



## **Personal Particulars**

**Name:** Neelam Kumari

**Designation :**Assistant Professor

**Subject :** Psychology

**Area of Specialization:** Clinical Psychology

**College:** Govt. Degree College, Kathua

**Email:**prof.neelamkumari@gmail.com

**Ph.no. 7006271780**

## **Education Qualificaion**

B.A (Arts,2005) (1<sup>st</sup> division) from GCW ,Gandhi Nagar, Jammu ,J&K,India

M.A (Psychology,2007) (1<sup>st</sup> division) from University of Jammu, J&K, India.

NET(UGC) Qualified in Psychology( Dec.,2007 )

B.Ed (1<sup>st</sup> division,2008 ),Chenab College of Education , Kaluchak from University of Jammu

Pursuing Ph.D from Department of Psychology ,University of Jammu, Jammu

## **Work Experience:**

### **Assistant Professor , Department of Psychology**

**(i) Maulana Azad Memorial College, Jammu**

30<sup>th</sup> Dec.,2016 to 18<sup>th</sup> dec.,2023

**(ii) Govt. degree College, Kathua**

19<sup>th</sup> Dec., 2023 till date

- Worked as Lecturer (Academic arrangement) in the GCW Gandhinagar, GCW Parade, GDC Udampur, GDC Kathua from Dec., 2009 to Dec. 29 Dec., 2016

## **Special Skills:**

- Course development and instructions
- Lecture and discussion facilitation Assessment and Evaluation
- Online course development and teaching
- Flipped classroom and active learning
- Mentorship and advising
- Teaching undergraduate students on academic ,career and psychological matters.

## **Refreshers courses attended:**

- Attended Two week Interdisciplinary Refreshers course in advanced Research Methodology from 20 August ,2022 to 3 September,2022 from Teaching Learning Centre ,Ramanujan College,University of Delhi Under the Aegis of Ministry of Education (PMMMNMTT).
- Participated and successfully completed UGC approved short term Professional Development Programme on Implementation of NEP -2020 for University and college Teachers under PMMMNMTT held from 21-29 september, 2022 and obtained A+ Grade.
- Attended Two week Refreshers course in Psychology from 30 december,2022 to 13 January,2023 from Teaching Learning Centere

,Ramanunjan College,University of Delhi Under the Aegis of Ministry of Education (PMMMNMTT)

### **Orientation courses attended:**

- Attended one week induction /Training programme w.e.f 2-1-2017 in Govt. college of Education .
- Attended GOC for Assistant Professor organised by Directorate of Internal Quality (DIQA),Central University of Jammu from 16-31 January,2017.
- Attended UGC sponsored General Orientation course from 24-12-2018 to 22-1-2019 at UGC Human Resource Development Centre, University of Jammu.
- Attended five days National Level Online Orientation Programme on Research Methods in Social Sciences: Reflection about Critical Aspects” which was organized by NPC ,Agra (U.P) in academic collaboration with Department of Education ,Tripura Central University ,Suryamani Nagar, Tripura.

### **Lecture at Edusat Hub in GCW ,Gandhi nagar,Jammu**

- Delivered lecture on topic **Nature and scope of Psychology** at Edusat Hub in Govt. College for women,Gandhi Nagar,Jammu On 2-8-2018
- Delivered lecture on topic :**Importance and Scope of Social Psychology** at Edusat Hub in Govt. College for women,Gandhi Nagar,Jammu On 3-8-2018
- Delivered lecture on topic :**Psychological disorders** at Edusat Hub in Govt. College for women,Gandhi Nagar,Jammu On 28-11-2019

### **Workshops attended**

- Attended one week induction /Training programme w.e.f 2-1-2017 to 9-1-2017 in Govt. college of Education,Jammu.
- Attended Three days workshops on Counselling Psychology: Needs and opportunities’ held on 29 to 31 January,2020 organized by Higher

Education Department (HED) of J&K, in collaboration with the Govt. college for women, Parade Ground, Jammu.

- Attended five days National level online workshop on “Construction of Psychological Tools “ which was organized by National Psychological Corporation Agra (U.P) in academic Collaboration with Abhilashi University, Chailchowk, Mandi(H.P) held on 24 July to 28 July, 2020.
- Attended one week International e-Workshop on Language Translation Skills organized by Higher Education Department (HED), Govt. of Jammu and Kashmir (UT) in collaboration with National Translation Mission (NTM), Central Institute of Indian Languages, Mysuru, Govt. of India held from August 8 to 12, 2020.
- Attended INSPA online workshop on “Student Mental Health and Well-Being “ organized on 26<sup>th</sup> February, 2022 by INSPA Maharashtra state body at Mumbai, Maharashtra.
- Attended one day online workshop on Multidisciplinary Research organised by Govt. Sri Pratap Memorial Rajouri College of Commerce, Jammu. On 30<sup>th</sup> January, 2023.
- Participated in a one week international virtual **workshop on Research Methodology** organised by SRM Institute of Science and Technology Ramapuram Campus Mumbai held from 9<sup>th</sup> to 14<sup>th</sup> October, 2023.
- Participated in the National level **Online Workshop on Research Writing process and strategies for social Science Research** held on 21<sup>st</sup> October by Department of Management Studies, Kongu Engineering College, Tamilnadu.
- Attended one **day National Online workshop on Mastering The Art of writing Research thesis in Social sciences** on 24<sup>th</sup> November, 2023 organized by Department of English, Kongu Engineering College.
- Attended **two days workshop on Data analysis With SPSS** on 18<sup>th</sup> and 19<sup>th</sup> January, 2024 in Department of Life-long Learning, University of Jammu.

