

22 years experience in full time and regular position as Faculty in Psychology.

17th Oct 2024 - Present

Associate Professor (Psychology), Department of Humanities and Social Sciences, Integral university, Lucknow

1st Sep, 2014- 16th October, 2024

Assistant Professor (Grade III), Amity Institute of Behavioral and Allied Sciences, Amity University Lucknow Campus (full time and regular)

1st July 2011-2014 – 30th Aug 2014

Assistant Professor, Amity Institute of Behavioral and Allied Sciences, Amity University Lucknow Campus (full time and regular)

1st Sep, 2008- 30th June 2011

Senior Lecturer, Amity Institute of Behavioral and Allied Sciences, Amity University Lucknow Campus (full time and regular)

04th Sep 2006- 30th Aug 2008

Lecturer, Amity Institute of Behavioral and Allied Sciences, Amity University Lucknow Campus (full time and regular)

2003- 2006

Lecturer, Department of Psychology, P. P.N Degree College, Kanpur (full time and Permanent), **appointed by UP Higher Education Commission 2001**

Awarded Ph D in Psychology on the topic “**Personality Profile of Government Primary Teachers**” of Lucknow University

1998- 2000

Worked as UGC **Senior Research Fellow** in Department of Psychology, Lucknow University

1996- 1998

Worked as UGC **Junior Research Fellow** in Department of Psychology, Lucknow University

July 1995-Dec 1995

Field Investigator in a **UNICEF sponsored Project** on “A Situational Analysis of Primary School Education”

Ph D Thesis Guided/Awarded

1. Baveja, D. (2024). Impact of Acceptance and Commitment Therapy and Anapana Meditation on Adolescent Well Being: A Comparison
2. Kazmi, S. (2024). Occupational Stress and Cognitive status among Middle Aged Professionals

Publications (Patent)

Application No.202511025960 A

Title of the invention: An Ai-Based Personalized Occupational Stress Management System for Enhanced Cognitive Functioning

Publication Date: 04/04/2025

Publications (Journals)

1. Chouhan, S., Pandey, D., Pandey, M., Saraf, S.R. & Shukla, J. (2025). The Effect of Homoeopathic Medicine in Management of Psychological Distress in Gynecological Problems- A Pilot Study, *International Journal of Indian Psychology*, 13(2), 660-669. DIP:18.01.057.20251302, DOI:10.25215/1302.057
2. Singh, P., Pandey, D., Pandey, M. & Shukla, J. (2025). Harmful Words: The Influence of Negative Language on Self- esteem and Mental Well-Being, *The International Journal of Indian Psychology*, ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print), Volume 13, Issue 2, April- June, 2025, DIP: 18.01.055.20251302, DOI: 10.25215/1302.055, <https://www.ijip.in>.
3. Pandey, O., Pandey, D. & Shukla, J. (2025). The Association of Social Media with Anger and Psychological Well-Being Among Users and Non-Users. *International Journal of Indian Psychology*, 13(1), 2758-2771. DIP:18.01.263.20251301, DOI:10.25215/1301.263
4. Tripathi, S and Shukla, J.(2025). Exploring the Impact of CHATBOT AI on Empathic Responses and Emotional Intelligence: A Mixed-Methods Study, *IJFMR*, 240218021 Volume 6, Issue 2, March-April 2024
5. Shukla, J. and Pandey , D. (2024). Self in different Roles in the Character of Lord Krishna, *SANATANODAYA* □□□□□□□□, ISSN (O) : 3048-9318, Vol. 1, No. 1,
6. Singh, P., Shukla, J., and Chandra, R. (2024). Impact of Social media Use, Life Satisfaction and Emotional Competence amongst Adolescents of Government and Private Schools, *YMER*, Vol 23, Iss 6. June 2024 YMER230614 (**Scopus, UGC II**)
7. Tewari, S. & Shukla, J. (2024). A Study on The Correlation Between Career Aspirations and Marital Relationships. *International Journal of Indian Psychology*, 12(2), 630-642. DIP:18.01.063.20241202, DOI:10.25215/1202.063
8. Anjana, K.R., Shukla, J. Pandey, D. (2024).Comparative Analysis of Gender Based Differences in Work Life Balance, Stressors, and Quality of Life Among Small Screen Actors-A Mixed Method Approach" *The International Journal of Indian Psychology*, ISSN (electronic): 2348-5396ISSN (Print):2349-3429, Volume 12, Issue 2, 287-302.
9. Kazmi, SSH. and Shukla, J. (2023). Cognitive Status of middle-aged professional in India: A Cross Sectional Study, *Bharatiya Shiksha Shodh Patrika* – 09-0-7603, vol 42, 852-858, (**UGC Care I**)
10. Kazmi SSH, Shukla J, Tripathi RK, Zaidi SZH. (2023). Occupational Stress Among Middle-Aged Professionals in India. *Annals of Neurosciences*. 2023;0(0). doi:10.1177/09727531231184299 (**In Scopus**)
11. Awasthi, D. and Shukla, J. (2023) Relationship Between Emotional Intelligence And Self-Esteem Among Active Online Dating Application Users And Non-Users Of Indian Metropolitan Areas *International Journal of Research Publication and Reviews* Vol (4) Issue (5) (2021)
12. Gupta, S. and Shukla, J. (2023). A Study for Comparison of Life Satisfaction, Self Esteem and Coping Styles of Adults from Theatre Background and NonTheatre Backgrounds, *Journal of Advance Research in Science and Social Science (JARSSC)* ISSN: 2582-2004 Publisher: Indian Mental Health & Research Centre, Volume 06, Issue 01,

