



## Curriculum Vitae

### PROF. PREM CHANDRA MISHRA

**Present Position** : **Professor of Psychology**  
&  
**Dean, Faculty of Arts**

**Institutional Address** : **Department of Psychology**

University of Lucknow, Lucknow – 226007 (U.P) India

**Mailing Address:** 31, Saraswatipuram, Near KTD Academy, Gomti Nagar Vistar  
Lucknow-226010 (U.P.) India

**Scale** : Rs. 37400-67000

**Telephone No.** : 91-522-2725085

**Cell No.** : 91-9415195530, 91-7007430173

**Email** : [drpcmishra@gmail.com](mailto:drpcmishra@gmail.com)

**Date of Birth** : **09-07-1958**

**Nationality** : **Indian**

#### Professional Experience

**09.06.2018 to till to Date:** Member of Executive Council, University of Lucknow, Lko

**20.06.2018 to 30.06.2018:** Finance Officer, University of Lucknow, Lucknow.

**15.6.2017 –16.10.2017:** Finance Officer, University of Lucknow, Lucknow.

**09.01. 2017 – 08.01.2018:** Member of Executive Council, University of Lucknow,  
Lucknow

**2016 –till to date** : Dean, Faculty of Arts, University of Lucknow, Lucknow (U.P.)

**2012 - 2015** : Head, Department of Psychology, University of Lucknow,  
Lucknow (U.P.), India.

**29.01.2019- till date:** Head, Department Journalism and Mass Communication,  
University of Lucknow, Lucknow

**24.08.2018 to till date:** Head, Department of Library and Information Science,  
University of Lucknow, Lucknow (U.P.), India.

**07.12.2016 – Till date** : Head, Department of Defense Studies, University of Lucknow,  
Lucknow (U.P.), India.

**07.12.2016 – Till date** : Head, Department of Geography, University of Lucknow,  
Lucknow (U.P.), India.

**07.12.2016 – Till date** : Head, Department of Home Science, University of Lucknow,  
Lucknow (U.P.), India.

**07.12.2016 – Till date** : Head, Department of Jyotirvigyan, University of Lucknow,  
Lucknow (U.P.), India.

**07.12.2016 – Till date** : Head, Department of Oriental Studies in Arabic & Persian,

|                               |   |
|-------------------------------|---|
|                               | University of Lucknow (U.P.), India.  |
| <b>07.12.2016 – Till date</b> | : Head, Department of Oriental Studies in Sanskrit, University of Lucknow, Lucknow (U.P.), India.               |
| <b>07.12.2016 – Till date</b> | : Head, Department of Physical Education, University of Lucknow (U.P.), India.                                  |
| <b>2012-2015</b>              | : Director, Institute of Women Studies, University of Lucknow, Lucknow (U.P.), India.                           |
| <b>2006-2015</b>              | : Co-ordinator, P.G. Diploma in HRD and Organizational Behaviour, University of Lucknow, Lucknow (U.P.), India. |
| <b>1998-Till to date</b>      | : Member of Academic Council, University of Lucknow, Lucknow (U.P.), India                                      |

|                |  |
|----------------|--|
| 2001-till date | : <b>Professor of Psychology</b> , Department of Psychology, University of Lucknow, Lucknow (U.P.), India. |
| 1998-2001      | : Reader in Psychology, Department of Psychology, University of Lucknow, Lucknow (U.P.), India.            |
| 1990-1998      | : Lecturer in Senior Scale, Department of Psychology, University of Lucknow, Lucknow (U.P.), India.        |
| 1985-1990      | : Lecturer in Psychology, Department of Psychology, University of Lucknow, Lucknow (U.P.), India.          |
| 1981-1984      | : Research Fellow, Department of Psychology, Banaras Hindu University, Varanasi (U.P), India.              |

### Working Experience

|  |  |
|--|--|
| Areas of Specialization                          | : Industrial and Organizational Psychology, Organizational Behaviour, Stress and Wellbeing, Developmental Psychology, Counseling Psychology, Educational Psychology, Health Psychology and Positive Psychology |
| Teaching   | : <b>34 years</b> in the Department of Psychology, University of Lucknow, Lucknow (U.P.), India.   |
| Research   | : <b>38 Years</b> in the Department of Psychology, University of Lucknow, Lucknow (U.P.), India and <b>4 years</b> in the Department of Psychology, Banaras Hindu University, Varanasi (U.P), India.           |
| No. of Ph.D. Supervised & Awarded                | : <b>33 (Thirty three)</b>   |
| No. of PDF students currently being supervised   | : <b>01 (one)</b>  |
| No. of Ph.D. students currently being supervised | : <b>08 (Eight)</b>  |
| No. of Master Dissertation supervised            | : <b>125 (One hundred and Twenty five)</b>   |
| No. of Master Dissertation                       | : <b>01 (one)</b>  |

currently being supervised

#### **Research Articles Published (National & International) - 74**

(Indian Psychological Review, Psychological Studies, Asian Journal of Psychology and Education, Management Development, Indian Journal of Bio-Research, Indian Journal of Current Psychological Research, Advances in Psychology, Indian Journal of Behaviour, Indian Academy of Applied Psychology, Journal of Indian Academy of Applied Psychology, Journal of Community Guidance and Research, Prachi Journal of Psycho cultural Dimensions, Indian Journal of Psychometry and Education, Indian Journal of Community Psychology, Journal of Management Research, Dev Sanskrit, Journal of Indian Health Psychology), Indian Journal of Health and Well-being, Indian Social and Psychological Studies, International Journal of Interdisciplinary and Multi-disciplinary Studies

