

Curriculum vitae



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

etc):

M.Phil. Dissertation Title: A Study of the Effect of Marital Status Employment Status and Religion on Psychological well being of Hindu and Muslim females

14. Achievements:

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

15. Fellowships & Awards:

<i>S.No</i>	<i>Name of Fellowships/Awards</i>	<i>Awarding Agency</i>	<i>Whether International/National/ State/Regional</i>	<i>Honorarium of Award ,if any</i>

16. Membership of Professional Bodies

<i>S.No.</i>	<i>Type of membership</i>	<i>Membership no.</i>

17. Research Papers published:-

<i>S.No</i>	<i>Title of the paper published (with Page no.)</i>	<i>Research Journal (with Vol.no.)</i>	<i>Year</i>	<i>ISSN</i>	<i>Whether peer reviewed ,UGC listed, Impact Factor if any</i>	<i>Digital Link, if any</i>
1	Resilience. An indispensable virtue. To be fostered	Review Journal of Philosophy and Social Science. Vol XLVIII	March 2023	ISSN 2454 - 3403	Peer reviewed	
2	A study of stress and anxiety among students during COVID 19 pandemic.	International journal of Social Sciences. Volume 10	September 2022	ISSN 2700 - 2497	Peer reviewed	

18. 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>

19. Articles in Magazines and Newspapers:

<i>S.No.</i>	<i>Name of the</i>	<i>Name of the</i>	<i>Detail of</i>	<i>Date</i>	<i>Digital</i>
--------------	--------------------	--------------------	------------------	-------------	----------------

	<i>Article with page no.</i>	<i>Magazine/ Newspaper (with RNI)</i>	<i>the Publisher</i>		<i>Link, if any</i>

20. 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>

21. 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>

22. Ph. D Supervised :

<i>S.No.</i>	<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>

23. Research Projects:

<i>S.No.</i>	<i>Title</i>	<i>Type</i>	<i>Funding Agency</i>	<i>Amount</i>	<i>Time-Period</i>

24. Consultancy:

<i>S.N.</i>	<i>Title</i>	<i>Type</i>	<i>Funding Agency</i>	<i>Amount</i>	<i>Time-Period</i>

25. Patents (if any):

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

26. 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.	Fdp on Group Dynamics	20 th February 2023 till 14 th April 2023.	Nptel IIT MADRAS IN COLLABORATION WITH IIT ROORKEE	National
2	Fdp On The Science of happiness and wellbeing.	20 th February 2023 till 14 th April 2023.	Nptel IIT MADRAS and IIT KHARAGPUR	National
3.	Yoga and Positive psychology for managing career and life.	20 th February 2023 till 14 th April 2023	NPTTEL IIT MADRAS and IIT BOMBAY	National
4.	FDP on consumer behavior.	23 rd January 2023 till 17 th March 2023.	NPTEL IIT MADRAS and IIT KHARAGPUR	National
5	FDP on. Managing change in organization.	23 January 2023 till 17 March 2023	NPTEL IIT Madras in collaboration with IIT Kharagpur.	National
6	FDP on	22 nd	NPTEL IIT	National

	Stress management.	<i>August 2022 till 16th September 2022</i>	<i>MADRAS in collaboration with IIT KHARAGPUR</i>	
7	Fdp on Human resource development	<i>24th July 2022 till 14th October 2022.</i>	<i>IIT Madras in collaboration with IIT Kharagpur.</i>	<i>National</i>
8.	Fdp on Public speaking.	<i>24th January 2022 till 14th October 2022.</i>	<i>NPTEL, IIT, Madras. In collaboration with. IIT ROORKEE .</i>	<i>National</i>
9.	FDP on Literature and coping skills.	<i>21st February 2022. Till 15th April 2022.</i>	<i>NPTEL, IIT, Madras. In collaboration with IIT BHU.</i>	<i>National</i>
10.	FDP on Effective writing.	<i>24th January 2022 till 18th February 2022.</i>	<i>NPTEL IIT MADRAS IN COLLABORATION WITH IIT ROORKEE</i>	<i>National</i>
11	FDP on Psychiatry An overview And how the brain creates mind .	<i>24th January 2022 till 18th February 2022.</i>	<i>NPTEL IIT MADRAS and IIT KANPUR</i>	<i>National</i>
12	FDP on literature and coping skills.	<i>21 February 2022 Till 15th April 2022.</i>	<i>NPTEL IIT MADRAS in collaboration with IIT BHU</i>	<i>National</i>
13.	FDP on Gender	<i>23rd August 2021 till</i>	<i>NPTEL IIT MADRAS and IIT</i>	<i>National</i>

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

21	Fdp on. Psychology of Stress. Health and wellbeing.	18 January. 2021 till 9th April 2021	NPTEL IIT MADRAS in collaboration with IIT Guwhati	National
22	FDP on Managerial skills for interpersonal dynamics.	18 January 2021 till 9 th April 2021.	NPTEL IIT MADRAS in collaboration with IIT ROORKEE	National
23	FDP on Emotional intelligence.	18 th January. 2021 till 12 th March 2021.	NPTEL IIT MADRAS in collaboration with IIT KHARAGPUR	National
24	Refresher course in psychology.	1 st December 2020 till 31 st March 2021.	Pandit Ravi Shankar University Chhattisgarh	National
25	Faculty induction Programme.	26 th June 2020 till 24 July 2020.	Ramanujan College Delhi University	National
26	E Content development for MOOC and online teaching.	27 th to 28 th May 2020.	Jamia Millia Islamia, New Delhi.	National
27	FDP on. Enhancing personality and soft skills.	24 th February 2020 till 17 th April 2020.	NPTEL IIT MADRAS In collaboration with IIT Kanpur.	National
28	Refresher course in gender studies and women studies	1 st September 2019 till 15 th January 2020.	Jamia Millia Islamia On Swayam platform.	National

