

CURRICULUM VITA



DR. RICHA SAXENA

Assistant Professor

Department of Psychology

Gurukul Kangri University

Haridwar, Uttarakhand

E-mail: richasaxena123@gmail.com, richasaxena@gkv.ac.in

Mobile: +91-9045423083

https://scholar.google.com/citations?view_op=list_works&hl=en&authuser=2&hl=en&user=3qGWKisAAAAJ&authuser=2

<https://www.researchgate.net/profile/Richa-Saxena-12>

<https://orcid.org/0000-0001-8517-5106>

489, Krishna Nagar
Near Ramleela Ground
Kankhal
Haridwar
Pin-249404

Research Area

Applied psychology

Educational Degrees

PhD	Dr. B. R. A. University, Agra. 2003 <i>Thesis: Extraversion, Emotional Disposition, Intellectual Interest and General Life Adjustment as Correlates of Teaching Capability of Lecturers at Higher Academic Level</i>
M.A	Psychology from Dr. B. R. A. University, Agra, 1999, 73%
BA	Psychology. B. R. Ambedkar University, Agra, 1997, 71 %

<i>HigherSecondary</i>	<i>Arts, UP Board, Mathura, 1994, 61%.</i>
<i>Secondary</i>	<i>Arts, UP Board, Mathura ,1992, 72%.</i>
<i>Online Course</i>	Positive Psychology 15-08-2021 fromThe University of North Carolina at Chapel Hill. course on Develop Soft Skills that Industry Demands of TCS ion from 1st June to 22nd July,2023
<i>SLET</i>	Qualified UGC -SLET/June 2002 of University Grant Commission (UGC), India for (Lectureship) June 2002 from CSJ University,Kanpur.

Present Position

Assistant Professor Department of Psychology, Kanya Gurukul Campus, GKV,
Since 2012

Professional Experience

Professional Counsellor Working as a Counselor at an Integrated Neuro-Psychiatry Clinic (INPC), Aryavrat Hospital and at Psych Lab, Shakti Sansthan Centre for Mental Health.

Counselling Experience Since last 22 years.

Awards and Honours

1. Working as Academic Counsellor in IGNOU since 2025.
2. Working as Subject Matter Expert in TCSion since 2025.
3. Chaired as psychologist in 'Hallo Doctor' Live program by Doordarshan Dehradun On 6/10/25
4. Worked as Compare in All India Radio for Yuvvani for ten years and Mahila Jagat for Four Years.
5. Worked as Corporate Trainer in Counsel India, Online platform of RCI approved psychological courses in 2025.
6. Worked as an Expert for the Internship Programme of Counselling Internship Conducted by the Mental Health Mission of India,CCS University,Meerut in 2024
7. Published article has been indexed in Scope Database based on the recommendation of the Content Selection Committee (CSC) on 13-01-2022.
8. Received Best Paper Award by International Journal of Research in Humanities and Arts and Literature on 12-3-2020.
9. Appointed as Subject Expert for UKSSSC in 2018 and 2020.
10. 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.
11. Taken Personality development classes at DBIT & UIM Dehradun of B.Tech and

MBA students for placement.

List of Publications

No.	Authors name	Paper/Book Chapter title	Journal /Book name	ISSN No./ DOI/Vol./Issue/Pag e no.	year
1	Geetika Saxena , Ruchika Dwivedi, Richa Saxena	Online Pornography Addiction: Psychological, Neurocognitive , Social, and Legal Perspectives	Psychological, Social, and Clinical Perspectives on Digital Addiction and Digital Diseases	DOI: 10.4018/979-8-2600-2468-3.ch005 ISBN13: 9798260024683 Isbn13Softcover: 9798260024690 EISBN13: 9798260024706/ IGI Global Scientific Publishing page 123-152	2026
2	Richa Saxena	Therapatic Aspects of Durga saptshati : a psychological study	<i>Indian Knowledge Text: Psychological and Literary Perspectives."</i>	International ISBN no. 788196922863 Saptrishi Publication in 2024. Page no.85-97.	2024
3	Richa Saxena	<i>Indian Knowledge Text: Psychological and Literary Perspectives (Book)</i>	<i>Editor</i>	International ISBN no. 788196922863 Saptrishi Publication in 2024. Page no.85-97.	2024
4	Saxena, G., Saxena R, kapil Kumar & Asha Srivastava	Personality Traits,age and Order of Birth: Predictive factors of Deviant Behaviour among Juvenile	The International Journal of Indian Psychology	2348-5396(Online), 2349-3429(print) , Vol.13,Issue 3 July-September	2025

