



Dr. Ambica Kumari

Assistant Professor in Psychology

- Nodal Officer for Career counseling, HED Jammu
- Coordinator for school linkages under Manodarpan, MOE.
- Member, Covid-19 Help Group, Psychological Counseling, Cluster University of Jammu.
- Life member, Society of Young Psychologists membership ID: SYP10565
- Member International Council of Jurists, membership no. D-1191
- Academic Qualification
- M.A. Psychology, NET qualified

- Ph.d. in Psychology
- B.Ed, M.Ed,
- CIC (Certificate in Computing)

INDUCTION/ORIENTATION PROGRAMME

4_Week Induction/Orientation Program for “ Faculty in Universities/ Colleges/Institutes of Higher Education” from 19 June-18 July, 2021 and obtained Grade A+ organized by Teaching Learning Centre, Ramanujan College University of Delhi under the aegis of MOE (PMMMNMTT)

Attended FDPs

1.Participated in a National Webinar on “Development of e-content Avoiding Plagiarism” (FDP) organized at Government College for Women, Parade ground, Jammu from 24-28th June 2020.

2. 3 days Faculty Training Programme on the Topic: Writing Research Papers and Anti Plagiarism Software – Open Access tools (Research Methodology)

from 9th to 11th August, 2020 organized by SIR.C.R. REDDY COLLEGE, - ELURU, AP

3. Two days International FDP on “High Impact Teaching Skills and Mind Mapping for better Teaching” held on 19th and 20th August, 2020 organized by International Centre for Business Studies(ICBS) Department of Commerce, Manipal Academy of Higher Education, Manipal.

4. 3 Weeks Faculty Development Program on “ Effective use of Online Teaching Platforms, Essentials of MS Office for Class Management, Poster & Brochure Designing” organized by Government College of Education (IASE), Srinagar in collaboration with Scrollwell EduTech LLP w.e.f September, 01- 21,2020

5. Two Week (Online) Faculty Development Programme on “Transformation in Higher Education : Issues and Road Ahead” w.e.f 28th September- 12th October,2020 organized by GDC College for Women, Anantnag in collaboration with Mahatma Hansraj Faculty Development Centre (A Centre of MoE, under PMMMNMTT) Hansraj College, University of Delhi.

6. One week Faculty development programme (FDP) on **MOOCs and e-learning Technologies** organised by Department of Computer science & IT, University of Jammu in association with National Institute of Education planning & Administration (NIEPA), New Delhi from 1st to 6th Dec 2022.

7. One Week Online National Faculty Development Program jointly organised by Jai Hind College Mumbai and Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under PMMMNM of MOE from 12th July to 18th July, 2022.

7. Attended Two weeks Faculty development program on Research Methodology from December 28-12-2022 to January 08, 2023.

8.

Short term courses/workshop

1. UGC Sponsored Online Short-term Course/ Workshop from 21-27 October, 2021 on the topic, "Women and Child Development" organised by HRDC, Deen Dayal Upadhyay Gorakhpur University, Gorakhpur.
2. Attended one week Multidisciplinary International workshop Indian Culture, Science and Traditions w.e.f. 5th Nov. to 11th Nov. 2021 at HFRI Shimla.

RESOURCE PERSON

1. Invited as a Resource Person in 02 days workshop on Juvenile Delinquency organized by Social Science Wing, State Institute of Education, Jammu from 03-07-2017 to 04-07-2017.
2. Invited as a Resource Person in one day Seminar on the topic: Various Psychological needs of the students to be organised by GGHSS Satwari, Jammu on 23-03-2019.

<https://1drv.ms/p/s!AhINCVFdqBvbgmM5nHcmw8wP7I2B>

2. Invited as a Resource Person in 03 days Awareness Programme on Contemporary Adolescent Issues organized by State Institute of Education, Jammu from 18-07-2019 to 20-07-2019.

