
PROF. RITU MITTAL

+91-9997530459 ♦ dr.ritumittal9@gmail.com

SKILLS

- Research and analysis
- Critical Thinking
- Experiential Learning Methods
- Academic advising
- Interdisciplinary Research
- Career Counseling

PROFESSIONAL SUMMARY

With over 26 years of dedicated service, committed, and engaging Professor with exceptional lecturing skills and expertise in Psychology. Passion lies in fostering academic development and success for every student, ensuring their mental well-being throughout their educational journey. An active community member, recognized as a champion of social welfare.

AWARDS

Awarded Teelu Rauteli puruskar in 2010 for promoting women empowerment by the Govt. of Uttarakhand

WORK HISTORY

Professor, 07/2024 - Current

M.B.P.G. College – Haldwani

- Head of Department, Psychology
- Coordinator of P.G. Diploma in Guidance and Counseling
- Developed and delivered a comprehensive curriculum in Psychology that aligned with university standards and student learning outcomes
- Guiding 2 Ph.D candidates in their research and scholarly activities

Professor, 07/2017 - 07/2024

Swami Vivekanand Govt. P.G. College – Lohaghat

- Served on several committees (e.g., admissions committee, discipline committee, examination committee, anti-ragging committee), contributing insights and expertise to enhance institutional policies and practices
- Mentored students and advised on career paths, degree requirements, and post-graduate education options.
- Enhanced effectiveness of curriculum and lectures using a variety of learning mechanisms and extra-curricular departmental activities for students
- Guided 1 research scholar for PhD in Psychology, awarded in Nov. 2023

Lecturer – Professor, 05/1998 - 07/2017

Govt. Girls Degree College – Haldwani

- Served in several committees such as in charge of the college library, examination committee, admissions committee, Red Ribbon Club etc.
- Served as Program Office for N.S.S and represented the college in state and national level events

- Selected and designed lesson plans and curriculum to meet academic objectives.
- Mentored and advised students to explore career pathways based on and amplify knowledge, skills, and strengths
- Participated in conferences and professional development opportunities to stay up-to-date with the latest trends in the field
- Led seminars and workshops to facilitate student learning and engagement

COURSES

- Refresher course, Himachal Pradesh University, Shimla, 09/17/07 - 10/06/07, Research Methodology in Social Science
- Refresher course, Jai Narayan University, Jodhpur, 11/10/08 - 11/29/08, Psychology
- Orientation, Jamia Milia Islamia, New Delhi, 04/2002 - 07/2002
- Professional development programme on implementation of NEP-2020 for university and college teachers, 10/2022 - 11/2022 (A+ grade)

EDUCATION

PhD (Psychology), Meerut University, 01/1992

M. Phil, Meerut University, 01/1987

M.A., Meerut University, 01/1985

B.A., Meerut University, 01/1983

AREAS OF RESEARCH INTEREST

- Developmental Psychology
- Social Psychology (with a focus on personality)
- Child Psychology
- Cognitive Psychology (with a focus on mental health and practices for mental wellbeing such as CBT)
- Abnormal Psychology

RESEARCH PUBLICATIONS

- Mittal R, Lalita, Social Competence and Altruistic Behaviour among Adolescents: A Review Study, International Journal For Multidisciplinary Research, Volume 6, Issue 1, Jan-Feb 2024 <https://doi.org/gtgs6c>
- Self Confidence as a function of perceived maternal Child-rearing Behavior, Vidyawarta peer-reviewed international journal, Issue 50, Volume 10, Jun 2024
- Mittal R, Lalita, Anxiety and Spirituality among Substance Abusers: A Review Study, International Journal for Research Trends and Innovation, Volume 8 Issue 9, September-2023, <https://www.ijrti.org/viewpaperforall?paper=IJRTI2309045>
- Mittal , R.,Choudhary.A, Impact of use of Social Media on Academic Achievement Among Adolescents, volume 61/4 (Jan-March) 2023 in Shodh Disha UGC approved care listed Journal (ISSN 0975-735X)
- Mittal , R., Choudhary.A, Power of Subconscious Mind can change our Life www.ijrar.org:E-ISSN 2348-1269, P-ISSN 2349-5138 Vol.9, Issue .4
- Mittal , R., Choudhary.A (2022) Impact of use of Social Media on Aggression among adolescents volume 60/3 (Oct-Dec) 2022 in Shodh Disha UGC approved care listed Journal (ISSN 0975-735X)
- The Healing Psychology of Yoga (42-45), Indian Journal of Human Relations, 0974-1089, 2012

