

CURRICULUM VITAE

- 1. Name :** Dr. MANJU (KHANDURI) PANDEY
- 2. Father's Name :** Late S. P. Khanduri
- 3. Designation :** Professor & Head
- 4. Department :** Psychology, H.N.B. Garhwal University, Srinagar Garhwal (Uttarkhand)
- 6. Academic Qualification:** MA, B.Ed, M.Ed, D.Phil (Psychology)
- 7. Teaching Experience:** 31 Years
- 8. Research Experience:** 33 Years
- 9. Details of Thesis:** **Topic:** Learning Disabilities and Psycho-Correlates
- Year of award :** 1998
- Name of University :** H.N.B. Garhwal University
- Published :** Yes

Financial assistance for publication by **Indian Council of Social Science Research (ICSSR), New Delhi**

10. Details of Publication

Books:

1. Learning Disabilities among Primary School Children. *Anmol Publication Pvt. Ltd. New Delhi*. Financed by the **Indian Council of Social Science Research (ICSSR), New Delhi.(2003)**
2. **Environment and Ecology: problems and Perspectives** (Philosophical, Psychological & Educational Approaches). *Transmedia Publication, Srinagar Garhwal (U. K.)*. 2006
3. 'Care of Mental Health during and after Covid-19 Pandemic'. This booklet includes all aspects of Mental Health as - Causes, Symptoms, Prevention, and Therapies. It is uploaded in University website, facebook and other social media platforms for the help of students, teachers, staff and public. This booklet is made by (Prof. Manju Khanduri Pandey) HOD Department of Psychology ,HNBGU Srinagar.(2020)
4. पुस्तिका- 'कोविड-19 महामारी के समय और उसके बाद मानसिक स्वास्थ्य की देखभाल।

Care of Mental Health during and after Covid-19 Pandemic. This booklet includes all aspects

of Mental Health as - Causes, Symptoms, Prevention, and Therapies. It is uploaded in University website, Facebook and other social media platforms for the help of students, teachers, staff and public. This booklet is specially designed for those people who don't know English Language.

This booklet is made by (Prof. Manju Khanduri Pandey) HoD
Department of Psychology, HNBGU Srinagar. (2020)

Research Papers:

Published:

1. Role of Teachers and the Goals of Education, 1991, No. 27, *University News*, Varanasi, Regd. No. 7180/63.
2. Identification and intellectual development of Learning Disabled Children. – 1999. *Disabilities and Impairments: An Interdisciplinary Research Journal*, Delhi, Vol. 13, No 1 & 2, 1999, pp 39-42, ISSN – 0970 356X.
3. The Learning Disability and Frustration Tolerance Level, *Disabilities and Impairments: An Interdisciplinary Research Journal*, Delhi, Vol. 14, No 1, 2000, pp 9-14, ISSN – 0970 356X.
4. Parent Child Relationship and Learning Disability- 2000. *Disabilities and Impairments: An Interdisciplinary Research Journal*, Delhi, Vol. 14, No 2, 2000, pp 109-114, 0970 356X.
5. The Learning Disability and Super –Ego Variants. *Psycho Lingua: A Bi-Annual Research Journal*, Agra, Vol. 31, No 1, 2001, pp 33-36, ISSN – 0377-3132.
6. A Study of the Attitude of Effective and Ineffective Teachers Towards Teaching Profession. *Indian Journal of Psychometry and Education*. Vol. 30, No 1, 1999, pp 43-46, ISSN – 0378-1003.
7. Correlation Between Teachers Effective and Attitude Towards Teaching Profession. *Educational Research Journal*. No 7, 2001, pp 62-65, Regd No. 4612-1985, File No. 39411.
8. Effect of Single Parenting on Severity of Learning Disabilities. 2002. *Psycho-lingua: A Bi-Annual Research Journal*. Vol. 32, No 1, pp 61-64, ISSN 0377-3132.
9. Effect of Ecological Factors on Learning Disability for Disabilities and Impairments: *An Interdisciplinary Research Journal*, Delhi, Vol. 17, No 2. 2003, pp 123-131, ISSN 0970 356X.
10. Effect of Religion on Aggression and Frustration of Children. *Religio-Cultural Plurality and Nation State (National Seminar)*. Publisher: Sadharmyam Research & Dialogue Center. Srinagar Garhwal. 2004, pp 143-154.
11. Students Attitude towards Population Educational. *Educational Research Journal*. Vol. 8, 2005, pp 51-54, Regd. No. 4612-1985, File No. 39411.
12. Need of Value Education. *Shodha Sandarbha*, Nirjharani, H. N. B. Garhwal University, Srinagar Garhwal (U. K.). 2005-2006.
13. Home Environment and Intellectual Development. *Environment And Ecology: problems and Perspectives (Philosophical, Psychological & Educational Approaches)*. *Transmedia Publication*, Srinagar Garhwal (U. K.). 2006, pp 43-56, ISBN – 978-81-904778-7-1.
14. Impact of Socially Disadvantaged Environment on Frustration and Aggression Pattern of Children. *Environment And Ecology: problems and Perspectives (Philosophical, Psychological & Educational Approaches)*. *Transmedia Publication*, Srinagar Garhwal (U. K.). 2006, pp 57-56, ISBN – 978-81-904778-7-1.

