

Dr. Shikha Verma, Ph.D.

Assistant Professor, Department of Psychology
A.N.D.N.N.M. Mahavidyalaya, Kanpur, India

Contact Information

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Professional Experience

A.N.D.N.N.M. Mahavidyalaya, Kanpur, India

Assistant Professor (October 2017 – Present)

- Taught courses: Qualitative and Quantitative Research Methods, Development Psychology, Psychological Stress and Coping Strategies, Community and Health Psychology,

Amity University, Noida, India

Assistant Professor (August 2016 – May 2017)

- Taught courses: Career Planning and Development, Group Dynamics and Team Building, Problem-Solving and Creative Thinking

Vasanta College for Women, Varanasi, India

Assistant Professor (September 2011 – November 2011)

- Taught courses: Applied Psychological Assessment, Research Methodology, Experimental Psychology

Education

- **Ph.D. in Psychology** (2011–2015) | Banaras Hindu University (BHU), Varanasi

- *Thesis:* Psychosocial distress, Hope, ART adherence, and Nutritional status in relation to Perceived Social Support among HIV/AIDS Orphans
 - **Postgraduate Diploma in Counseling, Guidance, and Psychological Intervention** (2010–2011) | BHU, Varanasi
 - **M.A. in Psychology** (2008–2010) | BHU, Varanasi
 - **B.A. in Psychology** (2005–2008) | BHU, Varanasi
 - **XII (Intermediate) – Psychology, Sociology, Hindi, English, Home Science** (2004–2005) | Guru Nanak Khalsa Balika Inter College, Gurubag, Varanasi | *First Division*
 - **X (High School) – English, Hindi, Social Studies, Science, Home Science, Drawing** (2002–2003) | Guru Nanak Khalsa Balika Inter College, Gurubag, Varanasi | *First Division*
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Research Interests

- Youths and Vulnerable Children
 - Resilience and Personality Traits
 - Mental Health and Well-being
 - Community Psychology and Social Support
 - Psychological Interventions in Health
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Scholarships and Fellowships

- **UGC Senior Research Fellowship (SRF)** (November 2014 – December 2015) | During Ph.D. at Banaras Hindu University (BHU), Varanasi.
 - **UGC Junior Research Fellowship (JRF)** (November 2012 – October 2014) | During Ph.D. at BHU, Varanasi.
 - **Pt. Radheshyam Sharma Smriti Scholarship** (2007–08) | Vasant Kanya Mahavidyalaya, Kamachha, Varanasi.
 - **Late Shiv Mangal Pandey Pratibhanveshi Scholarship** (2006–07) | Vasant Kanya Mahavidyalaya, Kamachha, Varanasi.
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Awards and Achievements

1. **Prof. A.N. Mishra Outstanding Teacher Award** (2025, October 05) on the occasion of World Teachers' Day, presented by The International City School, Kanpur.
2. **Teacher Service Award** (2025, September 05) presented by the Maa Saraswati Education Committee U.P. India. This recognition was bestowed upon her for her Outstanding service and contribution to education.
3. **Multitasking Maestro** (2025, August 31) at Shikshak Ki Chamak, organized by Baijnath Jewellers & Laaina, in recognition of outstanding contribution as an all-rounder excelling beyond classroom teaching.

4. **Best Paper Award** (2023, October 12) – Awarded for the paper *Positive and negative affects related to smartphone usage among female college students*, presented at the National Seminar on Internet Addiction and Mental Health, jointly organized by Nai Subah Institute of Mental Health and Behavioral Sciences, Counselling and Well-being Center, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi, India.
5. **Shri Govind Hari Singhania Excellent Research Award** (2023) – Awarded by Shri Govind Hari Singhania Centre for Advanced Learning, CSJM University, Kanpur, India.
6. **Best Paper Award** (2022, November 5-6) – Awarded for the paper *Resilience, emotional maturity, and humor among college students*, presented at the ICSSR-sponsored National Seminar on Empowering Indian Women Through Resilience: Process and Potential, organized by the Department of Psychology, P.P.N. (P.G.) College, Kanpur, India.
7. **Best Paper Award** (2022, November 5-6) – Awarded for the paper *Perceived social support and resilience related to anxiety among women*, presented at the ICSSR-sponsored National Seminar on Empowering Indian Women Through Resilience: Process and Potential, organized by the Department of Psychology, P.P.N. (P.G.) College, Kanpur, India.
8. **Best Paper Award** (2012, January 23-24) – Awarded for the paper *Social skills and academic achievement in orphan and non-orphan girls*, presented at the International Conference on Cognition and Health, organized by the Department of Psychology, Banaras Hindu University, Varanasi, India.
9. **Punam Memorial Gold Medal** (2008) – Awarded for securing the highest marks in aggregate among female candidates in B.A./B.Sc. (Honors) Psychology examination.
10. **Ms. VKM (Vasant Kanya Mahavidyalaya, Kamachha, BHU)** (2008) – Selected as Ms. VKM in B.A. III Year.
11. **First Prize in Creative Dance** (2008, January 19-23) – Awarded in the Inter-Faculty Youth Festival *Spandan*, Banaras Hindu University, representing Vasant Kanya Mahavidyalaya, Kamachha, Varanasi.
12. **Second Prize in Folk/Tribal Dance** (2007, January 13-17) – Awarded in the Inter-Faculty Youth Festival *Spandan*, Banaras Hindu University, representing Vasant Kanya Mahavidyalaya, Kamachha, Varanasi.

