



DR.RICHA SAXENA

Assistant Professor (Adhoc)

Gurukul Kangri University

Haridwar

Nationality: Indian

Date of Birth: 23-10-1978

Marital Status: Married

Languages Known: English, Hindi

Email: richasaxena@gkv.ac.in

Mobile: 91-9045423083

Work experience: 11 years

Qualification: M.A, Ph.d, SLET-2002

Research Area: Applied psychology

Career Objective

Looking forward for a career in Academics and Research, which provides me an opportunity to teach and work with students and to develop new educational materials and techniques of teaching in the field of Psychology.

Profile

- ❖ Qualified **M.A. in Psychology from Dr. B. R. A. University, Agra** with teaching with focus in **Educational, Social, General and Counseling Psychology**.
- ❖ Currently Working as a **Assistant Professor in The Department of Psychology, Gurukul Kangri University, Haridwar, U.A.** High caliber in **creating, developing, executing innovative Psychological development plans & strategies** together with designing, consolidating and improving organizational processes.

- ❖ Innovative and **experimental attitude towards the teaching process, as well as towards the curriculum**, developing student-centered, congenial learning techniques to install enthusiasm towards studies in student

Educational Credentials

1. Completed Ph.D entitled “Extraversion, Emotional Disposition, Intellectual Interest and General Life Adjustment as Correlates of Teaching Capability of Lecturers at Higher Academic Level. In Psychology in 2003 from Dr. B. R. A. University, Agra.
2. Qualified M.A. in Psychology with 73% from Dr. B. R. A. University, Agra in 1999.
3. Qualified B.A. in Psychology with 71% from Dr. B. R. A. University, Agra in 1999.
4. Qualified 12th with 61% from U.P. Board in 1994.
5. Qualified 10th with 72% from U.P. Board in 1992.

Professional Qualifications

1. Qualified **UGC -SLET/June 2002** of University Grant Commission (UGC), India for (Lectureship) June 2002.
2. Completed Online Course of **Positive Psychology** from **The University of North Carolina at Chapel Hill**.

Awards and Honours

1. Received **Best Paper Award** by International Journal of Research in Humanities and Arts and Literature on 12-3-2020.
2. Published article has been **indexed in Scope Database** based on the recommendation of the Content Selection Committee(CSC) on 13-01-2022.

Professional Experience

IN FIELD OF ADVANCED PSYCHOLOGY

- ❖ Taken Personality development classes at DBIT &UIM Dehradun of B.Tech and MBA students for placement.

Conferences

1. Presented “Yajurveda main Manovigyan” at International Vedic Conference held at 27-30th Jan.2005 at Gurukul Kangri University, Haridwar.
2. Presented “Valmiki Ramayan ke Pramukh Patron ki Manah Stithi” at National Sanskrit Research Conference” held at 3-5 march.2006 at Gurukul Kangri University,Haridwar.
3. Presented “Effect of Vedic Teaching on daily adjustment” at International Veda-Vedanga- Conference held at 9-11 feb. 2007 at Gurukul Kangri University,Haridwar.
4. Presented “Psychological effect of Yajna process on Yajman” at World-Veda-Conference held at 20-22 nov. 2009 at Gurukul Kangri University,Haridwar.
5. Presented “Psychological Effect on Sports performance” at International Conference on Global Innovations,Strategies & policies in Physical Education & Sports Science held at 24-26 feb.2012 at Gurukul Kangri University,Haridwar.
6. Presented “employee counselling in the organisation at national conference on business and social science held at 27 april 2014 at Gurukul Kangri University, Haridwar.
7. Presented “ENDORSING ATTACHMENT FOR IMPROVING MENTAL HEALTH OF YOUTH AND CHILDREN OF SEPERATED FAMILIES” at National seminar on mental health challanges and remedial approaches on 15-16 feb.2014 at Gurukul Kangri University, Haridwar.
8. Presented “A study of socio-psychological impact of reservation” at National seminar on Social Justice-A historical study on 12- 13 March 2014. at Mihir Bhoj J.P.G.College,Dadri.
9. Presented “The divine message of nishkama karma by the Bhagvada Gita” at International seminar on Cultural messengers of India held at 29-30 march.2014 at Dev sanskriti vishwavidyala,shantikunj,Haridwar.
10. Presented “Role of Self confidence on sports performance” at national Conference on present innovative approaches and new paradigm in physical education held at 29 Aug,2015 at Gurukul Kangri University, Haridwar.
11. Presented “Impact of social media on youth’s personality development” at national conference on Science and Technology for Human Development held at 20-21 March,2015 at Gurukul Kangri University,Haridwar.
12. Presented “Technology and its Reflections on Human Behaviour” at National Conference of SAUK on Society and Sustainable Development in Himalayan States at 24-25 Feb,2016 at D.A.V.PG.College,Dehradun.

