

GENERAL INFORMATION AND ACADEMIC BACKGROUND

1. **Name (in Block Letters):** Dr. RASHMI SINGH

2. **Mother's Name:** Smt. Saroj Singh

3. **Father's Name:** Dr. D.P.Singh

4. **Gender:** Female

5. **Domicile & Nationality** Rajasthan & Indian

6. **Department, if in service:** Department of Psychology
UCSSH, Mohanlal Sukhadia University, Udaipur

7. **Present Designation:** Assistant Professor

8. **Telephone No:** 09799706611

9. **Email:** dr.rashmisingh@mlsu.ac.in

dr.rashmisinghmlsu@gmail.com

10. **Academic Qualifications (Secondary & onwards):**

Examinations	Name of the Board/University	Year of passing	Percentage of Marks obtained	Division/ Class/ Grade	Subject
Graduation	Mohan Lal Sukhadia University	2004	61.16%	I	Psychology, English Literature, Geography
Post Graduation	M. L. Sukhadia University	2006	76.34%	I	Psychology

Post Graduate Diploma In Guidance and Counselling	R.I.E. (Ajmer) (N.C.E.R.T. New Delhi)	2007	A- (70-80%)	A-	Guidance and Counseling
SET (State Eligibility Test for Lecturership)	RPSC, AJMER	2010			Psychology

NET (National eligibility test)	CBSE	July 2016			Psychology
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11. Research Degree(s)

Degrees	Title	Year of Award	University
M. Phil.			
Ph.D.	A psychological study of Adolescents in reference to Internet Addiction.	2012	M. L. Sukhadia University, Udaipur
Any other			

11. **Teaching Experience** (in years): Approx. 10 Years of experience

12. **Fields of Specialization:** Guidance and Counseling & Clinical

13. **Research Supervisor-** Yes- one Submitted and Four ongoing

14. Attended/paper presented in Seminar/Symposium/Workshop etc.

Title of paper	Details of Orientation/ Refresher/ Seminar/Symposium/Workshop etc.	Organized by
Attended	Online refresher course in psychology from 12 April to 26 April 2021	Teaching Learning Center, Ramanujan College, University on Delhi
Attended	National Webinar on Measuring Human Behavior on 16 April 2021	O.P. Jindal Global University, Sonipat
Attended	National Webinar on COVID-19 ERA: changes in Sociology and economic status of Society on 3 Sept.- 4 Sept. 2020	Dept. of Sociology, UCSSH, MLSU
Attended	Online certificate course as part of JIBS Training program from 13 Aug to 14 Aug 2020	O.P.Jindal Global University, Sonipat
Attended	5 days national level online workshop on Applying SPSS for educational and psychometric data analysis from 17 July to 21 July 2020	National Psychological Corporation, Agra

Attended	Webinar on Prevention and management of Burout in Policing on 13 March 2021	Dept. of Psychology, Jai Narain Vyas University, Jodhpur
Attended	National/ International Webinar series on Job Opportunity in Social Sciences On 02 Feb. 2021	Parul Institute of Arts, Faculty of Arts
Attended	Symposium on Thriving in Difficult Times with Bhagavad Gita – Webinar Serie Feb 2021	VIPRA Division, Dept. of Clinical Psychology, National Institute of Mental Health and Neurosciences, Bengaluru
Attended	3G International Psychology Conference from 30 Jan to 1 Feb 2021	3G School of Psychology an initiative by 3G IRPS
Stigma about COVID-19 essentials workers and sufferers	International Webinar on COVID-19: life challenges and strategies	Veer Kunwar Singh University, Ara and Bhartiya Manovigyan Parishad.

Attended	Webinar on Happiness and Workplace on 12 Sept. 2020	O.P. Jindal Global University, Sonipat
Attended	E-Workshop on MOOC development on 6 Sept. 2020	Pharma state academy
Attended	National level online training program on Gender Issues from 19 Aug to 21 Aug 2020	Govt of Rajasthan, Harish Chandra Mathur, Rajasthan State institute of public administration, Udaipur
Attended	Webinar on Mental health during pandemic on 19 Aug. 2020	Dept. of Psychology, Jai Narain Vyas University, Jodhpur
Attended	International Webinar on Tribal life in global perspective, Historical retrospection on 8 aug. 2020	Dept. of History, MLSU