3. Invited as a Resource Person in one day workshop on Career and Mentoring Skills on 07-02-20 at Centre Basic School, Jammu ,Organized by Department of lifelong Learning University of Jammu.
4. Invited as a Resource person in an event on Examination Stress and Anxiety on 12-02-2020 at GGHSS Mubarak Mandi Organised by School Education Department.
5. Invited as a Resource Person in Extension Lecture on the Topic “Career Counseling and Skill development” organized by GDC Ramgarh on 19-09- 2020.
6. Invited as a Resource Person in Online Extension lecture on “Life Skills for Psychological well being and Happiness” on the eve of Mental Health Day 10-10-2020 by the NCC Unit of P.G. College for Women, Gandhi Nagar Jammu.
7. Invited as a Resource Person in Extension Lecture on the Topic “Anxiety Mangement” organized by Psychological cum Career Counseling and Placement Cell of GDC GHAGWAL on 23-11-2020.
8. Invited as a Resource Person in an online Lecture on the Topic “Equipping for Emerging Job Avenues” organized by Placement Cell , Govt. College Of Education, Jammu on 16-12-2020.
9. Invited as a Resource Person in an online Lecture on the Topic “Careers after Graduation” organized by Career Counseling Cell , GDC Bishnah on 10-01-21.
10. Invited as a Resource Person in an online Lecture on the Topic “Careers after Graduation” organized by Career Counseling Cell, Govt. G. L. D. M. Degree College Hiranagar on 03-04-2021.
11. Invited as a Resource person in an online lecture on “Personality Development for Successful Career” organized by GDC Bishnah on 31-5- 21.
12. Invited as a Resource person on topic “Careers after Graduation” organized by GDC R.S.Pura on 24 December, 2022.
13. Invited as a Resource person on topic “Personality Development and stress management tips for entrepreneurs” organized by GDC R.S.Pura on 26 December,2022.

Coordinator / Organising secretary of the Programmes
(Seminars,webinars Conferences, symposia, workshops, orientation programmes, training programmes)

1. Organised one day **workshop** for teachers, students and community members on the eve of Mental Health Day on 10-10-2015 at GGHSS at GGHSS MUBARAK Mandi.
2. One day **webinar** on “ISSUES, Challenges and Career Opportunities during and Post COVID-19” on 26-06-20 for students, Parents , teachers and community members in Govt. Degree College for Women, Kathua
3. Organised **National webinar** on “Employability and skill Gap” for students , teachers and community members at GDC Bishnah on 10th July 2020.
4. Coordinator of the Webinar “ Happiness is your Birth Right” organized on 14/08/2020 at P.G. College for women, Gandhi Nagar Jammu
5. A **Webinar** on topic “**Careers and transferable skills**” on 15TH September 2020 was organized for students in which **Mr. RohitSardana**, Media Professional, start –up mentor, was the Resource person at P.G. College for women, Gandhi Nagar Jammu
6. A **Webinar** on the topic “Resilience for mental health “at P.G. College for women, Gandhi Nagar Jammu was organized on 17-10-2020 in which **Dr.Chand Trehan**, was the Resource Person
7. **Mental Health week** was celebrated from 10-10-2020 to 17-10-2020 at P.G. College for Women, Gandhi Nagar Jammu
8. Ten Days **Faculty Development programme** from 28-09-2020 to 07-10- 2020 on “ICT TOOLS FOR REACHING AND TEACHING REMOTE LEARNERS IN HIGHER EDUCATION” by P.G. College for Women, Gandhi Nagar Jammu in collaboration with Teach Edu Teacher.
9. A **Webinar** on the topic “Preparing for Competitive exams “ was organized on 28-11-2020 in which **Dr. Toshendra Dwivedi**, Senior Assistant Prof. of Psychology, Amity University Noida was the Resource Person. at P.G. College for women, Gandhi Nagar Jammu.