13. Tode, S. and Shukla, J. (2023), A Study on Emotional Expression, Perceived Stress and Belief of Masculinity / Femininity among Men, International Journal for Multidisciplinary Research (IJFMR) E-ISSN: 2582-2160, Volume 5, Issue 3, May-June 2023
14. Tiwari, M. and Shukla, J. (2023) A Study on Quality of Life, Satisfaction with Life and Guilt Proneness, Journal homepage: International of Research Publication and Review, www.ijrpr.com ISSN 2582-7421,
15. Khan, S. and Shukla, J.(2023) A Study on the Effect of Pornography on Romantic Relationships, Quality of Life and Wellbeing, International Journal of Innovative Research in Science, Engineering and Technology (IJIRSET) Volume 12, Issue 5, May 2023
16. Sodhani, C and Shukla, J. (2023).Impact of Binge-watching on Anxiety Symptoms in Young Adults, International Journal of Novel Research
17. Singh, S. and Shukla, J. (2023). Emotional Intelligence in Adolescent and Impact on their life: A Case Study, Journal of MAR Case Reports (Volume 6 Issue 1)
18. Singh, S. and Shukla, J. (2023). Relationship between Birth Order and Ego States in Adolescents: An Exploratory Study, Journal of MAR Case Reports (Volume 7 Issue 3)
19. Haseeb,Q. and Shukla, J. (2023). Homeopathy for the Treatment of Mental Disorders: A Narrative Review., Indian Journal of Health & Wellbeing
20. Baveja, D., Shukla, J., & Srivastava, S. (2022). Emotional Well-being of Adolescents during COVID Lockdown: Preliminary findings and recommendations, Youth Voice Journal, ISSN (online): 2056-2969. **(In Scopus)**
21. Baveja D.*, Shukla J.,and Srivastava S. (2022). Utility of Acceptance and Commitment Therapy Among Adolescents - A Systematic Review, Current Psychiatry Research and Reviews 2022; 18(2). **(In Scopus)**
22. Gulati, I., & Shukla, J. (2021). A Study of the Impact of Internet Gaming on Aspects of Quality of Life and Flourishing of Young Undergraduates in India. International Journal of Cyber Behavior, Psychology and Learning. doi:10.4018/IJCBPL.2021010104(IJCBPL), 11(1), 50-63 **(In Scopus)**
23. Dubey, A and Shukla, J. (2020). Relationship between connectedness to nature and pro-environmental behaviour of university students and professionals in India in Journal of Advance Research in Science and Social Science e-ISSN: 2582-2004 2394-1405
24. Shukla, J. (2019). The Impact of Student Stress and Self Esteem on Internet Addiction among Male and Female University Students”, International Journal of Applied Social Science, Volume 6 Issue 5 (May, 2019), 2394-1405
25. Shukla, J. (2019), Female Homicide Crime: A Psychosocial Perspective in ZENITH International Journal of Multidisciplinary Research, Vol.9(5). May (2019), pp.388-398 ISSN2231-5780
26. Shukla, J. (2019). Challenges and Strategies for Enhancing Climate Change Communication and Environmental Engagement, Research Review Journals- International Journal of Multidisciplinary, Vol, 4. Issue 3, March 2019, ISSN: 2455-3085
27. Shukla, J.(2013) Extreme Weather Events and Mental Health: Tackling the Psychosocial Challenge, ISRN Public Health, Vol. 13, 2013, 7 pages
28. Shukla, J. (2013). Personality Profile of a Typical Indian Female Primary Teacher: Taking a Psychoanalytic Object Relations Approach, Current Issues in Education, Vol. 16, No.1 (2013), 14 page, ISSN: EISSN-1099-839X **(In Scopus)**
29. Shukla, J. (2011). Social Determinants of Indian Urban Women's Health Status Women's Health and Urban Life: An International and Interdisciplinary Journal,2011, Vol.10 . Issue No. 1, 87-110

