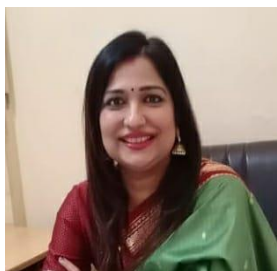


Name of the faculty: Prof. Dr. Mrunal A Bhardwaj



| | |
|---|---|
| Designation | Professor and Head Dean Humanities Mahatma Gandhi Vidya Mandir |
| Name of the department | Psychology |
| E-mail | drmabhardwaj@gmail.com |
| Qualification | M.A., SET, PhD, MBA |
| Administrative Experience | |
| <ul style="list-style-type: none">• Dean Humanities Mahatma Gandhi Vidya Mandir• Member MGV NAAC committee (Since 2003)• Member Faculty Humanities, Savitribai Phule Pune University• Member, BOS Psychology Savitribai Phule Pune University• Member BOS Psychology BAMU, Aurangabad• Member BOS Psychology, Vaze Kelkar college Mulund Mumbai (Autonomous College)• Member BOS Psychology Mithibai college (Autonomous college) in Mumbai.• Member of APA American Psychological Association• Member Uniform Workload Committee HE Government of Maharashtra• Former Member, Interdisciplinary Board of Skill Development, SPPU, Pune• Former Member, Senate, Savitribai Phule Pune University.• Member of Advisory Committee, University of Pune• Member, Nasik sub-Centre Member of Unassigned Grant Allocation, planning & Development, University of Pune.• Expert Member, Humanities and Social Sciences on the School council of Yashwantrao Chavan Maharashtra Open University, Nasik (Maharashtra)• Appointed as an Expert for Developing a course in the Department of continuing Education in YCMOU, Nashik• As a vice principal and Head of the Department for 18 yrs. NAAC & IQAC coordinator of the college for 18 yrs.• Worked in Exam Committee in various capacities such as chairman, paper setter, | |

moderator & examiner since 1995 at college and university level.

- Worked in various committees such as, Local Inquiry Committee syllabus construction and modification, preparation of question bank of University of Pune, Y.C.M.O.U., Nasik and North Maharashtra University, Jalgaon (Maharashtra).
- Dr. M. A. Bhardwaj appointed as the editor of the National reputed journal of psychology in India published by the National institute of psychology.
- Participation in Institutional / College Activities
- Co-coordinator IQAC & Member, M.G. Vidyamandir's NAAC Committee.
- Member, Grievances committee of M.G. Vidyamandir.
- Member, Ant ragging committee of K.B.H Dental College and Institute of management and Research, Nasik
- Worked in Examination Committee in various capacities.
- Member, Board of College development of M.G. Vidyamandir, Nasik.
- Coordinator, soft skill development programme since 2007.
- Coordinator, M. Phil of Y.C.M.O.U Nasik in the year 2006-07.

Representation on Academic / Administrative bodies / Member of organizational bodies.

- **Expert Member of PAC NAAC Bangalore**
- **Dean Humanities Mahatma Gandhi Vidya Mandir**
- Member MGV NAAC committee (Since 2003)
- **Member Faculty Humanities, Savitribai Phule Pune University**
- **Member BOS Psychology Savitribai Phule Pune University**
- Member BOS Psychology BAMU, Aurangabad
- Member BOS Psychology, Vaze Kelkar college Mulund Mumbai (Autonomous College)
- Member BOS Psychology Mithibai college (Autonomous college) in Mumbai.
- Member of APA American Psychological Association
- Member Uniform Workload Committee HE Government of Maharashtra
- Former Member, Interdisciplinary Board of Skill Development, SPPU, Pune
- **Former Member, Senate, Savitribai Phule Pune University.**
- Member of Advisory Committee, University of Pune
- Member, Nasik sub-Centre Member of Unassigned Grant Allocation, planning &

Development, University of Pune.

- As a vice principal and Head of the Department for 18 yrs. NAAC & IQAC coordinator of the college for 18 yrs.
- Worked in Exam Committee in various capacities such as chairman, paper setter, moderator & examiner since 1995 at college and university level.
- Worked in various committees such as, Local Inquiry Committee syllabus construction and modification, preparation of question bank of University of Pune, Y.C.M.O.U., Nasik and North Maharashtra University, Jalgaon (Maharashtra).
- **Co-coordinator IQAC & Member**, M.G. Vidyamandir's NAAC Committee.
- **Member**, Grievances committee of M.G. Vidyamandir.
- **Member**, Ant ragging committee of K.B.H Dental College and Institute of management and Research, Nasik
- Worked in Examination Committee in various capacities.
- **Member**, Board of College development of M.G. Vidyamandir, Nasik.
- **Coordinator**, soft skill development programme since 2007.
- **Coordinator**, M. Phil of Y.C.M.O.U Nasik in the year 2006-07.
- Worked in various committees such as subject confirmation, admission, NSS, Examination Student council and other. Worked as Resource Person in various Workshops/Seminars/Conferences.
- Worked on various level CAS , LIC and selection committees of SPPU

