

Dr. TULIKA PANDEY

taurian__tulika@yahoo.com
Mobile: 7523928154, 9415853263, 05512204368,
Date of Birth-14.12.1978

OBJECTIVE: To use my formal training in Psychology towards the aim of social work and improving the emotional and psychological quotients in human relations and used my knowledge for personality development of students via focusing on better communication style and management of emotions.

SUMMARY:

- Academically inclined Humanities PhD awarded in Psychology on December 2008.
- NET (National eligibility test) for lectureship qualified in first attempt result declared 2002 April.
- J.R.F (Junior Research Fellowship) qualified in first attempt result declared 2002 April.
- Taught at graduate level and presented original research work in conferences.
- Four year of experience of working as a team member for organizing training workshops on HIV/AIDS counselling.
- Extensive research experience in different aspects of Psychology.
- Attended various seminars and workshops in psychology from time to time.
- Excellent communication skills and a state level debater
- Teaching interest in clinical, applied, industrial, organizational social, abnormal, personality, experimental psychology.
- Dedicated to the cause of human mental health

CAREER PROFILE

PROFESSIONAL

- Currently working as a Asst.Prof. in Psychology in Sant Vinoba Bhave ,P.G. college,Deoria,U.P. since 25/09/2017.
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- Former Asst.prof. in Psychology ,P.C.Science college,chapra affiliated to Jai prakash University,chapra..Bihar from JUNE 2017 to September 2017.
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- Former Asst.Prof. in Amity Institute of Behavioural and Allied Sciences, Amity University Lucknow Campus, Gomtinagar, from December 2009 to June 2017.
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- Did Ph.d in Psychology from University of Lucknow from 2002 December to 2008 December.
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- Four year of research fellowship -junior research fellowship at Psychology Dept, University of Lucknow, Lucknow from 2002 to 2004 which was enhanced in senior research fellowship at Psychology Dept. University of Lucknow from 2004 to 2006.
- Simultaneously teaching experience at under graduation level at Psychology Dept, University of Lucknow, Lucknow from 2002 to 2006.
- Simultaneously four year experience of working as a team member for training workshops on HIV/AIDS counselling, UP-AIDS Control Society, Lucknow and National AIDS Control Organization, New Delhi and Psychology Dept. University of Lucknow from 2003 to 2007.
- Experience of counselling with drug and alcoholic patient at Drug and Alcoholic Rehabilitation Centre, Darpan, Lucknow from February 2005 to June 2005.

- Visiting faculty at Amity University Lucknow from February 2006 to June 2006
- Worked as a deputy dean student welfare working for the problems of Amity students since July 2014 till 2016..
- Experience of counselling students in having psychological problems such as stress management, anxiety management, career counselling examination stress, anger management, depression, suicide tendency.
- Supervising projects on “Social awareness programme” such as child labour, RTI, RTE, child education, suicide, women condition, corruption, female infanticide, HIV-aids, globalization, in different courses in Amity University, Lucknow campus, U.P.
- Supervising for the term paper of B.A.(H) APPLIED PSYCHOLOGY
- Mentoring the students of B.A.(H) APPLIED PSYCHOLOGY.
- Doing duties of paper setting, evaluation, and invigilation duties regarding exams.

ACADEMIC QUALIFICATION

Qualified UP higher education service commission exam 2017

Qualified Bihar public service commission exam 2017.