Attended	4 week Orientation programme for faculty in Universities/ colleges/ institutes of higher education from June 7 to 1 July 2020	Teaching Learning centre, Ramanujan College, University of Delhi sponsored by Ministry of human resource development, Pandit Madan Mohan Malviya, national mission on teachers and teaching
Attended	Seven days online faculty development program on Research Revisited: Reflection on Analytical tools from 1 June to 7 June 2020	Faculty of Management Studies, MLSU, Udaipur
Attended	National Webinar on Newer Uses and Applications of Malin Intelligence Scale for Indian Children on 17 April 2020	Psychowaves, e-academy Chandigarh
Attended	Five days online advance training in CBT (Cognitive behavioral therapy) in the management of OCD on 1 May to 5 May 2020	Psychowaves, e-academy Chandigarh
Attended	ICSSR Capacity Building Program for young researchers and junior faculties on 15 Jan to 28 Jan 2020	Dept. of Psychology, JaiNarain Vyas University, Jodhpur
Impact of Gandhi's thoughts in Psychology	National Conference on "Revisiting Gandhi and contemporary mass movements in history writing" on 4 Nov. to 5 Nov. 2019	Dept. of History and Indian culture, University of Rajasthan, Jaipur and Bhartiya Itihasa Sankalan Samiti, Jaipur Prant

A comparative study to know the views about independence among Rural and Urban Population	National Seminar on Rajasthan ka Swantatra Sangram aevum Jan jagrati: Vijay singh ke vishesh sandarbh mei	Dept. of History, MLSU, Udaipur
Does the economic status of family affects emotional competence- a study related to youth	National Conference on "Poverty and its multidimensional impact on society" on 19 Sept. to 20 Sept. 2019	Badlav Sansthan, Udaipur

Attended	International Conference on “Neurological disorders: Advances in research techniques and management” on 5 Aug to 8 aug 2019	Dept. of Pharmaceutical Sciences, MLSU, Udaipur
Co-chaired the technical session	UGC Sponsored national conference on “lifestyle, well being and quality of life: re considering health in the present era.” On 23 rd – 24 th March, 2019	Department of Psychology, Faculty of arts, education and social sciences, Jai Narayan Vyas University, Jodhpur
Lifestyle in Modern Times	UGC Sponsored national conference on “Lifestyle, Well Being and Quality of Life: Re Considering Health in the present era.” On 23 rd – 24 th march, 2019	Department of Psychology, Faculty of arts, education and social sciences, Jai Narayan Vyas University, Jodhpur
Attended	Workshop on Pre- marital counseling on 11 feb. 2019	University of social sciences and humanities, MLSU & Rajasthan Mahila Ayog, Udaipur
Attended	Lecture on “ Nutrition for Healthy lifestyle” by Ms. Deepti Jain on 1 st Dec. 2018	Fortis JK Hospital & Academy of Well being Society, Udaipur (Raj.)
Narcissism in internet users	4 th International conference of Indian academy of health psychology on 23 rd – 25 th nov. 2018	M.V.P. Samaj’s A.C.S. College, Tryambakeshwar, Nashik, Maharashtra.
To study level of aspiration among male and femal SC and ST college students	Rastriya sangoshthi on rajasthan ki janjatiya evum unme itihaas chetna on 17 th nov 2018	Dept of history and vanshavali adhyan Kendra, MLSU, Udaipur
Attended	Workshop on Sanskratik patrakarita workshon on 28 th – 30 th October 2018.	Dept.of Journalism, MLSU, Udaipur
To study the impact of wages and gender of working class on self esteem.	National Conference on Human Rights violation of labours and society on October 11 th - 12 th 2018	National conference organizing committee of Badlav Sansathan, Udaipur (Raj.)

