

BIODATA



Name : Dr. Rekha Joshi

Designation : Assistant Professor

Department : Psychology

Institute : M.B. Govt. P.G. College, Haldwani, Nainital

Father's Name : Mr. Narottam Tewari

Date of Birth : 03-01-1968

Marital Status : Married

Nationality : Indian

Category : General

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Mailing Address : Astha Vihar, Panchakki , Pollysheets, Haldwani

Contact No. : 9456345596

Language known : Hindi, English

Qualification : M.A. Ph.D. in Psychology

Area of Interest : Psychopathology, Guidance and Counseling

Teaching Experience : 18 years in U.G. and P.G. classes

Other Experience:

1. Ten months experience in Supporting supervisor in Saxsham project under the Global fund to fight AIDS T.B. & Malaria Round-7 Counseling component at Deptt of Psychology H. N. B. Garhwal University (Garhwal) Uttarkashi since June 2014 to 31st March 2015.
2. One Year Experience in Counseling at family counseling centre in Almora. (1993-1994). Project was sponsored by Central Social Welfare Board, New Delhi.

Refresher & Orientations Course

1. **Refreshed Course:** 20-07-2022 to 02/08/202 (UGC HRDC AMU)
2. **Short Term Course:**09/05/2022 to 16/05/2022 (UGC HRDC KU on Research Writing and Academic Integrity)
3. **Short Term Course:** 01/12/2021 to 07/12/2021 (UGC HRDC KU on Gender Sensitization)
4. **Refresher Course:** 10-03-2018 to 30-03-2018(UGC-HRDC, KU, Nainital).
5. **Short term Course:** 18-10-2016 to 19-10-2016(UGC-HRDC, KU, Nainital.)
6. **Refresher Course:** 06-05-2015 to 26-05-2015 (Research Methodology in social science (UGC-HRDC, KU, Nainital)
7. **Orientation Programme:**26-08-2013 to 31-08-2013(UGC-HRDC,KU, Nainital,)

Training:

1. One day training for Supportive Supervisor (ART) under Global Fund round -7, Lucknow 20 June 2014.
2. Three days Indication training of Supportive Supervisor Global Fund round-7 organized by Deptt. of Psychology Lucknow University Lucknow on 20th 22nd June 2014.
3. One day Superlative for Supportive Supervisor (STI) under global fund round- 7 organized by Lucknow University, on 23rd June 2014.
4. Two week counseling training program in Department of Social Work Lucknow University on 21st June to 5th July 1993.

Seminar National & International (32):

- **5-6 January 2019:** National Seminar on India after Demonetization: Issues and challenges. Presented a paper on “नोटबंदी का कालेधन पर प्रभाव”
- **23 एवं 24 नवम्बर 2018:** स्वामी सहजानंद रत्नात्कोत्तर महाविद्यालय गाजीपुर (उ०प्र०) एवं केन्द्रीय हिन्दी संस्थान आगरा के संयुक्त तत्वाधान में “वर्तमान समस्याओं एवं लोक की भूमिका विषय में अन्तराष्ट्रीय संगोष्ठी में सहभागिता की तथा “लोक संस्कृति को बचाने में महिलाओं की भूमिका—एक विश्लेषण ” विषय पर शोध पत्र प्रकाशित किया ”
- **19 and 20 November 2018:** Migration from Region: Challenges and Strategies: organized by I.P.S.D.R. Kumaun University, Nainital. Presented a paper on Migration and its impact on mental health.”
- **04 October 2018:** Participated in one day workshop a gender sensitization organized by women’s studies centre Kumaun University, Nainital.
- **10-11 Feb 2018:** National seminar on “Human Security in India: Challenges & Opportunities” organized by Department of Sociology, Mahatma Gandhi Kashi Vidhyapith, Varanasi. Presented a paper on “विस्थापित महिलाओं में अवसाद एवं कुंठा का मापन”
- **23-24 Feb 2018:** National Seminar “Women Health in India: Issues and concerns (with special reference to Uttarakhand State” organized by Deptt of Political Science, B.S.M. P.G. College, Roorkee (Haridwar) Presented a paper on “संगठित एवं असंगठित क्षेत्र में सेवारत महिलाओं के मानसिक स्वास्थ्य का तुलनात्मक अध्ययन”
- **2017, 7-8 Oct.-**International Seminar on “Development activities & Environment issued & an illustration of Uttarakhand”, organized by UPSE Attended this Seminar.
- **2016, 27- 28 Aug.-** National Seminar on “Yoga, Naturopathy & Holistic Health” Jointly organized by Govt. Degree College Banbasa (Champawat) U.K. & Uttarakhand Open University. Participated and presented a paper "Stress management & Yoga"
- **2016, 21-22 Feb. presented a paper-** National Seminar on “Status of Higher Education in India with Special Reference to Uttar Pradesh” organized by Deptt. of Psychology, Roza College Rampur (U.P.) "Stress management & Yoga, “कुमाँऊ विश्वविद्यालय के तराई क्षेत्र के राजकीय महाविद्यालय में वार्षिक एवं सैमेस्टर शिक्षा प्रणाली का तुलनात्मक अध्ययन”

