

Curriculum Vitae



Name : **Dr. Shruti Narain**
Assistant Professor,
Department of Psychology,
Patna Women's College
(Autonomous),
Patna University,
Patna, Bihar.

Date of Birth : November 9th, 1985

Gender : Female

Father's Name : Prof. S.N. Singh, Rtd. Principal

Mother's Name : Prof. Vijaya Lakshmi

Address for Correspondence : C-74, Krishna Apartment, Boring Road,
Patna – 800 013

Mobile No. : 9835050113/ 7992276910

E-mail id : shruti.narain2011@gmail.com

Educational Qualifications:

- 10th I.C.S.E. St. Karen's High School. Patna. 2001.
- 12th (Intermediate) Arts. Patna Women's College, Patna University, Patna. B. I. E. C. 80.5%. 2001-2003.
- B.A. (Hons.) Psychology. Patna Women's College, Patna University, Patna. 70.2%. 2003-2006.
- M.A. Psychology, Patna University, Patna. 71.5%. 2006-2008.
- Ph.D. Department of Psychology, Patna University, Patna. 2012.
- Post-Doctoral Research Project entitled. The Inner World of Adolescents (Grant-in-Aid by Indian Council of Social Science Research, New-Delhi)
- Ph. D. Thesis: Self-Efficacy In Relation To Emotional Intelligence, Stress & Mental Health of Adolescents of Patna District.

Professional Experience:

- Assistant Professor, Patna Women's College since July 02, 2012.
- Lecturer (Adjunct), University Department of Psychology, Patna University, Patna since January 12, 2015 till April, 2017.
- Lecturer (Adjunct), at Institute of Psychological Research and Services (Clinical Psychology), Patna University since July 03, 2014 for batch 2014-2015.
- Worked as a Counsellor and Trainer at Sociatrix Consultancy Services Pvt. Ltd. from September 2nd, 2013 till January 31st, 2014.
- Worked as a Counsellor at Prayas Bharti Trust, Patna on its project of Central Social Welfare Board, New Delhi- 'Family Counselling Centre' running at Aadarsh Kendriya Kara, Beur, Patna (Beur Central Jail) from August 2008 to February 2009.
- Volunteered as a Counsellor in Prayas Gharaunda (Home of the NGO Prayas Bharti Trust working mainly for rehabilitation of the Victims of Trafficking and the like) from July 2007- December 2007.

Books Published

2018

1. *Self-Efficacy In Relation To Emotional Intelligence, Stress, and Mental Health of Adolescents* by H. P. Bhargava Book House, Agra. ISBN: 93-86616-39-4
2. *The Inner World of Adolescents* by H. P. Bhargava Book House, Agra. ISBN: 93-86616-38-6

Books Chapters:

- Exploring the New Sexual Freedom of Urban Youth, Chapter 5, *Challenging Patriarchy: A Humanist Perspective*, Synergy Books India, New Delhi. ISBN: 978-93-82059-62-2
- Self-efficacy and Mental Health of Adolescents. *Quest in education*. Chapter-5, Pg. 52-58. 1st edition. March, 2010. Publisher- H.P. Bhargava Book House, 4/230, Kacheri Ghat, Agra-282004.

Psychological Tests/Scales Developed:

- (a) Emotional Intelligence Scale (2014) published by National Psychological Corporation, Agra.
- (b) Stress Scale (2014) published by H. P. Bhargava Book House, Agra.
- (c) Self-efficacy Scale (2014) published by National Psychological Corporation, Agra.
- (d) Adolescent's Habits Scale (2014) published by H. P. Bhargava Book House, Agra.
- (e) Stress Coping Techniques Scale (2017) published by Prasad Psycho Corporation, New Delhi.
- (f) Resilience Scale (2017) published by Prasad Psycho Corporation, New Delhi.