Teaching Experience: 28 Years

Awards / Recognitions

- Appointed as an Expert for DVV for PAC NAAC Bangalore.
- Awarded with the incredible Academician of India by the Record owner World Records.
- Received the membership of APA American Psychological Association a reputed Professional organisation of Psychology.
- Felicitation for the contribution in the field of Education and Psychological counselling by the hands of Honourable Venu Gopal, the Joint Director Zenith Group of Companies and a Rotarian. The event was organised by Tulsi NGO.

- Awarded as the Best Teacher award as well as for a psychological counseling by the Rotary Enclave Nashik Maharashtra.
- Recognition by the Maharashtra Police Academy for the Psychological counselling provided to Personnel of Policy Academy.
- Awarded the Excellence award for an Academic and Research contribution in Humanities by the Novel Research Academy (Division of New Swertia Publications) Puducherry India, the ISO registered Enterprise under Government of India. On this achievement, she is felicitated by Aswati Dorje (IPS) & the Hon'ble Director, Maharashtra Police Academy, Nasik.
- Received a prestigious karmayogi Gaurav Puraskar given by Sakal Group and Tanshika Doctors Forum for the psychosocial contribution in 2019.
- Received the state level award as the Best teacher by Smitharsh Education Academy for the contribution in Academics and Research.
- She has also received the prestigious Auropath Global award, Sri Aurobindo Society, Pondicherry for the excellence in Research under the category of Higher Education professor in November 2019.

Research Guidance for M.Phil./Ph.D./Project

- **06 students are awarded Ph.D., 01 student has submitted Ph.D. thesis & 04 students are pursuing Ph.D.**
- **14 students have been awarded M. Phil**
- **1 Major & 1 Minor Research Project Completed (UGC)**

Contribution as referee:

- Worked as External Referee for more than 25 Ph.D. viva in various Universities
- Worked as External Referee for 15 M.Phil. Viva in various Universities

Research Projects:

- Completed Minor research project on Mental health and depression among college students sponsored by UGC New Delhi, 2010.
- Completed Major research project on Choice of military career socio psychological factors sponsored by UGC New Delhi, 1997.

Reviewer of Journals

- Reviewer of Reputed Peer reviewed National Journal of NIPM
- Indian Journal of Developmental Disabilities (Indian Institute of Psychology) &

Special Issue of Critical Enquiry

- Member of IAMH (Indian Academy of Mental Health)

Member of editorial board

- Indian Journal of Developmental Disabilities (Indian Institute of Psychology) & Special Issue of Critical Enquiry
- Member of IAMH (Indian Academy of Mental Health)
- Chief Editor of Psychology in India Journal
- Life member, Indian Academy of Applied Psychology India.
- Life member, of Indian Association of Mental Health, Karnataka University, Dharwad (India).
- Member of American Psychological Association (APA)
- Appointed as an Expert on Board of University & Research (BUTR) Amity University Mumbai on 23rd October 2021
- Appointed as an Advisory Committee Member on Board of Unique Skills Development Centre (USDC) 15th July 2021.

Patent / Copyright

- **Filed the Copyright to the Government of India** for the Construction of a Psychological Test on Specific Phobia with the Copyright Diary No.-10132/2022-CO/L
- Constructed a Psychological test and received the **international copyright By Sweden and Government of India** under class 42 for scientific and technical services country code 1 and Indian ISBN country code 81 for developing the psychological tool "Shopping Addiction Scale (SAS).

Research paper published / presented

1. The research paper entitled "Students Attitude Towards Online Teaching in Higher Education During Covid-19 Pandemic" was published in UGC Approved International Research Journal of Management Sociology & Humanities ISSN 2277-9809 (Online), ISSN 2348-9359 (Print), Vol. 12, Issue 12, Dec, 2021
2. The research paper entitled "Specific Phobia During the Covid-19 Pandemic First Wave in Maharashtra" was published in UGC Approved UGC Approved Journal the International Journal of Indian Psychology ISSN 2348-5396 (Online), ISSN: 2349-3429 (Print), Vol. Issue Feb, 2021.