Research Publications

Journal Articles

1. **Verma, S. (2025).** Coping strategies and their relationship to mental health among college women in India. *Discover Psychology* **5**, 137. <https://doi.org/10.1007/s44202-025-00458-w>
2. **Pandey, B., & Verma, S. (2025).** Knowledge, attitudes, and practice regarding sustainable gardening: A study among urban women homemakers in Lucknow, India. *Discovery Sustainability*, **6**(1082). ISSN: 2662-9984 (Online) <https://doi.org/10.1007/s43621-025-01415-2>
3. **Verma, S., & Pandey, B. (2025).** Mental health literacy and barriers to care among rural women: A systematic review. *The Journal of Behavioral Science (TJBS)*, **20**(3),

120–130. ISSN: 1906-4675 (Print) and 2651-2246 (Online)
<https://doi.org/10.65823/tjbs.2025.287148>

4. **Verma, S., & Singh, N. (2025).** A Systematic Review of Resilience and Personality Traits among College Students: Evidence from Global Studies. *Revista Review Index Journal of Multidisciplinary*, 5(2), 112. ISSN: 2583-0031 (Online)
<https://doi.org/10.31305/rrijm2025.v05.n02.001>
5. **Pandey, B., & Verma, S. (2025).** Menstrual Health and Hygiene: Understanding Knowledge, Attitudes, and Practices Among Women. *RESEARCH REVIEW International Journal of Multidisciplinary*, 10(6), 82–106. ISSN: 2395-1885 (Online)
<https://doi.org/10.31305/rrijm.2025.v10.n6.010>
6. **Kumar, A., Verma, S., Kumar, S., & Lata, S. (2025).** Intellectual functioning of HIV/AIDS orphans. *Journal of Psychosocial Research*, 20(1), 21–34. ISSN: 0973-5410. E-ISSN: 0976-3937. <https://doi.org/10.32381/JPR.2025.20.01.3>
7. **Verma, S., & Pandey, B. (2025).** The long-term psychological impact of rape: Understanding the need for sustainable mental health interventions in India. *Journal of Science Engineering Technology and Management Science*, 2(5). ISSN: 3049-0952. Retrieved from <https://www.jsetms.com>
8. **Verma, S., & Pandey, B. (2025).** Psychosocial determinants of voter turnout and political allegiance: A cross-cultural comparison. *International Journal of Engineering Research, Science and Technology*, 21(2). ISSN: 2319-5991. <https://doi.org/10.62643/>
9. **Verma, S., & Pandey, B. (2025).** Trends, regional disparities, and socioeconomic determinants of rape incidents in India. *Data Science and IoT Management System*. ISSN: 3068-272X. <https://doi.org/10.64751/>
10. **Verma, S., & Zafari, R. (2025).** Self-Efficacy and Resilience: A Relative Study among College NSS and Non-NSS Students. *Journal of Psychological Research*. 7(1): 9–20. ISSN: 2630-5143 online. <https://doi.org/10.30564/jpr.v7i1.8316>
11. **Verma, S., Mansoori, R., & Verma, S. (2025).** The influence of self-efficacy on adjustment problems: A comparative correlational study between NCC and non-NCC college students. *Mind and Society*, 13(4), 51-58. ISSN: 2277-6907. <https://doi.org/10.56011/mind-mri-134-20247>
12. **Verma, S. (2025).** Assessment of mental health in school students using the Beck Youth Inventories: A comparative study of boys and girls. *INSPA Journal of Applied and School Psychology*, 6(Special Issue), ISSN: 3048-698X Print.
13. **Verma, S., & Pandey, B. (2024).** Public awareness and perception toward climate change and its effects on human health. *South Eastern European Journal of Public Health*, XXV(S2), 1042-1057. ISSN: 2197-5248. <https://doi.org/10.70135/seejph.vi.2850>
14. **Verma, S. (2024).** Psychological correlates of modernization: Affected mental health and well-being. *Indian Journal of Health and Well-being*, 15(3), 438-443. ISSN (Print): 2229-5356, ISSN (Online): 2321-3698. <https://journals.indexcopernicus.com/search/article?articleId=4058754>
15. **Verma, S. (2024).** Relationship between resilience and perceived social support among male and female adolescents. *Journal of Behavioral Health and Psychology*, 13(2), 1-5. ISSN: 2832-4579. <https://doi.org/10.33425/2832-4579/24071>
16. **Verma, S. (2023).** Prevalence of mental health issues in male and female college students. *Samdarshi*, 16(4), 3140-3146. ISSN: 2581-3986.
17. **Verma, S. (2023).** Correlational analysis between adjustment problems and emotional intelligence during COVID-19. *Journal of Neurology Research Reviews and Reports*, 5(2), 1-6. ISSN: 2754-4737. [https://doi.org/10.47363/JNR/RR/2023\(5\)170](https://doi.org/10.47363/JNR/RR/2023(5)170)

