

Name	Vandana Sharma
Designation	Professor
Date of Joining (Meerut College Meerut)	11 th September 1996
Transferred to S.D.(PG)College, Ghaziabad	1 st August 2012
Address(Official)	Department of Psychology S.D.(P.G.) college, Ghaziabad.
E-Mail	vandanasharma.sd@gmail.com

Qualification

A) Educational

Class X	U.P. Board, Allahabad	1 st Division	1983
Class XII	U.P. Board, Allahabad	1 st Division	1985
B.A.	V.M.L.G.(P.G.)College ,Ghaziabad. (Meerut University, Meerut)	1 st Division	1987
M.A.	S.D.(P.G.)College ,Ghaziabad. (Meerut University, Meerut)	1 st Division	1989
M. phil.	Meerut University, Meerut	1 st Division	1990
Ph.D.	C.C.S. University, Meerut		2003
The Effect of Environment on Creativity in Orphan and Normal Children			

Professional

Diploma in Educational & Vocational Guidance	N.C.E.R.T. New Delhi	1 st Division with distinction	1991-92
Winter Programme on Data Analysis in social Sciences	T.I.S.S. Mumbai		2002

B) Extra Curricular

N.C.C. 'B' Certificate

Teaching Experience: U.G./P.G. Classes 26 Years

Life Memberships:

Association of Clinical Psychologists, Delhi (DACP).

The Indian Society for Sleep Research, AIIMS, New Delhi.

All India Women's Education Fund Association (AIWEFA)

Member of Board of Studies (Psychology)	C.C.S. University, Meerut	For Two years 2006-2008
Internal Member of Research Degree Committee (Psychology) .	C.C.S. University, Meerut	For Two years 2011-2013
Member of board of studies (Psychology)	C.C.S. University, Meerut	For Two years 2021-23
Internal Member of Research Advisory Committee (Psychology)	C.C.S. University, Meerut	For Two years 2022-24
Convener Board of Studies (Psychology)	C.C.S. University, Meerut	For Two Years Jan22 to 24
Convener RAC (Psychology)	C.C.S. University, Meerut	For Two Years Jan22 to 24

Supervisor for Ph.D. On :

A Study of Psychosocial Correlates of Irritable Bowel Syndrome(IBS) Among Adolescents.	Thesis Awarded (2012) C.C.S. University, Meerut	Niyati Garg
A Study of Psycho-social Correlates of Self-handicapping Among Adolescents.	Thesis Awarded (2014) C.C.S. University, Meerut	Sarita Sharma
A Study of Religiosity, Physical Health and Psychological Distress Among HIV+ Adults.	Thesis Awarded (2014) C.C.S. University, Meerut	Gauri Aditya
Bal Chitra Kala Ka Mulyankan avam Manovaigyanik Vishlashan (External Supervisor)	Thesis Awarded (2014) C.C.S. University, Meerut	Ms. Jyoti Chuhan
Effect of Single Parenting on Emotional Distress and Coping Strategies of Adolescents	Thesis Awarded (2015) C.C.S. University, Meerut	Preeti Sharma
	Registered (2017)	

A Study of Psycho- Social Correlates of Suicidal Ideation	C.C.S. University, Meerut	Shipra Sharma
A Study of The Effect of Forgiveness on Psychological Well Being Among College Students	Registered (2018) C.C.S. University, Meerut	Achla Tyagi
Effect of Internet Addiction on Psychological Well Being And Perceived Social Support Among College Students	Registered (2018) C.C.S. University, Meerut	Atika Tewari
Effect of Parental Involvement And Peer Pressure on Academic Stress And Suicidal Ideation Among Adolescents	Registered (2018) C.C.S. University, Meerut	Bharawmani Gautam

Published Papers in Journals :

