



## DR. HEMA KUMARI MEHAR

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### Academic Profile

- Assistant Professor : Joined from 2018 at Department of Psychology, UCSSH, Mohanlal Sukhadia University, Udaipur, Rajasthan 313001
- **Project under RUSA II, Co- Investigator**, titled Strength based development of tribal adolescents of southern Rajasthan: An Empirical Study.
- PhD ( Doctorate in Philosophy ) completed in 2018 from Department of Psychology, University Of Rajasthan, Jaipur
- PG Diploma in Guidance and Counselling in 2015 from Jamia Millia Islamia, New Delhi
- M.Sc Clinical Psychology in 2013 from International College for Girls , Deemed to be IIS UNIVERSITY, Jaipur
- B.sc (Psychology, Economics, Geography in 2011 from International College For girls affiliated to University Of Rajasthan, Jaipur

- Ph.D Supervision

Awarded – 01

Registered Scholars- 05

### Publications

- Research Paper titled “Locus of control, Subjective well-being and self-efficacy among college students” in May 2016, Vol. III Issue-IX, Pg no. 54-60. Refereed Journal - Shrinkhala , A Multi-Disciplinary International Journal. ISSN No. 2321-290X (P), 2349-980X (E). Impact Factor 4.473(SJIF)

- Published Research Paper Title “Gratitude and Forgiveness as a predictor of well-being among female college students” December 2016, Vol.7, Issue 4, Pg No. 511-514, Indian Journal of Positive Psychology. ISSN No. 2229-4937(p), 2321-368X(e)
- Research Paper Titled “Effect of Meditation on Happiness among College Students” in 2016, Pg no. 73-78. Indian Journal of Psychology, ISSN No.0019-5553. Indian Psychological Association
- Research Paper Titled “Effect of Anxiety and Depression on Post Traumatic Events among College Students “April 2016,Vol.7 Issue 4,Pg No. 25-31. International Research Journal of Management, Sociology & Humanities. ISSN No. 2348-9359(P) 2277-9809(O)
- Research Paper Titled on “Quality of Life and Self Efficacy among College Students” January 2017, Vol.11 No.1, Pg No. 18-23. Journal of Well-Being, A Refereed Journal. ISSN No. 0974-8717 - UGC listed Journal
- Research Paper Titled on “A Comparative Study of Self confidence Factors of Male and Female Students of Educated and Uneducated Parents” July 2017, Vol.11 No.2, Pg No. 8-12. Journal of Well-Being, A Refereed Journal. ISSN No. 0974-8717. UGC listed Journal
- Research Paper Titled on “A Comparative Study of Academic Resilience and Optimism among students of Educated and Uneducated Parents” January 2018, Vol.8, No.1, pp-28-33. Indian Journal of Psychology and Education. ISSN No. 2231-1432
- Research Paper Titled on “Influence of Motivational Movies on Coping Abilities among Physically Challenged Women Adults” June 2019, Vol.4, Issue-06. Research Review International Journal of Multidisciplinary. ISSN No. 2455-3085 (Online) UGC listed Journal
- Research Paper Titled on “Study the Effect of Forgiveness on Happiness among Elderly Women” April 2021, Issue No. 291(CCXCI) G, Pg no. 53-56.B.Aadhar Peer-Reviewed & Refereed Indexed -Multidisciplinary International Research Journal. ISSN No. 2278-9308. Impact Factor-7.675(SJIF)
- Research Paper Titled on “Shiksha vyavastha : Pracheen Bharat ke vishesh sandharbh mein” July –September 2021,Pg. no. 119-122. Samsamyik srajan. ISSN No. 2320-5733. UGC Care Listed S.N. -61
- Research Paper Titled on “Mahilayon ke tanaav prabandan mein Bhagvatgeeta, yog avam adhyatam ki bhumika” December 2021, Issue No. (CCCXXIX) 329-H. B.Aadhar Peer-Reviewed & Refereed Indexed, Multidisciplinary International Research Journal. ISSN No. 2278-9308.Impact Factor-7.675(SJIF)
- Research Paper Titled on “An Evaluation Of Yoga's Impact On Pelvic Pain And Mental Health After Pregnancy” Vol. XXIII, No: 18, 2022, Pg No.48-58. RABINDRA BHARATI JOURNAL OF PHILOSOPHY. ISSN: 0973-0087
- Research Paper Titled on “Social Support and life satisfaction among Disabled Adults” Volume 8, Issue 08, August 2022, Pg No. 263-269.Zeichen Journal. ISSN : 0932-4747. Paper ID-ZJ/2926. UGC Care Approved Group- II Journal
- Research Paper Titled on “Effect Of Yoga On Well-Being Among Pregnant Woman: An Empirical Research” Vol. XCV, No.32, 2022, Pg No. 15-22.JOURNAL OF THE ASIATIC SOCIETY OF MUMBAI. ISSN: 0972-0766

- Research Paper Titled on “E-Commerce: A new normal to retail market” Vol. 02, No. 03 (I), July-September 2022, Pp 139-143. International Journal of Innovations & Research Analysis(IJIRA). ISSN : 2583-0295. Impact Factor- 5.449
- Research Paper Titled on “Life Satisfaction and Depression: A Study on Transgender” July 2023, Vol.17 No.2 pp 56-67. Journal of Well-Being-A Refereed Biannual Journal. ISSN No. 0974-8717

## **Book**

- Book Name “Principles of Research Methodology”, September 2022. ISBN No. 978-93-954560-6-7. DIP: 18.10.939545606X. DOI: 10.25215/939545606X. Red’shine publication, India, (Paradox Publication Guide House)

