

Personal Details

Dr. Ritu Mittal

Professor (Psychology), Swami Vivekanand Govt. P.G. College, Lohaghat

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Education

B.A., Meerut University	1983
M.A., Meerut University	1985
M. Phil, Meerut University	1987
PhD (Psychology), Meerut University	1992

Teaching Experience

Swami Vivekanand Govt. P.G. College, Lohaghat Associate Professor - Professor	07/17 - Present
Govt. Girls Degree College, Haldwani Lecturer – Associate Professor	05/98 – 07/17

Orientation

Jamia Milia Islamia, New Delhi	04/06/02 – 07/01/02
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Refresher Courses

Himanchal Pradesh University, Shimla Theme: Research Methodology in Social Science	17/09/07 – 06/10/07
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Jai Narayan University, Jodhpur Theme – Psychology	10/11/08 – 29/11/08
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Areas of Research Interest

Child, Cognitive and Abnormal Psychology

Research Publications

S.No.	Title	Journal	ISSN/ISBN No.	No. of Co-authors	Main Author?
1.	The Healing Psychology of Yoga (42-45)	Indian Journal of Human Relations	0974-1089 (2012, Vol 42)	1	Yes

2.	Effect of ADHD and Parenting in Children (35-37)	Indian Journal of Human Relations	0974-1089 (2011,Vol 40)	1	Yes
3.	Vocational Guidance: What, Why, How? (9-12)	Indian Psychological Review	0019-6215	1	Yes
4.	The Psychology of Attraction	Vidyawarta International Journal	2319-9318 (2016, Issue 14, Vol-03)	0	NA
5.	Rational Emotive Therapy: Development and Modern uses	International Research Journal	2394-5303	0	NA
6.	Psychological Analysis of Natural Healing of Body by Brain	Vidyawarta International Journal	2319-9318 (2015, Issue 09, Vol 03)	0	NA
7.	The Psychology of Conflict and Cooperation	International Research Journal	2394-5303 (2015, Vol-01)	0	NA
8.	Exploring Stanford Prison Experiment	Vidyawarta International Journal	2319-9318 (2015, Issue 10)	0	NA
9.	Psychology Behind Depression and How to Deal With It	International Research Journal	2319-9318 (2015, Issue 06, Vol 01)	0	NA
10.	Baalkon me Adhigam Par Shikshak-Shikshartha Sambandhon Ka Prabhav	Indian Journal of Human Relations	0974-1089	1	Yes
11.	Analyzing Role of Self-confidence for Success and Happiness	Vidyawarta International Journal	2319-9318 (2014, Vol-05)	0	NA
12.	A Psychological Analysis of Smoking: Causes and Consequences	Vidyawarta International Journal	2319-9318 (2014, Vol-07)	0	NA
13.	Borderline Personality Disorder: Ramifications and Remedies	International Journal of Trade & Commerce (IJARTC)	2277-5811 (2014, Vol-03)	0	NA
14.	Climate Change Environment and Human Society Interface Perspective Socio-Cultural Implications	Indian Journal of Human Relations	0974-1089	1	No

15.	Social Isolation as a Catalyst of Mental Distress	Printing Area International Journals	2394-5303	0	Yes
16.	Understanding the Psychology behind Investments	Vidyawarta International Journal	2319-9318	1	Yes