

BIO-DATA

1. Name and full correspondence address : Dr. Renu Jalal
Assistant Professor (Psychology)
Lower Danda Compound
Tallital Nainital.

2. E-mail and contact number(s) : renujalal8@gmail.com

3. Institution : M.B.Govt.P.G.College, Haldwani

4. Date of Birth: 30-Jun-1966

5. Academic Qualification (Undergraduate Onwards)

S. No.	Degree	Year	Subject	University/Institution	Division / Percentage
1.	M.A	1987	Psychology	Kumaun University Nainital	I st 60.2%
2.	Ph.D	1993	Psychology	Kumaun University Nainital	

6. Ph. D thesis title: I MPACT OF EXPERIENTIAL DEPRIVATION AND
MOTIVATIONAL FEED BACK ON METACOGNIIVE SKILLS – A
DEVELOPMENTAL STUDY

7. Work experience (in descending order starting from 2018)

S. No.	Positions held	Name of the Institute	From	To	Pay Scale
1.	Asst. Prof.	M.B.Govt.P.G. College Haldwani (Nainital)	18-03-20 13	Continue	15600-39100

2.	Visiting Lecturer	M.B.Govt.P.G. College Haldwani (Nainital)	18-08-2001	17.03.2013	25,000/
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8. Professional Recognition/ Award/ Prize/ Certificate, Fellowship received by the applicant:

S. No.	Name of Award	Awarding Agency	Year
1.	Fellowship	ICSSR New Dehli	1990-1992

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

S. No.	Name of Student	Title of Ph. D/M. Phil	Year of Award
1.	Rati Rani Chaudhary	आवासीय विभिन्नता में विद्यार्थियों के परोपकारिता, संवेगिक परिपक्वता एवं समायोजन स्तर के मध्य तुलनात्मक अध्ययन।	Awarded
2.	Monika Rani	कुमारों में सेवारत व गैर-सेवारत महिलाओं में अवसाद, मानसिक स्वास्थ्य, कुण्ठा प्रतिक्रिया स्तर व स्थानीयता का तुलनात्मक अध्ययन।	Awarded
3.	Renu Sati	Adjustment , Social Support and Psychological Well-being among elderly Couples and Windowed.	Perusing
4.	Mohan Chandra	मद्यपान का मानसिक स्वास्थ्य, समायोजन एवं वैवाहिक सम्बन्धों पर प्रभाव का अध्ययन।	Perusing

10. Publications (List of papers published in Journals in descending order starting from 2018):

S. No.	Author(s)	Research paper Title	Name of Journal	Volume	Page	Year with ISSN
1.	Dr. Renu Jalal	Study of Mental Health Effects of Alcoholic and Non-Alcoholic husband and wife.	An International Journal of Multidisciplinary Trends. www.multisubjectjournal.com	04	78-81	2022 E.ISSN: 2709-9369 P-ISSN: 2709-9350

2.	Dr. Renu Jalal	A Comparative Study of Adjustment among Urban and Rural Students	An International Bilingual Peer Reviewed Refereed Research Journal Shodh Sarita www.sereseearchfoundation.in	07	134-139	October-December 2020 ISSN-2248-2397
3.	Dr. Renu Jalal	A Comparative Study of Emotional Maturity between U.G. and P.G. Students	An International Bilingual Peer Reviewed Refereed Research Journal www.sereseearchfoundation.in	07	156-161	October-December 2020 ISSN-2348-2397
4.	Dr. Renu Jalal	A Comparative Study of Altruism among Hostel and Non-Hostel Students	An International Bilingual Peer Reviewed Refereed Research Journal www.sereseearchfoundation.in	10	104-109	October-December 2020 ISSN-2229-3620
5.	Dr. Renu Jalal	An Analysis of Mental Health among Working and Non-working Women	International Journal of Research and Analytical Reviews www.ijar.org	07	111-117	March 2020 ISSN-2248-1269 Impact factor 5.75
6.	Dr. Renu Jalal	शिक्षकों के कार्य सन्तुष्टि का सर्वेसणात्मक अध्ययन	Printing Area International Journal www.vidyawarta.com	01	127-130	April 2018 ISSN-2394-5303 Impact Factor 5.011(IJIF)
7.	Dr. Renu Jalal	बाल रम एक अभिशाप	क्वैस्ट शोध पत्रिका www.indianjournals.com	10	93-96	April 2016 ISSN-2249-0035
8.	Dr. Renu Jalal	Psychic study of Aggression among boys and girls of nainital town ship	Knowledge News International Journal of Idea www.knowledgenewsindia.com	006	33-46	January 2016 ISSN-2231-0150