Attended	Society for Microvita Research and Integrated Medicine	
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A study of Burnout and emotional intelligence among govt. hospital doctors.	International conference on Psychology, health and medicine on February 2-4, 2018	Amity Institute of Behavioural and allied sciences, Amity University Jaipur (Rajasthan)
A Dynamic model of job satisfaction: self or community	Ist Indian congress of industrial and organizational psychology on changing landscape and future of I/O Psychology held on 30-31 January 2018	Department of psychology, university of Rajasthan, Jaipur.
Participated	2 days' workshop on mindfulness- based cognitive behavioral interventions: applications in clinical and nonclinical settings. 19-20 th January 2018	Behavioural medicine unit, department of clinical psychology. National institute of mental health and Neuro science, Bengaluru (NIMHAANS).
Attended	3 days workshop on using SPSS for data analysis in social sciences on September 8-10 2017.	Indian association of health, research and welfare & medanta institute of education and research, medanta- the med city, gurugram' Haryana.
Attended	Training workshop on Rorschach Ink Blot Test on 9 th June- 11 th June 2017.	Dr. Dwarka Pershad Psychowaves Chandigarh
Attended	International conference on "Psychology for building global community" on 23 rd – 25 th February 2017.	Indian Academy of Applied Psychology and Department of Psychology University of Rajasthan, Jaipur.
Environment and Human Behavior (Poster Presentation)	National Conference on "Advances in chemical, environmental and biological sciences" on 10 th September 2016.	Department of chemistry, Government Meera Girls College, Udaipur (Raj.)
Attended	2 nd International Seminar on Microvita Research on 8 th April 2016.	Society for Microvita Research and integrated medicine and was held at RNT Medical College, Udaipur, Rajasthan
A comparative study of mental health among adolescents of high and low	4 th International Conference on "Positive Schooling: A heaven for Holistic Development" on 16-18 January 2016.	Indian Association of health, research, and welfare. Ravindra Bhawan, Margao, Goa.

socio-economic status.		
To study the effect of social networking sites on well-being among adolescents.	International Conference on “Innovations in Science, Technology, Management and wellbeing” on December 27-29 2015.	GITS-MTMI, Geetanjali Institute of Technical Studies, Udaipur (Raj.)

Psychology helps in fostering social responsibility in students.	National Conference on “Goals and Challenges in Higher Education: Emerging Paradigms” on February 13, 2015.	Centre for Excellence Model College. Government Meera Girls College, Udaipur(Raj.)
A Comparative Study of Job Satisfaction among central and state employees.	International Conference on “Emerging Role of Guidance and Counseling in Health and Well-being” on November 18 th - 19 th , 2014.	Department of Psychology, University College of Social Sciences and Humanities, MLSU, Udaipur and Academy of Wellbeing Society, Udaipur.
Attended	Continuing medical education program and workshop (Medicine)- Neurology on 29 th - 30 th March 2014.	Department of Medicine, R.N.T. Medical college & APICON-86, R.N.T. Medical college trust, Udaipur (Rajasthan).
A comparative study of social Intelligence among male and female college students.	49 th National & 18 th International conference of Indian Academy of Applied Psychology on Psychology for Holistic Living in Global world” on 1 st - 3 rd March 2014.	Smt. Laxmiben & Shree Chimanlal Mehta Arts College, Ahmedabad (Gujrat)
Role of Psychology in National Integration	International Seminar on “Education, well-being & national integration” on 12-13 November 2013.	Bhupal Nobel’s Sansthan, Udaipur
Attended	National Seminar on “Communication of Research in Psychology” on 11-12 June 2013	ICSSR sponsored. Department of Psychology. Sardar Patel University, Vallabh Vidyanagar. Gujrat
Attended	Workshop on “ End of Counselling” on 16 March 2013	With care sanstha, Ajmer Indian Academy of Applied Psychology & Rajasthan State AIDS Control society.

Financially Empowered women	International conference on “Women Empowerment: Emerging perceptions on status and role.” On 26 th – 27 th feb.2013	Dept. of Sociology, university college of social sciences and humanities, M.L.S.University (Raj.)
Understanding the aspects of physical development in old age	Old Age: Psychosocial and biological problems and management. March 2 & 3, 2013	UGC &ICMR collaboration with IAAP& RPA Dept. of Psychology, Jai Narain Vyas University, Jodhpur (Raj.)
Psychology in organization and enhancing organizational creativity	International conference on “Sustainable management practices: Developments and dimensions”.(March 30-31,2012)	Faculty of management studies, M.L.S.University Udaipur (Raj.)

