

CURRICULAM-VITAE



PERSONAL DETAILS

Name : **Dr. SANGITA SINHA**

Designation : Associate Professor

Affiliation Address : Department of Psychology
College of Commerce, Arts & Science,
Patna-800020 (A Constituent Unit of PPU,
PATNA, NAAC Accredited Grade- 'A')

Phone No. : +91-9123249194, +91-9304012815

E-mail : dr.sangitasinha69@gmail.com

Husband's Name : Late Anup Kumar Sinha

Date of Birth : 19/06/1969

Residential Address : B-102, Om Mukti Sheela Vihar,
Road No.-10H,
Rajendra Nagar, Patna-800016

Qualification : M.A., B.E.T., Ph.D., B.L.I.S.

Area of Specification : Organizational behaviour, Research Methodology,
Clinical Psychology, Educational Psychology
Library & Information Science

Teaching Experience : About 22 Years

Award : **1. "Bharat Jyoti Award"**
2. "Bharat Excellence Award"
3. "Mother Teresa Global Award"
4. "Best Indian Golden Personalities Award"
5. "Arising Woman of India Award"

Published : A Biographical note published in "**Asia Pacific Who's Who Vol. XV**".

1. Articles Published

SI. No.	Title of paper name of journal year etc.	ISSN number	Whether peer reviewed/UGC listed/ indexed journals	Impact factor
1.	Title-"Strategies To Promote The Present Education System In Bihar" 2009	0975-0274	Social Research Journal: Past Present And Future	
2.	Title-"Curiosity as a Function of Creativity intelligence and Sex" 2010 Behavioromatric	Vol.-27	Behaviormatric	
3.	Title-"Mental Disorder in Modern Perspective" 2011 Behavioural Research Review	0975-7198	Behavioural Research Review	
4.	Title-"Technological Stress: Perspective Reduction and Remedial Measures" 2012	0974-5947	Education Science Review	
5.	Title-"Organisational Role Stress and Its Effect on Mental Health" 2018	2394-5303	PRINTING AREA: Interdisciplinary Multilingual Refereed Journal	4.002
6.	Title- "वैश्वीकरण एवं स्त्री शिक्षा: एक मनोवैज्ञानिक अध्ययन" Sep.-Oct.-2017	0975-119X	दृष्टिकोण, India's Leading Referred Hindi Language Journal	
7.	Title-Positive Psychology & Evolutionary Explanation of Human Behaviour 2019	2319-9318	VIDYAWARTA International Multilingual Research Refereed Journal	6.021
8.	Title- युवाओं में पनप रहा है इंटरनेट डिप्रेशन UGC Care Group I Listed दृष्टिकोण Sep-Oct-2020	0975-119X	UGC Care Listed Group I दृष्टिकोण	5.051

SI. No.	Title of paper name of journal year etc.	ISSN number	Whether peer reviewed/UGC listed/ indexed journals	Impact factor
9.	Title-Psychological Study of Secularism- International Multilingual Research Journal- VIDYAWARTA Jan. to Mar. 2020	2319 9318	VIDYAWARTA International Multilingual Research Refereed Journal	6.021
10.	Title-Role of Counseling In Stress Management of Children March-Sep 2022	0974 634X	Indian Social and Psychological Studies	
11.	Title-"A Study of Psycholphysiology of Panic Attack Diseases Due to Stress"- SHABDARNAV July-Dec 2023	2395-5104	SHABDARNAV - An internal peer reviewed refereed journal of Multidisciplinary Research	7.001

2. Book (s) Published by National Publisher

S.No.	Name of the Book	Publisher & ISBN/ISSN/Categorization
1.	Understanding the Science of curiosity and impact of globalization on women Education 2019	SS Publication Patna 800007 978-93-84727-40-6
2.	Relation to intelligence anxiety gender & background variables 2019	SS Publication Patna 800007 978-93-84727-11-6
3.	Proceeding of UGC sponsored State Seminar, G.D.M. College, Kankarbagh, Patna. "Impact of Globalization on Female Education".	ISBN-978-81-926605-0-9
4.	Proceeding of UGC sponsored National Seminar, G.D.M. College, Kankarbagh, Patna, "Challenges Faced by Women in Higher-Education".	ISBN No.:978-81-86400-149-8
5.	Proceeding of international conference, SRM University, NCR Campus, Ghaziabad U.P. India First Publish 2012 Role of Psychology in Personality Development.	ISBN No. 978-93-81465-79-0

3. Ph.D Research Award

Name of the Scholar	Title	Faculty	Subject	Year of award
Mamta Kumari	Psychosocial Dynamics of work motivation among male & female secondary school teacher.	Social Science	Psychology	18/07/2014
Rita Singh	Work Motivation related to mental health. Hardness and life value among college teacher.	Social Science	Psychology	30/04/2015