**(List attached as Appendix – A)**

#### **Conference/Seminar/Workshop (National & International) attended and Research Article Presented - 70**

(Annual Conference of Indian Academy of Applied Psychology, BHU, Varanasi (U.P), National Seminar on Problems of Industrial Production in India, Institute of Psychological Research, Bangalore(Karnataka), 77<sup>th</sup>, 79<sup>th</sup>, 80<sup>th</sup>, 81<sup>st</sup>, 82<sup>nd</sup>, 83<sup>rd</sup>, 84<sup>th</sup>, 85<sup>th</sup>, 86<sup>th</sup>, 87<sup>th</sup>, 89<sup>th</sup>, 90<sup>th</sup> Session of the Indian Science Congress Association, Cochin University of Science & Technology, Cochin (Kerala), First National Symposium on Community Psychology, Department of Psychology, Buddha P.G. College, Kushinagar, Deoria (U.P.), Department of Social Work, University of Lucknow, in collaboration with Department of Women Welfare, U.P. Government, International Symposium on Multidisciplinary Perspective on Cognition Organized by Department of Psychology, BHU Varanasi in collaboration with Department of Psychology, Cognitive Science Laboratory, D.C. Washington, University of Washington, U.S.A., National Workshop on Psychology of Health and Well-being Organized by Department of Psychology, BHU, Varanasi (U.P), 2nd Binennial Conference of Community Psychology Association of India. Organized by the Department of Psychology, K.S. Saket PG College, Ayodhya, Faizabad (U.P), 2nd Binennial Conference of Community Psychology Association of India. Organized by the Department of Psychology, K.S. Saket PG College, Ayodhya, Faizabad (U.P.), 2nd International Symposium on "Cognition and Education" organized by Department of Psychology, BHU Cognitive Science Centre, McGill University, Canada and Cognitive Science Laboratory, Catholic University, USA., Seminar on Health Psychology, Department of Psychology, KS Saket Post-Graduate College, Ayodhya, Faizabad(U.P.), Annual Conference of National Academy of Psychology, Department of Psychology, University of Lucknow, Lucknow(U.P), 3rd International Symposium on Cognition, Education and Mental Health, Department of Psychology, BHU, Varanasi in collaboration with Department of Psychiatry, Virginia Commonwealth University, USA and Cognitive Science Laboratory, Catholic University of America, U.S.A., 1st Conference of Ph.D. Scholars of U.P. GB Pant Institute of Social Sciences, Allahabad(U.P), National Conference on 'Social Disadvantage and Child Development', Department Of Psychology, T.D.P.G. College Jaunpur (U.P.), National Seminar on 'New Directions In Applied Psychology', Department Of Psychology, VBS Purvanchal University, Jaunpur (U.P.), Third National Conference on Psychological Counselling and Health Across The Life Span, Department of Psychology, National P.G. College, Lucknow (U.P), National Seminar on Human Wellness and Psychology., Department Of Psychology, T.D.P.G. College Jaunpur (U.P.), 29<sup>th</sup> session of Indian social sciences Congress, University Of Lucknow, Lucknow (U.P.), National Seminar on Sensitization & Motivation for Quality Improvement of Higher Education System" Ewing Christian College, Allahabad (UP), Fourth National Seminar on Effect of food intake on the development of growing children, DG college Kanpur (UP). International Conference on mind culture and human activities, Psychological Sciences in 21<sup>st</sup> Century at JNU in New Delhi. International Conference on Counselling and Community Psychology, Department of Applied Psychology, VBS Purvanchal Univesity, Jaunpur, International online Seminar on Psychology and Allied Sciences on New Horizon in Social Sciences Research at Guru Jambheshwar University

of Science and Technology,, Hisar , Haryana,National Seminar on Re-Thinking Well-Being: Personal Social and Economical dimension, Department of psychology, Barakatullah University, Bhopal, (M.P.), International Conference on Psychology and Allied Sciences on Psychology of Everyday life, at Guru Jambheshwar University of Science and Technology, Hisar , Haryana.National Conference on Creating Well-Being, Department of Psychology, University of Lucknow, Lucknow, (U.P.). National Seminar on promoting Well-Being among Elderly : and Indian Perspective at Department of Psychology, University of Lucknow, Lucknow (U.P.), International Conference on Cognitive Behaviour Intervention, AllMS, New Delhi.

National Seminar on Stress and Management at Department of Psychology, HRPG college, Khalilabad, Sant Kabir Nagar (U.P.), International Conference of Indian Academy of Health Psychology Organized by Department of Psychology, University of Jammu, Jammu. 6-7 Dec. 2015.

**(List attached as Appendix – B)**

**Research Projects Undertaken- 03**

**Title of the project: Duration: Funding Agency: Amount in Lakhs**

| S. No. | Project Title   | Duration               | Funding Agency   | Amount in Lakhs | Completed/Running |
|--------|---|------------------------|--|-----------------|-------------------|
| 1.     | Promoting Well-being among Elderly: an Indian Perspective | 2012-2013<br>(Phase-1) | Sponsored by Department of Higher Education Government of U.P. under Centre of Excellence Scheme | Rs.10.05/-      | Completed         |
| 2.     | Promoting Well-being among Elderly: an Indian Perspective | 2013-2014<br>(Phase-2) | Sponsored by Department of Higher Education Government of U.P. under Centre of Excellence Scheme | Rs. 8.99/-      | Completed         |
| 3.     | Promoting Well-being among Elderly: an Indian Perspective | 2014-2015<br>(Phase-3) | Sponsored by Department of Higher Education Government of U.P. under Centre of Excellence Scheme | Rs. 10.00/-     | Running           |