- **2015, 22-23 Nov.-** Participated and Presented a paper. “उच्च शिक्षा व्यक्तित्व का मूल आधार पर्वतीय क्षेत्र में उच्च शिक्षा की समस्या व सम्भावनाओं विषय पर राष्ट्रीय संगोष्ठी’ Organized by Deptt of Sociology M. B. P.G. College Haldwani (Uttarakhand)
- **2015, 22-23 Feb.-** International Seminar on Role of E-learning in quality Education organized by Deptt. of Education, Radhey-Hari Govt. P.G College, Kashipur, (Udham Singh Nagar) Uttarakhand. Participated and presented a paper.
- **2014, 27-28 Dec.-** National Seminar on recent development in Physics & prosperity in solar physics space science organized Dept of Physics M.B Govt. P.G College Haldwani (Nainital) Attended this seminar.
- **2014, 2-3 Dec.-** National Seminar on “Environmental Globalization & Quality of Life” Organized by Deptt of Sociology S.B.S.G.P.G College Rudrapur (U.SNagar) Uttarakhand. Participated & Presented paper. “वर्तमान परिपेक्ष्य में चिपको आंदोलन की सार्थकता ”
- **2014, 10-11 Oct.-** National Seminar on “Social Transformation among Scheduled Caste & Tribal Communities of Mountains Region Myth or Reality” organized by Deptt of Sociology, School of Social Science Uttarakhand Open University Participated and Presented a paper. “पंचायती राज्य एक्ट का महिला आरक्षण पर मनोवैज्ञानिक प्रभाव का अध्ययन”
- **2014, 29-30-31 March.-** International seminar in Measurement of Evolution in Psychology and Education, Organized by Dept of Psychology Magadh Universtiy Bodh-gaya (Bihar) “A Quality study of Anneal & Semester System of examination in government Post graduate College of Kumaun University in Uttarakhand".
- **2014, 15-16 Feb.-** National Seminar on “Mental health Challenges & Remedial Approaches” (MACR 014) Sponsored by ICSSR (NIS) New Delhi organized by Department of Psychology Gurukul Kangri University, Haridwar (Uttarakhand) India Participated & Presented Paper. “पुरुषों की व्यवसायिक गतिशिलता से महिलाओं की मानसिक स्वास्थ्य पर पड़ने वाले प्रभाव का तुलनात्मक अध्ययन”