9.	Dr. Renu Jalal	Impact Assessment and Feasibility of various Policies program and approaches meant for overall development of weaker Sections	EPRA International Journal www.epratrust.org	02	72-79	Feb- Jan 2015-2016 ISSN – 2348-4101 Impact Factor- 0.445
10.	Dr. Renu Jalal Dr. Nanadan Singh	अनुसूचित जाति एवं जनजाति के समुदाय के आर्थिक उत्थान में विभिन्न योजनाओं की भूमिका	Social Science Humanities www.recentjournals.in	02	53-56	Jan – Feb- March- 2015 ISSN – 2348-3318
11.	Dr. Renu Jalal Mr. Krishan Singh	पर्वतीय महिलाओं के आर्थिक उत्थान में स्वयं सहायता समूह योजना की भूमिका एक सार्थक पहल	Social Science Humanities www.recentjournals.in	02	85-88	Jan – Feb- March- 2015 ISSN – 2348-3318
12.	Dr. Renu Jalal	मानसिक असन्तुलन एवं युवा वर्ग	Social Science & Humanities www.prasadpsycho.com	39	171-174	2011 ISSN 0974-1089

11. Published Books/Reports/Chapters/Articles etc.(Article published in ISBN only)

S. No.	Chapter Title	Book Title	Author's Name	Publisher	Year with ISBN
1.	Problem Encountered by the Working Women	Women at work: A Holistic Outlook	Dr. Renu Jalal	Global Vision Publishing House	978-93-90423-18-7
2.	A Study of Depression in Adolescents	Contemporary Issues of Youth	Dr. Renu Jalal	Lulu Publication	978-1-257-91258-2
3.	A Study of Emotional Maturity and Adjustment among the Adolescence	Adolescence: A Challenging State	Dr. Renu Jalal	Harshwardhan Publication Pvt. Ltd. (Maharashtra)	Jan-2020 ISBN-978-93-90284-31-3

4.	Demonetization and Small Enterprises	India after Demonetization issues and challenges	Dr. Renu Jalal	Ocean Publication near Hanuman Temple, Miston Ganj, Rampur	2019-ISBN-978-81-937071-4-2
5.	उच्च शिक्षा की दशा एवं दिशा : वैश्वीकरण के परिपेक्ष्य में।	Exploring the Himalaya: Land and the people	Dr. Renu Jalal	Adharshilla Prakshan Haldwani (Nainital)	978-93-81913-60-4.

13. Details of Seminar/Conference/Workshop/Orientation/Refresher Courses:

Seminar / Conference	:	National and International
1. 2021, 6 March	:	Expanding Independence among the working women. Nainital Seminar Manyvar Kanshiran Govt. Degree College Saddique Nagar, Nandagram, Ghaziabad (U.P)
2. 2020, 14-15 February	:	Van Panchayats of Uttarakhand: Need for Today: H.M.V. P.G. College Raisi(Haridwar)
3. 2019, 17-18 November	:	Politico-Economic Views of Mahatma Gandhi, Dept. of B.Ed. L.S.M. Govt. P.G. College Pithoragarh.
4. 2019, 16 November	:	Higher Education V/S Entrepreneurship in Uttarakhand. Internal Quality Assurance cell M.B. Govt. P.G. College Haldwani(Nainital) Uttarakhand.
5. 2019, 05-06 January	:	विमुद्रीकरण एवं छोटे व्यवसाय National Seminar, Sponsored by Deptt. Of Higher Education U.P. Government. D.R.A. Govt. P.G. College, Bisauli (U.P.)
6. 2018, 23-24 November	:	वैश्वीकरण का लोकसंस्कृति पर पड़ने वाला मनोवैज्ञानिक प्रभाव, अंतराष्ट्रीय संगोष्ठी, प्रायोजक मानव संसाधन विकास मंत्रालय भारत सरकार, स्वामी सहजानन्द स्नाकोत्तर महाविद्यालय, गाजीपुर उ.प्र.।

