

Curriculum vitae



1. Name : Kumkum Pareek
2. Designation : Professor
3. Subject : Psychology
4. Academic Qualifications : M.Phil., PhD (Psychology), M.Ed
5. Areas of interest/Specialization : Biological Psychology, Neuro Psychology, Social Psychology
6. Date of Birth : 09.05.1966
7. Date of Joining : 11.05.2001, (After transfer in R.G. College 31.10.2009)
8. Experience : 22 Years
9. Official Address : Western Kutchery Road, Meerut
10. Contact no. : 9927370999
11. Email : kumkumpareekrg@gmail.com
12. Areas of research : Social Psychology, Family Relations
13. Digital Profile, if any (Research Gate, LinkedIn, SSRN, Twitter, YouTube etc):

14. 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	Significance of Cognitive Emotions Regulation And Delaying Gratification In Psychological Well Being of College Students	International Journal of All Research Education And Scientific Methods. Vol 1, Issue 1,	Jan 2023	2455-6211		IJARESM.COM
2	A correlational study of spirituality & life satisfaction among elders in different living conditions. (277-284)	Review Journal of Philosophy & Social Science Vol. XLVI, No II, 277-284	April-September 2021	p-0258-1701, e-2454-3403	Peer Reviewed & Refereed Journal	-
3	A Study of general well being& life style of primary school teachers.	Journal Global Values Vol. XI No II	July-December 2020	p-0976-9447, e-2454-8391	Peer Reviewed & Refereed Journal	-
4	A comparative study of general well being& life style of government educators. 2018-2023	International Journal of Applied Social Science. Vol 6,, (8), 2018-2023	August 2019	2394-1405	Peer Reviewed	-
5	A study of self efficacy& locus of control among male & female college teachers. 2381-2384.	International Journal of Applied Social Science. Vol6, (111,&12), 2381-2384.	November & December 2019	2394-1405	Peer Reviewed & Refereed Journal	-
6	Effect of emotional intelligence & achievement motivation on occupational self efficacy. 1832-1836	International Journal of Applied Social Science. Vol 6, (7), 1832-1836	July 2019	2394-1405	Peer Reviewed & Refereed Journal	-

7	Gender difference in cognitive emotion regulation of anger across developmental stages. 2074-2080	International Journal of Applied Social Science. Vol 5 (12), 2018. 2074-2080	December 2018	2394-1405	UGC Approved No 62754 (Till June 2019)	-
8	Cognitive emotion regulation and ability to delay gratification among alcoholic and non-alcoholic people. 1764-1767,	Indian Journal of Social Sciences Review. Vol 6 (9),1764-1767,	November 2018	p-2347-3797	UGC Approved Journal No. 41948	-
9	Role of ability to delay gratification & regulate emotions in adolescents' psychological well being. 215-218	Indian Journal Of Positive Psychology. Vol.9 (2).215-218	June 2018	P- 2229-4917, e-2321-368X	Peer Reviewed	-
10	Adaptive & Maladaptive emotion regulation strategies associated with psychological well-being.	ECONSPEAK: A Journal of Advances in Management IT & Social Sciences. Vol. 08(03)	March 2018	2231-4571	UGC Approved Journal No. 44232	-
11	Emotion regulation & drug abuse among adolescents. 103-111	Journal of Global Values Vol. 8 (1) :103-111	December 2017	p-0048-7325, e-2454-7026X	UGC Approved Journal No. 63651	-
12	General well-being and life style of educationists: A correlational study.	International Journal of Research in Economics and Social Sciences. Vol 7 Issue 2.	February 2017	2249-7382	UGC Approved Journal (No-63651)	-
13	A study of effect of gender & age on aggression. 459-466	International Journal of Research in Economics & Social Sciences. Vol. 6 (3)459-466	March 2016	2249-7382	Peer Reviewed & Refereed Journal	-
14	A comparative study of relationship	Indian Journal of Health & Well Being. Vol.6 (1):	January 2015	p-2229-5356, e-2321-	Peer Reviewed	-

	between emotional intelligence and life satisfaction among elders of homes & institutions. 94-96.	94-96.		3698		-
15	A comparative study of life satisfaction among professionals working in IT sector in India & U.S.A. 343-345	International Journal Of Education & Management Studies. Vol (4)4:343-345	December 2014	p-2231-5632-e-2321-3671	Peer Reviewed	-
16	Marital adjustment among teachers & home makers. 30-33	Praachi Journal Of Psycho-Cultural Dimensions. Vol 30(1):30-33	April 2014	0971-7064	Peer Reviewed	-
17	Problem behaviour among adolescents: A study of family pathology. 29-34	Praachi Journal Of Psycho-Cultural Dimensions. Vol. 20(1):29-34	April 2004	0971-7064	Peer Reviewed	-

