

Curriculum Vitae



1. Name: Prof. Neelam Singh

2. Designation: HOD & Professor

3. Subject: Psychology

4. Academic Qualifications: M.Phil. (Meerut University, 1994), Ph.D. (Gurukul Kangri University, Haridwar, 2015)

Examination	Board / University	Year	Division/Grade	Subject(s) / Thesis Title
High School	U.P. Board	1985	IInd Div.	Hindi, English, Sanskrit, Drawing, Home Science
Intermediate	U.P. Board	1987	IInd Div.	Hindi, English, Sanskrit, Psychology, Sociology
B.A.	Meerut University	1990	IInd Div.	Psychology, English, Sociology
M.A.	Meerut University	1992	Ist Div.	Psychology
M.Phil.	Meerut University	1994 (15.03.1994)	-	Human Cognition and Manual Asymmetry among Defence Personnel
Ph.D.	Gurukul Kangri University, Haridwar	2015 (06.02.2015)	-	Gender Difference in Emotional Intelligence and Job Satisfaction in Teachers of Professional Colleges

5. Areas of Interest/Specialization: Research, Social Psychology, Psychopathology, Psychometry

6. Date of Birth: 10/09/1971

7. Date of Joining: 12/4/2001

8. Experience: 25 Years

9. Official Address: Raghunath Girls Postgraduate College, Meerut

10. Contact No.: 9897055562

11. Email: neelamrgcollege@gmail.com

12. Areas of Research: Social Psychology, Psychopathology, Stress & Mental Health, Adolescent Psychology, Psychometry

13. Digital Profile, if any (Research Gate, LinkedIn, SSRN, Twitter, YouTube etc):

14. Achievements

- 33 research papers published across national/international journals and seminar proceedings (2011–2022).
- Attended/participated in 20 seminars and workshops — 16 National, 4 International.
- Chaired sessions at 2 national/international conferences.
- Recipient of Best Counsellor, Excellent Counsellor, and Best Teacher awards.
- Awarded Ph.D. Degree.

15. Fellowships & Awards

S.No.	Name of Fellowships/Awards	Awarding Agency	International/ National/State/ Regional	Honorarium of Award, if any
1	Ph.D. Degree	Gurukul Kangri University, Haridwar	National	-
2	Award of Excellence for Best Counsellor (2014-2015)	Janhit Foundation	-	-
3	Excellent Counsellor Award (2015- 2016)	SAVE - Sustainable Advancement of Village Economy	-	-
4	Award of Excellence for the Best Teacher	Akhil Bhartiya Rashtriya Snatak Sangh	National	-
5	Certificate of Appreciation (2022)	Boond Foundation of India	-	-

16. Membership of Professional Bodies

S.No.	Name of the Professional Body	Type of membership	Membership no.

17. 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	Role of Yoga in Stress Management	Indian Journal of Physical Education and Yogic	2012	2229- 3191	Yes; Peer Reviewed Journal	