		Delinquents			
5	Saxena, G., & Saxena R	Individual Risk Variables: Key Predictor Of Delinquent Behavior Among Juveniles.	Vision Ahead	60	2023
6	Saxena R.	Emotional well-being and Quality of life after Pandemic	Gurukul patrika	0976-8097, page 176-181,vol-74/3-4,Jan-June	2023
7	Saxena R	Role of Emotional traits and Intellectual Interest in Effective Teaching at Higher Level	International Journal of Research in Humanities, Arts and Literature (IMPACT: IJRHAL)	ISSN (P): 2347-4564; ISSN (E): 2321-8878, Vol. 7, Issue 6	2019
8	Saxena R.	Effect of teacher's personality traits and general life adjustment on his teaching capability	ZENITH International Journal of Multidisciplinary Research	9(4):162-6.	2019
9	Saxena R.	The divine message of nishkama karma by the Bhagvada Gita	Itivritta	2347-1611	2015
10	Saxena R	Factors related to work performance of working mothers	Gurukul Shodha Prabha	2319-8907/ April- June	2013
11	Saxena R	swami Shrdhanand ki Aatmkatha main Maharshi Dayanand Saraswati ka Bhavatmak Smaran	Gurukul Shodha Prabha	2319-8907	2012
12	Saxena R	Empowering strategies in managing HR for High Performance	Gurukul Shodha Prabha	2319-8907	2012

List of Conference Papers & Posters Presentation

	Paper Title	Conference Title	National/ International	Attended/ Chaired Session	Date	Organized by
1	Healthy Pragenancy and yoga practice	Veda Vijnana & Sanskriti Mahakumbha	International	Presented	23-25 December ,2023	Gurukul Kangri University, Haridwar.
2	Spiritual Practices and Well-Being	Peace and Well-Being: Manifestation Across Age & Culture	International	Presented	26-28 October,2018	Punjab University, Chandigarh
3	Internet Addiction and Psychological Well-Being	Positive Psychology for Health and Well Being	International	Presented	9-10 March,2018	G.J.U.S.T, Hisar
4	Indian Social Orders and Emerging Values	Values,Ethics and Social Responsibility	National	Presented	28-29Feb.2016	S.M.J.N.PG. College, Haridwar
5	Technology and its Reflections on Human Behaviour	SAUK on Society and Sustainable Development in Himalayan States	National	Presented	24-25 Feb,2016	D.A.V.PG. College,Dehradun
6	Impact of social media on youth's personality development	Science and Technology for Human Development	national	Presented	20-21 March,2015	Gurukul Kangri University, Haridwar
7	Role of Self-confidence on sports performance	present innovative approaches and new paradigm in physical education	national	Presented	29 Aug,2015	Gurukul Kangri University, Haridwar
8.	The divine message of nishkama karma by the	Cultural messengers of India	International	Presented	at 29-30 march.2014	Devsanskriti vishwavidyala,

