



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



Ms. Jagriti
Assistant Professor
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Mobile No:

EDUCATIONAL QUALIFICATIONS: M.A., M.Phil., Pursuing Ph.D., SET

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.	Pursuing
5	SET	Psychology	HPPSC	2019
6	GATE	Psychology	IIT, Bombay	2021
7	Specialization	Social Psychology	H.P.U.	2018

TOTAL TEACHING EXPERIENCE: 2 Years
Teaching Experience at St. Bede's College: 2 Years

RESEARCH EXPERIENCE: 2 Years

SUBJECTS TAUGHT:



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UG: Introduction to Social Psychology (Honors and Pass Course), Foundation of Psychology, Statistical method, Applied Social Psychology, Development Psychology, Psychology of personality, Health and Well-being, Psychology at Work, Organization Psychology, Psychology at Work, and Comprehensive knowledge of Himachal Pradesh.

OTHER RESPONSIBILITIES:

Member:

NAAC Steering Committee Criterion 3, Fine-Arts Club and Health Club

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.

❖ **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)

❖ **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



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❖ **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 Programe
 - 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.