

Curriculum vitae

1. Name: Dr. Sunita Singh

2. Designation: Assistant Professor

3. Subject: Psychology

4. Academic Qualifications: NET, M. Phil, Ph.D

5. Areas of Interest/Specialization: Positive Psychology, Statistics and Experimental designs, Health Psychology, Indian Psychology, Hypnosis, Past Life Regression,

6. Date of Birth: 24/03/1982.

7. Date of Joining: 29.09.2005 as Mandey Lecturer
and 08/03/2019 as Assistant Professor (Regularization)

8. Experience: As Mandey Lecturer 13.7 Years and 5.5 Years as Assistant Professor.

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12. Areas of research: Clinical Psychology, Positive Psychology, Health Psychology, Indian Psychology etc.

13. Digital Profile:

- VIDWAN- ID-485788
- ORCHID ID- 0000-0002-0538-2699
- WOS/Scopus- QKZ-4699-2026
- Google Scholar- <https://scholar.google.com/citations?hl=en&authuser=1&user=cB8N74AAAAAJ>

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	Attachment style and Spirituality as determinants of People's love for humanity. Pg. 942-950	The International Journal of Indian Psychology. Vol. 14, issue 1, Jan-Mar 2026	2026	ISSN 2348-5396(Online) ISSN 2349-3429 (Print)	Peer Reviewed	DIP: 18.01.092. 20261401 DOI:10.25 215/1401. 092
2	Indian Indigenous Perspective on Holistic Human Development. Pg. 36-44.	Journal Global Values Vol-XVI Issue-2, July 2025	2025	ISSN (P) 0976-9447 (E)2454-8391	A multi-disciplinary, Peer - Reviewed Journal	https://doi.org/10.31995/jgv.2025.v16iSI07.006
3	A Comparative study of smartphone	International Journal of All Research Education and	2024	ISSN:2455-6211	International Peer Reviewed Journal	www.ijaresm.com

	addiction and Psychological Wellbeing among male and female students. Pg. 244-248	Scientific Methods, (IJARESM), 12 (12),				
4	Use of Adaptive and Maladaptive Emotion Regulation by Adults in relation to their Life satisfaction. Pg. 333-344.	Review Journal of Philosophy and Social Science. Vol-XLVI, Issue-2 April-Sept. 2021	2021	ISSN: (P) 0258-1701 (e) 2454-3403	A Peer Reviewed & Refereed International Journal.	https://doi.org/10.31995/rjpss.2021.v46i02.040
5	Effect of Cognitive Intervention Program on Attention–Deficit Hyperactivity Disorder. Pg. 164-178.	Journal Global Vol-VI (1),	2015	ISSN: 09769447	A Journal of International Values	https://doi.org/10.5281/zenodo.18831704
6	Impact of Cognitive Intervention Program on Attention–Deficit Hyperactivity Disorder. 1-14.	Dev Sanskriti Vol- 5&6 Issue 5 Dec 2009	2009	-	Convocation Special Issue	https://doi.org/10.5281/zenodo.20690306

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/Local Publishers</i>	<i>Digital Link (if any)</i>
1	<i>The Psychological Impacts of Covid-19</i>	<i>Global Crises and International Relations</i>	2024	ISBN: 978-1-83849-65-1-7	Britain Book Company H. O. Fairlawn Avenue, Bexleyhealth, London, SA7 4TQ, England, UK	International	https://doi.org/10.31995/Book.AB256-M24.Chapter16
2	<i>Psychological Aspects of Aesthetics</i>	<i>Aesthetics in Indian Tradition</i>	2020	ISBN: 978-93-86491-25-1	Prime Publishing House Saini Offset Press Meerut.	Local	https://doi.org/10.5281/zenodo.20690877
3	<i>Effect of Spirituality on Brain and positive Thinking</i>	<i>Philosophy : Its Dimensions and Relevance</i>	2016	ISSN: 0978-93-82166-45-0	Bhagwati Press Garh Road Meerut	Local	https://doi.org/10.5281/zenodo.20690749

16 .Patents:

<i>S.No.</i>	<i>Title of Patent</i>	<i>Detail of Patent (International/ National)</i>
1	A Geometric attachment mapping model (GAMIM) for assessment and quantification of attachment styles.	Ordinary application Application: 202511132714 Field of Invention: Bio medical Engineering