15. Articles in Books/ 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>
1.	“Emotion Regulation: A Therapeutic Approach”	Edited Book By Dr. Seema Gupta & Dr. Pooja Khanna. Approaches To Stress Management In Modern Era.	2018	978-81-936088-7-6	Anu Books Meerut	National
2.	Traditional, Social & Legal Aspects” 77-85	Edited Book By Dr Rajni Kashyap Crime Against Women	2016	978-93-82166-47-4	Anu Books Meerut	National
3.	”Climate Change & Socio-Economic Development” 14 - 20	Edited Book By Dr. Paramjeet Singh Climate Change And Awareness ,	2012	81-902457-0-8	Proceedings In Book Keshav Publication Ghaziabad	National

16. Development of New Curricula and Courses :

S.No.	Name of New Curricula & Courses	Hyperlink of Curricula or course	Role in Development
1.	PG		Member
2	UG		Member

17. Ph. D Supervised : Ph.D Supervised

S. No.	NAME OF THE STUDENT WITH REGISTRATION NUMBER	UNIVERSITY REGISTERED	TOPIC	TYPE OF SUPERVISION	ENROLLED DATE	SUBMITTED DATE & YEAR	AWARDED DATE & YEAR
1	Ms Ankita Res/2/A/3244	C.C.S.U. Meerut	A study of quality of life about personality factors and spirituality in patents of diabetes type -2	Solo	13.06.2023	-	-
2	Ms Loveleen Res-2/A/1902605	C.C.S.U. Meerut	Social networking , family relationships and anxiety as predictors of aggression in males and females	Solo	31.03.2021	-	-
3	Ms Esha Res-2/A/1702610	C.C.S.U. Meerut	Emotional intelligence, optimism and loneliness as correlates of quality of life and spirituality : A multivariate study of senior citizens	-	25.07.2018	-	-
4	Ms Pooja Res-2/A/1702611	C.C.S.U. Meerut	Effect of social networking addiction, family relationship and gender on mental health of adolescents	-	28.06.2018	-	-
5	Dr. Sarika Res-2/A/1602607	C.C.S.U. Meerut	Effect of gender difference, locale nd levels of teaching on General well being on life style of teachers	Solo	15.03.2017	-	11.07.2022
6	Dr Sachin Res-2/A/2419	C.C.S.U. Meerut	Attachment style and negative emotions as predictors of cognitive emotion regulation of adolescents	-	03.05.2016	-	22.12.2021

7	Ms Misha MU/ Res/13/1207/1 89	Mewar University	An analytical study of occupational self efficacy in relation to emotional intelligence, locus of control and academic levels	-	12.07.2013	-	-
8	Dr Shivanshi MUR1201240	Mewar University	A study of life satisfaction in relation to emotional intelligence among employees of different levels in information technology sector	-	14.08.2012	-	07.05.20 19
9	Dr. Deepali Res- 2/C/81078/118 8	C.C.S.U. Meerut	Quality of work life and learned optimism as predictors of psychological well being among professionals of corporate sector	-	09.07.2009	-	2017
10	Dr Pratibha Res- 2/A/090385/13 36	C.C.S.U. Meerut	Effects of home environment on mental health of boys and girls of single and dual career mothers	-	29.06.2009	-	2016

18 .Research Projects:

<i>S.No.</i>	<i>Title</i>	<i>Type</i>	<i>Funding Agency</i>	<i>Amount</i>	<i>Time-Period</i>
1	Problem behavior among adolescents : A multivariate study of paths of influence, parenting, family-pathology and peers	Minor	U.P. Government Research and Development Scheme	189000/-	31.03.2022- Continued
<u>2</u>	A Study of Life Satisfaction in Relation to Emotional Intelligence and Spirituality among Elder Persons of Homes and Old Age Homes	<u>Minor</u>	<u>ICSSR</u>	3,49,343/-	March 7,2011 - April 2013

