

Curriculum vitae



1. Name: Prof. 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: Biological Psychology, Neuro Psychology, Social Psychology
7. Date of Joining: 11.05.2001, (After transfer in R.G. College 31.10. 2009)
8. Experience: 25 Years
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12. Areas of research:
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WEB OF SCIENCE--... QLV-0053-2026

Research Papers published:-

<i>S.N.</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	The Psychology of Persuasion in Advertising	<u>International Journal of Physical and Social Sciences</u> Volume 13, Issue 06	June 2026	ISSN(O): (2349-4085) ISSN(P): (2394-4218)		DOI:18.A003.arf.J14I01.010784
2	The Relationship Between Mindfulness and Stress Reduction	International Research Journal of Human Resource and Social Sciences Volume 13, Issue 06, June 2026	June 2026	ISSN(O): (2349-4085) ISSN(P): (2394-4218)		DOI:18.A003.arf.J14I01.010884
3	Indian Indegenous Perspective on Holistic Human Development. Pg 36-44	Journal Global Values	July 2025	ISSN: (P) 0976-9447, (e) 2454-8391		DOI:10.31995/jgv.2025.v16iSI07.006
4	Parenting Style Dichotomies and their Role in Development of Child's Problem Behavior. Page 1-12 .	Research Journal of Philosophy & Social Sciences	Jan.-June 2025	ISSN (P): 0048-7325 (e): 2454-7026	Impact Factor 8.904 (SJIF)	doi.org/10.31995/rijsps.2025v5i1i01
5	Unraveling Adolescent Behavior: A Multivariate Analysis of Family and Peer Influence	International Journal of All Research Education and Scientific Methods (IJARESM),	June-2025,	June-2025,		DOI https://doi.org/10.56025/IJARESM.2025.1306250239

6	A Comparative Study of Mental Health of Female with Social Networking Addiction Status	International Journal for Multidisciplinary Research	May-June 2024	E-ISSN: 2582-2160		DOI- https://doi.org/10.36948/ijfmr.2024.v06i03.20528
7	A Study on the Effect of Emotional Intelligence on Quality of Life Among Old Aged People	International Journal for Multidisciplinary Research	January-February 2024	E 2582-2160		DOI--- https://doi.org/10.36948/ijfmr.2024.v06i01.13643
8	A Comparative Study of Social Networking Sites Addiction and Aggression of Students	International Journal of All Research Education and Scientific	December 2023,	2455-6211		doi.org/10.56025/IJARESM.2023.1112232369
9	A Comparative Study of Mental Health of Females with Good and Poor Family Relationships	The International Journal of Indian Psychology	October-December, 2023	2348-5396 online 2349-3429 print		DOI: 10.25215/1104.017
10	Loneliness and Social Isolation Among Older Adults During the COVID-19 Pandemic	The International Journal of Indian Psychology	October-December, 2023	2348-5396 online 2349-3429 Print		DOI:10.25215/1104.302
11	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		DOI/10.56025/IJARESM.2023.111231050
12	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	DOI: 10.31995/rjps.2021.v46i02.034
13	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	DOI— https://doi.org/10.36948/ijfmr.2024.v06i03.20528

						0.31995/jgv2020.v11i02.034
14	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	
15	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	
16	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	
17	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)	https://doi.org/10.5281/zenodo.20705556
18	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 No41948	https://doi.org/10.5281/zenodo.20705240
19	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	https://doi.org/10.15614/ijpp%2F2018%2Fv9i2%2F176627

20	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	
21	Emotion regulation & drug abuse among adolescents. A theoretical research. 103-111	Journal of Global Values Vol.8 (1) :103-111	December 2017	p-0048-7325, e-2454-7026X	UGC Approved Journal No. 63651	DOI https://doi.org/10.5281/zenodo.20704174
22	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)	
23	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	
24	A comparative study of relationship between emotional intelligence and life satisfaction among elders of homes & institutions. 94-96.	Indian Journal of Health & Well Being. Vol.6 (1): 94-96.	January 2015	p-2229-5356, e-2321-3698	Peer Reviewed	
25	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	
26	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	

27	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	
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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>	<i>Digital Link (if any)</i>
1	Mending the Gender Divide: Psychological Tools and Strategies Mending the Gender Divide: Psychological Tools and Strategies Page no 73-76	In edited book Different faces of Gender Inequality In India	2024	ISBN: 978-93-90115.	Anu Books, Meerut	National	
2	Psychological Percepts of Human Nature Regarding War	Global Crises And International Relations Editor Prof. Nivedita Kumari	2024	ISBN: 978-1-838449 65-1-7	Britain Book Company.	International	
3	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	
4	Traditional, Social & Legal Aspects” Page no 77-85	Edited Book By Dr Rajni Kashyap Crime Against Women	2016	978-93-82166-47-4	Anu Books Meerut	National	