- **2013, 28-29 Nov.-** National Seminar on “Women in Mountains Continuity & Change, organized by School of Social Science, Uttarakhand Open University Participated & Presented a paper. “महिला सशक्तीकरण की संकल्पना”
- **2013, 6-8 Apr.-** National Seminar on “” organized by Department of Psychology, SSJ Campus Almora Participated & Presented paper. "आर्थिक रूप से पिछड़े बच्चों के विकास की प्रक्रिया में संवेगों का अध्ययन”
- **2012, 3-4 Nov.-** National Conference on “Recent in Interdisciplinary research and Astror-Science Space Science” organized by Deptt. of Physics , M.B.G. P.G. College Haldwani (Nainital).
- **2012, 26-27 Mar.** National Seminar on “Socio cultural Dimensions & Recent Trends with Broad to the concept of intelligence organized by School of Education, Uttarakhand of Open University Haldwani. Participated and presented a paper.
- **2011 26-27 Feb.** -Selfhood & Identity in Hinduism National Seminar and Identity: Emerging dialogue organized by Depth of Psychology Kumaun University, S.S.J Campus Almora. Participated and presented a paper “स्व पहचान एवं परिस्थितिकी वर्तमान परिस्थिति चुनौतियाँ ”
- **2010, 10-11 Dec.-** National Seminar on “Innovation in teacher Education” organized by Inspiration College of Teacher Education (ICTE) Polly sheet Kathgodam (Nainital)
- **2010, 17-18 Mar.-** National Seminar on “Relevance of Yoga in Present Context as a Science of Living organized by P.G Dept of Yoga & Holistic health” organized by M.B.G.P.G College Haldwani. Presented paper on “Yoga: Tips for Beginners”
- **2010, 21 Feb.-** National Seminar on “Harmony in Indian Public life” organized by Deptt of Political Science, M.B.G.P.G College Haldwani (Nainital) presented a paper on “लोक जीवन में समरसता”
- **2010, 23-24 May.** - National Seminar on “Yoga mental health & Society” organized by Deptt. of Yoga & Holistic Health M.B.G.P.G College Haldwani
- **2010, 23-24 Oct.-** National Seminar on “Impact of Globalization on rural Development” organized by Deptt of Political Science M.V (P.G)

College Satikund, Kankhal Haridwar presented a paper entitled "वैश्वीकरण एवं ग्रामीण विकास"

- **2005, 03-06 May**-National Conference on "Women's status" organized by Indian Association for Woman's studies presented a paper-"The Psychological Effect on the displacement women: A Study"
- **2005, 11-12 March**- एकेडमिका उच्च शिक्षा उन्नयन एवं शोध समिति एम0बी0रा0 स्नातकोत्तर महाविद्यालय हल्द्वानी (नैनीताल) शोध पत्र प्रस्तुत" शिक्षा एवं आर्थिक स्ववलम्बन का महिलाओं के जीवन में पड़ने वाले मनोवैज्ञानिक प्रभाव का अध्ययन"।
- **2005, 11-12**- उच्च शिक्षा की भावी दशा ज्ञान की पूंजी पतियों की गिद्ध दृष्टि एकेडमिका उच्च शिक्षा उन्नयन एवं शोध समिति उच्च शिक्षा निदेशालय उत्तरांचल के प्रथम अधिवेशन में शोध पत्र प्रस्तुत किया-आयोजक एम0बी0रा0 महाविद्यालय, हल्द्वानी, नैनीताल।
- **2005, 03-06 May**- National Seminar on "Gender Equality Through Women's Participation: Myths & Realities Quest for strategies for women's upliftment Organized by Govt. M.B.P.G College Haldwani (Nainital) Participated and presented a paper. लिंग समानता में महिलाओं की भूमिका एक विश्लेषण।
- **2002 06-08 October** 15th National Conference on "Sports Psychology" organized by Department of Psychology, Kumaun University, S.S.J Campus Almora.
- **2002, 27-28 October** National Seminar on "Terrorism in India : Origin & Impact" organized by Political Science, MBGPG Haldwani (Nainital)

Research Paper: (17)

