

CURRICULUM VITAE

Name: **Dr. Alpna Agarwal**

Present Position: Associate Professor, Department of Psychology, C.C.S.

University Campus, Meerut. E-mail: dralpna2006@yahoo.com

ACADEMIC QUALIFICATIONS

NO.	Course/ Degree	Subject	Class	University/Board	Year of Passing
1	X	Hindi, Homescience, Sanskrit, Music, English	First	U.P.Board	1980
2	XII	Hindi, Homescience, Sanskrit, Music, English	First	U.P.Board	1982
3	B.A.	Music, English, Psychology	First	Meerut University, Meerut	1984
4	M.A.	Psychology	First	Meerut University, Meerut	1986
5	M.Phil.	Psychology	First	Meerut University, Meerut	1988
6	Ph.D	Psychology		Meerut University, Meerut	1992

RESEARCH DEGREE

DEGREE	TITLE	DATE OF AWARD	UNIVERSITY
Ph.D.	DEVELOPMRNT OF PREJUDICE IN CHILDREN	1992	Meerut University, Meerut

	BELONGING TO DIFFERENT SOCIO-ECONOMIC STATUS		
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SPECIALIZATION: Experimental Design, Health Psychology (Stress and coping strategies)

APPOINTMENT HELD

Position Held	Institution	From	To	Salary Drawn
Lecturer	Ch. Charan Singh University, Meerut	12 th July, 2002	11 th July, 2006	6000 AGP
Lecturer (Senior Scale)	Ch. Charan Singh University, Meerut	12 th July, 2006	11 th July, 2011	7000 AGP
Assistant Professor	Ch. Charan Singh University, Meerut	12 th July, 2011	11 th July, 2014	8000 AGP
Associate Professor	Ch. Charan Singh University, Meerut	12 th July, 2014	Till Now	9000 AGP

PUBLICATIONS

RESEARCH PAPERS: 25

1. Singh, D., Agarwal, A., & Bhardwaj, S. (2017). Effect of Father's Absence on Feelings of Security-Insecurity, *Indian Journal of Psychology and Education (IJPE)*, 7 (1), 87-94.
2. Agarwal, A., & Kaushik, S. (2016). Participation in Physical and Extracurricular Activities and Gender as Determinants of Emotional Stability of Children, *Contemporary Social Sciences*, 25 (1), 87-94, (2016).

3. Agarwal, A., &Chaudhary, N. (2016). Religious Practices, Age and Gender as Determinants of Psychological Well-Being, *Indian Journal of Psychological Science*, 6 (2), 032-037.
4. Agarwal, A., &Chaudhary, N. (2015).Impact of Religion on Happiness of Senior Citizens, *IAHRW International Journal of Social Sciences Review*, 3(5), 575-577,
5. Agarwal, A., &Vashistha, A. (2015).Effect of Consumption of Junk Food on Memory,*Journal of National Development*, 28 (2), 99-104
6. Agarwal, A., & Agarwal,A.(2015). Effect of Locale and Gender of Cardiovascular Patients on their Coping with Stress,*Journal of Indian Health Psychology*, 9 (2), 93-101.
7. Agarwal, A., & Chaudhary, N. (2015).Effect of Locale on Awareness towards HIV/AIDS among Adults,*Indian Journal of Psychology and Education*, 5 (1), 88-91.
8. Agarwal, A., Agarwal, A., & Mallick, P. (2014).A Study of Relationship between Internet Addiction and Self-Concept of Adolescents, *Indian Journal of health & Wellbeing*, 5 (2), 219-221,
9. Agarwal, A. (2013).Enhancing Happiness through Sudarshan Kriya, *Indo-Indian Journal of Social Science Researches*, 9 (1), 55-58.
- 10.Agarwal, A. (2013).The Effect of Type A - Type B Behavior Pattern on Coping Strategies of Cardiovascular Patients, *Indian Journal of Positive Psychology*, 4 (3), 443-445.
- 11.Agarwal, A., & Agarwal, A. (2013). Social support : The Chief Catalyst in Promoting Emotional Well-Being of Women after Traumatic Experience, *Praachi Journal of Psycho-Cultural Dimensions*, 29 (1), 38-43.
- 12.Agarwal, A., &Agarwal, A. (2013). Impact of Mantra Chanting on Stress Coping,*Indian Journal of Positive Psychology*, 4 (1), 96-98.
- 13.Agarwal, A., &Singh, D. (2012). Effect of Father's Absence on Feelings of Security-Insecurity in Adolescents, *Bombay Psychologist*, 27 (1&2), 68-73
- 14.Agarwal, A., & Goel, R. (2012).A Study of Females' attitude towards honour killing, *Indo-Indian Journal of Social Science Researches*, 8 (1), 19-23.
- 15.Agarwal, A., & Priyanka (2010).Impact of Parental Deprivation on Impulsiveness of Adolescents, *Journal of National Development*, 23 (1), 13-18.