PARTICIPATION IN NATIONAL SEMINAR INTERNATIONAL SEMINAR & CONFERENCING

National Seminar & Conferences

Paper Presented

- Participated in a UGC Sponsored National Seminar on a paper entitled "Stress Management" organized by Mahila Mahavidyalaya, Khagaul from 23rd-24th November, 2006.
- Participated in a UGC sponsored National Seminar on A paper entitled "Psychology as a professional Science" organized by J.D. Women's College, Patna, from 04th-05th April, 2007.
- Participated in a UGC sponsored seminar on Psychological factors in women employment in Bihar and presented a paper on MAHILA SHASAKTIKARAN on 19th-20th May 2007 organized by Dept. of Psychology MLSM College, Lalit Narayan Mithila University, Darbhanga.
- Participated in a UGC sponsored National Seminar on A paper entitled "How to improve our educational System in Bihar" organized by G.B.M. College, Gaya from 29th-30th March, 2008.
- Participated in a UGC sponsored National Seminar on A paper entitled "Method & technique of Teaching in higher Education" organized by Faculty of Education Department P.U., Patna from 27th-29th November, 2008.

- Participated in a 2nd Bihar Science Conference on a paper entitled "Panic Attack due to Stress" organized by Bihar Brains Scholastic Centre from 30th January, 2009 to 01st February, 2009.
- Participated in a UGC Sponsored National Seminar on A paper entitled "Recent Trends applied psychology" organized by College of Commerce, Arts & Science, Patna from 23rd-24th January, 2010.
- Participated in a UGC sponsored National Seminary on a paper entitled "Social ethical & Psychological issues related to Euthanasia" organized by Patna women college Patna from 27th-28th January, 2012.
- Participated in a UGC sponsored National Seminar on a paper entitled "Computer related stress organized" by Sri Arbind Mahila College, Patna from 29th February & 01st March, 2012.
- Participated in a UGC sponsored National Seminar on a paper entitled "Management of stress in children" organized by Women College P.U., Patna from 01st-02nd March, 2012.
- Participated in a UGC sponsored National Seminar on a paper entitled "Impact of globalization on education" organized by Govt. Women College, Patna from 24th-25th March, 2012.
- Participated in a UGC sponsored National Seminar on a paper entitled "Mental Health" organized by Central University of Bihar, Patna from 13th October, 2012.
- Participated in a UGC sponsored National Seminar on a paper entitled "Capacity building of women manager in higher education" organized by College of Commerce, Arts & Science, Patna from 02nd-06th February, 2013.
- Participated in a UGC sponsored National Seminar on A paper entitled "Right of Children burnout of Live in relationship in India contest" organized by T.P.S. College, Patna from 24th-25th April, 2013.
- Participated in a UGC sponsored National Seminar on a paper entitled "Female Literacy in Bihar" organized by G.D.M. College, Patna from 06th-07th May, 2013.

- Participated in a UGC sponsored National Seminar on a paper entitled "Higher education for women issues and strategies in the era of globalization" organized by M.M. College, P.U., Patna from 23rd-24th August, 2013.
- Participated in a UGC sponsored National Seminary on a paper entitled "Depression in modern perspective" organized by Arbind Mahila College, Patna from 16th-18th November, 2013.
- Participated in a UGC sponsored National Seminar on a paper entitled "Special status to Bihar & Gadgil formula" organized by G.D.M. College Patna from 27th-28th May, 2014.
- Participated in a UGC sponsored National Seminar on a paper entitled "Mental Sexual violence by youth India" organized by G.D.M. College, Harnaut, Nalanda from 13th-14th December, 2014.
- Participated in a National Conference of Indian Psychological Association 2015 and presented a paper entitled "Role of Family, peer group & school in the behaviour modification of students organized by PG Department of Psychology at M.M. Mahila College, Ara, Bihar from 25th-26th Jul., 2015.
- Participated in a UGC sponsored National Seminar on "Female Literacy in Bihar: Progress, Future Prospects & its Psycho-Social impact" on a paper entitled "Challenges Faced by Women's Higher Education" organized by Ganga Devi Mahila College, Kankarbagh, Patna from 30th-01st December, 2015.
- Participated in a National Conference oif 38th Annual Conference of Darshan Parishad, Bihar and presented a paper entitled "Yoga is key to health" on 19th & 20th December, 2015.
- Participated in a National Seminar & Annual Conference of I.P.A. on "Mapping Practices in Psychology: Critical Issues & Current Perspective" On a paper entitled" Sources & Stress Management" organized by Dept. of Psychology, Nirmala College, Ranchi from 07th-08th February, 2016.