18. **Anupriya, Verma, S., Rani, A., & Lata, S.** (2022). Women's health during the COVID-19 pandemic. *Mind and Society*, 11(8), 60-67. ISSN: 2277-6907. <https://doi.org/10.56011/mind-mri-114-20227>
19. **Singh, V., Anupriya, Verma, S., & Lata, S.** (2022). HIV/AIDS stigma, perceived social support, and mental health problems among HIV/AIDS children: A mediation analysis. *Vulnerable Children and Youth Studies*, 18(1), 243-256. ISSN (Print): 1745-0128, ISSN (Online): 1745-0136. <https://doi.org/10.1080/17450128.2022.2147622>
20. **Verma, S.** (2022). COVID-19 second wave infection in India. *Pune Research Times*, 7(1), 1-7. ISSN: 2458-0960. <http://www.punerresearch.com/media/data/issues/61dc50e4ed659.pdf>
21. **Srivastava, S., & Verma, S.** (2021). Perception of job involvement in different professions. *Remarking An Analisation*, 6(9), 81-88. ISSN (Print): 2394-0344, ISSN (Online): 2455-0817.
22. **Verma, S.** (2021). Mental health of children orphaned by COVID-19 in India. *Elementary Education Online*, 20(6), 3204-3211. ISSN: 1305-3515. <https://doi.org/10.17051/ilkonline.2021.06.300>
23. **Verma, S.** (2020). General psychological adjustment problems during COVID-19. *Shodh Sanchar Bulletin*, 10(29), 122-131. ISSN: 2229-3620.
24. **Verma, S.** (2020). Emotional intelligence in the time of COVID-19. *Shodh Sarita*, 7(26IV), 24-35. ISSN: 2348-2397.
25. **Verma, S., & Lata, S.** (2018). Perceived social support in relation to psychosocial distress and hope among HIV/AIDS orphans and non-HIV/AIDS orphans. *Journal of Indian Academy of Applied Psychology*, 44(2), 218-226. ISSN: 0019-4247.
26. **Verma, S., & Lata, S.** (2018). Nutritional status, clinical features, and degree of immunosuppression of HIV/AIDS orphans in India. *Journal of Indian Health Psychology*, 13(1), 35-46. ISSN: 0973-5755.
27. **Verma, S., & Lata, S.** (2016). Hope and nutritional status in relation to psychosocial distress. *Journal of Psychosocial Research*, 11(2), 317-326. ISSN (Print): 0973-5410, ISSN (Online): 0976-3937.
28. **Gure, S., Verma, S., & Lata, S.** (2016). Internet addiction in relation to cognitive style in university students. *Indian Journal of Positive Psychology*, 7(2), 187-191. ISSN (Print): 2229-4937, ISSN (Online): 2321-368X.
29. **Verma, S., & Lata, S.** (2016). Perceived social support of HIV/AIDS orphans. *International Journal of Indian Psychology*, 3(2), 14-26. ISSN (Print): 2349-3429, ISSN (Online): 2348-5396.
30. **Verma, S., & Lata, S.** (2015). Perceived social support of HIV/AIDS orphans: A review. *Vulnerable Children and Youth Studies*, 10(3), 243-256. ISSN (Print): 1745-0128, ISSN (Online): 1745-0136.
31. **Verma, S., & Lata, S.** (2015). Nutritional status and ART adherence of HIV/AIDS orphans: A systematic review. *Indian Journal of Health and Well-being*, 6(3), 308-314. ISSN (Print): 2229-5356, ISSN (Online): 2321-3698.
32. **Lata, S., Verma, S., & Shukla, A.** (2014). Emotional intelligence and job satisfaction of HIV/AIDS counselors. *Indian Journal of Community Psychology*, 10(2), 292-301. ISSN: 0974-2719.
33. **Lata, S., & Verma, S.** (2013). Mental health of HIV/AIDS orphans: A review. *Journal of AIDS and HIV Research*, 5(12), 455-467. ISSN: 2141-2359. <http://www.academicjournals.org/JAHR>
34. **Lata, S., & Verma, S.** (2013). General health and psychosocial adjustment of orphan and non-orphan children. *Indian Journal of Psychology (Special Issue)*, 61-71. ISSN: 0019-5553.

Book Chapters

1. **Verma, S., & Pandey, B. (2025).** Women Entrepreneurship and Leadership: Challenges and Opportunities. In Shukla, P. (Eds.), *India@2047: Envisioning a Brighter Future* (pp. 131-144). Indu Book Services Pvt. Ltd. ISBN: 978-93-6729-380-5.
2. **Verma, S., Bajpai, R., & Saini, S. (2025).** Cultural neuroscience and mental health: Unpacking the intersection of culture, brain, and behavior. In Yadav, H. K., Verma, S., & Dhillon, R. (Eds.), *Contemporary perspectives in modern psychology* (pp. 154-161). Red'Shine Publication. ISBN: 978-93-5879-209-6.
<https://doi.org/10.25215/9358792094.11>
3. **Verma, S. (2025).** Sex differences in resilience and perceived social support: Predictors of stress, anxiety, and depressive symptoms. In Singh, A., Bhadouria, R., Tripathi, S., Modi, R., & Gupta, S. (Eds.), *Empowering Indian women through resilience* (pp. 377-395). Springer. ISBN (Print): 978-981-96-0985-7, ISBN (Online): 978-981-96-0986-4.
https://doi.org/10.1007/978-981-96-0986-4_19
4. **Verma, S. (2024).** Cultivating mental health and well-being for women in construction roles. In Mishra, P. K., & Mishra, M. (Eds.), *Beyond bricks and mortar: Well-being for women in construction* (pp. 127-131). Swaranjali Publication. ISBN: 978-93-6559-304-4.
5. **Verma, S., & Bajpai, R. (2024).** Surge in behavioral addictions during COVID-19. In Nagar, D., Vyas, S., & Panday, S. K. (Eds.), *Mental health and well-being: Challenges and opportunities* (pp. 194-200). Allied Publication. ISBN: 978-93-89934-44-1.
6. **Verma, S. (2024).** Effectiveness of various teaching strategies in promoting student engagement and understanding. In Yadav, H. K., Yadav, P. K., Gautam, J., & Yadav, S. K. (Eds.), *Perspectives in education, curriculum, and pedagogy* (pp. 76-92). Red'Shine Publication. ISBN: 978-93-5879-625-4.
<https://doi.org/10.25215/9358796251>
7. **Verma, S. (2024).** Indigenous knowledge: Health and well-being. In Yadav, H. K., Yadav, D., Kumari, R., & Satsangi, N. (Eds.), *Indian knowledge systems* (pp. 20-28). P.K. Publishers Distributors. ISBN: 978-81-976276-6-8.
8. **Verma, S. (2024).** Traditional indigenous knowledge in promoting sustainable practices. In Yadav, H. K., Yadav, D., Kumari, R., & Satsangi, N. (Eds.), *Indian knowledge systems* (pp. 29-34). P.K. Publishers Distributors. ISBN: 978-81-976276-6-8.
9. **Verma, S. (2024).** Family dynamic impact on child development in India. In Sarkar, B. K., Vaithianayhan, R. K., Srivastava, J. P., & Bisht, A. K. (Eds.), *Digital technology method and process* (pp. 146-149). Geh Press. ISBN: 0195-5373.
10. **Verma, S. (2022).** Fostering mental health through biofeedback. In Srivastava, N., & Gupta, N. (Eds.), *Prospects of behavioral and alternative medicine in Indian context* (pp. 99-112). Blue Ink Publication. ISBN: 978-93-92473-15-9.
11. **Anupriya, Verma, S., Joshi, S., & Lata, S. (2021).** Mental health investment during COVID time. In Lata, S., Verma, S., & Joshi, S. (Eds.), *COVID-19 in India: Problems, challenges, and strategies* (pp. 428-442). Global Vision Publication. ISBN: 978-93-90423-51-4.
12. **Verma, S. (2021).** Emotional intelligence and adjustment problems in the time of COVID-19. In Lata, S., Verma, S., & Joshi, S. (Eds.), *COVID-19 in India: Problems, challenges, and strategies* (pp. 118-133). Global Vision Publication. ISBN: 978-93-90423-51-4.