PhD-Awarded 31 December 2008

**TOPIC-Chronic illness and spousal care giving
Supervisor- Prof. Archana Shukla, Psychology Dept.
University of Lucknow**

**UGC JUNIOR RESEARCH FELLOW
(JRF) by University Grants Commission**

**UGC NATIONAL EDUCATIONAL TEST
FOR LECTURERSHIP (NET) by University Grants Commission**

**POST GRADUATE PROGRAM IN PREVENTIVE 82%
AND PROMOTIVE HEALTH CARE 2004-2005
Apollo Hospitals Educational
& Research Foundation, Hyderabad.**

**MASTERS IN ARTS-PSCYCHOLOGY (2002) 62%
DD, U Gorakhpur University**

**BACHELOR OF ARTS (2000) 64%
DD, U Gorakhpur University**

**INTERMEDIATE (1997)
UP BOARD 53%**

ACADEMIC EXPERIENCE

PAPER PUBLICATIONS

- Impact of emotional intelligence on patients with diabetes and coronary artery disease (cad)-volume-2, no.1, June 2011, **Gorakhpur social scientist**.
- Challenges of spousal caregiving in chronic illness-volume-2, no.2, December 2011, **Gorakhpur social scientist**.
- Chronic illness and spousal caregiving burden among male and female caregiver, volume -49. April, 2012, **Indian journal of applied psychology**.
- Differential affective profile of patients with diabetes and coronary artery disease, **SIS Journal of psychology & mental health 2012,19,137-149**.
- Quality of life among caregivers of chronic mentally ill patients in marital dyads. **Andhra Pradesh journal of psychological medicine. December 2013,ISSN-2249-5951**.

PAPER PRESENTATIONS

- Actively participated in the scientific deliberations and presented scientific paper "on communication in classroom" in the section Anthropological and Behavioral sciences during the 91st session of Indian Science Congress Association held at Punjab University, Chandigarh from January 3-7,2004.
- Satisfactory participation and presentation of a thematic paper related to thesis (Ph.D.) work in the fifth Regional Conference of Ph.D. scholars on 17-20 March, 2004 at Govind Ballabh Pant Social Science Institute, Jhusi, and Allahabad.
- Poster presentation in section of Anthropological and behavioural sciences during the 92nd Indian Science Congress held at Ahmedabad on January 3-01.05 to 7.1.05.
- Presented a paper entitled "Emotional Wellness" on the 15th Annual Conference of National Academy of Psychology on Psychology and Social Problems Issues and interventions March 4-3-05 to 6-3-05.
- Presented a paper entitled "Cognitive reframing as a strategy to cope with spousal chronic illness" at UGC National Seminar on Human Cognition Advances in Theory and Application Department of Psychology Dindayal Upadhyaya Gorakhpur University, Gorakhpur March 21-23, 2005.
- Presented a paper entitled "Challenges of spousal caregiving in chronic illness at XXIX Indian Social Science Congress, University of Lucknow, Lucknow, December 26-30, 2005.
- Presented a paper entitled "Health related stigma in schizophrenia as a major social environmental stressors to a well-spouse caring for ill spouse at UGC National Seminar on Environment and human behavior emerging challenges and intervention strategies, dept of Psychology, Dindayal upadhyaya Gorakhpur University, Gorakhpur, March 21-22 2006.

- Presented a paper entitled "Psychophysiology of well-being" in National Seminar organized by dept of Psychology, Md. University, Rohtak on 28 and 29 March 2006 under DRS (Phase -1) of UGC.
- Presented a paper entitled "Chronic illness and family environmental challenges to improve the environment by dept of Psychology, Deendayal Gorakhpur University, Gorakhpur on 25-27 March 2007 under DSA of UGC.
- Presented scientific paper titled "Assessing emotional intelligence in patients with Diabetes and Coronary artery disease" on National seminar on "Emotional intelligence: A key to human well-being" (4.3.2010 and 5.3.2010) at Amity Institute of Education, Lucknow campus.
- Presented scientific paper titled "Effect of low emotional intelligence on patients with Diabetes and Coronary artery disease" on U.G.C. National seminar on "Human emotions and well-being: Emerging perspectives"(21.3.2010 and 22.3.2010) at D.D.U Gorakhpur University, Gorakhpur, Department of Psychology.

Presented a paper titled "Technology Enhance Learning " in the international conference on Revamping of Education System Through New Education Policy (NEP) from 2/03/2017 to 3/03/2017. Amity University,Lucknow Campus.