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
		Sciences, Vol. 03(01)				
2	Job Satisfaction Status of Senior Secondary School Teachers in Delhi	Indian Journal of Physical Education and Yogic Sciences, Vol. 03(01)	2012	2229-3191	Yes; Peer Reviewed Journal	
3	Personality Traits and Mental Health among Doctors (pp. 113-116)	International Journal of Research in Economics and Social Science, Vol. 3(10)	2013	2249-7382	Yes; Peer Reviewed & Refereed Journal	
4	Psychological Well Being among Private Teachers in Relation to Locus of Control Orientation (pp. 501-506)	International Journal of Multidisciplinary Research Academy, Vol. 4(1)	2014	-	Yes; Peer Reviewed & Refereed Journal	
5	A Study of Relationship between Job Satisfaction, Self-Motivation and Demographic Variables (pp. 735-743)	International Journal of Research in Social Sciences, Vol. 04(2)	2014	2249-2496	Yes; Peer Reviewed & Refereed Journal	
6	A Study of Left Handed and Right Handed Behaviour among Air Force Personnel (pp. 26-30)	ECONSPEAK: A Journal of Advances in Management IT & Social Sciences, Vol. 04(7)	2014	2231-4571	Yes; Peer Reviewed Journal	
7	A Comparative Study of N Ach of Player and Non Player College Going Students (pp. 92-100)	International Journal of Research in Economics and Social Science, Vol. 4(11)	2014	2249-7382	Yes; Peer Reviewed & Refereed Journal	
8	Spirituality and Optimism among Perspective Teachers: A Correlational Study (pp. 669-679)	International Journal in Management and Social Science (IJMSS), Vol. 03(04)	2015	2321-1784	Yes; Peer Reviewed Journal	
9	Socio-demographic Correlates of Life Satisfaction among Elderly People (pp. 77-85)	ECONSPEAK: A Journal of Advances in Management IT & Social Sciences, Vol. 05(11)	2015	2231-4571	Yes; Peer Reviewed & Refereed Journal	
10	A Study of the Effect of Gender and Age on Aggression (pp. 459-466)	International Journal of Research in Economics and Social Science, Vol. 6(03)	2016	2249-7382	Yes; Peer Reviewed & Refereed Journal	
11	Effect of Spirituality Gender on Adolescents' Locus of Control Orientation (pp. 243-253)	International Journal of Research in Economics and Social Science, Vol. 6(10)	2016	2249-7382	Yes; Peer Reviewed & Refereed Journal	
12	General Well Being and Lifestyle of Educationists: A Correlational Study	International Journal of Research in Economics and Social Science, Vol. 7(2)	2017	2249-7382	Yes; UGC Approved Journal No. 48858 & Refereed	
13	Adaptive & Maladaptive Emotion Regulation Strategies Associated with Psychological Well-Being (pp.	ECONSPEAK: A Journal of Advances in Management IT & Social Sciences, Vol.	2018	2231-4571	Yes; Peer Reviewed Journal	

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
	156-167)	08(03)				
14	Gender Work Experience and Emotional Stability as Moderation of Job Satisfaction among Technical Professionals (pp. 62-66)	International Journal of All Research Education and Scientific Methods (IJARESM), Vol. 9(9)	2021	2455-6211	Yes; Peer Reviewed Journal	
15	A Study of Stress in the Caregivers of Corona Patients (pp. 67-70)	International Journal of All Research Education and Scientific Methods (IJARESM), Vol. 9(9)	2021	2455-6211	Yes; Peer Reviewed Journal	
16	Aggressive Behaviour among College Students as Related to Psycho-Social Factors	Journal of Interdisciplinary Cycle Research, Vol. XIV, Issue V	2022	0022-1945	Yes; UGC Care List II; Impact Factor 6.2	
17	A Correlational Study of Parent-Adolescent Relationship and Adjustment among Meerut Students	International Journal of Economic Perspectives, Vol.16(1)	2022	1307-1637	Yes; UGC Care Group II; Impact Factor 6.865	
18	Parenting Style Dichotomies and their Role in the Development of a Child's Problem Behaviour (pp. 1-12) [with Dr. Kumkum Pareek & Dr. Sachin Kumar]	Research Journal of Philosophy & Social Sciences (RJPSSs), Vol. LI No.1	2025	0048-7325 (P) / 2454-7026 (E)	Yes; Peer Reviewed & Refereed International Journal; Impact Factor 8.904 (SJIF)	https://doi.org/10.31995/rjpss.2025v51i01.01
19	Unraveling Adolescent Behavior: A Multivariate Analysis of Family and Peer Influence (pp. 239-242) [with Dr. Kumkum Pareek & Dr. Loveleen Tiwari]	International Journal of All Research Education and Scientific Methods (IJARESM), Vol.13(6)	2025	2455-6211	Yes; Peer Reviewed Journal	
20	The Psychology of Persuasion in Advertising (with Prof. Kumkum Pareek)	International Journal of Physical and Social Sciences, Vol.16 Issue 8	2026	2249-5894	Yes; Peer Reviewed & Refereed International Journal; Impact Factor 8.203	
21	The Relationship Between Mindfulness and Stress Reduction (with Prof. Kumkum Pareek)	International Research Journal of Human Resource and Social Sciences, Vol. 13, Issue 06	2026	2349-4085 (O) / 2394-4218 (P)	Yes; Peer Reviewed & Refereed International Journal; Impact Factor 7.924	DOI:18.A003.aarf.J14I01.010884
22	Impact of Social Media on Anxiety Among College Students (with Ms. Raginie Singh) (pp. 36-39)	International Research Journal of Humanities, Language and Literature, Vol. 13, Issue 3	2026	2394-1642	Yes; Peer Reviewed & Refereed International Journal; Impact Factor 7.972	DOI:18.A003.aarf.J14I01.010784