3. The research paper entitled Anxiety and Perceived Stress among Primary School Teachers in Rural Area Engaged in Online Teaching During COVID-19 Pandemic was published in UGC Approved International Journal of Indian Psychology ISSN-2349-3429 Vol. 09 Issue 02 April-June 2021.
4. The research paper entitled 'Role of REBT in HR training with reference to covid-19 impact was published in UGC Approved Peer reviewed National journal Yashomanthan ISSN 2347-8039 volume 7 issue 2 Sept 2020.
5. Clinical profile of specific learning disability in vernacular schools was published in UGC care listed peer reviewed & referred journal' Sambodhi' ISSN 2249-6661 volume 44 no-1 (VI) Jan- March 2021.
6. Effectiveness of Gratitude Intervention in increasing Gratitude published in UGC care listed international research journal Peer reviewed Akshar Wangmay ISSN 2229-4929 special issue II Jan 2021.
7. Internet use and addiction among college students and its relation to personality traits, loneliness and psychological well-being published in UGC care listed international research journal (peer reviewed) 'Akshar Wangmay special issue II Dec 2020.
8. Relationship between job satisfaction and Quality of life among entrepreneurs UGC CARE listed international journal, Shodh Sanchar bulletin ISSN 2229-3620 volume 10, issue 37 March 2020.
9. Internet addiction and psychological well-being among college students published in UGC CARE listed international journal, Shodh Sarita ISSN 2348-2397 volume 7 issue 25 March 2020.
10. Intentional Enrichment technique - an effective method for improving happiness & volume helping attitude published in UGC CARE listed international journal, Shodh Sarita ISSN 2348-2397 volume 7 issue 25 March 2020.
11. A Study of relationship between personality traits and mental health among high school children international research journal of management sociology and humanity (IRJMSH) ISSN 2277-9809 Vol. 11 Issue 3 March 2020.
12. Mental Health Among the College Players in Nasik Region published in International Multilingual Referred Journal ISSN – 2319-9318 Special Issue 01 March 2018.
13. Death Anxiety and Personality traits among Type-2 Diabetic Patients published in

International Journal of Applied social Science Vol.-VI Issue, 2 Feb 2019

14. Burnout And Coping Among Elite Athletes published in Researchers World Journal of Arts, Science & Commerce ISSN – 2231-4172 Vol. – IX Special Issue, Feb 2018.
15. Children’s Sports Participation and Development of The Social Competence the Comparative Study published in Researchers World Journal of Arts, Science & Commerce ISSN – 2231-4172 Vol. – IX Special Issue, Feb 2018
16. Shopping Addiction and Its Relation with Depression Among Working and Non-Working Married Women published in Asian Journal of Psychology & Education ISSN 09712909 Vol. – 51 Issue, 1-2 2018
17. Personality traits and self-esteem among female players in male dominated sports Researchers World Journal of Arts, Science & Commerce ISSN – 2231-4172 Vol. – IX Special Issue, Feb 2018
18. Emotional maturity and level of optimism among players published in Researchers World Journal of Arts, Science & Commerce ISSN – 2231-4172 Vol. – IX Special Issue, Feb 2018
19. Recent Trends in Sports Psychology Research A Study of International Journal Of Physical Education Sports And Health published in Researchers World Journal of Arts, Science & Commerce ISSN – 2231-4172 Vol. – IX Special Issue, Feb 2018
20. Role Of Vitality in Initiating Personal Growth and Grit Among Students Recent Advances in Psychology (RAP): An International Journal ISSN – 23955465 Vol. – IV Issue, I 2018
21. Locus of control and Achievement Motivation among Women Entrepreneurs of small industries Researchers World Journal of Arts, Science & Commerce ISSN – 2231-4172 Vol –VIII, Issue -3(1) July 2017.
22. Effects of yoga on level of Depression among females suffering from Polycystic Ovarian Syndrome (PCOD) published in International Journal on Arts, Management and Humanities ISSN – 23195231 Vol. - VI Issue, II Dec, 2017
23. Perception, Identity & Peace published in Indian Journal of Health & Wellbeing ISSN – p-2229-5356 Vol 8, Issue -5 2017
24. The study of stress among male and female diabetic types II patients published in international peer reviewed multi-disciplinary research journal ISSN 2394-2649 Vol. III Issue VI July 2016.