17. Faculty Enrichment Programme Attended:

S.No	Detail of the FDP/FEP	Date(s) of the event	Organizer & Sponsor	International/National/ State/ University
1	Topic “Psychological Aspects of Samundra Manthan (From Inner Conflict to Conscious Transformation)”	02.04.2026 to 08.04.2026	Nucleus of Learning and Development UDYAM-GJ-24-0122141	Online National Faculty Development Program (IKS Series)
2	Topic “Teaching with chatbots: Reimagining Pedagogy in the AI Era.”	05.02.2026 to 11.02.2026	Institution’s Innovation Council and R & D Cell, Sri Guru Teg Bahadur Khalsa College, Shri Anandpur Sahib, Punjab, India in collaboration with Nucleus of Learning and Development UDYAM-GJ-24-0122141	Online National Faculty Development Program
3	Topic “Beyond Bloom: Exploring Fink’s Taxonomy for Transformative Teaching.”	02.02.2026 to 07.02.2026	Nucleus of Learning and Development UDYAM-GJ-24-0122141	Online National Faculty Development Program
4	Topic “NEP2020 and Going Beyond Syllabus: Challenges, Choices and Classroom.”	29.01.2026 to 04.02.2026	Nucleus of Learning and Development UDYAM-GJ-24-0122141	Online National Faculty Development Program
5	Topic “E-Content Development, MOOCs and	30.10.2025 to 12.11.2025	UGC-MMTTC (GAD-MMTTC), Shri Guru Tegh Bahadur Khalsa	Multidisciplinary Online Refresher Course

	<i>Outcome Based Education”</i>		<i>College, University of Delhi.</i>	<i>Got Grade A+</i>
6	<i>Topic “Innovation in Teaching and Learning in HEIs”</i>	<i>06.08.2025 to 14.08.2025</i>	<i>IOT Academy MSME Reg No: UDYAM-TN-03-01015425 Regt, No.: FR/CBE/709/2021 Coimbatore, Tamil Nadu, India</i>	<i>Online National Faculty Development Program</i>
7	<i>Topic “Indian Knowledge Systems: Pathways and Trajectories”</i>	<i>23.06.2025 to 04.07.2025</i>	<i>Faculty of Social Science, Shaheed Mangal Pandey Gov. Post Graduate College Meerut in collaboration with Nucleus of Learning and Development UDYAM-GJ-24-0122141</i>	<i>Two Week National Online Certificate Course</i>
8	<i>Topic “NEP 2020 Orientation and Sensitization Program”</i>	<i>06.05.2025 to 16.05.2025</i>	<i>UGC-MMTTC (GAD-MMTTC), Shri Guru Tegh Bahadur Khalsa College, University of Delhi.</i>	<i>NEP 2020 Orientation and Sensitization Program”</i>
8	<i>Topic “Herbal Entrepreneurial Wellness: Business, Sustainability and Herbal Medicine.”</i>	<i>10.12.2024 to 14.12.2024</i>	<i>Plant Conservation Society in collaboration with Teachers’ Reskilling Cell, Raghunath Girls’ P. G. College Meerut.</i>	
10	<i>Topic ““Advanced Research Methodology”</i>	<i>22 March to 5th April, 2023.</i>	<i>under the ages of Ministry of Education, PMMMNMTT, organized by TLC, Ramanujan College, University of Delhi</i>	<i>Online Two-Week Interdisciplinary Refresher Course</i>

11	Topic “Managing Online Classes & Co- Creating MOOCS”	06-20 September, 2023.	Under the Aegis of Ministry of Education PMMMNMST, organized by TLC, Ramanujan College, University of Delhi	Online Intra- Disciplinary Two-Week Refresher Course <i>Obtained A+</i>
12	Topic Managing Online Classes & Co- Creating MOOCS 4.0”	11-26 March 2021	Under the Aegis of Ministry of Education PMMMNMST, organized by TLC, Ramanujan College, University of Delhi	Online Intra- Disciplinary and Multi Lingual Two-Week Refresher Course <i>Obtained A+</i>
13	Topic “NAAC revised Accreditation Framework”	17 th to 25 th October, 2023	<i>IOT Academy MSME Reg No: UDYAM-TN-03- 01015425 Regt, No.: FR/CBE/709/2021 Coimbatore, Tamil Nadu, India</i>	Seven days National Level FDP
14	Topic “MOOCS and E- Content Development”	29 th April to 5 th May 2023.	Raghunath Girls’ Post Graduation College, Meerut, Uttar Pradesh and Guru Angad Dev Teaching Learning Centre under the Pandit Madan Mohan Malviya National Mission on Teachers and Teaching (PMMMNMST) of Ministry of Education, SGTB Khalsa College, University of Delhi	One week online National Faculty Development Program
15	Topic “New Trends in Research	11-17 February 2023	Teachers’ Re-Skilling Cell & LMS Cell, Raghunath Girls’ Post	One Week FDP