Publications (Books/Book chapters)

1. Section Editor for the book Handbook of Climate Change Resilience, by Walter Leal Filho, **Springer**, 2020
2. Shukla, J. (2025). Social Vulnerabilities and Community Responses in India: Extreme Weather and COVID-19 Pandemic. In: Steinberg, S.L., Sprigg, W.A. (eds) Climate, Vulnerability and Health. Extreme Weather and Society. **Springer**, Cham. https://doi.org/10.1007/978-3-031-77046-3_8.
3. Shukla, J and Pandey, D.(2025). Powerhouse of Emotions: Making Emotions a source of Power, in eds. Discover the Power of Emotions, by Pandey, s and Panjawani, D, Book Rivers Pub, Lucknow , India, 194-202 3.
4. Shukla, J. (2024). Vision India – 2025 towards a 5 trillion economy of 1.4 Plus billion people, in eds. “Vision India -2047 towards a US Dollar 30 Trillion Economy - Opportunities and Challenges”, SGHS Pub, Mumbai, 23-30
5. Shukla, J. (2024). Emotional Health and Emotional Well Being, in eds. “Human Emotions, Social connections and Well Being”, Lawgical Publications and MJS Publication House, 82-85
6. Shukla, J. (2018). Research in Higher Education in India – A Future of Growth, A Multidisciplinary International Seminar on Research in Higher Education: Status, Issues and Solutions, SRS Publications, ISBN: 978-81-939011-0-6
7. Shukla, J. (2017) “The Roadmap to Teacher Development in the New Education Policy” New Education Policy(NEP), Teacher Development in the New Education Policy”, by Tandon, M. et.al., Gagandeep publishers, Delhi , ISBN-978-81-88865-67-3 Mar, 2017.
8. Shukla, J. (2016). Extreme Weather Events: Addressing the Mental Health Challenges, Pages 15-27, Climate Change and Health: Improving Resilience and Reducing Risks, Walter Leal Filho, Ulisses M. Azeiteiro, Fátima Alves, **Springer**, Switzerland, 2016, ISBN: 978-3-319-24658-1 (Print) 978-3-319-24660-4 (Online). March 2016 (**In Scopus**)
9. Shukla, J. (2016). Extreme Weather: Mental Health Challenges and Community Response Strategies , Pages 245-270. Extreme Weather, Health, and Communities: Interdisciplinary Engagement Strategies by Sheila Lakshmi Steinberg, William A. Sprigg, **Springer**, Switzerland, 2016 ISBN: 978-3-319-30624-7 (Print) 978-3-319-30626-1(online), May 2016
10. Shukla, J. (2015). Environmental Toxins: A Threat to Mental Health Vol.1, Pages 227-228, Ltd., Delhi. Mental Health: Psycho-social Perspectives, Issues and Interventions, by Aradhana shukla and Anubhuti Dubey, Concept Publishing Company (P)Ltd. Delhi, ISBN:978-93-5125-169-9
11. Shukla, J. (2010). “Quality Education for Children, Youth and Adults in India: Prospects and Challenges” in “Education and Society”, by Dr. Babita Agarwal and Anil Agarwal, ABD Pub, ISBN: 978-81-8376-225-0
12. Shukla, J. (20110). “WTO and Its Impact on Rural India” in Changing Rural India, by Dr. Babita Agarwal, ABD Pub, ISBN: 978-81-8376-226-7
13. Dangwal, P. and Shukla, J. (2010). New Horizons: The Changing Face of Education in India Education and Society, by Dr. Babita Agarwal and Anil Agarwal, ABD Pub, ISBN: 978-81-8376-225-0
14. Dangwal, P. and Shukla, J. (2010). Educational Expectations of Adolescents in India: A Review of Education and Society, by Dr. Babita Agarwal and Anil Agarwal, ABD Pub, ISBN: 978-81-8376-225-0