Sr. No.	Title with page No.	Journal/e-journal	Whether Peer reviewed/ Refereed	Year	ISSN/ ISBN No.	Impact Factor
1	Effect of Environment on Non- Verbal Creativity among Orphan and Normal Children(24-28)	BEHAVIOROMETRIC Vol.21, Nos. 1-2, 24-28.	Yes	2004	ISSN-0304-9078	
2	Effect of Environment on Verbal Creativity among Orphan and Normal Children(16-19)	BEHAVIOROMETRIC Vol.22, Nos. 1-2,16-19.	Yes	2005	ISSN-0304-9078	
3	The Role of Emotional Maturity in the Development of Irritable Bowel Syndrome (IBS) among Adolescents. (193-196)	Journal of Personality and Clinical Studies, March- September Vol, 23-24,NO1-2,193-196.	Yes	2007-08	ISSN 0970-1206	
4	The Role of Parenting Style of Father in the	Indian Journal of Psychology and	Yes	2009	ISSN 0973-7286	

	Development of Irritable Bowel Syndrome(IBS) among Adolescents. (127-131).	Mental Health. Aug. V.3.No.5,127-131.				
5	Effect of Religiosity on psychological distress among HIV+ adults. (126-128).	Suraksha Chintan, An Interdisciplinary Journal of Humanities and Social Sciences. July, Vol.1,No.1., 126-128.	Yes	2010	ISSN-0976-3163	
6	Effect of Religiosity on Psychological Distress among Adults. (183-186).	Indian Journal of Psychology and Mental Health, June, Vol.5. 183-186.	Yes	2011	ISSN 0973-7286	
7	A Comparative Study of IBS (Irritable Bowel Syndrome) and Non-IBS Adolescents with regard to their Perception of Parenting Style (Mother). (143-151).	Indian Journal of Psychological Science, June, Vol-2 No-1.143-151.	Yes	2011	ISSN-0976-9218	
8	Integrative framework of Seasonal Affective Disorder (SAD) onset Phase among adults (146-164)	International journal of Advanced Scientific and Technical Research December Issue 1, Vol. 2 , 146-164	Yes	2011	ISSN 2249-9954	
9	Parenting Style and Irritable Bowel Syndrome(IBS). (83-87).	Indian Journal of Psychology and Education(IJPE), January Vol.5,NO. 1 83-87.	Yes	2015	ISSN 2231-1432 UGC Listed	
10	Role of Emotional Maturity in the Development of Irritable Bowel Syndrome (IBS) among Adolescents (42-48).	Indian Journal of Psychological Science, January Vol.8, No. 1, 42-48	Yes	2017	ISSN 0976-9218 UGC listed	3.021

11	Effect of Internet Addiction on Mental Health among College Students(776-781).	The International Journal of Indian Psychology, Jan-March Vol.10, Issue 1, 776-781	Yes	Jan- March 2022	ISSN 2348-5396 electronic ISSN 2349-3429 Print	
12	A study of Academic Achievement and Depression among College Students(16-21)	The Horizon A Journal of Social Sciences, January No.1/2022, Vol- XIII,16-21	Yes	January 2022	ISSN 0975-5535	
13	Role of Family Environment in Predicting Depression among Adolescents(79-82).	Indian Journal of Health and Well-being , March 13(1), 79-82	Yes	March 2022	ISSN-p- 2229-5356 e- 2321-3698	
14	Social Media and its Impact on Young Adults' Existence(1058-1065).	The International Journal of Indian Psychology, April-June Vol.10, Issue 2, 1058-1065	Yes	April- June 2022	ISSN 2348-5396 electronic 2349-3429 Print	
15	A Comparative Study of High and Low Anxious Adolescents with regard to their Self-handicapping Behaviour(589-593)	The International Journal of Indian Psychology, July- September Vol.10, Issue 3, 589-593	Yes	July- September 2022	ISSN 2348-5396 electronic 2349-3429 Print	
16	A Study of Family Environment as a Predictor of Anger among Adolescents (446-448)	Indian Journal of Health and Wellbeing Vol 13, Issue 4, December 446-448	Yes	December 2022	ISSN-p- 2229-5356 e- 2321-3698	
17	A Study of Field-Independence and Psychological Distress among College Students(430-432)	IAHRW International Journal of Social Sciences Review Vol.10 Issue 4,December 430-432	Yes	December 2022	ISSN- 2347-3797	
18	Influence of Perceived social support on Psychological Well-Being Among College Students(119-121)	Indian Journal of Psychology . 119-121	Yes	2023	ISSN- 0019-5553 UGC Care List	