18. Articles in Books/Conference Proceedings Published

S. No	Title of the Article published (with page no.)	Title of the Book/Conference Proceedings	Year	ISBN	Detail of the Publisher	Published by International/national/Local Publishers	Digital Link (if any)
1	Effect of Stress and Violence on Adolescence	"Problems of Adolescence: A Current Perspective"	2011	-	Dept. of Psychology, Meerut College, Meerut (ICSSR sponsored National Seminar)	National	
2	Corruption: Causes and Consequences	National Seminar	2011	-	Dept. of Political Science, I.N. (P.G.) College, Meerut	National	
3	Corruption in India: Causes and Consequences	"Corruption, Society and Good Governance: Problem and Perspectives"	2012	-	Dept. of Political Science, Ismail National Mahila (P.G.) College, Meerut (UGC sponsored)	National	
4	Role of Mass Media in Spreading the Awareness for Environment	"Environment and Social Issues"	2012	-	Dept. of Education, Gokuldas Hindu Girls College, Moradabad, Rohilkhand University, Bareilly (UGC sponsored)	National	
5	Challenges and Responses in Adolescence	"Indian Society in 21st Century: Challenges and Responses"	2012	-	Dept. of Sociology, R.G. (P.G.) College, Meerut (UGC sponsored, All India National Seminar)	National	
6	Law and Global Health: Current Legal Issues	"Right to Health: Needs, Laws and Policy"	2012	-	Subharti Law College, Swami Vivekanand University, Meerut (ICSSR/MHRD sponsored)	National	
7	Enhancement of Social Well-being Through Yoga and Spirituality	"Psychological Interventions for Social Well-Being"	2012-13	-	D.J. College, Baraut (ICSSR sponsored)	National	
8	India and Thailand: Bilateral Trajectory	"Bilateral Strategic and Economic Cooperation Between India and Thailand"	2013	-	Dept. of Defence Studies, Meerut College, Meerut (ICSSR sponsored, International Seminar)	International	
9	Human Rights and the Environment	"Human Rights Protection: State Obligation vs. Public Participation"	2013	-	Sardar Patel Subharti Institute of Law, Swami Vivekanand University (NHRC sponsored)	National	
10	Impact of Increasing use of Social Networking Sites	"Mental Health Challenges & Remedial	2014	-	Dept. of Psychology, Gurukul Kangri	National	

S. No	Title of the Article published (with page no.)	Title of the Book/Conference Proceedings	Year	ISBN	Detail of the Publisher	Published by International/national/Local Publishers	Digital Link (if any)
	and Gender on Mental Health	Approaches"			University, Haridwar (ICSSR/NIS sponsored)		
11	Relation ... China, India: Years of Friendship	"India China Bilateral Relation"	2015	-	Dept. of Defence Studies, Meerut College, Meerut (ICSSR sponsored)	National	
12	Substance Dependence & Mental Health: Substance Dependence - A Case Study	Indo-Canadian International Conference of Business and Behavioural Science (ICICBBS-2015)	2015	-	Vivanta by Taj Hotel, Panjabi, Goa, India (International Conference)	International	
13	Increasing Drug Abuse Among Youth: Symptoms and Solutions	"Drug Addiction among Adolescents in India"	2016	-	Dept. of Psychology, CCS University, Meerut (ICSSR/HARTC sponsored)	National	
14	Representation Matters: A Gender and Diversity in Research Publication	One Day International Seminar on "Scientific Writing and Publication: Bridging Research and Leadership"	2025	-	IQAC, Teachers Re-Skilling Cell & Research Development Cell, R.G.P.G. College, Meerut	International	
15	Women Empowerment (Ch. 1) [with Prof. Manju Khokhar]	Global Crises and International Relations (Ed. Prof. Nivedita Kumari; Co-Ed. Prof. Sonika Choudhary)	2024	978-1-8384965-1-7	Britain Book Company, London, UK	International	https://doi.org/10.31995/Book.AB256-M24.Cchapter1
16	Empowering Women: Defining, Theorizing, and Practicing Empowerment (Ch. 2) [with Dr. Divya Tyagi]	Global Crises and International Relations (Ed. Prof. Nivedita Kumari; Co-Ed. Prof. Sonika Choudhary)	2024	978-1-8384965-1-7	Britain Book Company, London, UK	International	https://doi.org/10.31995/Book.AB256-M24.Cchapter2