15. Shukla, J. (2009). Globalization and Its Impact on Indian Welfare State Social Advantages in The Age of Globalization, ABD Pub, ISBN: 978-81-8376-222-9

Paper Presentations

1. Shukla, J. and Pandey, D. **Self in different Roles in the Character of Lord Krishna**, in the National Conference on SANATANODAYA □□□□□□□□, organized by Swarnamyi Jogendernath Vidyalaya, Purva Mdinipur, West Bengal, on 29th Dec, 2024
2. Shukla, J. **Mental Health and Well Being: Using AI**, presented in the International Conference (ICMPSAI, organized by Deptt of HSS, Lucknow, Integral University, 5-6 March 2024
3. Shukla, J. **Impact of Belief and Culture on contemporary Youth education**, in the National symposium on Impact of Belief and Culture on Political and Social Life, Amity Institute of Liberal Arts, Amity University Lucknow, 21st February 2024
4. Shukla, J. **Incorporating Behavioral and Social Science content in Education in** National Conference on Government Educational institutions: Current Scenario and Challenges, organized by Digambar Jain College, Baraut, UP, from 24-25 March, 2023 Hybrid mode
5. Dubey A. and Shukla, J. **“Internet Addiction, Anxiety and Self Esteem during COVID’19 Pandemic among adolescents”**, 4th International Conference on Developing New India, 29-30 Oct 2022 at Shia PG College, Lucknow.
6. Baveja, D. and Shukla, J. **“Anapana Meditation for Adolescents Emotional Well Being: A Review”**, 4th International Conference on Developing New India, 29-30 Oct 2022 at Shia PG College, Lucknow.
7. Shukla, J. **“Women Researchers and Climate Change Discourse”**, Conference on Women in Academia, Research and Management (WARM-FOST), held at IITR, Lucknow
8. Kazmi, S. S. and Shukla, J. **“Cognitive Status among Middle aged Professionals in India”** in the 4th International Conference on developing New India: Through Science, Social Science, Humanities and Research held at Shia PG College on 29-30 Oct, 2022
9. Kazmi, S. S. and Shukla, J. **“Occupational Stress among Banking and Marketing Middle Aged Professionals in India”** in the 3rd international Conference on Healthcare and Well-being: Current Trends and Challenges”, organized by Indian Mental Health and Research Centre and Shia PG College, 30-31 October, 2021
10. Dubey, A. and Shukla, J. **“Internet Addiction, Anxiety and Self Esteem during COVID-19 Pandemic among Adolescents”** in the 4th International Conference on developing New India: Through Science, Social Science, Humanities and Research held at Shia PG College on 29-30 Oct, 2022
11. Baveja, D. and Shukla, J. **“Anapana Meditation for Adolescent Emotional Wellbeing: A Review”** in 4th International Conference on "Developing New India: Through Science, Social Science, Humanities & Research IMHRC and Shia PG College, Lucknow University 29th - 30th October 2022 Online Paper Presentation
12. Dubey, A. and Shukla, J. **“Motivational Enhancement Therapy: An effective Technique for Internet addiction among Adolescents: A Review”** in the 3rd International Conference on Healthcare and Well-being: Current Trends and challenges”, organized by Indian Mental Health and Research Centre and Shia PG College, 30-31 October, 2021