- 10.A **Webinar** on the topic “COVID-19 AND OBESITY” under the aegis of Manodarpan was organized where **Dr. Meena K. Bhardwaj**,B.P.T. Nutritionist IICTN,Mumbai was the Resource Person
- 11.An **E- Counselling Programme** was organized on 7 Jan. 2021 at 11a.m. in Collaboration with District Employment Counseling Centre, Jammu on topics:
NCS Portal and its Relevance & Employment Scenario in J&K
- 12.A Webinar on the topic “DRUG ABUSE AND ADDICTION” under the aegis of Manodarpan was organized on 30-1-2021 where **Dr. Abhishek Chowhan**, Consultant Psychiatrist Disease Hospital was the Resource Person
13. Govt. P.G. College for Women, Gandhi Nagar, Jammu in Collaboration with District Employment Counseling Centre, Jammu organized one day **webinar** on topic: Preparation Strategy for Civil Services Exam on 20-2-21 . Resorce Person was **Mr. Anil Kumar**, Assistant Director, Department of Employment, J&K .
14. One Day **Training Programme** for students on **ACUGYAN on 6-3-21** was Organised in which **Esha Mahesh Atha** was the Resource Person.
- 15.**Happiness Day was celebrated** where Govt. P.G. College for Women, Gandhi Nagar, Jammu in Collaboration with Sri Healthcare –Research International (SHRI) presented a webinar on JOY AND HAPPINESS ON 20th March,21
- 16.A **Webinar** on the topic “Employability and Youth” under the aegis of Manodarpan was organized on 30-4-2021 where **Mr. Sunil Baraily** PAN India Mobilization Coordinator, TATA Consultancy Services was the was the Resource Person.
- 17.Career counseling cell, Govt. P.G. College for Women, Gandhi Nagar inaugurated a 100 hours virtual **orientation/training program** for students in collaboration with Tata Consultancy Services.
- 18.Organised a **webinara** on the topic,”Stress Management and Resilience building” on 30-6-21

19. Organised Intracollege mask making contest on 20-8-21 under Azadi ka Amrit Mahotsava, in collaboration with J&K AIDS Control Society, H&ME Deptt, JKUT.
20. Member organising committee of events held by Red Ribbon Club under Azadi ka Amrit Mahotsava.
21. Member, Organising Committee of webinar on the topic: "Body Image and Eating Disorders" on 6th september, 2021.
22. Organising Secretary of One day training program on "Microsoft Office Tools" for Non-teaching Staff of the College on 4-10-21 Organised by Govt. P.G. College for Women, Gandhi Nagar Jammu.
22. Coordinator of Slogan Writing Contest on the eve of mental health day 2021
23. Member, Organising committee of webinar on drug addiction on the eve of mental health day 2021
24. Coordinator of the one day workshop on topic: General financial Rules for Non-Teaching Staff of the college on 21-10-21 Organised by Govt. P.G. College for Women, Gandhi Nagar Jammu.
25. Organising Secretary of "Cyber Jaagrookta Diwas" programme for students and teachers on 1-12-21
26. Member RRC activities held for celebration of AIDS Day , webinar, Balloon Raising Ceremony on 1-12-21
27. Organising secretary of the webinar on topic: "Precautions during e- payments and prevention from online frauds" under Cyber jaagrookta Campaign on 18-22-2021.

28. Organising secretary of the online "Poster making competition" under aegis of cyber jaagrookta Campaign on January 19,2022 on the topic: Ethical social media use.
29. Organising secretary of the symposium on January 27, 2022 under the aegis of "Azadi ka Amrit Mahotsav" on the topic: Stigma related to Mental illness.
30. Organising Secretary of the webinar on the topic: "Cybercrimes during Covid-19 & its preventive measures" on 25-2-2022 organised under the series of CyberJaagrookta(Awareness Campaign) organized by P.S.P.S.Govt. College for Women, Gandhi Nagar Jammu.
31. Organiser of the seminar on the topic: Cybercrimes against women on the eve of Women's day 7-3-2022.
32. Organising secretary of the programme on the celebration of mental health day on 13-10-2022 at GDC Billawar.
33. Advisory Committee member in Two days International conference on **Ethnobiology: Present and Future Perspectives** from 25-26, November, 2022 to be organised by GDC billawar.
33. Coordinator of Poster making competition on 15-12-2022 on adolescent issues at at GDC Billawar.
34. Coordinator of Symposium on 16-12-2022 on Examination anxiety on 16-12-2022 at GDC Billawar.

Attended Webinars/Seminars

- a) 6TH National Seminar and Conference of Praachi Psycho-cultural Research Association on Individual Differences and Behaviour on October 11-12, 2002 organized under the auspices of the Department of Psychology, M.D.University, Rohtak

