



Ms. Jagriti
Assistant Professor
Department of Psychology
St. Bede's College, Shimla



Dr. Jagriti
Assistant Professor
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EDUCATIONAL QUALIFICATIONS: M.A., M.Phil., Ph.D., SET, GATE and UGC NET

Sr. No.	Degree	Subject	College/University	Year of Passing
1	B.A.	Psychology	St. Bede's College	2014
2	M.A.	Psychology	H.P.U.	2016
3	M.Phil.	Psychology	H.P.U.	2018
4	Ph.D.	Psychology	H.P.U.	2026
5	SET	Psychology	HPPSC	2019
6	GATE	Psychology	IIT, Bombay	2021
7	NET	Psychology	NTA	2025
8	Specialization	Social Psychology	H.P.U.	2018

TOTAL TEACHING EXPERIENCE: 5 Years
Teaching Experience at St. Bede's College: 5 Years

RESEARCH EXPERIENCE: 5 Years

SUBJECTS TAUGHT:

UG: Introduction to Social Psychology (Honors and Pass Course), Foundation of Psychology, Statistical method, Applied Social Psychology, Development Psychology,



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Psychology of personality, Health and Well-being, Psychology at Work, Organization Psychology, Psychology at Work, and Comprehensive knowledge of Himachal Pradesh.

OTHER RESPONSIBILITIES:

Convener: Fine Arts Society and Fresher's Welcome and Return Social

Member: NAAC Steering Committee Criterion 3, Institutional Social Responsibility Cell and Anti Drug Squad

ACHIEVEMENTS:

❖ **Paper Publications:**

Published a paper titled as "Spiritual Intelligence as a correlate of mental health of male and female university students in *Indian Journal of Positive Psychology*, 9 (2), 246-249.

Jagriti, Raina, G and Zinta, R.L. (2023). Emotional Intelligence as a predictor of Mental Health among university students. *International Research Journal of Physical Education and Sports Sciences*, 11 (2), 1-21.

http://sportjournals.org.in/irjpress_papers.php

❖ **Paper Presentation**

a. paper presented at National conference on Reaching the Unreached through Science and Technology organized by Indian Science Congress Association, Shimla Chapter under Agis of Indian Science Congress, Association, Kolkata (ISCA) on topic Emotional Intelligence as predictor of mental health of university students (March,2018)

b. Paper presented on 2nd International Conference on Psychology and Allied Science on topic "Drug and Youth in India." (March,2013)

C. Participated and presented paper in international Seminar in the ICSSR sponsored International Seminar on "Transformation of India @75" held at St. Bede's College Shimla on 3rd – 4th March 2023. I was awarded Best Paper in the same.



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D. Participated and presented in Multidisciplinary National Seminar on building a Resilient Future integrating environment, economy and Technology” held at St. Bede’s College Shimla on 24th – 25th March 2023

❖ **Workshops:**

The workshop was organized by Indian Association of Cognitive Behavioral Intervention- India 2017 at AIIMS, New Delhi.

- a. workshop on Emotional Regulation Therapy
- b. Workshop on CBT for Substance Abuse

❖ **Participation in Conference and Seminar**

- a. Attended Grand Global Peace Meet III, one day international conference on topic “Indian art tradition: contribution to wellbeing.” 4th April, 2016.
- b. Participated in 4th Global Youth Meet on Health (virtual), on the theme “Meaningful Youth Engagement for leading action on Universal Health Coverage and Sustainable Development Goals” Held on April 20-21, 2021.
- c. Participated in two days 2nd Global Digital Education Summit-2021 organized by the South Asian Institute for Advanced Research and Development in association with Global Talk Education Foundation, India and Global Opportunities Commercialization, Australia on 29-31 July, 2021.

❖ **Resource Person**

- a. Guest Resource Person for Course: Art, Architecture, Drama and Music where workshop was conducted on Interconnectedness of Psychology with Theater at Indian Institute of Technology (IIT), Jammu. (November, 2018).
- b. Resource person for workshop on Personality Development and Communication Skill Enhancement through psychological and theatre-based exercises for Himalayas Calling. (June,2019).
- c. Resource person for virtual counselling session on sexual harassment at St. Thomas School under protection of Children from Sexual Offence (POCSO) act, 2012. (May,2021).



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- ❖ Online Certificate Course
 - a. Completed one-week online certificate course on Mental Health and crises management from 20th to 26th April 2020.
 - b. Completed short-term Course on Research Methodology and Data Analysis organized by Lovely Professional University w.e.f. July 26, 2021 to July 31, 2021.
 - c. Completed 7 days UGC-NET based E-orientation Program on Research Methodology organized by the Indian Academy of Health Psychology from 10th-16th August, 2021.
- ❖ Faculty Development Programme
 - a. Completed 5 Days FDP on “Design and Development of MOOCs” From 1st to 5th January, 2022.
 - b. Completed 5 Days FDP on “Revamping Emotional and Professional Paradigms for an Inclusive Approach to Holistic Education” from 3rd to 7th March, 2022.

Faculty Development Program

Participated in Faculty Development Program on Design and Development of MOOC 1st-5th June 2022

Participated in Faculty Development Program on Revamping Emotional and Professional Paradigm for Inclusive Approach to Holistic Education 3rd – 7th March 2022

Participated in NAAC-sponsored Webinar Revised Academic Accreditation and Assessment Framework in Higher Educational Institutions. 11th July, 2022

PARTICIPATED IN SIX DAY FACULTY DEVELOPMENT PROGRAM ON “ENHANCING QUALITY ASSURANCE IN HIGHER EDUCATION: INSIGHTS INTO NEP 2020 AND NAAC’S BINARY ACCREDITATION FRAMEWORK” ORGANISED BY INTERNAL QUALITY ASSURANCE CELL, ST. BEDE’S COLLEGE, SHIMLA FROM DECEMBER 16-DECEMBER 21, 2024.



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□ PARTICIPATED IN FIVE DAY FACULTY DEVELOPMENT PROGRAMME ON ACADEMIC WRITING AND RESEARCH METHODOLOGY: MULTIDISCIPLINARY FROM DECEMBER 26-30, 2023 ORGANISED BY ST. BEDE'S COLLEGE, SHIMLA.