**Books/Chapter in Books and Creative writings Published – 25**

(Paryavaran Vimarsh, Humrahi, Milestone Part-II, Sahitya Prakashan, *Studies on Stress Research in India*, Vol. II , *Stress and Behaviour*, Quality of Relationship and Marital Happiness In Understanding Women Behaviour, *Psychology of Health and Wellbeing*), *Stress and Coping Strategies concept: Sources and Consequences in Stress and Health*, *Health psychology: Revisited in Positive Psychology*, *Ethical Issues*

*in Guidance and Counselling : New Directions, Communication as an essential aspects in guidance and counseling, organizational learning in Business innovations.*

(List attached as Appendix – C)

#### Book Authored (01)

- **Developmental Psychology for undergraduate and postgraduate students**

#### Research Tools developed and Standardized

1. Marital Happiness Scale
2. Moos Work Environment Scale (Hindi, Indian Adaptation)
3. Warr's Psychological Wellbeing Scale (Hindi, Indian Adaptation)
4. Organizational Commitment Scale (Hindi, English, Indian Adaptation with S.M. Khan)
5. Need Satisfaction Scale (Hindi, English, Indian Adaptation with S.M. Khan)
6. Well-being scale for Elderly
7. Emotional intelligence scale (Hindi) Indian adaptation
8. Spiritual intelligence scale (Hindi) Indian adaptation

#### To sum up in words of Academicians and Professionals

Prof. P.C. Mishra has made very significant contribution in the field of Industrial and Organizational Psychology, Organizational Behaviour, Health Psychology and Stress and wellbeing. This is evidence by his **long list of publications (Over 142)** in the National and International journals of high repute. He has established a very active research group at University of Lucknow in the areas of Stress and Health and Organizational Behaviour and has already produced **33 Ph.Ds and 105 Masters Dissertations**.

#### Myself in One Sentence

- Motivated by challenges, experience, and achievements and driven by the will to succeed.

#### Teaching Interest

- Developmental Psychology
- Positive Psychology
- Applied Psychology and Psychological Assessment
- Industrial and Personnel Psychology
- Motivation and Emotion
- Organizational Psychology and
- Research Methodology

#### Fellowship/Award/Recognition

1. Awarded **Best Professor in Psychology** by Dewang Mehta National Educational Awards. September 14, 2017.
2. Awarded Banaras Hindu University Research Fellowship for conducting Ph.D. level research.
3. Member, Advisory Board of Indian Journal of Bio-Research.
4. Member, Advisory Board of Indian Journal of Community Psychology.
5. Member Advisory Board of National Service Scheme, Lucknow University, Lucknow.
6. Nominated by the Governing Board of Editors of the American Biographical Institute for Biographical inclusion in the Eighth Edition of the International Directory of Distinguished Leadership
7. Honorary Member in Editorial Board of India's first bilingual quarterly Journal **Paryavaran Vimarsh**, New Delhi.
8. Member, Advisory Board of National Service Scheme, University of Lucknow, Lucknow.
9. Honorary Research Board of Advisors of the American Biographical Institute.

10. Delivered several Invited key-note Lectures in Universities, Scientific Seminars, Academic and Public Meetings.
11. Chaired National and International Conferences and Seminars.
12. Member Programme Committee, UGC Sponsored Summer Institute on "New Directions in Applied Psychology, Department of Psychology, Lucknow University, Lucknow
13. Member of various departmental sub-committees like Admission, Student Aid, Time Table, etc.
14. Member of Board of Studies and Departmental Research Committees in Psychology in different Indian Universities.
15. Member of Faculty Board and Academic Council of University of Lucknow, Lucknow (U.P), India.
16. Social Counsellor in "Swatantra Bharat" Hindi Newspaper in the column of ULJHAN Published weekly

#### **Membership and Affiliations of National/International Bodies**

1. Life Member, World Association of Vedic Studies (Lucknow Chapter)
2. Life Member, Indian Science Congress Association
3. Life Member, Indian Academy of Applied Psychology
4. Life Member, Community Psychology Association of India
5. Life Member, 21 Shatabdi and Manaviya Soch
6. Member, National Academy of Psychology

#### **Administrative Assignments**

1. **Member of Executive Council, University of Lucknow, Lucknow 9.6.18- till date**
2. **Finance Officer, University of Lucknow, Lucknow from 20 June 2018 to 30 June, 2018**
3. **Finance Officer, University of Lucknow, Lucknow from 15<sup>th</sup> June, 2017-16-10-2017**
4. **Member of Executive Council, University of Lucknow, Lucknow from 10th January, 2017- 9-01-2018**
5. **Dean, Faculty of Arts, University of Lucknow, Lucknow from 2016 - till to date.**
6. **29.01.2019- Till date: Head, Department Journalism and Mass Communication, University of Lucknow, Lucknow**
7. **24.08.2018 to till date: Head, Department of Library and Information Science, University of Lucknow, Lucknow (U.P.), India.**
8. **Head, Department of Defense Studies, University of Lucknow, Lucknow. 7th December, 2016 – till date.**
9. **Head, Department of Geography, University of Lucknow, Lucknow. 7th December, 2016 – till date.**
10. **Head, Department of Home Science, University of Lucknow, Lucknow. 7th December, 2016 – till date.**
11. **Head, Department of Jyotirvigyan, University of Lucknow, Lucknow. 7th December, 2016 – till date.**
12. **Head, Department of Oriental Studies in Arabic & Persian, University of Lucknow, Lucknow. 7th December, 2016 – till date.**
13. **Head, Department of Oriental Studies in Sanskrit, University of Lucknow, Lucknow. 7th December, 2016 – till date.**
14. **Head, Department of Physical Education, University Of Lucknow, Lucknow. 7th December, 2016 – till date.**
15. **Head, Department of psychology, University of Lucknow, Lucknow 2012-2015**
16. **Head, Department of psychology, University of Lucknow, Lucknow 2012-2015**
17. **Director, Institute of Women studies, University of Lucknow, Lucknow 2012-2015**
18. **Principal Investigator, Centre of Excellence Scheme sponsored by Higher Education Department U.P. Government(2012)**