19 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	One Week FDP on "Research Methodology & Environment-Sustainable Development	27 th Dec.-2 nd Jan., 2020	Meerut College Meerut, Under the scheme of RUSA in association with ARIDSS	National
2	Three Weeks Interdisciplinary Faculty Enrichment of Teacher Course	10th June to 30th 2017	All Star Departments under UGC, CPE, Meerut College, Meerut	National

20. Seminar/ Workshop/ Conference Attended:

<i>S. No</i>	<i>Detail of the Conference/ Seminar</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	One Day National Seminar on Health and Wellness in Changing Environment	Dept. of Psychology, Meerut college, Meerut	26 March, 2023	Meerut college, Meerut	National
2	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
3	National Workshop on 3-D OF MoocS Courses (Design, Development and Delivery)	RUSA, Meerut College, Meerut & SWAYAM-MOOCs Society and Media, New Delhi & All India Survey of Higher Education (AISHE), Meerut College Meerut	28-12-2021 to 01-01-2022		National

4	One Day National Seminar on Various content trends in research methodology	Sponsored by Advance Research Institute for Development of Social Science (ARIDSS), Meerut. Organized by Research Development Cell, Kanohar Lal Post Graduate Girls College, Meerut	19-12-2021	Kanohar Lal Post Graduate Girls College, Meerut	National
5	One Day Capacity Building Workshop on Software For Psychologists	Department of Psychology C.C.S. University, Meerut	16.10.21	Department of Psychology C.C.S. University, Meerut	
6	National Symposium on the topic "Psychology of Nonviolence"	Gandhian Study Centre (UGC Sponsored) and Department of Psychology	21-09-2017	Ismail National Mahila PG College, Meerut	National
7	National Workshop on "Pscho-Yogic Therapies"	Department of Psychology C.C.S. University, Meerut	22-28 March, 2017	Department of Psychology C.C.S. University, Meerut	National
8	National Workshop on "Crime Against Women"	Department of Psychology D.J. College, Baraut	1-2 , November 2015	Department of Psychology D.J. College, Baraut	National
9	National Workshop on Psychological Problems Diagnosis and Management	UGC Under (CPE) Scheme and Organized by Department of Psychology	24-03-2014 to 30-03-2014	Ismail National Mahila PG College, Meerut	National
10	National Seminar on Psychological Interventions for Social Well-Being	ICSSR	27 th & 28 th Sep 2012	Dept. of Psychology, Digamber Jain College, Baraut	National
11	International Seminar on Mental Illness & Learned Optimism	R.G.(P.G) College, Meerut	2 nd Feb 2012	R.G.(P.G) College, Meerut	International

12	National Seminar on Jainism: Different Dimensions and Relevance	Dept. of Philosophy, R.G. (P.G.) College, Meerut	13 th Dec 2011	Dept. of Philosophy, R.G. (P.G.) College, Meerut	National
13	One Day Seminar on Mirror Neuron System & Sensory Motor Integration, and Basic Framework to understand brain functioning	Dept. of Psychology, R.G. (P.G.) College, Meerut	10 th Oct 2011	Dept. of Psychology, R.G. (P.G.) College, Meerut	National
14	National Workshop on Research Methodology	U.G.C (Under College with potential for excellence scheme (CPE)	26 th Nov 2010	Dept. of Psychology, Ismail National Mahila (P.G.) College, Meerut	National
15	<i>ICSSR Sponsored National Seminar On Climate Change And Socio-Economic Development In India : Spatial And Temporal Variation</i>	Department of Geography, Meerut College , Meerut	8-9 May 2010	Department of Geography, Meerut College , Meerut	National
16	National Workshop on “Psycho-Spiritual Therapies”	Department of Psychology C.C.S. University, Meerut	22-18, March, 2010	Department of Psychology C.C.S. University, Meerut	National
17	National Workshop on Emotional Intelligence	B.Ed Dept., R.G. (P.G) College, Meerut	22 nd Jan 2010	R.G. (P.G) College, Meerut	National
18	Regional Workshop on Identification of Exceptional Students and Teaching Tactics for Them	Dept. of Education, R.G. (P.G) College, Meerut	9 th Dec 2009	R.G. (P.G) College, Meerut	Regional
19	One day workshop on Anger Management and Anger Profile	Dept. of Psychology, R.G.(P.G) College Meerut	1 st Sep 2009	R.G. (P.G) College, Meerut	
20	One day workshop on Positive Assets and Well-Being	Dept. of Psychology, R.G.(P.G) College Meerut	24 th Jan 2009	Dept. of Psychology, R.G.(P.G) College Meerut	

