5	<i>COVID paradigm shift in teaching, learning and learners physical and mental wellbeing.</i>	<i>Department of Teacher Education, Physical Education and Psychology, Raza, PG College, Rampur, Uttar Pradesh.</i>	<i>31st May 2020.</i>	<i>Online webinar</i>	National
6	<i>Participated in one week workshop On research methodology and environment sustainable development. under the scheme of Rashtriya Uchchattar Shiksha Abhiyan.</i>	<i>Meerut College, Meerut, in association with Advanced Research. Institute for Development of Social Science. Meerut .</i>	<i>27 Decemb er 2019 till 2nd January 2020.</i>	<i>Meerut College, Meerut.</i>	National

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

<i>S. No</i>	<i>Title of the Invited Lecture/ paper presented</i>	<i>Detail of the Conference/ Seminar(including organizer</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International /National/State /University</i>
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		& Sponsor)			
1.	<i>Impact of COVID-19 on the environment.</i>	International webinar on. Innovations and practices in biological environmental science.	28 th June 2020.	<i>Organised by Department of Botany, Raghunath Girls Postgraduate College, Meerut.</i>	International
2.	<i>Psychological aspects of plagiarism.</i>	National seminar on intellectual property rights laws concepts in applications	29 February 2020.	Organised by Multani Mal PG College, Modinagar	National

3.	<i>Spirituality at workplace, the art of rebuilding oneself.</i>	International Conference on Spirituality and Mental Health and Well Being a New Era.	20 th -22 nd February 2020	Organised by Subharti University in collaboration with Indian Council of Philosophical Research.	International
4.	<i>Genetic basis of cognitive impairment. A review.</i>	National Seminar on Bioinformatics Concept Application and Skill Development.	8 th February 2020	Organised by. Department of Botany Multani, Mal College, Modinagar.	National
5.	<i>Gratitude in organizational context. Key to a blissful journey.</i>	National Seminar on Modern Perspectives of Positive Psychology and Health Management in India.	7 th February 2020	Organised by Department of Psychology, Feroze Gandhi, PG College, Raebareli. In association with department of higher education Governme	National

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6	<i>Domestic violence, the dark side of society.</i>	International Conference on Recent Trends in Interdisciplinary Research	30th January 2020	Organised by. Multani Mal PG College Modinagar.	National
7	<i>Healing power of nature at workplace</i>	<i>National seminar on ethno medicinal wealth of india conservation_and sustainable management</i>	29/01/2020	Organised by. department of botany Raghunath girls postgraduate college	National
8	<i>Embracing Positive. psychological capital. In organization.</i>	National Conference on Psychology Today and The Road Ahead	22nd November_2018	Organised by Centre for Psychology and Human Behaviour, School of Business Studies, Shobhit University, Meerut.	National

18. Other Courses:

- ★ Completed a course on *Positive Psychology* from University of North Carolina on 1st July 2021
- ★ Completed a course on *Positive Psychiatry and Mental Health* from the University of Sydney on 27 June 2021
- ★ Completed a course on *Essence of Leadership Exploration from Literature* with a score of 78% from IIM Bangalore
- ★ Completed course on Effective Business communication with a score of 92.29% conducted by IIM Bangalore from 31st January 2021 till 30th April 2021

19. Work experience:

- ★ Worked as Soft skills trainer in BIT Meerut from July 2012 till May 2013
- ★ Faculty of Masters of Human Resource Development Department of Psychology, Chaudhary Charan Singh University Meerut from July 2013 till June 2015
- ★ Worked as a Counsellor in Darshan Academy from November 2015 till Oct 2016.

20. Future plans:

- Conduct more student centric activities and engage them in activities to enhance their overall personality and soft skills.
- Identify community related issues and work on them.
- Organize field trips for students to enhance their exposure and familiarise them with practical aspects of life.
- Develop E content on topics pertaining to psychology and soft skills .

- Engage the students in research work and instill in them a quest for learning.
- Organize mock interview sessions for students to prepare them for future.
- Make learning an enriching and empowering experience for students by engaging them in experiential learning.
- Create a democratic environment in class where students can express themselves without inhibitions.