	Methodology		Graduate College, Meerut	
16	topic “Women-led entrepreneurship: Barrier and Opportunity”	9 th December 2022	organized as part of the Pre-Inaugural celebrations of AURA 2022, held at Amity University Greater Noida	Online Faculty Development Program
17	Topic “Propaganda and uses of Medicinal Herbs and Bio-Composting”	14 th to 18 th November 2022.	Plant Conservation Society, Department of Botany and IQAC, Raghunath Girls’ Post Graduate College, Meerut from	Five days workshop and Faculty Development Program
18	Topic “Stress Management”	16 th to 22 nd December, 2021.	Department of Psychology, Raghunath Girls’ Post Graduate College, Meerut	One-Week Faculty Development
19	Topic “Emerging Tools and Trends in Contemporary Research”	from 17 th to 23 July 2020.	Department of Sociology, NAS(P.G.) College, Meerut, Research Foundation (International) New Delhi, International Roma Cultural University (Serbia-India), ASDF International, London, United Kingdom	One Week Faculty Development Program
20	Topic “Research Methodology for Science and Social Science”	20 th June to 30 th June 2020.	Meerut College Meerut and Advance Research Institute for Development of Social Science (ARIDSS), Meerut. under UGC Quality Mandate Suggestive	E- Faculty Induction Program (FIP)

			Academic Activities, Gurudakshata,	
	entitled “Research Methodology for Social Sciences”	from 18-20 May, 2020.	Department of Social Work, Bharathidasan University held from 18-20 May, 2020.	Three Days online Training Program
21	Topic “How to Improve Quality in H.E. Is”	held from 29 th May to 3 rd June 2020.	Jain Kanya Pathshala (P.G.) College, Muzaffarnagar, IQAC,	Online Faculty Development Program
22	Topic “Technical Skill Development: Need of the Year”	from 23 to 27 May, 2020.	Shaheed Mangal Pandey Government Girls (P.G.) College Meerut (U.P)	Online Faculty Development Program
23	In Psychology	from 12-26 April, 2021	Under the Aegis of Ministry of Education PMMMNMTT, organized by TLC, Ramanujan College, University of Delhi	Online Two-Week Refresher Course
24	125 th three-week UGC sponsored Orientation Programme	from 11.06.2019 to 01.07.2019.	UGC-HRDC, Jamia Milia Islamia, New Delhi	125 th three-week UGC sponsored Orientation Programme

18. Seminar/ Workshop/ Conference Attended:

S.No	<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	<i>Topic “From Ancient Wisdom to Modern Innovation: Leveraging Indian Knowledge System for Viksit Bharat @2047</i>	<i>Depart of Botany in collaboration with IQAC, IKS cell, RGPG Institution’s Innovation Council, RDC and Plant Conservation Society, Raghunath Girls’ P. G. College Meerut. Sponsored by Botany Alumni Association, C.C.S. University, Meerut.</i>	<i>26th Feb 2026</i>	<i>Raghunath Girls’ P. G. College Meerut.</i>	<i>International Seminar</i>
2	<i>Topic “Scientific Writing and Publication: Bridging Research and Readership”</i>	<i>IQAC, Teachers’ Reskilling Cell and RDC, Raghunath Girls’ P. G. College Meerut. Sponsored by ANU BOOKS (Publisher and distributors)</i>	<i>22.11.2025</i>	<i>Raghunath Girls’ P. G. College Meerut.</i>	<i>International Seminar</i>
3	<i>Topic “Restore the Earth: One Planet, One Mission with Sustainable Living”</i>	<i>Saksham Society Rajasthan, India (A World Record Holder NGO) in</i>	<i>05.06.2025</i>	<i>ONLINE</i>	<i>International Conference</i>

		<i>collaboration with Department of Botany, Raghunath Girls' P. G. College, Meerut</i>			
4	<i>Topic "Gender Inequality in Contemporary Indian Context: Conditions & Directions"</i>	<i>Department of Sociology, Raghunath Girls' P. G. College, Meerut</i>	<i>25.03.2025</i>	<i>Raghunath Girls' P. G. College, Meerut</i>	<i>International Seminar</i>
5	<i>Topic "Proposal Writing for Projects"</i>	<i>RC 25: Sociology of Sports, Indian Sociological Society, New Delhi, St. Jude's College, Thoothoor, Kanyakumari & Bharti Women's College (A), Chennai & M.O.P. Vashnav College for Women, Channai (Autonomous)</i>	<i>12.12.2024 to 18.12.2024</i>	<i>online</i>	<i>International Research Methodology Workshop.</i>
6	<i>Topic "Environmental crisis and developing economics: Challenges, strategies and solutions (Integrating GEP to foster ecological and economic resilience)"</i>	<i>Plant Conservation Society, Vasudha Eco Club and Department of Economics. Raghunath Girls' P. G. College Meerut</i>	<i>19.11.2024.</i>	<i>Raghunath Girls' P. G. College, Meerut</i>	<i>National Seminar</i>