21	National Seminar on Behavioral Problems of Children and Adolescents- Intervention and Strategies	Harprasad Institute of Behavioural Studies & Prayas Psychological Centre	28 th & 29 th Sep 2005	Harprasad Institute of Behavioral Studies	National
22	Workshop on Anxiety Mangement	Dept. of Psychology, R.G. (P.G) College, Meerut	12 th Oct 2004	Dept. of Psychology, R.G. (P.G) College, Meerut	
23	Workshop on “Tests of Normality: Comparative Methods” and “Parametric and Non-Parametric Methods”	Dept. of Psychology, R.G.(P.G.) College, Meerut	21 st Nov 2001	R.G.(P.G.) College, Meerut	

<i>S. No</i>	<i>Detail of the Conference/ Seminar/Exhibitions (including 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	Seven Days Workshop on “Universal Human Values & Ethics”	15-21 April, 2023	Dept. of Psychology, Raghunath Girls’ Post Graduate College, Meerut, U.P.	National	Co-Convener
2	One Week FDP on “Stress Management”	16-21 Dec., 2021	Dept. of Psychology, Raghunath Girls’ Post Graduate College, Meerut, U.P.	National	Co-Convener
3	Workshop on “Mansik Swasthya: Prabhavak Evam Niyamak”	11 October, 2019	Raghunath Girls’ post Graduate college, Meerut, U.P.	National	Organizing member
4	Workshop on “Career Guidance for Government Jobs”	11 November, 2017	Raghunath Girls’ post Graduate college, Meerut, U.P.	National	Convener
5	Workshop on “Chakra Healing & Balancing Through Vaastu”	24 October, 2017	Raghunath Girls’ post Graduate college, Meerut, U.P.	National	Convener

6	National Seminar on “GST in Present Scenario: Impact & Challenges” Raghunath Girls’ Post Graduate College, Meerut, U.P., under Faculty Enrichment Programme of UGC-CE	28-29 October, 2017	Raghunath Girls’ Post Graduate College, Meerut, U.P.	. National	Member
7	National Seminar on “Philosophy: Its Dimensions and Relevance”	20 November 2015	Department of Philosophy Raghunath Girls’ Post Graduate College, Meerut, U.P	National	Member of Organising Committee
8	ICSSR Sponsored National Seminar on – A Multidisciplinary Approach Senior Citizens: Problems and Perspectives	22-23 November 2012	Department of Psychology, Raghunath Girls’ Post Graduate College, Meerut, U.P	National	Co-convener
9	International Seminar on Mental Illness & Learned Optimism	2 nd February 2012	Department of Psychology Raghunath Girls’ Post Graduate College, Meerut, U.P	International	Co-Convenor
10	Remediation of Cognitive Dysfunction Using Neuropsychological Techniques By Dr Surya Gupta , AIIMS , Delhi	20 th November, 2009	Department of Psychology Raghunath Girls’ Post Graduate College, Meerut, U.P	National	Member of Organising Committee

21. Seminar/ Workshop/ Conference/ Exhibitions Organised:

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

<i>S.N</i>	<i>Title of the Invited Lecture/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	“Adolescence and Mental Health”	Workshop of CPDT Organised by IGNOU Noida Regional Centre in Collaboration with NLI, NVS Noida.	17 th April 2023	NLI, NVS Noida	National	Resource person