## **Chapters in Books**

- Chapter name “Vidhyarthiyo mein utpan tanaav : karan avam samadhaan, March 2021, Manav Vyavhaar par tanaav la prabhav avam prabandan”. ISBN 978-81-949767-1-4. N.D Publication, New Delhi
- Chapter Name “A Roof Over the Head: A Gender Specific Correlation Study”, 2022, Pg No. 1-11, Healthy Aging for a Healthy Planet. ISBN 978-93-94779-67-9. Bharti Publications, New Delhi

## **Editor in Journal**

- B.Aadhar Peer-Reviewed & Refereed Indexed -Multidisciplinary International Research Journal, December 2021, Issue No. (CCCXXIX) 329-G. ISSN No.2278-9308 Impact Factor- 7.675(SJIF)

## **Seminars Attended**

- **ICSSR Sponsored Training program “ Capacity Building Programme”** for Young Researchers & Junior Faculties organized by Department of Psychology, Jai narain Vyas University (JNVU) Jodhpur, Rajasthan from 15<sup>th</sup> January to 28<sup>th</sup> January, 2020 and Obtained Grade “ A+”.
- Participated in the seminar on “Present scenario of Higher Education in India and Future Prospectives” jointly Organized by Sukhadia University Teachers Association ( SUTA), Rajasthan University & college Teachers Association (RUCTA) and All India Federation of University and college Teachers Organizations ( AIFUCTO) On 6<sup>th</sup>-7<sup>th</sup> April 2019.
- Participated in One day Pre-Conference workshop on Anger Management: A life without Anger on 26<sup>th</sup> Sept 2019, Organized by Department of Psychology, UCSSH, MLSU & Academy of Well-Being Society, Udaipur.
- **Co-Chaired a session** in the Multidisciplinary National Conference on Integrative Approaches for Mental Health and Well being, Organized by Department of Psychology,

university college of Social sciences and Humanities, MLSU, Udaipur & Academy of Well-Being Society, Udaipur on 27<sup>th</sup>-28<sup>th</sup> September 2019.

- Presented a paper entitled on “**A review paper on psychological aspects of independence among schedule tribes in Udaipur city**” in the two days National Seminar organized by Department of History, MLSU & sponsored by ICHR New Delhi on 24<sup>th</sup> -25<sup>th</sup> September 2019.
- Participated in IBRO-APRC Associate School of Neuroscience on “neurological disorders : Advances in Research Techniques & Management” from 5<sup>th</sup> Aug to 11<sup>th</sup> Aug 2019 organized by Department of Pharmaceutical Sciences, Mohanlal Sukhadia University, Udaipur (Raj.).
- Participated in the one day workshop entitled “Pre- Marital counseling” on 11<sup>th</sup> February 2019 organized by UCSSH, MLSU, Udaipur & Rajasthan Mahila Ayog, Jaipur.
- Presented a research paper in National Seminar on Rajasthan ki janjatiya avam unmein itihaas chetna, entitled “**A Study of Mental Health among Rural & Urban**” organized by Department of History & Vanshwali Adhyayan Kendra, MLSU, Udaipur on 17<sup>th</sup> November, 2018.
- Attended a National workshop on “Sanskritik Patrakarita :chintan, Manan, manthan” from 28<sup>th</sup> -30<sup>th</sup> October, 2018 Organized by Department of Journalism, UCSSH, MLSU, Udaipur.
- Participated in the seven days workshop on E-RESOURCES Organized by University Central Library, MLSU, from 14<sup>th</sup>-21<sup>st</sup>January 2018, Obtained ‘A’ grade.
- National Training workshop on Plagirism and Research reference management tools for social science scholars on 30<sup>th</sup> January-1<sup>st</sup> Feb 2020 organized by Department of Library and Information Science, MLSU, Udaipur, Rajasthan & sponsored by Northern Regional Centre , Indian Council of Social Sciences Research, New Delhi.

### **Seminars organized**

Member of the Organizing Committee for the Workshop on “Personality development” organized by the Department of Psychology, Mohanlal Sukhadia University, Udaipur on Feb. 26 to 28, 2020.

- Member of the Organizing Committee for the Two days Workshop on “Research Methodology” Organized by the Office of the Research Representative and the office of the Dean, Post Graduates Studies, Mohanlal Sukhadia University, Udaipur on 28<sup>th</sup>-29<sup>th</sup> January, 2020.
- Member of the Organizing Committee for the Multidisciplinary National Conference on “Integrative Approaches for mental health and well- being” Organized by the Department of Psychology, Mohanlal Sukhadia University, Udaipur on September 27<sup>th</sup> & 28<sup>th</sup> 2019.
- Member of the Organizing Committee for the Pre Conference workshop on “Anger management: A life without Anger” organized by the Department of Psychology, Mohanlal Sukhadia University, Udaipur on 26<sup>th</sup> Sept. 2019.
- Member of the Organizing Committee for the “Intensive Clinical training in psychological testing” Organized by the Department of Psychology in association with Dsouza foundation, Mumbai on 28<sup>th</sup> to 30<sup>th</sup> June 2019.



Building Global Community, Organized by Department Of Psychology, University Of Rajasthan, on 23rd -25th February,2017 Jaipur, Raj

- Awarded Guru Ratan Sammaan-2023 from Shri Vedamritam Sansthan Jaipur Foundation on 21<sup>st</sup> September at Jaipur
- Awarded Vedamritam Excellence Award -2023 for her excellence in the field of psychology, career psychology and Aadhyatm on 14<sup>th</sup> June at Gujarat