

CURRICULUM VITAE

Name: Dr. Ritu Sekhri

Designation: Assistant Professor

Department: Psychology, PGGCG-11, Chandigarh

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Contact No. 6280992240

Educational Qualifications: Ph.D Psychology, PG Diploma Guidance & Counseling (Gold Medalist), MA Psychology

Teaching Experience in years: 12

Achievements

- Principal Co-Investigator in the Research Project Body Worn Cameras, A Pilot Project in Jails (Chandigarh) received from Ministry of Home Affairs, Govt. of India, New Delhi dated 15.09.2020
- Awarded 'Lifetime Achievement Award 2018' by Founder President of World without Anger, D.M. Basnet, Kathmandu and Founder of World Emotional Literacy League, Dr. Dean Van Leuven, U.S.A on 8th International Conference- Global peace through Emotional Literacy Wellness Psychology of Workplace Behaviour and Effective People Management on 24th November, 2018
- Organizing Secretary of the 5th International and 7th Indian Psychological Science Congress held in Dept. of Psychology, Panjab University, Chandigarh from 26th-28th October, 2018

Workplace Positions

- Presently Assistant Professor, PGGCG-11, Chandigarh in the Department of Psychology since September 6th, 2018.
- NSS Program Officer in PGGCG-11, Chandigarh
- Hostel Superintendent, Hostel-4, PGGCG-11, Chandigarh since July 2019.
- Worked as Assistant Professor in Psychology at PGGC-11 Chandigarh (July 2013 till 6th September, 2018).
- Guest Faculty in Punjab Engineering College, PEC, Sector-11, Chandigarh teaching Self Awareness and Ethics & Psychology for the session 2015-2016, 2016-2017
- Worked as a Psychologist in Government Medical College and Hospital, sector 32, Chandigarh from March 19, 2015 to July 30, 2015.
- Worked as Guest Faculty in Psychology in Mahatma Hans Raj D.A.V Institute of Nursing, Jalandhar [2013-2014].
- Was appointed as Lecturer in department of Psychology from 01.07.2010 to 31.03.2011 at Kanya Maha Vidyalaya, Jalandhar.
- Was Appointed as Lecturer from 25.07.2009 to 24.02.2010 in Hans Raj Mahila Maha Vidyalaya, Jalandhar.

- Was Appointed as Lecturer from 07.11.2008 to 11.02.2009 in Hans Raj Mahila Maha Vidyalaya, Jalandhar.
- Extension Lecture on the topic Interview Skills organized at K.T.G.C. Ratia on 28.03.2012. Reference No. Spl/2012/March-01/KTGC/Ratia.
- Appointed as Guest faculty in Psychology in one of the best Nursing institutes:
 1. Gulab Devi Nursing Institute, Jalandhar, [2009-2010]
 2. Mahatma Hans Raj Nursing Institute, Jalandhar, [From 2008-09]

Research Experience

- Gadgetry Enslavement: Abolition of innocence among youth. International Journal of Innovative Research in Science, Engineering and Technology. ISSN No. 2347-6710
- Suicide Ideation: Role of Psychological and Social factors among Indian Police Officers. The International Journal of Indian Psychology. ISSN 2349-3429
- Psychological well being on Self Actualization and Social Desirability relationship among college students: An Empirical Analysis. Research promoter: Journal of Business, Humanities and Social Science. ISSN-2231-0193
- A Study of Aggression and Hopelessness among Adolescents. Indian Journal of Psychological Science. ISSN No. 0976-9218
- Psychological Consequences of Anxiety on Loneliness and Suicide Ideation among Retirees: A psycho Social Review. Indian Journal of Health and Well Being. ISSN No. 2229-5356
- A Study of Depression and Social Support among Adolescents. Indian Journal of Psychological Science. ISSN No. 0976-9218
- Study of Anxiety among Adolescents: Across Age, Sex and Social Support Perspective. Indian Journal of Psychological Science, 2012. ISSN No. 0976-9218
- Comparative Study of Hopelessness among Athlete and Non-Athlete Adolescents. Indian Journal of Psychology and Education. ISSN No. 2231-1432
- A Study of Mobile Phone Addiction among Adolescents in Relation to Loneliness. Indian Journal of Psychological Science. ISSN No. 0976-9218
- A Study of Locus of Control and Achievement Motivation at two Levels of Self Efficacy. Indian Journal of Psychological Science. ISSN No. 0976-9218
- A Comparative study of Depression, Anxiety and Well Being among Elderly. Journal of Emerging Technologies and Innovative Research (JETIR), Vol. 5, Issue 11, ISSN No. 2349-5162
- A comparative study of Depression, Stress, and Happiness among Drug Addicts and non Drug addicts. Journal of Addiction Research and Therapy, 10:4 Vol. 10, issue 4. ISSN: 2155-6105
- A Study of Drinking Motives and Self-Regulation among Young Adults Vol. 03, Issue 1. The International Journal of Indian Psychology. ISSN No. 2349-3429
- A Study of Occupational Self Efficacy among Traditional and Telecommuting Workers Vol. 3, Issue 2. The International Journal of Indian Psychology ISSN: 2349-3429
- Study of Emotional Challenges in Teaching Profession Vol. 7 Issue 2. The International Journal of Indian Psychology. ISSN: 2349-3429

Books

International

- Wellness Psychology: Reflecting World Peace. Published by World Emotional Literacy League, USA. ISBN-978-1-5323-4994-2

National

- Comorbidity of Anxiety and Depression: Overlapping Syndromes published by The Readers Paradise. ISBN-978-93-85=958-72-4
- Karodh Rahit Jeevan published by National Association of Psychological Science. ISBN-978-81-929260-3-2
- Stress Management. A text book published by The Readers Paradise. ISBN-978-93-85958-96-0

Training Courses/ Teaching Learning Evaluation Program/ Faculty Development program

- Dermatoglyphics & Multiple Intelligence Analyst Certification Program (31.03.2014- 06.04.2014) Institute of Brain Mapping & Intellect Management.
- Quantitative and Qualitative Methods & Techniques in Social Science Research (26-11-2012-08.12.2012), ICSSR, Chandigarh
- Child Sexual Abuse: Prevention and Response on 15th Mar, 2015 Organized by UNICEF Indian Council of Medical Research on Child Sexual Abuse: Prevention and Response at GMCH-32, Chandigarh
- One day Workshop on “Effective Web Search Strategy” 30th Sept, 2016 sponsored by RUSA organized at P.G.G.C-11, Chandigarh
- One day Capacity Building Workshop “Language Difficulties: Leading to Social Disability” on 16th Mar, 2017 Sponsored by RUSA organized by Dept. of Psychology at P.G.G.C-11, Chandigarh
- Program on Strategies for Inclusive Education on 24-28 Mar, 2018, National Institute of the Empowerment of Persons With Multiple Disabilities, DEPWD

Paper Evaluator

- Paper evaluator for Undergraduate & Post graduate classes in the subject Psychology at Panjab University, Chandigarh.

Dr. Ritu Sekhri