19. **Elected General President Community Psychology Association of India 2015-2017 in Silver Jubilee Celebration of CPAI in** , Department of Psychology, University of Lucknow,Lucknow Dec 19-20 (2015)
20. **Director**, National Conference on Creating Well being under the ageis of Community Psychology Association of India, Department of Psychology, University of Lucknow,Lucknow(2014)
21. **Director**, National seminar on Promoting well being Among Elderly: An Indian Perspective,Department of Psychology, University of Lucknow,Lucknow(2013)
22. **Director** ,National Workshop on Research Methodology and SPSS Department of psychology ,University of Lucknow ,Lucknow 2012
23. **Coordinator**,P.G.Diploma in HRD and OB,Department of Psychology ,University of Lucknow,2006-2015
24. **Assistant Director**, Post-Graduate Admission Test (PGAT), University of Lucknow, 2000 and2001.
25. **Additional Proctor**, Lucknow University 1999-2005.
26. **Assistant Director**, Under-Graduate Admission Test (UGAT), University of Luck now, 1998.
27. **Assistant Proctor**, Lucknow University, 1995-1998.
28. **Assistant Dean, Student Welfare**, Lucknow University, 1995.
29. **Assistant Provost**, Golden Jubilee Hall, University of Lucknow, Lucknow, 1989-1992.
30. **Assistant Provost**, Birbal Sahni Hall, Lucknow University, Lucknow, 1992-1996.
31. **Assistant Director**, Under-graduate Admission Test (UGAT), University of Lucknow, 1989.
32. **Member** Freeship and Student aid Subcommittee, Faculty of Arts, University of Lucknow, 1989.
33. **Assistant OSD**, Post-gradaute collection and Scrutiny Cell, Lucknow University Examination, 1990.
34. **Member of Board of Studies in Psychology, University of Lucknow, Lucknow (U.P.)**
35. **Member of Faculty Board in Arts, University of Lucknow, Lucknow (U.P.)**
36. **Member of Academic Counsel, University of Lucknow, Lucknow, (U.P.)**
37. **Member Central Purchase Committee, University of Lucknow, Lucknow (U.P.)**
38. **Member Board of Studies in Home Science, Faculty of Science, University of Lucknow, Lucknow, (U.P.)**
39. **Member Board of Studies in Women Studies, University of Lucknow, Lucknow (U.P.)**

## **Bringing Excellence to Department and University**

1. Teaching and Research in the frontal areas namely Human Resource and Development, Positive Psychology, Psychology of Relationship and Health Psychology at P.G. level and B.A. Honours psychology course initiated at and courses developed. A Health Psychology lab has been initiated for welfare of elderly people of the society in the department. Psychological Guidance and Counselling Centre has been also revived for healthy and successful life for youth and elderly people.

2. State of the art and infrastructure for carrying out research in the area of Psychology and Geriatrics were developed through financial support received under Centre of Excellence Scheme in Psychology from Department of Higher Education, Government of U.P.

## **Academic Recognition by Peers:**

- **Member, Academic Council, Board Faculty of Arts and Board of studies in various Universities.**
- **Organizing secretary and Member of the Organizing Committee of various symposias/ Conferences/ Seminars/ Workshops.**

- **Chief Guest and Key note Speakers in a number of Functions/ Symposias/ Seminars/ Workshops/ Conferences.**
- **Member of selection committees at various central and state universities such as Aligarh Muslim University, Gurukul Kandri University, Haridwar (U.K.), Pandit Ravi Shankar Shukla University, Raipur (C.G.), Guru nanak Dev University Amritsar,(Punjab), University of Rajasthan, Jaipur, (Rajasthan), Dr. B.R. Ambedkar Bihar University, Mujaffarpur, (Bihar), Dr. R.M.L. Awadh University, Faizabad, M.D. University , Rohtak, Haryana, National P.G. college Lucknow, City Degree college, Lucknow, Carreer Convent Girls Degree college, Lucknow, Bhartiya Vidya Bhawan Degree college Lucknow, Mahila Degree college, lucknow, Asha Smriti Degree college, Lucknow, Unity degree college Lucknow, PPN College Lucknow, VBS Purvanchal University Jaunpur, Dayalbagh Educational Institute (Deemed University), Dayalbagh, Agra, etc.**
- **Member of selection committees of UPPSC Allahabad, Uttarakhand PSC, Haridwar, Staff Selection Commission (Central Region Allahabad), MP Public Service Commission Indore, Jharkhand Public Commission, Ranchi, Jharkhand, Bihar Public Service Commission, Patna, Police Bharti Board, Lucknow, University Grant Commission (UGC), New Delhi, University Grant Commission (Central Region, Bhopal), Hindustan Petroleum Mumbai, etc.**

### Top Skills

(**Proficiency: Advanced** - Highly experienced; **Intermediate** - Familiar with all the basic functionalities; **Beginner** - Just started using or learning the skill)

| Skill          | Years | Proficiency |
|----------------|-------|-------------|
| Research       | >27   | Advanced    |
| Teaching       | >25   | Advanced    |
| Administrative | >21   | Advanced    |

