

**DAYANAND MAHILA MAHAVIDYALAYA, KURUKSHETRA**

**Faculty Profile**



**Name :** Dr. Urmila Panghal

**Designation :** Associate Professor in Psychology

**Qualification :** M.A., M. Phil, Ph. D

**Age :** 56 yrs.

**Teaching Experience :** 34yrs.

**Date of joining in this College :** 4.9.1989

**Academic Achievements**

<b>NO. OF SEMINARS/WORK SHOPS/ WEBINARS ATTENDED</b>	<b>NO. OF PAPERS PRESENTED</b>	<b>NO. OF PUBLICATIONS</b>	<b>NO. OF FDPs/ CERTIFICATE COURSE DONE</b>	<b>ORIENTATION / REFERESH ER COURSES</b>
<b>• STATE/ NATIONAL</b>	<b>13</b>	<b>09</b>	<b>12</b>	<b>ORIENTATI ON</b>

SEMINARS- 21 • NATIONAL CONFERENCE S-04 • NATIONAL WORKSHOPS-08 • SYMPOSIUM-02 • NATIONAL/INTERNATIONAL WEBINARS-20				COURSE-01 REFRESHER COURSES-3
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**LIST OF NATIONAL, INTERNATIONAL SEMINARS/WORKSHOPS/WEBINARS ATTENDED AND PAPER PRESENTED:**

1. Attended UGC sponsored National Seminar on *Psychological aspects in the social acceptability of girl child* organized by the Dept. of Psychology, KUK from 15-17 March, 1991.
2. Participated in UGC sponsored Seminar on *Psycho- Social Aspects of Industrial Performances* organized by the depts. of Psychology and social work, KUK on 23.2.1993
3. Participated in National Seminar on *Psychology and National Development* organized by Dept. of Psychology, KUK on 21, 22 Dec. 1997.
4. Participated in one day Workshop on *Female Feticide/ Infanticide* on 15 Sept, 2001 at DMM, KKR sponsored by Bandhua Mukti Morcha and National Women Commission, New Delhi.
5. Attended National Symposium on *Declining Sex Ratio* on 8<sup>th</sup> March, 2003 organized by Women's Studies Research Center, KUK.
6. Attended one day National Workshop organized by Women Cell, DMM on 4<sup>th</sup> Feb, 2003 on *Women Empowerment- The Dire Need of Developing Society.*
7. Attended and **presented paper** in State level Seminar on *Changing Perspective of Dowry* organized by Women cell, DMM, KKR on 3<sup>rd</sup> Nov, 2004.

8. Attended National Seminar on **Declining Sex Ratio in Haryana-Problems and Solutions**, on 18<sup>th</sup> Nov, 2004 at Babu Anant Ram Janta College Kaul, Kaithal.
9. Attended regional conference of Indian Association of Women studies on **Women and Civil Societies** organized by Women studies Research Center, KUK on 29-30 Nov, 2004.
10. Attended Symposium on **Women Empowerment – Issues at Stake** organized by Women’s Study Research Center, KUK on 8 March, 2004.
11. Attended UGC sponsored workshop on **Capacity building for Women Managers** in Higher Education organized by Women Studies Research Center, KUK from 3-8 Dec, 2004.
12. Participated in the UGC sponsored National Seminar on **Human Rights: Indians Response** held on 10-11 Dec, 2005 at Radha Krishan Sanatan Dhram College, Kaithal.
13. Attended and **presented paper** in National Seminar on **Human Rights in India (With Gender Perspective)** sponsored by UGC at MDSG Girls College, Ambala City at 21-22 Feb, 2006.
14. Attended and **presented paper** in National Seminar on **Drug Abuse: Its Causes And Effects** organized by Govt. College Panchkula on 17<sup>th</sup> Jan, 2006.
15. Attended Regional Seminar on the **Role of Counseling in Health Care and Education** organized by Govt. College, Naraingarh on 3<sup>rd</sup> March, 2006.
16. Attended and **presented paper** in National Seminar organized on **Women and Human Rights** by Women cell and Political science Dept. DMM, KKR on 24<sup>th</sup> Jan, 2008
17. Attended National Conference on **Community Mental Health: Issues and Challenges** on 15-16<sup>th</sup> Feb, 2008 organized by Dept. of Psychology, KUK.
18. Attended National Seminar on **Human Rights: Contemporary Trends and Challenges** Sponsored by UGC New Delhi and ICCSR North Western Regional Center, Chandigarh on 7-8 Jan, 2008 at Dept. of Political Science, KUK.
19. Attended Workshop on **Policies against Sexual Harassment at the work place** held on 9<sup>th</sup> March, 2009 in the Women’s Study Research Center KUK.