	Bhagvada Gita					shantikunj ,Haridwar.
9	Astudy of socio-psychol ogical impact of reservation	Social Justice-A historical study	National	Presented	12- 13 March 2014	Mihir Bhoj J.P.G.College,Dadri
10	Endorsing Attachment For improving Mental Health Of Youth And Children Of Separated Families	mental health challanges and remedial approaches	National	Presented	15-16 feb.2014	Gurukul Kangri University, Haridwar
11	employee counselling in the organization	business and social science	national	Presented	27 April 2014	Gurukul Kangri University, Haridwar
12	Psychological Effect on Sports performance	Global Innovations, Strategies& policies in Physical Education & Sports Science	International	Presented	24-26 feb.2012	Gurukul Kangri University, Haridwar
13	Psychological effect of Yajna process on Yajman	World-Veda- Conference	International	Presented	20-22 Nov. 2009	Gurukul Kangri University, Haridwar
14	Effect of Vedic Teaching on daily adjustment	Veda- Vedanga	International	Presented	9-11 feb. 2007	Gurukul Kangri University, Haridwar
15	Valmiki Ramayan Ke Pramukh Patron ki Manah Stithi	Sanskrit Research Conference	National	Presented	3-5 march.2006	Gurukul Kangri University, Haridwar
16	Yajurveda main	Vedic Conference	International	Presented	27-30th Jan.2005	Gurukul Kangri University, Haridwar

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Faculty Development Program Attended

Sr.No	Title	Organized by	Affiliated with	Date	Year	Grade	National/International
1	NEP Orientation & Sensitization Programme	Guru Teg bahadur Khalsa college, Delhi University	UGC-MMTTC	03-13 Feb	,2026		National
2	Empowering Educators in the Age of AI and Diversity	The School of Social Sciences & Humanities(VISH), VIT-AP University		22-26 July	2025		National
3	NEP Orientation & Sensitization Programme	Banaras Hindu University, Varanasi (U.P.)	UGC-MMTTC	23 Sept to 01 Oct, 2024	2024		National
4	Implementation of NEP-2020 for University and College Teachers	IGNOU	UGC-Approved	27-10- to 5-11-22	2022	A	National
5	Faculty Induction and Training Programme	Faculty of Education and Training(DU) Haridwar		5-04-2022 to 13-04-	2022		National
6	Use of ICT Tools for Enhancing Quality of Higher Education in India	Khandesh College Education Society's College of Engineering and Management, Jalgaon and Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi	Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMNMT) of Ministry of Education.	9-2-22 to 15-2-22	2022		National
7	Online Education and Teaching Methodologies	Swayam Committee, G.K.V. Haridwar		7-10 August	2020		National
8	Reconfiguring the Mind: Post Covid Consciousness	IQAC, Jyoti Niwas College, Bengaluru, Karnataka		23-27 June	2020		International
9	Research Methodology: Techniques and Tools	ARSD College, Delhi University	MHRD	5-11 June	2020		National

Workshop Attended

Sr.no	Title	Organizer	Duration	Date
1	Research Methodology, Publication and Ethics	Dept. of Physics, IQAC, GK(DU) in collaboration with Uttarakhand Science Education and Research Centre (USERC).	5 days	25-03-2022 to 30-03-2022
2	Empowering Equality for Sustainable tomorrow:opportunities for all (Workshop)	G.K.V.Haridwar	1 day	08-03-2022
3	Excel in Excel (Workshop)	Research Monitoring and Coordinating Committee,KGC,D ehradun.	7 days	15-09-2021 to 21-09-2021
4	Psychotherapies (Workshop)	Psyched Foundation	10 days	20-9-2021 to 30-9-2021
5	Online Education & Teaching Methodologies	Swayam Committee, Gurukul Kangri Vishwavidyalaya, Haridwar	4 days	07-10 August, 2020
6	Relevance and Importance of Yoga in Present Scenario (National Webinar)	Dept. of Yogic Science,GKV,Hari dwar	3 days	17-19June,2020
7	Webinar on Values and Teaching Learning in Higher Education:Current practices and Prospects	IQAC,Vivek College of Education,Bijnor	1day	2 June,2020
8	National Webinar on Pandemic COVID 19: Psychological Issues and Solutions	Navyug Kanya Mahavidyalaya Rajendra Nagar, Lucknow	1 day	26 May,2020
9	Career Within Career	research cell department of Management Studies, Kanya Gurukul Campus, Dehradun	1day	5th nov.2018