### Languages

(**Proficiency: 0=Poor - 10=Excellent**)

| Language | Read | Written | Spoken |
|----------|------|---------|--------|
| Hindi    | 10   | 10      | 10     |
| English  | 10   | 10      | 10     |

### Honors & Awards

1. Awarded **Best Professor in Psychology** by Dewang Mehta National Educational Awards. September 14, 2017.
2. Awarded Banaras Hindu University Research Fellowship for conducting Ph.D. Level research.
3. Member, Advisory Board of Indian Journal of Bio-Research.
4. Nominated by the Governing Board of Editors of the American Biographical Institute for Biographical inclusion in the Eighth Edition of the International Directory of Distinguished Leadership, 1998.
5. Honorary Member in Editorial Board of India's first bilingual quarterly Journal of Paryavaran Vimarsh, New Delhi.
6. Member, Advisory Board of National Service Scheme, Lucknow University, Lucknow.
7. Honorary Research Board of Advisors of the American Biographical Institute.



## References

1. **Prof. D. M. Pestonjee**, Ex .Professor O.B Area IIM, Ahemadabad 3-A\3 Shymal Row Houses, Prahlad Nagar Raod ,Off Ring Road Ahmadabad-380015 (Gujarat) Ph. No-079-26742470 (R), email: dmpestonjee@spm.pdpu.ac.in
2. **Prof. K .D. Broota**, Department of Psychology, Art Faculty Extension Building, University of Delhi, Contact No-09818399007, 01147005876, email: [krishandayal@gmail.com](mailto:krishandayal@gmail.com)
3. **Prof. D. P.Singh**, Ex.Vice Chancellor, University of Lucknow ,Lucknow. Saket Colony near Sankat Mochan Varanasi-221005(U.P) Contact No-0542-2315871(R) 918853051960, email: dps1938@gmail.com.
4. **Prof. N. S. Tung**, Department of Psychology, Guru Nanak Dev University Amristar (Punjab) Contact No-0183-2562575 (R),09872662575, email:nstung1@yahoo.com

## Research Contributions

I have contributed immensely on both the basic as well as **applied aspects of Psychology** in the field of **Industry and Organization**. In my research career of **almost 38 years**, I have worked in the **areas of Stress and Health, Organizational Behaviour (Job Satisfaction, Job involvement and Organizational Commitment), Social support (Moderating effect of social support on the relationship of Occupational Stress and Organizational commitment), Relationship of Occupational Stress with mental health, Organizational commitment, Job satisfaction, job involvement, Participation, Performance and psychological well being.**

Some of my research contributions may be outlined as follows:-

### 1. Social Support as a Moderator variable of Occupational Stress and Organizational Commitment Relationships

Social support plays an important role in the management of occupational stress and enhancement of organizational commitment among the employees engaged at work place. In this field I have carried out many researches for exploring the moderating effect of social support on the relationship between occupational stress and organizational commitment. I found that social support plays as a moderator variable between these relationships.

**Following papers have been published in this area:-**

- Vashistha & Mishra (2004), **Psychological Studies, Vol-49, No2-3, 202-204.**
- Vashistha & Mishra (2000), **Journal of Community Guidance and Research, Vol-17, No.1, 96-104.**
- Vashistha & Mishra (1999), **Psychological Studies Vol-44, No.3, 51-54.**
- Vashistha & Mishra (1999), **Journal of Indian Academy of Applied Psychology. Vol-25, No.1-2, 71-74. ISSN: 0019- 4247**
- Vashistha & Mishra (1998), **Psychological Studies Vol-42, No.1, 1- 4.**

### 2. Social Support as a Moderator variable of Occupational Stress and Organizational Commitment Relationships Researches on Organizational Commitment a New Construct of Organizational Behaviour

I have been pursuing the studies on predictors of organizational commitment in Indian Organization. In this field I have tried to explore the influencing factors with regard to organizational commitment.

Following papers have been published in this area:-

- Mishra & Mishra (2005), **Indian journal of Community Psychology, Vol-1, No.1, 106-113.**
- Khan & Mishra (2004), **Indian Journal of Community Psychology, Vol-2, No.2, 251-257.**
- Khan & Mishra (2004), **Journal of Management Research, Vol-4, No.1 121-126.**
- Khan & Mishra (2002), **Journal of Community Guidance and Research, Vol-19, No.2, 199-208.**

### 3. Developing an Indian Model for Stress

Recently I am in the process of developing an Indian model of stress named as **Satyam-Shivam- Sundaram Model of Stress**. In this model the more emphasis is given on three points that is **Satyam (truth), Shivam (Welfare and Destruction) and Sundaram (Positive aspects of Stress)**.

This model suggests that stress should not be used in negative term but it should be treated in a positive way. My model supports the **Indian view** that stress is a **truth of life**. Nobody can escape from stress **from birth and to till death**. Stress works **like Shivam**, the god of welfare and destruction. In this model it is believed that stress is a creator as well as destroyer of life both. In other words we can say when a level of stress is normal an individual feels happy and does good work for welfare of himself as well as society itself. Ultimately it was supported by this model that stress should be taken in positive way that is good part of life (**Sundaram**).