Full Papers Published in Conference Proceedings:

S.No.	Title with page No.	Details of Conference Publication	Year	National/ International
1	E-Waste Ways of Effective Management 266-270	The Environment Today: Issues & Challenges Organized by VMLG (P.G.) College, Ghaziabad	19-20 November 2010	National Conference (UGC)
2	A Study of Gender Difference with Regard to Certain Environmental Symptoms Indicator 112-115	Psychosocial Antecedents and Moderators of Environment Organized by BLJS(P.G.) College, Tosham, Bhiwani	10-12 March 2011	National Seminar (UGC)
3	Dealing Effectively with Stress- An Eclectic Model	Stress and It's Management Organized by Department of Psychology I. N. M. (P.G.) College, Meerut.	2012	National Seminar (ICSSR, New Delhi)

Paper Presented In Seminars/ Conferences:

Sr . No.	Title of the paper presented	Title of Conference/Seminar	Organized by	Whether International/ National/State/ Regional/College or University level
1	A study of gender difference with regard to psychological distress among HIV+ adults	Advancing Social Science Research in HIV and AIDS Sponsored by UNESCO	Department of Sociology NAS.(P.G.)College, Meerut 5-6 December 2009	National
2	Religiosity and Psychological Distress- A Comparative Study.	“Psychology: Trends and Directions” HEC, HARYANA	Department of Psychology BLJS.College, Tosham 22-23 January 2010	National Seminar
3	Women's Mental Health- Risk Factors and Preventions.	Opnivaishik tatha opnivaishikottar Bharat mai Nari Itihas avam itivratatmak paridrashya ICHR	Department of Psychology J S H. P. G. College, Amroha- J.B.Nagar,	National Seminar

			6-7 February 2010	
4	Behaviour Disorder (ODD) in Adolescents- Diagnosis, Risk-factors and treatment approaches.	Higher Education: Beyond Empty Promises Directorate of Higher Education, Haryana	Govt. College of Education, Bhiwani. 17-18 February 2010	National Seminar
5	Emotional Maturity and Aggression- A Comparative Study.	Aggression and Violence: Challenges for Social Well-Being	Department of Psychology Jamia Millia Islamia, New Delhi 17-18 March 2010	National Seminar
6	Role of Psychology in Conserving Biodiversity	Biodiversity And Environmental Governance In Canada and India: Safeguarding Eco-Systems For Human Welfare Deptt.of Foreign Affairs& International Trade, Govt. Of Canada, Canada	Gurukul Kangri University, Haridwar, 21-23 October 2010	International conference
7	E- Waste – ways of effective management	The Environment Today: Issues and Challenges UGC, New Delhi	Department of Psychology VMLG (P.G.)College, Ghaziabad. 19-20 November 2010	National conference
8	A Study of Gender Difference with Regard to Certain Environmental Symptom Indicators.	“Psychological Antecedents and Moderators of Environment” UGC, New Delhi	Department of Psychology BLJS. College, Tosham. 10-12 March 2011	National Seminar
9	Rehabilitation for HIV/AIDS infected Injected Drug Users (IDU’s)	Health Psychology and Rehabilitation: The Crisis among Youth and Aged National Association of Psychological Science	Department of Psychology P.G. Govt. College, Chandigarh, 12-13 October 2011	National Indian Psychological Science Congress

