

Dr. Kirti Madnani

Assistant Professor

Department of Psychology

Government Degree College

Gosaikhera , Unnao - UP

University of Kanpur



Dedicated Psychology Educator who believes that every student must understand the importance of Psychology in their everyday lives. Expertise in facilitating an educational atmosphere where students have the opportunity to fulfill their potential for intellectual, emotional, social, spiritual and psychological growth.

Work experience

- **Presently Working as an Assistant Professor in Department of Psychology. Government Degree College, Gosaikhera, Unnao – UP Since June 2021**

Job Responsibilities & Achievements:

- ✓ Established department of Psychology in College
 - ✓ Imparting theory & Practical classes to Under Graduate students.
 - ✓ Establish Psychology Lab with Apparatus and Test Material as per latest syllabus
 - ✓ Active member of various committees (Admission, Kanya Sumangla, Building handover, Complain Resolving, Cyber Security, Environment Committee 2021-22)
 - ✓ Active member of various committees (Admission, Kanya Sumangla, Complain Resolving, Road Security, Environment Committee, Women Empowerment & Mission Shakti, Abacus, Student Counselling, Anti Ragging Committee 2022-23)
 - ✓ Organized and Executed Vocational Training workshop and Vocational course of Positive psychology and Counselling for B.A. and Bsc 1st semester students in 2021-22
 - ✓ Organized various seminars, poster making competition, essay competition and mental health day at college level under departmental activities.
 - ✓ Paper setter for UG examinations of Lucknow University and other Universities in year
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- **Empaneled as Academic Counsellor Indira Gandhi National Open University since 2021**
 - **Worked as a Subject Expert in Department of Psychology, University of Lucknow, since August 2015 to June 2021**

Job Responsibilities & Achievements:

- ✓ Imparting theory & Practical classes to Under Graduate / Post Graduate students
 - ✓ Supervising students of M.A. in their dissertations.
 - ✓ Evaluation of Answer Sheets of Under Graduate Examinations
 - ✓ Invigilation duties in Under Graduate / Post Graduate Examinations
 - ✓ Develop Question Papers of Mid semester and semester Examinations
- **Worked as an Assistant Professor in Department of Psychology. Gurunanak Girls Degree College University of Lucknow, Lucknow – UP from August-2008 to August -2010**

Job Responsibilities & Achievements:

- ✓ Imparting theory & Practical classes to Under Graduate students.
- ✓ Establish Psychology Lab with Apparatus and Test Material as per latest syllabus.
- ✓ Enriched Psychology Library with latest books.
- ✓ Improved the result of the college in Psychology.

Academic Qualification

- ✓ M.A 1st Division from University of Kanpur in Year 2000 with 67% marks
- ✓ B.A 1st Division from University of Kanpur in year 1998 with 64% marks
- ✓ Intermediate 1st Division from U.P. Board in year 1995 with 61% marks
- ✓ High School 1st Division from U.P. Board year 1993 with 67% marks

Professional Qualification

- Qualified **U.P.S.L.E.T** in 2002 (In psychology) from UGC.
- Qualified **N.E.T** for Lectureship in 2004 (In psychology) from UGC.
- Ph.D. Awarded in May 2015 from Lucknow University: **Topic- “Psycho Social Predictors of Academic Stress Among Senior Secondary Students”.**

Papers Published in International Journals

- **“Hope as a predictor of academic stress among adolescents”** In **International Journal of Management and Social Science Research Review (IJMSRR)**, Vol-1, Issue-17, December-2015 , **Listed & Indexed in International ISSN Directory , Paris. Inno Space, GIF , IIFS , GOAP , ISSN , ROAD , UNESCO A Peer Reviewed Monthly Journal. Impact Factor: 3.09.**