7	Topic “Rorschach Inkblot Test” which included RIBT administration, scoring and interpretation using "KLOPFER'S SYSTEM"	Psychologicx	31.08.2024 to 01.09.2024	Online	-
8	Topic “Holistic Approach to Healing Therapies for Body and Mind”	sponsored by – UP State Higher Education Council, Lucknow, organized by Department of Physical Education and Sports, Raghunath Girls’ Post Graduate College, Meerut.	19 th -20 th March, 2024.	Raghunath Girls’ Post Graduate College, Meerut	National Seminar
9	Symposium on “Role of Women in Innovation and Start-up under India’s G-20 Presidency”	Raghunath Girls’ P.G. Innovation Centre, Raghunath Girls’ Post Graduate College, Meerut in collaboration with Srijan Sanchar, New Delhi.	13 th February, 2023.	Online	Symposium
10	Topic “Various Content Trends in Research Methodology”	sponsored by ARIDSS, Meerut and organized by Research Developmental Cell Kanohar Lal Post	19 th December, 2021	Kanohar Lal Post Graduate College, Meerut	One Day National Seminar

		Graduate College, Meerut			
11	Topic “Kashmir Problem and India-Pakistan relations”	sponsored by Indian Council of World Affairs (ISWA), New Delhi (Ministry of External Affairs, Gov. of India) organized by Dept. of Defense studies Meerut College, Meerut	17 th to 18 th March, 2019.	Meerut College, Meerut	International Seminar
12	Topic “Sh. Chhatrapati Shivaji Maharaj Strategic Thought”	jointly organized by Ladakh and Jammu Kashmir Study Centre, Meerut and Advance Research Institute for Development of Social Science, Meerut	31 July and 1 August, 2021.	online	National Webinar
13	Topic “Climate Change”	organized by Lal Bahadur Shastri, Arts & Commerce College, Baloda, Janjgir, Champa (C.G.)	31.05.2021	Online	One day webinar
14	Topic “Medicinal Plants and Herbal Immune-Boosters in Covid-19 Pandemic and Beyond Current Scenario and Future Prospects”	organized by Department of Botany, Raghunath Girls’ Post Graduate College, Meerut	09.04.2021.	online	Online National Seminar

15	<i>Topic</i> “Covid-19: Management Through Ayurveda”	Medical Aid Committee, Raghunath Girls’ Post Graduate College, Meerut	27 th January, 2021.	<i>Online</i>	One Day National Webinar
16	<i>Topic</i> “National Education Policy 2020: An Overview: Creating awareness about NEP-2020”	National Service Scheme, Raghunath Girls’ Post Graduate College, Meerut	25 th September, 2020.	<i>online</i>	One Day National Webinar
17	<i>Topic</i> “Jammu Kashmir & Ladakh: Past, Present & Future”	Department of Defense Studies, Meerut College, Meerut and Jammu Kahmir Addhyayan Kendra, Meerut	29 th and 30 th August, 2020.	<i>online</i>	National webinar
18	<i>Topic</i> “Human Trafficking and Cyber Security-Special Reference to Adolescents”	Department of Social Work, Bharathidasan University, Tiruchirappalli in collaboration with International Justice Mission	3 rd July, 2020.	<i>online</i>	One day National Webinar
19	<i>Topic</i> “Role of Education, Literature and Society in the Current Global Scenario (COVID-19)”	Department of Hindi, Janta Vedic College, Baraut (Bagpat)	7 th & 8 th June 2020.	<i>online</i>	Two days International Web Seminar
20	<i>Topic</i> on “COVID-19; Psychological Impacts on Tribal	Centre for study of social exclusion and inclusive Policy	08 th June, 2020.	<i>online</i>	One day webinar