16. Agarwal, A. (2010). Stress and its Management, *Journal of National Development*, 23 (2), 111-114.
17. Agarwal, A. (2009). Enhancing Well-Being through Meditation, *Journal of National Development*, 22 (1), 17-24.
18. Agarwal, A., & Chowdhary, M. (2009). The Effect of Type A - Type B Behavior Pattern on Mental Health of Adolescents, *Praachi Journal of Psycho-Cultural Dimensions*, 25 (1 & 2), 183-186,
19. Agarwal, A., Bala, M., & Moral, A. (2005) & Loneliness in Ageing, *Journal of National Development*, 18 (2), 25-32.
20. Agarwal, A. (2004). A Study of Health in Old Age Persons, *Journal of National Development*, 17 (2), 153-160.
21. Agarwal, A. (2004). Anxiety among Sports and Non-Sports Persons, *Journal of National Development*, 17 (1), 89-92.
22. Agarwal, A. (2016). Increase Awareness towards the Treatment of Coronary Heart Disease, conference proceedings of International Seminar on Innovating Education, Youth Entrepreneurship and Skill Development, ISBN 978-81-88681-52-5, 75-78,
23. Agarwal, A., & Pratibha (2016). Factors Responsible for Lack of Safety of Women, conference proceedings of National Seminar on Crime Against women, ISBN 978-93-82166-47-4, 30-35,
24. Agarwal, A., & Moral, A. (2006). Violence against Women, Conference proceedings of National Seminar of media exploitation of women, 97-100,
25. Agarwal, A., & Bala, M. (2006). Sexual Harassment of Women in Different Areas, Conference proceedings of National Seminar of media exploitation of women, 107-110.

SESSION CHAIRED IN NATIONAL AND INTERNATIONAL SEMINARS

1. Chaired a session in National Seminar, C.C.S. University, Meerut, 7th April, 2018.
2. Chaired a session in International Seminar, Panjab, University, Chandigarh, 18-20 Sep., 2017.

3. Chaired a session in International Seminar, Association for innovative education, 14-16 April, 2017.
4. Chaired a session in International Seminar, C.C.S. University, Meerut, 16-18 April, 2016.
5. Co-Chaired a session in National Seminar, Meerut College, Meerut, 13-14 March, 2016.
6. Chaired a session in National Seminar, Digambar Jain College, Baraut, 01-02 March, 2016.
7. Chaired a session in National Seminar, Digambar Jain College, Baraut, 01-02 Nov., 2015.
8. Chaired a session in International Seminar, National Association of Psychological Science, 08-09 Oct., 2015.
9. Chaired a session in National Seminar, Gurukul Kangri University, Haridwar, 15-16 Feb., 2014.
10. Co-Chaired a session in National Seminar, Mahatma Gandhi Kashi Vidyapith, Varansi, 24-26 Dec., 2012.
11. Chaired a session in National Seminar, Ismail national Mahila P.G. College, Meerut, 20-21 Nov., 2012.
12. Co-Chaired a session in National Seminar, Meerut College, Meerut, 11-12 Nov., 2011.
13. Co-Chaired a session in National Seminar, Gurukul Kangri University, Haridwar, 20-21 March, 2009.