13. **Lata, S., Rani, V., & Verma, S.** (2015). Mental health of orphans. In Dubey, A. (Ed.), *Mental health: Psychological perspectives* (pp. 101-119). Concept Publishing. ISBN: 978-93-5125-170-5.
14. **Lata, S., & Verma, S.** (2013). Music therapy. In Srivastava, S. K., Singh, N., & Kant, S. (Eds.), *Psychological interventions of mental disorders* (pp. 158-173). Sarup Book Publishers. ISBN: 978-81-7625-911-8.

Books

1. **Verma, S.** (2025). *Life span human development*. Red'Shine Publication. ISBN: 978-93-5879-575-2. <https://doi.org/10.25215/9358795751>
2. **Yadav, H. K., Verma, S., & Dhillon, R.** (2025). *Contemporary perspectives in modern psychology, Vol. 1*. Red'Shine Publication. ISBN: 978-93-5879-209-6. <https://doi.org/10.25215/9358792094>
3. **Lata, S., Verma, S., & Joshi, S.** (2021). *COVID-19 in India: Problems, challenges, and strategies*. Global Vision Publication House. ISBN: 978-93-90423-51-4.

E-Books

1. Verma, S. (2025). Qualitative research method (English). CSJMU Prashn Bank. <https://prashnbank.csjmu.ac.in/qualitative-research-method-english/>
2. Verma, S. (2025). Qualitative research method (Hindi). CSJMU Prashn Bank. <https://prashnbank.csjmu.ac.in/qualitative-research-method-hindi/>
3. Verma, S., & Verma, P. (2025). Philosophical perspective and contemporary trends. CSJMU Prashn Bank. <https://prashnbank.csjmu.ac.in/philosophical-perspective-and-contemporary-trends-english/>
4. Verma, S., & Verma, P. (2025). दार्शनिक परिप्रेक्ष्य और समकालीन रुझान [Philosophical perspective and contemporary trends]. CSJMU Prashn Bank. <https://prashnbank.csjmu.ac.in/philosophical-perspective-and-contemporary-trends/>
5. Verma, S. (2024). Psychology of stress and coping strategy: Questions bank. CSJMU Prashn Bank. <https://prashnbank.csjmu.ac.in/psychology-of-stress-and-coping-strategy/>

Conferences, Seminar, Webinar and Workshops

Conference Presentations

1. *Understanding Youth Problems in Educational Settings: A Multidimensional Exploratory Study* (18–24 September 2025). Paper presented at the 8th APSPA International Conference on Advancements of School Psychology in the Asia Pacific Region, Asia Pacific School Psychology Association (APSPA) in collaboration with Tokyo University of Social Welfare, Tokyo, Japan.
2. *Behavioral Psychology and Nutritional Choices: Understanding Eating Patterns of College-Going Girls in a Globalized Context* (28–30 August 2025). Paper presented at the International Conference on Global Perspectives in Psychology: Bridging Minds, Culture, Innovations and its Impact, University Department of Psychology, B.R.A. Bihar University, Muzaffarpur, India.