Training Experience

- Trainer at Non-Teaching Orientation Workshop on Stress Management at Patna Women's College, Patna on 11-12 December, 2017.
- Trainer at Teacher's Orientation Workshop on Emotional Intelligence and Interpersonal Relationships at Army Public School, Patna on 19-05-2017.
- Resource person for Personality Class for Mother Veronica Development Fund students at Patna Women's College, September 16th, 2016 and December 21st, 2016.
- Resource Person in the 'Skill Development Program' for the Transgender Community on Life Skills organized by the Community College of Patna Women's College, Affiliated to Aryabhata Knowledge University in collaboration with the Department of Computer Science. January- March, 2016.
- Trainer at Teacher's Orientation Workshop on Emotional Intelligence at Sri. Arivind Mahila College, Patna on 28-11-2013.
- Trainer at Non-Teaching Orientation Workshop on Work Motivation and Stress Management at Sri. Arivind Mahila College, Patna on 29-30 November, 2013.
- Trainer at Workshop on Personality Development for students Sri. Arivind Mahila College, Patna on 28-11-2013.
- Trainer at Non-Teaching Orientation Workshop on Stress Management at St. Xavier College, Patna. 07-11-2013.

Other Achievements:

- Chaired a session of Developmental Psychology in 28th National Academy of Psychology Conference held at University of Delhi, New Delhi. 19th-21st December, 2018.
- Expert in selection committee to select candidates for the posts of Research and Programme assistant etc. at Tata Institute of Social Sciences, Patna on 28th October, 2018.
- Resource person at Career Counselling Mela at Radiant International School, Patna.
- Expert in selection of Psychology teacher at Delhi Public School, Patna, Pune and Ludhiana.
- Psychologist in screening board for selection of Teaching and Non-Teaching Staff at Army Public School, Danapur Cantt., Patna.

Publications:**2007**

- Problems of Aged. *Behaviorometric*. Vol. 24, No.1-2. Pg. 76-80. 2007.

2008

- Mental Health Behaviour of Psychologically Androgynous Persons. *Indian Journal of Psychometry & Education*. Vol. 39(2): 121-123. July 2008.
- Creativity and Intelligence. *Psycho-lingua*. Vol. 38(1): 73-75. January 2008.

2009

- Psychological Impact of Trafficking on Girl Child for Labour and Exploitation. *Bombay Psychologist*. Vol. XXIV, No.1 & 2. Pg- 54-56. December 2009.

2010

- Emotional Intelligence and Academic Achievement of School Children. *Psycho-lingua*. Vol. 40 (1-2): 80-83. Special Volume of 40 years celebration, July, 2010

2011

- Emotional Intelligence and Self-Efficacy of Children. *Behavioural Research Review*.

March, 2011. Vol.3, No.1: 9-13.

2013

- Family Environment and Self- esteem of Adolescents. *Behavioural Research Review*. March, 2013. Vol.5, No.1: 111-113.
- Empty Nest Syndrome and the Elderly. *Behavioural Research Review*. September, 2013. Vol. 5, No.2: 167-170.

2014

- Mental Health of Police Personnels. *Indian Journal of Psychometry & Education*. January,2014 Vol. 45(1), 80-83.
- Glimpses of the Inner World of Adolescents. *Behavioural Research Review*. March, 2014. Vol.6, No.1: 155-159.

2016

- Stressed, depressed yet well-dressed- its time to introspect. *Aungrah Jyoti*. June, 2016. 84-85.

2017

- Transgender Longing For An Acceptable And Respectable Identity. *Aungrah Jyoti*. June, 2017. 84-85. ISSN 2454-1133
- Resilience in relation to Loneliness And Depression of Empty Nest Mothers. *Explore-Journal Of Research*. Vol Ix, 106-110. Issn 2278-0297 (Print) ISSN 2278-6414 (Online). A Peer Reviewed Journal Published By Patna Women's College.

2018

- Positive Life Orientation And Personality Types Of Youth, *The Learning Curve*, Vol VII, 37-42. ISSN 2321-7057. Published By The Department Of Psychology, Lady Shri Ram College For Women, University of Delhi.
- Developing Psychological Capital In Dalit Youth, *Anugrah Jyoti*. June, 2017. 21-25. ISSN 2454-1133

Papers Presented:

2007

- “A *Psycho-Social Study of Marital Adjustment of Working and Non- Working Women*” and “*Creativity & Intelligence*” in UGC Sponsored National Seminar on 'Psychology as a Professional Science', organized by Deptt. Of Psychology, J. D. Women's College, Patna. April 4-5, 2007.