20. Participated in one day National Seminar Sponsored by Commissioner, Higher Education Haryana on **India's Security Concerns in the context of 26/11 terrorist attacks on Mumbai** on 28.3.2009 at GMN College Ambala Cant.
21. Attended and **presented paper** in two days National Seminar held on 21-22 Jan, 2009 on **Stress- Consequences and management** at Govt. PG College, Hissar.
22. Attended and **presented paper** on the topic 'Yoga and Mental Health' in two days national seminar on **Psychology: Trends and Directions** sponsored by Higher Education Commissioner, Haryana on 22-23 Jan, 2010 organized by Dept. of Psychology, BLJS College Tosham, Bhiwani.
23. Attended National seminar on **"Punjabi Sahit Wich NaariBimb"** organized by Dept. of Punjabi, DMM, KKR in association with Haryana Punjabi Sahitya Academy, Haryana on 08-3-2012.
24. Organized and **presented paper** in one day National Seminar Sponsored by The Directorate of Higher Education Haryana on the topic - **Effect of Vipassana Meditation on Mental Health** on 19<sup>th</sup> Oct. 2013.
25. Participated in three days **Vedic Chintan** Workshop organized by Arya Yuvati Parishad DMM, KKR from 21-23 Nov 2013.
26. Participated in Two days State Level Workshop organized by Arya Yuvati Parishad and NAAC Society at DMM, KKR from 10, 11 Nov 2014.
27. Attended and **Presented paper** in National Seminar sponsored by Indian Council of Social Science Research(ICSSR) North Western Region Centre, Panjab University, Chandigarh organized by Legal Literacy cell & Women Cell, Dayanand Mahila Mahavidyalaya on the topic - **Female Foeticide in Haryana: The Lost Generation** on 20 feb.2016.
28. Actively participated in one day State Level Exhibition- Cum- Seminar sponsored by The Directorate of Higher Education, Panchkula (Haryana) and organized by Department of Tourism, Dayanand Mahila Mahavidyalya, Kurukshetra on 31 Jan. 2017.
29. Attended and **Presented paper** in National Conference sponsored by the Directorate of Higher Education, Haryana and Indian Council of Medical Research, New Delhi on the topic - **Status of the Disabled in Haryana and their Rehabilitation on 21 Feb. 2017.**

30. Attended and **presented paper** in National Seminar sponsored by Director, Higher Education Haryana on the topic – ***Meditation and the Psychological Well Being on 28 Feb. 2017.***

31. Attended and **Presented paper** in National Seminar sponsored by The Directorate Higher Education, Haryana, Panchkula and organized by Dayanand Mahila Mahavidyalaya, KKR on the topic – ***E-Waste Crisis in India on 17 March 2017.***

32. Attended and **Presented paper** in National Conference organized by Dayanand Mahila Mahavidyalaya, Kurukshetra and Haryana Sanskrit Academy, ***Panchkula on the topic- Religious Epics in the Contemporary Context and Need for a New Imagination on 30 Jan. 2019.***

33. Attended and **Presented paper** in National Seminar sponsored by The Director General Higher Education, Haryana and organized by Women Cell, Dayanand Mahila Mahavidyalaya, Kurukshetra on the topic- ***Role of Psycho Social Factors in Women Empowerment on 1 March, 2019.***

34. Attended workshop on the topic- ***Awareness and need of NAAC assessment and accreditation of Colleges sponsored by Haryana State Higher Education Council*** at S.D.College, Ambala Cant. On 9 March, 2019.

