



**Dr. Alka Seth.**

**Dr. Alka Seth is a qualified psychologist working in the domain of Counselling psychology for more than 15 yrs. She has earned a repute of an ace psychologist in handling clients from a diverse strata of society.**

**She is a master practitioner of varied range of psycho therapies with her proficiency in NLP, CBT, PLRT, SRT, CDT, Art Therapy, Music therapy etc. She has been working as an Astt Professor Psychology wherein she has successfully conducted workshops, faculty development program (FDP) and skill development programs.**

**A plethora of papers in International and national conferences have been presented by her and she holds half a dozen book titles to her name. Dr. Seth has been the recipient of prestigious Prof. Sultan Akhtar Award for community contribution and has been engaged with many corporate for their training programs. She envisages to develop various skills in the field of Education and Counselling Psychology and to carry out researches to become a contributing member of society at large.**

#### **Educational Qualification:**

- M.Ed (Education) from Kurukshetra University, Kurukshetra, 2009
- M.Phil, Education from Kurukshetra University, Kurukshetra, 2010
- M.A Psychology from Kurukshetra University, Kurukshetra, 2012
- Diploma in Guidance & Counselling, National Council of Educational Research & Training Centre, New Delhi, 2014
- UGC, National Eligibility Test for Assistant Professor
- Phd in Psychology, Maharshi Dayanand, University, Rohtak, 2018.
- Certificate Course of Pre-School Education and Classroom Management, from Indian National Portage Association, April, 2010, Chandigarh.
- Certificate Course of Management and Training of Learning Disabled, from Indian National Portage Association, October 2010, Chandigarh

- Certificate Course in Mental Health and Psychosocial Issues in COVID-19 (online) from National Institute of Mental Health and Neuro Sciences (NIMHANS) May 2020.
- Certificate Course in Basics of Addiction Management from National Institute of Mental Health and Neuro Sciences (NIMHANS) June to October, 2020.
- Online Course on Action Research in Educational Technology from Central Institute of Educational Technology (NCERT, New Delhi) Certificate Course in Perinatal Mental Health from National Institute of Mental Health and Neuro Sciences (NIMHANS) June to July 2022.

### **Achievements:**

- Got Prof. Sultan Akhtar Award for Community Contribution in Pondicherry University from Indian Academy Applied Psychology (2016)
- Got Best Researcher Paper Award in Andhra University from Indian School Psychology Association (2018).
- Started a new Course Post Graduate Diploma in Guidance & Counselling in 2020 in Chaudhary Ranbir Singh University, Jind, Haryana.
- Organised various programs and activities like life skills, stress management, communication skills, goal orientation, and social responsibilities etc. for Soft Skills development of university students.
- Individual Counselling Sessions for university students, teachers and non-teaching staff for their personal, academic and career issues.

### **-Research Papers in International Journals& National Journals:**

- Seth., A. & Sharma., N. (2015). Guidance & Counselling Needs of Indian Schools: Challenges & Opportunities. *International Journal of Psychology and Education*. 3(2).84-102.
- Seth., A. & Sharma., N.(2016).Assessment of Career Maturity and Expression of Deprivation among School Going Students. *International Journal of Psychosocial Research*. 5(1).96-101.
- Seth., A.(2016). Study of Emotional Intelligence and Personality of Children with Reading Disability. 3(8).17-21. *International Journal of Psychology and Education*.
- Seth., A. & Sharma., N.(2017). ASSESSMENT AND COMPARISON OF WELL-BEING AMONG ADOLESCENTS ACROSS GENDER. *INTERNATIONAL JOURNAL ON MANAGEMENT, MARKETING AND HRD*. 3(4).7-12.
- Seth., A. & Sharma., N.(2017). Effects of Life Skills Training on Well Being of Adolescents. *International Journal of Psychosocial Research*. 6(1)4-9.
- Seth., A. & Sharma., N. (2018).A Correlational Study between Emotional Skills and Thinking Skills among Adolescents. *Journal of Indian Health Psychology*. 12(2).1-6.
- Seth., A. & Sharma., N.(2018). SOCIAL SKILLS AMONG ADOLESCENTS: AN EFFECTIVE TOOL TO GROW AND LIVE BETTER. *INTERNATIONAL JOURNAL ON MANAGEMENT, MARKETING AND HRD*. 4(1).98-108.
- Seth., A. & Sharma., N. (2020).Life Skills: Predictor of Well Being Among School Going Students. *Indian Educational Review*. 58(1). 119-124.

