

Name of the Faculty: Dr. Jaimala Ashok Sode



Designation	Assistant Professor
Name of the Department	Psychology
E-mail	jaimalasode@gmail.com
Qualification	M.A., SET, Ph.D
Teaching Experience:	11 years
Administrative Experience:	
<ul style="list-style-type: none">• Worked as a HOD at Arts & Commerce College, Yeola & MPH Arts, Science & Commerce Mahila College, Malegaon• Member Faculty Humanities, Mahatma Gandhi Vidyamandir• Member, BOS Psychology Mahatma Gandhi Vidyamandir• Worked in Exam Committee in various capacities such as paper setter, moderator & examiner at college and university level.• Worked in various committees such as syllabus construction and modification, preparation of question bank of University of Pune.• Participation in Institutional/College Activities	
Representation on Academic/Administrative bodies/ Member of organizational bodies:	
<ul style="list-style-type: none">• Worked as a HOD• Member Faculty Humanities, Mahatma Gandhi Vidyamandir• Member, BOS Psychology Mahatma Gandhi Vidyamandir• Worked in Exam Committee in various capacities such as paper setter, moderator & examiner at college and university level.• Worked in various committees such as syllabus construction and modification, preparation of question bank of University of Pune.• Participation in Institutional/College Activities	

Participation in Refresher/Orientation/FDP:

- **Orientation Course:** At BAMU, Aurangabad from 25/04/2016 to 20/05/2016
- **Refresher Courses:** At BAMU, Aurangabad from 04/09/2018 to 23/09/2018
- **Ph.D Course Work:** At SPPU, Pune from 06/06/2019 to 06/07/2019
- **FDP:** At YCMOU, Nashik from 19/09/2019 to 28/09/2019
- **Online FDP:** At Spoken Tutorial, IIT Bombay Pandit Madam Mohan Malaviya National Mission on Teachers and Teaching organized by Rajarshi Shahu Mahavidyalaya Latur, from 01/05/2020 to 07/05/2020.
- **Online FDP:** At Teaching Learning Centre, Ramanujan College, Delhi University, Pandit Madam Mohan Malaviya National Mission from 08/06/2020 to 14/06/2020
- **Online FDP:** At HRDC, Savitribai Phule Pune University, Pandit Madam Mohan Malaviya National Mission from 11/07/2020 to 17/07/2020
- **Refresher Course:** At Teaching Learning Centre, Ramanujan College University of Delhi, under the aegis of Ministry of Education Pandit Madam Mohan Malaviya National Mission National Mission on Teachers and Teaching in collaboration with Centre for Psycho-Social Resource Development and Training, Ramanujan College from 12/04/2021 to 26/04/2021

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

- Completed 1 Minor Research Project on Personality traits, Emotional Intelligence and Internet Addiction Among College Students (regular Degree as well as Professional) UGC New Delhi, 2015 (Sanctioned Amount 80,000)
- Awarded Ph.D on Internet use and addiction among college students and its relation with personality traits, loneliness and psychological well-being, SPPU, Pune August, 2022.

Patent / Copyright

- Received the **Government of India National Level copyright** 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).

Book Publication:

- The Book entitled Rehabilitation Psychology written by Prof Dr Mrunal Bhardwaj, Dr. Jaimala A Sode & Tanmay Dixit was published by Amazon India with ASIN: B0BJ7M2NFV

Research paper published/presented

1. The research paper entitled Emotional Intelligence Module for Emotional Management among Adolescents was published in UGC care listed Shodhasamhita Impact Factor 4.95 ISSN 2277-7067, Volume IX, Issue 9, July-December, 2022.
2. The research paper entitled Identify The Needs, Benefits And Challenges Of Counseling Services In Higher Education was published in UGC care listed Atikshay Kalit ISSN 2277-419, July-December, 2022.
3. The research paper entitled Psychological Impact Of Covid Pandemic On Athlete Psychological Impact Of Covid Pandemic On Athletes was published in UGC Approved Peer Reviewed and Referred International Journal of Multidisciplinary Educational Research (IJMER) JISRAF Impact Factor 7.816 ISSN 2277-7881, Volume 11, Issue 2(5), March, 2022.
4. 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, Issue12, Dec, 2021.
5. 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.
6. 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.
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. 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.

9. Death Anxiety and Personality traits among Type-2 Diabetic Patients published in International Journal of Applied Social Science Vol.-VI Issue, 2 Feb 2019
10. Burnout And Coping Among Elite Athletes published in Researchers World Journal of Arts, Science & Commerce ISSN–2231-4172 Vol.–IX Special Issue, Feb 2018.
11. 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, 1-22018
12. 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
13. 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.
14. 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
15. Relationship between Personality and Value at workplace published in International Refereed Multidisciplinary Journal of contemporary research (IRMJCR) ISSN-2320-3145 (With Impact factor 3.552) Special Issue XFeb, 2016
16. 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
17. 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
18. 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 Mahila Mahavidyalaya, Nashik ISBN– 978-93-85664-52-6. October 2016
19. Female Feticide & Women's Mental Health Indian Journal of Research Studies in Social Science (IJORS) ISSN NO: 2320-9771. Vol: I Issue: I Feb 2013.