Gender Health Issues	International Conference on Gender and the changing world of work and health held on 30-31 march 2010	National Commission for women (new delhi), UGC Centre for women’s studies (Mohan Lal sukhadia University, Udaipur)
Gifted Child- An Exception	Indian School Psychology association on “School Psychology: Challenges and Opportunities”-Nov. 26-28,2011	TEPSE & HEPSN, Department of Psychology, Jai Narain Vyas University, Jodhpur-342001(Rajasthan)
Historical Perspective to Psychology	National Seminar on Cultural Heritage In India with Special reference to Rajasthan and its Neighboring States. December 2- 3, 2011	Department of History, Mohan Lal Sukhadia University, Udaipur, Rajasthan.
A comparative study of mental health among adolescent and old age people.	UGC Sponsored National Seminar on Mental Health 13 &14 march 2010	Department of Psychology Jai Narain Vyas University, Jodhpur
Attended	Pre marital Counselling Programe for Girls. On 12 Dec. 2004	Surya Manglam Behavioral Gynae and Sexual Health Care Centre, Udaipur

15.. Papers published in journals, book, conference proceedings etc.

Title of paper with page number	Author	Details of journal, book, conference proceedings, etc.	Published by
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A comparative study of loneliness and social isolation among internet addicts and non-internet addicts adolescents	Dr. Rekha Paliwal & Dr. Rashmi Singh	Indo –Indian Journal Of Social Science Researches ISSN-0975-1343 Volume-7, number-2 oct,2011 pp 119 to 120	Manovaigyanik Prikshan Sansthan Varanasi-221001 (U.P.)
A Comparative Study of Depression and Stress among Male and female internet addict adolescents	Dr. Rekha Paliwal & Dr. Rashmi Singh	Journal of Psychology for Learning and Research, Gujrat Manovigyan Darshan ISSN No.2229-3477 Vol. no.1 issue no. 10 Jan Mar 2012 pg no29-32	Journal of Psychology and Education, Ahmedabad 380015
A comparative study of mental health among internet addict adolescents and non-internet addict adolescents.	Dr. Rashmi Singh	Journal of Social Research. ISSN-0973-1210 Volume- VII, number- III, Year- October, 2011. Pg no. 64-66 ISSN- 0973-1210 UGC No.- 40724	Research journal published by Badlav Sansthan. Udaipur (Raj.)
A comparative study of job satisfaction and health between female teachers of government and	Dr. Rashmi Singh	Naveen Shodh Sansar (an international multidisciplinary refereed journal)	Mittal print line, 282 Vikas Nagar 14/4, Neemuch.

private schools.		Volume1, Issue II, April June 2013. Pg no.132-133 ISSN-2320-8767	
Gifted Child: An exception	Dr. Rekha Paliwal & Dr. Rashmi Singh	Indian Journal of health and wellbeing .June 2013,4 (5), 1214-1216 ISSN- 2229-5356 UGC No- 42787	Indian Association of Health, research and Welfare
School Counseling: A necessity in modern education.	Dr. A.R.Lohia & Dr. Rashmi Singh	Indian Journal of health and wellbeing .June 2013,4 (5), 1212-1213 ISSN- 2229-5356 UGC No- 42787	Indian Association of Health, research and Welfare

A comparative study of mental health among adolescent and old age people.	Dr. Rashmi Singh	Naveen Shodh Sansar (an international multidisciplinary refereed journal) Volume1, Issue III, July Sept. 2013. Pg no.107-108 ISSN-2320-8767 UGC No.- 64728	Mittal print line, 282 vikas nagar 14/4, Neemuch.
A Comparative Study of Social Intelligence among college male and female college students.	Dr. Rashmi Singh	Naveen Shodh Sansar (an international multidisciplinary refereed journal) Volume1, Issue V, Jan March 2014. Pg no.193-195 ISSN-2320-8767	Mittal print line, 282 vikas nagar 14/4, Neemuch.
Role of Religious Practices in improvement of mental health	Dr. Rashmi Singh & Dr. Shipra Lavania	Naveen Shodh Sansar (an international multidisciplinary refereed journal) Volume III, Issue 1X, Jan March 2015. Pg no.200-202 ISSN-2320-8767	Mittal print line, 282 vikas nagar 14/4, Neemuch.
To study the effect of social networking sites on Wellbeing among adolescents.	Dr. Rashmi Singh & Dr. Shipra Lavania	Divya shodh samiksha (an international refereed research journal) oct.to dec. 2015 pg.no 163-166. ISSN 2394-3807, E-ISSN 2394- 3513 Impact factor- 0.745 (2014)	“Shree shyam Bhawan”, 795, Vikas Nagar Extension 14/2, Neemuch (M.P.)
Burnout and emotional intelligence among govt. hospital doctors	Dr. Rashmi Singh. Dr. Shipra Lavania & Dr. Jayesh Kumar Singh	International Journal of Social sciences (IAHRW), 2018, 6(3), 399-	Indian Association of Health, Research and Welfare.

