

**Dr Alankrita Singh**  
Assistant Professor  
Department of Psychology  
S.B.S. Govt. College  
Rudrapur, U S Nagar  
Uttarakhand.

**Mobile No:** +91- 9720018886  
**Email ID:** [alankrita24.singh@gmail.com](mailto:alankrita24.singh@gmail.com)

S.



### **CAREER OBJECTIVE:**

I am creative, sociable, self-motivated, and cooperative and have passion to discover more and more from surroundings and motivate others.

I would love the opportunity to make a contribution, deliver the good services in to the field of research, social service and academics and expand my skills and build strong foundation under the guidance of capable & experienced mentors.

Looking for an opportunity to work – in research and academic field, which associate of Psychology with an organization which provides professional development, interesting learning experience and career growth.

### **PROFESSIONAL EXPERIENCE**

<b>September 2019- Till Now</b>	<b>Presently: Working as Full Time Assistant Professor.</b> <b>Appointed BY: UKPSC -2017 (Assistant Professor)</b>
<b>April 2016- 2018</b>	Worked as Assistant Professor (Psychology) Contractual Basis. <b>Kumaun University Affiliated College.</b>
<b>July 2013 – August 2015</b>	<b>Employer: CREEP (Centre for Research and Enhancement of Educational Practices)</b> <b>Role: Counselling Coordinator.</b> Key Functions: Conducted individual/group Career guidance and awareness sessions, workshops, time management and stress Management sessions for class IX-XII students.

**ACADEMICS QUALIFICATIONS:**

QUALIFICATIONS	YEAR	SUBJECTS	PERCANTAGE	BOARD/ UNIVERSITY
High School	2006	English, Hindi, S.S.T, Math's, Science & tech	54%	C.B.S.E
Ser.sec school	2008	English, Hindi,comm. Physical.edu.	66.8%	C.B.S.E
Graduation	2011	Eco(hons) & psychology	63.2%	Banasthali University
USET	2015	Psychology	-	Kumaun University
Post Graduate Diploma In Guidance and Counselling	2016	Guidance and Counselling	65%	Jamia Millia Ismlamia
UKPSC	2017	Uttarakhand Public Services-Assistant Professor	70%	UKPSC
PhD	2022	Community and Environmental psychology	Awarded	Kumaun university

**ACADEMIC EXPERIENCE:****CONFERENCES**

<b><u>SR.NO</u></b>	<b><u>DETAILS</u></b>
<b>1.National Conference</b>	<b><u>Presented a Paper in National Conference on "Problems and Possibilities of Higher Education with regards to Mountainous regions". Sponsored by India Council Social Science Research (ICSSR), New Delhi organized by MBPG Govt Degree college, Haldwani Nainital Uttarakhand .November 22<sup>nd</sup> -23<sup>rd</sup> 2015.</u></b> <b><u>Paper Entitled: Challenges Facing higher Education in the 21th century.</u></b>
<b>2. National Conference</b>	<b><u>Presented a Paper in National Women Conference, "Role of women in social Inclusion", Sponsored by THDC India Limited, organized by Mahadevicollege Dehradun, Devbhoomi Vichar Manch, September 14<sup>th</sup>, 2019.</u></b> <b><u>Paper Entitled: Women contribution to build a stronger and vibrantnation.</u></b>

<b>3. National Conference</b>	Presented Paper in National Conference on Experience of Development In India Social Science Perspective, organized by Department of Geography, Govt Arts college, Sikar and association SSRAI, February 07th -08th, 2020. <b>Paper Entitled: Sense of Environment ethics with relation to community Service and gender: A comparative study among adolescent.</b>
<b>4. National Conference</b>	Presented Paper in E- National Conference on “Mental Health in an unequal world”, organized by School of Behavioural Science National Forensic Science University, Gandhinagar Gujarat. 7 <sup>th</sup> & 8 <sup>th</sup> Oct 2021. <b>Paper Entitled: Promoting Mental Health of Adolescents with Community Services participation.</b>