25. Personality and Perceived stress among medical college students published in International Journal of Recent Scientific Research ISSN 0976-3031 Vol. 8 Issue, 2. Feb 2017.
26. Emotional Intelligence and Perceived Efficiency of Teachers published in international peer reviewed multi-disciplinary research journal Pursuit Journal ISSN 2394-2649 Vol. III, Issue-V Jan 2016
27. Enrichment of Subjective wellbeing published in International Journal of Indian Psychology ISSN-2349-3429 (With Impact Factor 4.50 ICI) Vol. II, Issue II, 2016
28. Value education and psychological well-being published in International Referred Multidisciplinary Journal of Contemporary Research ISSN No: 2319-5789 with Impact Factor 3.55 Special Issue X Feb 2016.
29. Occupational stress among the personnel belonging to infantry & artillery units of Indian army published in Sanshodhan Samiksha ISSN 2278-9308 April 2016
30. Personality traits and emotional intelligence among women entrepreneurs of small-scale enterprises published in Critical Inquiry Peer-Reviewed Quarterly Research Journal for Inter-disciplinary studies in Humanities and Social Sciences ISSN-0975-0096 Vol- VII Issue IV Dec 2015
31. Mobile Phone Addiction and Loneliness among Teenagers published in International Journal of Indian Psychology ISSN-2349-3429 (With Impact Factor 4.50 ICI) Vol. II, Issue III, I April-June 2015
32. Resilient Behaviour of Cancer Patients and its Relation with Neuroticism as a Personality Trait published in Critical Inquiry Peer-Reviewed Quarterly Research Journal for Inter-disciplinary studies in Humanities and Social Sciences ISSN-0975-0096. Vol. V, Issue V July-Sep 2014.
33. Personality Traits and Social Network Addiction (SNS) Among College Students published in Critical Inquiry Peer-Reviewed Quarterly Research Journal for Inter-disciplinary studies in Humanities and Social Sciences ISSN-0975-0096. Vol. VI, Issue IV Oct-Dec 2014
34. Level of Depression and Mental Health among Working & Non-Working Menopausal Women published in Critical Inquiry Peer-Reviewed Quarterly Research Journal for Inter-disciplinary studies in Humanities and Social Sciences ISSN-0975-0096 Vol. V Issue: IV Dec 2013
35. Environmental Pollution Impact on Mental Health published in Critical Inquiry

- Peer-Reviewed Quarterly Research Journal for Inter-disciplinary studies in Humanities and Social Sciences ISSN-0975-0096 Vol. V Issue: IV Dec 2013
36. Quality of work life and career correlates published in IIBMMS International journal of Business management social science ISSN:2249-7463 Vol I Issue 7(I) March 2012.
 37. Relation between organizational climate and life satisfaction among shift workers published in Critical Inquiry Peer-Reviewed Quarterly Research Journal for Inter-disciplinary studies in Humanities and Social Sciences ISSN 0975-0096 Vol-III July 2011
 38. Occupational Stress Index in relation to Somatic illness published in Critical Inquiry Peer-Reviewed Quarterly Research Journal for Inter-disciplinary studies in Humanities and Social Sciences. ISSN 0974-0096 Vol. I, issue III 2009
 39. A Comparative Study of the level of life stress of Indian working and non-working women published in Psychology in Use J. V. Publishing House, Jodhpur ISBN 81-8881 Mental Health Issues 2008
 40. Role of yoga in the management of stress of CHD published in Psychology in use J.V. Publishing House, Jodhpur. ISBN/81-88818-08-9 2007
 41. A comparative study of personality among athletes from individual and group sports published in Psychology in use J.V. Publishing House, Jodhpur. ISBN/81-88818-08-9 2007
 42. Trauma after war published in Daksha Security studies journal Vol. 12 Dec 2001
 43. Peace education & enhancement of emotional Intelligence and Aggression management among college students published in conference proceeding of 19th World Congress of IAEWP (UN-NGO) International Conference on Peace Education for Good Governance and Non-violence organized by HPT & RYK and SMRK-BK-AK at MahilaMahavidyalaya, Nashik ISBN – 978-93-85664-52-6. October 2016
 44. Mental health and Depression crises among college students published in Conference Proceeding at International Conference Current Issues in Education & Social Sciences organized by Dr. Babasaheb Ambedkar Marathwada University Aurangabad, Sponsored by UGC. ISBN-978-93-80039-09-1. May 2015
 45. Internet Addiction and its relation with personality traits among married People published in Conference Proceeding at National Conference on Recent Trends in

Social Sciences and Languages by Arts, Science & Commerce College, Makhamalabad, Nashik. ISBN-13-978-93-84887-11-7 Dec 2015