10	A Comparative study of Adolescents of Single-Parent and Double-Parent with regard to Emotional Distress.	Problems of Adolescents: A Current Perspective ICSSR, New Delhi	Department of Psychology Meerut College , Meerut, 11-12 November 2011	National Seminar
11	A Comparative study of IBS and Non- IBS Adolescents with regard to their Perception towards Parenting Style.	Problems of Adolescents: A Current Perspective ICSSR, New Delhi	Department of Psychology National Seminar at Meerut College , Meerut, 11-12 November 2011	National Seminar
12	Enhancing Social Well-Being Through Mindfulness.	Psychological Interventions For Social Well- Being. ICSSR, New Delhi	Department of Psychology D.J. College, Baraut, 27-28 September 2012	National Seminar
13	The Role of Parenting Style in the Development of Irritable Bowel Syndrome (IBS) among Adolescents.	Psychological Well-Being: Building Bridges For Tomorrow National Association of Psychological Science	Department of Psychology P.G. Govt. College, Chandigarh, 5-6 October 2012	National Indian Psychological Science Congress,
14	Dealing Effectively with Stress- An Eclectic Model	Stress and It's Management ICSSR, New Delhi	Department of Psychology I. N. M. (P.G.) College, Meerut, 20-21 November 2012	National Seminar
15	Strategies to Deal With Sleep Problems in Old Age.	Senior Citizens: Problems and Perspectives ICSSR, New Delhi	Department of Psychology RGPG College, Meerut 22-23 November 2012	National Seminar
16	The Role of Parenting Style in the Development of Emotional Maturity among Adolescents	Psychological Well Being: The Looming Crisis National Association of Psychological Science	Department of Psychology, P.G. Govt. College, Chandigarh, 24-25 February 2014	1 st International and 3 rd Indian Psychological Science Congress
17	The Role of Social approval Motives in the	Psychological Well Being: The Looming Crisis	Department of Psychology	International Psychological

	Development of Self-Handicapping among Adolescents	National Association of Psychological Science	P.G. Govt. College, Chandigarh, 24-25 February 2014	Science Congress,
18	A Comparative Study of High and Low Anxious Adolescents With Regard To Their Self- Handicapping Behaviour.	Social Change In Contemporary India: Psychological Dimensions and Social Response.	Department of Psychological Science Sri Aurobindo College, D.U. 21-22 March 2014	National Seminar
19	The Role of Socio Economic Status of Parents in the Development of Emotional Maturity Among Adolescents	Social Change In Contemporary India: Psychological Dimensions and Social Response.	Department of Psychological Science Sri Aurobindo College, D.U. 21-22 March 2014	National Seminar
20	A Comparative Study of Adolescents With High and Low Self- esteem In Regard To Their Self- Handicapping Behaviour	Community and New Generation Director General Higher Education, Haryana	Department of Psychology BLJS. College, Tosham. 24-25 March 2014	National Seminar
21	Role of Emotional Maturity in the Development of IBS Among Adolescents	Psychological Wellbeing: The Concerns& Development National Association of Psychological Science	Department of Psychology P.G. Govt. College, Chandigarh, 8-9 October 2015	2 nd International and 4 th Indian Psychological Science Congress,
22	Psycho-Social Correlates of Domestic Violence	Crime Against Women: Issues Challenges and Intervention ICSSR, New Delhi	Department of Psychology D.J. College, Baraut, 1-2 November 2015	National Seminar
23	FDI in Higher Education : An overview	Impact of Foreign Investment (FDI) on Socio- Economic Transformation in India: Problems and Prospects	S.D.(PG) College, Ghaziabad 5-6 March 2016	National Seminar
24	Alternative Therapies for Treating Drug Addiction	Drug Addiction Among Adolescents In India ICSSR, New Delhi	Department. Of Psychology Meerut College, Meerut,13-14 March 2016	National Seminar
25				

	A comparative Study of Field Independence With Regard To Level Of Depression Among College Students	Indian Academy Of Health Psychology ICIAHP	Department. of Psychology And Mental Health Gautam Buddha University, Greater Noida, 16-18 Dec.2016	2 nd International Conference
26	Soor Ke Kavya Mai Bal Manovigyan	Bhaktikal ke Vividh Paridrashay aur Prasangikta Uttar Pradesh Bhasha Sansthan	S.D.(PG) College, Ghaziabad 5-6 Oct.2018	National Seminar
27	Effect of Internet Addiction on Mental Health Among College Students	Relevance and Challenges of Social Media : A Global Perspective 23-24 November 2019	Department of Psychology, Meerut College, Meerut. 23-24 November 2019	National Seminar
28	World post Covid19	The World Post Covid 19 1 May 2020	Manyvar Kanshiram Govt. Degree College, Ghaziabad 1 May 2020	International Webinar
29	Managing Negative Emotions: A Challenge today	Enhancing Mental Health in Uncertain Times 17-18 May 2020	Arya Mahila PG College, Varanasi 17-18 May 2020	National Webinar
30	Air Pollution and Mental Health	Health and Wellness in Changing Environment	Department of Psychology, Meerut College, Meerut. March 26, 2023	National Seminar