	Elderly”	in collaboration with BDU-Heritage Centre for Gerontology, Department of Social Work, Bharathidasan University			
21	<i>Topic</i> “Digital Learning in and Beyond COVID-19”	Department of Botany, Raghunath Girls’ Post Graduate College, Meerut	on 7 th June, 2020.	<i>online</i>	One Day National Webinar
22	<i>Topic</i> “COVID-19: Challenges and Implications for senior citizens care”	BDU-Heritage Centre for Gerontology, Department of Social Work, Bharathidasan University	02-03 June, 2020.	<i>Online</i>	Two days webinar
23	<i>Topic</i> “Role of Science and technology in present scenario: A Sustainable Development of the Nation”	Department of Physics, Bareilly College, Bareilly	31 May, 2020	<i>online</i>	National Webinar
24	<i>Topic</i> “Emotional Intelligence for Achieving Results”	Department of Social Work, UGC-SAP-DRS-1, Bharathidasan University	28 th and 29 th May, 2020.	<i>online</i>	Two days webinar
25	<i>Topic</i> “Migrant Workers in India: Problems and Prospects (With special reference to	Department of Sociology, Shri Lal Bahadur Shastri Degree College, Gonda.	29 th May, 2020.	<i>online</i>	National Webinar

	COVID-19)				
26	<i>Topic</i> “Towards Excellence in Quantitative Research in Social Sciences”	Tamil Nadu open University in Collaboration with Meston College of Education	28 th May, 2020.	<i>online</i>	International webinar
27	<i>Topic</i> “COVID-19 Pandemic effects on the Education Sector in India”	S.E.M.T’s M.B. Harries College of Arts & A. E. Kalsekar College of Commerce & MGMT, Burhan Chowk, Nawayat Nagar, Nallasopara-West, Maharashtra	28 th May, 2020.	<i>online</i>	International webinar
28	<i>Topic</i> on “Effect of COVID-19 on family and society in India.”	Mahaila Mahavidyalaya, Banaras Hindu University (BHU), Varanasi	May 27, 2020.	<i>online</i>	National Webinar
29	“Online Learning: 21 st Century Education at Crossroads.”	Department of B. Ed, Shri Jai Narain Mishra P/ G. College, Lucknow	26 th May, 2020.	<i>online</i>	National Webinar
30	<i>Topic</i> “COVID-19: information and its Impacts on the Society” (Under the UGC Quality Mandate Notification, D.O. No 1-3/2020 (C.M.)	IQAC and Department of Sociology, Shaheed Hira Singh Government P.G. College, Dhanapur, Chandauli, U.P. India.	23 & 24 May, 2020	<i>Online</i>	Two days international webinar

31	<i>Topic</i> “Challenges posed by COVID-19 a Global Pandemic and their Solutions.”	Govt. Degree College Bhojpur Moradabad (U.P.)	May 23, 2020	<i>online</i>	National Webinar
32	<i>Topic</i> “Changing Scenario of Higher Education in Corona Crisis”	Government Arts College Talaja, Taluka-Talaja, Dist-Bhavnagar (Gujrat)	23.05.2020.	<i>online</i>	Webinar
33	<i>Topic</i> “Pandemic Novel Corona Virus Disease (COVID-2019) the unseen and unsaid”	Department of Zoology, Shri Jai Narain Mishra P.G. College KKC Lucknow	22 May, 2020.	<i>online</i>	National Webinar
34	<i>Topic</i> “Socio Economic Issues of Migrant Labourers During COVID-19”	Department of Sociology, Maharaj Balawant Singh Post Graduate College Gangapur, Varanasi	22 May, 2020	<i>Online</i>	National Webinar
35	<i>Topic</i> “Why EQ matters more than IQ”	D.S.N. (P.G.) College Unnao	21 May, 2020.	<i>online</i>	National webinar
36	<i>Topic</i> “Jammu Kashmir and Ladakh: Past, Present and Future”	Department of Defence Studies, Meerut College Meerut & Jammu Kashmir Addhyan Kendra, Meerut	23 rd February, 2020.	Meerut College Meerut	National Seminar
37	<i>Topic</i> “Ethnomedicinal Wealth of India:	Botany Department, Raghunath	29 th January, 2020	Raghunath Girls’ P. G. College, Meerut	National Seminar