7. **2018, 19-20 November** : Impact of Migration on hill economy: Challenges and Strategies National Seminar, Organized by the Dept. Of Commerce, D.S.B. Campus and I.P.S.D.R. Kumaun University Nainital.
8. **2018, 23-24 February** : Health Status of Rural women in hill areas with special reference to Uttarakhand State. National Seminar, organized by Dept. Of Political Science, B.S.M. P.G. College, Roorkee (Haridwar) Uttarakhand.
9. **2018, 10-11 February** : Roll of Police in Security of Human in India. National Seminar, I.C.S.S.R. Sponsored, Dept. Of Sociology, Mahatma Gandhi Kasividyapith Varanasi.
6. **2017, 7-8 October** : Development Activities and Environment Issues and challenges: A case Illustration of Uttarakhand, International Seminar organized by 'UPSE'
7. **2016, 27-28 August** : "Yoga A ray of Hope for Mental Juvenile: with special Reference to Adolescence". National Seminar on Yoga. Naturopathy and Holistic Health. Jointly organized by Govt. Degree College Banbasa (Champawat) Uk Open University Haldwani.
8. **2016, 28-29 March** : "Indian Culture: Prospects and Challenges" National Seminar, Organized by Department of History. M.B. Govt. P.G College Haldwani, Nainital (Uttarakhand).
9. **2016 20-21 February** : "Status of Higher Education in India with Special Reference to Uttar Pradesh" National Seminar, Organized by: Govt. Raja P.G. college , Rampur, U.P.
10. **2015, 22-23 November** : उत्तराखण्ड एवं उच्च शिक्षा: एक समीक्षात्मक अध्ययन, पर्वतीय क्षेत्रों में उच्च शिक्षा की समस्या एवं संभावना, राष्ट्रीय संगोष्ठी, प्रायोजक आई० सी० एस० आर०, नई दिल्ली यूकॉस्ट एवं यूसेक, देहरादून।
11. **2015, 22-23 February** : Right to Education: Issues and Challenges International Seminar on Role of E-learning in Quality Education, Sponsored By: Department of Higher Education, Govt. of Uttarakhand
12. **2014, 2-3 December** : Environment, Globalization and Quality life, National Seminar, Organized by Dept. of Sociology, S.B.S. Govt. P.G. College Rudrapur (U.S. Nagar), Uttarakhand.

- 13. 2014, 10-11 October** : "निर्बल वर्ग के उत्थान में विभिन्न योजनाओं की भूमिका: अनुसूचित जाति के विशेष सदर्भ में"
National Seminar on Social Transformation Among Scheduled caste and Tribal communication of Mountain Region Myth or Reality. Organized by Dept. of Sociology School of Social science, Uttarakhand Open University.
- 14. 2014, 29,30,31 March** : आपदाजन्य मनोविकार एवं पर्याप्त नैदानिक हस्तक्षेपों की आवश्यकता (उत्तराखण्ड/केदारनाथ आपदा के विशेष सन्दर्भ में) UGC Sponsored International conference of Indian Psychological Association, Organized by: Dept. of Psychology Magadh University Bodh-Gaya (Bihar) India.
- 15. 2014, 8-9 March** : 'Women's Concerns in India: myths and Realities', 5th National Sociological congress Under the auspices of Sociology Association UK (SAUK) organized by Dept. of sociology, Chandrawati Tiwari Girls P.G. College Kashipur, U.S. Nagar.
- 16. 2014, 15-16 February** : "Effect of deprivation, anxiety and Stress on Mental Health of Kumauni adolescent", National Seminar on Mental Health Challenges Dept. of Psychology, Gurukul Kangri University Haridwar Uk, India.
- 17. 2013, 6-8 April** : "बढ़ती आयु के साथ संवेग की प्रवृत्ति में परिवर्तन"
National Seminar on self and Emotions in Social contexts. Organized by Dept. Of Psychology, Kumaun University Compus, Almora (UK).
- 18. 2013, 28-29 November** : "पर्वतीय महिलाओं के आर्थिक उत्थान में सवयं सहायता समूह योजना की भूमिका: एक सार्थक सहत"। National Seminar on Women in mountains- Continuity and Change. Organized by School of Social Sciences, Uttarakhand Open University.
- 19. 2012, 3-4 November** : National Conference on recent trends in Interdisciplinary research and astrophysics space science.
- 20. 2011, 6-7 November** : Psycho-economic constraints of domestic entrepreneurs under globalization regime of WTO. IV national congress of SAUK, National seminar.
- 21. 2011, 25,26, 27 March** : Social and cultural factors in behavioral deviant therapeutic treatment of maladjustment students. National seminar mdigenous techniques psychotherapy, dev sanskriti Vishwavidyalaya Gagatrikuni, Shantikunj Haridwar.