1. मद्यव्यसनी एवं गैर मद्यव्यसनी पुरुषों में अवसाद, The International journal of analytical and experimental modal analysis, Volume XIII, Issue XI, November/2021, pp. 1000-1009
2. A Comparative Study Of Level Of Mental Health Among Adolescents, Journal of Interdisciplinary Cycle Research, Volume XIII, Issue VIII, August/2021, pp.1321-1325
3. "मानसिक स्वास्थ्य की समूह उन्मुखी अभिवर्ती विमा: एक तुलनात्मक अध्ययन" JICR Journal, Vol. 12, Issue: 8, Aug 2020
4. बोर्ड परिक्षर्तियों में कैरियर द्वंद्व के प्रभाव का तुलनात्मक अध्ययन, शोध संचार बुलेटिन, Vol. 11, Issue-41, pp.12-15, ISSN No. 2229-3620

5. बोर्ड परिक्षर्तियों में परीक्षा चिंता के प्रभाव का तुलनात्मक अध्ययन, शोध सरिता, Vol. 08, Issue-29, pp.170-173, ISSN No. 2348-2397
6. "परम्परावादी बनाम प्रगतिवादी मूल्य विमा: मध्यव्यसानी एवं मध्यपान विहीन पुरुषों के मध्य तुलनात्मक अध्ययन" Drishtikon Journal Vol 12 Issue 02, Feb 2020 ISSN 0975-119x
7. Chapter published title "A Comparative Study of Altruistic Behavior among School Students" in book titled "Adolescence: A Challenging State" ISBN 9789390284, Jan 2020
8. "मध्यव्यसानी एवं मध्यपान विहीन पुरुषों के मानसिक स्वास्थ्य की सकरात्मक आत्म मुल्यांकन विमा के मध्य तुलनात्मक अध्ययन" Drishtikon Journal Vol 12 Issue 01, Jan 2020 ISSN 0975-119x
9. Paper published titled "Alienation the dimension of Mental health: A Comparative Study of among Alcoholic & Non Alcoholic males in Nainital District (Uttarakhand)" in Compliance Engineering Journal, Vol. 10, Issue 12, Dec 2019
10. Paper published titled "**Management of Mental Health through Positive Therapy: A Study of Government Teachers in Haldwani Region**" in IJRAR - International Journal of Research and Analytical Reviews (IJRAR), E-ISSN 2348-1269, P-ISSN 2349-5138, Volume.6, Issue 2, Page No pp.331-337, June 2019
11. Paper published in JETIR (UGC Referred Journal) "A comparative Study of Covert & Overt Anxiety among Alcoholic & Non-Alcoholic in Nainital District Uttarakhand" 2019, Vol. 06, Issue 03, Page 158-166, ISBN: -: 2349-5162,
12. Paper published in JETIR (UGC Referred Journal) "Impact of Cell Phone on Social Competence: A Case Study of Professional College Students in Haldwani Region" 2019, Vol. 06, Issue 02, page 347-354, ISBN-: 2349-5162,
13. लेख प्रकाशित "वर्तमान परिपेक्ष में रवीन्द्र नाथ टैगोर की प्रसिन्ता" प्रकाशन वर्ष-२०१८, पेज ७१, आई.एस.बी. एन. नंबर-६३८-६३-८५४३७-१५-१ जगदम्बा पब्लिकेशन हाउस, नई दिल्ली
14. Joshi Rekha & Pandey Shivangi- 2018 "Level of Anxiety between Working & Non-Working Women" Journal Vidya-Varta Maharashta.
15. Joshi Rekha & Kasyap Sunita 2017 दिव्यांक एवं स्वस्थ किशोरियों की कुंठा प्रतिक्रिया के मध्य तुलनात्मक अध्ययन- book title "exploring the Himalayas" Aadharshila Prakashan-, Delhi. ISSM No. 978-93-81913-59-8

16. Joshi Rekha 2017 दिव्यांक एवं स्वस्थ किशोर के मानसिक स्वास्थ्य अध्ययन- The book title the Discovery the Himalaya, Publisher Aadharshila Prakashan, Delhi. I.S.B.N. No. -978-93-81913-59-8

17. Pandey Poonam & Joshi Rekha 2015 "A Psychological Study on Young Boy's & Girl's in Relation the Modernization" edited book "Quality & Excellence" by Dr R.S. Chauhan & Swati Negi, Global Books Organization Delhi.