- b) Two Days **National** Seminar on the topic, Enhancing Educational Opportunities for Economic Empowerment of Women, organized by the Internal Quality Assurance cell of the Govt. College for Women, Parade, Jammu on 24th and 25th November, 2006.
- c) **National seminar** on “Diversity and inclusive education in Indian Scenario: Issues, Challenges and prospects” under UGC-SAP (DRS-II) ON 16-02-2018 Organized by P.G. Department of Education, University of Jammu.
- d) **International** webinar and Quiz on Challenges of Education during COVID-19 conducted by department of Education, GDC, Poonch on 30- 05-2020.
- e) **National** webinar on “Holistic Mental & Emotional well being” organized conjointly by psychological Cum career Counseling & Placement Cell, Higher education Department, Govt of J&K and Government College for women Parade Ground Jammu on 30th July 2020.
- f) **National** Level Webinar on “Role of Guidance and career Counselling in the perspective of present Pandemic Situation of Covid - 19 organized by Mankar College on 5th& 6th August, 2020
- g) **National** Level Webinar on “ Psychological Cum Career Counselling & Placement cell” organized by Department of psychology, GDC Women Anantnag on 13/8/2020
- h) **National** level webinar on “Don’t cry Over lost Relationships” organized by the department of sociology under IQAC held on 4th September 2020.
- i) **Two Day National Webinar on National Education Policy 2020** organized by the Research & Extension Committee of Department of Education, Aligarh Muslim University Center, Malappuram, Kerala from 9th to 10th September 2020
- j) **National** webinar on “INVESTOR AWARENESS PROGRAM INCLUDING MUTUAL FUNDS DURING & AFTER COVID- 19’ held on 12th sept., 2020 Organized by GDC Samba.

k) International Webinar on “Covid and Environment” Organized by the “Department of Environmental Sciences, Government Degree College for women Anantnag on 28th sept. 2020.

l) National Webinar on “ Financial Awareness and Consumer Training” Organized By Govt. Degree College Dharmari in Collaboration with NCFE held on 03/10/2020

m)National Webinar on “Mental Health and career counselling” organized by the psychological Cum Career Counselling and placement Cell of Amar Singh college, Srinagar on 29th December, 2020 as part of the Manodarpan Initiative of Higher Education Department of J&k .

n) International webinar in 7th International yoga day 2021 organised by MOKSHAYATAN Yog Kendra on 21-06-21

o) Participated in Investor Awareness Programme conducted by Xcelerating Minds,MUMBAI ON 28-7-21 in Association with **NSE-IAP**

p)Attended webinar on management of covid - 19 among children : Current Scenario held on 1 August, 2021, organised by Aditri Manovikas Kendram in Collaboration with the Psychologist - An Association of Psychology.

q) Attended International Webinar on Research Methodology organised by Y.V.N.R. Govt. Degree College from 18-19 November 2021

r) participated in National Webinar on **Research Methodology on 18 nov. and 19 nov. 2022** to be organised by SIR CR REDDY COLLEGE FOR WOMEN, Eluru.

Attended Symposium

a) International Symposium on Issues and Challenges of Mental health in present time hosted by Gyan Mantra.

Attended Conferences

1. 6th National Seminar and Conference of Praachi Psycho-cultural Research Association on Individual Differences and Behaviour on October 11-12, 2002 organised under the auspices of the Department of Psychology, M.D.University, Rohtak.
2. XXXII Indian Social Science Congress held at Jamia Millia Islamia , New Delhi from December 18-22,2008.

3. 101st Indian Science Congress held at University of Jammu ON 6-2-14 ORGANISED BY The Indian Science Congress Association , Kolkata.
4. **International** Conference on Sustainable business practices for Rural Development from 27th February to 1st March, 2018.organised by Udhampur Campus, University of Jammu in collaboration with Indian council of Business Education, Bengaluru.
5. **International** E-Conference on National Education Policy(2020) and Peace Education on 12-13 September,2020 Organised by Baba Ghulam Shah Badshah .Universty (BGSBU),Rajouri,J&K In Collaboration with Attitude Change International (Regd.), Darhal, Rajouri, J&K
6. International conference on “Making India Again as World Leader: Future of learning” held at Chitkara University , Rajpura, (Punjab) w.e.f. 6th-8th January,2020 organised by Science and Management Society, Himachal Pradesh.
- 8.‘ Multi-disciplinary International Conference on Indian Culture,Science and Traditions”.from 13th to 15th Nov. 2021 held at HFRISHimla.
9. Two days International conference on **Ethnobiology: Present and Future Perspectives** from 25-26,November, 2022 to be organised by GDC billawar.
10. Attended an international Conference on **Empowering Individuals for a Better Future** from 12-14th May, 2023 to be organised by Science and Management Society, HP & ICFRE- Himalayan Forest Research Institute Shimla -HP

