

## BIO-DATA

Name and full address : Dr. Kiran Karnatak  
Assistant Professor (Psychology)  
Champanaula Karnatakkhola  
Almora



1. E-mail and Contact number(s) : [kiran.karnatak@gmail.com](mailto:kiran.karnatak@gmail.com)  
09412042498
2. Institution : M.B.G.P.G. College Haldwani  
(Nainital)
3. Date of Birth : 29 June, 1965

#### 4. Academic Qualification (Undergraduate onwards)

S.N.	Degree	Year	Subject	University/Institution	Division/Percentage
1.	10 <sup>th</sup>	1980	Hindi, English, Sanskrit, Music, Home Science	U.P. Board	I <sup>st</sup> /64.8%
2.	12 <sup>th</sup>	1982	Hindi, English, Sanskrit, Music, Home Science	U.P. Board	I <sup>st</sup> /63.8%
3.	B.A.	1984	Hindi General, Hindi Literature, Sanskrit, Psychology	Kumaun University Nainital	I <sup>st</sup> /59.9%
4.	M.A.	1986	Psychology	Kumaun University Nainital	I <sup>st</sup> /60.2%
5.	B.Ed.	1987	All Relevant Subject	Lucknow University Lucknow	I <sup>st</sup> /II <sup>nd</sup> /63%, 52%
6.	Ph.D.	1993	Awarded	Kumaun University Nainital	N.A.

#### 5. Ph.D.Thesis Title : Deprivation, Anxiety, Stress and Frustration as Determinants of Adjustment Patterns and Mental Health of Kumauni Adolescents.

#### 6. Work Experience

S.N.	Positions Held	Name of the Institute	From	To	Pay Scale
1.	Asst. Prof.	M.B.G.P.G. College Haldwani (Nainital)	13.08.2016	Continue	68900-205600
2.	Asst. Prof.	Govt. Degree College Dosapani (Nainital)	18.03.2013	12.08.2016	15600-39100
3.	Visiting Lecturer	Govt. Degree College Dosapani (Nainital)	01.09 2007	17.03.2013	25000
4.	Visiting Lecturer	M.B.G.P.G. College Haldwani (Nainital)	10.10 2001	31.05.2007	15000

**7. Professional Recognition/Award/Prize/Certificate, Fellowship received by the applicant :**

S.N.	Name of Award / Certificate / Recognition / Fellowship	Awarding Agency	Year
6.	Recognition, (रिश्ते) वे चिड़चिड़े हैं , आप चिड़ी हुई।	अमर उजाला "रूपायन" मे प्रकाशित लेख	24-06-2022
5.	Recognition, (परवरिश) क्या आप करती है, पॉजिटिव पेरेंटिंग ?	अमर उजाला "रूपायन" मे प्रकाशित लेख	20-05-2022
4.	Recognition, (परवरिश) प्यार नहीं ओवर पेरेंटिंग है ये।	अमर उजाला "रूपायन" मे प्रकाशित लेख	28-01-2022
3.	Award, N.I.Camp	M.D. University Rohtak (Haryana)	19 <sup>th</sup> Nov- 25 <sup>th</sup> Nov 2021
2.	Award, N.S.S. Volunteer Certificate	Uttarakhand Govt. (कोविड योद्धा सम्मान)	2020-2021
1.	Fellowship (Pursuing Ph.D)	ICSSR New Delhi	1990-1992

**8. No. of Ph.D./M.Phil guided (Perusing/Awarded Degree) :**

S.N.	Name of Student	Title of Ph.D./M.Phil	Year of Award
4.	Himani Jeena	Registration on 24/03/2022	
3.	Deepa Panday	" किशोरों के व्यक्तित्व, समायोजन स्तर तथा मानसिक स्वास्थ्य पर विद्यालय के प्रकार ,लिंग एवं पारिवारिक वातावरण का प्रभाव " (Pursuing Ph.D )	
2.	Deepraj Sandhu	" Social Anxiety Disorder among Adolescents in relation to their Locale, Family Environment and School Environment." (Pursuing Ph.D )	
1.	Renu Panday	" Impact of spiritual Quotient,gender and Living conditions on Loneliness, Hopelessness and Quality of Life among Geriatric Population." (Pursuing Ph.D )	