46. Positive Emotion & Mental Health published in Conference Proceeding at National Conference on Positive Psychology organized by LVH College, Nashik January, 2015.
47. Positive psychology in practice Towards a better life published in Conference Proceeding at National Conference on Positive Psychology organized by LVH College, Nashik 9th& 10th January, 2015.
48. Impact of Globalization & Empowerment of Indian Women: A Psychosocial Review published in Conference Proceeding of National Conference on Women Empowerment organized by S.P.H. Mahila Mahavidyalya, Malegaon. ISBN: 978-81-927005-4-0 Oct 2013
49. Sports injuries- towards becoming resilient published in Proceedings of ASIA SPECIFIC, International conference on sports and exercise psychology. ISBN-978-81-924656-2-3 2013
50. Resilience in families with child disability- an approach towards applied positive psychology published in Proceedings of the National conference Developing human potential issues, perspectives and challenges at Fergusson college, Pune, ISBN-978-93-5087-999-3 2013
51. The positive psychology approach in Human Resource Management published in Souvenir of the International conference on Management arena: innovations, opportunities and challenges. ISBN:978-93-5076-163-4 Jan 2012
52. Values in fifty with respect to well-being published in National issue of the National Conference on Value Education Dhule-2005
53. Adjustment problems among working women published in Souvenir of the national conference of community psychology association of India 2007

Books published / chapter in a book

- The book entitled “Gaming Addiction” written by Prof. Dr. Mrunal A Bhardwaj & Dr. Tanmay S Dixit Published in the year 2022 by Sunidhi Publication 978-93-85262-51-7.
- The book entitled' Cyber Psychology- Case studies' written by Prof Dr Mrunal Bhardwaj, Tanmay Dixit, Tanmay Joshi and Riddhi Deshpande was published by the hands of Hon'ble Vice Chancellor Prof E. Vayunandan at YCMOU Nasik. The

book has written with an interdisciplinary approach exploring different case studies with various aspects of cyber-Psychology. The book is published by Amazon India. On this occasion of a book publication with ASIN B08QWDLR3M.

- Adolescence and Family Environment- A Psychological Review, Brain Tonic Publication House, Nashik (ISBN-978-81-923650-4-6)
- Personality and Athletes- an Analytical study, Brain Tonic Publication House, Nashik
(ISBN-978-81-923650-3
- Mental health and Depression crises among college student, Print-web Publication, Nasik (ISBN978-81-928429-2-9).

Conferences/Seminars/ Workshop organized / attended

Organised number of seminars/ conferences/ webinars of International, National, state, University regional levels during 2020-2021 related with various aspects of Psychology, NAAC, HIE

- Organized a seminar on RAF of NAAC under the IQAC of college.
- Participated as an organizer of the virtual course in women entrepreneurship from 1.3.21 to 7.3.21 organized by the MGVS Women's welfare and grievance redressal cell.
- Participated in the National webinar on the occasion of National girl child day organized by SPH Mahila college, Malegaon, Nasik on 24.1.2021.
- Participated in the National webinar on counseling psychology in Higher Education organized by Sao Chang College, Nagaland on in the National webinar on AQAR guidelines and submission on 7.11.20 organized by the MGVS ASC college, Manmad.
- Participated actively in the international webinar on Creative Therapy for psychological issues in youth and children organized by Hindustan College, Chennai on 24.7.2020.
- Organized International, National, State level Webinars as the Head PG Department of psychology and Research Centre LVH College and Dean Humanities Mahatma Gandhi Vidya Mandir
- Participated in the workshops on old framework of NAAC in Pune by CEDA.
- Organized the national conference as a convener on NAAC- Best practices in Higher Education sponsored by SPPU.

- Organized the National conference as a convener on NAAC- Best practices in Higher Education Sponsored by SPPU.
- Appointed on the executive body of Central School, Armed forces, Govt of India, Deolali Camp.
- Organized the IQAC workshop by the MGVI IQAC on the follow up of NAAC preparation.
- Attended the National Webinar (online address by Hon'ble HRD minister Shri Pokhriyal Organized by NAAC, Bangalore on Turn challenges into Opportunities- Covid19 on 28.5.2020.
- Participated and completed the course on Full bright Fellowship offered by UNISEF organised by APTI on 23.5.2020.
- Completed the one credit course on new treatment strategies for mood disorders by American Psychiatric Association on 26.5.2020.
- Completed one credit course from American psychiatric Association on Early prevention on Psychosis on 19.5.2020
- Completed the one credit course on pain, Depression PTSD by American psychiatric Association (APA) on 16.5.2020.
- Contributed as an expert and resource person at the state level online workshop on sports Psychology organised by the state sports organization and SP Pune University conducted during 6.5.2020 to 10.5.2020.
- Completed the course of 54 hours as a certified practitioner on Cognitive Behaviour Therapy (CBT) by Udemy on 22.4. 2020.
- Completed the course of 1 credit on mood disorders from American Psychiatric Association (APA) 21.4.2020.
- Participated as a speaker at the international seminar in cyber parenting web series on 10th April 2020.
- Completed the course of one credit related to Mental Health and Covid 19 from American Psychiatric Association (APA) 9.4.2020.
- Contributed by actively participating at the international conference on Development Discourse at Hyderabad.
- Conducted a seminar on Exam Stress Management at Public School, Nagar, February, 2019.