2009

- *Poverty-the Major Cause for Trafficking and Migration of Women in Bihar*” in Two-Day International Seminar on 'Women, Work and Poverty in Bihar", organized by Deptt. Of Personal Management and Industrial Relations, Patna University, Patna in collaboration with Eastern Regional Centre of the Institute for Human Development. November 7-8, 2009.
- “*Importance of Counseling in Rehabilitation*” in UGC sponsored National Seminar on "Rehabilitation and Counseling Skills" in collaboration with Community Psychology Association of India, organized by Deptt. Of Psychology, Magadh University, Bodh-Gaya. March 29-30, 2009.
- “*Psychological Impact of Trafficking on Girl Child for Labour and Sexual Exploitation*” in UGC sponsored National Seminar on "Crime against Girl Child" Aided by Women Development Corporation, Bihar, organized by Deptt. Of Sociology, Magadh Mahila College, Patna University, Patna. February 21-22, 2009.
- “*Information Technology and Women Empowerment*” in UGC sponsored National Seminar on 'Information Technology and Women Empowerment' Aided by ICSSR & WDC, Bihar, and organized by Deptt. Of Personal Management and Industrial Relations, Patna University, Patna. January 24-25,2009.

2010

- “*Psychological Aspect of Domestic Violence and Atrocities against Women*” in UGC sponsored Two-Day National Seminar on 'Domestic Violence and Atrocities against Women' organized by Deptt. Of Political Science, Magadh Mahila College,

Patna University, Patna. February 20-21, 2010.

- *"Emotional Intelligence and Self-Efficacy of Children"* in Two-Day National Seminar On 'Recent Trends in Applied Psychology' organized by P. G. Centre Of Psychology, College Of College, Patna in Association with Bihar Psychological Association and Indian Academy of Applied Psychology. January 23-24,2010.

2011

- *"Gender Role Attitude and Development"* in Second Annual National Conference on Gender Studies organized by Centre for Gender Studies, Patna held at Magadh Mahila College, Patna. May 23rd - 24th, 2011.
- *"Self-efficacy and Stress of Adolescents"* in Second Annual National Conference on Gender Studies organized by Centre for Gender Studies, Patna held at Magadh Mahila College, Patna. May 23rd - 24th, 2011.
- *"Psychological Analysis of the Factors Contributing and Promoting Terrorism"* in UGC sponsored Two-Day National Seminar on 'Psychology of Terrorism: Barrier to National Integration' organized by Department of Psychology, G.D.M. College, Harnaut, Nalanda, Bihar. March 26-27, 2011.
- *"Teaching Competencies and Values among Government and Private School Teachers"* in UGC sponsored Two-Day National Seminar on 'Teacher Education: A National Challenge' held at St. Xavier's College Of Education, Digha Ghat P.O., Patna. March 23-24, 2011.

2012

- *"Need for participation of women in Present scenario"* in UGC sponsored Two-Day National Seminar on 'Need for participation of women in our present scenario' organized by the Department of History, Magadh Mahavidyalaya, Chandi, Nalanda. 14th & 15th April, 2013.
- *"Impact of Globalization and Technological Explosion on Education"* in UGC sponsored Two-Day National Seminar on 'Impact of Globalization on Education' organized by Department of Psychology, Government Women's College,

Gardanibagh, Patna in collaboration with Indian Institute Of Public Administration, Bihar Regional Branch, Kadamkuan, Patna. March 24-25, 2012.

- *"Science and Technology Empowering Women Reducing Work-Family Conflict"*. Paper accepted and Printed in 99th Indian Science Congress Abstract. January 03-07, 2012 but could not present it due to some unavoidable circumstances.