2	“Qualitative and Quantitative Research”	One Week Faculty Development Programm I.N.M. PG College Meerut	17.3.23-22.3.2023	I.N.M. PG College Meerut	National	Resource person
3	Psychological Tests	Three Days Workshop, B.Ed Department I.N.M. PG College Meerut	07.02.2023	I.N.M. PG College Meerut	National	Resource person
4	Learning our Lesson: Review of Quality Teaching in Higher Education	Landscape of Higher Education in India: A Perspective to Impart Quality Education. Department of Education and IQAC, R.G.P.G. College, Meerut	29-30 November 2021	R.G.P.G. College, Meerut	National	
5	Lectures in Pre PhD Course Work	Department of Home Science , R.G.P.G. College, Meerut	20 December 2021-26 March 2022	R.G.P.G. College, Meerut	--	Resource person
6	Recent Trends In Psychology	Pre PhD Coursework of M.J.P. Rohilkhand University , Bareilly	12-27 September 2021 Online mode	Department of Psychology. K.G.K.(PG) College, Meerut	--	Resource person
7	Significance of Cognitive Emotions, Regulation and Delaying Gratification in Psychological Well Being of College Students	Psychology Today....And the Road Ahead Centre for Psychology and Human Behavior, School of Business Studies, Shobhit Deemed University, Meerut	22 November 2018	Shobhit Deemed University, Meerut	National	
8	Lectures in Pre PhD Course Work	Department of Home Science , R.G.P.G. College, Meerut	2017-2018	R.G.P.G. College, Meerut	--	Resource person
9	Bharat Mein Aantarik Suraksha Evam Kshetrawaad Ka Samaajik Evam Manovigyanik Adhyayan.	India’s Internal Security Challenges 26 March, 2017 Allahabad State University, Allahabad	26 March, 2017	ARIDSS, Meerut	National	
10	Lectures in Pre PhD Course Work	Department of Home Science , R.G.P.G. College, Meerut	2016-2017	R.G.P.G. College, Meerut	--	Resource person

11	Climate Change & It's Relation To Stress.	Climate Change and Biodiversity Conservation. December 21, 2016 Botany Academic & cultural Society, Department of Botany, R.G.P.G. College Meerut	December 21, 2016	R.G.P.G. College Meerut	National	
12	A Study of Spirituality As A Predictor Of Life Satisfaction.	Psychological Science Congress, Chandigarh. Department of Psychology, P.G. Government College, Sector-46, Chandigarh		Government College, Sector-46, Chandigarh	International	
13	Role of Family Pathology In Problem Solving Among Adolescents.	Drug addiction Among Adolescents In India. 13-14 March, 2016. Department of Psychology, Meerut college, Meerut. I.C.S.S.R, New Delhi.	13-14 March, 2016.	Department of Psychology, Meerut college, Meerut.	National	
14	Health Problems Among Elders.	Mental Health Challenges & Remedial Approaches. 15-16, February, 2014 Department of Psychology, Gurukul Kangri University, Haridwar (UK), India. I.C.S.S.R, New Delhi.	15-16, February, 2014	Gurukul Kangri University, Haridwar(UK), India.	International	
15	Emotion Focused Coping in Stress Management	Stress & Its management Department of Psychology, I.N PG College, Meerut I.C.S.S.R, New Delhi.		Department of Psychology, I.N PG College, Meerut	National	
16	A Correlational Study Of Emotional Intelligence & Life Satisfaction Among Elders Of Different Living Conditions.	Psychological Intervention for Social Well- Being. 27-28 September 2012 Department of Psychology, D.J. College Baraut I.C.S.S.R, New Delhi.	September 2012	Department of Psychology, D.J. College Baraut	National	
17	Green House Effect Is Responsible For Increase In The	Environment & Social issues. 25-26, February, 2012 Gokul Das Hindu	25-26, February, 2012	Gokul Das Hindu Girls' College, Moradabad.	National	

	Atmosphere.	Girls' College, Moradabad.UGC				
18	Family Environment & Developmental Problems of Adolescents	Problems of Adolescents : A Current Perspective. November 11-12, 2011 Department of Psychology, Meerut College , Meerut I.C.S.S.R, New Delhi.	November 11-12, 2011	Department of Psychology, Meerut College , Meerut	National	
19	Juvenile Delinquents: The role of parents	Agriculture, Poverty & Environment: Issues & Challenges 20-21, February D.J. College Baraut I.C.S.S.R, New Delhi.	20-21, February	D.J. College Baraut	National	
20	A Comparative Study Of Personality Characteristics Of Players And Non Players	Sports Psychology: current Status & Future Prospects 27-29, December 2003 Department of Psychology, C.C.S.U Meerut.	27-29, December 2003	Department of Psychology, C.C.S.U Meerut.	National	

23. Administrative Experience:-

- Secretary- Puratan Chhtra Samiti
- Study centre coordinator-UPRTOU
- Admission Incharge UG I

24. Future plans:

To provide more educational opportunities for girls of rural areas.

To impart knowledge with the help of new technology.