- **“Psychosocial Factors of Academic Stress among Students”** in an **International Peer Reviewed & Referred Scholarly Research Journal for Interdisciplinary Studies E-ISSN 2278-8808 & P- ISSN 2319-4766 SJIF 2014 = 4.889 OCT-NOV , 2015 Volume 3, Issue 21. Released on 04/1/2015, Indexed and Cited in Google Scholar, Cite factor, DRJI-Directory of Research Journal Indexing, ISSUU, Manuscript edit, Scribd ,Academia, IJIS.**
- **“Perceived Parental Behavior of Adolescents: Gender differences”** In **International Journal of Multidisciplinary Research Review (IJMMRR)**, Vol-1, Issue-17, December-2015, **A Peer Reviewed Monthly Journal. Impact Factor: 2.262.**
- **“Role of Yoga and Meditation on Symptoms of Stress during COVID-19 Pandemic”** in **International Peer Reviewed research Journal in Humanities and Social Sciences**, ISSN : 2277-6907, Vol: 11, Issue: II, June 2022.
- **“Happiness and Health Among Elderly Females A Qualitative Study”** in **International Peer Reviewed research Journal in Psychology**, **“The International Journal of Indian Psychology”** ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print) Volume 11, Issue 4, October- December, 2023.

Papers Published in Indian Journals

- **"Self-Efficacy As Predictor Of Academic Stress On Senior Secondary Students"** in **Indian Journal of Health And Wellbeing** Vol-04, Issue -3, Part-3, March 2013, Indexed in EBSCO, Pro Quest, J-Gate, Cabell's Directory etc.
- **“Parenting As A Resource Factor For Academic Stress"** in **Indian Journal of Health and Wellbeing**, Vol-6, Issue-6, June-2015, Indexed in EBSCO, Pro Quest, J-Gate, Cabell's Directory etc.

Chapter Published In Book

- **“Innovative Educational Methods from Positive Psychology Perspective “in Book titled “New Trends and Innovation in education “By Dey, Dangwal and Chaudhary” ISBN: 978-93-81274-23-1, 2013.**

Research Guidance

- Nikita Nigam **Dissertation Happiness Among Elderly Living in Old Age Home 2020**
- Insha Khan **Dissertation Perceived Social Support and Resilience Among Orphanage Adolescents 2020**
- Shubhangi **Hope and Resilience Among acid Attack victims 2021**
- Vaishnavi Srivastava **Stress and Quality Of Life Among Young Adults Practicing Yoga 2021**
- Swati Giri **Locus of Control And Forgiveness Among Young Adults 2021**

Invited Lectures

- Invited as Special Lecture in three days international webinar organized by **Shodh Dhara, National research journal and Bhartiya Shikshan Mandal Kanpur**, Uttar Pradesh on 15th May 2020.
- A lecture was taken on the topic “**Statistics: Non-Parametric Test**” in the Four-Day UGC NET Webinar Series (from 10th to 13th June 2020) on 11th June, 2020 Organized by Department of Psychology University of Lucknow
- Invited as Special lecture on “Data Analysis with SPSS” for **PhD. Students at Department of Psychology University of Lucknow on 21st and 22nd July 2021**
- Invited as special lecture on “**Myers Briggs Type Indicator**” in Internship program of **Sujav Foundation, Lucknow on 27th February 2022**
- Lecture on “**Regresssion Analysis**” in a seven day online workshop, for UGC-NET aspirants, organized by **Department of Psychology**, University of lucknow on 29th April 2023.

Paper Presented in National Conference

- “**Some Developmental Issues Related to Quality of Parent-Infant Relationship**” in UGC sponsored national seminar on “**Quality of Life Challenge Ahead**” October-2010.
- “**Information Technology: A Source Of Enhancing Well Being Among Elderly** ” At National Seminar On “**Promoting Well-being Among Elderly: An Indian Perspective**” **Organized By Department of Psychology**, University of Lucknow, Lucknow, UP, India , 26-27 Dec-2013.
- “**Hope And Parenting Among Adolescents** ” At National Conference On “**Role Of Community Psychology In Creating Well-being**” Under The Aegis Of Community Psychology Association Of India Silver Jubilee Celebration, At Lucknow University, 19-20 Dec 2014.
- Presented a paper entitled “**Positive Impact of Lockdown During Corona Pandemic**” on “National Webinar on Corona Pandemic: Challenges and Solutions” organized by Department of Psychology, Dayanand Vedic College Urai on 2nd and 3rd may 2020.
- A study of Stress and quality of Life : Young Adults Practicing Yoga at National Seminar on Advancement and Strategies for SDEP organized by Netaji Subhash Chandra Bose Government Girls P.G. College, Aliganj, Lucknow on 17-18 th January 2023.