5	Climate Change & Socio-Economic Development Page no 14 - 20	Edited Book By Dr. Paramjeet Singh Climate Change And Awareness	2012	81-902457-0-8	Proceedings In Book Keshav Publication Ghaziabad	National	
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Development of New Curricula and Courses :

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

Development of E-contents /MOOCS:

<i>S.No.</i>	<i>Portal on which uploaded</i>	<i>Type of e-content</i>	<i>Hyperlink of e-content</i>	<i>Numbers</i>
1	You tube	Lecture on mental health	https://youtu.be/rHREJAMmaA?si=WeeyBZssEJHNIUx	01

Ph. D Supervised :

	<i>Name of the student with Regd. No.</i>	<i>University Registered</i>	<i>Topic</i>	<i>Type of Supervision</i>	<i>Enrolled Date & Year</i>	<i>Submitted Date & Year</i>	<i>Awarded Date & Year</i>
1	Ms. Sonia Kashyap Res-2/B/25260008/10490	C.C.S.U. Meerut	The Role Of Emotional Maturity, Work Life Balance And Social Support In Mental Health Of E-Commerce Entrepreneurs In	Solo	15.10.2025		

2	Mrs Suman Res- 2/B/25260007 /10491	C.C.S.U. Meerut	Understanding Psychological Well-Being Through Emotional Intelligence, Resilience And Self- Esteem Among Physically Challenged Adults	Solo	15.10.2025		
3	Ms. Priyanka Kartikeya Res- 2/A/22260007 /5092	C.C.S.U. Meerut	Impact Of Spiritual Intelligence, Length Of Service And Gender On Mental Health Status Among Teachers Of Differently Able Students		12.2.2024		
4	Ms. Antul Tyagi Gen Res- 2/C/22260003 /4847	C.C.S.U. Meerut	Role Of Personality , Education And Age On Suicidal Ideation And Health Status Of Male Alcohol Dependents	Solo	28.11.2024		
5	Ms Ankita Res/2/A/3244	C.C.S.U. Meerut	A study of quality of life about personality factors and spirituality in patients of diabetes type - 2	Solo	13.06.2023		
6	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		30..2020		2025
7	Ms Esha	C.C.S.U. Meerut	Emotional intelligence,		14.6.2018		2025

	Res-2/A/1702610		optimism and loneliness correlates of quality of life and spirituality: A multivariate study of senior citizens				
8	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		14.6.2018		2025
9	Dr. Sarika Res-2/A/1602607	C.C.S.U. Meerut	Effect of gender difference, local and levels of teaching on General well being on life style of teachers	Solo	13.2.2017		2022
10	Dr Sachin Res-2/A/2419	C.C.S.U. Meerut	Attachment style and negative emotions as predictors of cognitive emotion regulation of adolescents		11.07.2022		2021
11	Ms Misha MU/ Res/13/1207/189	Mewar University	An analytical study of occupational self efficacy in relation to emotional intelligence, locus of control and academic levels		22.12.2021		2024
12	Dr Shivanshi MUR1201240	Mewar University	A study of life satisfaction in relation to emotional intelligence among employees of different levels in information technology sector		14.8.2012		2019

13	Dr. Deepali Res-2/C/81078/1188	C.C.S.U. Meerut	Quality of work life and learned optimism as predictors of psychological well being among professionals of corporate sector		07.05.2019		2017
14	Dr Pratibha Res-2/A/090385/1336	C.C.S.U. Meerut	Effects of home environment on mental health of boys and girls of single and dual career mothers		4.5.2009		2016

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	1,89,000/-	31.03.2022-31.03.2025
2	A Study of Life Satisfaction in Relation to Emotional Intelligence and Spirituality among Elder Persons of Homes and Old Age Homes	Minor	ICSSR	3,49,343/-	March 7,2011 - April 2013

Patents:

<i>S.No.</i>	<i>Title of Patent</i>	<i>Detail of Patent (International/ National)</i>
1	A Geometric Attachment Mapping Model (Gamm) For Assessment And Quantification Of Attachment Styles	National