15. Teachers Effective and Ecological Variables. Environment and Ecology: Problems and Perspectives (Philosophical, Psychological & Educational Approaches). *Transmedia Publication, Srinagar Garhwal* (U. K.). 2006, pp 77-90, ISBN – 978-81-904778-7-1.
16. Mentally challenged children and home Environment, Disabilities and Impairments; *An interdisciplinary Research Journal, Akshat Publications, Delhi* Vol: 23, 2009
17. Impact of Socially Disadvantaged environment on Frustration Tolerance, Applied Psychology for peaceful World IAAP (Indian Association of Applied Psychology). *Jammia Millia Islamia, New Delhi* 2010.
18. A Comparative Study of Psychopathological Symptoms among alcoholics and non-alcoholics. *Indian Journal of Health and Wellbeing*. 2014, 5(1), 62-65.
19. A Comparative Study of mental health of working women and housewives, *Indian Journal of Health and Wellbeing*. 2014, 5(11), 1398-1400.
20. Parent-Child relationship and dyslexia among children. *International journal of current research* 2016, vol.8, issue 06, pp.33379-33383, issn:0975-833x(IF 6.226)
21. Women's education and mother child relationship. *International journal of Indian psychology*. 2016. ISSN 2348-5396(e) issn: 2349-3429 (p) volume 4, issue 1, No.74, Dip:18.01.030/20160401.ISBN:978-1-365-46362-4.
22. Adult sibling relationship in Indian Families: A study on middle-aged Adults. *International journal of Indian Psychology*. 2016. Print (ISSN: 2349-3429) Online (ISSN: 2348-5396).
23. Impact of Internet Addiction on Students. The international Journal of Indian Psychology, 2017, Volume 4, Issue 3, p.116-124, ISSN: 2349-3429, Index Copernicus 6.9.
24. A comparative study of psychic immunity among male and female adolescents. *Indian Journal of health and Well-being*, 2018, Volume 9, Issue 2, p.265-266, ISSN: 2229-5356, NAAS 4.13
25. Predictors of absenteeism at senior secondary level. *IAHRW International Journal of Social Sciences*, 2018, Volume 6, Issue 1, p. 121-124, ISSN: 2347-3797, NAAS 3.17
26. Effect of Jacobson Progressive Muscle Relaxation (JPMR) on psychopathological problems in chronic non-malignant pain patients. *Indian Journal of health and Well-being*, 2018, Volume 9, Issue 3, p.630-633, ISSN: 2229-5356, NAAS 4.13
27. Impact of Yoga Nidra on the personality of drug addicts. *Indian Journal of health and Well-being*, 2018, Volume 9, Issue 5, ISSN: 2229-5356, NAAS 4.13