20. Mobile Phone Addiction and Loneliness among College Students 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 9th&10thMay 2015
21. Positive Emotion & Mental Health Conference Proceeding at National Conference on Positive Psychology organized by LVH College, Panchavati, Nashik Sponsored by UGC.Jan 2015.
22. Impact of Globalization on Indian Women's: A Psychosocial Review Conference Proceeding of National Conference on Women Empowerment organized by S.P.H. Mahila Mahavidyalaya, Malegaon. ISBN NO: 978-81-927005-4-0. Oct 2013

Participated and Presented Research Papers in Conferences/Seminars/Workshops

- Participated in online **National Conference** on contribution of Home Science, Psychology And Sports to Human Development organized By Arts, Science, College, Chincholi (Li), Tq-Kannad Dist-Aurangabad on 30th Sept 2022.
- Participated in **National conference** on Employability Augmentation through Skill Development for Management Education organized by Institute of Management & Research, Panchavati, Nashik, sponsored by Under QIP of SPPU, Pune on 19th& 20th January, 2018.
- Participated and presented the research paper entitled, “Burnout and personality traits among athletic trainers” at **National Conference** on Current Trends in Sports Psychology for Enhancing Sports Performance sponsored by Savitribai Phule Pune University organized by Department of Psychology L.V.H. College, Nashik, 6th & 7th Feb, 2018.
- Participated in Marathi Manasshashra Parishad organized by Department of Psychology M.S.G. College, Malegaon, Nashik, 30th& 31st Jan, 2018.
- Participated and presented the research paper entitled, “Peace education & enhancement of emotional Intelligence and Aggression management among college studentat 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 Mahavidyalaya, Nashik, 24-26 October 2016.
- Participated and presented the research paper entitled, “Multicultural Application of cognitive behavior therapy” at the **International Conference** on Emerging trends & issues in research & development –, at M.S.G. College, Nashik, 17th& 18th Feb, 2016.
- Participated and presented the research paper entitled, “Relationship between personality

& value at work place” at the **National Conference** on Human value and role of higher education – at Dr. S.P.H. Mahila College, Malegaon, Nashik, 12th & 12th Feb, 2016.

- Participated and presented the research paper entitled, “The influence of Psychological factors on voting behavior” at the **National level seminar** on Psychological Impact: Election and Media– at K.T.H.M. College, Nashik, 8th & 9th January, 2016.
- Participated and presented the research paper entitled, “Effect of leadership style on employees work ethics” at the **State level Conference** on Application of Industrial & Organizational Psychology– at Arts, Science & Commerce college, Harsul, Tryambakeshwar, Nashik, 19th & 20th January, 2016.
- Participated and presented the research paper entitled, “Mobile Phone Addiction and Loneliness among College Students” at the **International Conference** on Current Issues in education & Social Science – at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra, 9th & 10th May 2015.
- Participated and presented a research paper entitled, Value Education and Students Well-being at the **National Conference** on Dimension of Value Education in Higher Education at K.G.D.M. Arts, Commerce & Science College, Niphad, 26th - 27th September, 2014.
- Participated and presented a research paper entitled, Role of Soft Skills in Higher Education at the **National Conference** on Emerging Trends in Personality Development in Higher Education at K.G.D.M. Arts, Commerce & Science College, Niphad, 5th - 6th September, 2014.
- Participated and presented a research paper entitled, Impact of Emotion on Health & Wellbeing at the **State Level Seminar** on Subjective Well-being at M.V.P. Samaj Arts & Commerce College, Ozar (Mig), Tal. Niphad, Dis. Nashik. 22, Dec, 2014.
- Working as a Coordinator for the Certificate Course in Soft Skill Development (Sponsored by UGC).
- Delivered a Lecture as a Resource person in NET/SET workshop on Paper II at LVH College, Nashik. 21st January 2015.
- 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.
- Delivered Lectures as Resource Person in NET/SET Workshops.
- Presented the paper in **National Conference** entitled “A comparative study of marital

adjustment & depression among working and non working women” at Late Bindu Ramrao Deshmukh Arts & commerce Mahila Mahavidyalaya, Nasik Road.13th, 14th & 15th 2012.

- Participated and presented the paper entitled, “Environmental pollution- Impact on mental and physical health’ at the **National Conference** on Environmental Conservation and Sustainable Development Pollution - at Bytco College, Nashik Road, Dec. 2012.
- Participated and presented the paper entitled, “Female Feticide & Women’s Mentalhealth’ at the **National Conference** on Psychosocial perspective on Female Feticide - at Radhabai Kale Mahila Mahavidyalya, Ahmednagar, 8th & 9th March. 2013.
- Participated and presented the paper entitled, “The Influence of Personality Factors on Leadership” at the **State Level Seminar** on Qualities of Leadership Development - at Niphad College, March. 2013.
- Attended and Participated **State Level Seminar** on Women’s Empowerment- at Surgana College, March. 2013.
- Participated and presented the paper entitled, “Problems of old aged: An Indian Scenario” at the **National Conference** on Behavior of the Aged - at Sadguru Gadage Maharaj College, Karad , 7th & 8th & 9th October. 2013.
- 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 Pushpati Hiray Arts Science and Commerce Mahila Mahavidyalya ,Malegaon Camp, Malegaon, 3rd & 24th October 2013.