Invited Lectures and Chairmanships At National or International Conference/Seminar

Sr. No.	Title of the Lecture/ Academic Session	Title of Conference /Seminar	Organized By	National/ International
1	Chaired a Technical Session	24-25March 2014	NAPS-India and Department Of Psychology, P.G.Govt.College,Sec46, Chandigarh	National
2	Chaired a Technical Session	08-09 October 2015	National Association of psychological Science-India, Chandigarh. International Collaboration: World Without Anger (WWA)	International

3	Chaired a Technical Session	Drug Addiction Among Adolescents In India 13-14 March 2016	Department of Psychology, Meerut College, Meerut.	National
4	Chaired a Technical Session	Relevance and Challenges of Social Media : A Global Perspective 23-24 November 2019	Department of Psychology, Meerut College, Meerut.	National
5	Invited Lecture	Psychotherapies 12/02/2019	Department of Psychology VMLG college, Ghaziabad	
6	Invited Lecture	Concepts of Radicalism 25/03/2019	Central Detective Training Institute, Ghaziabad	
7	Invited Lecture	Psychological Perspective of Terrorism in J&K 24/06/2019	Central Detective Training Institute, Ghaziabad	
8	Invited Lecture	Psychology of Left Wing June	Central Detective Training Institute, Ghaziabad	
9	Invited Lecture	Psychology of Left Wing 29/07/2019	Central Detective Training Institute, Ghaziabad	
10	Invited Lecture	Concepts of Radicalization: Remedies & Rehabilitation Psychology and Schemes 05/08/2019	Central Detective Training Institute, Ghaziabad	
11	Invited Lecture	Understanding child and Adolescent behavior from psychological Perspective 05/09/2019	Central Detective Training Institute, Ghaziabad	
12	Invited Lecture	Psychology of Criminal adolescents and Interpersonal Effectiveness 03/02/2020	Central Detective Training Institute, Ghaziabad	

13	Invited Lecture	Mental Health awareness 17/02/2020	NSS Camp, Ghaziabad	
14	Invited Lecture	Counselling: Concept, Need and Importance, Skill on interpersonal relationship, interventional skills.7/08/2020	Gram Niyojan Kendra, Ghaziabad	
15	Invited Lecture	Counselling: Concept, Need and Importance, Skill on interpersonal relationship, interventional skills.14/10/2020	Gram Niyojan Kendra, Ghaziabad	
16	Online Invited Lecture	Gender Equality and Empowerment 22/10/2020	Manyvar. Kanshiram Rajkiya Mahavidhyalaya, Ghaziabad	
17	Valedictory Guest Speaker Understanding women Empowerment	Understanding Women Empowerment through Indian Culture, Texts and Practices 06/03/2021	Manyvar. Kanshiram Rajkiya Mahavidhyalaya, Ghaziabad	National
18	Invited Lecture	Stress Management 24/03/2022	NSS Camp, Ghaziabad	
19	Online Invited Lecture	Impact of Public Behaviour on Psychology of Transgender 28/10/2022	Central Detective Training Institute, Ghaziabad	National
20	Invited Lecture	Counselling: Concept, Need and Importance, Skill on interpersonal relationship, supportive interventional skill.IQ &EQ. It's importance and use in human life. 27/03/2023	Gram Niyojan Kendra, Ghaziabad	

Orientation/ Refresher programmes Attended:

Sr no	Programme	Duration	Organized By
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1	Orientation Programme	Four- Week	Academic Staff College H.P.University, Shimla.(1999) Sponsored by UGC
2	Refresher Course in Psychology	Three-Week	Academic Staff College H.P.University, Shimla.(2001) Sponsored by UGC
3	Refresher Course in Psychology	Three-Week	CPDHE, University of Delhi, Delhi(2003) Sponsored by UGC
4	Refresher Course in Women's Studies	Three-Week	CPDHE, University of Delhi, Delhi(2005) Sponsored by UGC

Seminars, Conferences ,Workshops, Training programmes Attended:

1	National Seminar on Psycho-Social Interventions for Preservation & Management of Environment	Two days 13-14 March1999	C.C.S. University .Meerut
2	National Conference on Research in Clinical Psychology.	Four days 23-26 February 2000	AIIMS, N. Delhi
3	Workshop on “ Tests of Normality: Comparative Methods” and “Parametric and Non-parametric Methods.”	One day 21 November 2001	RGPG College, Meerut
4	Emotional Intelligence for Business Excellence.	Two days 30-31 May2002	FICCI, N. Delhi
5	Orientation Programme for the Academic Counsellors for the course CAFE&DAFE	Two days 27-28 March 2002	IGNOU, Regional Centre Delhi.
6	National Sleep Medicine Course	Two days 14-15 October2006	AIIMS New Delhi

7	Hypnotherapy and Past Life Regression .	One Day 11 December 2007	RGPG College, Meerut
8	Workshop on Positive Assets and Well-Being	One Day 24 January 2009	RGPG College, Meerut
9	National Seminar on Remediation of Cognitive Dysfunction using Neuropsychological Techniques.	One Day 20 November 2009	RGPG College, Meerut
10	10 th World Congress, WARP	Four days 12-15 November 2009	NIMHANS, Bangalore
11	National Childhood Disability Conference Workshop on Autism Assessment and Management	Three days 12-14 November 2010	Maulana Azad Medical College New Delhi
12	National Workshop on Research Methodology	One day 26 November 2010	I. N. M. (P.G.) College, Meerut
13	Orientation Programme for the Academic Counsellors for the course B.A./ M.A. Psychology	One Day 24 April 2011	IGNOU, Regional Centre Delhi.
14	Workshop on Hypnosis and Past Life Regression	Four Days 10-13 June 2011	Mind Power Lab, Agra
15	Seminar On Mirror Neuron System	One Day 10 October 2011	RGPG College, Meerut
16	Workshop on Cognitive Behaviour Therapy: Applications in Emotional Disorders	Two days 8-9 December 2011	NIMHANS, Bangalore
17	National Conference of AIDS Society of India Optimal Efficient and Comprehensive HIV Management	Three days 16-18 December 2011	SGPGI Convention Centre, Lucknow.
18	National Workshop on Experimental Design in Social Sciences	One day 21 January 2012	I. N. M. (P.G.) College, Meerut.
19	International Seminar on Mental Illness	One day	RGPG College, Meerut

		2 February 2012	
20	Emerging Hope: EEG/ Neurofeedback Training	Three days 18-20 November 2013	NIMHANS, Bangalore.
21	Application of Statistical Package for Social Sciences (SPSS)	Two days 30-31 May 2014	AIWEFA, New Delhi
23	Workshop on Emerging Challenges in Depression & Suicide	One Day 29 Dec 2015	Moolchand Medicity,N.Delhi
24	Training Program on REBT with children and Adolescents	Two Days 28-29 May 2016	NCIOD, Delhi
25	Workshop on Cognitive Drill Therapy	Three Days 24-26 June 2016	Mind Power Lab, Agra
26	Advanced Workshop on Hypnosis and Past Life Regression	Three Days 23-25 Dec 2016	Mind Power Lab, Agra
27	Workshop on Transactional Analysis and Positive Family Therapy	Two days 12-13Nov 2016	Feeling Minds, Delhi
28	Training Program on Advanced Cognitive Techniques	Two days 10-11 June 2017	Feeling Minds, Delhi
29	Career Guidance and Counselling Expert	Five days July 2017	Feeling Minds, Agra
30	Training Program on Advanced Transactional Analysis and Cognitive Drill Therapy	Three Days 1-3 Dec 2017	Feeling Minds, Delhi
31	Parenting Expert Program	Five days 4-8 Jan 2018	Feeling Minds, Delhi
32	Training Program on Understanding of Sex and Love	Two days 17-18 March 2018	Feeling Minds, Delhi
33	Workshop on Writing and Publishing a Research Paper	Two days 15-16 Feb 2019	VMLG College, Ghaziabad