Workshops Attended

1. 2 days workshop on Juvenile Delinquency organized by Social Science wing of SIE & Training on 3-4 July, 2017.
2. Two days workshop on “Cognitive Drill Therapy and Hypnosis” organized by P.G. Department of psychology, University of Jammu in collaboration with Indian Academy of Health Psychology on October 6-7,2017.
3. One day pre- conference Workshop on Meta Analysis organized by Udhampur campus University of Jammu on 27 Feb. 2018

4. Three days workshop on Counselling Psychology: Need and Opportunities, conducted from January 29,2020 to January 31,2020 conducted by Higher Education Department, Govt. of Jammu and Kashmir.
5. International online workshop on Exploring the science of atmosphere from space on 26th August, 2020 organized by K.L.E.F, Vijayawada, Andhra Pradesh, India.
- 6.5 days International Workshop on the topic, International Workshop on Research Methodology for Social Sciences from 5-9 October,2021 to be organised by S.I.W.S.
7. UGC Sponsored Online Short- term Course/ Workshop from 21-27 October, 2021 on the topic, "Women and Child Development"organised by HRDC, Deen Dayal Upadhyay Gorakhpur University, Gorakhpur.
8. One Week Online National Faculty Development Programme on **Ethics in Research and Scientific Writing** jointly organised by Guru Angad Dev Teaching Learning Centre, a centre under PMMMMNMTT, MOE, GOI and Jai Hind college from 12th July to 18th July, 2022.

Training Programmes/Employability and Skills Enhancement programmes Attended

1. In service Training and Sensitization Of key functionaries of Central and State Government, Local bodies and other Service provider by Rehabilitation council of India on 26-28 November, 2015 at MIER College of Education, Jammu,
2. "Student empowerment Program" by Directorate of School Education Jammu on 15-16 January, 2019 at SRML HSS Jammu.
3. Training of Trainers Programme on Drug De-addiction & HIV/AIDS organized by J&K State AIDS Control Society at Conference Hall of Government Hospital, Gandhi Nagar, Jammu on 7th & 8th June 2019.
4. **International** online programme on soft skill for personal productivity on July 16,2020 organized by SIMS Bangladesh.
5. 21 days Student Excellence & Learning Program(SELP) ORGANISED BY JAMMU & KASHMIR HIGHER Education

Department under the **Employment Skill Enhancement Scheme** at P.G. College for Women, Gandhi Nagar Jammu from 27-1-20 to 8-2-20

6. Online 15 days Certificate Course in **Yoga and Holistic Health** from 23rd July to 6th September 2021 organised by Mungasaji Maharaj Mahavidyalaya Darwaha in collaboration with Vikram Arogyashala .

BOOKS AND CHAPTERS IN AN EDITED BOOK

Books Written

1. Textbook of GENERAL AND SOCIAL PSYCHOLOGY by N.R. Books International
2. Textbook of DEVELOPMENTAL AND ABNORMAL PSYCHOLOGY by N.R. Books International First Published 2008, ISBN : 978-93-81768-09-9

CHAPTER IN AN EDITING BOOK

'Natural Culture and organizational citizenship behavior: Development of a scale' (PP 209 – 205) in Singh, S.(ED), organisation behaviour (2009), organisation behaviour global vision publishing house ,New Delhi. ISBN : 978-81-8220-263-4

SCHOLARSHIPS

1. Certificate of merit by J AND K Bose for securing 13th Position in class 10.
2. Science Talent Promotion scholarship for year 1997 at 10+2 by J and K state council for science and Technology

PAPER PUBLICATIONS

1. Praachi Journal of Psychocultural Dimension by Saroj Aurora .ISSN No. 0971-7064 (Vol 24, No.2 Oct .2008)

Topic- Job satisfaction as predictor of satisfaction : A study of lecturers of Jammu.

2. Journal of well being by Vijay Laxmi Chouhan ISSN 0974-8717
Topic – A study of values among fifties of Jammu city with reference to well being.