Papers Presented in International Conferences

- Presented a Paper entitled **“Parenting as a Pathway to Academic Self-efficacy among Adolescents”** in 3rd International conference of **Indian Academy of Health Psychology** organized by **National P.G. college** Lucknow on 12-14th November 2017
- Presented a paper entitled **“Academic Stress among Adolescents: Path Analysis Using Regression”** in International Conference on **“Statistics and Related Areas for Equity, Sustainability and Development”** (SRAESD-2015), Organized by **Department of Statistics, University of Lucknow, India** 28-30th November 2015.
- Presented a paper entitled **“Parenting as A Resource Factor For Academic Stress”** in **International Conference On Psychology And Allied Sciences**, on 3rd International Conference on Psychology and Allied Sciences, Organised by **Amity Institute of Allied Sciences, Amity University, Noida & Indian association of Health, Research and Welfare**, 25th – 27th September 2014.
- Presented a paper entitled **“Self-Efficacy as A Predictors Of Academic Stress in Senior Secondary Students “**, on **“2nd International Conference on Psychology and Allied Sciences”** Organised by **Guru Jambheshwar University of Science & Technology, Hisar and Indian association of Health, Research and Welfare**, 21-22 March 2013.
- Presented a paper entitled **“Innovative methods from positive psychological perspective”** on **“International Seminar of The Learning Community – Associate for Learners “Organised by Heeralal Yadav Balika Degree College, Lucknow, 18-19 June, 2011.**
- Presented a paper in 30th Convention of National Academy of Psychology 2020-2021 (NAOP2021) on **“Positive psycho therapy as a source of Enhancing wellbeing”** March 19-21, 2021
- Presented a paper entitled **“A Qualitative Study on health and Happiness: Experiences of Elderly females“** and got 3rd position in Best paper award in ICSSR Supported International Interdisciplinary Online Conference on **“Positive Psychology Interventions for Promoting Sustainable Happiness in Society.”** On 22-23 October 2021

Faculty Development Program

- **Faculty Development Program** on **“Technology Based Research Methodology and Data Analysis”**, Organized by Department of Commerce, University of Lucknow, 26th October- 1st November 2015.
- **Hands on Training Workshop on Qualitative Research: Creating Meanings** Organized by Department of Psychology, University of Lucknow, 13th -19th March 2016.

- **Two weeks Faculty Development Program on Entrepreneurship Development sponsored by** Entrepreneurship Development Institute of India (EDI), Gandhinagar, Gujarat under DST-NIMAT Project, GOI from 22nd January to 5th February, 2018
- **35 Hours of Summer Training Workshop titled “Skill Building and Psychotherapies”** in Department of Psychology, Lucknow University from 22-29 May, 2019.
- **One week “Training Program on Academic Leadership” from 4th to 10th April 2019 organized by** “Pandit Madan Mohan Malviya National Mission on Teachers and Training” MHRD Govt. Of India
- **Two-day workshop organized by** Mental health Foundation, Lucknow Uttar Pradesh on 20th and 21st August 2018
- **Two week Faculty Development Program on Managing online Classes and Co creating MOOCS from July 25th to 10th August 2020 organized by** Ramanujan College University of Delhi under the aegis of Ministry of HRD and PMMMNMTT, obtained Grade ‘A’
- **One day workshop On “Forensic Psychological Techniques in Crime“ on 6th March 2020 organized by** Department of Psychology Lucknow University
- **One week Faculty Development Program on “Qualitative Research” organized by** Indian teacher education Community from 6th to 12th November 2020
- **4 days online FDP on action research organized by** Indian teacher education Community from 3rd to 6th July 2021
- **Guru Dakshta (Faculty Induction Programme) organized by** UGC-HRDC University of Lucknow from 2-31 August 2022 obtained Grade ‘A’