Book Published

1. Pant M. Lalit & Joshi Dr. Rekha 2016 "The effect of social media on Mental Health & Personality" 2016, Scholar Press, Germany, ISSN No.- 978-3-659-84143-9
2. Pant M. Lalit & Joshi Dr. Rekha "Competitive HRM", Scholar Press Germany, ISSN NO-978-3-639-76933-3.

Units Published

1. **"Meaning nature need and types of Guidance"** page no.36-57, text Book Theories & System of Psychology (BAPSY-302) by UOU Haldwani
2. **"Education & Vocational Guidance at Secondary & Senior Level"** Page no 54-74 text book "Theories & System of Psychology" (BAPSY-302) UOU
3. **"Contribution of British Empiricist & Association"** Page No. 14-34 "Theories & System of Psychology" (BAPSY-301) by UOU
4. **"Money Happiness & Wellbeing"** Page No-260-271 text book "Theories & System of Psychology (BAPSY-301) by Uttarakhand Open University.
5. **Pattern Recognized Theories of Pattern Recognition Bottom Up & Top Down Approach"** the text book "Theories and System of Psychology" (BAPSY301) by UOU
6. **"संस्कृति का अर्थ विशेषताओं एवं संस्कृति के प्रकार"** Page No-167-180 Published in the text book "Social & Natural Psychology" (MAPSY-104) by Uttarakhand Open University.
7. **"संस्कृति एवं व्यक्तित्व में संबंध सांस्कृतिक कारकों का व्यक्तित्व विकास में प्रभाव"** Page No- 181-195 Published in text book "Social & Cultural Psychology" (MAPSY-104) by Uttarakhand Open university
8. **राष्ट्रचरित्र का अर्थ एवं राष्ट्रीय चरित्र का सिद्धान्त** Page No-196-209 Published in the text book "Social & Cultural Psychology" by Uttarakhand Open University.

9. नेतृत्व का अर्थ एवं स्वरूप नेतृत्व की शैलियां या प्रकार नेतृत्व के गुण व विशेषतायें सत्ताधारी एवं लोकतान्त्रिक नेतृत्व में अन्त " Page No-210-226 Published in the text book "Social And Cultural Psychology' on Uttarakhand Open University.

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

SN	Name	Title	Status
1	Lalit Mohan Pant	Management of Anxiety, Mental Health & Social Competence through in Professional College Students	Awarded
2	सुनीता कश्यप	मद्य व्यसनीय व्यक्तियों एवं मद्यपान विहीन व्यक्तियों के मानसिक स्वास्थ्य चिन्ता विषाद एवं मूल्यों के मध्य तुलनात्मक अध्ययन	Awarded
3	शिवांगी पाण्डेय	एचआईवी0 एडस रोगियों के लिये लिंग के सन्दर्भ में आत्म प्रत्यक्षन सामाजिक सहयोग एवं मृत्यु चिन्ता का तुलनात्मक अध्ययन	Pursuing
4	दीपिका त्रिपाठी	बोर्ड परीक्षार्थियों परीक्षा चिन्ता, कैरियर चिन्ता द्वंद एवं मानसिक स्वास्थ्य पर प्रभाव का तुलनात्मक अध्ययन	Pursuing
5	रमेश रावत	शहरी एवम ग्रामीण किशोर-किशोरियों के चिन्ता स्तर समायोजन व मानसिक स्वास्थ्य पर सोशल मीडिया के प्रभाव का तुलनात्मक अध्ययन	Pursuing

Article Published-09 article Published in Various Magazine & Newspaper

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