- 22. 2011, 16-17 March** : Politico-Economic vicus of Mahatma Gandhi A psycho-pathology of Gandhian Mind and thoughts. गॉंधी वादी शिक्षा के विविध आयाम एवं उनकी प्रासंगिकता, राष्ट्रीय संगोष्ठी, विष्वविद्यालय अनुदान आयोग नई दिल्ली।
- 23. 2011, 26-28 February** : मानसिक असन्तुलन एवं युवा वर्ग National seminar, cultural transformation of selfhood and identity emerging dialogue Sponsored by ICSSR, New Delhi.
- 24. 2011, 2-4 February** : Three days' workshop of raising HIV/AIDS Awareness, Red Ribbon Clubs.
- 25. 2010-2011** : Project Shrinkhala, State level Awareness campaign Against See-selection and Pre-Birth elimination of females.
- 26. 2010, 26 December** : National workshop on right to education sponsored by ETC Hawalbagh, Almora.
- 27. 2010, 10-11 December** : National Orientation seminar on innovations in Teacher Education.
- 28. 2010, 11,12,13, March** : Three days workshop of Red Ribbon club AIDS control society (USACS) Dehradun.
- 29. 2010, 12 march** : Project Shrinkhala, Campaign against sex selection and pre-birth elimination of female.
- 30. 2009, 24-25 October** : National seminar on scheduled castes and scheduled tribes Act. 1989.
- 31. 2009, 4 August** : National seminar on Hind Swaraj: 100 years of the Gandhina Vision.
- 32. 2009, 23-24 May** : National seminar on Yoga Mental Health and Society, Sponsored by C.C.R.Y.N. Dept of Ayush, Ministry of Health and F.W. Govt. of India, New Delhi.
- 33. 2009, 25 March** : Sensitization workshop for Prohibition of Prenatal determination of sex of fetus.
- 34. 2006, 11 Sept,** : National seminar on experiment of democracy in India.
- 35. 2004, 27-28 March** : मनोवैज्ञानिक दबाव एवं चिकित्सा: विभिन्न आयु वर्गों के विशेष सन्दर्भ में विप्लेशणात्मक अध्ययन, National seminar on Mental Health problems and interventions.

- 36. 2003, 8-9 October** : उत्तर पूर्वी राज्यों में आतंकवाद के बढ़ते कदम: मनोवैज्ञानिक, आर्थिक, राजनैतिक परिदृश्य, National seminar on the enigma of North Eastern States.
- 37. 2003, 19-21 July** : मानवाधिकारों के प्रासंगिकता, वर्तमान परिपेक्ष में, National seminar on Human rights and duties education.
- 38. 2002, 27-28 October** : National seminar on Terrorism in India origin and impact.
- 39. 2002, 6-8 October** : 15th National conference of sports psychology खेल के मानोवैज्ञानिक आयाम: एक अध्ययन।

Workshops

- 1. 2020, 8-14 June** : 7-Day Faculty Development Program on Institutional Benchmarking of Best Practices Organized 10 premier Institutes of India.
- 2. 2019, 11-17 February** : One Week National Workshop on SPSS for Social Science Data Analysis Organized by Dept. of Psychology P.N.G. Govt. P.G. College Ramnagar (Nainital)
- 3. 2017, 25 to 31 March** : Seven-Day National Workshop on Developing Synergy between Information Communication Technology and Academics. Organized by: Dept. of Higher education, Govt. of Uttarakhand.
- 4. 2015, 24 March** : सतर्कता कार्यशाला, उत्तराखण्ड युक्त विश्वविद्यालय, हल्द्वानी, नैनीताल, उत्तराखण्ड, सतर्कता विभाग द्वारा आयोजित।

Short Term Course

- 1. 2020, 28 June-7 July** : National Service Scheme, आत्म निर्भर भारत के नये क्षितिज (कोविड-19 के परिप्रेक्ष्य में) Organized by NSS, Mahatma Gandhi Balika Vidyalaya P.G. College, Firozabad in Collaboration with NSS Cell.
- 2. 2016, 13 to 19 October** : Value Education, University Grants Commission Human Resource Development Centre Kumaun University, Nainital (UK)

- 3. 2015, 10 to 16 December** : Empaneled Training institute National Service Scheme, Uttarkhand, Kumaon University, Nainital, Sponsored by Ministry of Youth Affairs and Sports, Govt. of India.