10	Women Empowerment: Challenges and Possibilities	K.G.C Dehradun.	1day	7-9,2017
11	Role of Cultural and Traditional Knowledge for Sustainable Development	K.G.C. Dehradun.	1day	14th Dec,2015
12	Awareness regarding non-remunerated Voluntary Blood donation and women Empowerment in Uttarakhand	KGC, Dehradun	1day	9th april,2015
13	Professional Counseling Skills	DSVV, Haridwar.	7 days	25- 2 May ,2015
14	Mumkin hai! Mahila Hinsa ka Ant	DBS.PG College, Dehradun	three day	20.21 & 22 Feb,2015
15	Workshop on Cyber Security	KGC, Dehradun	1day	14th,2015
16	Equality & social justice in 21st century	D.B.S.(PG)College, Dehradun	1day	march 2013

Academic Activities Organized/Attended

Sr.No.	Event	Title of Event	Resource Person/occasion	Date
1	Guest lecture	Passing out ceremony	Prof.Pratibha Luthra VC	02/06/2026
2	Guest lecture	CBT	Nidhi Kothiyal clinical psychologist	04/05/2026 to 05/05/2026
3	International Conference	Integrative Horizons in Mental Health	Dr. Khem Raj Bhatta Tribhuvan University, Nepal Vimla Seeram MRCC Solutions, USA	24/04/2026 to 25/04/2026
4	Workshop	Hypnotherapy	Tashu Garg Hypnotherapist	23/03/2026 to 24/03/26

5	Awareness program	Sharing Happiness, Love and Care	World Happiness Day	20/03/2026
6	Community engagement program	RAMRAJ GRAMODHYOG SEVA SANSTHAN OPEN SHELTER HOME	Richa Agnihotri	12/03/26
7	Community engagement program	COPING STRATEGIES AND STRESS MANAGEMENT WORKSHOP FOR WOMEN EMPOWERMENT	Vaishnavi Tiwari	25/02/2026
8	Community engagement program	Team Cohesion and team Building: An applied sports psychology intervention	Priya, Saloni, Megha Bansal	24/02/2026
9	Community engagement program	re-Engaging Minds: strategies for active learning pre exam stress	Kesar Vats	18/02/2026
10	Community engagement program	Dream Line School, HARIDWAR	NAINA SAXENA, Manika	18/02/2026
11	Cultural competition	Diwali Fest	Madan Kaushik (cabinet minister) & Anita sharma (mayor)	15/10/2025

12	Interactive session and Skit	International Suicide prevention day	Divine Light Public school,Haridwar	10/09/2025
13	workshop	Mindfulness based stress reduction	Garima vardhan yoga instructor	08/09/2025
14	workshop	Rorschach Ink Blok Test	Prof.Rakesh Kumar,Clinical Psychologist	22/05/2025 to 24/05/2025
15	Value Added program	Personality Development	Dr. Perna Pandey Mahila Vidiyalay,Haridwar Dr. Sandhya Jain, retired clinical Psychologist, Mental Hospital, Agra	21/04/2025 to 26/04/2025
16	Guest lecture	National Digital Library & Online Study Resources	Dr. Anil Dhiman, Information Scientist	11/04/25 to 12/04/25
17	workshop	World Happiness Day	Vataslya Vatika , Bahadrabad	20/03/2025
18	workshop	Dance & Music Therapy		07/03/2025 to 08/03/2025
19	Educational Trip	Aurovalley Ashram, Sri. Aurobindo Integral Education Centre”. (Yoga, Meditation and Spiritual wellness centre)	Raiwala,Rishikesh	11/11/2024