3. Indian Journal of Psychology and mental health by Mohd. Irfan Farooqi ISSN 973-7286

Topic- To study personality Pattern and emotional intelligence of adolescent boys:

4. Academic Research by A.S. Bagul Vol .2 No .2 ,MAY 2008.(69-75) ISSN - 2230- 7796

Topic - Inculcating values among student through Buddhist education
ISSN – 2230 – 7796

5. Indian Journal of Community Psychology by Dr. S.N.Dubey .ISSN 0974 – 2719. Vol.5,1,2009 (88-92)

Topic – Personality Domains of subordinates as Predictor of Superior subordinate Relationship at workplace.

6. Gujarat Journal of psychology by S.C.Kanawala.(Volume 26-27, 2008)

Topic – Importance of inculcating values among the New generation and role of teacher in imparting it.

7. Bakshi, A. and Kumari, A. (2009): “Effect of Practicing Yoga on Subjective Well-being and Academic Performance”, Indian Psychological review, vol. 72, No.4, pg: 235-238.

Referred in: Bhawsinka S.K. (2020). Role of meditation on general wellbeing of females. International Journal of Indian Psychology, 8(4), 32-36. DIP:18.01.005/20200804, DOI:10.25215/0804.005

8. Indian Journal of Natural Sciences, vol.12/issue67/aug/2021.

The Relationship between Spiritual Intelligence and Its Components with Psychological Well -being of University Students

PUBLICATION IN NEWSPAPERS

1. “Emotional intelligence” in Earth News on 11th of July, 2014.

2. “Raising Mental Health Awareness” in Daily Excelsior on 10th of October, 2018

3. “Parenting Principles” Daily excelsior on 17th of December, 2017

4. 'The Bhagavad Gita; Solution to psychological problems.'" In state times on 7th of December,2017
5. "Meditation for Kids" in state times .
6. "Management of Mass Hysteria" in daily Excelsior Magazine on June 30,2019.
7. "Lessons from Shrimad Bhagavad Gita" in daily excelsior magazine on December 3,2022.

Appreciation certificates

1. TCS Tata consultancy services CSR youth employment program thanked for enabling the opportunity to conduct the training program
2. SHRI
3. GDC BILLAWAR

PAPER PRESENTATIONS

1. Effect of Practicing Yoga on Subjective well being and Academic Performance of Adolescents, during XXX11 Indian Social Science Congress at Jamia Millia Islamia, New Delhi from December 18 to 22,2008.
2. Life Satisfaction in relation to family type and job type among working women , during 101st Indian Science Congress held at University of Jammu from February 3 to7,2014.
3. A study of Spiritual Intelligence, stress and well being of working women, in 1st International Conference of Indian Academy of Health Psychology held at University of Jammu from 6th to 8th of December, 2015.
4. Encouraging Inclusive culture in schools : A prerequisite characteristic of Education, in National seminar on Diversity and Inclusive Education in Indian Scenario : Issues, Challenges and Prospects on 16th of February, 2018 organized by P.G. Department of Education, University of Jammu
5. Identifying the individual differences among students during learning and teaching process by teachers of Jammu Universty, in National seminar and 6th National conference of praachi Psychocultural Research

Association on individual difference and behavior on October 11- 12- 2002.

6. "Spiritual Intelligence and Psychological well being of University students" on 6-8, Feb., 2020 at International Conference on Making India Again as World Leader: Future of Learning.
7. Effect of spiritual Intelligence on Psychological well being and self concept of adolescents, in International conference on Sustainable Business Practices for Rural Development from 27th of February to 1st March, **2020**
8. Oral Presentation "Effect of climate change on Psychological Well Being among students." in virtual Two days National Conference from 21-22 sept., 2021 organised by Govt. P.G. College for Women, Gandhi Nagar Jammu in Collaboration with JK Science, Technology and Innovation Council, DST, Jammu.
9. Paper Presentation on topic, "Role of psychological well being between spiritual Intelligence and life satisfaction of university students" from 13th to 15th Nov. 2021 held at HFRISHimla in a 'Multi-disciplinary International Conference on Indian Culture, Science and Traditions".
10. Presented a paper on the topic, " To study the nature of spirituality and its approaches towards the conservation of flora" in Two days International conference on **Ethnobiology: Present and Future Perspectives** from 25-26, November, 2022 to be organised by GDC billawar.
11. Presented a Paper on the topic, " A study of Psychological well being of College students in relation to College environment and place of living" Two days International Conference: One Earth ,One Family and,One Future: India' s motto for G20 Presidency wef 28-04-23 to 29-04-23 to be organised by GDC bani.
12. Presented a paper on the topic, "A study of Spiritual Intelligence and it's components with self esteem of University students in One day Seminar on " mental health and well being: A Global Priority"organised by department of Psychology, University of Jammu on 15th may, 2023.