2013

- *"Impact of Counselling on Reducing the level of Anxiety, Depression and Stress among Female Prisoners"* in Annual Conference Of Indian Psychological Association IPACON-2013 on Psychological Well Being organized by University Department of Psychology, T. M. Bhagalpur University, Bhagalpur-812007. 25-26th November, 2013.
- *"Empty Nest Syndrome and the Elderly"* in UGC sponsored Two-Day National Seminar on 'Deprivation and Vulnerability among Elderly in India' organized by the Department of Sociology, Sri Arvind Mahila College, Kazipur Patna, in collaboration with Centre for Women's Empowerment Studies, Patna. September 24th & 25th, 2013.

2014

- *"Construction and Validation of Loneliness Scale"* in UGC sponsored Three-Day International Conference of Indian Psychological Association organized by Deptt. Of Psychology, Magadh University, Bodh-Gaya. March 29-31, 2014.
- *"Empower Women for Emancipating Marital Sexual Violence"* in UGC sponsored National Seminar on 'Marital Sexual Violence by Youth in India' organized by the Department of Psychology, G. D. M. College, Harnaut (Nalanda), in collaboration with Indian Psychological Association, Punjab University, Chandigarh. December 13th -14th, 2014.

2015

- *"Contextual multiplicity in adolescents experience"* in National Conference on "Current issues in psychological aspects of students-personal, social and family life"

organized by P.G Department of Psychology, M.M. Mahila College, Ara on 25th - 28th July, 2015.

2016

- "*Recreational facilities and quality of life*" in National Seminar on "Development and management of urban infrastructure in India: Growth, constraints and prospects" organized by the Department of Geography, Patna Women's College, Patna University in collaboration with Department of Geography, Kisan College, Sohsarai, Magadh University on January 18th- 19th, 2016.
- "*Exploring the New Sexual Freedom of Urban Youth*" in International Seminar on "Challenging Patriarchy: A Humanistic Perspective" organized by Department of Political Science and The Department of History, Patna Women's College, Patna University in collaboration with Gender Resource Centre, Women Development Corporation, Bihar and Centre for Gender Studies, October 26-28, 2016.

2017

- "*Psychological Empowerment of Dalit Youth: Revisited*" in UGC sponsored National Seminar on 'Dalit, Society and Politics- Emerging Trends in Indian Political System' organized by the Department of Political Science, Patna Women's College, Patna University in collaboration with Bihar Political Science Association, Patna. February 6th - 7th, 2017.
- "*Female objectification, sexual abuse and the culture of silence*" in International Conference organised
- "*Maladaptive perfectionism as a precursor to suicidal ideation, loneliness, and depression among contemporary adolescents*" in 27th NAOP Annual Conference, 2017 at Indian Institute of Technology, Kharagpur.

2019

- "*Revisiting Fragile Youth: Case Studies of self mutilating behaviours*" at National Conference on Counselling Practices in Christian Higher Education. Theme 'Transforming Young Adults' organized by the Centre for Counselling & Health

Services, Christ (Deemed to be University), Bangalore. February 15-16, 2019.

- “Best practices in Counselling” at National Conference on Counselling Practices in Christian Higher Education. Theme ‘Transforming Young Adults’ organized by the Centre for Counselling & Health Services, Christ (Deemed to be University), Bangalore. February 15-16, 2019.

Workshops Attended:

2011

- Attended "Psychotherapy Workshop" at the 18th National Conference of Indian Association for Social Psychiatry Co-sponsored by World Psychiatric Association and World Association for Social Psychiatry held at Patna. November 27, 2011.
- Attended Workshop on "Research Training" at Mithila Sanskrit PG Study and Research Institute, Darbhanga. November 5-19, 2011.