- Successfully organized the National Conference on Current Trends in Sports Psychology for enhancing sports performance as a Convener of the Conference sponsored by SPPU organized by L.V.H. College, Nashik, February, 2018.
- Participated as a Resource at the State level seminar on Role of Psychology in Sports sponsored by SPPU organized by Arts and Commerce College Satpur, Nashik, January, 2018.
- Participated and presented the research paper entitled, “Peace education & enhancement of emotional Intelligence and Aggression management among college students at the 19th World Congress of IAERP (UN-NGO) International Conference on Peace Education for Good Governance and Non-violence organized by HPT & RYK and SMRK-BK-AK Mahila Mahavidyalya, Nashik, 24-26 October 2016
- Delivered a lecture as a resource person at Arts, Science and Commerce College, Harsul, Nashik for the State level Conference Sponsored by BCUD, January 2016.
- Delivered a lecture as a resource person at National Conference at K.T.H.M. College, Nashik, sponsored by BCUD January 2016.
- Delivered a lecture as a resource person at Late B.R.D. Mahila College, Nashik Road for State level seminar February 2016.
- Delivered a lecture as a resource person at State Level Seminar at Late B. R. D. Mahila College, Nashik Road Sponsored by BCUD February 2016.
- Delivered a lecture as a resource person at National level seminar at Late B.R.D. Mahila College, Nashik Road March 2016.
- Delivered a lecture as a resource person at UGC Sponsored State Level FDP Program at LVH College, Nashik, October 2015.
- Delivered a lecture as a resource person at National level Conference at KGDM College, Niphad, Nashik September 2015.
- Participated and presented the paper entitled, “The influence of psychological factors on voting behavior” at National Conference on Psychological Impact: Election and Media K.T.H.M College, Nasik, January 2016.
- Participated and presented a research paper entitled, “Emotional Intelligence and Perceived efficiency” at Modern College, Pune 2016.
- Participated and presented the paper entitled, “Soft skills for all” at National

conference on Emerging trends in personality development in higher education
KGDM College, Niphad, Nashik September 2015.

- Worked as a Convener for the National Conference on Positive Psychology sponsored by UGC on 9th – 10th Jan 2015.
- Organized the session on Mind Training of Mr. Soo Yean Kim IYF South Korea.
- Participated as a resource person on the topic – psychological empowerment of tribal women at the state level seminar on empowerment of women in tribal area at Arts sci com college, sponsored by the University of Pune Harsul, Nasik , March 2013
- The paper presented on sports injuries towards becoming resilient at the Asia Specific International Conference on sports and exercise Psychology, Nagpur 2013
- Participated and presented the paper entitled, “Environmental Pollution- Impact on mental and physical health” at Bytco College, Nasik Road, Dec. 2012
- Participated & presented the paper at the national conference on,” Developing human potential issues, perspectives & challenges at Fergusson college, Pune, Jan, 2013
- Participated in the University level workshop on ‘New University Act, May 2012, as a Member of Senate, Univ of Pune.
- Presented a paper in the Scientific Paper Reading Session at two-day State Level Seminar organized by Department of Psychology and Political Science, K. G. D. M. College, Niphad, Dist. Nashik under quality improvement programme, University of Pune on 18th&19th March, 2013.
- Participated by presenting the paper entitled Quality of Work life and its correlates at the international research conference on Economics, social sciences and Environmental issues held at Bangkok from 6-7 March 2012.
- Participated in the international conference on management arena innovations. Opportunities and challenges by contributing the paper entitled the positive psychology approach in Human Resource Management at MGVS IMR, Nasik [MH], during 27-29 Jan 2012.
- Presented the paper entitled Relationship between type A and type B behavior pattern and mental health of adolescents, published in the souvenir of the National conference on health and wellbeing at Fergusson College, Pune Jan2011