## 9. Publications (List of papers published in Journals)

S.N.	Author / Co-Author	Research Paper Title	Name of Journal / Publisher	UGC care/peer reviewed / referred	Volume	Page/Link	Year with ISSN
9.	Karntak K. , Pandey R. , 2022	Spiritual intelligence, loneliness and quality of life between living institutions among geriatric: A comparative study	Journal of Education and Society	UGC care group, 1 Journal	Vol. 45, NO. 4	P. No. 223-233, <a href="https://ugccare.unipune.ac.in">https://ugccare.unipune.ac.in</a>	Dec 2022/ ISSN- 2278-6864
8.	Karntak K. , Pandey D. 2022	किशोरों के समायोजन का तुलनात्मक अध्ययन	International Journal for Research Trends and Innovation	Peer reviewed/ referred	Vol. 7 Issue12	640-648 <a href="http://www.ijrti.org">www.ijrti.org</a>	25 Dec 2022 ISSN2456-3315
7.	Karnatak, K. 2022	Coping behavior in women professionals: A developmental perspective	International Journal of Philosophy and Social Science	Peer Reviewed / Referred	Vol. XLVII, No. 2	376-379 <a href="https://doi.org/10.31995/rjps">https://doi.org/10.31995/rjps</a>	Sep 2022/ ISSN (p)-0258-1701 (e) 2454-3403
6.	Karnatak, K. 2021	Relationship between types and direction of frustration on mental health of Kumauni adolescents	Indian Journal of Health and Well being / Sunil Saini (Ph.D)	Peer Reviewed & Referred	Vol. 12 Issue -3	376-379 <a href="http://www.ijahrw.org">www.ijahrw.org</a>	Sep 2021/ ISSN-p-2229-5356e-2321-3698
5.	Karnatak, K. 2017	उत्तराखण्ड की लोक संस्कृति एवं लोक जीवन : एक अवलोकन	Itivritta an Inter-Disciplinary International Journal of History and Culture Editor : C.M. Agrawal	Peer Reviewed	Vol. 5 Part-1 Summer	162-166	2017/ISSN 2347-1611
4.	Karnatak, K. 2016	Effect of Deprivation, Anxiety and Stress on mental health of adolescents.	Indian Journal of health and well-being. Editor: Sunil Saini.	Peer Reviewed & Referred	Vol-7 Issue-11	1088-1090	2016/ISSN-2229-5356 e 2321-3698
3.	Karnatak, K. 2014	नारी : मध्ययुगीन और आधुनिकीकरण के मूल्यों के बीच,	International Journal of Social Science Review (I.A.H.R.W.) Editor: Sunil Saini		Vol.-2 Issue 4	457-458/ <a href="http://www.ijahrw.com">www.ijahrw.com</a>	Dec2014/ ISSN-2347-3797,
2.	Karnatak, K. 2010	उत्तराखण्ड के उच्च शिक्षा में कार्यरत स्थायी तथा अस्थायी प्रवक्ताओं के मानसिक स्वास्थ्य का तुलनात्मक अध्ययन,	Indian Journal of Human Relations.		Vol.-37	158-160	2010/ISSN-0974-1089
1.	Karnatak, K. & Shukla, A. 2006	Well-being among dual earners	Journal of Psycho-Social Research / M.D. Publications Pvt Ltd, New Delhi		Vol.1, No-2 (Jul-Dec)	81-92 <a href="http://www.mdpl.com">www.mdpl.com</a>	2006/ISSN-0973-5410

## 10. Published Books/Reports/Chapters/Articles etc. (Article Published in ISBN only)

S.N.	Chapter Title	Book Title	Author's Name	Editor / Publisher	Year with ISBN / Page
9.	Feminist Perspective on International Organisations	जेंडर मुद्दे एवं विविध आयाम	Karnatak. K	Nitya Publication , Bhopal (M.P.) / Dr.	Dec2021 / ISBN : 978-93-91257-