PAPER PRESENTED IN NATIONAL AND INTERNATIONAL SEMINARS

1. Effect of living place on psychological well-being of senior citizens, paper presented in International conference of Applied psychology (IAAP), organized by Kurukshetra University, Haryana, 14-16 Feb., 2019.

2. Impact of yogic exercises on well-being of college going students, paper presented in International seminar, organized by National Association of Psychological Science and Panjab University, Chandigarh, 26-28 Oct., 2018.
3. Effect of parental deprivation on emotional stability in children, paper presented in International seminar, organized by National Association of Psychological Science and Panjab University, Chandigarh, 26-28 Oct., 2018.
4. Women awareness towards safety measures, paper presented in National Seminar, organized by Institute of Legal Studies C.C.S. University, Meerut, Association for Innovative Education and Meerut College, Meerut, 7 April, 2018.
5. The role of forgiveness in healthy relationship, paper presented in International seminar, organized by Panjab University, Chandigarh, 18-20 Sep., 2017.
6. The role of forgiveness in maintaining the health, paper presented in International seminar, organized by Panjab University, Chandigarh, 18-20 Sep., 2017.
7. Role of sudarshankriya in subjective well-being, paper presented in International seminar, organized by Association for Innovative Education, 14-16 April, 2017.
8. Role of yogic exercises in stress of hostelers, paper presented in International seminar, organized by Association for Innovative Education, 14-16 April, 2017.
9. Psychology of terrorism, paper presented in National seminar, organized by I.N.P.G. College, Meerut, 28-29 Jan., 2017.
10. The impact of moral values on personality development of adolescents, paper presented in International seminar, organized by Dewan Institute of Management Studies, Meerut, 29-30 April, 2016.

11. Problems of women entrepreneurs in India, paper presented in National seminar, organized by Economics Department, C.C.S. University, Meerut, 26-27 March, 2016.
12. Drug addiction and social awareness in Indian society, paper presented in National seminar, organized by Meerut College, Meerut, 13-14 March, 2016.
13. Importance of human factors in implementation of new technology, paper presented in National seminar, organized by Digambar Jain College, Baraut, 01-02 March, 2016.
14. Coping strategies used by mothers of mentally retarded children, paper presented in International seminar, organized by national institute for empowerment of persons with multiple disabilities, 27-28 Feb., 2016.
15. Effect of yoga on concentration of adolescents, paper presented in National seminar, organized by Ramabai Ambedkar Govt. Degree College Gajraula, 25-26 Feb., 2016.
16. Effect of social networking sites on aggression of adolescents, paper presented in National seminar, organized by Digambar Jain College, Baraut, 30-31 Jan., 2016.
17. Effect of participating in extra-curricular activities on emotional stability of children, paper presented in International seminar, organized by Indian Association of Health Research and Welfare, 14-16 Jan., 2016.
18. Mental and psychological benefits of yoga, paper presented in International seminar, organized by Vivek College of Education, Bijnor, 19-20 Dec., 2015.
19. Factors responsible for lack of safety of women, paper presented in National seminar, organized by Digambar Jain College, Baraut, 01-02 Nov., 2015.