13. Presented a paper in an international Conference on Empowering Individuals for a Better Future from 12-14th May, 2023 to be organised by Science and Management Society, HP & ICFRE- Himalayan Forest Research Institute Shimla -HP on the topic: TRACING THE ROOTS OF PSYCHOLOGY: REOWNED PSYCHOLOGISTS AND THEIR LASTING IMPACT ON MODERN SOCIETY.

14. Presented a paper in International Conference on Education, Preventive Health, Employability and Digital help from 23-25 th September 2022 at Hotel De Park, Shimla H.P. on the topic, Digital Employability skills and training for health care professionals.

Academic Contributions

1. Appointed as a **Sub- Examiner** in Psychology pertaining to Higher Secondary Part -11(12th CLASS) Annual Session 2014 S/Z.
2. Appointed as a **Sub- Examiner** in Psychology pertaining to Higher Secondary Part -11(12th CLASS) Annual Session 2017 S/Z.
3. Appointed as a **Superintendent** for the conduct of Higher Secondary Part - 11(12th CLASS) Examination Annual, Regular Session 2017 S/Z commenced from 27-02-2017 in centre no. 1604 constituted at GGHSS Satwari, Jammu.
4. Appointed as a **PRACTICAL Examiner** in Psychology subject of Higher Secondary Part -11 Examination(12th CLASS) Annual Session 2018 S/Z Regular commenced from 16-02-18.
5. Appointed as a **PRACTICAL Examiner** in Psychology subject of Higher Secondary Part -11Examination(12th CLASS) Bi-Annual Session 2018, commenced from 23-05-18.
6. Appointed as a **PRACTICAL Examiner** in Psychology pertaining to Higher Secondary Part -11 Examination(12th CLASS) Annual Session 2019 S/Z Regular commenced from 18-02-19.
7. Appointed as a **Superintendent** for the conduct of Higher Secondary Part - 11(12th CLASS) Examination Annual, Regular Session 2019 S/Z commenced from 23-02-2019 in centre no. 1830 constituted at GHSS Boys Gandhi Nagar Jammu.
8. Appointed as a **Deputy-Superintendent** in Psychology pertaining to Higher Secondary Part -1(11th CLASS) Annual Session 2019 S/Z from 07-03-19.
9. Appointed as a **Sub- Examiner** in Psychology pertaining to

Higher Secondary Part -1(11th CLASS) Annual Session 2019 S/Z on 21-05-19.

- 10.Appointed as a **Examiner** in Psychology pertaining to Higher Secondary Part - 1(11th CLASS) Bi-Annual Session 2019 on 17-07-19.
- 11.Appointed as a **PRACTICAL Examiner** in Psychology pertaining to Higher Secondary Part -11(12th CLASS) Bi-Annual Session 2019 W/Z commenced from 2-8-19.
- 12.Appointed as a **PRACTICAL Examiner** in D.El.Ed 1st Year, Session(2015-2017) commenced from 29-04-19.
- 13.Appointed as a **Paper Setter** in subject Psychology PAPER O.D. OF 12TH Class, exam. dated 19-12-2020.
- 14.Appointed as a **Paper Setter** in subject Psychology PAPER O.D. OF 12TH Class, exam. dated 22-12-2020.
- 15.Acted as a **Paper setter** for Psychology students of Ist Year

(Semester 1) And 3rd Year (semester 5) studying in Cluster University of Jammu during the session 2020-21, year 2020

16. Acted as a **Paper setter** for Psychology students of Ist Year

(Semester 2) And 3rd Year (semester 6) studying in Cluster University of Jammu during the session 2020-21, year 2021

17.Acted as a **examiner for minor and major papers** for Psychology students of Ist Year (Semester 1) And 3rd Year (semester 5) studying in Cluster University of Jammu during the session 2020-21, year 2020

18.Acted as a examiner **for minor and major papers** for Psychology students of Ist Year (Semester 2) And 3rd Year (semester 6) studying in Cluster University of Jammu during the session 2020-21, year 2021.(College students only)