3. *Exploratory Analysis of Rape Incidents in India: Trends, Regional Variations, and Socioeconomic Factors* (7-9 August 2025). Paper presented at the International Conference on Frontiers of Behavioral Sciences: Addressing Contemporary Social Challenges, Mar Theophilus Training College, Nalanchira, Thiruvananthapuram, Kerala, India.
4. *The impact of social media on mental health: A critical examination of the evidence and future directions*. (2025, January 30-31). Paper presented at the International Conference on Addiction Among Youths: Issues, Challenges, Management Prevention (ICSSR Sponsored), Gauhati University, India.
5. *A comparative study of self-efficacy and adjustment problems in NCC and non-NCC college students*. (2024, November 22-24). Paper presented at the 9th International Conference of the Indian Academy of Health Psychology (ICIAHP-2024), Mahatma Gandhi Kashi Vidyapith, Varanasi, India.
6. *Awareness and perceptions towards climate change and human health*. (2024, June 8-10). Paper presented at the 7th International Conference on Global Approaches in Agricultural, Biological, Environment, and Life Sciences for a Sustainable Future (GABELS-2024), Tribhuvana University, Kathmandu, Nepal.
7. *Knowledge, attitudes, and practices of homemakers towards the development of a sustainable kitchen garden*. (2024, June 8-10). Paper presented at the 7th International Conference on Global Approaches in Agricultural, Biological, Environment, and Life Sciences for a Sustainable Future (GABELS-2024), Tribhuvana University, Kathmandu, Nepal.
8. *Resilience and perceived social support among adolescents*. (2024, February 2-4). Paper presented at the 28th International and 59th National Conference of the Indian Academy of Applied Psychology (IAAP), Pondicherry University, India.
9. *Surge in behavioral addiction during COVID-19*. (2023, December 1-2). Paper presented at the 2nd International Conference on Mental Health and Well-being: Opportunities and Challenges (MANOPRABHA-2023), Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore, India.
10. *Mental health and resilience among college students*. (2023, November 3-4). Paper presented at the National Conference on Shifting Paradigms in Social Sciences: Constraints and Solutions, Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore, India.
11. *Social media use and emotional affects among college students*. (2023, October 28-29). Paper presented at the 5th International Conference on Innovative Strategies and Advancements in Academics and Research: Navigating Global Scenarios, Indian Mental Health and Research Centre and Shia P.G. College, Lucknow, India.
12. *Depression, resilience, and perceived social support among male and female students*. (2022, December 22-24). Paper presented at the 7th International Conference of the Indian Academy of Health Psychology, Gautam Buddha University, Greater Noida, India.
13. *Neurodevelopment disorders in children: ADHD and autism*. (2022, December 22-24). Paper presented at the 7th International Conference of the Indian Academy of Health Psychology, Gautam Buddha University, Greater Noida, India.
14. *A descriptive study to assess adjustment problems during COVID-19*. (2022, January 27-29). Paper presented at the 57th National and 26th International Conference on the Indian Academy of Applied Psychology, Mizoram University, India.
15. *Happiness and related factors among young people in India*. (2021, October 22-23). Paper presented at the ICSSR-Supported International Conference on Positive Psychology Interventions for Promoting Sustainable Happiness in Society, University of Lucknow, India.

16. *Job involvement in different professions: An empirical study.* (2021, March 19-21). Paper presented at the 30th Annual Convention of the National Academy of Psychology, Indian Institute of Technology Kanpur, India.
17. *Perceived social support and hope in relation to psychosocial distress among HIV/AIDS orphans and non-HIV/AIDS orphans.* (2017, November 12-14). Paper presented at the 3rd International Conference of the Indian Academy of Health Psychology, National P.G. College, Lucknow, India.
18. *Perceived social support and behavioral difficulties among orphans and non-orphans.* (2017, November 12-14). Paper presented at the 3rd International Conference of the Indian Academy of Health Psychology, Department of Psychology, National P.G. College, Lucknow, India.
19. *Psychological significance of mother tongue in language development.* (2017, November 4-5). Paper presented at the International Research Seminar on *Vishv Me Badhte Hindi Ke Charan*, Central Hindi Institute, Agra Degree College, Pilibhit, India.
20. *Gender differences in nutritional status and psychosocial distress among orphans.* (2016, March 1-2). Paper presented at the International Conference on Psychosocial Perspectives on Health and Well-being, Jamia Millia Islamia, New Delhi, India.
21. *Psychosocial distress and hope about the future of HIV/AIDS orphans and non-HIV/AIDS orphans.* (2016, February 6-8). Paper presented at the 4th International Conference on Recent Advances in Cognition and Health, Banaras Hindu University, Varanasi, India.
22. *Perceived social support and psychosocial distress among HIV/AIDS orphans and non-HIV/AIDS orphans.* (2015, March 2-4). Paper presented at the International Conference on Cognition and Behavioral Intervention, All India Institute of Medical Sciences, New Delhi, India.
23. *Nutritional status and psychosocial distress among HIV/AIDS orphans and non-HIV/AIDS orphans.* (2014, December 19-21). Paper presented at the 3rd International Conference on Recent Advances in Cognition and Health, Banaras Hindu University, Varanasi, India.
24. *Gender differences in perceived social support and psychosocial distress among orphans and non-orphans.* (2014, September 25-27). Paper presented at the 3rd International Conference on Psychology and Allied Sciences, Amity University, Noida, India.
25. *Perceived social support and psychosocial distress among orphans and non-orphans.* (2014, January 23-25). Paper presented at the 2nd International Conference on Recent Advances in Cognition and Health, Banaras Hindu University, Varanasi, India.
26. *Mental health and emotional adjustment of adolescents.* (2013, February 27-28). Paper presented at the National Conference on Current Concerns and Emerging Areas of Application of Counseling, Department of Psychology, Banaras Hindu University, Varanasi, India.
27. *Nutritional status, psychological well-being, and psychosocial adjustment of orphan and non-orphan children.* (2012, February 24-25). Paper presented at the International Conference on Applied Psychology, Panjab University, Chandigarh, India.
28. *Social skills and academic achievement in orphan and non-orphan girls.* (2012, January 23-24). Paper presented at the International Conference on Recent Advances in Cognition and Health, Banaras Hindu University, Varanasi, India.
29. *Fostering social competence through social skills training.* (2011, December 17-19). Paper presented at the International Conference on Counseling and Community Psychology, V.B.S. Purvanchal University, Jaunpur, India.