20. Effect of religious practices on psychological well-being, paper presented in International seminar, organized by National Association of Psychological Science, 08-09 Oct., 2015.
21. Basic steps to promote emotional intelligence in the classroom, paper presented in International seminar, organized by Indian Association of Positive Psychology & Manav Rachna international University, 27 Feb.-01 Mar., 2015.
22. The impact of culture on happiness of senior citizens, paper presented in International seminar, organized by Aligarh Muslim University, Aligarh, 24-26 Nov., 2014.
23. Five steps for promoting the well-being of human beings, paper presented in International seminar, organized by Amity Institute of Psychology and Allied Sciences, Amity University, Noida & Indian Association of Health, Research and Welfare, 25-17 Sep., 2014.
24. Effect of prayer and age on spirituality, paper presented in National seminar, organized by Gurukul Kangri University, Haridwar, 15-16 Feb., 2014.
25. Effect of locale on stress coping strategies of cardiovascular patients, paper presented in National seminar, organized by Department Of Economics, Chaudhary Charan Singh. University, Meerut, 17-18 Dec., 2013.
26. Effect of partner deprivation on life satisfaction of senior citizens, paper presented in National seminar, organized by R.G. College, Meerut, 22-23 Nov., 2012.
27. Effect of prayer and age on psychological stress, paper presented in National seminar, organized by Ismail national Mahila P.G. College, Meerut, 20-21 Nov., 2012.
28. Yoga practice as a facilitator of mental health, paper presented in National seminar, organized by Digambar Jain College, Baraut, 27-28 Sep., 2012.

29. Effect of religiosity on pro-social behavior, paper presented in National seminar, organized by Research Foundation international, 12-13 Nov., 2011.
30. Effect of personality type on suicidal ideation, paper presented in National seminar organized by Meerut College, Meerut, 11-12 Nov., 2011.
31. Problems of empowerment of women: a psychological perspective, paper presented in National seminar, organized by N.A.S. College, Meerut, 04-05 Dec., 2010.
32. A study of HIV awareness in adults, paper presented in National seminar, organized by N.A.S. College, Meerut, 05-06 Dec., 2009.
33. Belief and behavior, paper presented in International seminar, organized by S.D. College of Engineering and S.D. College of Management, Muzaffarnagar, 28-29 Sep., 2009.
34. Effect of family violence on mental health of adolescents, paper presented in National seminar, organized by GurukulKangri University, Haridwar, 20-21 March, 2009.
35. Effect of parental deprivation on emotional stability, paper presented in National seminar, organized by GurukulKangri University, Haridwar, 20-21 March, 2009.
36. A study of happiness of senior citizens, paper presented in National seminar, organized by Ismail national Mahila P.G. College, Meerut, 10-11 Feb., 2007.
37. A study of depression in rural and urban persons, paper presented in National seminar, organized by Digambar Jain College, Baraut, 27-28 Oct., 2004.

MEMBERSHIP OF DIFFERENT ASSOCIATIONS

1. Life Member, of Indian Science Congress
2. Life Member of Community Psychology Association of India

3. Life Member of Pracchi Psycho-Cultural Research Association.
4. Life Member of Positive Psychology Association of India
5. Life Member of National Association of Psychological science
6. Life Member of Indian Academy of Applied Psychology (IAAP)

JOURNAL'S REVIEWER COMMITTEE MEMBER

Indian Journal of Psychology and Education (IJPE)

ORGANIZED NATIONAL WORKSHOP

Organizing secretary of One Week National workshop on "Test construction and use of computerized psychological tools", 25-31 March, 2014.

ADMINISTRATIVE DUTIES

1. Member of Executive Council, C.C.S. University, Meerut (19.09.2014-18.09.2015).
2. Member of Academic Council, C.C.S. University, Meerut (2015--2018).
3. Member of Board of Studies in Psychology, C.C.S. University, Meerut (2012).
4. Assistant Warden of Rani Laxmibai Girls Hostel, C.C.S. University Campus, Meerut. (2006-Till now)
5. Assistant Proctor of C.C.S. University Campus, Meerut (2006-2007, and January, 2013- April, 2018.)

RESEARCH SUPERVISION

05 Ph.D., 01 P.D.F. and 55 M.Phil. have been awarded under my supervision. I have also supervised the **project of 46 students of M.A.**