35. Attended Webinar on ***“SSR Awareness Programme for criteria I – II”*** organized by Sanatan Dharma College, Ambala Cantt on May 17, 2020.

36. Attended National Webinar on ***“Indian Culture: Covid 19 outburst, challenges and remedies”*** organized by Arya Girls College, Ambala Cantt with collaboration of Sanskrit Bharti Haryana on 23 May, 2020.

37. Participated in Webinar on ***“SSR Awareness programme for criteria – IV”*** organized by Sanatan Darma College, Ambala Cantt on May 25, 2020.

38. Participated in National Webinar on ***“Current State of Indian Economy: Challenges posed by COVID 19”*** organized by Maharaja Agarsen College, Jagadhri on 29 May, 2020.

39. Participated in National Webinar entitled ***“Mindfulness based self-management intervention health and well-being during COVID 19*** organized by Dayanand College, Hisar on 30 May, 2020.

40. Actively participated in one day National Level Webinar on **“Documentation for Data Validation and Verification (DVV) and Peer Team Visit (PTV) NAAC”** organized by IQAC of Mahatma Phule Mahavidyalaya, Kingaon on 15 June, 2020.
41. **Participated** and acted as **Organizing Secretary** in the National Webinar on **“Intellectual Property Rights”** organized by Legal Literacy Cell of the College on 17 June, 2020.
42. Attended International Webinar Session on **“Evidence based self rated scales in clinical settings”** organized by Indian Academy of Applied Psychology on June 18, 2020.
43. Actively Participated in the International Webinar and Panel Discussion on **“Managing Stress and Anxiety in the Family during COVID 19”** organized by Gandhi Memorial National College, Ambala Cantt on 21 June, 2020.
44. Attended Webinar on **“Innovation and intellectual property Rights”** organized by Sanatan Dharma College, Ambala Cantt on 22 June, 2020.
45. Participated in National Webinar on **“Counselling a Bhagwad Gita Perspective”** organized by Central University, Haryana on 24 June, 2020.
46. Attended the International Webinar Session on **“living With Hope: The Role of Hope in Posttraumatic Growth”** organized by Indian Academy of Applied Psychology on 25 June, 2020.
47. Attended International Webinar on **“ How to thrive in a stressful situation: Practical tips and techniques”** organized by Government College for Women, Karnal on June 28, 2020.
48. Attended Webinar on the topic **“Mentoring Teachers for Effective Online Teaching”** organized by Daulat Ram College, Delhi on 4 July. 2020.
49. Participated in two days online National Workshop entitled **“Online Teaching-Learning using LMS-Module** by Guru Angad Dev Teaching Learning Center, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) of MHRD on 17-18 July, 2020.

50. Participated in the oneday National Webinar entitled “**ICT Enabled Higher Education in India**” organized by Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT) of MHRD and Sanatan Dharma College, Ambala Cantt on 13 July 2020.

51. Attended Webinar on “NAAC A & A Process : Revised Framework” organized by IQAC of Aggarwal College, Ballabgarh on 10<sup>th</sup> July, 2020.

52. attended two days online national workshop entitled “online teaching learning using LMS – MOODLE organized by Guru Angad Dev Teaching learning Centre, SGTB Khalsa College, University of Delhi under the PMMMNMTT of MHRD on 17-18 July, 2020

53. Participated in National Webinar on “Socio Ecological Perspective in Psychological Wellbeing” organized by Dept. of Psychology, BLJS College, Tosham, Bhiwani (Haryana) on 27-28 march, 2021.

54. Participated in One Day International Webinar entitled “Psychology of Happy and Meaningful Life “organized by Dept. of Psychology and counselling Cell, Sat Jinda Kalyana College, Kalanaur, Rohtak on 18 July, 2021.

55. Participated in one week National Interdisciplinary Online Workshop on “Life skills education” organized by Dept. of Psychology and counselling Cell, Govt. College, Palwal, Kurukshetra from 12- 18 August 2021.

56. Participated in the National Webinar on ‘Academic and Research Visibility’ organized by Dayanand Mahila Mahavidyalaya in collaboration with Indira Gandhi National college, Ladwa on 21 September 2021.