- Participated in One day Seminar on "Science & Technology for Indigenous Development in India" on a paper entitled "Science & Technology and Societal Information" organized by the Indian Science Congress Association at Ganga Devi Mahila College, Kankarbagh, Patna on 06th March, 2016.
- Participated in a UGC sponsored National Seminar on a paper entitled "Economic Liberalization thought in modern perspective" Organized by P.G. Dept of Psychology, T.P.S. College Patna from 16-17 Dec., 2016.
- Participated in 3rd Annual Conference on a paper entitled "Fusion of Social Science and technology in the field of research and development" organized by RSVP and PPU Patna from 30th November December 1 & 2 2018.
- Participated in 41 Annual Conference on a paper entitled "Methods and Ideals of Mahatma Gandhi" jointly organized by Darshan Parishad Bihar and JD Womens College Patna from 11-13 December 2018.
- Participated in national conference on a paper entitled "Yoga the Path of good health" Organized by PG centre of Psychology Gaya College Gaya from 20th and 21st December, 2018.
- Participated in National Seminar on "local history and historiography". Sponsored by Indian council of historical research New Delhi held on 17 & 18 November 2019.
- Participated in National seminar Gunwatapurn Shiksha hetu Swayatatha.
- Participated in national seminar paper in title "Nai Shiksha Nitti mai Sikshako ki Bhumika organized by Bhartiya Shikshan Mandal and Nitti aayog in collaboration with Gopal Narayan Singh University Jamuhar Sasaram Rohtas, Bihar held on 19.02.2021.
- Participated in National Seminar paper in the title National Education Policy 2020 sponsored by Bhartiya Shikshan Mandan and Nitti Aayog in Collaboration with Munger University, Munger held on 23.02.2021.

PARTICIPATION IN INTERNATIONAL SEMINAR & CONFERENCE

- ❖ Participated in an International Seminar on a paper entitled "Role of Psychology in personality development" organized by SRM University, Ghaziabad from 16th-17th March, 2012.
- ❖ Participated in an International Seminar on a paper entitled "Higher education & research in changing scenario" organized by Department of psychology, M.U., Bodh Gaya from 29th-31st March, 2014.
- ❖ Participated in an International Seminar on a paper entitled "Role of forensic Science" organized by VI Bihar brain Science International conference on Science & technology hosted by M.M. College, P.U., Patna from 23rd-25th December, 2014.
- ❖ Participated in a International Conference on "Gender Issues" Priorities & Challenges" on a paper entitled "Samkaalin Paripekshya mein Ling Bhed" organized by Centre for Gender Studies, Patna from 07th to 09th February, 2016.
- ❖ Participated in the Second Silver Jubilee International Conference held in Patna Organized by Asian Development Research Institute (ADRI), Patna from 24th to 27th June, 2016.
- ❖ Participated in International Seminar on "Impact of Buddhism on Architecture" on Organized by Dept. of History, College of Commerce, Arts and Science, Patna, Bihar from 13th-14th November, 2016.
- ❖ Participant in International Seminar on a paper entitled "Buddhism on International Prospective and its relevance in the present Scenario" sponsored by U.G.C. new Delhi and Indian Council for Historical Research, New Delhi 2017.
- ❖ Participated in the International Seminar on "Role of teachers in National Education policy (NEP) awareness orientation, challenges and responses" in collaboration sponsored by Bhartiya Shikshan Mandal and Nitti Aayog in collaboration with Indian Institute of technology Patna held on date-20.02.2021.

- ❖ Participated in the International Seminar topic "Role of teachers in national education policy" sponsored by Bhartiya Shikshan Mandal and Nitti Aayog in collaboration with Patiliputra university Patna held on date-21.02.2021

WORKSHOP ATTENDED

- Participated in a UGC sponsored State Level Workshop a paper entitled G.B.M., College, Gaya from 22nd-24th December, 2007.
- Participated in a UGC Sponsored State level Workshop a paper entitled "Resarch Methodology" organized by Arbind Mahila College, Patna on 09th February, 2012.
- Participated in a UGC sponsored State Level Workshop a paper entitled "mental Health" organized College of Commerce, Arts & Patna on 13th November, 2012.
- Participated in UGC sponsored Workshop a paper entitled "Capacity building of women education manager in higher education" organized by College of Commerce, Arts & Science, Patna from 02nd-06th February, 2013.
- Participated in two-day national workshop. A paper "entitled Research methodology, Approaches and techniques" organized by M.U. Bodh Gaya from December 11th and 12th, 2017.
- 5 Days national level online workshop "Construction of psychological tools" date: 24th July, 2020 to 28th July 2020 organized by National Psychological corporation Agra (U.P.) in academic collaboration with Abhilashi University, Chall Chowk Mandi (H.P.)
- 5 Days National level online orientation program "The Spectrum of Learning disabilities" date:- 14th to 18th August, 2020.