		403 ISSN- 2347- 3797 UGC Journal no- 41948 NAAS Rating- 2.72	UGC Journal no- 41948
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Narcissism in Internet Users	Dr. Rashmi Singh	Naveen Shodh Sansar (an international multidisciplinary refereed journal/peer review) Volume I, Issue XXV, Jan March 2019. Pg no.156-158 ISSN-2320-8767 E-ISSN 2394-3793 Impact Factor- 5.610 (2018)	Mittal print line, 282 vikas nagar 14/4, Neemuch.
Does the Economic scale of the family affect Emotional Competencies? A study related to youth	Dr. Rashmi Singh	Pacific University of Journal of Social Sciences, Vol- 04, issue 1. 25 Nov 2019. Pg no. 13 -17. ISSN NO.- 2456-7477	Pacific Academy of Higher Education and research university, Udaipur
Social Intelligence Effect on Binge Eating Disorder	Ms. Upasna Singh & Dr. Rashmi Singh	Pacific University of Journal of Social Sciences, Vol- 04, issue 1. 25 Nov 2019. Pg no.18- 23. ISSN NO.- 2456- 7477	Pacific Academy of Higher Education and Research university, Udaipur
Scientific Temper in Urbanities: A KAP study on COVID-19	Prof. S.K. Kataria & Dr. Rashmi Singh	Local Government Quarterly ISSN- 0024-5623- A journal of the All India Institute of Local Self Government July- Sept. 2020. Vol XC, no. 3 pg.no. 55 to 67	
Binge Watching on OTT platforms: Loneliness in Adolescents	Dr. Rashmi Singh & Ms. Upasna Singh	International Journal of Social Science and Human Research. Vol.5, Issue- 08 August 2022 Pg. no. 3720- 3725 Impact Factor 5.586 ISSN Print: 2644-0679 Online: 2644-0695	
A study of Road rage in Udaipur city Rajasthan	Dr. Sabiha Khan & Dr. Rashmi Singh	Naveen Shodh Sansar (an International multidisciplinary refereed journal/peer review) Volume I, Issue XXXVI, Oct to Dec.2021 Pg no.219- 222 ISSN-2320-8767 E-ISSN 2394-3793	

Binge Watching during Covid 19	Dr. Rashmi Singh & Ms. Upasna Singh	International Journal of Indian Psychology Vol.9 issue 4 Oct to Dec 2021 ISSN no. Print: 2349-3429 Online: 2348-5396	
Transgender Persons in Urban India: Issues and Challenges	Dr. Rashmi Singh & Prof. S.K Kataria	Local Government Quarterly ISSN- 0024-5623- A journal of the All India Institute of Local Self Government Volume-XCI, No. 3 July to September 2021	
Comparison of Alienation and mental health among rural and urban college students	Dr. Rashmi Singh & Dr. Jyotsana Meghwal	Naveen Shodh Sansar (an International multidisciplinary refereed journal/peer review) Volume I, Issue XXXIV, April to June 2021 Pg no.32-34 ISSN-2320-8767 E-ISSN 2394-3793	
Gender difference related to self-esteem and wellbeing	Dr. Rashmi Singh, Manju Devasi, Avani Pandya	Journal of Social Research Volume XVI, Issue 2 December 2020 ISSN no. 0973-1210 Pg. no. 82-83	
Artificial Intelligence and Human Society	Ms Reena Salvi & Dr. Rashmi Singh	International Journal of Social Sciences and Human Research Volume 06, Issue 09 September 2023 Pg No. 5441-5445 ISSN no. print 2644-0679 ISSN online 2644-0695	
Online Education and Covid 19- A psycho-physiological study on adolescents	Mr. Yash Dadhich and Dr. Rashmi Singh	International Journal of Current Research Volume 15, Issue 09 September 2023 ISSN no.0975-833X	