57. Participated in a National Legal Awareness Webinar on ‘Special laws for children, women, parents and senior citizens’ organized by Legal Literacy Cell, Women Development Centre, and FDP Cell in collaboration with District Legal Services Authority Panipat under Arya P.G. College, Panipat (Haryana) on Feb. 12, 2022.

58. Participated in National webinar on the topic ‘ The Role of IQAC in Quality Enhancement and Academic Administrative Audit (AAA) organized by IQAC in collaboration with FDP Cell of Arya Kanya Mahavidyalaya, Shahbad on 19 February, 2022.

59. Participated in a webinar on 'Investor Awareness: A key to financial well-being program' organized by Board of Industry-Academia partnerships in association with Dayal Singh College, Karnal on 8<sup>th</sup> March, 2022.
60. Participated in a webinar on "Intellectual Property Rights" organized by IPR cell, N.B.G.S.M. College, Sohna on April 9<sup>th</sup>, 2022.
61. Participated in five days National Educational Workshop on "Vartman Pariprekya main Vedic Shiksha Darshan ki Upyogita" organized by IQAC and Arya Yuvti Parishad of D.M.M., KKR from 22 April to 27 April, 2022.
62. Attended a five-day workshop on the topic 'Implementation of NEP 2020' from 13.06.2022 to 17.06.2022 organized by IIHS, KUK.
63. Attended workshop on NEP-2020 on the theme "Multiple Entry and Exit" organized by HRDC, KUK on 24 June, 2022.
64. Attended workshop on NEP-2020 on the theme "Good Academic Research Practices/Academic Research Integrity" organized by HRDC, KUK on 30 June, 2022.
65. Attended online workshop on NEP-2020 on the theme "Digital Governance" organized by Human Resource Development Centre, KUK on 27 June, 2022.
66. Organized 3 days' workshop on "Implementation of NEP 2020" for educating and imparting training regarding various aspects of NEP-2020 for faculty members from 1<sup>st</sup> to 4<sup>th</sup> July, 2022.
67. On 2<sup>nd</sup> July, 2022 delivered lecture as a resource person on the topic –'Multiple Entry and Exit: NEP 2020' during 3 days workshop on Implementation of NEP 2020 from 1<sup>st</sup> to 4<sup>th</sup> July,22.
68. Participated and acted as Organizing Secretary in National Webinar on IPR organized by Legal Literacy Cell with collaboration of IQAC of D.N College on 5 July, 2022.
69. Participated in the National Conference (online) organized on 25-26 June, 2022 by Department of Educational Technology of SNDT Women's University Mumbai in collaboration with institute of Educational Technology (CIET), NCERT, New Delhi on the topic "NEP 2020 Simplified: Pathways to Ed tech implementation".
70. Participated in and successfully completed the UGC Approved short Term Professional Development Programme on 'Implementation of NEP-2020 for University and College Teachers' organized by IGNOU from 5-13, December 2022.