13. Shukla, J. **“Responding to extreme challenges to human health and well-being in the Web Conference on “Issues and challenges on agriculture and aquatic sectors along with human health in present scenario of Covid-19”** held on 7th to 8th Sep 2020
14. Shukla, J. **“Towards SDGs on Environmental Sustainability: Indicators and Improvement”** at the National Seminar cum Workshop on Statistics and Sustainable Development Goals held at Deptt of Statistics at University of Lucknow, Lucknow from 13-14th July, 2019
15. Shukla, J. **“Trauma caused by Severe Weather”** at the International Conference on Bio-Psychosocial perspectives of Trauma at Shia PG college, Lucknow, on 13th January, 2019.
16. Shukla, J. **“Behavior Change: A Key to Environmental Sustainability”** in the International Conference on “Sustainable Development: Strategies and Emerging Trends”, from 16-17th November, 2018, at Netaji Subhash Degree College, Lucknow
17. Shukla, J. **“Motivation and Well-being in Higher Education’** at the National Seminar on “Education for the 21st Century: Challenges and Innovations”, held at Shri Ram Swaroop Memorial University, Lucknow, 21st July, 2018
18. Shukla, J. **‘Research in Higher Education: Prospects for Growth’** at the Multi-disciplinary National Seminar on Research in Higher Education: Status, Issues and Solutions organized by Department of Trauma Surgery, KGMU, Lucknow and International Researchers’ Journal, 16th September, 2018
19. Shukla, J. **“The Roadmap to Teacher Development in the New Education Policy”** in the International Conference on Revamping of Education system through New Education Policy (NEP), at Amity Institute of Education, Lucknow. 2-3rd March, 2017
20. Shukla, J. **“Human Rights Education: The Role of Higher Education”** in the National Conference on Human Rights Education: Synergies and Challenges in a Transitional Society, 12-13 March 2015, Amity University Lucknow Campus
21. Shukla, J. **“Extreme Weather Events and CSR: A Call for Taking the lead”** at “The National Seminar on “Issues in Environmental Ethics and CSR of Firms” at Joseph School of Agriculture, technology and Sciences at Allahabad, 26 Feb, 2014
22. Shukla, J. **“Emotional Health of Employees: A call for Action for Human Resource Management”** in the National Conference on “Challenges and Opportunities for technological innovations in India”, at Ambalika Institute of Management and Technology, 22 Feb, 2014
23. Shukla, J. **“Having hopes and Keeping High Spirits”** presented at International Conference on Positive Psychology, held at Jaipur, 6th-8th August, 2010
24. Shukla, J. **“Relationship of Feelings of Enhanced Well Being with Enhanced Empathy and self Esteem among Indian University Students”**, presented at the 8th biennial conference of Asian Asso of Social Psychology, New Delhi, 2009
25. Shukla, J. **“Virtual Reality: A wake up call for Indian Mental Health Researchers”** in National Conference on ‘Psychology, Technology and Society’ on the event of XVII Annual Convention of NAOP held at IIT, Kanpur, 17-19 December, 2007.

Administrative Experience

- Program Leader MA Psychology Program, Integral University, Lucknow
- Program Leader MA Clinical Psychology Program, AIBAS, Amity University, Lucknow
- Member, Examination committee, AIBAS, Amity University, Lucknow
- Member, Department Research Committee, AIBAS, Amity University, Lucknow
- Member, Student Research Committee, AIBAS, Amity University, Lucknow

- Member, WASC (USA) Accreditation seeking Departmental Team, AIBAS, Amity University, Lucknow
- Member, NAAC (India) Accreditation seeking Departmental Team, AIBAS, Amity University, Lucknow
- Member, Course Review Committee, AIBAS, Amity University, Lucknow
- Served as Deputy Dean Students Welfare for 3 years, AIBAS, Amity University, Lucknow
- Served as Assistant Proctor for 2 years, AIBAS, Amity University, Lucknow
- Member Department Students Disciplinary Committee, AIBAS, Amity University, Lucknow

Teaching Experience (Courses Taught)

Psychology (BA and MA Psychology, MA Clinical Psychology, M Phil (Child and Adolescent Psychology) and Ph d Courses)

- *Organizational Behavior*
- *Environmental Psychology*
- *Research Methodology*
- *Health Psychology*
- *Cognitive Psychology*
- *Personality*
- *Counselling Psychology*
- *Corporate Social Responsibility*
- *Human Skills for Healthy Living*
- *Community and Health Psychology*
- *Psychological Interventions in Health Care*
- *Happiness*
- *Applied Social Psychology*
- *Social Gerontology and Health*
- *Developmental Psychology*
- *Industrial Psychology*
- *Neuropsychology*
- *Statistics*
- *Psychological Assessment and Testing*
- *Counselling Psychology*
- *Psychology Advanced Practical*
- *Scientific Communication*

Behavioral Science Courses (All Departments in the University except Law and Pharmacy)