27. Seminar/ Workshop/ Conference Attended:

<i>S.No</i>	<i>Detail of the Conference/ Seminar Attended</i>	<i>Organizer & Sponsor</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International/ State/ Univers</i>
1.	<i>Women empowerment through financial planning including mutual funds</i>	<i>Department of commerce Raghunath girls pg college</i>	<i>30/01/2021</i>	<i>Raghunath Girls, PG College, Meerut.</i>	<i>National</i>
2	<i>Covid Disha dasha</i>	<i>Bhartuya manovigyan parishad</i>	<i>14 15 June 2020</i>	<i>Online</i>	<i>National</i>
3.	<i>Digital learning in and beyond Covid 19</i>	<i>Department of Botany, Raghunath Girls, PG College, Meerut.</i>	<i>7th June 2020.</i>	<i>Raghunath Girls P.G College Meerut</i>	<i>National</i>
4	<i>Protected areas current status role and challenges</i>	<i>Protected areas, current status, role and challenges. Botanical Council, Department of Botany, Multani, Mal College, Modinagar.</i>	<i>5th June 2020.</i>	<i>Multani Mal College Modinagar</i>	<i>Natio nal</i>
5	<i>COVID paradigm shift in teaching, learning and learners physical and mental wellbeing.</i>	<i>Department of Teacher Education, Physical Education and Psychology, Raza, PG College, Rampur, Uttar Pradesh.</i>	<i>31st May 2020.</i>	<i>Online webinar</i>	<i>National</i>
6	<i>Participated in</i>	<i>Meerut College,</i>	<i>27</i>	<i>Meerut</i>	<i>National</i>

	one week workshop On research methodology and environment sustainable development. under the scheme of Rashtriya Uchchattar Shiksha Abhiyan.	Meerut, in association with Advanced Research. Institute for Development of Social Science. Meerut .	December 2019 till 2 nd January 2020.	College, Meerut.	
--	--	--	--	------------------	--

28. Seminar/ Workshop/ Conference/ Exhibitions Organised:

<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>

29. Journal /Book Edited:

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

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

<i>S.No</i>	<i>Title of the Invited Lecture/ paper</i>	<i>Detail of the Conference/ Seminar(including organizer &</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International/National/ State/ University</i>

	<i>presented</i>	<i>Sponsor)</i>			
1.	<i>Impact of COVID-19 on the environment.</i>	International webinar on. Innovations and practices in biological. environmental science.	28 th June 2020.	<i>Organised by Department of Botany, Raghunath Girls Postgraduate College, Meerut.</i>	International
2.	<i>Psychological aspects of plagiarism.</i>	National seminar on intellectual property rights laws concepts in applications	29 February 2020.	Organised by Multani Mal PG College, Modinagar	National
3.	<i>Spirituality at workplace, the art of rebuilding oneself.</i>	International Conference on Spirituality and Mental Health and Well Being a New Era.	20 th -22 nd February 2020	Organised by Subharti University in collaboration with Indian Council of Philosophical Research.	International
4.	<i>Genetic basis of cognitive impairment. A review.</i>	National Seminar on Bioinformatics Concept Application and Skill Development.	8 th February 2020	Organised by. Department of Botany Multani, Mal College, Modinagar.	National
5.	<i>Gratitude in organizational context. Key to a blissful journey.</i>	National Seminar on Modern Perspectives of Positive Psychology and Health Management in India.	7 th February 2020	Organised by Department of Psychology, Feroze Gandhi, PG College, Raebareli. In	National

				association with department of higher education Government of Uttar Pradesh	
6	<i>Domestic violence, the dark side of society.</i>	International Conference on Recent Trends in Interdisciplinary Research	30th January 2020	Organised by. Multani Mal PG College Modinagar.	National
7	<i>Healing power of nature at workplace</i>	<i>National seminar on ethno medicinal wealth of india conservation and sustainable management</i>	29/01/2020	Organised by. department of botany Raghunath girls postgraduate college	National
8	<i>Embracing Positive. psychological capital. In organization.</i>	National Conference on Psychology Today and The Road Ahead	22nd November 2018	Organised by Centre for Psychology and Human Behaviour, School of Business Studies, Shobhit University, Meerut.	National

31. Administrative Experience:

32 Work experience: Worked as soft skills trainer in BIT Meerut

Faculty of Masters of human resource development Department of

Psychology, Chaudhary Charan Singh University Meerut from July 2013 till June 2015

Worked as a Counsellor in Darshan Academy from November 2015 till Augt 2016

33. Future plans:

- **Conduct more student centric activities and engage them in activities to enhance their overall personality and soft skills.**
- **Identify community related issues and work on them.**
- **Organise Field trips for students to enhance their exposure and familiarise them with practical aspects of life.**
- **Develop E content on topics pertaining to psychology and soft skills .**
- **Engage the students in research work and instill in them a quest for learning**
- **Organize mock interview sessions for students to prepare them for future**
- **Make learning an enriching and empowering experience for students by engaging them in experiential learning**
- **Create a democratic environment in class where students can express themselves without inhibitions**

websitergpgcollegemrt@gmail.com