20	workshop	Skill development workshop	Faculties of KGC	21/10/24 to 24/10/2024
21	Guest lecture	Mental Health at Workplace	Dr.Sandhya Jain,Clinical Psychologist	10/10/2024
22	Guest lecture	Relevance of Health Psychology	Dr.Meera Padhi university of Hyderabad	21/09/2024
23	workshop	Suicide is not only solution:there are others too	Advent school	10/09/2024
24	workshop	Financial Investment for Youth	Dr.Sunil Madan,Financial Trainer,SEBI	06/09/2024
25	Cultural competition	Happiness is essential :Hariyali Teej	KGC haridwar	07/08/2024
26	Guest lecture	National Digital Library & Online Study Resourses	Dr. Anil Dhiman, Information Scientist	11/04/2024 to 12/04/2024
27	Cultural competition	Phogotsava- Positive Vibes Through Colour	Holi celebration	21/03/2024
28	NIEPVD & Sambhav Social Society visit	educational trip	Community engagement	06/02/2024
29	Guest lecture	Research Ethics	Dr.Sohan Jeeta, founder of NORCELL, UK.	28/12/2023

30	Guest lecture	THERE IS NO HEALTH WITHOUT MENTAL HEALTH	Prof. Manju Khokhar, HOD, Meerut College and Dr. Israil Miya, Retd. Prof and HOD of Meerut College	05/10/2023
31	Mental health awareness activities	World Mental Health Week		04/10/2023 to 10/10/2023
32	Vigilance Awareness Week	Say No to corruption:Commit to the Nation		30/09/2023 to 05/10/2023
33	Educational visit	Visit to Psychological Lab		20/10/2023
34	Online Lecture & two Skits	Fostering Mental Health for Happiness and success	Dr.Shabnam ,Associate prof, NIT kurushetra , World Suicide Prevention Day	10/09/2023
35	Cultural competition	Happiness Through Culture	Teej Celebration	19/08/2023
36	Mehandi Compitition	karwachauth Festival		13-10-2022
37	workshop	Personality Development Programme	Azadi ka Amrit Maghotsava	22-31st August, 2022
38	FESTIVAL	Phagun Mahotsav	KGC,Dehradun	15-03-2022
39	Online Lecture	Challenges For Mental Health	Dr. Rajesh Bhatt	13th October, 2021 on 13-10-2021
40	National Webinar	Social Isolation, Social Connectedness & Happiness during	Prof. Samina Bano	10-6-2020

		Pandemic		
41	National Webinar	Spirituality and Psychological Well-Being		4-6 July,2020
42	Lecture	Know Your Drive	Geeta Balodi	26 feb, 2020
45	Skit	Questioning 'Perfection' and its effect on Mental Health	department of Psychology	10-10-2018

Research /Dissertation Supervised

Sr.No.	Work Name	Title	Student's Name	Class	year
1.	Dissertation	RECOGNIZING THE HIJRA COMMUNITY'S EXPERIENCES AND HIERARCHICAL STRUCTURE IN COVID-19	BHUMIKA DHINGRA	M.A.	2025
2	Dissertation	EFFECT OF PERSONALITY TYPES ON PROCRASTINATION AND LOCUS OF CONTROL AMONG COLLEGE STUDENTS	ANANTAVAR MA	M.A.	2025

3	Dissertation	EFFECT OF PARENTING IN ADULTHOOD ON ANXIETY AND DEPRESSION	Priyanka	M.A.	2025
4	Dissertation	A comparative study of the effect of emotional intelligence on the Interpersonal relationship among working and non-working married Indian women	Richa Agnihotri	M.A.	2026
5	Dissertation	IMPACT OF PERCEIVED STRESS AND PERSONALITY TRAITS ON ACADEMIC PERFORMANCE OF FEMALE ADOLESCENTS	RIDDHIMA JOHARI	B.A.	2026
6	Dissertation	Effect of Perceived Stress on Self-Esteem among Girls and Boys A Dissertation	Vrinda Shukla	B.A.	2026

References

Dr.Reena Verma, Assistant Professor of English, Gurukul Kangri University, Haridwar.
reena.verma@gkv.ac.in, 9627013831

Dr. Babita Sharma, Assistant Professor, Dept.of Economics, Gurukul Kangri University, Haridwar. babitasharma@gkv.ac.in,

Personal

Date of birth: October23,1979

Place of birth: Bharatpur, Rajasthan ,India