- *Individual Excellence & Social Dynamics*
- *Cognitive Skills, Leadership and Decision Making*
- *Relationship Management*
- *Stress and Resilience*
- *Group dynamics and Leadership*
- *Problem Solving and Creative Thinking*

Human Values and Community Outreach

Professional Ethics for Professional Excellence

Professional Activities

1. **Editor In Chief of AIBAS Newsletter titled Psychletter**, from 2021 - 2024
2. **Resource Person** in the PDP on “Educating SDGs through redesigning Curriculum in Social Sciences”, organized by Department of humanities and Social Sciences, Integral university, Lucknow, from 3-16 Dec, 2024.
3. **Invited Lecture** on World Mental Health Day in Nari Degree College Lucknow
4. **On the Panel of Tele Counselors of CBSE students** of 10th and 12th Board since 2013, (Pre exam and post result announcement), since 2013
5. Organizing Secretary, National Conference on Society and Well Being. 4th April, 2016, at AIBAS, Amity University Lucknow Campus
6. Coordinated the World Mental Health Day functions at AIBAS on World Mental Health day, 10th October, 2013
7. Coordinated the National Seminar on Positive thinking organized by AIBAS on the occasion of World Mental Health Day, from 10th October, 2012
8. Training session on Leadership of **HAL officers** in October 30, 2015
9. Training session on Attitude and Motivation of HAL officers, October 20, 2014
10. Training session on Attitude and Motivation of HAL officers, 21st October, 2013
11. Training session on Aptitude Testing, for **teachers at Kendriya Vidyalaya**, Lucknow in August 2012
12. Training session for Leadership Development at the training programme organized for **Forest Officers** held at Amity University Uttar Pradesh, Lucknow, from 3-5 May 2011
13. Training session on Team Work and Leadership for some Students at BHU
14. **Training of Students in Behavioral skills since 2006 - 2024**
15. Social Awareness Program by Students
16. Human Values and Community Outreach Projects by Students

FDPS/PDPs/Workshops/Conferences/Seminars/Lectures Attended/Organized

1. Ten day PDP on “**Educating SDGs through redesigning Curriculum in Social Sciences**”, organized by Department of humanities and Social Sciences, Integral university, Lucknow, from 3-16 Dec, 2024
2. National Workshop organized by Environmental Pollution Lab, Delhi University, and Amity university Lucknow, on 11th Nov, 2024, sponsored by DST, GOI on Creating **Awareness on Environmental Pollution and Climate Change Impacts**
3. Faculty Development Program on “**Artificial Intelligence in Teaching and Research Paper Writing**” from 26 to 30 June 2024 organized by AIU-IU-AADC. Integral University and the Association of Indian Universities
4. FDP on “**Satistical Analysis for Research: Techniques and Software**”, from 21- 26 Nov, 2024, Organized by Association of Indian Universities, Integral University, Lucknow.
5. PDP on Short term Course on “**Research Methodology and Publication Ethics**”, organized by association of Indian Universities and Integral University, Lucknow. From 22 April to 26 April, 2024