- Attended the state level workshop on NAAC PROCESS organized by CEDA at pune April 2011
- Presented the paper on “Occupational Stress Management-Through Meditation” at the 13th International and 44th National Conference of Indian Academy of Applied Psychology Dr. Babasaheb Ambedkar Marathwada University, Jan 2009.
- Presented the paper entitled “Delinquency- Its roots in heredity and society” at the National conference on Delinquency at K.G.D. More Arts, Com. & Sci. College, Niphad, Dist.-Nasik on Dec. 2008.
- Presented the paper on the topic ‘Relation between organization climate and life satisfaction among shift workers’ at 12th International and 43rd National Conference of the Indian Academy of Applied Psychology (IAAP, 2008) KOLKATA February 7th -9th2008.
- Director of the national conference of community psychology association of India organized at L.V.H. College Panchavati, Nasik from 4 Feb to Feb 2007 Sponsored by university of Pune.
- Presented the paper on mental health of Indian working and non- working women at national conference on mental health at Jodhpur Dec. 2006
- Co-author of the paper presented in National Conference entitled “Time Management Awareness among the Athletes” at Kashi Vidyapeeth Varanasi (U.P.).2004
- Co-author of the paper presented in the National Conference entitled “Burnout Behavior among the Athletes of Individual and Group Sports” at S. S.J. Campus Kumaun University, Almora (Uttaranchal) 2002.
- Presented the paper in the National Conference entitled “Role of Value Education for Elite Athletes” at Jawahar Shikshan Prasarak Sanstha’s College of Education, Gartad, Dhule (Maharashtra).2003
- Presented the paper in National Conference entitled “Development of Career Value through Sports” at W.K.B. Seva Mandal’s Arts and Commerce College for Women, Department of Social Sciences, Deopur, Dhule (Maharashtra).
- Paper Presented at the National Seminar entitled “Child Labour in India Myth and Reality” at S.S.V.P.S. College of Arts, Sci. & Com. College, Dhule (Maharashtra) 2003

- Paper Presented at the National Seminar entitled “Anxiety & Frustration among Youths at the third national conference of I.A.H.B 2001
- Presented the paper at the international Conference entitled “Role of Yoga in the management stress for CHD Persons.” at Department of Psychology JNV University, Jodhpur and D.R.D.O., Delhi. The same paper was awarded as the Best Paper Award.
- Presented the paper at the National Conference entitled “The Study of Stress Coping among Athletes from Individual and Group Sports”.
- Presented the paper at the National Conference entitled “A Comparative Study of Personality among Athletes from Individual & Group Sports”.
- Co-Author of the Paper Presented in National Conference entitled “Drug Abuse among Sportsmen” at Jammu University. Jammu 2004
- Co-Author of the Paper Presented in the National Conference entitled “Locus of Control and Sports Excellence of Athletes of Individual & Group Games” at Nagpur.
- Co-author at the National Conference of the paper entitled “Sportsman from Individual and Group Sports: A Study of Social and Mental Health”.
- Presented the paper entitled “Towards Empowerment of Tribal Women” at UGC sponsored National level seminar on Women Empowerment in Jan. 2005 held at Niphad, Maharashtra.
- Presented the paper entitled “Drug Abuse among Sportsman” at the 17th National Conference on sports Psychology at University of Jammu Nov. 2004. The abstract of the paper is published in the Souvenir of above-mentioned Conference.
- Participated and presented the paper entitled, “Impact of Globalization and Empowerment on Indian Women: A Psychosocial review” at the National Conference on Women Empowerment at Pushpa Tai Hiray Arts Science and Commerce Mahila Mahavidyalya, Malegaon Camp, Malegaon, 3rd& 24th October 2013.
- Participated and presented the research paper entitled, “Online Social Networking and Addiction – A Psychosocial Review” at the International Conference on Applied Psychology – at Gujarat Law Society’s Smt. Laxmiben and Shri. Chimanlal Mehta Arts College, Ahmadabad, Gujarat, 1st to 3rd March 2014.

- Participated and presented the research paper entitle, “Humanistic perspective applied in Business Management” at the International Conference on Multi-facets of Business Management at - Institute of Management and Research Mumbai Agra Road, Panchavati, Nashik – 03 on 9th to 11th Jan 2013.
- Participated and presented the research paper entitle, “Teacher as a Counselor” at the National Conference on Counseling science of human problem solving at Aabasaheb Garvare College of Arts & Science on 6th 7th Dec 2013.
- Worked as a Joint director at the State level Seminar on research methodology & uniformity in research organized by L.V.H. College, Nashik & BCUD, University of Pune, on 29th& 30th Oct. 2013.

Experience as Resource Person

- Resource person and delivered a lecture on Innovative Research in Higher Education at the International Virtual Conference organized by ECAC and Arts Science and Commerce College Manmad on 8th -9th April 2022
- Resource person at the university level workshop on personality development at BRD women’s college Nashik Road on 23rd March 2022
- Resource person at the University sponsored webinar on Emotional Intelligence under Nirbhaya Kanya Abhiyan SPPU at CT Bora college Shirur 25th Feb 2022.
- Reviewer of Reputed Peer reviewed National Journal of NIPM
- Resource person at the International Virtual Conference at MES Arts and Commerce College Goa on 29th to 30th October 2021
- Resource person at the Competency Based lecture series on Research Methodology and Research Ethics organized by KTHM College under RUSA Grant 23rd to 27th August 2021
- Resource person at the state level interactive session on Emotional Intelligence. Thanks to "Sahitya Sakhi Manch Nasik "for this platform. Thanks to Pratibha mam, Minal Mam & Kulkarni mam for the effective management and coordination on 29.7.2020
- Resource person at the National level online workshop organized by FDC SPPU, UGC HRDC sponsored and KTHM college Nasik for NSS and SWOs on the topic of Emotional Intelligence and mindfulness on 7.7.2020
- Delivered a lecture as a resource person at BAMU, Aurangabad for the Refresher course Sponsored by UGC.