13. Presented “Indian Social Orders and Emerging Values” National Seminar on Values, Ethics and Social Responsibility, held on 28-29 Feb. 2016 at S.M.J.N.PG.College, Haridwar.
14. Presented “ Internet Addiction and Psychological Well-Being” in International Conference on Positive Psychology for Health and Well Being on 9-10 March, 2018 at G.J.U.S.T, Hisar.
15. Presented a research paper entitled “Spiritual Practices and Well-Being” in International Conference on Peace and Well-Being: Manifestation Across Age & Culture, on 26-28 October, 2018 at Punjab University, Chandigarh.

Workshop and symposium

1. National Symposium on “Equality & social justice in 21st century” at D.B.S.(PG)College, Dehradun in march 2013.
2. Attended a “Workshop on Cyber Security” at KGC, Dehradun for one day on 14th, 2015, at KGC, Dehradun.
3. Attended a workshop of three days on “Mumkin hai !Mahila Hinsa ka Ant” on 20.21&22 Feb, 2015, at DBS.PG College, Dehradun.
4. Attended a one day workshop on “Awareness regarding non remunerated Voluntary Blood donation and women Empowerment in Uttarakhand” on 9th april, 2015 at KGC, Dehradun.
5. Attended a seven days workshop on “Professional Counseling Skills” on 25-2 May, 2015, at DSVV, Haridwar.
6. Attended a workshop on “Role of Cultural and Traditional Knowledge for Sustainable Development” on 14th Dec, 2015 at K.G.C. Dehradun.
7. Attended a workshop on “Women Empowerment: Challenges and Possibilities” on 7-9, 2017 at K.G.C. Dehradun.
8. Participated in one day workshop on Career Within Career on 5th nov. 2018, organised by research cell department of Management Studies, Kanya Gurukul Campus, Dehradun
9. Attended a workshop on “Psychotherapies” From Psyched Foundation from 20-9-2020 to 30-9-2020.

Papers Published

1. “swami Shrdhanand ki Aatmkatha main Maharshi Dayanand Saraswati ka Bhavatmak Smaran” is published at “Gurukul Shodha Prabha” issue of April-June 2012 with ISSN No.2319-8907.
2. “Empowering strategies in managing HR for High Performance” is published at “Gurukul Shodha Prabha” issue of July-September 2012 with ISSN No.2319-8907.
3. “Factors related to work performance of working mothers” is published at “Gurukul Shodha Prabha” issue of April- June 2013 with ISSN No.2319-8907.
4. “The divine message of nishkama karma by the Bhagvada Gita” is published at “Itivritta” issue of Jan-June,2015 with ISSN No. 2347-1611.
5. “Role of Emotional traits and Intellectual Interest in Effective Teaching at Higher Level” is Published in ZENITH International Journal of Multidisciplinary Research ,ISSN 2231-5780,Vol.9 (4), April (2019), pp. 162-166, Online available at zenithresearch.org.in
6. “ Role of Emotional traits and Intellectual Interest in Effective Teaching at Higher level” is published in International Journal of Research in Humanities, Arts and Literature (IMPACT: IJRHAL) ISSN (P): 2347-4564; ISSN (E): 2321-8878, Vol. 7, Issue 6, Jun 2019, 117-120© Impact Journals

Webinar

1. Attended National webinar on Legal Frameworks for Protection of Heritage Monuments and Sites in India on 21-5-2020. Organised by K.G.C.Dehradun.
2. Attended National webinar on “Pandemic Covid-19: Psychological Issues and Solutions” on 26-5-2020 organized by Navyug Kanya Mahavidyalaya,Lucknow.