2012

- Attended "Connect" a Six Day Workshop on "Emotional Intelligence, Stress Management, Motivation, Winning Negotiations and Teaching Ethics" designed for Teaching Staff organised by Sociatrix Counsultancy Services Pvt. Ltd and conducted by Certified Trainers of Corporates and Alumnus of IIM Calcutta and XLRI, Jamshedpur, on October 3rd - 8th, 2012.
- Attended One Day Workshop on "Mental Health" organized by the Centre for Psychological Studies, Central University of Bihar, on October 13, 2012.
- Attended UGC Sponsored State Level Workshop on "Management of Stress among Children and Adolescents" organized by the Department of Psychology, Patna Women's College, Patna University, Patna in collaboration with the Department of Psychology SMD College, Punpun, Magadh University. March 15th -2nd, 2012.
- Attended One Day State Level Workshop on "Research Methodology" organized by the Department of Music Sri Arvind Mahila College, Patna, in collaboration with

Vatayan Media & Publications Pvt. Ltd. February 13, 2012.

2013

- Attended NAAC Sponsored National Level Workshop on "*Institutional Healthy Practices: Opportunities and Strategies*" organized by the Internal Quality Assurance Cell (IQAC), Patna Women's College, Patna University, Patna, on February 20, 2013.

2014

- Attended MHRD Sponsored Workshop on "*Awareness of National Mission on Education Technology through ICT (NMEICT)*" organized by the National Institute of Technology (NIT), Patna at Patna Women's College, Patna University, Patna, on 17th and 18th January, 2014.

2017

- Attended pre-conference workshop on "*Structural Equation Modeling*" of 27th NAOP Conference, 2017 at Indian Institute of Technology, Kharagpur. 21st December, 2017.

2018

- Attended A Two-Day National Workshop on "*Research Methodology and Application of SPSS*" organized by the Internal Quality Assurance Cell (IQAC), Patna Women's College, Patna University, in collaboration with the Department of MCA, Patna Women's College, Patna University, on 7th and 8th March, 2018.
- Attended Training Programme on "*Bounce Back*" by Dr. Vivek Bindra, International Motivational Speaker, Leadership Consultant/ Business Coach at Patna. 5th August, 2018.

2019

- Attended ICPR Sponsored Workshop on "*Applied Ethics*" organized by the Department of Philosophy, Patna Women's College, Autonomous, Patna University, Patna, on 30th January, 2019.

Seminars/ Conferences/ Symposia/ Orientation Attended

2011

- International Conference on Educational and Social Inclusion jointly organized by the Association for Promotion of Creative Learning, India and The Kanka-Gajendra Foundation, U.K. and India in collaboration with the State Council for Educational Research and Training, Government of Bihar held at Patna, Bihar on 25th to 27th November, 2011.

2018

- Attended Orientation Course on “*Migration*” organised by Centre for Development Practice and Research, Tata Institute of Social Sciences, Patna Centre. 17th February, 2018.
- Attended A Six-Days International Conference on “*Indian Culture and Psychology: A Consciousness Perspective, Swadeshi Indology Conference Series on Indian Mind Science*” organised by the Department of Psychology, University of Delhi from 22nd to 27th March, 2018.
- Attended Lecture by Prof. Madina Tlostava, Professor of Postcolonial Feminism, Linkoping University, Sweden on “*The Postcolonial and the Postsocialist: Dialogues, Opacities, and Deep Coalitions*” organised by Centre for Development Practice and Research, Tata Institute of Social Sciences, Patna Centre. 30th September, 2018.
- Attended Lecture by Padmashree Arvind Gupta on “*How do children learn?*” organised by Takshila Educational Society, Patna.
- Attended International Conference on “*The Migrant and the State: From Colonialism to Neoliberalism*” organised by Centre for Development Practice and Research, Tata Institute of Social Sciences, Patna Centre. 29th November to 1st December, 2018.
- Attended Lecture by Prof. Atul Parvatiyar, Professor of Management, Rawis College of Business, Texas Tech University, USA on “*Socio-Psychological & Behavioural Economics Underpinnings of Why Customers engage in Relationships*” organised by A.N. Sinha Institute of Social Studies, Patna. 8th December, 2018.

- Attended 28th Annual Convention of National Academy of Psychology (NAOP 2018) and International Conference on “*Towards Building Inclusive Societies*”, organised by the Department of Applied Psychology, Ramanujan College, University of Delhi, New Delhi, India from 19th to 21st December, 2018.