34	Workshop on Psychological Insights from Bhagvad Geeta	Two days 6-7April 2019	Feeling Minds, Delhi
35	Master TA-CDT Training Program	Three Days 13-15 Sep 2019	Feeling Minds, Agra
36	Workshop on Evaluation of NAAC in State Universities/Degree Colleges for the Improvement of Quality Education	One Day 15 Feb 2020	Institute of Technology & Science , Ghaziabad In Association with UP State Higher Education Department & Manyavar Kanshiram Govt. Degree College,Ghaziabad.
37	Webinar on Psychological Counselling and Relief Work in the Wake of COVID 19	One Day 5June 2020	Lajpat Rai College, Sahibabad, Ghaziabad
38	National Webinar on Socio- Ecological Perspective in Psychological Wellbeing	Two Days 27-28March 2021	BLJS College, Tosham, Bhiwani
	Workshop on Software for Psychologists	One day 16 November 2021	Department of Psychology, C.C.S. University, Meerut
39	National Seminar on Mental Health in 75 Years of Independent India	31 August 2022	Department of Psychology, C.C.S. University, Meerut

TRAINING PROGRAM ATTENDED :

1	RECBT Perspectives for dealing with Emotional Crisis due to COVID 19 Conducted by Dr. Chinu Agrawal	Two days 17-18 April 2020	Feelings Minds
2	Healing Through Stories Conducted by Dr. Chinu Agrawal	Two days 21-22 April 2020	Feeling Minds
3	Mindfulness Based Approaches Conducted by Dr. Chinu Agrawal	Four Days 27-30 April 2020	Feeling Minds
4	Rorschach Ink Blot Test- Exner System Conducted by Dr. Dwarka Pershad	Three Days 8-10 May 2020	Psychowaves Academy
5	Psychological Insights from the Bhagwad Gita	Four Days 14-17 May 2020	Feeling Minds
6	Motivational Interviewing 25 hours online Orientation	1-31 May 2020	Feeling Minds
7	Primary certificate Program Applying CBT Techniques for Wellness	Five Days 28May-1 June2020	Feeling Minds
8	Thematic Apperception Test (TAT) And Children Apperception Test(CAT)	Three Days 4-6 June 2020	Psycho Waves E- Academy
9	Basic Counselling Skills	Two Days	Feeling Minds

		6-7 June 2020	
10	Advance Training in Rorschach- Ink Blot Test . Level II	Two Days 16-17 June 2020	Psychowaves Academy
11	Essentials of Child Psychology	Two Days 27-28 June2020	Psychowaves Academy
12	Applying RECBT Techniques for Wellness	Four Days 10-13 Dec. 2020	Feeling Minds
	Intelligence Testing	Three Days 16-18 Dec 2020	Psycho Waves E- Academy
13	Advance Training Applying CBT for Wellness	Three Months Oct-Dec 2020	Feeling Minds
14	Advance Training Applying RECBT for Wellness	Three Months Jan-March 2021	Feeling Minds
15	Tools and Techniques from Positive Psychology	13-14 Feb.2021	Feeling Minds
16	Advance Training Applications of Motivational Interviewing for wellness	Two Months June-July 2021	Feeling Minds
17	Understanding Depression, Identifying it in Children& Adolescents and using CBT to build emotional resilience	13 Nov. 2021	Feeling Minds
18	Understanding& Managing Anger	6 Dec.2021	Feeling Minds
19	Basics of Acceptance& Commitment Therapy based Approaches for Emotional Wellness	Four Days 7-10 July 2022	Feeling Minds

Dr. Vandana Sharma
Professor
Department of Psychology
S.D. (PG) College, Ghaziabad.