19. Articles in Magazines and Newspapers

S.No.	Name of the Article with page no.	Name of the Magazine/Newspaper (with RNI)	Detail of the Publisher	Date	Digital Link, if any

20. Development of New Curricula and Courses

S.No.	Name of New Curricula & Courses	Hyperlink of Curricula or course	Role in Development

21. Development of E-content/MOOCs

S.No.	Portal on which uploaded	Type of e-content	Hyperlink of e-content	Numbers

22. Ph.D Supervised

S. N o.	Name of the student with Regd. No.	University Registered	Topic	Type of Supervision	Enrolled Date & Year	Submitted Date & Year	Awarded Date & Year
1	Anshika Malik, Regd. No. 2/B/2526002	Chaudhary Charan Singh University, Meerut	Psychological Well Being, Quality of Work Life Balance and Resilience among Nursing Staff: A Correlational Study	Sole Supervisor	21.05.2024	-	-

23. Research Projects

S.No.	Title	Type	Funding Agency	Amount	Time-Period

24. Consultancy

S.No.	Title	Type	Funding Agency	Amount	Time-Period

25. Patents (if any)

S.No.	Title of Patent	Detail of Patent (International/National)

26. Faculty Enrichment Programme Attended

S.No	Detail of the FDP/FEP	Date(s) of the event	Organizer & Sponsor	International/ National/State/ University
1	7 Days National workshop on 'Research Methodology in Science and Social Science'	12th-18th June, 2016	Dept. of Defence Studies, Meerut College; USI of India	National
2	National Workshop on 'Psychological Problems Diagnosis and Management'	24th-30th March, 2014	Dept. of Psychology, Ismail National Mahila College; UGC	National

27. 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	"Jainism: Different Dimensions and Relevance"	Dept. of Philosophy, R.G. (P.G.) College, Meerut	13 Dec 2011	Meerut	National
2	"Mirror Neuron System & Sensory Motor Integration, Basic Framework to Understand Brain Functioning"	Dept. of Psychology, R.G. (P.G.) College, Meerut	10 Oct 2011	Meerut	International
3	Workshop on "Factorial Design"	Ismail National (P.G.) College, Meerut	21 Jan 2012	Meerut	National
4	"Mental Illness: Depression" / "Learned Optimism: A Skill Approach to Depression"	Dept. of Psychology, R.G. (P.G.) College, Meerut	2 Feb 2012	Meerut	International
5	Workshop on "Indian Psychology: Theory and Application"	Dept. of Psychology, Kanohar Lal Post Graduate College, Meerut	16-17 Feb 2012	Meerut	National
6	"Corruption, Society and Good Governance: Problem and Prospects"	Dept. of Political Science, Ismail National Mahila (P.G.) College, Meerut (UGC)	17-18 Feb 2012	Meerut	National
7	"Environment and Social Issues"	Dept. of Education, Gokuldas Hindu Girls College, Moradabad, Rohilkhand University, Bareilly (UGC)	25-26 Feb 2012	Moradabad	National
8	"Indian Society in 21st Century: Challenges and Responses"	Dept. of Sociology, R.G. (P.G.) College, Meerut (UGC)	7-8 Apr 2012	Meerut	National
9	"Right to Health: Needs, Laws and Policy"	Subharti Law College, Swami Vivekanand University, Meerut	29 Sep 2012	Meerut	National