Orientation/Refresher Courses/Short Course

Year	Title of the professional development program	Date and Duration (from – to)
2013	Orientation Course (O.P.- 23) Academic staff College, Kumaun University Nainital, Uttarakhand	26/0/2013 to 21/09/2013 Grade- A 28 Days
2015	Refresher Course : Research Methodology (ID) U.G.C. HRDC Kumaun University Nainital	06-05-2015 to 26-05-2015 Grade-A 21 Days
2016	Short Term Course (Value Education) U.G.C. HRDC Kumaun University Nainital	13-10-2014 to 19-10-2016 Grade –A 7 Days
2018	Refresher Course : Ethics, Spirituality and Yoga U.G.C. HRDC Kumaun University Nainital	10-03-2018 to 30-03-2018 Grade –A 21 Days
2021	Short Term Course: Gender Sensitization U.G.C. HRDC A.M.U , Aligarh	01-12-2021 to 07-12-2021 7 days
2022	Short Term Course: Research Writing and Academic Integrity U.G.C. HRDC Kumaun University Nainital	09-05-2022 to 16-05-2022 7 days
2022	Refresher Course: Human Rights U.G.C. HRDC A.M.U , Aligarh	20-07-2022 to 02-08-2022 Grade A 14 days

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

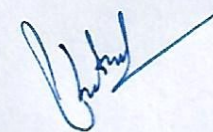
Unit writing for Open University Uttarakhand .

Title of the book/ chapters published	Title of the paper	National / international	Year of publication	Name of the publisher	ISBN number of the proceeding	Relevant link
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Applied Psychology	स्वास्थ्य मनोविज्ञान का अर्थ, प्रकृति और क्षेत्र	उत्तराखण्ड मुक्त विश्वविद्यालय के पाठ्य पुस्तक हेतु ईकाई लेखन	December2014	अध्ययन व प्रकाशन उत्तराखण्ड विश्वविद्यालय	ISBN NO-978-93-81913-60-4	
Applied Psychology	पीड़ा(दर्द) परिभाषा, प्रकार और सिन्द्धात	उत्तराखण्ड मुक्त विश्वविद्यालय के पाठ्य पुस्तक हेतु ईकाई लेखन	December2014	अध्ययन व प्रकाशन उत्तराखण्ड विश्वविद्यालय	ISBN NO-978-93-84813-26-0	http://uou.ac.in
Social Psychology	Attitude-Meaning and Characteristics of Attitude, formation and change of Attitude	उत्तराखण्ड मुक्त विश्वविद्यालय के पाठ्य पुस्तक हेतु ईकाई लेखन		अध्ययन व प्रकाशन उत्तराखण्ड विश्वविद्यालय	ISBN NO-978-93-84813-26-0	http://uou.ac.in

Social Psychology	Prejudice-Meaning and Characteristics of Prejudice, Types of Prejudice	उत्तराखण्ड मुक्त विश्वविद्यालय के पाठ्य पुस्तक हेतु ईकाई लेखन		अध्ययन व प्रकाशन उत्तराखण्ड विश्वविद्यालय	ISBN NO- हेतु मांग पत्र भेजा गया है	http://uo u.ac.in
Social Psychology	Discrimination Coues of Prejudice , Effects of Prejudice, Deference between Prejudice and Discrimination	उत्तराखण्ड मुक्त विश्वविद्यालय के पाठ्य पुस्तक हेतु ईकाई लेखन		अध्ययन व प्रकाशन उत्तराखण्ड विश्वविद्यालय	ISBN NO- हेतु मांग पत्र भेजा गया है	http://uo u.ac.in
Social Psychology	Communalism - Methods of Reducing prejudice and Discrimination , Communalism in India, Courses of Communalism	उत्तराखण्ड मुक्त विश्वविद्यालय के पाठ्य पुस्तक हेतु ईकाई लेखन		अध्ययन व प्रकाशन उत्तराखण्ड विश्वविद्यालय	ISBN NO- हेतु मांग पत्र भेजा गया है	http://uo u.ac.in

Place :- Haldwani
Date:- 07-01-2019



Dr. Renu Jalal
Assistant Professor Psychology
M.B.Govt.P.G.College,
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