				Chandravati Joshi & Dr. Anita Joshi	18-7 / 150-165
8.	किशोरों के मानसिक स्वास्थ्य का तुलनात्मक अध्ययन	ADOLESCENTS : A CHALLENGING STATE	Karnatak. K & Pandey.D	Harshwardhan Publication Pvt Ltd. Limbaganesh (Maharashtra) Dr. Aneeta Joshi & Dr.Sonali Kandpal	2020/ISBN-978-93-90284-31-3 P-201-208
7.	कामकाजी और गैर कामकाजी माताओं के बच्चों का संज्ञानात्मक और व्यवहारात्मक विकास,	Shades of Indian Culture.	Karnatak. K	Sahib Publishers & Distributors, Delhi Editor: C.M. Agrawal& Premrata Kandpal /	2016/ISBN-978-81-905934-0-6
6.	Language as a challenge in the path of National integration of India	Issues and challenges (I.C.S.S.R.)	Karnatak. K	Published by Jagdamba Publishing Company, Dariyaganj, New Delhi / Editor- Dr. Anchalesh Kumar	2015/ISBN-978-93-85437-4-5
5.	उत्तराखंड के शहरी और ग्रामीण परिवेश में रहने वाले किशोरों का आत्म विकास एक तुलनात्मक दृष्टिकोण	उत्तराखंड : विभिन्न आयाम	Karnatak. K	मल्लिका बुक्स दिल्ली / डॉ० राजेश पालीवाल और डॉ० दीपक पालीवाल	2013/ISBN : 81-89147-129
4.	Psychology Dictionary	मनोवैज्ञानिक पारिभाषिकी प्रकाशित (इंग्लिश-हिन्दी)	Shukla, A. & Karnatak. K	Concept Publishing Company, New Delhi	2009/ ISBN-10: 978-81-8069-564-3(HB)
3.	Ego Development in women as affected by their age and level of employment.	Readings in applied Psychology,	Karnatak. K	Scientific Publishers , India 5-A New pali Road ,Jodhpur 342001 / Ravi K. Gunthey	2006/ISBN:81-7233-439-7
2.	Impact of location, caste upon prolonged deprivation and some mental status of Kumauni Adolescents.	Human Habitat in the Himalaya	Karnatak. K	Almora Book Depot / O.P. Singh & R.K. Pandey	1998/ Pg. No. 223-235
1.	The Adolscents of Kumaun	“Human Habitat in the Himalaya”	Karnatak. K	Almora Book Depot / O.P. Singh and R.K. Pandey	1998/Pg. No. 197-202

### 11.Details of Seminar/Conference/Workshop/Orientation/Refresher Courses :

S.N.	Title	Dates	Organizing Institute / National, International Conferences/ Presented
27.	Effect of deprivation on mental health of girl child	27- 28 Feb 2023	M.B. Govt. P.G. College, Haldwani
26.	Role of Media on Society : A Psychological Approach	29 March 2022	National Seminar M. K degree College Siddharth Nagar , Nandgram , Gaziabad
25.	Women Empowerment	6 March 2021	National Seminar,Understanding Women empowerment through Indian Culture ,Text