- Effect of ADHD and Parenting in Children (35-37), Indian Journal of Human Relations, 0974-1089, 2011
- Vocational Guidance: What, Why, How? (9-12), Indian Psychological Review, 0019-6215
- The Psychology of Attraction, Vidyawarta International Journal, 2319-9318, 2016
- Rational Emotive Therapy: Development and Modern uses, International Research Journal, 2394-5303
- Psychological Analysis of Natural Healing of Body by Brain, Vidyawarta International Journal, 2319-9318, 2015
- The Psychology of Conflict and Cooperation, International Research Journal, 2394-5303, 2015
- Exploring Stanford Prison Experiment, Vidyawarta International Journal, 2319-9318, 2015
- Psychology Behind Depression and How to Deal With It, International Research Journal, 2319-9318, 2015
- Baalkon me Adhigam Par Shikshak-Shikshartha Sambandhon Ka Prabhav, Indian Journal of Human Relations, 0974-1089
- Analyzing Role of Self-confidence for Success and Happiness, Vidyawarta International Journal, 2319-9318, 2014
- A Psychological Analysis of Smoking: Causes and Consequences, Vidyawarta International Journal, 2319-9318, 2014
- Borderline Personality Disorder: Ramifications and Remedies, International Journal of Trade & Commerce (IJARTC), 2277-5811, 2014
- Climate Change Environment and Human Society Interface Perspective Socio-Cultural Implications, Indian Journal of Human Relations, 0974-1089
- Social Isolation as a Catalyst of Mental Distress, Printing Area International Journals, 2394-5303, Issue 71, Volume 03, Jan 2021
- Understanding the Psychology behind Investments, Vidyawarta International Journal, 2319-9318, Issue 31, Volume 03, June 2019
- Issues and solution for empowering women in S.T.E.M, Printing Area International Journals, 2394-5303, Issue 93, Volume 02, Sep 2022

SEMINARS AND CONFERENCES

Presented in and attended plethora of seminars and conferences in and adjacent to the field of Psychology. Actively engaged in advancing the field and contributing towards academic excellence.

A few representative seminars and conferences are listed below:

- Applications of AI for mental well-being, National Conference on The role, impact, issues, and challenges of Artificial Intelligence: A journey towards transforming the society, 30-31 March 2024
- Participated in National Conference on Empowering Innovative Science & Technology for Indigenous Development of Uttarakhand: Dimensions and Challenges, March 2023
- Cognitive Applications of Behavioral Economics, National Conference on Integrity of Mathematics in Advancement of Science, technology and Management, 25-26 March 2021
- Participated in National Webinar on Challenges Related to Mental Well-being of Divyaangjan in Corona Period and Their Therapeutic Rehabilitation, 23-24 January 2021
- Participated in National Webinar on Establishing new teaching skills & methodologies amidst covid-19 pandemic, 27 October 2020

- Participated in two days National Conference on Covid-19 Pandemic: Voice of Youth - An Urgent Need of Psycho-Social Support, 21-22 June 2020
- Participated in International Virtual Conference on Modern Instrumental and Characterization of Techniques in Applied Sciences, 5-6 July 2020
- Participated in International Webinar on Psychological well-being among youth during covid-19, August 2020
- Participated in five days International Webinar on Mathematics, 14-18 September 2020
- Benefits of interactive learning development in higher education, National Seminar on Progression and Innovation in Higher Education, 16 November 2019
- Participated in two days Capacity Building program for teachers on 'Prevention of Alcohol and Drug Abuse' by Uttarakhand Open University, 26-27 September 2019