

CURRICULUM VITAE

Dr. (Mrs.) Rekha Joshi



Designation: Asst Prof.

Department: Department of Psychology

College: S.V.P.G.college Lohaghat, Champawat.

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Objective: To associate with multi-dynamic environment where I may able to update my knowledge & skills in accordance with latest trends in teaching along with research that follows a tradition of anticipating & leading changes.

Short Introduction: MA in Psychology in the year 1989 while Ph.D. in Psychology in 1993, with nearly thirteen years of teaching experience in UG & PG Level. About 7 and 1/2 years of research experience with all modern domain of psychology. Thirteen published papers in reputed journals along two books and nine unit writing for Uttarakhand Open University and thirty two national and international conference participation. Three Ph.D awarded till 2022 and three more registered Ph.D students.

Refresher & Orientations Course

1. **Short term Course:** 09-05-2021 to 16-05-2021 (HRDC, KU, Nainital)
2. **Short term Course:** 01-12-2021 to 07-12-2021 (HRDC, KU, Nainital)
3. **Refresher Course:** 10-03-2018 to 30-03-2018(UGC-HRDC, KU, Nainital).
4. **Short term Course:** 18-10-2016 to 19-10-2016(UGC-HRDC, KU, Nainital.)

5. **Refresher Course:** 06-05-2015 to 26-05-2015 (Research Methodology in social science (UGC-HRDC, KU, Nainital)
6. **Orientation Programe:**26-08-2013 to 31-08-2013(UGC-HRDC,KU, Nainital,)

Training:

1. One day training for Supportive Supervisor (ART) under Global Fund round -7, Lucknow 20 June 2014.
2. Three days Indication training of Supportive Supervisor Global Fund round-7 organized by Deptt. of Psychology Lucknow University Lucknow on 20th 22nd June 2014.
3. One day Superlative for Supportive Supervisor (STI) under global fund round- 7 organized by Lucknow University, on 23rd June 2014.
4. Two week counseling training program in Department of Social Work Lucknow University on 21st June to 5th July 1993.

Published Research Papers:

1. “ □□□□□□□□□□ □□□ □□□ □□□□□□□□□□ □□□□□□ □□□ □□□□□ ” the international journal of analytical and experimental modal analysis vol XIII, Issue XI, Nov 2021 ISSN NO:0886-9367
2. “मानसिक स्वास्थ्य की समूह उन्मुखी अभिवर्ती विमा: एक तुलनात्मक अध्ययन” JICR Journal, Vol. 12, Issue: 8, Aug 2020 ISSN NO : 0022-1945
3. Paper published in JETIR (UGC Referred Journal) “Impact of Cell Phone on Social Competence: A Case Study of Professional College Students in Haldwani Region” 2019, Vol. 06, Issue 02, page 347-354, ISBN-: 2349-5162,
4. Paper published titled “**Management of Mental Health through Positive Therapy: A Study of Government Teachers in Haldwani Region**” in IJRAR - International Journal of Research and Analytical Reviews (IJRAR), E-ISSN 2348-1269, P- ISSN 2349-5138, Volume.6, Issue 2, Page No pp.331-337, June 2019
5. Paper published in JETIR (UGC Referred Journal) “A comparative Study of Covert & Overt Anxiety among Alcoholic & Non-Alcoholic in Nainital District Uttarakhand” 2019, Vol. 06, Issue 03, Page 158-166, ISBN: -: 2349-5162,

List of International/National Conferences/Symposia Attended:

- **5-6 January 2019:** National Seminar on India after Demonetization: Issues and challenges. Presented a paper on “uksVcanh dk dkys/ku ij izHkko”
- **23,oa 24 ucEcj 2018%** Lokeh lgtkuan jRukr~dksRrj egkfo?kky; xkthiqj ¼m0iz0½ ,oa dsUn^ah; fgUnh laLFkku vkxjk ds la;qDr rRok/kku esa “**orZeku leL;k;ks ,ao yksd dh Hkwfedk fo''k; esa vUrZjk''V^ah; laxks''Bh es lgHkkfxxrk dh rFkk** “yksd laL—fr dks cpkus esa efgykvksa dh Hkwfedk&,d fo'ys''k.k ß fo''k; ij 'kksèk i= çdkf'kr fd;k ”
- **19 and 20 November 2018:** Migration from Region: Challenges and Strategies: organized by I.P.S.D.R. Kumaun University, Nainital. Presented a paper on Migration and its impact on mental health.”
- **04 October 2018:** Participated in one day workshop a gender sensitization organized by women’s studies centre Kumaun University, Nainital.
- **10-11 Feb 2018:** National seminar on “Human Security in India: Challenges & Opportunities” organized by Department of Sociology, Mahatma Gandhi Kashi Vidhyapith, Varanasi. Presented a paper on “foLFkkfir efgykvksa esa volkn ,oa dqaBk dk ekiu”
- **23-24 Feb 2018:** National Seminar “Women Health in India: Issues and concerns (with special reference to Uttarakhand State)” organized by Deptt of Political Science, B.S.M. P.G. College, Roorkee (Haridwar) Presented a paper on “**laxfBr ,oa vlaxfBr {ks= esa lsokjr efgykvksa ds ekufld LokF; dk rqyukRed v?;u**”
- **2017, 7-8 Oct.-**International Seminar on “Development activities & Environment issued & an illustration of Uttarakhand”, organized by UPSE Attended this Seminar.
- **2016, 27- 28 Aug.-** National Seminar on “Yoga, Naturopathy & Holistic Health” Jointly organized by Govt. Degree College Banbasa (Champawat) U.K. & Uttarakhand Open University. Participated and presented a paper "**Stress management & Yoga**”
- **2016, 21-22 Feb. presented a paper-** National Seminar on “Status of Higher Education in India with Special Reference to Uttar Pradesh” organized by **Deptt. of Psychology**, Roza College Rampur (U.P.) "Stress management & Yoga, “**dqek;Å fo'ofokky; ds rjkbZ {ks= ds jktdh; egkfo|ky; esa okf'kZd ,ao lSesLVj f'k{k iz.kkyh dk rqyukRed v/;u^^**

- **2015, 22-23 Nov.-** Participated and Presented a paper. “**mPp f'k{kk O;fDrRo dk ewy vk/kkj ioZrh; {ks= esa mPp f'k{kk dh leL;k o IEHkkoukvksa fo'k; ij jk'V'h; laxks'Bh^** Organized by Deptt of Sociology M. B. P.G. College Haldwani (Uttarakhand)
- **2015, 22-23 Feb.-** International Seminar on Role of E-learning in quality Education organized by Deptt. of Education, Radhey-Hari Govt. P.G College, Kashipur, (Udham Singh Nagar) Uttarakhand. Participated and presented a paper.
- **2014, 27-28 Dec.-** National Seminar on recent development in Physics & prosperity in solar physics space science organized Dept of Physics M.B Govt. P.G College Haldwani (Nainital) Attended this seminar.
- **2014, 2-3 Dec.-** National Seminar on “Environmental Globalization & Quality of Life” Organized by Deptt of Sociology S.B.S.G.P.G College Rudrapur (U.SNagar) Uttarakhand. Participated & Presented paper. “**orZeku ifjis{; esa fpIkdk vkanksyu dh lkFkZdrk**”
- **2014, 10-11 Oct.-** National Seminar on “Social Transformation among Scheduled Caste & Tribal Communities of Mountains Region Myth or Reality” organized by Deptt of Sociology, School of Social Science Uttarakhand Open University Participated and Presented a paper. “**iapk;rh jkT; ,DV dk efgyk vkj{k.k ij euksoSKkfud izHkko dk vè;;u** ”
- **2014, 29-30-31 March.-** International seminar in Measurement of Evolution in Psychology and Education, Organized by Dept of Psychology Magadh Universtiy Bodh-gaya (Bihar) “A Quality study of Anneal & Semester System of examination in government Post graduate College of Kumaun University in Uttarakhand”.
- **2014, 15-16 Feb.-** National Seminar on “Mental health Challenges & Remedial Approaches” (MACR 014) Sponsored by ICSSR (NIS) New Delhi organized by Department of Psychology Gurukul Kangri University, Haridwar (Uttarakhand) India Participated & Presented Paper. “**iq#"kksa dh O;olkf;d xfrf'kyrk ls efgykvksa dh ekufld LokLF; ij iM+us okys izHkko dk rqyukRed v/;;u**”
- **2013, 28-29 Nov.-** National Seminar on “Women in Mountains Continuity & Change, organized by School of Social Science, Uttarakhand Open University Participated & Presented a paper. “**efgyk l'kDrhdj.k dh ladYiuk**”
- **2013, 6-8 Apr.-**National Seminar on “” organized by Department of Psychology, SSJ Campus Almora Participated & Presented paper. “**vkfFkZd :Ik ls fiNM+s cPpkSa ds fodkl dh izfØ;k esa laosxks dk v/;;u**”