71. Actively participated in online workshop on 7 December, 2022 regarding uploading data of the year 2021-22 on AISHE portal organized by AISHE State Unit, Dept. of Higher Education, Panchkula under the aegis of MOE, Higher education, New Delhi.
72. Attended One Day Online Workshop on National Education Policy-2020 on the theme 'Promotion of Indian Knowledge System: languages, Culture and Values' organised by UGC HRDC, KUK on 17.02.2023.
73. Attended One Day Online Workshop on National Education Policy-2020 on the theme 'Research, Innovation and Ranking' organised by UGC HRDC, KUK on 18.02.2023.
74. Actively participated in the offline workshop conducted on filling of WEB-DCF on AISHE portal on 2 March, 2023 organised by Statistical cell (AISHE Unit- Haryana) and Department of Higher Education (Panchkula) under the aegis of Ministry of Education, Department of Higher Education, New Delhi at Govt. College for Girls, Sector-14, Panchkula (Haryana).
75. Actively participated in 'Har Dil Dhayan- Har Din Dhayan' Yog Mahotsav Campaign organized by Dayanand Mahila Mahavidyalaya, Kurukshetra in Collaboration with AICTE and Heartfulness education Trust from 20<sup>th</sup> March to 22<sup>nd</sup> March, 2023.
76. Participated in One Day National Workshop on Research Methodology organized by Govt. College for girls, Pillukhera (Jind) on 27 April, 2023.
77. Attended and presented research paper entitled "Shrimad bhagavad Gita Ke Pariprekshay Mein Jeevan Prabandhan" in National Conference organized by Dept. of Psychology, FGM Govt. College, Adampur and sponsored by ICSSR-NORTH-WESTERN RESEARCH CENTRE: PU CHANDIGARH held on 5-6 May, 2023.
78. Co-chaired session in National Conference organized by Dept. of Psychology, FGM Govt. College, Adampur and sponsored by ICSSR-NORTH-WESTERN RESEARCH CENTRE: PU CHANDIGARH held on 6 May, 2023.
79. On 25 May, 2023 organised One Day online Workshop as Convener, NEP Committee on the topic 'Resonance between NEP-2020 and NAAC Assessment and Accreditation for Quality in HEIs'
80. Attended One Day online Workshop on the topic 'Resonance between NEP-2020 and NAAC Assessment and Accreditation for Quality in HEIs' organized

by NEP Committee and IQAC of D.N College in collaboration with Aggarwal College, Ballabgarh on 25 May, 2023.

81. Attended One Day online National workshop on 'IPR, Patent Filing & Searching' organized by Research and Development Cell of D.N College under the aegis of National Intellectual Property Awareness Mission on 26 May, 2023.
82. Actively participated in one day workshop on meditation organized by Arya Yuvti Parishad of D.N College in Collaboration with Heartfulness Education Trust on 3<sup>rd</sup> June, 2023.
83. Acted as paper setter for Dec. 2022 exam and April/May 2023 exam. Total 3 papers were set.
84. Conducted Practical Exam of BA2 Psychology at Pt. Chiranjilal Govt. College, Karnal.
85. Conducted HSC preliminary exam as Centre Supervisor on 21 May, 2023 at D.N College, KKR.
86. Acted as Assistant Co-Ordinator, Spot Evaluation centre of the college for the session 2022-23.
87. On 21 Feb. 2023 Escorted students to Pt. Chiranjilal Govt. College, Karnal to visit State Level Science Exhibition for experiential learning.
88. Worked as Officiating Principal from 1<sup>st</sup> August 2023 to 31<sup>st</sup> August 2023.

### **FACULTY DEVELOPMENT PROGRAMMES**

1. Attended **Faculty Development Programme from 11 November, 2017 to 16 December, 2017** organised by Computer Department, Dayanand Mahila Mahavidyalaya, Kurukshetra.
2. Attended **Faculty Development Programme from 16 November, 2018 to 15 December, 2018** organised by Computer Department, Dayanand Mahila Mahavidyalaya, Kurukshetra.
3. Attended **Faculty Development Programme from 18 November, 2019 to 14 December, 2019** organised by Computer Department, Dayanand Mahila Mahavidyalaya, Kurukshetra.
4. Successfully completed the online One Week FDP on **E-Content Development** organized by Sanatan Dharma College, Ambala Cantt in collaboration with Directorate of Higher Education, Haryana from June 6, 2020 to June 12, 2020.

5. Participated in online **Faculty Development Program** on **“Designing and Development of MOOC’s”** organized by Internal Quality Assurance Cell of Dayal Singh College, Karnal on June 14, 2020.

6. Attended **FDP** from 22 May to 28 May 2020 organized by Dayanand Mahila Mahavidyalya, KKR.

7. Attended **FDP** from 14 June, 2020 to 28 July, 2020 organized by Dayanand Mahila Mahavidyalya, KKR.

8. Attended **7 Days Faculty Development Programme** (Online) on **“NAAC Revised Accreditation Framework and Quelling the Quest”** organized by IQAC, Aggarwal College, Ballabgarh during 11-17 March, 2021 under PRAMASH scheme of UGC New Delhi

9. Attended **FDP** from 22 May to 28 May 2020 organized by Dayanand Mahila Mahavidyalya, KKR.

10. Completed “Online Certificate Course cum Workshop of 10 days (32 Hrs.) on Mastering Excel: Tour from Beginners to Advance” organized by Dept of Computer Science & Applications in collaboration with Career Guidance Cell, Sanatan Dharam College, Ambala Cant. from 21 July to 30 July 2021 and awarded with A plus grade.