			And Practices, Organized by M.K.G. Degree College Saddique Nagar, Nandgram, Ghaziabad, U.P.
24.	Impact Of Covid-19 Lockdown On Youth Of Kumaun.	14-15 June 2020	National Webinar on Covid-19 : Dasha & Disha, Organized by Bhartiya Manovigyan Parishad
23.	जलवायु परिवर्तन एवं पर्यावरणीय प्रदूषण एक गंभीर समस्या	14-15 Feb 2020	National Seminar, Forest Fire climate change: challenges and solutions, UPSA, HRDC, UGC Nainital Organized By H.M.V P.G College Raisi Haridwar
22.	महात्मा गाँधी : मानवतावादी एवं मनोवैज्ञानिक दृष्टिकोण	17-18 Nov 2019	International Conference On Relevance Of Mahatma Gandhi In Present Global Perspective Organized by Govt P.G College Pithoragarh
21.	जीवन मूल्य एक मनोवैज्ञानिक विश्लेषण	30 – 31 March 2019	International Seminar on Indian Culture and Global Influence, Organized by Dept. Of History , K.U.S.S.J Campus , Almora
20.	Digitalisation : A Path Towards Cashless Economy	05 Jan – 06 Jan 2019	National Seminar on India After Demonetization: Issues And Challenges , Organized by D.R.A Govt. Post Graduate College, Bisauli (Badaun )
19.	आधुनिक समाज एवं संस्कृति पर बदलते परिवेश का मनोवैज्ञानिक विश्लेषण :	23-24 November 2018	International Seminar Organized By Swami Sahajand P.G. College Gazipur (U.P.)
18.	A study of mental health among employed and unemployed kumaoni women	23-24 February 2018	National Seminar , Women's Health in India: Issues and Concerns , I.C.S.S.R Organized by Department of Political Science B.S.M.P.G. College Roorkee, Haridwar
17.	Mental Health of Kumaoni Women	27-28 August 2016	National Seminar on Yoga, Naturopathy & Holistic Health Organized by M.B.G.P.G. College Haldwani
16.	Increasing Positivity in School Climate: A study of Adjustment in Kumaun Himalaya.	16-18 January 2016	4 <sup>th</sup> International Conference, On Psychology And Allied Science Organized by Ravindra Bhavan, Margao, Goa, India
15.	नारी और सामाजिक न्याय	27-28 February 2015	National Seminar , Justice System & Justice Role For Women in Society, Organized by D.D.U. Gorakhpur University, U.P
14.	कामकाजी और गैर कामकाजी माताओं के बच्चों का संज्ञानात्मक और व्यवहारात्मक विकास	15-16 February 2015	International Seminar on Mother in Indian Culture, Organized by Kumaon University, Campus Almora
13.	नारी: मध्ययुगीन एवं आधुनिकता के मूल्यों के बीच	25 – 27 Sep 2014	3 <sup>rd</sup> International Conference on Psychology & Allied Sciences Organized by Amity Institute of Psychology , Amity University , Noida
12.	Effect of Deprivation, Anxiety and Stress on mental health of kumaoni adolescents.	15-16 February 2014	National Seminar on Mental Health Challenges & Remedial Approaches Organized by Gurukul Kangari University, Haridwar

11.	किशोरों के समायोजन में चिन्ता प्रभाव का अध्ययन	6-8 April 2013	National Seminar on Self and Emotions in Social Organized by Kumaon University, Campus Almora
10.	मानव अधिकार और पुलिस	6-7 November 2012	National Seminar, Role Of Indian Police & Human Rights Organized By Impact of Polluted Environment and Global Warming On Agriculture on B.S.M.P.G. College Roorkee
9.	ग्रामीण और शहरी किशोरों में पर्यावरण के प्रति जागरूकता का एक तुलनात्मक मनोवैज्ञानिक अध्ययन	3-5 December 2010	Impact of Polluted Environment and Global Warming On Agriculture Organized by B.S.M.P.G. College Roorkee National Seminar on Mental Health : Problems & Intervention B.S.M.P.G. College, Roorkee
8.	व्यवसायगत एवम घरेलू महिलाओं की स्वास्थ्य संबंधित समस्याएँ	11-12 Mar 2005	Academica , Organized by M.B.G.P.G College Haldwani
7.	Health Related Problems Among Women ,	04 – 06 Mar 2005	15 <sup>th</sup> Annual Conference of National Academy of Psychology on Psychology & Social Problem: Issues and Interventions Organized by P.G College Aayodhya , Faizabad
6.	A co-relation analysis of frustration tolerance with adjustment and mental health	27-28 March 2004	National Seminar on Mental Health: Problems & Interventions Organized by Gurukul Kangari University, Haridwar
5.	Self Esteem and Ego development : A study of parent child relation	26-28 February 2004	14 <sup>th</sup> Annual Conference of National Academy Of Psychology On Psychology And Development : Issues and Prospects Organized By Department of Humanities and Social Science I.I.T. Kharagpur
4.	क्रीड़ा प्रशिक्षण में अभिप्रेरणा	27-29 December 2003	National Seminar On Sports Psychology Department of Psychology C.C.S. University Meerut (U.P.)
3.	Ego Development in Women As Affected by Their Age & Level Of Employment	11-13 Oct 2003	7 <sup>th</sup> International & 38 National Conference I.A.A.P , Dept. Of Psychology , J.N.V University Jodhpur (Rajasthan)
2.	भारत में आतंकवाद का मनोवैज्ञानिक प्रभाव	27-28 October 2002	National Seminar on Terrorism in India M.B.G.P.G. College Haldwani
1.	A study of mental health as affected by cast and residential locale	27-30 November, 1999	National Seminar on Health Psychology K.S. Saket P.G. College Ayodhya (Faizabad)