	Conservation and Sustainable Management”	Girls’ P. G. College, Meerut			
38	<i>Topic</i> “4G गांधी, गंगा, गौ, गांव”	Gandhian Study Centre sponsored by UGC, New Delhi, Ismail National Mahila (P.G.) College, Meerut	1 st & 2 nd October 2019	Ismail National Mahila (P.G.) College, Meerut	National Seminar
39	<i>Topic</i> “Aesthetics in Indian Art Tradition”	Visual Art: Drawing & Painting Department, Raghunath Girls’ Post Graduate College, Meerut.	16 th September, 2019.	Raghunath Girls’ Post Graduate College, Meerut.	National Symposium
40	<i>Topic</i> “Kashmir Problem and India-Pakistan Relations”	Sponsored by Indian Council of World Affairs (ICWA), New Delhi (Ministry of External Affairs, Gov. of India) organized by Department of Defence Studies, Meerut College Meerut	17-18 March, 2019	Meerut College Meerut.	International Seminar
41	<i>Topic</i> “Art, Craft & Culture- The True Cost of Modern India”	Visual Art: Drawing & Painting Department, Raghunath Girls’ Post Graduate College, Meerut	26 th October to 1 st November, 2018.	Raghunath Girls’ Post Graduate College, Meerut	One-week National Art Summit

42	Topic “Role of mass Media in Public perception building: special reference to mass media and social media.”	Indrasan Singh Freedom Fighter Government College, Pachvas-Basti (U.P.) (Affiliated to Siddhartha University Kapilvastu, Siddharthnagar)	31 March, 2019.	Indrasan Singh Freedom Fighter Government College, Pachvas-Basti (U.P.)	National Seminar
43	Topic “Landscape of Higher Education in India: A Perspective to Import Quality Education”	Department of Education & IQAC, Raghunath Girls’ P. G. College, Meerut	29 ^T 30 November 2021.	Raghunath Girls’ P. G. College, Meerut	National Conference
44	Topic “Psychology Today....and the Road Ahead”	Centre for Psychology and Human Behavior, School of Business Studies, Shobhit Deemed University, Meerut (U.P.) India,	22 November, 2018.	Shobhit Deemed University, Meerut (U.P.) India,	National Conference

19. Seminar/ Workshop/ Conference/ Exhibitions Organized:

S.No	<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>
	Organized 15 days skill-oriented internship for students of ACP & Psychology dept. on 'Clinical Counseling: Communication and Interpersonal Skills'.	02.05.2026 till 19.05.2026.	Raghunath Girls' P. G. College, Meerut.	College	Organizing secretary
1	Worked as organizing member of International Seminar on "From Ancient wisdom to Modern Innovation: Leveraging Indian Knowledge Systems for Viksit Bharat @ 2047"	26.02.2026	Raghunath Girls' P. G. College, Meerut.	International	Organizing Member
	The program at Utter Pradesh Day celebration at Chaudhary Charan Singh University, Meerut.	24.01.2026.	Chaudhary Charan Singh University, Meerut.	University	Organizing member
	Intercollegiate Basketball Girls' competition 2025-26 organized by Sports committee program.	10.01.26 and 11.01.26.	Raghunath Girls' P. G. College, Meerut.	College	Organizing member
2	International Seminar on "Scientific Writing and Publication: Bridging	22.11.2025.	Raghunath Girls' P. G. College,	International	Organizing member

	Research and Readership.”		<i>Meerut.</i>		
	Five days Faculty Enrichment Program organized by Teachers Reskilling Cell, <i>Raghunath Girls’ P. G. College, Meerut</i>	17.11.25 to 21.11.2025	<i>Raghunath Girls’ P. G. College, Meerut</i>	College	Organizing member and resource person
	“Hunar Haat Mela-Utkrishti Srijan-IV” organized by Start-Up Cell, at <i>Raghunath Girls’ P. G. College, Meerut</i>	14.10.2025 and 15.10.2025.	<i>Raghunath Girls’ P. G. College, Meerut</i>	College	organizing member
	world Mental Health Day under Psychological Testing and Counselling Cell in collaboration with Mentoring Cell, <i>Raghunath Girls’ P. G. College, Meerut</i> on	08.10.2025.	<i>Raghunath Girls’ P. G. College, Meerut</i>	College	Organizing member
	Old Student Alumni Program under “ <i>Raghunandini Sangam-2025, Academic and experiential learning</i> ”	28.09.2025.	<i>Raghunath Girls’ P. G. College, Meerut.</i>	<i>College</i>	Organizing member
	Representing higher education stole organized by Research Developmental Cell at Chaudhary Charan	15.09.2025	C.C.S. University Meerut.	<i>University</i>	Organizing member