11. Actively participated in two weeks workshop on ‘E- content development and ICT tools for teaching’ organized by Dept of computer science under the aegis of IQAC of DMM from 31 March to 11 April, 2022 .

12. Successfully completed UGC approved six days (36 hrs.) short term professional development programme on ‘ Implementation of NEP 2020 for University and College teachers’ from 5–13 December with A+ grade.

### **REFRESHER AND ORIENTATION COURSES ATTENDED:**

1. Participated in Orientation Course organized by Academic Staff College, KUK under the UGC scheme from 16.4.1991 to 13.5.1991.

2. Participated in 3 week Refresher Course in Psychology organized by Academic Staff College, University of Allahabad, Allahabad from 24.2.1997 to 20.3.1997.

3. Participated in Refresher Course in Psychology organized by Academic Staff College, KUK from 3.3.2000 to 23.3.2000 and also presented a Research paper.

4. Participated in UGC sponsored 3 weeks Refresher Course in Psychology organized by Academic Staff College, KUK from 11.12.2000 to 30.12.2000 and also presented a Research paper.

### **PUBLICATIONS:**

1. A Paper entitled “A relationship study of Psychological variables with the playing ability of cricket batsmen” published in International Journal of Human Resources and Social Sciences.

ISSN (o): (2349-4085) ISSN (p): 2394-4218 Volume 9, Issue 11, Nov 2022.  
UGC Journal No. 49194

2. A Paper entitled ‘Yoga and Positive Psychology as a Practice tool in the biological process Published in ECOMSPEAK: A Journal of Advances in Management IT and Social Sciences.

ISSN No. 2331-4571. UGC Approved No. – 44232, Vol. 12, Issue 07, July 2022.

3. A Paper entitled ‘Coping and spirituality as Predictors of Psychological Well being’ Published economics and social science, Vol. 12, Issue 09, Sept 2022.

ISSN: 2249-7382, UGC Approved Journal: 48858

4. A Paper entitled ‘Psychology of the (International) Entrepreneur’ published in International Journal of Research in Social Science, Vol. 13 Issue 01, January 2023.

ISSN No.: 2249-2496. UGC Approved Journal No 48887

5. A Paper entitled ‘Pathology of Drug Abuse in Haryana’ A sociological study published in International Research Journal of Human Resources and Social Sciences, Volume 10, Issue 01, January 2023.

ISSN (o): 2349-4085, ISSN N (P): 2394-4218

6. A Paper entitled ‘ Extraversion / Surgency Temperament and Emotional Intelligence among young adults’ Published in ECOSPEAK : A Journal of Advances in Management, IT and Social Sciences, Vol. 13, Issue 3, March 2023.  
ISSN: 2231-4571.
7. A Paper entitled ‘Impact of Anxiety, Depression, and Stress amid low and high achieving students’ published in International Journal of Research in Economics and Social Sciences (IJRESS). Vol. 13, Issue 02, Feb. 2023.  
ISSN: 2249-7382.
8. A Paper entitled ‘Effect of Meditation on Psychological wellbeing’ Published in ‘Nasadiyam’ a multi-disciplinary National Research Journal (Annual). Issue I, Jan- Dec, 2022. PP-107-113.

### **OTHER ACHIEVEMENTS:**

1. Worked as Program Officer of NSS from 14 August, 2001 to 26 Sept. 2003.
2. Appointed as a member of Screening Committee to scrutinize students for award of N.S.S. Merit Certificate for the session 2002-2003 by Vice Chancellor, K.U.K
3. **Best NSS Officer Award(Female)** by Kurukshetra University, Kurukshetra on 23 March, 2004 at KUK.
4. Appointed as Resource Person for Program Development i.e. delivery of lectures and recording there of (lectures for EDUSAT Transmission) by Commissioner, Higher Education Haryana on 1.7.2008. Lectures were delivered on 14 Jan.2008, 21Jan.2008, 4 Dec.2008, 1Jan. 2009 under EDUSAT Program at DIET Building, sec. 2, Panchkula.
5. Nodal Officer for AISHE Project from 2011 to till date.
6. Organized National Seminar on **“Problems and challenges to counselling in present scenario”** as organizing secretary under Psychology Department of the College on 19 October,2013.