- Seth., A.(2021).A Comparative Study of Emotional Intelligence And Quality Of Life Among University Students. *SHODH SARITA*. (8). 127-131.
- Seth., A & Sandeep.(2023). Achievement Motivation and Optimism Among Adolescents: A Comparative Study.*The International Journal of Indian Psychology* (11). 2845-2852.
- Seth.,A.(2016). Study of Mental Health and Burnout in relation to Teacher Effectiveness among Secondary School Teachers. *Indian Journal of Health and Well Being*. 7 (7). 769- 773.

### Book-01

- Seth., A & Sharma., N (2021). Manual of Life Skills: A Key To Excel. Global Vision Publishing House. New Delhi.

### Chapters in Books- 02

- Seth., A & Sharma., N (2016).Need And Relevance Of Life Skills In Positive Youth Development. Global Vision Publishing House. New Delhi.
- Seth., A (2022). Impact of Family Structure On Anxiety, Depression, And Stress Among Pregnant Women In Different Trimesters. Global Vision Publishing House. New Delhi.

### Paper Presentations in International Conferences :

- Presented a paper entitled **Early Intervention Policy, Laws & Measurement for Disability (2010) Chandigarh**, organized by International Portage Association and Indian National Portage Association.
- Presented a paper entitled **Character Education: A Need of the Hour (2014) Chandigarh**, organized by Dept. of Psychology, P.G. Govt. College, Chandigarh.
- Presented a paper entitled **Guidance and Counselling as an Integral part of Curriculum: Issues & Challenges in India (2015) Kolkata**, organized by Dept. of Psychology, Calcutta University.
- Presented a paper entitled **Health Promotion for Excellence: Role of Life Skills (2015) Mumbai**, organized by Indian School Psychology Association.
- Presented a paper entitled **Role of Life Skills in Enhancing Mental Health of School Going Adolescents (2016) Pondicherry**, organized by Department of Applied Psychology, Pondicherry & Indian School Psychology Association.
- Presented a paper entitled **Status of Well-Being among Adolescents (2017) Jaipur**, organized by Dept. of Psychology, Rajasthan University.
- Presented a paper entitled **Role of Thinking Skills in Stress and Emotions among Adolescents (2017), Goa**, organized by International Stress management Association.
- Presented a paper entitled **Indian Tiger takes on Chinese Dragon (2017), Jind**, organized by Faculty of Education & Faculty of Social Sciences, C.R.S.University.

- Presented a paper entitled **Assessment and Promotion of Social Skills Among Adolescents(2018)** organized by Department of Psychology, Andhra University & INSPA.
- Presented a paper entitled **Do Mental Balance and Control of Self & Events predict Happiness? (2019), Kurukshetra** organized by Department of Psychology, Kurukshetra University.
- Presented a Paper Entitled **Predictors Of Happiness Among School Going Students (2019)** Organized By Pandit Deendayal Petroleum University, Gandhinagar &InSPA.
- Presented a paper entitled **Gender Differences In Quality Of Life And Emotional Quotient Among University Students (2020)**, organized by National Congress Science, BRICS International Forum.
- Presented a paper entitled **Resilience: An Important Lesson By Shrimad Bhagvad Gita (2021), Jind**, organized by Bhartiya Shikshan Mandal & Department of English, C.R.S.University.
- Presented a paper entitled **Anxiety, Depression and Stress among Pregnant Women: A Comparative Study in Different Trimesters in Urban and Rural Area (2022)**, organized by Department of Psychology, Mizoram.University.
- Presented a paper entitled **Effect Of Emotional Skills Program On Stress Management Among Adolescents (2023)**. Charotar University Of Science And Technology & Academy Of Hypnosis, Vadodara.
- Presented a paper entitled **A Comparative Study of language Lateralization Among University Students (2023)**. University of Science & Technology, Meghalaya.