	Singh University, Meerut.				
	Sports committee program on Mass Fit India Fitness pledge and sports quiz related Fit India on the occasion of National Sports Day (Major Dhayan Chand Divas)	29.08.2025.	Raghunath Girls' P. G. College, Meerut.	<i>College</i>	Organizing member
	Innovative Research Conclave2025: Advancing Quality organized by Research Developmental Cell	26.08.2025.	Raghunath Girls' P. G. College, Meerut.	<i>College</i>	Organizing member
	world Psychologist Appreciation Day organized by Department of Psychology in collaboration with Dept. of Applied Clinical Psychology, Raghunath Girls' P. G. College, Meerut.	14.07.2025.	Raghunath Girls' P. G. College, Meerut.	<i>College</i>	Organizing member
3	One day Lecture on “Concept and Implications of Hypnosis” by Prof. Rakesh Jain, Dept. of Psychology, Gurukul Kangri University, Haridwar, Uttarakhand, organized by	03.03 2025.	Raghunath Girls' Post Graduate College, Meerut	<i>College</i>	Organizing member

	Department of Psychology,				
	Departmental Level Poster Making Competition, organized by Department of Psychology,	16.12.2024.	Raghunath Girls' Post Graduate College, Meerut	<i>College</i>	Organizing member
	One Day Lecture on "Relevance of Personality Development Among Women" by Dr. C, R, Dorolia, Prof. & Head, Dept. of Psychology, Kurukshetra University, Kurukshetra, Haryana, organized by Department of Psychology,	09.12 2024.	Raghunath Girls' Post Graduate College, Meerut. .	<i>College</i>	Organizing member
	World Mental Health Day jointly organized by Psychological Counselling & Testing Cell and Mentoring & Counselling Cell.	10.10.2024.	Raghunath Girls' Post Graduate College, Meerut	<i>College</i>	Organizing member
	World Laughter Day Celebration Program.	01.05.2023	<i>Raghunath Girls' P. G. College, Meerut.</i>	<i>College</i>	Organizing Member
	World Happiness Day Celebration.	20.03.2023	<i>Raghunath Girls' P. G. College, Meerut.</i>	<i>College</i>	Organizing Member
	Workshop on "Mindfulness and Well-Being" by Dr. Tanu Tyagi, Assistant Professor, Dept. of Applied Psychology, Veer Bahadur Singh Purvanchal University, Jaunpur.	01.09.2023.	<i>Raghunath Girls' P. G. College, Meerut.</i>	<i>College</i>	Organizing Member
	Covid-19 Mental Health Helpline During Corona Period .	2022-23.	<i>Raghunath Girls' P. G. College,</i>	<i>College</i>	Organizing Member

			<i>Meerut.</i>		
	“Free Dental Checkups for Students” by Dr. Chandan Kusum and his team, Rajdhani Dental Care, Meerut.	13.10.2021.	<i>Raghunath Girls’ P. G. College, Meerut.</i>	<i>College</i>	Member of Organizing Committee
	Workshop on “Syber Crime and Their Preventive Measures” under the aegis of Mission Shakti .	<i>09.10.2021</i>	<i>Raghunath Girls’ P. G. College, Meerut.</i>	<i>College</i>	Member of Organizing Committee
	One Day National Webinar on “Covid-19: Management Through Ayurveda” organized by Medical Aid Committee,	<i>27.01.2021</i>	Raghunath Girls’ Post Graduate College, Meerut	<i>National</i>	Member of Organizing Committee
	Workshop on “Make Your Money Work” by Mr. Neeraj Sharma.	<i>18.02.2020</i>	Raghunath Girls’ Post Graduate College, Meerut	<i>College</i>	Member of Organizing Committee
	COVID-19 Mental Health Helpline: 2020, organized by Department of Psychology.	<i>2020-21</i>	Raghunath Girls’ Post Graduate College, Meerut.		Member of Organizing Team
	Workshop on “Mansik Swasthya: Prabhavak Evam Niyamak” by Dr. Aaradhna Shukla organized by Department of Psychology, Raghunath Girls’ Post Graduate College, Meerut.	11.10.2019.	Raghunath Girls’ Post Graduate College, Meerut, x	<i>College</i>	Member of Organizing Committee
	Inter Collegiate Debate on the Occasion of Vigilance week-2018 jointly organized by Power Grid Corporation of India Limited (A	02.11. 2018.	Raghunath Girls’ Post Graduate College, Meerut.	<i>College</i>	Member of Organizing Committee

	Gov. of India Enterprise) 765/400/220 kv Sub Station, Mataur, Meerut (UP) and Raghunath Girls' Post Graduate College, Meerut.				
	Workshop on "Career Guidance for Government Jobs" by Mr. Amit Veer organized by Department of Psychology, Raghunath Girls' Post Graduate College, Meerut.	15.11.2017.	Raghunath Girls' Post Graduate College, Meerut.	College	Member of Organizing
	Workshop on "Chakra Healing & Balancing Through Vaastu" by Dr. Anita Singh organized by Department of Psychology, Raghunath Girls' Post Graduate College, Meerut.	24.10. 2017.	Raghunath Girls' Post Graduate College, Meerut.	College	Member of Organizing