7.Nominated as Teacher Representative of Board of Undergraduate Studies in Psychology by Vice Chancellor, K.U.K for two years from 17 Jan.,1991 and further for two years from 3.6.2018.

8.Acted as judge in the Model Making Competition in the subject of Psychology during Science Exhibition organized by Pt. C.L.S. Govt. P.G. College, Karnal on 23 Jan. 2018.

9.Deputed as University Observer for the supplementary Examinations of B.Ed./ M.Ed. at BPR College by Controller of Examinations, KUK on 24/02/2018, 28/02/2018, 01/03/2018,03/03/2018, 05/03/2018, and 06/03/2018.

10.Deputed as University Observer for UG/PG Semester Examination at BPR College by Controller of Examinations, KUK from 02.05.2018 to 08.05.2018.

11. Organised Inter District Science Exhibition on 6-7 Feb., 2018 sponsored by Director of Higher Education, Haryana as convener.

12.Nominated as Teacher Representative of Board of Undergraduate Studies in Psychology by Vice Chancellor, K.U.K from 3.6.2018 for two years.

13. Nominated as College Teacher Representative of Faculty of Social Sciences, KUK from 9.6.2020 for two years.

14. Appointed as judge of the National Level Poster Making Competition organized by Government College For women, Karnal on 22.10.20.

15. Conducted HTET exam. on 18 December, 2021 at D.M.M.,KKR.

16. Acted as paper setter for U.G. exams conducted by K.U.K.in Dec 2022.

17. Delivered lecture as a Resource Person on the topic ‘ Socio Emotional Learning- Exam stress, Bullying, Self-Awareness and Self Control’ on 20 January,22 to all teachers under cluster Gaggarpur during online orientation of teachers on Safety and Security.

18. Delivered lecture as a Resource Person on the topic ‘ Socio Emotional Learning- Exam stress, Bullying, Self-Awareness and Self Control’ on 20 January,24 to all teachers under cluster Kalsana during online orientation of teachers on Safety and Security.

19. Delivered lecture as a Resource Person on the topic ‘ Socio Emotional Learning- Exam stress, Bullying, Self-Awareness and Self Control’ on 28 January, 22 to all teachers under cluster Shahbad during online orientation of teachers on Safety and Security.

20. Acted as paper setter for Dec. 2022 exam and April/May 2023 exam. Total 3 papers were set.

21. Conducted Practical Exam of BA2 Psychology at Pt. Chiranjilal Govt. College, Karnal.

22. Conducted HSC preliminary exam as Centre Supervisor on 21 May, 2023 at D.N College, KKR.

23. Acted as Assistant Co- Ordinator, Spot Evaluation centre of the college for the session 2022-23.

24. On 21 Feb. 2023 Escorted students to Pt. Chiranjilal Govt. College, Karnal to visit State Level Science Exhibition for experiential learning.

25. Worked as Officiating Principal from 1<sup>st</sup> August 2023 to 31<sup>st</sup> August 2023.

26. Assisted College Administration as incharge and member of various committees like Discipline and Grievance Redressal Cell, General Purchase Committee, Arya Yuvati Parishad, NSS, Women Cell, Proctorial Board, Examination Committee, Sports Committee, Admission Committee, website updation committee, SC- BC Committee, Counseling Cell, Anti-corruption Cell, Eco- Society, Youth Welfare Society, Equal opportunity Cell, Write Off Committee, EDUSAT In charge, Tutorial In charge, Spot Evaluation In charge, Add On and Value Added Courses In charge, Time Table Incharge (Arts), Nodal officer-admissions, Nodal officer-AISHE project, National Education Policy Committee etc.