## 7. Participation of faculty members in various online / offline academic Programme

S.N.	Title	Dates	Organizing Institute
10.	SRC – Human Rights (Refresher Course )	20 July – 02 Aug 2022 (Online )	HRDC, Aligarh Muslim University , Aligarh
9.	Research Writing and Academic Integrity (Short Term Course )	9 May 2022 - 16 <sup>th</sup> May 2022 (Online )	HRDC, Kumaun University Nainital
8.	Gender Sensitaition (Short Term Course )	1 Dec 2021 to 7 Dec 2021 (Online )	HRDC Aligarh Muslim University , Aligarh
7.	Empaneled Training Institute (ETI) Seven days Orientation Programme For N.S.S. Officer's	20 March – 26 March 2021	The Ministry of Youth Affairs & Sports, Govt. Of India, Gurukul Kangari , (Deemed to be University) Haridwar, Uttarakhand
6.	National Workshop on SPSS for Social Science Data Analysis,	11 <sup>th</sup> Feb – 17 <sup>th</sup> Feb 2019	Dept. Of Psychology , P.N.G. Govt. P.G College Ramnagar, Association with Indian Academy of Health Psychology Institute of Social Development
5.	Refresher Course, Ethics , Spirituality & Yoga	10 <sup>th</sup> March 2018 to 30 <sup>th</sup> March 2018	UGC, HRD Centre Kumaon University Nainital
4.	7 Days National workshop on Developing Synergy between Information Communication, Technology and Academics,	25 <sup>th</sup> March 2017 to 31 <sup>st</sup> March 2017	M.P.G.P.G. College Haldwani, Nainital.
3.	Short Term Course In Value Education	13 <sup>th</sup> Oct. 2016 to 19 <sup>th</sup> Oct. 2016	UGC, HRD Centre Kumaun University Nainital.

2.	Refresher Course Theme: Environment & Society	1st Dec. 2015 to 21st Dec. 2015	UGC, HRD Centre Kumaon University, Nainital
1	Orientation Programm-23	26th Aug. 2013 to 21st Sep. 2013	UGC Kumaun University Nainital.

**12. Any other Information (Sponsored Projects, Organizing Conference/Workshop, Foreign Visit, Resource person etc.)**

**4. Rapporteur :** Two day National Seminar in 75<sup>th</sup> years of Independence : Girl Child Education Security and Self Reliance on 27-28<sup>th</sup> Feb 2023, and contributed as Rapporteur

**3. Chair the session :** Research Methodology workshop for Ph.D. Scholar dated 4-24 December 2017 held at M.B.G.P.G. College Haldwani, Nainital

**2. Emotional Intelligence:** A Theme of Positive Psychology Paper presented in 5<sup>th</sup> Annual International Conference organized by Word Without Anger (WWA) and Global Peace Foundation (GPF) Kathmandu, Nepal. (2014 )

**1. Emotional Intelligence in Adolescents :** Paper presented in 4<sup>th</sup> annual International Conference organized by Word Without Anger (WWA) and Global Peace Foundation (GPF) Kathmandu, Nepal. (2013)



Date : 02/05/2023

Place : Haldwani

Name & Signature

Dr. Kiran Karnatak

Asst.Professor (Psychology)

M.B.G.P.G.College Haldwani  
Nainital.