19. Acted as a **Paper setter** for Psychology students of 1st Year (Semester 2) And 3rd Year (semester 6) studying in Cluster University of Jammu during the session 2020-21, year 2021. (College students only)
20. Appointed as a **External Practical Examiner** of B.A Sem 1 students of the Directorate of Distance Education for the session 2021 - 2022 by Directorate of Distance Education, University of Jammu Dated - 11-8-2021.
21. Acted as a **Paper setter** for Psychology students of 1st Year (Semester 1st) And 3rd Year (semester 5th) studying in Cluster University of Jammu during the session 2020-21, year 2021.
22. Acted as a **Paper setter** for 11 th class students final JkBOSE exam.in jan. 2022
23. Acted as Acted as a **Paper setter** for 12 th class students final JkBOSE exam.in jan. 2022.
24. Acted as a **paper setter** for sem3 psychology students. In feb.2022
25. Acted as a **paper setter** for sem5 generic psychology students. In feb.2022
26. Acted as **practical external examiner on** 27-1-22 of 3rd year psychology students by DDE.Jammu.

27. Appointed as a External Practical Examiner in Psychology by GCW, Parade Jammu from 11-03-2022 to 12-03-2022 of B.A. Sem- 3rd(Skill).
28. Appointed as a External Practical Examiner in Psychology by GCW, Parade Jammu on 14-03-2022 to 16-03-2022 of B.A. Sem- 5.
29. Acted as a paper setter for parade college for sem3 skill course.in marc -april2022 dated 26-4-22.
30. Acted as an external examiner for viva voce of B.A. sem1st in directorate of distance education dated 27-5-22.
31. Acted as a paper setter in B.A. Semester 4 core course, Abnormal Psychology by parade college on 18-07-22.
32. Acted as a paper setter in B.A. Sem 6 honours psychology paper on 27-7-22 by University of Jammu.
33. Acted as a paper setter in B.A. sem 6 honours psychology paper by University of Jammu.
34. Invited as an external practical examiner for sem3 skill psychology (stress) Parade college Jammu on 24-8-22 and 25-8-22.
35. Developed the competency based Question banks for class 11th &12th on the recommendations of NEP-2020 at JKBOSE w.e.f. 07-12-2022 to 10-12-2022.

36. Appointed as a paper setter for 12th class board exam on 8-8-2022 by JK board of School Education.

37. Acted as a paper setter in 3-year B.A. (hons.) in psychology, examination 2023 (2 sets of paper) invited by MIER college of Education

38. Acted as an external practical examiner in psychology in B.A. sem 5th w.e.f. 20-2-2023 to 24-02-2023 at GCW Parade

39. Acted as an external practical examiner in psychology in B.A. sem 5th w.e.f. 24-2-2023 to 28-02-2023 at GCW Parade.

40. Acted as an external practical examiner for Sem 3rd skill course at GCW Parade from 11-4-23 to 13-4-23.

41. Acted as an external practical examiner for B.A. sem 6 (skill) from 06-06-23 to 07-06-23 at GCW Parade, Jammu

42. Acted as a practical external examiner for B.A. sem 4 from 31.07.2023 to 03.08.2023.

43. Acted as an external practical examiner for sem 5 students on 17-8-23 to 18-8-23 at PPSGCW Gandhi Nagar Jammu

44. Acted as an external practical examiner for B.A. sem 5 (skill) from 25-11-23 to 25-11-23 at GCW Parade, Jammu.

45. Appointed as a paper setter by cluster University of Jammu for sem 3 students in paper psychology on 5-1-24.

46.Appointed as a paper setter by JKBOSE for 11th and 12th class annual exam in psychology for session 2024.

47. Acted as a paper setter in subject of **Introduction to Personality**, course no./paper UPS-301 of 4 year UG Honours/Research Programme, examination,2024 in MIER College of Education.

Member BOS

- 1.Member BOS on 17.08.2021 autonomous parade college.
2. Member BOS IN University of Jammu
3. Member BOS in Cluster University of Jammu

38. Innovations / Contributions in Teaching

- a) Teaching methods : Youtube channel for psychology, lectures at Edusat hub, E-CONTENT DEVELOPMENT.
- b) Laboratory experiments .