Presented a paper entitled "Impact of Caregiver Burden On The Well being of Caregivers" in the 4th National Conference on Society and well-being on 27/03/2017 held at Amity University ,Lucknow Campus.

TRAINING PROGRAMMES:

- Attended the counselling training Programme from 3rd October 2003 to 18th October 2003 under the guidance of Dr. Anjali Gupta, Clinical Psychologist, in Nur Manzil Psychiatric Centre, Lucknow.
- Completed the training programme in "Computer application in social science Data Analysis" from 2.2.04 to 14.2.04 sponsored by the Indian Council of Social Research, New Delhi held in Govind Ballabh Pant Social Science Institute, Jhusi, Allahabad.
- Participated in national level training of trainers on counseling from 23rd to 28th February, 2004 organised by Uttar Pradesh State AIDS Control Society in Collaboration with NACO and the Department of Psychology, Lucknow University.
- Participated in the short term course on qualitative Research Methods and Fieldwork during 5-11-04 to 10-11-04 organized by the Department of Humanities and Social Sciences, I.I.T. Kharagpur.
- Participated in the two days Intensive Workshop on Cognitive Behavioural Interventions for Emotional Wellness Strategies and Techniques conducted on January 21 & 23, 2005.
- Participated in the National Training Programme for counsellors (Disability Rehabilitation) organized by national institute for the orthopaedically handicapped, Kolkata from 11 to 15 July 2005.
- Took lectures in stale level training of trainers on counselling from 6th to 12th February 2005, 14 to 19th September 2005 and 23rd to 30th September 2005 organized by Uttar Pradesh Aids Control Society in collaboration with the Department of Psychology, Lucknow University.
- Took session in National Training Programme for counsellors organized by National Institute for the Orthopaedically handicapped, Kolkata from 11July to 15 July 2005.
- Completed the training programme in "Computer application in social science Data Analysis" for three days from 27.10.10 to 29.10.10 sponsored by the Amity University, Lucknow Campus (U.P.) India.

- Participated in faculty development programme July 2012, sponsored by the Amity university,Lucknow campus,(u.p.) India.
- Participated in the “Somatic inkblot series” workshop held on May 03&04, 2013 at Amity University,Uttar Pradesh,Lucknow.
- Participated in training conducted by Nai Asha “SPEAK UP, ITS NEVER TO LATE” awareness campaign,held on 9/03/2015 at Amity University,Lucknow Campus.
- Participated in faculty development programme June 2015, sponsored by the Amity university,Lucknow campus,(u.p.) India.
- Attended Faculty development Programmne on “From Teaching to Learning –A New paradigm for Education “ organized by Amity institute of Information Technology,Lucknow Campus, on December 15-16,2016.
- Attended Faculty development programme on “Research methods and Scientific writing” at Amity University ,Uttar Pradesh,Lucknow Campus,held on 20 and 21 December 2016.

WORKSHOPS & SEMINARS:

- Attended Seminar Programmes from 26.03.2003 to 30.03.2003 in Psychology Deptt. Lucknow University. Topic covered were subjective well being, Drug Addiction, HIV/AIDS, stress management.
- Participated in the workshop, held at Nur Manzil Psychiatric centre, Lucknow on October, 12th 2003, titled ‘Right to Rehabilitation, NGO initiatives’, Conducted by Dr. T. Murali, Additional Prof., Deptt. of Psychiatric Neurological Rehabilitation and Dr. Kiran Rao, Additional Prof., Clinical Psychology Deptt., NIMHANS, Bangalore.
- Participated in the workshop held at Psychology Deptt. Lucknow University, Lucknow on November, 7th 2003 titled “Dialectical Therapy” conducted by Dr. Rajendra K. Mishra, D. Phil Psychologist/President, Mental health consulting services, inc., Ohio (U.S.A).
- Participated in a two-day workshop on “Understanding & Managing Relationships” on November, 8th & 9th 2003 organised by SWASTI (A society for mental health and counseling) conducted by Dr. Rajendra K. Mishra, D.Phil. Psychologist.
- Participated in a three-day workshop on “Application of Projective tests. Rorschach and somatic Inkblot series, in personality assessment, Diagnostic evaluation and Therapeutic intervention” on January, 4-6 2004 held at university Business School, Panjab University, Chandigarh, organised by Prof. Satish Kapur, Ph.D. Chairman UBS & SIS workshop and Prof. B.L. Dubey, Ph.D. org. Secretary.
- Participated in the workshop on “Family Therapy” held on 7th and 8th September 2006 by amity university, Lucknow,
- Participated in the workshop on “Methodological issues in childhood research” ,Amity university,Lucknow campus,Lucknow,on 29th April,2011.
- Participated in the “Somatic inkblot series” workshop held on May 03&04, 2013 at Amity University,Uttar Pradesh,Lucknow.
- Participated in the interactive workshop entitled ‘strenghtening Research and Innovation’ held on 13 april 2016 at Amity University,Lucknow campus.
- Took Guest lecture on disabled children in the mentally challenged school (JYOTI) Lucknow, U.P. On 10 march 2013.
- Participated in Workshop on “ Calming the Dysregulated Emotions” held on October 19,2016 at Amity Institute of Behavioural and Allied Sciences,Amity University,Lucknow Campus..
- Participated in workshop on “Natural Language Processing –Tools and Techniques” organized by Amity Institute of Information Technology, Lucknow Campus on January 24-25 2017.

- Participated in the National Seminar on "Human Resource Management practices in service based organizations: Issues, challenges, current status and future perspective" held at Amity School of Hospitality, Lucknow on 7th March 2017.
- Participated in the National seminar on "Power Dressing; An effective way to success and its significant effect on self –esteem and confidence", Organized by Amity school of Fashion Technology, Amity University, Lucknow Campus, on March 24th 2017..

PROJECT WORK:

- Worked on the dissertation work titled "Emotion related abilities and traits in patients with diabetes and coronary artery disease (CAD): A comparative study" and got distinction in dissertation work 76% marks in M.A. Final year examination submitted on 2.5.2002 .

CO-CURRICULAR ACIEVEMENTS

Debate Competitions & Academic Talks

- Won second prize in debate competition on 15.11.95 sponsored by U.P. Pollution control board.
- Won second Prize in debate Competition in Golden Jubilee celebration of "Akhil Bhartiya Vidyarthi Parishad" on 12th Jan 1998. Published in Dainik Jagran on 13 January 1998.
- Won Atal puraskar in debate competition in the Golden Jubilee celebration of "Akhil Bhartiya Vidyarthi Parishad" on 12th Jan 1998. Published in Dainik Jagran on 21st January 1998.

Participation Prizes:

- Participation prize in Speech competition held by "Srijun – Jeevan Vriti Evam Dayitavapurha Jeevan Padditi Salah Kendra" Din Dayal Upadhyaya Gorakhpur University, Gorakhpur on the occasion of "Jansankhya Jagrokta Utsav 1999".
- Participation prize in essay competition held by "Srijun – Jeevan Vriti Evam Dayitavapurna Jeevan Padditi Salah Kendra" Din Dayal Upadhyaya Gorakhpur University, Gorakhpur on the occasion of "Jansankhya Jagrokta Utsav 1999".
- Hindustan; Talk published on 15th April 2001 news print along with photograph.
- Ideological opinion published in Dainik Jagran 30th November, 2001 along with photograph.
- Worked as a Volunteer in the event Amity Institute of Behavioural and Allied Sciences in AMIPHORIA 2014. Annual Cultural Event in AMITY University, Lucknow Campus,
- Participated in Singing competition (faculty) in 'AMIPHORIA 2014' Cultural fest in Amity University, Lucknow campus.