- **2012, 3-4 Nov.**-National Conference on “Recent in Interdisciplinary research and Astror-Science Space Science” organized by Deptt. of Physics , M.B.G. P.G. College Haldwani (Nainital).
- **2012, 26-27 Mar.** National Seminar on “Socio cultural Dimensions & Recent Trends with Broad to the concept of intelligence organized by School of Education, Uttarakhand of Open University Haldwani. Participated and presented a paper.
- **2011 26-27 Feb.** -Selfhood & Identity in Hinduism National Seminar and Identity: Emerging dialogue organized by Dept of Psychology Kumaun University, S.S.J Campus Almora. Participated and presented a paper “Lo igpku ,ao ifjLFkfrdh orZeku ifjLFkfr pquksfr;kj ”
- **2010, 10-11 Dec.**-National Seminar on “Innovation in teacher Education” organized by Inspiration College of Teacher Education (ICTE) Polly sheet Kathgodam (Nainital)
- **2010, 17-18 Mar.**-National Seminar on “Relevance of Yoga in Present Context as a Science of Living organized by P.G Dept of Yoga & Holistic health” organized by M.B.G.P.G College Haldwani. Presented paper on “Yoga: Tips for Beginners”
- **2010, 21 Feb.**- National Seminar on “Harmony in Indian Public life” organized by Deptt of Political Science, M.B.G.P.G College Haldwani (Nainital) presented a paper on “yksd thou esa lejlrk”
- **2010, 23-24 May.** - National Seminar on “Yoga mental health & Society” organized by Deptt. of Yoga & Holistic Health M.B.G.P.G College Haldwani
- **2010, 23-24 Oct.**- National Seminar on “Impact of Globalization on rural Development” organized by Deptt of Political Science M.V (P.G) College Satikund, Kankhal Haridwar presented a paper entitled "oS'ohdj.k ,ao xzkeh.k fodkl”
- **2005, 03-06 May**-National Conference on “Women's status” organized by Indian Association for Woman’s studies presented a paper-"The Psychological Effect on the displacement women: A Study”
- **2005, 11-12 March-** ,dsMfedk mPp fk{kk mUu;u ,ao 'kks/k lfevr ,e0ch0jk0 Lukr~dksRrj egkfo|ky; gY}kuh ¼uSuhrky½ 'kks/k i= izLrqr** fk{kk ,ao vkfFkZd LooyEcu dk efgykvksa ds thou esa iM+us okys euksoSKkfud izHkko dk v/;;u**A
- **2005, 11-12-** mPp fk{kk dh Hkkoh n'kk Kku dh iwath ifr;ksa dh fx) n`f`V ,dsMfedk mPp fk{kk mUu;u ,ao 'kks/k lfevr mPp fk{kk funs'kky; mRrjkapy ds izFke vf/kos'ku esa 'kks/k i= izLrqr fd;k&vk;kstd ,e0ch0jk0 egkfo|ky;] gY}kuh] uSuhrkyA
- **2005, 03-06 May-** National Seminar on “Gender Equality Through Women’s Participation: Myths & Realities Quest for strategies for women's upliftment Organized by Govt. M.B.P.G College

Haldwani (Nainital) Participated and presented a paper. fyxal kurk esa efgykvksa dh Hkwfedk ,d fo"ys"ka

➤ **2002 06-08 October** 15th National Conference on “Sports Psychology” organized by Department of Psychology, Kumaun University, S.S.J Campus Almora.

➤ **2002, 27-28 October** National Seminar on “Terrorism in India : Origin & Impact” organized by Political Science, MBGPG Haldwani (Nainital)