Seminars Presented

1. *Integrating Indian Knowledge Systems (IKS) for Sustainable Development Goals (SDGs) Achievement: Pathways, Linkages, and Challenges* (2025, November 14-15). Paper presented at National Seminar on Indian Knowledge System: Glorious Past and Bright Future. Sponsored by the Indian Council of Social Science Research (ICSSR), Organized by Mahila Mahavidyalaya P.G. College, Kadwai Nagar Kanpur
2. *Achieving optimal well-being through a sustainable lifestyle*. (2024, September 28-29). Paper presented at the ICSSR-funded National Seminar on Sustainable Development: Global Problems, Local Solutions, Faculty of Home Science, Banasthali Vidyapith, Rajasthan, India.
3. *Developing social skills in children and young adults: Encouraging positive relationships*. (2024, March 1-2). Paper presented at the ICSSR-funded National Seminar on Reconditioning Indian Tradition and Culture Through NEP 2020: Multilingual, Multicultural, and Multidisciplinary Educational Approaches, Department of Lifelong Learning and Extension, Chhatrapati Shahu Ji Maharaj University, Kanpur, India.
4. *Mobile phone use related to face-to-face interaction and positive and negative affects*. (2024, January 20-21). Paper presented at the ICSSR-sponsored National Seminar on Impacts of Digital Technology on Indian Society: Prospects and Challenges, Department of Sociology, Sakaldiha P.G. College, Chandauli, Uttar Pradesh, India.
5. *Positive and negative affects related to smartphone usage among female college students*. (2023, October 12). Paper presented at the National Seminar on Internet Addiction and Mental Health, jointly organized by Nai Subah Institute of Mental Health and Behavioral Sciences, Counselling and Well-being Center, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi, India.
6. *Resilience, emotional maturity, and humor among college students*. (2022, November 5-6). Paper presented at the ICSSR-sponsored National Seminar on Empowering Indian Women Through Resilience: Process and Potential, Department of Psychology, P.P.N. (P.G.) College, Kanpur, India.
7. *Perceived social support and resilience related to anxiety among women*. (2022, November 5-6). Paper presented at the ICSSR-sponsored National Seminar on Empowering Indian Women Through Resilience: Process and Potential, Department of Psychology, P.P.N. (P.G.) College, Kanpur, India.
8. *Need for social skills training in schools*. (2012, February 11-12). Paper presented at the National Seminar on Role of Music and Sports in Education and Mental Health of Children, Faculty of Education, Banaras Hindu University, Varanasi, India.

Webinar Presentations

1. *Psycho-social distress in males and females during COVID-19: An empirical study*. (2020, May 31–June 1). Paper presented at the International Webinar on COVID-19: Psychosocial Issues and Opportunities, Department of Psychology, R.B.B.M. College, Muzaffarpur, India.
2. *An empirical study on adjustment problems due to lockdown*. (2020, May 26–27). Paper presented at the International Webinar 2nd Annual Conference on Psychological Health and Well-being: Current Issues and Challenges, Department of Psychology, Pt. Ravishankar Shukla University, Raipur, India.

3. *Psychological challenges and strategies during COVID-19 lockdown.* (2020, May 18–19). Paper presented at the International Webinar on COVID-19: Life Challenges and Strategies, Department of Psychology, Veer Kunwar Singh University, Ara (Bihar), India.
4. *Psychological effects of COVID-19 in the Indian context.* (2020, May 16–18). Paper presented at the National Webinar on Effects of COVID-19 in the Indian Context, Department of Psychology, K.G.K. (P.G.) College, Moradabad, India.
5. *Mental health in the time of COVID-19.* (2020, May 2–3). Paper presented at the National Webinar on Corona Pandemic: Challenges and Solutions, Department of Psychology, Dayanand Vedic College, Orai (Jalaun), India.

Workshops Attended

1. *AI and ICT Tools For The Next Generation Educators and Researchers.* (2025, April 21-26) 6-Days Workshop organized by P G. College Lucknow associated with University of Lucknow.
2. *Qualitative research: Approaches and techniques.* (2022, July 7-13). One-week workshop organized by the Department of Education, Iswar Saran Degree College, Prayagraj, India.
3. *Research methodology and data analysis.* (2022, June 22-28). One-week workshop organized by BPS Institute of Teacher Training and Research, Bhagat Phool Singh Mahila Mahavidyalaya, Sonipat, Haryana, India.
4. *Psychological skills for everyday life.* (2021, June 13-20). Eight-day online workshop organized by the Department of Psychology, Soban Singh Jeena University, Almora, Uttarakhand, India.
5. *Psychological counseling training workshop for teachers.* (2020, August 1-7). Seven-day workshop organized by the P.G. Department of Psychology, Department of Students' Development, HRDC of Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur, India.
6. *Stay home stay safe: Exploring gender equality in the new normal.* (2020, July 21-25). One-week international workshop organized by Women Study Cell, UDAAN, Vasant Kanya Mahavidyalaya, Kamachha, Varanasi, India.
7. *Applying SPSS for education and psychometric data analysis.* (2020, July 17-21). Five-day national-level online workshop organized by National Psychological Corporation, Agra, India.
8. *Fundamentals of research: When, why, and how?* (2020, May 25-31). One-week e-workshop organized by Faculty of Students' Welfare and Campus Placement Cell, Mahatma Gandhi Kashi Vidyapith, Varanasi, India.
9. *ICSSR-sponsored research methodology for Ph.D. students in social sciences.* (2015, June 15-24). Ten-day national workshop organized by the Faculty of Management Studies, Banaras Hindu University, Varanasi, India.
10. *Understanding statistics by MS-Excel and SPSS.* (2015, May 1-7). One-week workshop organized by DST Centre for Interdisciplinary Mathematical Sciences (CIMS), Banaras Hindu University, Varanasi, India.
11. *Understanding mental health issues and outcomes: An interface between psychiatry and psychotherapy.* (2015, April 3-12). Ten-day national workshop organized by the Department of Psychology, DAV P.G. College, Varanasi, India.
12. *Structural models in the social sciences: Improving quantitative research strategies in psychology.* (2013, November 13-22). Ten-day workshop organized by the Department

of Psychology (SAP-DRS I), Faculty of Social Sciences, Banaras Hindu University, Varanasi, India.