6. FDP on **“Promotion of School Mental Health Programmes”**, 21- 23 March, 2023, at AIBAS, Amity University Uttar Pradesh, Lucknow Campus.
7. PDP on **Qualitative Research Methods**, using ATLAS.ti software, 1st -7th July, 2019, at AIBAS, Amity University Uttar Pradesh, Lucknow Campus.
8. PDP on **“Changing Faces of Social Sciences”**, by Prof. Sangeeta Gulati, at ABS, Amity University Uttar Pradesh, Lucknow Campus, on 24th June, 2019
9. Workshop on **Autism Assessment and Behavior Modification**, at AIBAS, from 4-6th October, 2018
10. **Dynamic Transactions Workshop on Transactional Analysis** 17-19 July 2017 by Chinu Agarwal
11. Workshop on **“Natural Language Processing – Tools and Techniques”**, by Amity Institute of Information and Technology, Amity University Lucknow Campus
12. Worked as **Organizing Secretary for the National Conference on “Society and Well Being” held on 4th April, 2016**, at AIBAS, Amity University Lucknow Campus.
13. Attended a Seminar on “samajik vigyan shikshan mein manak takniki shabdawali ka prayog”. Government of India, commission for scientific and Technical Terminology, Ministry of HRD, (Department of Higher Education) 29-30 Jan 2016 at AGDC 20-A Vikramaditya Marg Lucknow
14. Attended **the Positive Parenting Workshop** on 21 Feb, 2014
15. Workshop on **“Somatic Inkblot Series”**, from 3rd May to 4th May, 2013 by Prof.B.L. Dubey, director, SIS Center USA.
16. Workshop on **Child and Adolescent Counselling and Qualitative Research Methodology**, by Prof. Shekhar Sheshadri, NIMHANS, on 20 Aug, 2012, held at Lucknow University, Lucknow
17. Workshop on **Draw a Person Test**, by Prof. Pallavi Bhatnagar, of Lucknow University on 24th Aug, 2012
18. Workshop by Dr. Deepak Nanadvanshi, KHUSHI foundation on **Biofeedback and Neurofeedback Therapy** on 28th Aug, 2012
19. Lecture on **Cognitive Behavior Therapy** by dr. Nikhil Das, on 11th Sep, 2012
20. Lecture by Dr.Anjali Gupta, of Noor Manzil on **“Suicide Prevention”**
21. Workshop on **Childhood Research Methodology** by Prof.Lucia Rebella, for Brazil, at Amity University, 29th April, 2011
22. Attended a Workshop on **“Dialectical Behavior Therapy”** (16 Dec 2010) Organized by National P.G. College, Lucknow
23. Attended a Workshop **‘Using SPSS in Social Sciences Researches’** (27 – 29 Oct 2010) Organized by AIBAS, AMITY University, Lucknow Campus
24. Workshop on **Art Therapy**, 21st and 22nd September, 2010, Ms. Tanu Singh Amity University
25. Interactive session on **Positive Psychotherapy**, 31st August, 2010, Dr. S. C. Gupta, Ph.D. (Psych.), D.M. & S.P. (NIMHANS) FIACP, Professor (Retd) Department of Psychiatry, KGMC., Lucknow
26. Workshop on **Draw a Person test**, 10th & 12th of August, 2010 by Dr. Puneeta Capoor, Amity University
27. Workshop on **“Hypnotherapy- Level I”** conducted by Dr. Nitin Shukla, VIMHANS, from Sept. 7-9, 2009.
28. Attended a National Seminar on **Relationship Management**, held at Deptt of Psychology, Mahila Vidyalaya PG College, Lucknow on 17th Jan, 2009
29. Workshop on **“Managing Stress: A fine Art of Internal Engineering”** conducted by Prof. Manju Agrawal and held at Taj Residency held on Sept. 12-13, 2008.

30. National Conference on “**Management of Stress for Quality Living**” organized by Amity Institute of Behavioral and Allied Sciences held at Amity University, Lucknow Campus on 11th Sep, 2008.
31. Workshop on **NLP (Neurolinguistic programming)** conducted by Dr. Abraham in Jan, 2007.
32. Workshop on **Dialectical Behavior Therapy** under Dr. R.K. Misra, D.Phil, Psychologist/President, Mental Health Consulting Services, Inc., Ohio (U.S.A) in 2006.
33. Workshop on “**Family Therapy**”, under Dr. Sushma Mehrotra, Program Director, CARE. New Delhi, 10 Sep (2006), organized by Amity Institute of Behavioral and Allied Sciences held at Amity University, Lucknow, from 10th-12th Sep, 2006
34. National conference on “**Therapies in Use**” organized by Amity Institute of Behavioral and Allied Sciences held at Amity University, Lucknow, on 9th Sep, 2006.
35. Training course on **Counselling: Process and Skills**", conducted from 21-24 Dec, 2004, at SWASTI, Lucknow.
36. Training course on **Counseling: Basic skills- Level-1**, Sep 15-16, 2001, conducted by SWASTI, Lucknow.
37. National workshop on “**Mental Health: Diagnostic Assessment and Treatment Strategies**”, organized by SWASTI at Lucknow, on 11-12 Nov, 2000.
38. National Seminar on **The Rorschach Test: Differential Diagnosis and Treatment of Mental Health Problems, December 11-12, 1998**, conducted by Dr. R. K Mishra (working at Ohio, USA), at Lucknow.
39. National workshop on “**Communication skills**” on 8th December, 1996 by Dr.M. R. Rastogi, Lucknow University

Reviewer/Academic Editor in Journals