



FACULTY PROFILE

Name	Dr. SHARDA VISHWAKARMA					Date of Birth: 19.01.1981				
Designation	Assistant Professor				Date of holding Present Post			18.02.2020		
Name of the Department and School	Department of Psychology, School of Humanities & Social Sciences									
Contact Details	Email : shardavishwakarma2@gmail.com					Mobile:9893976229				
Additional Responsibility in the university, if any	Psychological Counselor in the BS Nuero Counseling centre, department of psychology , Counselor Warden, GIRLS Hostel									
Educational Qualifications (UG onwards)	Degree	University			Year	Subjects			Division	
	B. A	Dr. H. S. Gour Vishwavidyalaya, Sagar, M. P., India.			2001	Psychology, Economics, Political Science & FC			Second	
	M. A.	Dr. H. S. Gour Vishwavidyalaya, Sagar, M. P., India.			2003	Psychology			First	
	Ph. D.	Dr. H. S. Gour Vishwavidyalaya, Sagar, M. P., India.			2012	Psychology			NA	
Research Area/Specialization	Cognitive Psychology, Positive Psychology, Psychology of Personality, Clinical Psychology, Social Psychology									
Summary of Publications (Number only)	Research Papers	06	Books	01	Chapter in Books	03	Seminars/ Conferences Proceedings	NIL	Projects	NIL

Seminars/Workshops Organized:

1. Organized As a co-convenor, online lecture organized आजादी का अमृत महोत्सव के तत्वाधान में आयोजित ऑनलाइन व्याख्यान 'स्वतंत्रता संग्राम और भारत बोध' in the Department of Psychology **DR. HARISINGH GOUR VISHWAVIDYALAYA SAGAR (M.P.)**

2. Seminars/Workshops Organized: Organized a **three-day online workshop and a two-day National Webinar** from October 5th to 9th, 2020 on the occasion of World Mental Health Day 2020 at **B.S.CENTRE OF NEUROPSYCHOLOGY & COUNSELING DEPARTMENT OF PSYCHOLOGY, HUMANITIES AND SOCIAL SCIENCES DR. HARISINGH GOUR VISHWAVIDYALAYA SAGAR (M.P.)**

Invited Resource Person

SN	COURSE NAME	Subject	Title of Lecture	ORGANIZATION NAME	YEAR
1.	Value Added Course	Counselling for Mental Health and well-being	Counselling with old Age People, drug abous and HIV/AIDS	Department of psychology Govt.Autonomous Girls P.G.College of Excellence,Sagar M.P.	2021-22
2	Value Added Course	Improve your Mental Health With easy Therapies	Life Style and illness: Anxiety Disorder	Department of Psychology & English B.C.S. Govt. P.G. College , Dhamtari, Affiliated to pt. Ravishankar Shukla	2021-22

				University, Raipur (C.G.)	
3	Vocational Course	Personality Development	Stress Management, Time Management, Resume Writing	Department of psychology Govt. Autonomous Girls P.G. College of Excellence, Sagar M.P.	2021-22
4	Post Graduate Diploma in Psychological Counselling	Psychological Counselling		Institute of Distance Education, Doctor Harisingh Gour Vishwavidyalaya, Sagar MP	2021-22

Refresher/Short term Course /capacity Development Programme:

1. Short term course attended on 'Anger Management in Private Public Spheres' From 24th to 31st December, 2021 Sponsored by University Grant Commission (UGC) of India and organized by the Human Resource Development Centre (HRDC), Dr. Harisingh Gour Vishwavidyalaya, Sagar MP.
2. Capacity Building Programme in Social Sciences July 5-18, 2017 at M.P. Institute of social Science Research Ujjain, Sponsored By Indian Council of Social Science Research New Delhi.

Publications:

S.N.	Name of the book	Name of the Publisher	Year	ISSN/ISBN Number
1	Imagery Training Module for Memory Improvement	Madhav Prakashan A-22, Indrapuri Colony, New Agra	2019	978-93-86743-30-5

Full Papers in Conference Proceedings

S.N o.	Title with page numbers	Details of Conference Publication	Year	ISSN/ISBN Number
1	Role of NGO's in environmental development and protection , Page No.462-464	जनसंख्या वृद्धि एवं पर्यावरण सुरक्षा	2014	ISBN: 978-81-89740-35-1.
2	Role of Women Environmental Management , Page No.453-458	जनसंख्या वृद्धि एवं पर्यावरण सुरक्षा	2014	ISBN: 978-81-89740-35-1.
3	स्व-सहायता समूह की ग्रामीण महिलाओं	महिला विकास के विविध	2014	ISBN: 978-81

मे नेतृत्व शैली , Page No.228-230	आयाम		904719-6-1
-----------------------------------	------	--	------------