### 4. Engaged in other research

A part from these above researches I have been engaged in **researches related to mental health, subjective wellbeing and psychological wellbeing in industrial employees**. In the span of **34 years** of my research career I have contributed **74 full length research papers in various Journals of national and international reputes**. In addition to this I contributed **eighteen chapters in different reference books and 74 research papers in above mentioned research areas** have been presented in **various conferences, seminars and workshops**. I would like to mention here also that I have supervised **33 Doctoral dissertations and 125 Master's dissertations** in the above fields. Recently I have engaged myself in researches on **Mental Health and wellbeing of Elderly People**.

### Contribution to the Corporate Life of the University

#### CURRICULUM DEVELOPMENT

1. Actively assisted in framing, upgrading and revising the undergraduate (three year degree course) and post-graduate classes of Psychology, University of Lucknow, Lucknow.
2. Member of the Board of Studies, Department of Psychology, Lucknow University, Lucknow.
3. Member of Faculty Board, Arts Faculty, Lucknow University, Lucknow.
4. Member of the Academic Council, Lucknow University, Lucknow.

#### CULTURAL/EXTRA CURRICULAR ACTIVITIES

1. Pannel Moderator for the session Reinventing HRM. 4<sup>th</sup> Summit HumanOource, 2017. Organized by GHSIMR, Kamlanagar, Kanpur.
2. Member Programme Committee, UGC Sponsored Summer Institute on "New Directions in Applied Psychology, Department of Psychology, Lucknow University, Lucknow, 1998.
3. Arts Representative, Lucknow University Teachers Association, 1995-1997.
4. Returning Officer, Golden Jubilee Hall Association Election 1990-1991.
5. Joint Secretary, Lucknow University Teachers Association (LUTA), 1990.
6. Member of various departmental sub-committees like Admission, Student Aid, Time Table, etc.

#### SPORTS/COMMUNITY AND EXTENSION SERVICES

1. Social Counsellor in "Swatantra Bharat" Hindi Newspaper in the column of ULJHAN Published weekly from 1995.
2. Organized seminars/debates and various social functions such as farewell and welcome.

## Research Articles Published

1. **Rawat S.K. Mishra P.C. (2019).** Occupational Stress and Optimism as the Predictors of Work Commitment in Personnel of Paramilitary Force. *Remarking an Analisation*. Vol 3 Issue 10, 187-195 ISSN- 2394-0344.
2. **Rawat S.K. Mishra P.C. (2019).** Relationship between Occupational; Stress, Optimism and Resilience in Paramilitary Force Personnel: A Pilot Study. *Shrinkhla: Ek Shodhparakh Vaicharik Patrika*. Vol 6 Issue 5. 159-164 ISSN- 2321-290X.
3. **Chauhan S. S. & Mishra P.C. (2018).** Effect of age and Work Experience of Employees on Organizational Silence at Workplace. *Remarking an Analisation*, Vol. 3 Issue-5, 62-65, ISSN- 2394-0344.
4. **Chauhan S. S. & Mishra P.C. (2018).** Conceptualising Employee Silence at Workplace and its Causes. *Shrinkhla Ek Shodhparakh Vaicharik Patrika*, Vol-6, Issue-1, 71-74, ISSN- 2321-290X
5. **Srivastava S. & Mishra P.C. (2018).** Widowhood in Context of Positive Psychology. *Remarking an Analisation*. Vol. 3, Issue 3, June, 2018, ISSN: 2394-0344.
6. **Srivastava S. & Mishra P.C. (2018).** Relationship between Resilience, Optimism and Psychological Well-being among Widows and Widowers. *Periodic Research*. Vol. 6, Issue 4, May 2018. ISSN: 2231-0045.
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**Participation in Seminars/Conferences/Symposium/Workshops**

1. **Pathak S. & Mishra P.C., (2017).** Necessity of ethical considerations in teaching professionals. National Seminar on Higher Education in India: Vision 2030 with special reference to Sustainable Development Goals ( Sponsored by The Department of Higher Education, Government of Uttar Pradesh) January 28, 2017 organized by Maharaja Biji Pasi Govt. P.G. College, Ashiyana, Lucknow (U.P.)
2. **Pathak S. & Mishra P.C., (2016).** Spirituality as a Mechanism to Reduce Distress in Cervix Cancer Patients with Ongoing Radiation Therapy and/or Chemotherapy. National Conference on Role of Spirituality in Palliative Care. Organized by Cancer Aid Society, Lucknow. December 8, 2016.
3. **Pathak S. & Mishra P.C., (2016).** Smartphone Usage Among Indian Youth: In Special reference to Effect on Mental health. International Conference on Youth and Well Being. Department of Applied Psychology, Guru Jambheshwar University, Hisar and Community Psychology Association of India. November 11-12, 2016.
4. **Agarwal S. & Mishra P.C. (2016).** Relationship between Emotional Intelligence and Psychological Wellbeing among University Students. International Conference on Youth and Well Being. Department of Applied Psychology, Guru Jambheshwar University, Hisar and Community Psychology Association of India. November 11-12, 2016.
5. **Chaturvedi A. & Mishra P.C. (2016).** Reducing Stereotype Threat to Increase Well-Being in Women. International Conference on Youth and Well Being. Department of Applied Psychology, Guru Jambheshwar University, Hisar and Community Psychology Association of India. November 11-12, 2016.
6. **Mishra P.C. (2016).** Culture and Organization: A Conceptual Understanding. Special Lecture Delivered. National Seminar on Culture and Human Behavior and Professor L.B. Tripathi Memorial Lecture. September 15-16, 2016.
7. **Agarwal S. & Mishra P.C., (2016).** Emotional Intelligence as a Predictor of Affective Commitment among Revenue Personnel. National Seminar on Culture and Human Behavior and Professor L.B. Tripathi Memorial Lecture. September 15-16, 2016.
8. **Chaturvedi A. & Mishra P.C., (2016).** Culture and Stereotype Threat: An All Pervasive Phenomenon. National Seminar on Culture and Human Behavior and Professor L.B. Tripathi Memorial Lecture. September 15-16, 2016.
9. **Pathak S. & Mishra P.C., (2016).** Fostering Resilience in Young Children. 4<sup>th</sup> International Conference on Psychology and Allied Sciences. Organized by Indian Association of Health, Research and Welfare. New Delhi. 16-18 Jan. 2016.
10. **Mishra P.C. (2016).** Impact of Social Networking Sites (SNS) on Children & Youth. ICSSR Sponsored National Seminar on Mapping Practices in Psychology: Critical Issues and Current Perspectives and Annual Conference of IPA organized by Department of Psychology, Nirmala College, Ranchi. 7-8 Feb. 2016.
11. **Pathak S., & Mishra P.C., (2016).** Illness Beliefs and Impact of Psychology Intervention on Quality of Life in Cervix Cancer Patients: A Personal Account. International Conference on Psychological Perspectives on Health and Wellbeing. 1-2 March, 2016 organised by Department of Psychology (UGC - DRS), Jamia Milia Islamia, New Delhi.
12. **Chaturvedi A., & Mishra P.C. (2016).** Stereotype Threat, Language and Its Impact on Women. 1<sup>st</sup> Wittgenstein Conference of Ludwig Wittgenstein Philosophical Society on Language and Life: A Reflection on Wittgenstein's Philosophy. Organised by Department of Philosophy, Department of Philosophy, Lucknow University, Lucknow. 12-13 March, 2016.
13. **Mishra P.C. & Chandra M., (2015)** Effect of Cognitive Restructuring on Marital happiness in intercast married couple. **International Conference on Cognitive behavior intervention, AIIMS, New Delhi.**
14. **Mishra P.C. & Pathak S., (2015)** Effect of Cognitive Restructuring on Stress among Cervix Cancer Patient, **International Conference on Cognitive behavior intervention, AIIMS, New Delhi.**
15. **Mishra P.C., Vashishtha A., & Mishra S. (2015)** Belonging Support as a moderator variable of occupational stress and organizational commitment relationship. UGC Sponsored National Seminar on Stress Management: Strategies and Future Challenges. 18 – 19 Sept. 2015.
16. **Mishra P.C. & Chandra M. (2015).** Marital Stress and wellbeing among Spouses of Intercaste Marriages. UGC Sponsored National Seminar on Stress Management: Strategies and Future Challenges. 18 – 19 Sept. 2015.

17. **Pathak S. & Mishra P.C., (2015).** Implications of Statistics in Social Sciences. International Conference on Statistics and Related Areas for Equity, Sustainability and Development (SRAESD-2015), Department of Statistics, Lucknow University, Lucknow. 28-30 Nov. 2015.
18. **Mishra. P.C. & Kumari A., (2014)** Spritual Health as Predictor of Subjective wellbeing in police personel,National Conference on Creating Well being under the aegis of Community Psychology association of India, Department of Psychology, University of Lucknow, Dec 19-20, 2014.
19. **Mishra P.C. & Rawat S.K. (2014)** Optimism: Its impact on health, National Conference on Creating Well being under the aegis of Community Psychology association of India, Department of Psychology, University of Lucknow, Dec 19-20, 2014.
20. **Mishra P.C. & Pathak S. (2014)** Drug Abuse among Rural Women in India.National Conference on Creating Well being under the aegis of Community Psychology association of India, Department of Psychology, University of Lucknow, and December 19-20, 2014.
21. **Mishra,P.C.(2013) Exploring the Consequences of having a chronically Ill Spouse: A qualitative Study International Conference on Psychology and Allied Sciences on Psychology in Everyday Life** Organized by Indian Association of Health research and Welfare(IAHRW) and Centre for Behavioural Research and Intervention(CBRI), GJUS &T, Hisar,Haryana.
22. Verma S., Kumari A, & **Mishra P.C. (2013)** Psychological Resilience and Spiritual Health among Elderly: Living in Old Age Homes and Living with Family.National Seminar on Promoting Well Being among Elderly: An Indian Perspective, Department of Psychology, University of Lucknow, appDec. 26 – 27, 2013.
23. **Mishra P.C., Pathak S. & Rawat S.R. (2013):** Elder Abuse in India. An Indian Perspective, Department of Psychology, University of Lucknow,Dec. 26 – 27, 2013.
24. **Mishra P.C., Rawat S.R., Pathak S. (2013):** Stress Management among Elderly. An Indian Perspective, Department of Psychology, University of Lucknow,Dec. 26 – 27, 2013.
25. **Mishra,P.C.(2011)Family therapy in Adolescence**International meet on collaboration with American Universities and International conference on **counseling and community Psychology** ,organized by **Department of Applied Psychology VBS Purvancal University, Jaunpur.**
26. **Mishra,P.C.(2011) Positive thinking in Managing stress International online seminar on Psychology and Allied sciences on New horizon in Social Sciences Research** Organized by Indian Association of Health research and Welfare(IAHRW) and Centre for Behavioural Research and Intervention(CBRI),Hisar,Haryana.
27. **Mishra,P.C.(2011) Life style pattern and well being National seminar on Rethinking Well being :Personal, Social and Economical Dimensions** organized by Department of Psychology, Barkhatullah University, Bhopal,
28. **Mishra,P.C.(2010) Heath psychology-Revisited** International conference on Mind, Culture and Human Activites, Psychological Sciences in Twenty First Century at Jawaharlal Nehru University, New Delhi.
29. **Mishra, P.C. & Srivastva .M (2007) Co-Relational Study of Psychological Wellbeing, Occupational Stress & Organizational Commitment of Male Teachers of Higher Educational Institution. National Seminar on Sensitization & Motivation for Quality Improvement of Higher Education System”** Ewing Christian College, Allahabad (UP).
30. **Mishra,P.C.(2007) Eating habits and development of diseases in growing children. Fourth National Seminar onEffect of food intake on the development of growing children,DG college Kanpur (UP).**
31. Mehra, Parul & **Mishra, P.C. (2005)** Psychological Control of Chronic Illness, **National Seminar on Human Wellness and Psychology., Department Of Psychology, T.D.P.G. College Jaunpur (U.P.).**
32. Dwivedi, S, & **Mishra, P.C. (2005)** Roots of Happiness, **29<sup>th</sup> session of Indian social sciences Congress, University Of Lucknow, Lucknow (U.P.).**
33. Dixit,P, &**Mishra, P.C. (2005)** Roots of Happiness, **29<sup>th</sup> session of Indian social sciences Congress, University Of Lucknow, Lucknow (U.P.).**
34. Mishra, S &**Mishra, P.C. (2005)** Strengthening Martial Relationship By Managing Conflict, **29<sup>th</sup> session of Indian social sciences Congress, University Of Lucknow, Lucknow (U.P.).**

35. Fatima, S & Mishra, P.C. (2005) Challenges to the traditional model of marriage in Muslim Community. **29<sup>th</sup> session of Indian social sciences Congress, University Of Lucknow, Lucknow (U.P.).**
36. Kacker, Pallavi&Mishra, P.C.(2004) Loneliness, Social Support and Life satisfaction in Elderly People, **Third National Conference on Psychological Counselling and HealthAcross The Life Span, Department of Psychology, National P.G. College , Lucknow (U.P).**
37. Mehra, Parul & Mishra, P.C. (2004) Ageing: Caring with Sharing , **Third National Conference on Psychological Counselling and HealthAcross The Life Span, Department of Psychology, National P.G. College , Lucknow (U.P).**
38. Khan, S.M. & Mishra, P.C. (2003) moderating effect of personal background variables on the relationship of multi-dimensional organizational commitment and perceived work environment- sub-group analysis. **90<sup>th</sup>Session of the Indian Science Congress Association, University of Banglore , Bangalore (Karnataka)**
39. Vashishtha, A.& Mishra , P.C. (2003) Social support as a Moderator Variable of the Occupational Stress and Affective Commitment relationship, **90<sup>th</sup> session of the Indian Sciences Congress association, University of Banglore,Banglore (Karnataka)**
40. Khan, S.M. & Mishra, P.C. (2003) Commitment to the organizations: A case of Indian Railways, **NationalSeminar on 'New Directions In Applied Psychology', Department Of Psychology, VBS Purvanchal University, Jaunpur (U.P.)**
41. Khan, S.M. & Mishra, P.C. (2002) Need Satisfaction and Organizational Commitment – Correlational Study. **89<sup>th</sup> Session of the Indian Science Congress Association, University of Lucknow , Lucknow (U.P.).**
42. Khan, S.M. & Mishra, P.C.(2002) Indian Adaptation of Porters' Need Satisfaction Scale.**89<sup>th</sup> Session of the Indian Science Congress Association, University of Lucknow, Lucknow (U.P.).**
43. **Mishra, P.C. &Khan, S.M. (2002) Child Labour in India: Causes, Governmental Policies and the role of Education. UGC Sponsored National Conference on 'Social Disadvantage and Child Development', Department Of Psychology, T.D.P.G. College Jaunpur (U.P.).**
44. **Mishra, P.C. &Khan, S.M. (2002) Preparing teachers for teaching socially disadvantaged children: Development of a module of training. UGC Sponsored National Conference on 'Social Disadvantage and Child Development', Department Of Psychology, T.D.P.G. College Jaunpur (U.P.).**
45. Shrivastava, M. & Mishra, P.C. (2000) Correlational study of psychological well-being and organizational commitment of male teachers of higher educational institution. **87<sup>th</sup> Session of the Indian Science Congress Association, University of Pune , Pune (Maharashtra).**
46. Vashishtha, A. & Mishra, P.C. (2000) Social support as a moderator variable of the occupational stress and continuance commitment relationship. **87<sup>th</sup> Session of the Indian Science Congress Association, University of Pune , Pune (Maharashtra).**
47. Shrivastava, M. and Mishra, P.C. (2000) Impact of psychological well-being on organizational commitment of male teachers of higher educational institution. **It's Conference of Ph.D. Scholars of U.P. GB Pant Institute of Social Sciences, Allahabad (U.P).**
48. Shrivastava, M. & Mishra, P.C. (1999) Impact of occupational stress on the organizational commitment of male teachers of higher educational institutions. **86<sup>th</sup> Session of Indian Science Congress Association, University of Chennai, Chennai (Tamil Nadu).**
49. **Mishra, P.C. (1999) Assertiveness in relation to stress in Police officers. UGC sponsored National Seminar on Health Psychology, Department of Psychology, KS Saket Post-Graduate College, Ayodhya, Faizabad(U.P.).**
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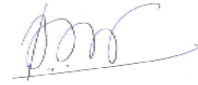


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### **Declaration**

I hereby declare that all the statements made in this resume are correct to the best of my knowledge and belief.



(Dr. P.C. Mishra)

Place : Lucknow (India)

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