### SEMINARS

SR.NO	DETAILS
<b>2. National Seminar</b>	Attended National Seminar on <b>Self and Emotions in Social Contexts</b> , Sponsored by, Indian Council of Social Science Research (ICSSR), New Delhi. Organized by Kumaun University Campus, Almora. April 6 <sup>th</sup> -8 <sup>th</sup> , 2013
<b>3. National Seminar</b>	Attended National Seminar on “ <b>Emerging Trends in Inter-Disciplinary Social Sciences</b> ”, Organized by Amrapali Group of Institutes in Collaboration with UGC-ASC Kumaun University, Nainital. February 02 <sup>nd</sup> , 2014.
<b>4. National Seminar Paper Presentation</b>	Presented a Paper in National Seminar on “ <b>Mental Health Challenges &amp; Remedial Approaches</b> ” (MHCRA-2014), Sponsored by, Indian Council of Social Science Research (ICSSR), New Delhi. Organized by Gurukul Kangri University, Haridwar. February 15 <sup>th</sup> -16 <sup>th</sup> , 2014. <b>Paper Entitled: Yogic Practice: A Tool to Mental Health.</b>
<b>5. National Seminar Presented</b>	Presented a Paper in National Seminar on “ <b>Health &amp; Well Being</b> ”, recent developments and challenges. Organized by Jamia Millia Islamia, New Delhi. November 12 <sup>th</sup> -13 <sup>th</sup> , 2014. <b>Paper Entitled: School Environment and Adolescents Mental Health.</b>
<b>6. National Seminar</b>	Presented a Paper in National Seminar on “Child Abuse, Socio-cultural and Psychological Perspective” Organized by Department of Psychology Pavitra Degree, college, Siktaur, Maniram, Gorakhpur Uttara Pradesh. March 20 <sup>th</sup> -21 <sup>st</sup> , 2016. <b>Paper Entitled: Drug Abuse in Teens in Uttarakhand.</b>
<b>7. National Seminar</b>	Presented a Paper in National Seminar on “Violence against women and children with disabilities, sponsored by : ICSSR- New Delhi , Organized by Department of Psychology , MBS P.G. College , Gangapur , Varanasi, UP .India, February 20 <sup>th</sup> – 21 <sup>st</sup> , 2018. <b>Paper Entitled: Domestic violence against women with disabilities.</b>

## WORKSHOPS

SR.NO	DETAILS
1. Workshop	Attended Workshop on <b>Career Guidance and Job Preparedness</b> , Organized by Career Counselling and Placement Cell, M.B. GOVT. P.G. College, Haldwani, November 21 <sup>st</sup> -22 <sup>nd</sup> , 2012
2. Training Workshop	Attended Training Workshop on <b>“Research Methodology in Social Sciences”</b> , Sponsored by India Council Social Science Research (ICSSR), New Delhi. Organized by P.N.G. Government P.G. College, Ramnagar, (Nainital) Uttarakhand. February 17 <sup>th</sup> -26 <sup>th</sup> , 2014.
3. Online Workshop	Online Workshop Participated in online workshop on <b>“Effective digital teaching &amp; learning technologies”</b> , organized by Sri Guru Tegh Bahadur Khalse college, Jabalpur, MP, India. May 12 <sup>th</sup> – 15 <sup>th</sup> 2020.
4. Workshop	Attended Training Workshop on <b>“10 days National Virtual capacity building workshop in Test Construction”</b> Organized by Department of Psychology, MB.G.P.G. College, Haldwani, (Nainital), Collaboration NIEPVD Dehradun, UK, June 22 <sup>nd</sup> – July 01 <sup>st</sup> , 2020.