Publications(Details of Research Papers) –Onwards:	
	1- Gupta,S.K.& Vishwakarma,Sharda. (2017). Effect of Social Class and Birth Order On Coping Behaviour in Adolescence. <i>International Journal of Indian Psychology</i>, ISSN 2348-5396 (e) ISSN: 2349-3429 (p) Volume 4, Issue 3, DIP: 18.01.089/20170403 Page no.86-90 2- Vishwakarma,Sharda. (2016). Effect Of Age and Gender On Coping Behaviour in adolescence . <i>Research-Link</i>, 108-110. 3- Gupta,S.K.& Vishwakarma,Sharda. (2020). Prospects of Imagery Training Module For Elderly People, Law and Society A New Challenge Page no.176-186 4- Vishwakarma,Sharda (2021). Effect Of Sex Difference On Mental Health, Paripex-Indian Journal of Research Page no.33-34 5- Gupta,S.K.& Vishwakarma,Sharda (2010). Imagery Training Module For Memory Improvement , Psycho – Lingua, Page no.63-66 6- Tiwari, G. K., Pandey, R., Sharma, D. N., Parihar, P., Pandey, R., Raj, R., Mudgal, S., Singh, A., Vishwakarma, S., & Singh, A. K. (2020). <i>Dissimilar mechanisms underlie perceived happiness of the introverts and extraverts: A Thematic Analysis [Preprint]</i>. Authorea: Open Research Collaboration and Publishing. https://doi.org/10.22541/au.159793442.28371663
CONFERENCE /WORKSHOP ATTENDED	
	• Presented a Research Paper in National conference “युवक-युवतियों की आधुनिकता के प्रति अभिवृत्ति का अध्ययन” Govt. K.N. Girls Collage, Damoh on 20 to 21 Jan 2007 Sponsored by: MP Higher Education. • Presented a Research Paper in National Seminar “भारतीय नारी की प्रस्थिति सशक्तिकरण नारीवादी उपागम” Govt. Girls College Ranjhi,Jabalpur on 24 to 25 November 2006 Sponsored by: MP Higher Education. • Presented a Research Paper in National Seminar “Significant use of statistics in psychology” in the Dept. of Mathematics, Govt. P.G. College, Narsinghpur on 22 to 23 Feb. 2007 Sponsored by : UGC.

- Presented a Research Paper in National Conference “महिला अधिकारों का विश्लेषण” in the Dept. of Commerce, Govt.Mankunwarbai Arts & Commerce Auto. College for women Jabalpur, on 24 to 25 Feb Sponsored by :UGC,CRO,Bhopal M.P..
- Presented a Research Paper in National Seminar “Memory : Theoretical & Applied Perspectives”. Deptt. of Psychology , Sarojini Naidu Govt.P.G.College ,Bhopal on 16 to 17 march. 2007 Sponsored by :UGC.
- Presented a Research Paper in National Seminar “Sense of insecurity among females of different age groups” Deptt. of Psychology , Govt.Auto Girls P.G. College Of Excell., Sagar, M.P. on 29 to 30 march. 2007 Sponspred by : UGC New Delhi.
- Presented a Research Paper in National Seminar “Effect of Higher Density Of Population on Human Behaviour ” Govt. Arts & Commerce College , Sagar M.P. on 09 to 10 March. 2010 Sponspred by : UGC New Delhi .
- Presented a Research Paper in National Seminar “ Coping with life style changes (A Psy. App.)” Deptt. of Home science , Govt.Auto Girls P.G. College Of Excell., Sagar, M.P. on 15 to 16 march. 2012 Sponspred by : UGC New Delhi .
- Presented a Research Paper in National Seminar “Measurement of Stress in Working And Non-Working Women” Deptt. of Psychology & Home science , Govt.Auto Girls P.G. College Of Excell., Sagar, M.P. on 01 to 02 Feb. 2013 Sponspred by : UGC New Delhi .
- Presented a Research Paper in National Seminar “ Role of NGO’s in Environmental Development and Protection” Deptt. Of Commerce , Govt.Auto Girls P.G. College Of Excell., Sagar, M.P. on 07 to 08 Nov. 2014 Sponsored by :MP Higher Education Bhopal.
- Presented a Research Paper in International Seminar “Imapct of Environmental factors on Mental health Index” Swami Vivekanand University , Sagar, M.P. on 28 Feb 01 March 2014 Sponsored by : MPCST Bhopal .
- . Presented a Research Paper in National Seminar “ Impact of Green Technology On Psychological Well being” Deptt. of Botany, Govt.Auto Girls P.G. College Of Excell., Sagar, M.P. on 26 to 27 Feb. 2014 Sponsored by :UGC.
- Presented a Research Paper in National Seminar “स्व-सहायता समूह की ग्रामीण महिलाओं में नेतृत्व शैली ” Govt.Auto Girls P.G. College Of Excell., Sagar, M.P. on 23 Jan. 2014 Sponsored by :UGC Bhopal.
- Presented a Research Paper in National Symposium “Procspect of memory training in human society ” Adina Institute Of Pharmaceutical science., Sagar, M.P. on 05 March. 2016 Sponsored by : DBT New Delhi & MPCST Bhopal.
- Presented a Research Paper in National Seminar on “Changing Perspective On The Relationship Between Individuals and Society” Deptt. Of Psychology, Barkatullah University, Bhopal (M.P.) on 30th, 31st Jan & 1st Feb 2017 Sponsored by :UGC.
- Presented a Research Paper in International Seminar on “Stress: Concept & Real Life” at B.T. Institute Of Excellence College, Sagar (M.P.) on 18th Feb 2017.
- Participated in National Seminar “Social Concerns Of Social Psychology” in the Dept. of Psychology, Dr. Hari Singh Gour Vishwavidyalaya, Sagar (M.P.) on 28th & 29th Nov. 2016.
- Participated in National Workshop on “Learning Disability” in the Dept. of Psychology, Dr. Hari Singh Gour Vishwavidyalaya, Sagar (M.P.) on 25th March 2017.
- Online Training programme on “Child centric disaster risk reduction” Organized by

national Institute of disaster management,(Ministry of Home affairs Govt. of India)and
M.P. Institute of Social Science Research(An ICSSR Institute, Ministry of Education, Govt.
of India)on 9-11September2021

- Expert Talk “Stress Management During Covid-19” Organized by department of
Psychology Eklavya University,Sagar On 6 July2021

EXTRA CURRICULAR ACTIVITES

- **As a working Member of various academic and cultural competitions
Debate, Quiz etc. in college level and zonal level youth festival.**