13. *Gender sensitization*. (2012, September 27–October 4). One-week workshop organized by the Faculty of Social Sciences, Banaras Hindu University, Varanasi, India.
14. *Research methodology in social sciences and humanities: Exploring interdisciplinary perspectives*. (2011, November 24-30). One-week workshop organized by the Faculty of Social Sciences, Banaras Hindu University, Varanasi, India.
15. *Suicide: Causes and prevention*. (2007, October 16-17). Workshop organized by Nai Subah, Training and Counseling Centre, Newada, Varanasi, India.

Research Activities

Dissertation

2023-2025

1. Students' Learning Styles, Academic Motivation, and Academic Achievement.
2. The Role of Optimism in Enhancing Life Satisfaction among Cancer Caregivers: A Systematic Review.
3. A Study on the Loneliness Experience by Migrant Laborers in Kanpur.
4. The Impact of Gender Stereotypes on Female Students' Self-Esteem.
5. Evaluating the Effectiveness of Ayurvedic Medicine in Chronic Disease Management: Client Experiences and Long-Term Outcomes.
6. A Study on Work-Related Accident Fears and Job Insecurity among Migrant Labourers in Kanpur.
7. A Study on the Emotional Deprivation Experience by Migrant Laborers in Kanpur.

2022-2024

1. Emotional Intelligence and Resilience Among NSS, NCC Volunteers, and Non-Volunteers Adolescent Students.
 2. Personality and Resilience: Study of Student's Emerging Adults Group.
 3. Smartphone Usage and Emotional Well-Being among Young Adolescents.
 4. Self-Efficacy and Adjustment Problems among NCC Students and Non-NCC Students.
 5. Self-Efficacy and Resilience: A Relative Study among College NSS and Non-NSS Students.
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Induction, Orientation, Refresher, Short-Term Courses (STC), Faculty Development Programs (FDP), and Training Programmes

Induction/Orientation Programmes

1. *Faculty in university/college/institutes of higher education*. (2020, June 4 – July 1). Four-week Faculty Induction/Orientation Programme organized by Teaching Learning Centre, Ramanujan College, University of Delhi, sponsored by the Ministry of HRD, Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching.

Refresher Courses

2. *Promoting well-being and sustainable practices: Role of educationists in university-community partnership*. (2024, June 24 – July 6). Two-week refresher course organized by AIU-AUH-AADC in association with Amity Academic Staff College and Amity Institute of Behavioural and Allied Sciences, Amity University Haryana.
3. *UGC-sponsored refresher course in psychology*. (2023, January 4-17). Two-week refresher course organized by UGC-HRDC, University of Rajasthan, Jaipur.
4. *UGC-HRDC online refresher course in computational social sciences*. (2020, December 14-29). Two-week refresher course organized by UGC-HRDC, Osmania University, Hyderabad, Telangana.

Faculty Development Programmes (FDPs)

5. *Quality assurance in higher education institutions: A glance of revised NAAC framework*. (2021, October 18-23). One-week FDP organized by the Internal Quality Assurance Cell, Mahila Mahavidyalaya, Banaras Hindu University, Varanasi.
6. *Open source tools for research*. (2020, June 8-14). One-week FDP organized by Teaching Learning Centre, Ramanujan College, University of Delhi, sponsored by the Ministry of HRD, Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching.
7. *Managing online classes and co-creating MOOCs: 2.0*. (2020, May 18 – June 3). Two-week FDP organized by Teaching Learning Centre, Ramanujan College, University of Delhi, sponsored by the Ministry of HRD, Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching.

Short-Term Courses (STC)

8. *Stress management and mental well-being*. (2024, December 16-21). Online short-term course organized by UGC-Malaviya Mission Teacher Training Center, Osmania University, Hyderabad, Telangana.
9. *Data science and statistical data analysis with the R program*. (2024, April 4-10). Short-term course organized by Lovely Professional University.
10. *Research methodology*. (2023, October 4-10). UGC-sponsored online short-term course/workshop organized by Deen Dayal Upadhyaya Gorakhpur University.

11. *Emotional well-being at technology-enabled workplaces*. (2023, April 24 – May 3). Ten-day short-term capacity-building programme conducted by Avinashilingam Institute - Academic Administrative Development Centre (AIU-AI-AADC), Avinashilingam Institute for Home Science and Higher Education for Women, Tamil Nadu, India.
12. *Secret of human psychology and mental health*. (2020, June 25 – July 31). One-week short-term course organized by Samanvya: The Information Management System (SIMS), Jaipur, Rajasthan.

Training Programmes

13. *Eye movement desensitizing and reprocessing (EMDR) Part-I training*. (2013, August 24-26). 20-hour training session in partial completion of basic EMDR training, Varanasi.
14. *Internship under The Regional Institute of Education, NCERT, Bhopal*. (2011, May 4-26). Training in areas of learning disabilities, behavioral problems, and mental retardation, during Postgraduate Diploma in Counseling, Guidance, and Psychological Intervention.