RESOURCE PERSON

1. **Key note speaker** in clinical Psychology depression in Modern perspective, Arvind Mahila College Patna, Dated-16th to 18th November, 2013.
2. **Key note speaker** in Seminar Topic "Women Empowerment" held on 08.03.2013.
3. **Tele Counseling being an expert** in office of Prabhat Khabar News Paper dated on 16.02.2015.

4. **Live telecast being an expert** in the office of DD Bihar dated November 2017.
Topic: "**Internet Depression**".
5. Invited as an expert in studio of DARSH T.V. Channel, Patna.
 - A. Topic-Psychological causes of Nexalite movement.
 - B. Topic-Psychological aspect of suicidal Tendency in youth.
6. **Live Telecast being an Expert** in the office of DD Bihar 05.09.2018
Topic- Stress management in women.
7. **Key Note speaker in Seminar Topic** "Uchha Shiksha Mai Shodh Ka Mahatav"
held on 23.10.2019
8. **Cordially invited being an expert panel discussion** on "higher education and new education policy" (2020) organized by internal quality assurance cell, college of commerce arts and Science Patna, held on 12.08.2020.

ASSIGNED ADMINISTRATIVE DUTY

1. **CO-ORDINATOR** Bachelor of Library and Information Science 12.06.2009 to 22.03.2015.
2. **CO-ORDINATOR** Master of Library and Information Science 17.06.2015 to 30.08.2018
3. **PROCTOR-** 28.08.2009 to 2016
4. **CONTROLLER-** Deputy Controller of Examination 28.08.2010 to 21.07.2012
5. Assignment of M.S.U. Election Duty 2013.
6. Assignment of Campus Observer.
7. Assignment of Placement Cell.
8. Assignment of Research Advisory Committee.
9. Assignment of NAAC Committee.
10. Assignment of Election Committee (PPU)
11. Assignment of Tarang.
12. Assignment of Anti Ragging Cell.

13. Assignment of Grievance Cell.
14. Assignment of Financial Mobilization Committee.
15. Anti Ragging Squared Committee

EXTRA CURRICULAR ACTIVITIES

1. Participated in training program a paper entitled IT champion training program organized by Saksham from 27th June to 06th July, 2011.
2. Faculty Member L.S.W., B.B.M., BLIS & MLIS Dept., College of Commerce, Arts & Science, Patna.
3. Participated in training programme. A paper entitled Science of Yoga and meditation on 28-29th January 2018 organized by Shiva dancing School of Yoga dancing School of Yoga.
4. Participated in event second Inter college debate competition 28th May 2018 at C.O. Commerce, arts and Science Patna topic-social media has a bad impact on our lives.

MEMBERS OF THE LEARNED SOCIETY

1. Indian Science Congress Life member L12644
2. Bihar Psychological Association Life Member 41
3. B Brain development Society Patna.
4. Bihar Darshan Parishad Life Member 844

AND SPECIFIC INFORMATION

1. Free Consultancy as a Psychologist.

2. Published Articles:

Hindustan Yuva:

- I. Chaatra Sangh Chunav Se Badal Sakti Hai Tasveer, Dated-19.01.2013.
- II. Mahilaon Ko Apna Haq Chhinna Hoga, Dated-30.03.2013.
- III. Depression in youth 04.09.2016
- IV. Sodh ke prati samman padha karne ki jarurat dated 22.05.2016

- V. Examination Fobia par khabhu pana sambhav 21.01.2018
VI. Langick samannata me desh ka sthan chintajanak 07.01.2018.

3. Vimarsh-College, Patrika

- I. 2008-Adhunik Paripekshya Mein Depression Ek Mansik Rog.
II. 2009- Jo Jivikoparjan Karaye Sreshtha Manushya Bhi Banvaye.
III. 2014-Samajik, Naitik and Manovigyanik Paripekshya Mein Ichchha
Mrityu.
IV. 2015-Pustakalaya Swachalikaran.
V. 2016-Internet Depression in Youth.
VI. 2018- Higher education for women issues.
VII. 2019- Pollution: The Evil
VIII. 2023-Aazadi ka Amrit Mahotsav: Swami Vivekanand.

(Dr. Sangita Sinha)
Associate Professor
Department of Psychology
College of Commerce Arts & Science
Patliputra University
Patna
Mob. No.:9123249194
E-mail Id:dr.sangitasinha69@gmail.com