Participation in Webinars:

1. Participated in four days **National level Webinar** on Use of Statistical Tools & Techniques For Social Science organized by Dawangiri University, Karnataka, from 20th April 2020 to 24th April 2020 (Zoom).
2. Participated in Two days **National level online Workshop** on Mindfulness organized by Smt. Radhadevi Goenka College for Women, Akola, Maharashtra from 23rd April to 24th April 2020 (Google Meet).
3. Participated in Two days **National level Webinar on** Introduction to Research Designs- from Theory to Practice organized by Elphinstone College, Mumbai from 29th April to 30th April 2020 (YouTube Channel).
4. Participated in one day National level Webinar on Unlock the Body and Mind organized by Cosmopolitan’s Valia C. L. College of Commerce and Valia L.C College of Arts,

Andheri (West), Mumbai on 5th May 2020 (Via Zoom).

5. Participated in **International level webinar** on Laughter Yoga organized by S.S.T College of Arts and Commerce in association with Mumbai University and College Teacher Association, Thane, Mumbai, on 9th May 2020 (Zoom).
6. Participated in one day **National level webinar** on Strategies for Extension as a Social Responsibility: Perspectives of Higher Education organized by the Department of Lifelong Learning and Extension, Savitribai Phule Pune University (Formerly University of Pune) in collaboration with Indian University Association for Continuing Education, New Delhi on 13th May 2020.
7. Participated in **Nation level webinar** on Towards Excellence in Higher Education in 21st Century: Challenges and Opportunities organized by S.S.T College of Arts and Commerce in association with Mumbai University and College Teacher Association, Thane, Mumbai, on 13th May 2020 (Zoom).
8. Participated in Five days **National level Webinar series** on Educational Research organized by Bombay Teacher Training College, Colaba, Mumbai in collaboration with Department of education University of Mumbai from 12th May to 16th May 2020. (YouTube Channel).
9. Participated In Two Days **International Webinar** On Social Work Interventions: Post Covid-19 Situations With Special Reference To Mental Health Organized By Department Of Social Work. Bharathidasan University, Triuchirappalli Tamil Nadu From 14th May To 15th 2020.(Youtube Channel)
10. Participated In **National Level Webinar** On E-Content Development Methodology Four Quadrant Model, OER And Copyright Issues Organized By Guru Angad Dev Teaching And Learning Centre Of MHRD, SGTB Khalsa College, Delhi University On 15th May 2020 (You Tube Channel).
11. Participated in **National Webinar** on NAAC: Systematic Data Organization and Presentation” organized by Vidyalkar Institute of Technology, an Engineering and Management Institute Mumbai on 16th May 2020. (You Tube Channel).
12. Participated In **International Webinar** On Post Covid-19 Lockdown: Opportunities And Challenges For Education, Industry And Economy Organized By Poona College Of Arts, Science And Commerce, Pune On 16th May 2020. (Youtube Channel).
13. Participated In Two Days **National Level Webinar** On New Horizons For E-Learning In Higher Education Organized By Sitaram Govind Patil Arts, Science And Commerce

College, Sakri, Jalgaon from 14th May To 15th May 2020. (Youtube Channel).

14. Participated in three days **National level webinar** on Wellness organized by the Department of Physical Education, School of Education & Board of Sports & Physical Education, Savitribai Phule Pune University (Formerly University of Pune) in collaboration with Madan Mohan Malaviya National Mission on Teachers and Teaching School of Education from 14th May to 16th May 2020. (Youtube Links)
15. Participated in **Web seminar**: Licensing of technologies/Patents in the Indian context organized by Amity University, Mumbai on 14th May 2020. (Webex Meet)
16. Participated in Two days **National webinar** on Organization Effectiveness and Employees Mental Health during the Period of Lockdown organized by Maharaja Sayajirao University of Baroda, Gujarat from 15th May to 16th May 2020. (Zoom) Participated in Two Days National Webinar on Let's Overcome Corona Crisis with Positivity organized by Department of Psychology, Dadasaheb Digamber Shankar Patilarts, Commerce and Science College, Jalgaon from 18th May to 19th May 2020.
17. Participated in **webinar on CAS Promotion** Issues organized by Shikshan Maharshi Dnyandeo Mohekar Mahavidyalaya, Kalamb, on 20th May 2020.
18. Participated In **International Webinar** on Creative Therapy for Psychological Issues in Youth & Children organized by Hindustan College of Arts and Science, Chennai, on 24th July, 2020

E-content developed

- 2 Modules of Psychology Developed by Prof. Dr. Mrunal Bhardwaj are uploaded on LMS SPPU.
- Developed online psychological tests viz. Coronaphobia.
- E-modules on various psychological topics.