S. No	Detail of the Conference/Seminar	Organizer & Sponsor	Date(s) of the event	Venue of the event	International /National/ State/ University
		(ICSSR/MHRD)			
10	"Human Rights Protection: State Obligation vs. Public Participation"	Sardar Patel Subharti Institute of Law, Swami Vivekanand University (NHRC)	6 May 2013	Meerut	National
11	"Bilateral Strategic and Economic Cooperation Between India and Thailand"	Dept. of Defence Studies, Meerut College, Meerut (ICSSR)	13-14 Apr 2013	Meerut	International
12	"Psychological Interventions for Social Well Being"	Dept. of Psychology, D.J. College, Baraut (ICSSR)	-	Baraut	National
13	"Senior Citizens: Problems and Perspectives - A Multi-Disciplinary Approach"	Dept. of Psychology, R.G. (P.G.) College, Meerut (ICSSR)	-	Meerut	National
14	"Mental Health Challenges & Remedial Approaches" (Chaired the session)	Dept. of Psychology, Gurukul Kangri University, Haridwar (ICSSR/NIS)	15-16 Feb 2014	Haridwar	National
15	Workshop on "Psychological Problems Diagnosis and Management"	Dept. of Psychology, Ismail National Mahila College, Meerut (UGC)	24-30 Mar 2014	Meerut	National
16	Workshop on "Obsessive Compulsive Disorder with Special Focus on Cognitive Behaviour Therapy"	Subharti University	23-26 Feb 2015	Meerut	National
17	"India China Bilateral Relation"	Dept. of Defence Studies, Meerut College, Meerut (ICSSR)	1-2 Mar 2015	Meerut	National
18	"Philosophy: Its Dimensions & Relevance"	Dept. of Philosophy, R.G. (P.G.) College, Meerut	20 Nov 2015	Meerut	National
19	"Drug Addiction among Adolescents in India"	Dept. of Psychology, CCS University, Meerut (ICSSR/HARTC)	13-14 Mar 2016	Meerut	National
20	7-Day Workshop on "Research Methodology in Science and Social Science"	Dept. of Defence Studies, Meerut College, Meerut (USI of India)	12-18 Jun 2016	Meerut	National

28. 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	Role
1	Convener, "World Psychologist Appreciation Day" (Dept. of Applied	14.07.2025	R.G.P.G. College,	College	Convener

S. No	Detail of the Conference/Seminar/Exhibitions (including Sponsor)	Date(s) of the event	Venue of the event	International/ National/State/ University	Role
	Clinical Psychology in collaboration with Dept. of Psychology)		Meerut		
2	Convener, "Suicide Prevention Day"	22.09.2025	R.G.P.G. College, Meerut	College	Convener
3	Convener, "World Alzheimer Day"	23.09.2025	R.G.P.G. College, Meerut	College	Convener
4	Convener, Guest Lecture on "Understanding Alzheimer's Disease: From Memory Loss to Mind-Body Connection"	23.09.2025	R.G.P.G. College, Meerut	College	Convener
5	Convener, "World Mental Health Day" (Testing & Counseling Cell in collaboration with Mentoring Cell)	10.10.2025	R.G.P.G. College, Meerut	College	Convener
6	Convener, 15-Day Internship Programme (Dept. of Applied Clinical Psychology)	05.05.2026	R.G.P.G. College, Meerut	College	Convener

29. Journal/Book Edited

S.No.	Name of the Journal/Book edited	Month and Year	Role	Digital Link (if any)

30. 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/ National/ State/ University	Role
1	Session Chair	"Mental Health Challenges & Remedial Approaches", Dept. of Psychology, Gurukul Kangri University, Haridwar (ICSSR/NIS sponsored)	15-16 Feb 2014	Haridwar	National	Session Chair
2	Session Chair	Indo-Canadian International Conference of Business and Behavioural Sciences - "Organizational Behaviour and Human Resources Management"	-	-	International	Session Chair

31. Administrative Experience

Head, Department of Psychology, Raghunath Girls Postgraduate College, Meerut
Coordinator, Applied Clinical Psychology Department
Coordinator, Bachelor of Vocational (B.Voc.) Programme
Coordinator, Yogic Science Programme
Chief Proctor
Chief Warden
Examination Duty: Assistant Superintendent, Main Examination
Member, Maintenance Committee
Member, Institutional Development Plan (IDP) Cell, Department of Applied Clinical Psychology
In-charge, Psychological Testing & Counseling Centre
University Paper Setter (Examination duty)
Internal Examiner — Invigilation and Evaluation (College)
Subject Expert, Selection Committee — Mangalmai Institute of Management and Technology
Subject Expert, Selection Committee — Rudra Institute of Technology, Meerut (29.04.2026)
Subject Expert, Selection Committee — Shanti Niketan Group of Institutions
Subject Expert, Selection Committee — Saheed Smarak Rajkiya Mahavidyalaya, Yusufpur Mohamdabad, Ghazipur

32. Future plans

Will continue to expand enrolment and academic engagement in the B.Voc. (Applied Clinical Psychology) programme, and use the Psychological Testing & Counseling Centre platform to build wider awareness of mental health.