- Attended **one day National online workshop on Mastering Statistical Tools in Social Science Research** on 3<sup>rd</sup> feb.2024 organized by department Of English ,Kongu Engineering College, Tamilnadu.

## **Faculty Development Programme/Faculty Enhancement Programme attended**

- Participated in one week online FDP on “Research Quality, Teaching Learning and Evaluation from 10<sup>th</sup> to 16<sup>th</sup> march,2022 organised by Govt. Motilal Vigyan Mahavidyalaya, Bhopal(M.P)
- Participated in two day National Online FDP on “Plagiarism in Academic Research and Author Identifiers” on 11<sup>th</sup> and 12<sup>th</sup> April,2022 organised by Indian Institute of Management and Commerce affiliated to Osmania University.
- Participated in Virtual International one week FDP programme on Research Methodology from 2 May ,2022 to 7<sup>th</sup> May,2022 organised by Amar Sewa Mandal’s Kamla Nehru Mahavidyalya ,Nagpur,Maharashtra.
- Attended one day international FEP on prospects and challenges in teaching and research on 31 october,2022 organised by Srimad Andavan Arts and Science college, Tiruchappalli.
- Attended online international Two week FDP on Synopsis Dissertation Thesis drafting and publication process organised by Eudoxia Research University USA from 6<sup>th</sup> to 14<sup>th</sup> december,2022.
- Attended Two Week International Faculty Development Program (Online) on Research Methodology organized by Research and development cell organized by Govt. P.G college Rajouri,Jammu and Kashmir conducted on dec.28,2022 to Jan. 8,2023.

- Attended one week National FDP on Data Analytics Through SPSS from March 13-17, 2023 organised by Department of Statistics, University of Jammu, Jammu
- Attended online two week International FDP on Research Methodology by Govt. P.G College Rajouri, J& K, UT from 28 December 2022 to 8 January, 2023.
- Attended one day online workshop on Multidisciplinary workshop organised by Govt. Sri Pratap Memorial Rajouri College of Commerce, Jammu. On 31 January, 2023.
- Attended one week workshop on Basics of Research Methodology organised by Department of Life Long, University of Jammu Learning, in collaboration with Business Research Plasma (BRP) from 27<sup>th</sup> Feb to 3<sup>rd</sup> March 2023.
- Attended one day online FDP on Art of Writing Research Paper organised by R&D committee RGCMS on March, 2023.
- Attended one day online workshop on Art of writing and publishing Research Papers in Scopus Indexed Journals for Social Sciences organised by Kongu Engineering College Perundurai, Erode, Anna University, Chennai held on 2 September, 2023.
- Attended one week online National FDP on Research Methodology organised by College of Professional Studies, Chattisgarh conducted on 11-15<sup>th</sup> September, 2023.

### **Webinar attended**

- Attended National webinar on holistic Mental & Emotional Wellbeing” organised jointly by Psychological cum Career Counselling and Placement Cell, Higher Education Department, Govt. of J&K, and GCW Parade Ground, Jammu on 30 July, 2020.

- Attended National webinar on National Science Day “Impact of Science & Technology on Lifestyle changes & challenges” organised by Department of Psychology & Zoology in association with IQAC, Kirodimal Govt. Arts & Science college, Raigarh (C.G) held on 28<sup>th</sup> February,2022.
- Attended webinar on” Women in Decision Making Positions: Is the world Scenario Changing? On 8<sup>th</sup> March,2022 on International Women’s Day by Department of Electrical Engineering, YCET(Jammu).
- Attended one day international online seminar on the occasion of WHO/UN world mental health day on “Make mental health and well being for all global priority on october 10,2022 organised by ICERT.
- Attended one day National webinar on Research Paper Publication in Scopus indexed Journals on 11th February ,2023 organised by ST Francis DE Sales College, affiliated to Bangalore University.
- Attended one day International Webinar on Breaking Barriers in Science Organised by Kamla Nehru Mahavidyalya Nagpur on 14 th feb.,2023.

### **Webinar organized**

- Organised webinar on Stress Development and Resilience Building organized by Central Counselling Cell ,Cluster University of Jammu on 30<sup>th</sup> June,2021.
- Organised webinar on Mental Health Issues during COVID-19 organised by Central Counselling Cell ,Cluster University of Jammu.
- Organised webinar on Failure, Rejection and Suicide on October,2021.
- Organised webinar on stress management in collaboration with IQAC,MAM college, Jammu on 11<sup>th</sup> October,2021.