Award

Won the **Best Paper Award** for the Paper titled “**Impact of family related variables on academic Stress of Adolescents**” in International Conference on “**Biopsychosocial Perspective of Trauma**” organized by **Shia P.G. College Lucknow** and **Indian Mental Health and Research Centre** held on 13th January 2019 at Lucknow

Presented a paper entitled “**A Qualitative Study on health and Happiness: Experiences of Elderly females**“ and got 3rd position in Best paper award in ICSSR Supported International Interdisciplinary Online Conference on “**Positive Psychology Interventions for Promoting Sustainable Happiness in Society.**” On 22-23 October 2021

Participation

- National Conference on Mental Health & Psychological counselling Dec 22-23 , 1999 , Organised by **Department of Psychology , D.G College , Kanpur , under the aegis of U.G.C.**
- Attended Work Shop on Cognitive Behavior Therapy with Children and Adolescents January 29th, 2007 Organised by **SWASTI -Society Of Mental Health And Counselling.**
- Diagnosis and Intervention of Learning & Attention Problems 9th November, 2010 Organised by **SWASTI - Society of Mental Health and Counselling.**
- Participated In One Day Hands On Training Workshop On “Thematic Apperception Test” And “Children’s Apperception Test” On 20th March 2017 Organized by **Department Of Psychology, University Of Lucknow.**

Extra-Curricular Activities

- Assisted and worked as volunteer in Youth Festival on “**Stop Violence against Women & Girls: Our Initiative- Your Response**” organized by **Department of Psychology, University of Lucknow & Oxfam India in 2016.**
- Worked as volunteer and assisted in Job Fair organized by **Counselling and Placement Cell University of Lucknow on 7th December 2017.**
- Worked As Volunteer and Participated in **An Event on World Suicide Prevention Day Organized by Department of Psychology, University of Lucknow, 10th Sept 2015**
- Actively participated in departmental activities and assisted the department for seminars and **Conferences at National level.**
- Actively participated and assisted in activities organized by **Psyche Hub Club of Department of Psychology Lucknow University**
- Moderated a scientific session in ICSSR Supported International Interdisciplinary Online Conference on “**Positive Psychology Interventions for Promoting Sustainable Happiness in Society.**” On 22-23 October 2021

Activities During COVID-19

- Conducting Online classes as Scheduled and completed the syllabus of **UG and PG Classes Provided Online Study Material to the Students.**
- Worked as Counsellor in “**Man Samvad online counselling Program**” organized by **Dept. of Psychology University of Lucknow and UP Police Department for Dial-112 Police Personnel’s.**

- Worked as member of organizing Team in Webinar on “**HAPPINESS: DIFFERENT STROKES ON CANVAS OF COVID-19**”. Organized by Department of psychology University of Lucknow held on 6th and 7th June 2020
- Worked as member of organizing Team in Webinar on “**Career Opportunities in Psychology in the Age of COVID -19**”. Organized by Department of psychology University of Lucknow held on 16th and 17th June 2020.

E-Content

Structure of Eye

https://docs.google.com/presentation/d/1d3cIRb6-44cGIn82aPMYPHPTxRPHkmQj/edit?usp=share_link&ouid=113499867104347359936&rtpof=true&sd=true

Nature and Types of Learning

https://docs.google.com/presentation/d/1txJzNMxYQBnGDeI0rUj8OghQGdqUPD6/edit?usp=share_link&ouid=113499867104347359936&rtpof=true&sd=true

Conditioning

https://docs.google.com/presentation/d/1pLFqGMh6Q7aNqV80gtvjS_tEFb1Aqmjx/edit?usp=share_link&ouid=113499867104347359936&rtpof=true&sd=true

Computer Awareness

- Working knowledge of Windows-OS, M-S-Office.
- Well known with latest Internet based communication and presentation technologies (Webinars, Skype Presentation, Zoom and Google Meet).
- Working knowledge of IBM – SPSS, Statistical Package.

Personal Details

Marital Status : Married

Permanent Address : 560/70 Krishna Nagar, Lucknow-226023.

E-mail : kirtimadnani@gmail.com

Contact No. : 91-9005819999

Declaration

I assure that the above information furnished is true to the best of my knowledge and belief.

Date:

Place: Lucknow

(Dr. Kirti Madnani)