3. Attended National webinar on Values and Teaching Learning in Higher Education on 2-6-2020. Organized by Vivek College of Education ,Bijnor.
4. Attended National webinar on Relevance and Importance of Yoga in Present Scenario on 17-19June,2020. Organized by G.K.V. Haridwar.

Faculty Development Programme

1. Participated in one week online Faculty Development Programme on “ **Research Methodology: Techniques and Tools**” on 5-11 June,2020 conducted by ARSD College, Delhi University under the scheme of **MHRD**.
2. 1.Participated in one week online International Faculty Development Programme on “**Reconfiguring the Mind: Post Covid Consciousness**” on 23-27 June,2020,Organised By **IQAC**, Jyoti Niwas College, Bengaluru, Karnataka.
3. Participated in one week online Faculty Development Programme on “**Online Education and Teaching Methodologies**” on 7-10 August, 2020,organized by **Swayam Committee,G.K.V.Haridwar**.
4. Participated in Two week online Faculty Development Programme on “ **Use of ICT Tools for Enhancing Quality of Higher Education in India**” on 03-15 Feb,2022 conducted by CEM Jalgoan & SGTBK College, Delhi University under the scheme of **MHRD**.

Session Chaired

1. Chaired a Session in International Conference on Positive Psychology For Health and Well Being at G.J.U.S.T,Hisar on 9-10,2018.
2. Woked as **Subject Expert** for **UKSSSC in 2018 and 2020**.

Extra-curricular activities

- 1 Working as Compare for “**Mahila Jagat**” Programme at **All India Radio, Dehradun**.
- 2 Worked as Compare for “**Yuvavani**” Programme at **All India Radio, Mathura** For 10 years.
- 3 Organized a guest lecture on “Stress management and Mental Health” inKGC, Psychology Department. on 29.oct,2015.
- 4 Organized Skill Development Programme for the students of KGC, Dehradun byPsychology Department.

- 5 Organized a cultural Fete at KGC, Dehradun for the students of KGC,Dehradun byPsychology Department.
- 6 Practising as a psychologist since 2010 individually as well as on call in variousinstitutions
- 7 Participated in Annual Sports Day 2018,as a **member of organising Commiittee.**
- 8 Organised a Skit on “**Obsessions of Specific Beauty Standards**” on World MentalHealth Day on 10th Oct.,2018 at Kanya Gurukul Campus,Dehradun
- 9 Organised Various Competitions like Mehandi,Hair Do & Make up,Rangoli,EssayWriting,Poetry and Poster Competition on the Occasion of Hariyali Teej on 12 Aug,2018.at Kanya Gurukul Campus,Dehradun
- 10 Worked as “ **Counting Officer**” on 8th Aug,2018 at Kanya Gurukul Campus inUniversity Elections
- 11 Conducted an Essay Writing Competition on 29 Nov.2018, organised by Housing and Urban Development Corporation Ltd. At .at Kanya Gurukul Campus,Dehradun
- 12 Appointed as **Supervisor of University Examination** at Kanya Gurukul Hathrasfrom 15/05/2018 to 31/05/2018 & 01/12/2018 to 31/12/2018.
- 13 Working as a **member of Psychological Counselling Cell & Member of SportsCommittee.**
- 14 Organized a Lecture on **Know Your Drive** on 26 feb,2020
- 15 Organized a **National Webinar on Social Isolation,Social Connectedness &Happiness during Pandemic** on 10-6-2020.
- 16 Organised a **Three Days National Webinar as Convener on Spiritualityand Psychological Well-Being** on 4-6 July,2020.
- 17 Organized an Online Lecture on “**Challenges For Mental Health**” on 13th October,2021.
- 18 Organized “**Phagun Mahotsava**” at KGC,Dehradun on 14-02-2022.

Computer usage

- ❖ Platform Worked On: Windows X p,window7,window 10 & vista
- ❖ Office suite: Microsoft Office (Microsoft Word, Microsoft Excel, Microsoft Power Point)
- ❖ Internet Applications
- ❖ Other Tools: Adobe Photoshop, Chem. Draw

- ❖ Statistical software: SPSS

Hobbies

Painting, visiting, Reading Books, Listening music and Surfing.

Present occupation

- Working as assistant professor (Adhoc) Psychology in Gurukul Kangri university, Haridwar since 2012
- Conducting personal counseling since last 12 years.