20. 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 & Sponsor)</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International /National / State / University</i>	<i>Role</i>
<u>1</u>	Scientific Perspective of Bhagvat Geeta and its Association in Modern Psychological Interventions.	Department of Botany in collaboration with IQAC, IKS cell, RGPG Institution's Innovation Council, RDC and Plant Conservation	26 th Feb 2026	Raghunath Girls' P. G. College Meerut.	International Seminar	Paper presenter

		<i>Society, Raghunath Girls' P. G. College Meerut. Sponsored by Botany Alumni Association, C.C.S. University, Meerut.</i>				
<u>2</u>	"Effective Academic Writing : structural integrity and Stylistic Precision in Research Papers"	<i>IQAC, Teachers' Reskilling Cell and RDC, Raghunath Girls' P. G. College Meerut. Sponsored by ANU BOOKS (Publisher and distributors)</i>	22.11.2026	<i>Raghunath Girls' P. G. College Meerut.</i>	<i>International Seminar</i>	Paper presenter
<u>3</u>	The Psychological Consequences of Gender Discrimination"	<i>Department of Sociology, Raghunath Girls' P. G. College, Meerut Sponsored by Master Khub Ram Educational Trust, Gurugram, Haryana.</i>	25.03.2025	<i>Raghunath Girls' P. G. College, Meerut</i>	<i>International Seminar</i>	Paper presenter
<u>4</u>	Topic "Environmental Crisis & its Impact on Well Being."	Plant Conservation Society, Vasudha Eco Club and Department of Economics. Raghunath Girls' P. G. College Meerut	19.11.2024	<i>Raghunath Girls' P. G. College, Meerut</i>	<i>National Seminar</i>	Paper presenter
<u>5</u>	Topic "Cultivating Self Awareness Through Mindfulness Meditation: A Pathway to Personal	sponsored by – UP State Higher Education Council, Lucknow, organized by Department of Physical	19 th -20 th March, 2024.	Raghunath Girls' Post Graduate College, Meerut	<i>National Seminar</i>	Paper Presenter

	Growth and Well Being.”	Education and Sports, Raghunath Girls’ Post Graduate College, Meerut.				
<u>6</u>	Topic “Medicinal Plants, Their preservation among People and Belief System.	Botany Department, Raghunath Girls’ P. G. College, Meerut	29 th January, 2020	Raghunath Girls’ P. G. College, Meerut	National Seminar	Paper Presenter
	Topic “Charismatic Personality Traits of Mahatma Gandhi”	Gandhian Study Centre sponsored by UGC, New Delhi, Ismail National Mahila (P.G.) College, Meerut	1 st & 2 nd October 2019	Ismail National Mahila (P.G.) College, Meerut	National Seminar	Paper Presenter
<u>7</u>	Topic “Mental Health Issues of Kashmiri Population”	International Seminar on “Kashmir Problem and India-Pakistan Relations” Sponsored by Indian Council of World Affairs (ICWA), New Delhi (Ministry of External Affairs, Gov. of India) organized by Department of Defence Studies, Meerut College Meerut	17-18 March, 2019	Meerut College Meerut.	International Seminar	Paper Presenter
<u>8</u>	Topic “Modern Media Technology and its Psychological Effects: Technophilia and Technophobia.	Topic “Role of mass Media in Public perception building: special reference to mass media and social media.” Organized by Indrasan Singh	31 March, 2019.	Indrasan Singh Freedom Fighter Government College, Pachvas-Basti (U.P.)	National Seminar	Paper Presenter

	"	Freedom Fighter Government College, Pachvas- Basti (U.P.) (Affiliated to Siddhartha University Kapilvastu, Siddharthnagar				
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21. Administrative Experience:

- Working as Ranger Leader since 27th August, 2020.

22. Future plans:

As an Assistant Professor of Psychology, my future plan is to enhance the quality of teaching through innovative, student-centered, and technology-enabled learning methods. I aim to undertake impactful research in areas such as positive psychology, mental health, counselling, and Indian knowledge systems, while publishing in reputed journals and guiding student research and internships. I also aspire to strengthen counselling and mentoring services, organize community outreach and mental health awareness programmes, and actively contribute to institutional development through academic collaborations, faculty development programmes, and extension activities.