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/Natio nal/ State/ University</i>
1	Online Seven Days National Level FDP	From 10.11.2025 to 16.11.2025	In collaboration with Nucleous Of Learning and	National

	on ऐ. आई (AI) शिक्षा पद्धति		Development by SMPPGGC, Meerut,	
2	Seven Days National Level FDP on “Innovation in Teaching and Learning in HEIs” by	from 6 th – 14 Aug, 2025. (Online)	IOT Academy.	National
3	Five Days National Level FDP on “Outcome Based Education (OBE)”	From 24-30 July. (Online)	IOT Academy	National
4	NEP 2020 Orientation & Sensitization Programme -- Under Malaviya Mission Teacher Training Pogramme (MM-TTP)	From 06.5.2025 to 16.5.2025 (Online)	University Grants Commission (UGC) organized by UGC-MMTTC (GAD-MMTTC), Sri Guru Teg Bahadur Khalsa College, University Of Delhi	National
5	Five day workshop and Faculty Development Program On “Herbal Entrepreneurial Wellness: Business sustainability And Herbal Medicine	On 10.12.2024 - 14.12.2024	Teacher’ Reskilling Cell, Raghunath Girls’ Post Graduate College, Meerut, On 10.12.2024 - 14.12.2024	National
6	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
7	Three Weeks Interdisciplinary Faculty Enrichment Of Teacher Course	10th June to 30th 2017	All Star Departments under UGC, CPE, Meerut College, Meerut	National

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	One day seminar on “From Ancient Wisdom To Modern Innovation : Leveraging Indian Knowledge Systems For Viksit Bharat @2047”	Botany Alumni Association, C C S University , Meerut	26 th February 2026	Raghunath Girls’ P.G. College , Meerut.	International
2	Two Week National Online Certificate Course on Indian Knowledge Systems: Pathways And Trajectories ..organised by Faculty of Social sciences	Shaheed Mangal Pandey Govt. Degree College, Meerut in collaboration with Nucleus Of Learning And Development	From 23.6. 25 to 4.7.25	Shaheed Mangal Pandey Govt. Degree College, Meerut	<i>National</i>
3	Scientific Writing And Publication : Bridging Research And Readership	IQAC, Teachers’ Re-Skilling Cell and Research Development Cell	22.11.2025	Raghunath Girls’ Post Graduate College , Meerut.	International
4	One Day National Seminar on Health and Wellness in Changing Environment	Dept. of Psychology, Meerut college, Meerut	26 March, 2023	Meerut college, Meerut	National
5	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
6	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
7	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	19-12-2021	Kanohar Lal Post Graduate Girls College, Meerut	National

		Graduate Girls College, Meerut			
8	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	University
9	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
10	National Workshop on "Psycho-Yogic Therapies"	Department of Psychology C.C.S.University, Meerut	22-28 March, 2017	Department of Psychology C.C.S.University, Meerut	National
11	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
12	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
13	National Seminar on Psychological Interventions for Social Well-Being	ICSSR	27 th & 28 th Sep 2012	Dept. of Psychology, Digamber Jain College, Baraut	National
14	International Seminar on Mental Illness & Learned Optimism	R.G.(P.G) College, Meerut	2 nd Feb 2012	R.G.(P.G) College, Meerut	International
15	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
16	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	International
17	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
18	ICSSR Sponsored National Seminar On Climate Change And Socio-Economic Development In India : Spatial And Temporal Variation	Department of Geography, Meerut College ,Meerut	8-9 May 2010	Department of Geography, Meerut College ,Meerut	National

19	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
20	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
21	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
22	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	University
23	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	University
24	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
25	Workshop on Anxiety Management	Dept. of Psychology, R.G. (P.G) College, Meerut	12 th Oct 2004	Dept. of Psychology, R.G. (P.G) College, Meerut	National
26	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	National

Seminar/ Workshop/ Conference/ Exhibitions Organised:

<i>S.N.</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	15 Days skill based Internship Programme	2-19 May 2026	Dept. of A C P Raghunath Girls' Post Graduate College, Meerut, U.P.	University	Organiser
2	One day International seminar on (Hybrid Mode) "Scientific Writing And Publication : Bridging Research And Readership"	22.11.2025	IQAC, Teachers' Re-Skilling Cell and Research Development Cell, Raghunath Girls' Post Graduate College , Meerut.	International	Co-Convener