## **Conferences attended**

- Attended National Conference on Skill Enhancement Courses and Employment Generation organized by Department of Chemistry ,Govt. Degree College, Kathua ,J&K,India on December 19,2017.
- Attended two days National Conference on Integrated approach in Science and Technology for Sustainable future (IAST-SF) held at Govt. MAM College, Jammu on 27-28 feb.,2022.
- Participated in an International web conference on Invest in our Planet on 21-22 April,2022 organised by Research and Development cell,Govt. P. G College Rajouri and Pir Panjal Environment and Eco Development Society ,Poonch.

## **Paper Presentation details**

- Presented a Paper titled: Occupational stress, burnout and wellbeing: A study of Nurses. in Two day International Conference on “Stress Management :Dimensions and Suggestive Measures held on 12-13 June 2019 ,organized by Department of Psychology, Govt. degree college o r women Anantnag in Collaboration wiyh the institute of Public Policy Research and Development .
- Presented a paper titled: Emotional regulation and Psychological Distress Among College students of Jammu City Organized in National Conference on Integrated approach in Science and Technology for Sustainable Future(IAST-SF) organized by Govt. MAM college, Jammu on 27-28<sup>th</sup> feb.,2022.
- Presented a paper in two days International conference on “Recent Advances in Science,
- Social –Science, Humanities & Languages held on 20<sup>th</sup>, & 21<sup>st</sup> of march organized by Government Degree College ,Surankote (Poonch)JK,UT.



- **Presented a paper title-** Role of Emotional regulation strategies in determining psychological distress among undergraduate college students of Jammu district in an online International Conference- Empowering Individuals for a better future organized by ICRE- Himalayan Forest Research Institute Shimla-HP & Science and Management society, Himachal Pradesh held on 12- 14 th may,2023.
- Attended and presented a paper in one day National seminar on Mental Health & well being: A global priority organize by Department of Psychology, University of Jammu, Jammu DD &OE, University of Jammu and Unicef, India on 15th May,2023.
- Presented a paper in two days international conference on Artificial Intelligence and sustainable Development titled
- A study of relationship between Emotional Regulation and social Competence among College students of Jammu District organized by Shri Krishan Chander Government Degree college, POONCH, J&K,India held on June,3 to 4,2023.
- Attended and Presented paper titled “ Relationship between Personality Traits and Emotional Regulation in adolescents Athletes in 1<sup>st</sup> International Conference Health Fitness,Yoga and Sports Sciences (ICHSFYSS-2024) Organised by IQAC and Department of Physical Education and Sports ,Govt. Degree College Kathua ,J&K,India in Collaboration with Foundation for Global Community Health (GCH) ,United States of America conducted on 5<sup>th</sup> -6<sup>th</sup> March,2024.

## **Paper Publications details**

Research Paper published in an International Journal Of Indian Psychology titled: A study of relationship between Emotional Regulation and Psychological Distress among Undergraduate college students of Jammu district on August,2<sup>nd</sup> 2023.

- Another Research Paper published in UGC Care List (**INSPA JOURNAL OF APPLIED AND SCHOOL PSYCHOLOGY**)
  - Title :-Gender Differences in the relationship between Emotional Regulation strategies and Psychological Distress among First Year Undergraduate College students of Jammu City .

## **Achievements**

- Received Certificate of Appreciation for organizing Student Excellence and Learning Program (SELP) organized by J&K Higher Education Department under Employment Skill Enhancement Scheme at Govt. MAM College ,Jammu from 20-1-2020 to 25-1-2020.
- Received Appreciation Award on International Women's Day 2021 in grateful appreciation for outstanding performance for the welfare of the society.
- Organized one day workshop on Guidance for Psychosocial Counselling and COVID helpers Skills in Govt. MAM college in Collaboration with MGNCRE, Department of Higher Education ,Ministry of Education ,Govt. of India on July,1,2021
  - Received certificate as a Life Member of (InSPA) on 10-3-2022.
  - Received certificate of Appreciation in the webinar on Life skills education conducted by the Indian School Psychology Association (InSPA) on 4<sup>th</sup> -6<sup>th</sup> March,2022.

- Received certificate of Appreciation for successfully completed 4 weeks Parenting skill Program organized by the Indian School Psychology Association conducted in June,2023.
- Received Certificate of Appreciation for organizing a rally on Mental Health Awareness with regard to celebration of Constitution Day under the theme “MY Constitution My Pride in collaboration with IQAC at MAM college, Jammu on 20 November,2023.
- Received Certificate of Appreciation for organizing a debate competition on “Corporal Punishment and its ill effects” with regard to celebration of Constitution Day under the theme “MY Constitution My Pride in collaboration with IQAC at MAM college, Jammu on 21 November,2023.
- Received Certificate of Appreciation from PM Shri Kendriya Vidyalaya Kathua to act as a penalist for the selection of Special Educators and Counselors on 23-2-2024.