#### **Symposium in International Conference (02):**

- Symposium 1: Mapping of Psycho-Social Competencies in Students, Mumbai (2015), organized by Indian School Psychology Association.
- Symposium 2: Role of Life Skills in Enhancing Mental Health of School Going Adolescents Pondicherry (2016), organized by Dept. of Psychology, Pondicherry University.

#### **National Conferences/Seminars (05):**

- Presented a paper entitled **Revamping Teacher Education (2009)**, Kaithal.
- Presented a paper entitled **Disability: Prevention, Management and Rehabilitation (2011)**, Chandigarh.
- Presented a paper entitled **Role of Individual in Pollution Control (2015)**,Jind.
- Presented a Paper entitled **Make in India: An Initiative to Transform India (2016)**,Jind.

- Presented a paper entitled **PERSONALITY ANALYSIS OF CHAUDHARY DEVI LAL(2022), C.R.S.U,Jind.**

**Workshops/Faculty Development Program/Short Term Courses/ Online Courses/ Psychological Assessment camp Participated & Organized**

<b>Sr. No.</b>	<b>Title</b>	<b>Participated/Organized</b>	<b>University/National/International Level</b>	<b>Year &amp; Place</b>
1.	WORKSHOP ON ART THERAPY	Organized	University	2023, Department of Psychology, C.R.S.U
2.	Faculty Development Program	Participated	National	2022, Human Behavior Pvt. Limited, U.P
3.	Psychological Assessment Camp	Organized	University	2022, Department of Psychology, C.R.S.U
4.	Workshop in Cognitive Behavior Therapy	Organized	University	2022, Department of Psychology, C.R.S.U
5.	Short Term Program On Research Methodology	Participated	National	2020, Ugc, Human Resource Development Centre, Devi Ahilya Vishwavidyalaya, Indore
6.	Workshop In Research Methodology In Social Sciences	Participated	National	2020, Faculty Of Commerce, Management & Central Library, C.R.S.U
7.	Faculty Development Program	Participated	National	2020, One Month Chaudhary Ranbir Singh University, Jind
8.	Workshop On Universal Human Values, Happiness And Harmony	Participated	National	2019, 7 Days Faculty Of Commerce & Management, C.R.S.U
9.	International Webinar on Holistic Approach for Life: An Indian Psychology Perspective	Organized	International	2019, Department of Psychology, C.R.S.U

10.	Workshop on Past Life Regression and Hypnosis	Participated	National	2018, Mind Power Lab, Agra
11.	Workshop on Psychological Testing	Organized	National	2017, Department of Psychology, C.R.S.U,Jind
12.	Workshop on Research Methodology & Statistics	Participated and Organized	National	2017, Department of Psychology, C.R.S.U,JindJind
13.	Workshop on Research Methodology	Participated and Organized	National	2017, Department of Management, C.R.S.U,JindJind
14.	Workshop on Clinical Hypnosis	Participated	National	2015, Psychowaves, Chandigarh
15.	Workshop on Intelligence and Neuropsychological Testing	Participated	National	2015, Psychowaves,Chandigarh
16.	Workshop on Rorschach Inkblot Testing	Participated	National	2014, Psychowaves,,Ludhiana
17.	Workshop on Neuro Linguistic Programming	Participated	International	2012, The Society of Neuro Linguistic Programming, London
18.	Workshop on Cognitive Behaviour Therapy	Participated	National	2012, Delhi

### Lecture Delivered/ Invited as a Resource Person, Session Chaired

- Chaired A Technical Session In An International Conference Entitled ***Broaden The Horizon:Towards Achieving Excellence In Children,Andhra University &Inspa*** On 13/10/2018.
  - Invited Lecture On ***Life Skills: A Tool Of Total Growth*** In Department Of Computer Science & Applications, C.R.S.U On 31/07/2020.
  - Lecture On ***Mental & Well-Being Of Students***, PIG College For Women, Jind On 20/05/2022.
  - Invited Talk On ***Guidance &Counseling Session On Stress Free Examination For Healthy Mind And Body*** Of Students Of Laxmi Bai Girls Hostel,Crsu,Jind On 06/07/2022
  - Invited Talk On ***Social Skills*** In Department Of History, Culture & Archaeology, C.R.S. U On 26/05/2022.
  - Invited Lecture On ***Career Counseling*** By Training & Placement Cell, C.R.S.U On 13/04/2023.
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