3	Add On/ Value Added / Certificate Course On Positive Psychology For Managing Career And Life	From 2.6.25 to 11.6.25	Dept. of Psychology, Raghunath Girls' Post Graduate College, Meerut, U.P.	National	Co-Convener
4	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
5	One Week FDP on "Stress Management"	16-21 Dec., 2021	Dept. of Psychology, Raghunath Girls' Post Graduate College, Meerut, U.P.	National	Co-Convener
6	Workshop on "Mansik Swasthya: Prabhavak Evam Niyamak"	11 October, 2019	Raghunath Girls' post Graduate college, Meerut, U.P.	National	Organizing member
7	Workshop on "Career Guidance for Government Jobs"	11 November, 2017	Raghunath Girls' post Graduate college, Meerut, U.P.	National	Convener
8	Workshop on "Chakra Healing & Balancing Through Vaastu"	24 October, 2017	Raghunath Girls' post Graduate college, Meerut, U.P.	National	Convener
9	National Seminar on "GST in Present Scenario: Impact & Challenges" Raghunath Girls' Post Graduate College, Meerut, U.P., under Faculty Enrichment Program of UGC-CE	28-29 October, 2017	Raghunath Girls' Post Graduate College, Meerut, U.P.	. National	Member
10	National Seminar on "Philosophy: Its Dimensions and Relevance"	20 November 2015	Department of Philosophy Raghunath Girls' Post Graduate College, Meerut, U.P.	Natioal	Member of Organising Committee
11	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
12	International Seminar on Mental Illness & Learned Optimism	2 February 2012	Department of Psychology Raghunath Girls' Post Graduate College, Meerut, U.P.	International	Co-Convener
13	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

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	Protection From Cyber Bullying”	Department of Psychology C.C.S.U. Campus, Meerut	21.10.2024	Department of Psychology C.C.S.U. Campus, Meerut	University	Resource person
2	Mending the Gender Divide: Psychological Tools and Strategies	International Seminar on - Gender Inequality In Contemporary Indian Context: Conditions And Directions. -	On 25.3.2025		International	Resource person
<u>3</u>	Environmental Justice And Social Inequality	National seminar “Environmental Crisis and Developing Economies Challenges Resilience, Strategies And Solutions (Integrating GEP to Foster Ecological And Economic Resilience	19.11.2024	Plant Conservation Society, Vasudha Eco Club And Department Of Economics, Raghunath Girls’ Post Graduate College, Meerut,	National	Paper presentation
<u>4</u>	Lectures in Pre PhD Course Work	Department of Home Science , C.C.S.University, Meerut.			University	Resource person
5	“Adolescence and Mental Health”	Workshop of CPDT Organised by IGNOU Noida Regional Centre in Collaboration with NLI, NVS Noida.	17 th April2023	NLI,NVS Noida	National	Resource person

<u>6</u>	“Qualitative and Quantitative Research”	One Week Faculty Development Program I.N.M.PG College Meerut	17.3.23-22.3.2023	I.N.M.PG College Meerut	National	Resource person
7	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
<u>8</u>	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	Paper presentation
<u>10</u>	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	University	Resource person
<u>11</u>	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	University	Resource person
<u>12</u>	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	Paper presentation

<u>13</u>	Lectures in Pre PhD Course Work	Department of Home Science, R.G.P.G. College, Meerut	2017-2018	R.G.P.G. College, Meerut	University	Resource person
14	Bharat Mein Aantarik Suraksha Evam Kshetrawaad Ka Samaajik Evam Manovaigyanik Adhyayan.	India's Internal Security Challenges 26 March, 2017 Allahabad State University, Allahabad	26 March, 2017	ARIDSS, Meerut	National	Paper presentation
15	Lectures in Pre PhD Course Work	Department of Home Science, R.G.P.G. College, Meerut	2016-2017	R.G.P.G. College, Meerut	University	Resource person
<u>16</u>	Climate Change & Its 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	Paper presentation
<u>17</u>	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	Paper presentation
<u>18</u>	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	Paper presentation

<u>19</u>	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	Paper presentation
20	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	Paper presentation
<u>21</u>	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	Paper presentation
<u>22</u>	Green House Effect Is Responsible For Increase In The Atmosphere.	Environment & Social issues. 25-26, February, 2012 Gokul Das Hindu Girls' College, Moradabad. UG C	25-26, February, 2012	Gokul Das Hindu Girls' College, Moradabad.	National	Paper presentation
<u>23</u>	Family Environment & Developmental Problems of Adolescents	Problems of Adolescents : A Current Perspective. November 11-12, 2011	November 11-12, 2011	Department of Psychology, Meerut College, Meerut	National	Paper presentation

		Department of Psychology, Meerut College , Meerut I.C.S.S.R, New Delhi.				
<u>24</u>	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	Paper presentation
<u>25</u>	A Copmparative 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	Paper presentation

Future plans:

- ✓ Being the Secretary of Old Student Association, will focus on increasing the number of members, following them for updates of their placements.
- ✓ Will try to fetch more students for UPRTOU.
- ✓ By using the platform of Psychological testing and counseling centre , would create an awareness for the mental health of everyone.