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Chapter Title	Book Name	Editor	Author	Publisher	ISBN No.& Page No. & Year
Digital Fasting	Digital Stress Management	Dr. Lalita K. Shrma	Rashmi Singh	Asian Press Books, Kolkata	978-93-90238-54-5
Impact of Gandhiji's Thoughts on Mental Health	Revisiting Gandhi	Dr. Pramila Poonia & Dr. Anil Aaniket	Rashmi Singh	Literary Circle, Jaipur	978-93-85445-83-5 Pg. No.202-207 2020
Abstract Art and Psychology	Art, Psychology and Creativity	Dr. Loveneesh Sharma & Dr. Ibadat Khan	Rashmi Singh & Deepika Mali	Scholar Publications, Karimganj, Assam	978-81955705-4-6 Pg. No. 61-70 September 2022

17. Organizing members and organized various programs

Title	Workshop/ Seminar	Date	Organized by	Role Played
Experiential workshop on holistic healing through psychotherapy, hypnotherapy and rajyog meditation	Workshop	28-29 October 2017	Amar Vijay Sansathan (Udaipur) and Global Hospital and Research centre (Mt.Abu)	Organizing Secretary
National Intensive clinical training in Psychological testing	Workshop	28 June to 30 June 2019	De Sousa Foundation, Mumbai & Dept. of Psychology, UCSSH, MLSU, Udaipur	Organizing Member
Workshop on Pre Marital Counselling	Workshop	11/2/2019	UCSSH, MLSU & Rajasthan Mahila Ayog , Jaipur	Organizing member
Workshop on Anger management: A life without anger	Workshop	26/09/2019	Dept. of Psychology and Academy of Wellbeing, Udaipur	Organizing Member
National Conference on Integrative approaches for mental health and wellbeing	National Conference	27/09/2019 to 28/09/2019	Dept. of Psychology and Academy of Wellbeing, Udaipur	Organizing Member

Five days online workshop on Projective Techniques	Workshop	21/02/2021 to 25/02/2021	Dept. of Psychology, UCSSH, MLSU	Organizing Secretary
Webinar on Music and mental health	Webinar	10/10/2020	Dept. of Psychology, UCSSH, MLSU	Organizing Member
Webinar on Essentials of an Effective Therapy Sessions	Webinar	02/09/2020	Dept. of Psychology, UCSSH, MLSU	Organizing Member
Online workshop on energik healing	Webinar	15/06/2020 to 16/06/2020	Dept. of Psychology, UCSSH, MLSU	Organizing Member
Webinar on psychological aspects of national education policy	Webinar	11/11/2020	Dept. of Psychology, UCSSH, MLSU	Organizing Member

National Webinar on the Role of Political Parties in Democracy	Webinar	16/05/2021	Badlav Sansthan, Udaipur	Coordinator
National webinar on role of Dr. B.R.Ambedkar in national building	webinar	14/04/2021	Badlav Sansthan, Udaipur	Organizing secretary
Online workshop on Trans theoretical model for behavior change	Workshop	08/05/2021	Dept. of Psychology, UCSSH, MLSU	Organizing Member
Online workshop on Protect yourself	Workshop	15/05/2021	Dept. of Psychology, UCSSH, MLSU	Organizing Member

during COVID pandemic				
3 days national workshop on Helping people with addiction	workshop	17/06/2021 to 19/06/2021	Dept. of Psychology, UCSSH, MLSU	Organizing secretary

18. Members of Professional Bodies:

- Indian Academy of Applied Psychology
- National Positive Psychology Association
- International Association of Applied Psychology
- Wellbeing Society
- Badlav Sansthan

19. Any Other Relevant Information

S. No.	Particulars
1.	Most Updated Participant Winner in Seven Days Online Faculty Development Program on Research Revisited: Reflection on Analytical Tools from 1 June to 7 June 2020 organized by Faculty of Management Studies, MLSU, Udaipur
2.	In 2019 got an Appreciation Award from District Collector for working as Counselor in Migrant camps during Covid 19
2	External panel members (Psychologist) (Muthoot Fincorp Company) for one year
3	All India radio talk on "Irritable behavior in adolescents and psychological aspects" on 27-2-2010
4	Merit in college for M.A. Previous
5	Merit in college for M.A. Final and second position in University
6	Get awards in poster competition in psychology and geography in graduation.