## SCIENTIFIC SESSION / PAPER PRESENTATION / PUBLICATION

SR.NO	DETAILS
1. International Scientific Session (IPSC-15)	Presented a Paper in 3 <sup>rd</sup> International & 5 <sup>th</sup> Indian Psychological Science Congress, Organized By National Association of Psychological Science- INDIA, Hosted by Department of Psychology, P.G. Government College, Chandigarh, India, September 28 <sup>th</sup> – 30 <sup>th</sup> , 2016. <b>Paper Entitled: Drug Abuse among Teens in India.</b>
2. International Publication	Pant, R., Singh, A. (2017). “Environment ethics among Adolescents: A study of Gender, Region and Community”, International Journal of Research Culture Society, Vol -1, Issue – 10, Dec -2017. ISSN: 2456-6683.
3. Publication	Pant, R., Singh, A. (2020). “Environment ethics and Well-being of Adolescents: A comparative study related to Community services with reference to kumaun region”, Alochana Chakra Journal Vol -IX, Issue – V, May – 2020, ISSN: 2231-3990.
4. Book Publication	Singh, A. (2020). <i>“Contemporary issues of youth”</i> . “Challenges faced by the youth of India: A social and Psychological perspectives. Lulu publication 3101 Hillsborough St Raleigh, NC-27607 ISBN 978125912582
5. Book Publication	Singh, A. (2020), <i>“Covid -19 in Indian Perspective, “Tend and Befriend behavioural response during Covid-19. NITYA –Publication</i>

<p><b>O6 Publication</b></p>	<p>Singh, A. (2023). "Enhancing Emotional Intelligence in Educational Set-up ",Vol -IX, Issue - V, International Journal of Research And Cultural Society. Monthly Peered Reviewed, Referred journal. May - 2023, ISSN: 2231-3990.</p>
----------------------------------	--

**ORIENTATION PROGRAMME FACULTY DEVELOPMENT PROGRAMME MEMBERSHIP**

<p><b>01. FDP</b></p>	<p>Participated in faculty development programme, on "<b>Values and Ethics: Need of the Hour</b>", organized by Faculty Development Centre , Banasthali Vidyapith at Department of Psychology , Banasthali Vidyapith , Rajasthan , India , December 17<sup>th</sup> - 23<sup>rd</sup> , 2018,</p>
<p><b>02. OP-46</b></p>	<p>Participated in Orientation Programme, Sponsored by UGC at HRDC, Kumaun University Nainital, and Uttarakhand, India. March 02<sup>nd</sup> -21<sup>st</sup>, 2020. <b>Obtained Grade : A</b></p>
<p><b>03 FDP</b></p>	<p>Participated in Faculty Development programme, on "<b>Psychology skills for effective teaching and learning</b> ,organized by Teaching Learning Centre, Ramanujan College University of Delhi Under Ministry of Education PMMMNMTT, New Delhi 14-20 August,2021 <b>Obtained Grade : A</b></p>
<p><b>04. STM</b></p>	<p>Participated in <b>Short Term Course in Yoga and Wellness</b>, organized by UGC-HRDC , kumaun University Nainital. 03<sup>rd</sup> -09<sup>th</sup> August , 2022.</p>
<p><b>05. NEP-PDP</b></p>	<p>Participated in <b>Professional Development programme on 'Implementation of NEP-2020 for University and College Teachers'</b> organized by ignou Staff training and research institute of distance education under PMMMNMTT. 17<sup>th</sup> -25<sup>th</sup>, October ,2022 <b>Obtained "B" Grade.</b></p>
<p><b>03. Membership</b></p>	<p>Membership Certificate by National Association of Psychological Science - NAPS India.</p>

## Achievements & Awards

SR.NO	DETAILS
1.	Banasthali University Certification of participation in <b>Banasthali Seva Dal, Training camp under All India Scout &amp; Guide Association January 2009.</b>
2.	Banasthali University Department of physical education Certificate of participation in <b>All India inter university (women) archery tournament</b> Organized by Kurukshetra University under the auspices of Association of Indian Universities, New Delhi, January 2010-2011
3.	Certificate of participation in <b>Lotus Talentika, National Level Business Quiz</b> Competition Organized by Lotus Group of Institutes, Pune, Year 2011-2012
4.	Certificate of participation in <b>National level essay Competition level 1 (M.A/M.sc)</b> organized by National Institution of Mental Health and Neurosciences, Bangalore, year 2013.
5.	<b>Awarded by "Pride of India - Award 2015" - Certificate of Excellence</b> , Sponsored by IECSME, AAPPCCOM, and YOG Federation of India. Organized by Toppers Edu Society. New Delhi Award: Initiating and promoting adolescent girl's menstrual health and hygiene in Uttarakhand.