- Delivered a lecture as a resource person at L.V.H. College Panchavati, Nashik for the faculty development program.
- Delivered a lecture as a resource for the Refresher course sponsored by UGC.
- Delivered a guest lecture on Stress Management organized by the Staff Academy of BRD women's college.
- Invited at NBA as a chief guest for the teachers' felicitation function, it was such a wonderful experience with dedicated special educators.
- Delivered a lecture as a resource person in the National Conference at K.G.D.M. College, Niphad sponsored by ICSSR, Mumbai on 26 to 27 September 2014.
- Delivered a lecture as a Resource Person at Arts, Commerce & Science College Ozer, Nashik for the State level seminar sponsored by the BCUD.
- Delivered a lecture as a resource person at the National level Symposium on Psychological Dimensions for Youth at the Mumbai University organized by the Department of Applied Psychology, Kalina Campus, December, 2018
- Invited as a Chief Guest and Speaker for the Inaugural function of Nirbhaya Kanya Abhiyan organized by Student Development Cell and SPPU at V N Naik College, Dindori, Nashik, January, 2019.
- Invited as a Chief Guest for Inaugural function of seven days' workshop on Soft Skills and Personality Development at K J Somaiya College, Kopergaon, January, 2019.
- Participated as a Resource at the National level Conference on Opportunities & Challenges in the Accreditation Process under QIP sponsored by SPPU organized by MGV's Institute of Management & Research, Panchavati, Nashik, 9th -10th Feb, 2019.
- Conducted a session at Refresher course at LVH College, Panchavati, Nashik on Emotional Intelligence applied in teaching learning process – an innovative approach, October 2018.
- Invited as a chief guest and speaker at the inaugural function of Soft Skills Development Program Train the Trainers workshop conducted by the SPPU at the Nashik sub-Centre Savitribai Phule University of Pune.
- Invited as a chief guest and delivered a lecture at university level workshop on Emotional Intelligence at Late. B.R.D. Mahila Mahavidyalya, Jail Road, Nashik

Road on 4th Feb, 2015.

- Delivered a lecture as a Resource Person at 2nd National & 29th State level Annual Conference at Baramati Dist. Pune, 27th& 28th Dec 2015, organized by at Marathi Manas-shastra Parishad& ICSSR Mumbai west.
- Participated as a Resource person at the State level Conference on 'Role of motivation in sport at BRD College, Nasik on 24-25th Feb 2012.
- Participated as a Resource person and as a Judge at the National Conference on 'Research interdisciplinary approaches in Management, Humanities. Social sciences Languages at BRD College, Nasik on 13-15th Feb 2012.
- Participated as a Resource person & chaired the session at the State level Conference on 'Applications of psychology in Industrial settings at G.D. Sawant College, Nasik, on 14-15th October 2011.
- Participated as a Resource person at the National Conference on 'Improving quality of life-psycho-social perspective' at SGM College, Karad on 3-4th October 2011.
- Delivered a lecture as a resource with PhD course work Scholars at LVH college on social accountability and Research Ethics
- Participated as a resource person on the topic "hypothesis formulation & testing "in the national seminar on research methodology organized by the department of management studies at college of Engineering, Dhulia Maharashtra, 28th to 29th Jan 2009.
- Chaired the session and presented the paper on impact of yoga therapy on anxiety of working women at National conference of community psychology association of India at Sardar Patel University, Gujarat. Jan 2006

E-content developed

- 2 Modules of Psychology Developed by Prof. Dr. Mrunal Bhardwaj are uploaded on LMS SPPU.
- Developed Two online psychological tests viz. Corona phobia & Corona anxiety.
- E modules on various psychological topics, Corona phobia and Application of REBT in Corona, posted on Psycho-innovation, an owned you tube channel.
- On Google classroom, many e modules were posted for the students. Case study reports and Power point presentations of PG students were assessed.
- Developed cognitive and research method e-modules for PG students.

- Many e books were made available for students from various e resources.
- Received the certificate of Appreciation for the participation for submitting an innovative idea in Zero Investment Initiatives for Education Initiatives.
- Constructed online test on Covid-19 Distress Scale.
- YouTube link: <https://www.youtube.com/watch?v=zMvEf2jJp2Q>)

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