Miscellaneous Experience

Organizing Experience

1. *Online Awareness Quiz under the Voter Awareness Campaign*. (2022, February 5). Successfully organized as **Organizing Secretary**, A.N.D.N.N.M. Mahavidyalaya, Kanpur, India.
2. *One-Day National Webinar on New Education Policy 2020: Issues and Challenges in Implementation*. (2020, November 13). Successfully organized as **Coordinator**, A.N.D.N.N.M. Mahavidyalaya, Kanpur, India.
3. *One-Day National Webinar on New Education Policy: 2020*. (2020, August 30). Successfully organized as **Organizing Secretary**, A.N.D.N.N.M. Mahavidyalaya, Kanpur, India.

Resource Person / Chaired / Co-Chaired Sessions

1. Delivered five (03) lectures as a Resource Person in the Pre-Ph.D. Course Work, Session 2024-25, organized by CSJM University, Kanpur, India.
2. *Behavioral Intervention to Reduce Waste: Understanding Human Psychology*. (2024, November 9). Delivered a lecture as **Resource Person** at the Seminar on **Eco Innovation: Waste Management for a Sustainable Future and Human Health**, Department of Zoology, M.S.D.T.N. Mahila Mahavidyalaya, Araul, Kanpur Nagar, India.
3. Delivered five (05) online lectures as a Resource Person in the Pre-Ph.D. Course Work, Session 2023-24, organized by CSJM University, Kanpur, India.
4. *Mindfulness*. (2023, April 6). Delivered a lecture as **Resource Person** in the **Peer Educators Training Program/Workshop on Addressing Health Issues of Youth by Establishing Youth-Friendly Centers**, A.N.D.N.N.M. Mahavidyalaya, Kanpur, in

collaboration with **State Innovations in Family Planning Services Project Agency (SIFPSA), Kanpur Mandal, India.**

5. Delivered five (04) lectures as a Resource Person in the Pre-Ph.D. Course Work, Session 2021-22, organized by P.P.N. College Affiliated to CSJM University, Kanpur, India.
6. *Stress, Anxiety, and Depression.* (2022, November 29 & December 20). Delivered a lecture as **Resource Person** in the **Peer Educators Training Programme/Workshop on Addressing Health Issues of Youth by Establishing Youth-Friendly Centers**, A.N.D.N.N.M. Mahavidyalaya, Kanpur, in collaboration with **SIFPSA, Kanpur Mandal, India.**
7. *Co-Chair, ICSSR-Sponsored National Seminar on Empowering Indian Women Through Resilience: Process and Potential.* (2022, November 5-6). Chaired a session at the National Seminar organized by the **Department of Psychology, P.P.N. (P.G.) College, Kanpur, India.**
8. *Psychological Courses and Career Highlights.* (2021, February). Delivered a lecture as **Resource Person** at the **Webinar on Career Perspectives in Psychology**, organized by **Unique Institute of Behavioral Sciences.**
9. *Co-Chair, Two-Day National Webinar on COVID-19: Mental Health Problems and Coping.* (2020, May 29-30). Chaired a session at the webinar organized by the **Department of Psychology, Juhari Devi Girls P.G. College, Kanpur, in collaboration with Bharatiya Manovigyan Parishad.**

Editorial Board / Reviewer Member

1. Editorial Board Member, Cambridge Scholars Publishing. [Editorial Advisory Board - Social Sciences.](#)
2. Reviewer, Humanities and Social Sciences Journal. ISSN (Print): 2330-8176, ISSN (Online): 2330-8184. [Journal Website.](#)
3. Reviewer, Humanities and Social Science Studies (HSSS). ISSN (Print): 2319-829X. [Journal Website.](#)

Professional Memberships

1. National Academy of Psychology (NAOP)
2. National Association of Psychological Science (NAP).
3. Indian Academy of Health Psychology (IAHP).
4. Indian School Psychology Association (ISPA).
5. Indian Academy of Applied Psychology (IAAP).

University / College Committees & Activities

1. In-Charge, College Nodal Officer – SWAYAM Portal
 2. Member, Admission Committee, NEP 2020.
 3. Member, Electoral Awareness Club.
 4. Member, Innovation and Entrepreneur Recreation Cell.
 5. Member, Kaushal Vikas Committee.
 6. Member, Collage Disaster management Committee
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Skills

Personal Skills

- Strong teamwork and collaboration abilities
- Quick adaptability to new technologies and methodologies
- Effective communication and interpersonal skills
- Leadership and mentoring capabilities

Technical Skills

- **Software Proficiency:** Microsoft Office (Word, Excel, PowerPoint), LaTeX, MiKTeX, TeXstudio
- **Statistical & Research Tools:** SPSS, R, OpenEpi
- **Qualitative Research Tools:** NVivo, ATLAS.ti
- **E-Learning & Content Creation:** Open edX, OSB Studio, OpenShot Video Editor
- **Data Visualization & Analysis:** Mind Mapping Tools, Live.amCharts

Research & Academic Skills

- Quantitative and qualitative research methodologies
- Psychological assessment and psychometric testing
- Systematic reviews and meta-analysis
- Experimental and correlational research design
- Community psychology interventions

References

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Declaration

I hereby declare that all the information provided in this document is accurate and true to the best of my knowledge. I take full responsibility for the authenticity of the details mentioned and am willing to provide supporting documents if required.

If given the opportunity, I will dedicate my best efforts to contribute effectively to the organization.

Signature

Date:

Place: