

# Dr. Archana Shukla



## PERSONAL DETAILS

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Name : Dr. Archana Shukla  
Date of Birth : 23-05-1973  
Husband's Name : Kshtish Shukla  
Designation : Associate Professor (joined the department in 2005)  
Institute : Department of Psychology, University of Lucknow, Lucknow.  
Present Address : 8, Professor flat, Babu Ganj, Faizabad Road, Lucknow – 226022  
Permanent Address: 305/4 Vikas Nagar, Lucknow.  
Mobile : 9454670463, 8960000860  
E-mail : archana.kshitish@gmail.com,

## SUMMARY OF QUALIFICATIONS

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- I.C.S.E (X) from **La Martini ere Girls' College**, Lucknow in 1990 with **First division**
- Intermediate from **I.T College**, in 1992 with **First division**
- Bachelor of Arts. from **University of Lucknow** in 1995 with **First division**
- Master of Arts from **University of Lucknow** in 1997 with **First division**
- Qualified **UGC JRF** from University of Lucknow in 1997 in **First attempt**.
- Ph.D from University of Lucknow awarded in 2003 Topic: **Leprosy Patient: A Personality Profile**.

## RECENT ACHIEVEMENTS

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1. **Head**, Department of Psychology, University of Lucknow
2. **Coordinator** of Garbh Sanskar program from Institute of Women's Studies, Initiated by Honourable Chancellor, Annadiben Patel, **Governor of Uttar Pradesh**, 2020.
3. **Former Co Ordinator**, Institute of Women's Studies, University of Lucknow. (2020-2023)
4. Two books translated in Hindi entitled “**व्यक्तित्व विकास: पश्चिमी और पूर्वी प्रतिबिंब/ Personality Growth: Western and Eastern reflections**” and “**गर्भ संस्कार: भीतर एक तीर्थयात्रा / Garbh Sanskar: A Pilgrimage**” released by Honourable Prime Minister on the occasion of third anniversary of National Educational Policy at Akil Bhartiya Shiksh Samagam, 2023.
5. Eight Textbooks based on B.A. NEP and M.A. CBCS courses.
6. Book received copyright from the Government of India entitled “**Self Enhancement Skills NEP Co-Curricular Textbook, 2023**”. Published By Progressive Publications. Lucknow (U.P.) India. ISBN No.- 978-81-957397-1-4
7. Resource person in **Army HQ Central Comd (Edn)** Lucknow for the “Career Testing Guidance and Counselling” from March, 2020 to March 2021.
8. Social scientist and **Member of Ethical Committee**, Vivekanand Hospital (under Ram krishna Mission ) Lucknow.
9. **Editorial Board Member** with Bio Accent Group at Wilmington, USA
10. **Member of Associate Editor/ Peer Reviewer** of Mind And Society.
11. **Psychologist and Co Investigator** in project ‘A Comprehensive Interventional Study on Management of Autism Spectrum Disorder and Registry of ASD Cases’ a project submitted in International Collaboration to Department of Biotechnology, Ministry of Science and Technology, Government of India.
12. Was instrumental in getting **MOU** signed between 112 UP Police and University of Lucknow, as program Co Ordinator of *ManSamVad* (online counseling of Police Personnel in distress)
13. Developed an innovative idea of “**Psychological First Aid Kit**” based on theory of Psychological Wellbeing.

## AREA OF SPECIALIZATION

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- Presently working in the area of Applied Social Psychology, deviant and **LGBT** (lesbian, gay, bisexual and transgender) population and with special emphasis on action research, developing Counseling Intervention packages.
- 18 years of extensive experience in research. **Eight PhD. awarded** and nine are ongoing.

## RESEARCH PUBLICATIONS = 62

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1. Shukla A and Singh G (2023). **The Role of Flourishing in Organizations**. The International Journal of Indian Psychology. Volume: 11, Issue: 3. July-September 2023, ISSN: 2348-5396, 2349-3429.
2. Shukla A and Shukla N (2023). **Navigating Anger and Mastering its Management**. The International Journal of Indian Psychology. Volume: 11, Issue: 3. July-September 2023, ISSN: 2348-5396, 2349-3429
3. Shukla A and Verma P (2023). **Garbh Sanskar: Preparation of Motherhood**. The International Journal of Indian Psychology, Volume: 11, Issue: 3. July-September 2023. ISSN: 2348-5396, 2349-3429
4. Shukla A and Shukla N (2023). **Gender Variations in Coping Strategies for Challenges Faced by University Students**. Mind And Society A Peer Reviewed Journal in Humanities and Social Sciences, Volume: 12, Issue: II June 2023. ISSN: 2277-6907
5. Shukla A and Verma P (2023). **A Cognitive Behavioral Therapy Intervention Study for Managing Social Anxiety Disorder in Pregnant Women**. Mind And Society A Peer Reviewed Journal in Humanities and Social Sciences, Volume: 12, Issue: II June 2023. ISSN: 2277-6907

6. Shukla A and Singh G (2022). **Sexual Harassment at Workplace: A Socio-psychological Analysis**. Indian Journal of Psychology and Education, Vol. 12, No.2, pp 9-12 July (2022). ISSN No. - 2231-1432.
7. Pandey. S and Shukla. A (2021). **Counselling Parents of children with Intellectual Disability**. Bharatiya Journal of Counselling Psychology: 2021; Volume 1 Issue 1
8. Shukla A. and Fatima A. (2021) **Perception of self among Transgender**. International Journal of Psychosocial Research A Peer Reviewed Journal\_vol-10 (2) No- 2 July 2021
9. Shukla A and Yadav V. (2021) **Spirituality and Personality: Drawing Parallels** International Peer Reviewed and Refereed Journal Vol-15 No-2 March 2021.
10. Shukla. A (2021) **Life Satisfaction in Priesthood: An Inter-Religious Study**. The international journal of Indian psychology, Vol-9 issue 1 Jan- March, ISSN- 2348-5396 (E) and (P) 2349-3429.
11. Shukla. A. and Zaidi. T. (2020) **Forgiveness among Adolescents Girls living in Shelter Homes** International Journal of Scientific and Research Publications Vol- 10 Issue 8 ISSN -2250-3153.
12. Shukla A., Fatima A., Singh A (2020) **Understanding effect of Social Media on Aggression among Youth** peer reviewed journal Asian Resonance Multidisciplinary International Research Journal- Vol-9 issue-4 oct- 2020, ISSN (P) 09768602 ISSN (E) 23499443.
13. Singh S. and Shukla A. (2020) **Optimism and Quality of life as Predictors of Wellness among Institutionalized Elderly** Periodic Research Multidisciplinary Peer Reviewed International Researc29-30 h Journal ISSN (P) 2231-0045 ISSN (E) 23499435 Vol-9 issue-1 August -2020.Pg no. 43-47.
14. Shukla A and Srivastava S (2020) **Personality correlates of Job Motivation Among Managers of Telecom Sector: A correlational study**. Research discourse An International peer reviewed refereed research journal ISSN – 2277-2014 Year X No. II April –June 2020.

15. Shukla A and Singh S. (2020) **Self – regulation, Locus of Control in Relation to Emotional Intelligence of Young Adults**. Research discourse An International peer reviewed refereed research journal ISSN – 2277-2014 Year X No. II April –June 2020.
16. Shukla A. and Mehrotra D. (2020) **School Environment: Perception of Female Students of Senior Secondary Schools**, Srinkhla Ek Shodhparak vaicharik Patrika, A Multi-Disciplinary International Peer Reviewed Journal. ISSN (P) 2321-290X (E) 2349- 980X Vol-8 Issue -1 Sept-2020.
17. Shukla A. and Yadav V. (2020) **Personality Correlates of Spirituality Among the Elderly** Innovation the Research Concept peer reviewed multi- disciplinary bilingual International Journal. Vol-5 issue -7. ISSN – 2456-5474.
18. Shukla A and Krishna A. (2020) **Self-perception among MSM (Men sex with Men)** Remarking an Analisation Multidisciplinary International Peer Reviewed Journal Vol- 5 Issue – 6 Sept- 2020 ISSN- (E) 2455-0817 (P) 2394-0344.
19. Shukla A. and Mehrotra D. (2020) **School environment: Perception of Female Students of Senior Secondary Schools**. Journal of Indian Health psychology, international peer reviewed and refereed journal Vol-15, Issue-1 (pg no. 80-90). ISSN NO. 0973-5755. Impact factor 2.1223
20. Shukla A. (2020). **Religiosity and Locus of Control as Related to Happiness among Young Adults**. Shikshan Sanshodhan, Peer Reviewed, Indexed Journal. Vol.3, Issue-6, Nov-Dec,2020
21. Shukla A. Vimla and Sen T. (2019) **Self Image among Adolescents**. Research Discourse An International peer-reviewed Refereed Research Journal Vol. 9, No- 4, October – December, 2019
22. Shukla A. and Vimla. (2019). **Aggression among youth: A Gender Study** Shrinkhala Ek Shodhparak Vaicharik Patrika Peer reviewed and refereed journal Vol. 5, Issue -5 ISSN (p) -2321-290X (E) 2349-980X.

23. Shukla A. and Vimla (2019) **Quality of life among youth: A gender study** Remarking An Analisation Peer reviewed and refereed journal. Vol. 3 Issue- 10 ISSN- (e) 2455-0817 (p) 2394-0344
24. Shukla A. and Singh J. (2018) **Domestic violence against females in India: A rural Perspective** approved by UGC, J (48923) ISSN: 2348-4624 Sodh Mimansa an International refereed research journal.
25. Shukla A. and Pandey. S (2018). **Stress in Parents of Children with Intellectual Disability** Remarking and analisation Vol. 3 Issue -7 (e) 2455-0817 (p) 2394-0344.
26. Shukla A., Singh S. and Singh S. (2018) **Personality Correlates of Depression among Undergraduate Students** UGC Approved ISSN 2277-2014 Vol. VIII Research discourse an international refereed research journal.
27. Srivastav, S. and Shukla, A., (2018) **Psychosocial and Environmental Problems among MSM Population**, remarking and analyzation, Peer- reviewed refereed journal, UGC Listed No. 40827, Impact factor SJIF-5.879, GIF.543, IJIF-6.134. ISSN (e)2455-0817, ISSN (P) 2394-0344. Pg. 62 to 67.
28. Shukla. A. Pandey. S. (2018) **Stress in Parents of Intellectually Disabled children: A Study of a District of Uttar Pradesh** Recent advances in Psychology an International Journal. ISSN- 2395-5465 vol-5 Issue-1.pg104-110
29. Shukla. A and Mehrotra. D. (2018) **Relational World of Transgender** International Journal of Social Sciences review, Vol-6 issue -1.pg no. 180-185
30. Singh.S. and Shukla A. (2017) **Wellness does it exist in Institutionalized Homes?** Research Discourse an international refereed research journal approved by UGC Year – VII, No. II ISSN – 2277-2014. Impact factor 2.471.
31. Shukla. A. Yadav. N. (2017). **Self Perception of the Female Sex Workers** International Journal of Social Sciences ISSN- 2347-3797 vol-5 issue 2.

32. Shukla. A. Zaidi.T (2016). **Impact of Fasting on Altruism and Self Regulation Among Young Muslim Females** Indian Journal of Positive Psychology, ISSN- p-2229-4937 e-2321-368x vol-7 issue-10.pg. no.439-441
33. Shukla. A. and Dixit. T. (2016) **Problem Solving Ability among Adolescents: A Gender study** Indian Journal of Psychology and Education ISSN-2231-1432 Vol-6.
34. Shukla A. and Pandey. S (2016). **Perceived self: A cross religion Perspective** Indian Journal of Psychology and Education Vol.6, No.1 ISSN-2231-1432.
35. Shukla A. and Mehrotra D. (2015) **HIV/ AIDS Awareness among Female Sex Workers.** The International Journal of Indian Psychology Vol-2, Issue 4 No. 1 ISSN 2348-5396 (e) ISSN 2349-3429 (p) Impact factor 4.50.
36. Shukla A. and Srivastava. S. (2015) **Relational Dynamics of MSM Population,** The International Journal of Indian Psychology Vol-2, Issue 4 No. 1 Impact factor 4.50.
37. Shukla A. and Srivastava. S. (2015) **Personality Correlates of MSM Population** International Journal of Psychology and Education ISSN: 2321-8606.
38. Shukla. A and Mehrotra. D. (2015) **A Search for Reality: X A Schizophrenic Patient** International Journal of Psychology and Education ISSN: 2321-8606 vol-2 issue-11.
39. Shukla A. and Pandey. S (2015). **Perceived Self Other Relatedness: A Cross Religion Perspective** International Journal of Yoga and Allied Sciences Vol-4, Issue 2 (p.g. 103-109) ISSN 2278-5153.
40. Shukla A. and Mehrotra. D. (2015). **Background Characteristics of Female Sex Workers** International Journal of Yoga and Allied Sciences Vol-4, Issue 1 (p.g. 34-40) ISSN 2278-5153.
41. Shukla. A. and Dixit. T. (2015) **Interpersonal Communication Among Adolescents** Journal of Psychosocial Research. Vol.10, No.2, 327-336.ISSN 0973-5410 e-ISSN - 0976-3937 p-ISSN – 0973-5410 pg. 159-165 ISSN 2348-5396 (e) ISSN 2349-3429 (p) Impact factor 4.50.

42. Shukla. A and Singh. S (2015) **Relational World of MSM (men-sex-with-men)** Journal of Indian Health Psychology, Refereed journal. ISSN. 0973-5755 Vol- 9 No. 2 pg:125-131.
43. Shukla. A and Singh. N (2015) **Quality of Life and Coping Resources among the Parents of Intellectually Challenged Children** Journal of Psychosocial Research, Vol. 10, No.1, p-ISSN 0973-5410 e-ISSN 0976-3937.
44. Shukla A. and Singh. S (2014). **Perceived Self of Institutionalized Elderly: A Gender Study.** Journal of Psychosocial Research Vol-9, No.2 (p.g. 329-336) ISSN 0973-5410 e-ISSN - 0976-3937 p-ISSN – 0973-5410
45. Singh. S and Shukla. A. (Oct. 2014). **Optimism among an Institutionalized Elderly: A Gender Study.** Indian Journal of Health & Wellbeing. Vol-5, Issue 10, Pg. 1198-1200 ISSN – 2229-5356.
46. Shukla A. and Mehrotra. D (Oct. 2014). **Quality of Life among Female Sex Workers.** Indian Journal of Health & Wellbeing. Vol-5, Issue 10, pg. 1222-1224. ISSN – 2229-5356
47. Shukla A. (2014). **Object Relations of M: A leprosy Patient.** Indian Journal of Health & Wellbeing. Vol-5, Issue 11, pg. 1391-1394. ISSN – 2229-5356.
48. Shukla. A and Fatima. A. (2013) **Perception of self across gender among the managers of telecom sector.** Indian Journal of Health and Wellbeing. ISSN 2229-5356 vol-4, issue-1.pg.no.125-128
49. Shukla A. and Singh. N. (2012). **Self-other relatedness among Alcoholics.** Indian Journal of Health & Wellbeing. Vol-3, Issue 2, pg. 535-537. ISSN – 2229-5356.
50. Shukla A. & Zaidi. D. (2012). **Self-Image of Slum Adolescent Girls** Indian Journal of Community Psychology. Vol-8, Issue 1, pg.48-52. ISSN-0974-2719.
51. Shukla A. & Pathak. S. (2012) **Exploring Background Characteristics of Institutionalized Elderly-** Journal of Psychological Research pg. 14-16 ISSN-0973-5410.



52. Shukla A. (2011). **Psychological coping in leprosy patients.** Indian Journal of Health & Wellbeing. Vol-2, Issue 1, pg. 256-258. ISSN – 2229-5356.
53. Shukla A. & Pathak. S (2011) **Coping with Loneliness in Institutionalized Elderly.** Indian Journal of Community Psychology. Vol-7, Issue 11, pg.284-288. ISSN-0974-2719.
54. Shukla A. and Pathak. S (2011) **Attitude towards Homosexuality: A Gender Study.** Indian Journal of Health & Wellbeing. Vol-2, Issue 1 p.g.130-131 ISSN – 2229-5356.
55. Shukla A. & Chauhan. S (2011) **Quality of Life Among Elderly: A Gender Study.** Indian Journal of Health & Wellbeing. Vol-2, Issue 1 pg.187-189 ISSN – 2229-5356.
56. Shukla A. & Gupta. P. (2011) **Social Support Influencing Life Satisfaction and General Wellbeing of poor loading laborers.** Behavioural Scientists. Vol-12 No. 1 pg. 45-49 ISSN – 0972-5911.
57. Shukla. A. (2007) **Leprosy patients: Self in relation to others** Behavioural Scientist, council of Behavioural scientists. ISSN- 0972-5911. Vol-8 No.-1.
58. Shukla A. (2007) **Perceived Self Other Relatedness in Leprosy patients.** Journal of Community, Guidance and Research. Vol-24, No.3 pg. 271-281.ISSN-0970-1346
59. Shukla A. (2007). **Leprosy Patients: Life Scripts and life Positions.** Journal of Psychological Research. Vol-2, No. 1 pg. 31-36. ISSN – 0973-5410
60. Shukla A. (2007). **Leprosy Patients; Self other Relatedness.** Journal of Psychological Research. Vol-12, No. 1 pg. 61-66. ISSN – 0973-5410.
61. Shukla A. (2006). **Exploring Background Characteristics of leprosy Patients.** Journal of Psychological Research. Vol-1, No. 2 (pg.113-120). ISSN – 0973-5410.
62. Shukla A. (2006). **Perceived Causes and Reactions to Diagnosis of leprosy.** Journal of Personality and Clinical Studies. Vol-22, No. 1-2 (p.g.51-58). ISSN – 0970-1206.

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**RESEARCH PUBLICATIONS CHAPTERS IN BOOKS AND PUBLISHED BOOK**

## Published Chapter in a books = 12

1. Shukla A. et.al. (2021) **A Psychological Perspective on online Education: An Aftermath of the Pandemic.** Published in COVID-19 IN INDIA Problems, Challenges and Strategies, Global Vision Publishing House. ISBN No. 9789390423514
2. Shukla, A and Singh, P. (2021). **Role of GABA Levels in Stress Management.** In Effectiveness of Yoga and Music in Stress Management edited by Agrawal and Saini (2021). Britain Book Company.England.UK ISBN no. 978-1-83849695-0-0.
3. Fatima. A. and Shukla. A., (2020). **Mental Health Issues among Adolescents during Covid-19.** In Covid-19 Biopsychosocial perspectives edited by Zaidi et al 2020. Progressive Publications. ISBN No. 9-788194-159247.
4. Shukla. A and Vimla (2020) **Online Kakshao Ka Vidharthio Par Manovaiyanik Prabhav: Awsar Ya Aapda.** In Lockdown Paschad Bhartiya Paridrashya (Aapda Ya Awsar) edited by Verma and Chaturvedi (2020). Anu books publishers. ISBN : 978-81-94722-44-1.
5. Fateema. A. and. Shukla. A (2020) **Personality correlates of Good Health.** In Health Care Challenges in India: Psychosocial perspective, edited by Srivastava a Sharma (2020) Global Vision Publishing House ISBN – 978-81-944023-2-9.
6. Singh. S Shukla. A. (2020). **Promoting Well –Being Among Institutionalized elderly.** In Promoting psychological well-being edited by Agrawal, 2020.Aavishkar Publishers. Distributers ISBN no- 978-81-942456-6-7.pg no. 55-66.
7. Fatima. A and Shukla. A. (2020). **Enhancing Job motivation and Well Being among Armed Forced Personal.** In Promoting psychological well-being edited by Agrawal. Aavishkar publishers. Distributers ISBN no- 97881942456-6-7.pg no. 140-150.
8. Mishra. S. and Shukla. A. (2020). **Relationship of Occupational Stress, Organizational Health and Psychological Well Being with Organizational Commitment.** In Promoting Psychological Well-Being edited by Agrawal. Aavishkar Publishers. Distributers ISBN no- 97881942456-6-7.pg no. 180-193.
9. Shukla. A. and Mehrotra. D. (2017) Paid for Life: Relational World of Female Sex Workers. In Mental health Psychosocial Perspective edited by Shukla and Dubey (2017). Concept publishing company, New Delhi ISBN no.-978-93-5125-169-9 vol.2. pg no. 249-266.

10. Shukla. A and Pandey. S. (2017). **Cognitive Behavioural Approach for Managing Stress of Parent with Intellectually Disabled Child: A Case Report.** In CBT in Indian Context edited by Kumar et.al 2017.IAHRW Publications Gurugram and Haryana, ISBN- 978-81-933-3830-8.pg no. 137-144.
11. Shukla. A. and Singh S. 2015. **Wellness Among Elderly: A Study in Institutionalized Homes.** In Mental Health: Psychosocial Perspectives edited by Shukla and Dubey 2017. Concept publishing company, New Delhi. ISBN no.-978-93-5125-173-6 vol.III.pg no. 211-220.
12. Shukla. A. and Singh N. (2013). **Assessing Quality of Life among the parents of Intellectually Challenged Children.** In New perspectives of Mental Disorders edited by Srivastava and Kant ,2013. Sarup Book Publishers pvt. limited. New Delhi, ISBN - 978-81-7625-910-1.pg no. 359-368.

#### **PUBLISHED BOOKS = 8**

1. Shukla A. and Sen T. (2023). **Enhancing Communication Skills NEP Vocational Course.** Ansh Book International (New Delhi). ISBN No.- 978-81-956930-9-2
2. Shukla A., Fatima. A. and Chaudhary. U (2023). **Environmental Psychology: Threats, Challenges & Protection.** Published by Ansh Book International (New Delhi). ISBN No.- 978-81-956930-7-8
3. Shukla A. and Fatima. A (2023). **Self Enhancement Skills NEP Co- Curricular Textbook.** Published By Progressive Publications. Lucknow (U.P.) India. ISBN No.- 978-81-957397-1-4, **book received copyright from the Government of India.**
4. Shukla A. and Fatima. (2022). **Mental Health Rehabilitation and Intervention.** Published by BUUKS publication Chennai, Tamil Nadu India. International Publication with Kindle Version. ISBN No.- 978-1-958544-07-5
5. Shukla A. and Fatima. (2021). **Let's Talk Gender A Multifaceted Approach.** Published by Rudra Publishers & Distributors, New Delhi. ISBN- **978-93-92108-10-5**

6. Shukla, A. and Fatima, A. (2021). **Personality Growth: Western and Eastern Reflections.** BUUKS Publication Chennai (Tamil Nadu), International Publication with Kindle Version. ISBN:9789390976478
7. Shukla. A. (2021). **Garbh Sanskar A pilgrimage Within.** Published by BUUKS publication Chennai, Tamil Nadu India. International Publication with Kindle Version. ISBN – 13:978-93-90507-53-5 and ISBN 10:93-90507-53-7
8. Fatima A. and Shukla. A (2018). **A Job Motivation: Role of Personality in Organizations.** Anu Books New Delhi, ISBN 978-93 -87922-00-0.

## RESEARCH GUIDANCE

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### PhD DEGREE AWARDED = 8

- 1 Optimism, Social Support and Coping Strategies as predictor of Quality of life Among Men who have Sex with Men (MSM) – Saurabh Srivastava (2021)
- 2 Psychosocial correlates of Quality of life and Aggression among youth – Vimla (2021)
- 3 Empowering Adolescents with Life Skills: An Action Research – Tanya Dixit (2020).
- 4 Empowering Parents of Children with Intellectual Disability: An Action Research – Shivani Pandey (2019)
- 5 Stress and coping strategies in the Parents of Intellectually Challenged Children – Neha Singh (2015)
- 6 Wellness among elderly – Shilpa Singh (2014)
- 7 Organizational health, social support and and occupational stress as predictors of organizational commitment – Swati Mishra (2014)
- 8 Personality correlates of job motivation among managers of telecom sector – Amreen Fatima (2014) (received **Gurudevi gold medal for best thesis in humanities (2014-15)** at University of Lucknow).

## ONGOING THESIS = 9

1. Psychosocial correlates of Flourishing among Revenue Personnel – Garima Singh (UGC-JRF).
2. Reducing Procrastination among Adolescent Students – Jaya Mishra
3. A study of Strengthening Mother Foetus Bonding through Garbh Sanskar – Pragya Verma
4. Anger Management through Self-Regulation among University Students – Niharika Shukla
5. Predictors of Quality of Relationship among Transgenders. - Kumari Siddhi
6. Psycho- Social Predictors of Relationship Commitment among Dating Couples- Nikhat
7. Enhancing Emotional Wellbeing in Cases of Emotional Distress from Territory Healthcare Institutes – Dr. Rajesh Harshvardhan
8. Psychosocial correlates of Employee Wellbeing in self-owned Enterprises: A cross Nation Study- HO HOANG TON (International student).
9. Pause, Breath and Flourish: An Inclusive Psychological Rehabilitation Program for Juvenile Delinquents- Mr. Maenuddin, **Co-guide- Dr. Archana Shukla.**

## Delivered Lecture as Resource Person, Guest of Honour = 93

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1. Delivered lecture on “**Mental Health: Issues and Challenges**” on the occasion of World Mental Health Week organized by P.G. Department of Sociology, Isabella Thoburn College, Lucknow on 14<sup>th</sup> October, 2023.
2. Delivered lecture on “**Mental health is a universal human right**” in webinar on Serenity Summit 2023, Cultivating Mental health in today’s landscape today’s landscape jointly organized by Department of Psychology, Feroze Gandhi College & the Psychologists on World Mental Health Day, 10<sup>th</sup> October 2023.
3. Delivered lecture entitled **Enhancing Psychological Well Being through Psychological First Aid** in 4<sup>th</sup> International Conference on World Mental Health Week, 2023 organized by Divya Karuna Organization held on 08<sup>th</sup> October, 2023.

4. Delivered lecture as Resource person on “**Gender Sensitization**” in 14 days Refresher Course in Women’s Studies being conducted through online mode due to present scenario of COVID w.e.f. 22 September 2023 to 05 October 2023 for enhancing the professional competence of College/ University teachers organized by UGC HRDC Moradabadi Campus, Ranchi University, Ranchi, Jharkhand
5. Delivered lecture as Resource person on “**Lets Talk on Gender**” organized by Amity University, Rajasthan on 8<sup>th</sup> September 2023.
6. Delivered lecture as Resource person in National Webinar on the topic “**Emotional Intelligence and Personality**” organized by Gandhi Memorial College of Education affiliated to the University of Kashmir on 19<sup>th</sup> August 2023.
7. Delivered lecture as Domain Expert on “**Emotional Quotient for Healthcare Professionals**” at Department of Hospital Administration, SGPGIMS reg. Sanjay Gandhi Post Graduate Institute of Medical Sciences, Raibareli Road, Lucknow, U.P on 09<sup>th</sup> July 2023.
8. Delivered lecture on “**Awareness Programme for Health and Wellness through Digital Detox**” organized by Power Grid Corporation of India Head office, North Zone, NR-III, RHQ, Lucknow on 9 June 2023.
9. Delivered lecture as Resource person on “**Panel Discussion: Mental Health in an Unequal World**” in 125<sup>th</sup> anniversary of the foundation day of Ramkrishna Mission, Belur Math, Howrah at Ramkrishna Math, Nirala Nagar, Lucknow, U.P on 28<sup>th</sup> May, 2023.
10. Delivered lecture as Guest speaker in online session on **Youth and Mental Health** organized by BALA Foundation (Better Awareness through Learning and Access) on 28<sup>th</sup> May, 2023.
11. Delivered lecture as Resource person on the topic “**Buddhism and Sufism**” in seven-days online workshop, “Wonders: Holding by Alumni”, for UGC-NET aspirants, organized by the Department of Psychology, University of Lucknow, dated 25<sup>th</sup> April, 2023.

12. Delivered lecture on **Women Mental Health** as Distinguished Guest in 2<sup>nd</sup> Women Conference at State Bank of India Officers Association, Lucknow on 22<sup>nd</sup> April, 2023
13. Delivered lectures as resource person on **Rewire your brain for positivity and Psychological First-aid** in motivational skill program organized by UGC Human Resource Development Centre (HRDC), University of Lucknow on 07 March, 2023.
14. Delivered lecture as Keynote Speaker on “**DigitALL for Gender Equality**” in National Webinar in the occasion of International Women’s Day jointly organized by Dr Rammanohar Lohia Avadh University, Ayodhya, Centre for Women’s Studies, Women Grievances and Welfare Cell and Activity Club on 6<sup>th</sup> March, 2023.
15. Delivered lecture in program as Keynote Speaker on **Role of Women Leadership In Development** organized by We Care Foundation on 28<sup>th</sup> January, 2023.
16. Delivered lectures as resource person on **Gender Sensitization** in Re- Gender Sensitization program organized by UGC Human Resource Development Centre (HRDC), University of Lucknow on 13<sup>th</sup> December, 2022.
17. Delivered lecture as Resource person in two days interdisciplinary National Seminar on **Changing Role Youth and Women Worldwide and Its Impact on Society At** Nirmala College, Ranchi sponsored by Higher Technical and Education Department, Jharkhand held on 10<sup>th</sup>-11<sup>th</sup> December 2022.
18. Delivered lecture entitled **Understanding of Sexual Harassment at Workplace: A Socio- Psychological Approach** in Sensitization Programme on Sexual harassment at work place at Power grid corporation held on 7<sup>th</sup> December, 2022.
19. Delivered session in Training Programme on **Communication and Counselling Skills for the Counsellors** (Role plays and Hot chair sessions with Counsellors from different districts of Uttar Pradesh) under Mission Vatsalya at NIPCCD, Kursi Road, Lucknow on 4<sup>th</sup> November 2022.
20. Delivered lecture entitled **Gender Sensitivity: Understanding the Socio-cultural Constructs of Gender for a Developing India** in the 4<sup>th</sup> International Conference on

Developing New India Through Science, Social Science Humanities and Research organized by Indian Mental Health & Research Centre and Shia PG College on 29-30 October, 2022.

21. Live talk on **Gender Sensitization** organized by Pious Vision, Mental Health Foundation on 09<sup>th</sup> October, 2022
22. Delivered lecture entitled **Rewire Your Brain and Enhance Happiness Through Psychological First Aid** in International Conference on World Mental Health Week, Unlock Your True self organized by Divya Karuna Organization held on 09<sup>th</sup> October, 2022
23. Delivered Sessions on **Enhancing Mental Well through Psychological First Aid and Rewire your Brain** in training programme on Secrets of Managing the Mind for Positive Thinking on 06 October, 2022
24. Delivered lecture on **Personality development and soft skills** at Centre for personality development held from 20 September, 2022- 6<sup>th</sup> October 2022.
25. Guest of Honour at Maharishi University of Information and Technology, Lucknow on 1<sup>st</sup> September 2022.
26. Delivered lecture in Inaugural Function of Training Program on **Personality Development & Soft Skills** as keynote speaker at Centre for Personality Development, Babasaheb Bhimrao Ambedkar University, Lucknow on 28<sup>th</sup> September 2022.
27. Delivered Lecture entitled **Issues and Challenges on Child Marriage** in State Consultation, Child Marriage Free India held on 23 September, 2022.
28. Delivered lecture as key note speaker in Centre for Personality Development organized by Babasaheb Bhimrao Ambedkar University, Lucknow on 20<sup>th</sup> September 2022
29. Delivered lecture in **Awareness program, World Suicide Prevention Day, Creating Hope Through Action** organized by Centre for Wellness, Department of Psychology, Faculty of Social Sciences Mahatma Gandhi Kashi Vidyapith, Varanasi held on 11 September 2022



30. Delivered lecture on **The secret of success is Conviction and Persistence**, Deeksharambh- 2022, Student Induction Programme organized by Maharishi School of Humanities & Arts, Maharishi University held on 29<sup>th</sup> August, 2022.
31. Delivered two lectures on **Stress Management and Gender Sensitization** organized by UGC-HRDC and Faculty Member, Department of Political Science, University of Lucknow on 19<sup>th</sup> August 2022.
32. Delivered lecture as Expert Speaker in Workshop on **New Education Policy 2020** on 25<sup>th</sup> & 26<sup>th</sup> July 2022 organized by Rama Mahavidyalaya, Gaurav Vihar, Chinhat, Lucknow
33. Delivered Lecture entitled **Psychological First Aid** in webinar on Psychological First Aid organized by Association of Research Professionals Jointly with Department of Trauma Surgery, KGMU, Lucknow, U.P. India on 13<sup>th</sup> July 2022.
34. Delivered lecture on **Young Minds and Social Responsibilities** on 12<sup>th</sup> July, 2022 organized by National Service Scheme, University of Lucknow (11<sup>th</sup> July – 13<sup>th</sup> July, 2022).
35. Delivered online session/ lecture on **Youth and Mental Health** organized by BALA Foundation (Better Awareness through Learning and Access) on 28<sup>th</sup> May 2022.
36. Delivered lecture/talk in Yuva vaani on 23 May 2022.
37. Delivered lecture on **“Stress Management”** organized by the Institute of Pharmaceutical Sciences, Faculty of Engineering and Technology, University of Lucknow on 28<sup>th</sup> March 2022.
38. Special lecture on **It’s time to change: Advancing Sexual and Reproductive Health and Rights of Women in the new global era** on 2 December, 2021.
39. Special lecture on **understanding Menopause** Instagram live with Beyond word on 17 October 2021.

40. Special lecture on **Mental Health Issues of Women across Life Span** by Divya Karuna organization on 10 October 2021.
41. Special lecture on **Atmahatya Rasta Nahi Zindagi Hai Anmol** organized by Yugwani Prasar Bharti All India Radio On 10 September 2021
42. Special lecture on **Gender Sensitization** organized by Divya Karuna Organization on 29 July 2021.
43. Delivered Lecture as resource person in the event **Enhancing Mental Wellness through Psychological First Aid** organized by 63 UP BN NCC (Girls Wing) in collaboration with the Department of Psychology and Institute of Women Studies, University of Lucknow held on 13 July, 2021
44. Delivered an expert lecture on **Promoting Mental Health and Well Being amid Covid-19** in Covid-19 mental health awareness webinar series on 26 May 2021 organized by Indian Mental Health and Research center.
45. Delivered a talk as a Resource Person on **A Psychological Perspective on Online Education: An Aftermath of the Pandemic** on 21 May 2021 organized by UGC center For Women studies, University College of Social Sciences and Humanities Mohanlal Sukhadiya University, Udaipur, Rajasthan.
46. Delivered a talk as a Resource Person on **A Psychological Perspective on Online Education: An Aftermath of the Pandemic**, AMITY University, Rajasthan, held on 09 May ,2021
47. Delivered a talk as a Resource Person on **A Psychological Perspective on Online Education: An Aftermath of the Pandemic**, UGC HRD, Academic Staff College, Lucknow, held on 18 March,2021
48. Delivered a lecture on **Happiness and Age** on 17<sup>th</sup> March 2021 in Seven days faculty development program: Happiness Research Methodology Organized by UGC-HRDC and Dept of Psychology from 5<sup>th</sup> to 21<sup>st</sup> March 2021.

49. Delivered a talk on the topic **Mental Health Issues Among Women Across Lifespan** on 9th March 2021 on the occasion of International Women's Day Organized by NABARD in Governor House.
50. Delivered a talk as a Resource Person on **A Psychological Perspective on Online Education: An Aftermath of the Pandemic** on 17 February 2021 organized by UGC center For Women studies, University College of Social Sciences and Humanities Mohanlal Sukhadiya University, Udaipur, Rajasthan
51. Guest speaker on **Mental Health and Gender sensitization Issues** under Mission Shakti organized by Nari Shiksha Niketan PG College Lucknow on 30 January 2021.
52. Delivered a lecture on **Gender Sensitization** in National webinar on Various Gender issues: Challenges, Solutions and Resolution on 30<sup>th</sup> December 2020, organized by Faculty of education, Swami Vivekanand, Subharti University, Meerut, UP.
53. Key speaker in Interactive session on **Positive Psychology and Student Well Being** organized by Shri Ram Swaroop Memorial University Lucknow on 27<sup>th</sup> October 2020.
54. Guest speaker on **Gender Sensitization** under Mission Shakti Awareness Program conducted by Woman Grievance and welfare Cell, 23 October 2020, Dr. ram Manohar Lohia Awadh University, Ayodhya, UP.
55. Delivered lecture on inculcating **Gender Sensitization among Youth to Cope Gender Violence** organized by A.N.D. teachers training P.G. College, District Sitapur on 21<sup>st</sup> October, 2020.
56. Delivered an online lecture on **Inculcating Gender Sensitization among Youth to Cope Gender Violence** on the date 20 October, 2020 organized by A.N.D. Teacher's Training (P.G.) College Sitapur, Uttar Pradesh.
57. Resource person on the topic **Gender sensitization** organized by Guru Dakshata, UGC-HRDC, university of Lucknow on 15 October 2020.
58. Resource person on the topic **Stress management** organized by Guru Dakshata, UGC-HRDC, university of Lucknow on 13 October 2020.

59. Delivered lecture on **Gender Equality** organized by Lovely Professional University, Phagwara Panjab on 9<sup>th</sup> October, 2020.
60. Delivered a lecture on **Gender sensitization issues and challenges in 21<sup>st</sup> century** Kr. R.C Mahila Degree college, Mainpuri Agra, on 27 September, 2020.
61. Delivered lecture and taken a session on World Suicide Prevention Day on the topic **Suicide Prevention Winning the Battle Within** on 10<sup>th</sup> September, 2020 the program was organized by department of Psychology, University of Lucknow. Lucknow.
62. Delivered an online lecture on **Stress Management: during and post pandemic phase of covid-19** on the date of 12<sup>th</sup> July, 2020 organized by A.N.D. Teacher's Training (P.G.) College Sitapur, Uttar Pradesh.
63. Delivered a lecture on **Sufism: An Evolutionary perspective** in the four- day UGC-NET Webinar on 12<sup>th</sup> June, 2020 at Department of Psychology, University of Lucknow, Lucknow.
64. Delivered a lecture on the topic of **Contemporary adolescents and their Behavioral issues** on the date of 8 November 2019 organized by NIPCCD, Lucknow.
65. Delivered a lecture and taken session in NIPCCD, Lucknow on the topic of **Stages and Skills of counseling** on the date of 18 September, 2019.
66. Delivered a lecture and taken session in NIPCCD, Lucknow on the topic of **“Samvayask kishoro ko samajhna evam sambandhit samasyayo ka nidan”** on the date of 8<sup>th</sup> August, 2019.
67. Delivered a lecture under the topic **Psychology, Management and Ethics** in ASC RPF Probationers syllabus, organized by Jagjeevan Ram Railway Suraksha Bal Academy, Kendriya Prasikshan Sansthan, Bharat Sarkar Rail Mantralya, Tal Katora Road Lucknow on 14 June 2019.
68. Delivered a lecture in the seven days training workshop on Skill Building and Psychotherapies from 22<sup>nd</sup> -29<sup>th</sup> May, 2019 organized by Department of Psychology,

University of Lucknow, Lucknow and taken a session on **Gender Sensitivity** on 23rd May, 2019.

69. Delivered a Taken session in NIPCCD, Lucknow on the topic of **Understanding Adolescents: Issues, challenges and Management** on the date of 21<sup>st</sup> May 2019.
70. Delivered a lecture on **Psychology behind Sexual Harassment of Women at Work Place and how to stop it** at Prashar Bharti, Bharat ka Lok Prasarak, Akashvaadi : Lucknow on the date of 28 January, 2019 in the workshop 18<sup>th</sup> Vidhan Sabha Marg, Lucknow.
71. Delivered a lecture and taken a session on **Psychosocial Rehabilitation (PSR)** on December 13<sup>th</sup>, 2018 organized by director, Counseling and Placement Cell, University of Lucknow, Lucknow.
72. Delivered a lecture on the topic of **Samvyask Kishore Ko Samajhna** on the date of 16 October, 2018 organized by NIPCCD, Lucknow.
73. Delivered a Lecture on the topic of Samvyask **Kishoro Ko Samajhna** on the date of 13<sup>th</sup> September, 2018 organized by NIPCCD, Lucknow.
74. Delivered a Lecture on the topic of **Samvayask Kshoro Ko Samajhna** on the date on 29<sup>th</sup> August, 2018 organized by NIPCCD, Lucknow.
75. Delivered a Lecture on the topic of **Counselling of Children having behavioral, Emotional Problems and Victims of Sexual abuse in CCIs** organized by NIPCCD, Lucknow on the date of 20<sup>th</sup> June, 2018.
76. Delivered a lecture on **Interpersonal Communication and Negotiation skills in counseling** on the date of 11<sup>th</sup> June, 2018 organized by NIPCCD, Lucknow.
77. Taken session in NIPPCD, Lucknow on the topic of **Counseling of Adolescents- Techniques and field-based situations with references to Voluntary Organization** on the date of 27<sup>th</sup> November, 2018.

78. Delivered a lecture and taken a session for exchange of ideas and concepts with the participants of orientation program in measurement and evaluation in education and Psychology on the topic of **Construction of Attitude scale** at Bhartiya Shiksha Shodh Sansthan Saraswati Kunj, Nirala Nagar, Lucknow in the date of 21<sup>st</sup> November, 2017.
79. Delivered a lecture on the topic of **Samvayask kishore ko samajhna** on the date of 8 November, 2017 organized by NIPCCD, Lucknow.
80. Delivered a lecture on the topic of **Samvayask kishore ko samajhna** on the date of 13<sup>th</sup> September, 2017 organized by NIPCCD, Lucknow.
81. Delivered a lecture on **Hypothesis Concept and types of Hypothesis, Formulation of Hypothesis, Testing of Hypothesis** on 21<sup>st</sup> March, 2017 in 10 days ICSSR, New Delhi, Sponsored workshop on Research Methodology course for Ph.D Students in Social Science (20 March- 29<sup>th</sup> March, 2017) Organized by Department of Education, University of Lucknow, Lucknow.
82. Delivered Lectures on the topics on **Structure and functions of Tactual Senses, Cognitive Map, Sternberg's Theory of intelligence** in the Workshop of Psychological Constructs for college teachers organized by Department of Psychology, University of Lucknow, Lucknow on 7<sup>th</sup> and 8<sup>th</sup> November, 2016.
83. Delivered a Lecture on **Rosenzweig Picture Frustration Study** as part of Psychological Test Skill Impairment series organized by in Department Psychology, University of Lucknow, Lucknow on 30<sup>th</sup> August, 2016.
84. Delivered a Lecture on **Concept and Characteristics of Mental Health** on World Mental Health Day Organized by department of Psychology, University of Lucknow, Lucknow on 10<sup>th</sup> October, 2015.
85. Delivered a Lecture on **Prisoners of the Past: Memories of Trauma on Suicide Prevention** program organized by department of Psychology, University of Lucknow, Lucknow on 10<sup>th</sup> September, 2015.

86. Delivered a lecture on **Mansik Tanav Prabandhan** at the office of the Indo- Tibetan Border Police Force, Jankipuram, Lucknow on the date of 9<sup>th</sup> June, 2015.
87. Delivered a lecture and taken a session of exchange of ideas and concepts with participants the short-term professional development course in personality development on the topic of **Issues in Personality Development** on the date of 26<sup>th</sup> October, 2013 organized by UGC- academic staff college, University of Lucknow, Lucknow.
88. Delivered a lecture on the topic of **Alcoholism and Its Effect on Children** in the workshop organized by Disha drug De-addiction cum rehabilitation center, Lucknow in collaboration with Narcotic control Bureau, Ministry of home affair, Govt. of India on 26<sup>th</sup> June, 2013 on UN Day Against Drug Abuse and Illicit Trafficking” in Uma Nath Bali Prekshagrah Kaiserbagh, Lucknow.
89. Delivered a lecture in a workshop on **Personality development** was conducted by Door darshan training institute, Lucknow a lecture delivered on the topic of techniques of Personality Development on 20<sup>th</sup> December, 2012 organized by Prashar Bharti, Ashok Marg Lucknow.
90. Delivered a lecture on **Baal Vayavhar ke vibhinn sidhhant** on 11 August, 2012 organized by Kishore Nyay Adhinyam, Pradesh mein sanchalit graho k karmachariyo Ka prasikshan.
91. Delivered a lecture on **Stress Management** organized by Gurudakhsta (Faculty induction program) UGC HRD center University of Lucknow on 13<sup>th</sup> October.
92. Delivered a lecture on **Gender sensitization** organized by Gurudakhsta (Faculty induction program) UGC HRD center university of Lucknow on 15<sup>th</sup> October.
93. Delivered **16 lectures and sessions** during various training programs organized by GFATM- 7, Saksham for HIV counselors between 2009 to 2014 at Department of Psychology, University of Lucknow, Lucknow.

**EXTERNAL EXAMINER/ SUBJECT EXPERT/ PAPER SETTER/ PANELIST/ MEMBER OF DOCTORAL COMMITTEE = 40**

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1. Subject Expert in Interview for Ph.D entrance Examination of Psychology at Chhatrapati Sahu Ji Maharaj University, Kanpur on 23<sup>rd</sup> September 2023.
2. Psychologist in recruitment panel of Green Gas, a joint venture of GAIL and Indian Oil Corporation, Lucknow for conducting interview for the Post Assistant General Manager (Finance) in Green Gas Limited on 30<sup>th</sup> September 2023
3. Subject Expert for confidential work at Madhya Pradesh Public Service Commission, Residency Area, Indore on 6<sup>th</sup> – 7<sup>th</sup> June 2023.
4. External Examiner for Practical of the subject B.Sc. (Ag), Semester I at Chaudhary Beche Lal Mahavidyalaya, Rasulpur Daurahra, Lakhimpur- kheri, Uttar Pradesh, 4 June 2023
5. Panelist in Mental Health and Classical Event 2023 on 28<sup>th</sup> May 2023 at Shri Ramkrishhna Math, Nirala Nagar, Lucknow, Uttar Pradesh.
6. Part of Departmental Research Committee (Member of Doctoral Committee of Ms. Vidya Priya, Ph.D.) at Geriatric Mental Health, KGMU Lucknow, 23 May, 2023
7. Panelist in Walk- in interview for Special educator at Kendriya Vidyalaya IIM Lucknow on 20<sup>th</sup> March, 2023.
8. Acknowledged by University Genderof Lucknow as Executive Coordinator for judging/organizing/volunteering the event organized by Sanskritiki, a cultural, activity board, Inter Collegiate Youth Fest on 15<sup>th</sup> to 20<sup>th</sup> February 2023.
9. External Expert for PhD candidate selection interview on 5<sup>th</sup> January 2023 at NIIT University, Alwar, Rajasthan.
10. Panelist in Consultation Meet of Care India Building 21<sup>st</sup> Century Skills in Adolescent Girls 18, November, 2022.
11. Guest of Honour at Career Convent Girls Degree College, Lucknow on 04 November 2022.
12. Panel Member in the Department of Business Administration, University of Lucknow for conducting interviews if its MBA/MTTM applicants, 2022 on 21<sup>st</sup> September 2022.
13. Social Scientist in Institutional Ethics Committee at Vivekanand polyclinic and Institute of Medical Sciences Lucknow from 23<sup>rd</sup> November 2020 for a term of 5 years.



14. As subject expert in selection committee of Assistant Professors in Buddham Sharnam Mahavidyalaya affiliated to Veer Bahadur Purvanchal University, Jaunpur on 21<sup>st</sup> October, 2020
15. Vice Chancellor Nominee at Selection Committee of Sitaram Singh Mahavidyalaya in Dr. Ram Manohar Lohia Awadh University on 26<sup>th</sup> September, 2020.
16. External Examiner of the B.A, Second year at Gokuldas Hindu Girls College, Muradabad on the date of 24<sup>th</sup> Dec, 2019.
17. Nominated as Subject expert in Selection Committee held at NIPCCD ( National Institute of Public Cooperation and Child Development under Ministry of women and Child Development, Government of India on 17 August 2018
18. Psychologist, member in the panel of Uttar Pradesh police recruitment board from 2<sup>nd</sup> January, 2015 to 07<sup>th</sup> January, 2017
19. Subject expert in selection committee of Assistant professor in Maya Devi Seeta Ram Mahavidyalaya Sambhal Muzaffar Pur Sahajahan Pur, Mahatama Jyotiba Phule Ruhelkhand University, Bareilly on the date of 30<sup>th</sup> June, 2017.
20. Subject expert in selection committee of Assistant professor in M.L.J. Degree college Hasanpur, Amroha Mahatama Jyotiba Phule Ruhelkhand University, Bareilly on the date of 17<sup>th</sup> June, 2017.
21. Subject expert in selection committee of Assistant professor in Swami Jaydev Yogiraj Mahavidyalaya, Muzaffar Pur Sahajahan Pur, Mahatama Jyotiba Phule Ruhelkhand University, Bareilly on the date of 29<sup>th</sup> May, 2017.
22. As external guest to select students of MA counseling Psychology, MA clinical Psychology, PGDCP, BA (H) Applied Psychology and M.Phil child and adolescents Psychology session 2017-18 on the date of 8<sup>th</sup> April, 2017.
23. Invited as external examiner of B.A II at Deen Dayal Gorakhpur Viswavidyalaya, Gorakhpur in the session of 2017-18.
24. As paper setter for Ph.D entrance exam (RET-2017) of Mahatama Jyotiba Phule Ruhelkhand, Vishwavidyalaya, Bareilly.
25. Worked as Part-time academic counselor for MAPC programme for course MAPC: MPC6, MAPC: MPCE, MAPC: MPCE12, MAPC: MPCE13, MAPC: MPCE 14 during 2016 to 2017.

26. Expert in recruitment board at U P police Head Quarter, Allahabad on 18<sup>th</sup> March, 2016.
27. Regarding judgement of events for wildlife week celebration (1<sup>st</sup> – 7<sup>th</sup> October) 2015 at regional science city Aliganj, Lucknow participated as judge of the event of Slogan writing on 4<sup>th</sup> October 2015.
28. Regarding judgement of events for wildlife week celebration (1<sup>st</sup> – 7<sup>th</sup> October) 2015 at regional science city Aliganj, Lucknow participated as judge of the event of Poem (Hindi) on 2<sup>th</sup> October 2015.
29. As external examiner to conduct the viva – voce examination (Case study) of B.A. (H) applied psychology, semester IV and viva- voce examination (Field work) of P.G. Diploma (counseling Psychology), Semester II to be held on 11<sup>th</sup> May, 2015 at Amity institute of Behavioral and allied sciences, Amity university, Uttar Pradesh, Lucknow campus.
30. As Paper setter for M.A. semester II (Motivation and emotion) exam of 2015 of National P.G. College, Lucknow.
31. Invited as a panel member for BMC interview on Nov 12<sup>th</sup>, 2014 at IPE office, Lucknow.
32. As external expert for the Ph.D. entrance examination for Psychology students schedule on 21<sup>st</sup> August, 2014 at Amity institute of Behavioral and allied sciences, Amity University, Uttar Pradesh, Lucknow campus.
33. As external examiner to conduct the Psychology examination of B.A Second Year Ist Batch at K.G.K. (P.G.) college, Moradabad on dated 12<sup>th</sup> March, 2014.
34. Coordinator of Under Graduate Psychology Practical Examination, University of Lucknow, session 2011 – 2012 & 2013 – 2014.
35. As external examiner to conduct the viva- voce examination (Practicum-III) of M.A. in counselling Psychology, Semester III and Viva- Voce examination (Field Work-I) of M.A. in clinical Psychology, Semester I to be held on 30<sup>th</sup> October, 2013 at Amity institute of Behavioural and Allied sciences, Amity university, Uttar Pradesh, Lucknow campus.
36. Paper setter of Haryana Public Service Commission Panchkula
37. Psychologist at U.P. Police Recruitment Board 2011 to 2014.
38. Organizing Secretary of National Seminar on Promoting Wellbeing among Elderly on 26<sup>th</sup> – 27<sup>th</sup> Dec, 2013.

39. As the external examiner to conduct the viva-voce examination (Dissertation) of M.Phil. (Child and Adolescents Psychology) semester IV, to be held on 2<sup>nd</sup> May, 2013 at Amity Institute of Behavioral and Allied Sciences, Amity university, Uttar Pradesh, Lucknow campus.

40. Psychologist at Women Power line (1090) in Rape cell 2013 onwards.

#### **SEMINAR, CONFERENCES, TRAINING AND SHORT TERM COURSES = 17**

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Attended many international, national seminars, conferences, trainings and short-term courses.

1. Participated in the Refresher course in the subject Education, Physical Education and Psychology from Jan, 17 to Jan 30, 2020 and obtained grade A+ organized by University Grant Commission Human Resource Development Centre, University of Lucknow, Lucknow.
2. Participated in national webinar on medical ethics and GCP (Good Clinical Practices) ON 5<sup>TH</sup> December organized by IEC, Chandan hospital, Lucknow , U.P. India
3. Participated in the UGC sponsored short term course in Women empowerment from August 24, 2019 to August 30<sup>th</sup> 2019 and obtained grade A organized by University Grant Commission Human Resource Development Centre, University of Lucknow, Lucknow.
4. Participated in the sensitization program with media and judiciary on 25<sup>th</sup> July 2012 at Rai Umanath Bali Auditorium, Kaiserbagh, Lucknow organized by Pehchan North region office.
5. Participated in the 4 days induction training programme on counseling supervision held under the Global fund round-7 counselling component at department of Psychology, University of Lucknow during May 17<sup>th</sup> to 20<sup>th</sup> 2011.
6. Participated in the “TOT workshop on mental health aspects of HIV/ AIDS” held from 27<sup>th</sup> to 30<sup>th</sup> June 2011 at the department of Psychiatirc social work, National Institute of Mental Health and Neuro Sciences (NIMHANS) Banglore in Collaboration with Saksham, TISS, GFATM.

7. Participated in the refresher training of master trainers on HIV/AIDS counselling held under the global fund round -7, Counselling subcomponent at the University of Lucknow, Lucknow from May 31<sup>st</sup> to 17<sup>th</sup>, 2010.
8. Participated in the induction training of master trainers on HIV/AIDS counselling held under the global fund round -7, Counselling subcomponent at the University of Lucknow, Lucknow from March 10<sup>th</sup>– 21<sup>st</sup>, 2010.
9. Participated in two day workshop on mental health problems: understanding and treatment organized by department of Psychology, National post graduate college, Lucknow on the date of 13 to 14, 2008.
10. Participated in the UGC sponsored orientation program held from 1<sup>st</sup> Sep, 2006 to 28<sup>th</sup> Sep, 2006 and obtained Grade “A” organized by University grant Commission Academic Staff College, University of Lucknow, Lucknow.
11. Participated in the one-day hands on training workshop on “**Thematic Apperception test**” and “Children’ Apperception Test” on 20<sup>th</sup> March 2017 organized by department of Psychology, University of Lucknow.
12. Participated in seven days Hands on training workshop on Qualitative Research: Creating Meanings” from 13 March 2016 to 19 March 2016 organized by Department of Psychology, University of Lucknow, Lucknow.
13. Participated in two weeks “Capacity Building Programme” organized by Department of Social work, University of Lucknow, from March 16-28, 2015, sponsored by ICSSR, Ministry of Human Resource Development, Govt of India, New Delhi.
14. Participated in the one week short term course in deprived society: Movement and Present Scenario form 15<sup>th</sup> July, 2013 to 20<sup>th</sup> July, 2013 and present a paper on entitled Alcoholism: A Psychological Perspective and scored grade “A”.
15. Participated in one day workshop on “Counselling Children and Adolescents” by Prof. Shekhar Seshadri, NIMHANS Bangalore, on August, 20<sup>th</sup> , 2012 organized by the Saksham,

Global Fund Round- 7, counselling subcomponent, Department of Psychology, University of Lucknow.

16. Participated in UGC sponsored refresher course in the subject Human Rights (I.D) held from 1<sup>st</sup> March 2011 to 24 March, 2011 and scored grade “A” organized by University Grant Commission Academic Staff College, University of Lucknow, Lucknow.

17. Participated in five days workshop on “Research Methods for Social Sciences using SPSS” on 8 January, 2011 to 22 January, 2011 along with two weeks home assignment and hands on practice sessions. organized by Department of Psychology, University of Lucknow, Lucknow.

#### **PROGRAMME ORGANIZED = 44**

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1. Organized Mental Health Camp on theme “Mental Health is a Universal Human Right” at the Department of Psychology, University of Lucknow on 9<sup>th</sup> October 2023.
2. Organized an online session on Behavioural Psychotherapy for PG students and Research Scholars with resource person Dr. Sandhya Gupta (Head Department of Psychology, Banasthali Vidyapeeth, Rajasthan) at the Department of Psychology, University of Lucknow on 27<sup>th</sup> September 2023
3. Organized “Spread Happiness Mantra on Suicide Prevention Day with Mr. Saamdu Chetri International Happiness Guru- BBC” at the Department of Psychology, University of Lucknow on 9<sup>th</sup> September, 2023.
4. Organized Indian Organ Donation Day at Malviya Hall, by Department of Psychology, University of Lucknow in collaboration with State Organ and Tissue Transplant Organization Uttar Pradesh (SOTTO-UP) and Department of Hospital Administration Sanjay Gandhi Post Graduate Institute of Medical Sciences on 3<sup>rd</sup> August 2023.
5. Organized Online Program on “Enhancing Employability and Communication Skills with resource person Col. Sanjay Tripathi” on 19<sup>th</sup> June 2023.

6. Organized Online Program on Career Options in Psychology with Shivam Dixit, Co-founder of Counsel India” by Department of Psychology, University of Lucknow in collaboration with Counsel India on 17<sup>th</sup> June 2023.
7. Organized Book Release entitled “Environmental Psychology: Threats, Challenges & Protection” on World Environmental Day, 5<sup>th</sup> June 2023 at Manthan Hall, University of Lucknow.
8. Organized Online session on Personal Growth with resource person Hina Beg (Solution therapist, Mentor, Author, Podcaster) at the Department of Psychology, University of Lucknow on 19<sup>th</sup> May, 2023
9. Organized Mock Interview for BA (H) Sem VI students with resource person, Ms. Sangla Dixit (Director (HR), Sigma Trade Wings LLP) at the Department of Psychology, University of Lucknow on 13<sup>th</sup> May 2023.
10. Organized Library Tour to Tagore and Cyber Library for newly admitted International and regular PhD students, Department of Psychology, University of Lucknow on 6<sup>th</sup> May 2023.
11. Organized seven days online workshop on Wonders: Holding Hands by Alumni for UGC-NET Aspirants from 24<sup>th</sup> – 30<sup>th</sup> April, 2023 at the Department of Psychology, University of Lucknow.
12. Organized Paradigm Shift in Neurology- An online session with resource person Dr. Priyesh (Assistant Professor, Department of Psychology, Banasthali Vidya Peeth, Rajasthan) at the Department of Psychology, University of Lucknow on 24<sup>th</sup> March, 2023.
13. Organized programme on Gender and Water with resource person Farrukh Rehman Khan (State Programme Director ‘Water Aid’ by Gender Sensitization Cell And Institute Of Women’s Studies University of Lucknow on 9<sup>th</sup> February 2023.
14. Organized Orientation Program on Life Skills for Mental Health at the Department of Psychology, University of Lucknow on 18<sup>th</sup> January 2023.
15. Organized Book launch of “**Indian Women Feminism and Women’s Liberation**” By Shri Saji Narayan CK by Institute of Women Studies University of Lucknow and Bhartiya Mazdoor Sangh on 22<sup>nd</sup> December 2022.
16. Organized “Walk of Solidarity” on the occasion of World AIDS Day by Department of Psychology, Psyche Hub Club, University of Lucknow, 1<sup>st</sup> December 2022.

17. Successfully organized Governor's Visit to Happy Thinking Laboratory, Department of Psychology, University of Lucknow on 16th October 2022.
18. Organized and coordinated A Regional Consultation Meet on achievements of NCW since 2014 and NGOs of Swadhar Greh, Ujjawala and OCSs on 25<sup>th</sup> August, 2022 by Institute of Women's Studies, University of Lucknow & National Commission for Women at Auditorium, Second Campus University of Lucknow
19. Organized an Event on Enhancing Mental Wellness through Psychological First Aid at Department of Psychology Auditorium on 13<sup>th</sup> July, 2022 in collaboration with National Cadet Corps, 63 UP BN NCC (Girls' Wing), Department of Psychology and Institute of Women's Studies, University of Lucknow.
20. Organized Mission Shakti Phase- 4 Event 'Shades of womanhood: A Mental Health Perspective' on 9<sup>th</sup> July 2022 at Auditorium, Department of Psychology, University of Lucknow.
21. Organized Lecture on Understanding Relationship through Correlation and Factor analysis with resource person Dr. Sailesh Kumar Kausal (Associate Professor, Department of Business Administration, University of Lucknow) at the Department of Psychology, University of Lucknow on 4th and 5th May, 2022.
22. Organized Lecture on Psychology and Climate change for Sustainable Happiness with resource person Prof. Girishwar Mishra (Former Vice Chancellor, Mahatma Gandhi Antarrashtriya Hindi University Maharashtra) at the Department of Psychology, University of Lucknow on 22nd April, 2022.
23. Organized World Autism Awareness Day at the Department of Psychology, University of Lucknow on 2nd April, 2022.
24. Organized Bipolar Awareness Day at the Department of Psychology, University of Lucknow on 30th March, 2022.
25. Organized Program on Need for Comprehensive Approach for TB Care Mental Health Matters at Department of Psychology, University of Lucknow in collaboration with National Service Scheme, University of Lucknow on 11<sup>th</sup> March, 2022.
26. Organized E-talk on Factor Analysis with resource person Dr. Ridhima Shukla (Assistant Professor, Co ordinator, Department of Psychology, Christ, Deemed to be University) at Department of Psychology, University of Lucknow on 2nd February, 2022.

27. Organized Orientation session on Holistic Health and Happiness (Co-curricular course of Undergraduate classes) for faculty members of University and Affiliated Colleges with resource person Prof. Madhurima Pradhan at Department of Psychology, University of Lucknow on 20th January, 2022.
28. Organized Awareness Program on Tuberculosis by Red Ribbon Club at Department of Psychology, University of Lucknow in collaboration with National Tuberculosis Elimination Program on 30th October, 2021.
29. Organized Mental Health of Women in Changing Scenario- Celebration of Mission Shakti Program Phase III at Department of Psychology, University of Lucknow on 16th November, 2021.
30. Organized Special Lecture on Academic Concerns in School with resource person Dr. Anita Puri (School counsellor) at Department of Psychology, University of Lucknow on 28th October, 2021.
31. Organized International Conference on Positive Psychology Interventions for Promoting Sustainable Happiness in Society at Happy Thinking Laboratory, Department of Psychology, University of Lucknow on 22nd-23rd, October, 2021.
32. Organized E-talk on Talent Management and Retention Strategy for Gen Y and Gen Z with resource person Mr. Deepak Changa (General Manager, Bisleri International Private Limited) at Department of Psychology, University of Lucknow on 29th September, 2021
33. Organized E-talk on Financial Independence for Women at Department of Psychology, University of Lucknow in collaboration with SELF: Sima's Entrepreneurial Ladies Forum on 17th- 18th September, 2021.
34. Organized World Suicide Prevention Day at Department of Psychology, University of Lucknow on 10th September, 2021.
35. Organized E-talk with Dr. Akbar Hussain on Adhyatmikta: An Indigenous Approach at Department of Psychology, University of Lucknow on 18th August, 2021.
36. Organized E-talk by Simran Shaikh Program (Officer India, HIV/AIDS Alliance) at Department of Psychology, University of Lucknow on 7th July, 2021.
37. Organized Webinar on Subconscious Mind and Well-being with resource person Prof. Manju Agarwal (Dean, Student Welfare, Amity University, Lucknow) at Department of Psychology, University of Lucknow on 4th July, 2021.



38. Organized Stand Up- A training session against Street Harassment with Shubham Singh (Trainer, Breakthrough, India) at Department of Psychology, University of Lucknow on 16th June, 2021.
39. Organized a web talk on “Domestic Violence: Flower to Fire” and “Travel & Safety: Flower to Fire” on 15<sup>th</sup> and 16<sup>th</sup> March 2021 by Mission Shakti an Institute of women’s Studies University of Lucknow.
40. Organized A Seven days International web talk show on Associate Professor Department of business science University of Lucknow Gender stereotypes: A Lived reality 25<sup>th</sup> July to 31st July, 2020 at Institute of Women’s Studies, University of Lucknow, Lucknow, Uttar Pradesh.
41. Convenor in National Webinar on Happiness: Different Strokes on Canvas of COVID-19 held on 6<sup>th</sup> and 7<sup>th</sup> June, 2020. Organized by Department of Psychology, University of Lucknow, Lucknow.
42. Organized A one day webinar on Garbh Sanskar: Celebrating Life on 2<sup>nd</sup> of May 2020 at Institute of Women’s Studies, University of Lucknow, Lucknow, Uttar Pradesh.
43. Organised and coordinated a workshop on Psychotherapy and Integrative skills for practicing in India by Prof. Sam Manicham on August 21<sup>st</sup>, 2013 in the Department of Psychology, University of Lucknow.
44. Organizing secretary of National Seminar on Promoting Well Being among elderly: An Indian Perspective organized by Centre of Excellence, Department of Psychology, University of Lucknow, Lucknow on December 26-27, 2013.

#### **PARTICIPATED AND PAPER PRESENTED IN SEMINAR/ WORKSHOP/ CONFERENCES**

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1. Presented paper entitled **Flourishing in Organizations and Sustainable Development** in International Conference on Behavioral Sciences for Sustainable Development of Society (ICBSSDS) organized by Dept. of Psychology, Chandigarh University on 23- 24 June, 2023.

2. Presented paper entitled **Fostering Maternal Fetal Attachment: Exploring the Role of Social Media in Pregnant Women** in National Seminar on Social Media and Growing Psychosis in Youth organized by Social Research Foundation on 25 February, 2023
3. Presented paper entitled **Flourishing through Social Media: New Horizon in Adolescent Well-being** in National Seminar on Social Media and Growing Psychosis in Youth organized by Social Research Foundation on 25 February, 2023
4. Presented paper entitled **Anger and Coping Strategies among University Students** in the 4<sup>th</sup> International Conference on Developing New India Through Science, Social Science Humanities and Research organized by Indian Mental Health & Research Centre and Shia PG College on 29-30 October, 2022.
5. Presented paper entitled **Effect of Bed- Time Procrastination and Internet Usage on Well-Being among Adolescent Students** in the 4<sup>th</sup> International Conference on Developing New India Through Science, Social Science Humanities and Research organized by Indian Mental Health & Research Centre and Shia PG College on 29-30 October, 2022.
6. Presented paper entitled **A Gender Study on Depression and Anxiety among Higher Secondary School Students Post Covid** in the 4<sup>th</sup> International Conference on Developing New India Through Science, Social Science Humanities and Research organized by Indian Mental Health & Research Centre and Shia PG College on 29-30 October, 2022.
7. Presented paper entitled **Unlocking the Potential: The Impact of Education on Pregnant Women** in National Seminar on Education Pollution organized by Social Research Foundation on 15<sup>th</sup> October 2022.
8. Delivered oral Presentation entitled **Effects of Smoking Behavior on Anger among University Students: A Theoretical Perspective** in National conference on Sustainable Environment: Challenges and Opportunities at ERA University, Lucknow held on 29<sup>th</sup> to 30<sup>th</sup> August, 2022

9. Delivered Oral Presentation entitled **Role of Environment Awareness in Reducing Procrastination on Household Energy Saving Behavior- A Theoretical Perspective** in National conference on Sustainable Environment: Challenges and Opportunities at ERA University, Lucknow held on 29<sup>th</sup> to 30<sup>th</sup> August, 2022.
10. Paper presented entitled **Present and future challenges among Housewives in lockdown of covid-19** online in the International Seminar On Pandemic Covid- 19: present and future challenges held held on 5<sup>th</sup> May, 2020 organised by Khwaja Moinuddin Chisti Language University, Lucknow.
11. Participated and Presented a paper entitled as **Self Perception of Adolescents In Lockdown of covid-19** in online one day national conference on Covid 19 and mental health issues on 28<sup>th</sup> April, 2020 organised by IQAC and department of Psychology of Shri pancham Khemraj Mahavidyalaya, Sawantwadi, (MS) University of Mumbai, NEA life, Pune and Horizont, Mumbai.
12. Presented Paper on **Yuva Varg mei Zeevan ki Gudvatta- Ek Saidhantik Dristikone** in National Seminar on Vision New India: Strategies and Prospects, 16 to 17 October 2019 organized by Faculty Of Commerce, Shri Jai Narain Mishra PG College, Lucknow.
13. Presented Paper on **Aggression and Suicidal Thoughts Among Youth During Pre-Menstrual Syndrome** in International seminar on Towards Sustainable Women Health: Decoding the Menstruation Taboo, 1<sup>st</sup> to 2<sup>nd</sup> Feb 2019 organized by Maharaja Bijli Pasi Govt. PG. College, Lucknow.
14. Paper presented on **Life beyond suffering: Becoming Sthitpragya person** at Rai Uma Nath Bali Auditorium organized by cancer aids society under the auspices of state bank of India on the date of 8<sup>th</sup> Dec, 2016.
15. Presented paper on **Object relations of M: A leprosy patient** in 3<sup>rd</sup> International conference on Psychology and Allied Sciences jointly organized by Amity Institute of Psychology and Allied Sciences, Amity University Noida, India and Indian Association of Health, Research and Welfare 25<sup>th</sup>- 27<sup>th</sup> September; 2014 at Amity University Uttar Pradesh, Noida, India Theme: Nurturing values and strengths in individuals and society: Role of Psychology.

16. Presented paper on **Quality of life among female sex workers** in 3<sup>rd</sup> International conference on Psychology and Allied Sciences jointly organized by Amity Institute of Psychology and Allied Sciences, Amity University Noida, India and Indian Association of Health, Research and Welfare 25<sup>th</sup>- 27<sup>th</sup> September; 2014 at Amity University Uttar Pradesh, Noida, India Theme: “Nurturing values and strengths in individuals and society: Role of Psychology.
17. Presented paper on **School a Traumatic Environment: As Perceived by Girls of Senior Secondary School** in the 1<sup>st</sup> International Conference on Bio-Psychosocial Perspectives of Trauma jointly organized by Shia PG College Lucknow and Indian Mental Health and Research Centre held on 13<sup>th</sup> January, 2019 at Lucknow.
18. Presented paper on **Family emotional stress among parents of children with intellectual disability** in the 1<sup>st</sup> international on conference on Bio-Psychosocial perspectives of trauma jointly organized by Shia PG College Lucknow and Indian Mental Health and Research Centre held on 13<sup>th</sup> January, 2019 at Lucknow.
19. Presented paper on **Aggression among Lucknow University Students: A Gender Study** in the 1<sup>st</sup> International On Conference on Bio-Psychosocial Perspectives of Trauma jointly organized by Shia PG College Lucknow and Indian Mental Health and Research Centre held on 13<sup>th</sup> January, 2019 at Lucknow.
20. Presented paper on **In Search of Self Among Transgender** in the 3<sup>rd</sup> International Conference of Indian Academy of Health Psychology held at the department of Psychology, National Post Graduate College, Lucknow from 12<sup>th</sup> to 14 November, 2017.
21. Presented paper on **Status of Physical And Psychological Health Issues among Men Who Have Sex With Men (MSM)** in the 3<sup>rd</sup> International Conference of Indian Academy of Health Psychology held at the department of Psychology, National Post Graduate College, Lucknow from 12<sup>th</sup> to 14 November, 2017.
22. Presented an open paper on **CBT for Children and Adolescents/ CBT and Stress Management** during the International conference on Cognitive Behavioral Interventions India-2017” organized by Indian Association of cognitive behavioural therapy (IACBT) from 6<sup>th</sup>-8<sup>th</sup> March, 2017, at AIIMS, New Delhi, India.
23. Presented a paper on **Cognitive Behavioral Approach for Managing Stress of Parents with Intellectually Disabled Child: A Case Study**, the scientific committee, ICCBI India

2017, organized by Indian Association of cognitive Behavioral Therapy (IACBT) from 6<sup>th</sup>-8<sup>th</sup> March, 2017, at AIIMS, New Delhi, India.

24. Presented paper on **Daily care stress among parents intellectually challenged children** in the National seminar organized by B.Ed. Shri Jai Narain PG College, Lucknow and sponsored by department of empowerment of persons with disabilities, Ministry of social justice and empowerment, Government of India, New Delhi on the date of 25<sup>th</sup> 26<sup>th</sup> March 2017.
25. Presented paper on **Coping strategies among parents of intellectually challenged children: A theoretical perspective** in the National seminar organized by B.ed Shri Jai Narain PG College, Lucknow and sponsored by department of empowerment of persons with disabilities, Ministry of social justice and empowerment, Government of India, New Delhi on the date of 25<sup>th</sup> 26<sup>th</sup> March 2017.
26. Presented a paper on **Perceived Psychosocial Problems Among Higher Secondary Students** in the 4<sup>th</sup> ICPAS, 2016 4<sup>th</sup> International conference on Psychology and Allied sciences 16-18 January, 2016 Ravindra Bhavan, Margo, Goa, India on positive schooling: A Heaveb for holistic development organized by Indian association of Health, Reseach and Welfare in association with association of educators and allied professionals, carmel college for women, Nuvem, Goa and Mahatma Gandhi Antarastriya Hindi Vishwavidyalaya, Wardha, Maharastra, under the aegis of ICMR, ICSSR, RCI New Delhi.
27. Presented a paper on **Attitude towards school among senior secondry school girls** in the 4<sup>th</sup> ICPAS, 2016 4<sup>th</sup> International conference on Psychology and Allied sciences 16-18 January, 2016 Ravindra Bhavan, Margo, Goa, India on positive schooling: A Heaveb for holistic development organized by Indian association of Health, Research and Welfare in association with association of educators and allied professionals, carmel college for women, Nuvem, Goa and Mahatma Gandhi Anta Rastriya Hindi Vishwavidyalaya, Wardha, Maharastra, under the aegis of ICMR, ICSSR, RCI New Delhi.
28. Presented a paper on **Perceived self among girls of senior secondry school** in the 4<sup>th</sup> ICPAS, 2016 4<sup>th</sup> International conference on Psychology and Allied sciences 16-18 January, 2016 Ravindra Bhavan, Margo, Goa, India on positive schooling: A Heaveb for holistic development organized by Indian association of Health, Reseach and Welfare in association with association of educators and allied professionals, carmel college for

women, Nuvem, Goa and Mahatma Gandhi Antarastriya Hindi Vishwavidyalaya, Wardha, Maharastra, under the aegis of ICMR, ICSSR, RCI New Delhi.

29. Participated and presented a paper on entitled **Personality profile of X; A leprosy patients** in IPSC-2012, organized by dept. of Psychology, PG Govt college sector-, Chandigarh- India on the theme of psychological Well Being: Building bridges for tomorrow on 05<sup>th</sup> to 06<sup>th</sup> October,2012.
30. Participated and presented a paper on **Perceived self among the managers of telecom sector: A gender study** in IPSC-2012, organized by dept. of Psychology, PG Govt college sector-, Chandigarh- India on the theme of psychological Well Being :Building bridges for tomorrow on 05<sup>th</sup> to 06<sup>th</sup> October,2012.
31. Participated and presented a paper on entitled **Perceived self among institutionalized elderly** in IPSC-2012, organized by dept. of Psychology, PG Govt college sector-, Chandigarh- India on the theme of psychological well being: Building bridges for tomorrow on 05<sup>th</sup> to 06<sup>th</sup> October,2012.
32. Participated and presented a paper on entitled **Quality of life and perceived stigma among the present intellectually challenged children** in IPSC-2012, organized by dept. Of Psychology, PG Govt college sector-, Chandigarh- India on the theme of psychological well being: Building bridges for tomorrow on 05<sup>th</sup> to 06<sup>th</sup> October, 2012.
33. Participated and Paper presented on entitled **concept of health : Journey from Vedic period to present times** organized by XXIX Indian social science congress Indian academy of social sciences University of Lucknow, Lucknow on the date of 26<sup>th</sup> to 30<sup>th</sup> , 2005.
34. Participated in and Presented a Paper on entitled on case **study of a leprosy patient** in the 3<sup>rd</sup> National conference of APC organized by Department of Psychology, National P.G. College, Lucknow on psychological counseling and health across the life span on December, 5<sup>th</sup> and 6<sup>th</sup> 2004.

35. Participated in Mental Health conclave (6<sup>th</sup> to 8<sup>th</sup> October, 2018) on the theme “Youth and mental health in a changing world” organized by department of Psychology, University of Lucknow.
36. Worked as volunteer and actively participated in the one day event on 10<sup>th</sup> September, 2015: World Prevention Day, held at Department of Psychology, University of Lucknow.
37. Participated in one day training program on biodiversity and its conservation organized at department of Zoology, University of Lucknow, Lucknow sponsored by Uttar Pradesh State Biodiversity Board, Lucknow on the 27<sup>th</sup> March, 2014.

#### **ADMINISTRATION AND EXTENTION SERVICES = 7**

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1. Coordinator of undergraduate Psychology practical examinations, University of Lucknow, Lucknow from 2008 onwards.
2. Assistant Provost, Management Girls Hostel, University of Lucknow (2021-2017)
3. Faculty in charge of Women Assistance / Grievance redressal committee (WAGRC) from 2014, onwards at department of Psychology, University of Lucknow, Lucknow.
4. Assistant OSD (coding, decoding, evaluation and results) of M.A. semester examinations since 2008 at department of Psychology, University of Lucknow, Lucknow.
5. Test lab in charge of the Psychology department, University of Lucknow, Lucknow since 2008.
6. Experimental lab in charge of the Psychology department, University of Lucknow, Lucknow since 2008.
7. Office in charge of the Psychology department, University of Lucknow, Lucknow since 2008.

#### **MEDIA LINKS:**

<https://fb.watch/nyo9df8IA9/?mibextid=ZbWKwL> - युवा क्यों बढ़ रहा है तनाव की ओर ,जानें Dr. Archana Shukla...से #shahbaddairy #mentalhealth #sakshimurder #Depression #DepressionKids

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<https://fb.watch/nyodOA13bS/> - जनिए क्यों Psychology की तरफ बढ़ रहा छात्रों का  
रूझान #LucknowUniversity #PsychologyDepartment #PsychologyCourses #relationship

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<https://samarsaleel.com/honor-program-for-women-power-concluded-in-lucknow-university/318174> - “लखनऊ विश्वविद्यालय में स्त्री शक्ति का सम्मान कार्यक्रम संपन्न”

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<https://youtu.be/NdtL30Ig5IE> - “LU : Environmental Psychology Book से Students की पढ़ाई होगी  
आसान @ImageTodayNews”

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<https://youtu.be/URMNXcudfoE?si=tXzrtxuSXjZkyhgL> - “क्यों युवाओं की मानसिकता में आ रही है  
क़ूरता, जाने Dr. Archana Shukla....@ImageTodayNews”

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<https://youtu.be/qCcZtuf4dMA?si=SQ8mFkCIT8787SkI> - “PSYCHOLOGICAL FIRST AID KIT ||  
DEPARTMENT OF PSYCHOLOGY || UNIVERSITY OF LUCKNOW”

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[https://youtu.be/P\\_Bv1-u3YFM?si=0GjVRegD7J18XKGJ](https://youtu.be/P_Bv1-u3YFM?si=0GjVRegD7J18XKGJ) - “मन संवाद” लखनऊ विश्वविद्यालय के  
मनोविज्ञान विभाग द्वारा Call112 के लिए अप्रतिम सेवा शुरू की गई है

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<https://youtu.be/PIRm4NvfhZs?si=jbfh6y5RM5fPYncL> - “Dr Archana Shukla on Gender Sensitization  
2020 10 09 at 02 35 GMT 7”

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<https://youtu.be/htRyI36ePSo?si=UideRTGMheq5ivr8> - “Dr Archana Shukla on Man Samwad,A joint  
venture of 112 UP Police and University of Lucknow”

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[https://youtu.be/CH4LlmbkaT0?si=eGbaWmiB\\_B\\_of90A](https://youtu.be/CH4LlmbkaT0?si=eGbaWmiB_B_of90A) – “Dr Archana Shukla on Mann Samvad A joint venture of 112 UP Police and University of Lucknow”

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<https://youtu.be/L4PhsoZY4NI?si=nJFm78BZlzc6SGrp> – “Dr Archana Shukla on Man Samwad ,A joint venture of 112 UP Police and University of Lucknow”

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[https://youtu.be/9sCaS\\_c00ME?si=Qx9NR3tK3-gPYWQY](https://youtu.be/9sCaS_c00ME?si=Qx9NR3tK3-gPYWQY) – “Garbh Sanskar; Celebrating Life Part 9”

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<https://youtu.be/a3asqxOkjFQ?si=sooSwjf1Trm7CcjZ> – “Gender Stereotypes ;A Lived Reality Day7 Dr Archana Shukla Valedictory”

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<https://youtu.be/4-7dY7OqHi8?si=qXdElfys0Jke5tCe> – “Gender Stereotypes; A Lived Reality About the program Day1 Dr Archana Shukla”

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**Dr. Archana Shukla**