2019

- Attended NAAC sponsored National Seminar on “Excellence in Higher Education: Emerging Concerns and the Road Ahead” organized by Internal Quality Assurance Cell (IQAC), Patna Women's College (Autonomous), Patna University in collaboration St. Xavier’s College of Education (Autonomous), Patna. 8th - 9th February, 2019.
- Attended TISS-Takshila Lecture 2019 on “*Contemporary Challenges to India’s Democracy*” by Shri Gopalkrishna Gandhi, Eminent scholar, thinker, and former diplomat, organised by Tata Institute of Social Sciences, Patna and Takshila Educational Society. 10th February, 2019.
- Attended Lecture by Dr. Alok Sarin, Psychiatrist, Mental Health Activist, New Delhi on “*Psychological Impact of Partition of India*” during the Third orientation course on Migration organised by Centre for Development Practice and Research, Tata Institute of Social Sciences, Patna Centre. 24th February, 2019.
- Attended Lecture by Prof. Dev Nathan, Visiting Professor, Institute of Human Development and Visiting Research Fellow, Centre for Globalization, Governance and Competitiveness, Duke University, USA on “*Migration in industries*” during the Third orientation course on Migration organised by Centre for Development Practice and Research, Tata Institute of Social Sciences, Patna Centre. 27th February, 2019.

Posters Presented and Prizes Won:

- Presented Poster on "Stress Management Techniques" and **Won 1st Prize** at Poster competition in UGC Sponsored State Level Workshop on "Management of Stress among Children and Adolescents" at Patna Women's College, Patna University, Patna. March 1st -2nd, 2012.
- Presented Poster on "Socialization" and **Won 2nd Prize** at Poster competition organized by Department of Psychology, Patna Women's College, Patna University, Patna. July 23rd, 2005.

Reports/ Opinions Published in Newspapers:

- *'Tanaav Me Hai Patna Police'*, a research report on the Mental Health of Police Personnels of Patna was published in *Hindustan*, Pg-5 dated December 12,2013.
- *'Ghonghe si Duniya me Jeene Lage hain Bacche'*, a research report on the Poor Conversation and Listening Skills of Children from Reputed Schools was published in *Dainik Jaagran*, Pg-4 dated January 21, 2014.
- *'81 % students OK with bribe to meet all wishes'* a research report on the Attitude of People towards Factors Contributing to Bribery was published in *The Times of India*, Pg-5 dated February 22,2014.
- *'Needed: A value template for GenNext'*. Six Questions, my view 659. *Hindustan Times*, Patna. Pg-4 dated December 19, 2014.
- *'Tremors affecting psychology of kids'* opinion taken on how are the kids affected by the earthquake and its after shocks and published in *The Times of India*, Pg-2 dated April 29, 2015.
- *'Experts against pressure on pupils'* opinion taken on how to prepare for exam time and published in *The Times of India*, Pg-2 dated November 29, 2016.
- *'Alarming rise in child obesity cases'* opinion taken on how to deal children with obesity and published in *The Times of India*, Pg-3 dated July 3, 2017.

AREAS OF INTEREST:

- Socially Relevant Research
- Teaching and Training

SKILLS:

- Research aptitude
- Ability to develop insight into one's own problems
- Ability to willingly take up responsibilities and deliver it

- Good communication and relationship building skills
- Sufficient multi- tasking abilities
- Hardworking, Dedicated and Quick learner
- Extracurricular Skills- Bachelors Degree in Oddissi, a Form of Indian Classical Dance

MEMBER OF PROFESSIONAL BODIES:

Life Member

- Association for Social Engineering, Research and Training (ASSERT), Patna.
- National Academy of Psychology (NAOP), India.
- Indian Science Congress Association (Membership No. L17914).
- Psycho Linguistic Association of India (Membership No.627).

ANNUAL MEMBER:

- World Association of Dynamic Psychiatry, Berlin.

Place: Patna.

Date: 05.03.2019