

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