11. Workshop organized:

1. One day workshop on Drug De-addiction and Preventive measures on 9th December 2017 organized by Prof. Manju Khanduri Pandey (HoD), Department of Psychology (HNBGU).
2. One day workshop on Sahaj Yoga For Stress Management on 28/11/2018 organized by Prof. Manju Khanduri Pandey (HoD), Dept. of Psychology. HNB University, Srinagar Garhwal.
3. workshop during World Suicide Prevention Week, 10 to 16 September 2019, organized by Prof. Manju Khanduri Pandey (HoD), Department of Psychology (HNBGU).
4. One day workshop on Mental Health Awareness (Swa-Mann), 19-September, 2019, organized by Prof. Manju Khanduri Pandey (HoD), Department of Psychology (HNBGU).

5. One day workshop on World-Mental Health Day, 10 October 2019, organized by Prof. Manju Khanduri Pandey (HoD), Department of Psychology (HNBGU).
6. One day workshop on “Meditation for Shaping & Enlightening Youth Mind”, 15 November 2019, organized by Prof. Manju Khanduri Pandey (HoD), Department of Psychology (HNBGU).
7. Two day workshop on Psychology as a Science, 27 & 28 November 2019, organized by Prof. Manju Khanduri Pandey (HoD), Department of Psychology (HNBGU).
8. Workshop during World Suicide Prevention Week, 14 to 18 September 2020, Webinar/ Panel Discussion, slogan competition, poster, quiz competition organized by Prof. Manju Khanduri Pandey (HoD), Department of Psychology, HNBGU.
9. Webinar/ panel discussion on mental health on the occasion of World Mental Day organized by Prof. Manju Khanduri Pandey (HoD), Department of Psychology HNBGU Srinagar Garhwal. (10 October 2020)

12. Chaired Sessions:

1. Chaired the Session in the National Seminar on Indigenous techniques in Psychotherapy: Concept & Applications on 27 March 2011 organized by Department of Clinical Psychology, School of Yoga & Health, Dev Sanakriti Vishwavidyalaya, Haridwar.
2. Chaired the session in the national Seminar on Commission for Scientific and Technical Terminology on 29th April, 2011 at Vigyan Bhawan, New Delhi.
3. Chaired the session in the Three days national seminar on Professional ethics in higher education organized by Faculty Development Centre under MHRD, 6th to 8th April 2018 at HNBG University, Srinagar Garhwal.

13. Participation in Seminars, International/National Conferences, Workshop:

1. **National Seminar:** Prevention of Drug Abuse and Alcoholism. Organized by Department of Sociology, H.N.B. Garhwal University, Srinagar Garhwal & The Society for Himalayan Environment Research (SHER), 1992.
2. **Workshop:** Gurukul Kangri Vishwavidyalaya, Haridwar. Sponsored by UNICEF. 8-10, March, 1999.
3. **National Seminar:** Vicasatmak Sudhar: Parvatia Chetra Ka Samagra Vicas, Chuntotian avam Vishash Sandarva-Uttaranchal. Prayogac-Sanskritic avam Paryatan Mantralaya, Bharat Sarkar. Aayogac- H.N.B. Garhwal University, Srinagar Garhwal. 23, 24 March. 2001.
4. **Orientation Programme:** Research Methods in Behavioral Sciences. Organized by: Harprasad Institute of Behavioral Studies, Agra. 19 September, 2002.

5. **National Conference:** 7th National Conference of Psycho-linguistic Association of India (PLAI). Emerging Trends in Teacher Education-Challenges and Opportunities.Organized by Kendriya Hindi Sansthan and Harprasad Institute of BehaviouralStudies, Agra. 20-22, September, 2002.
6. **Workshop:** Counseling and Therapeutic Methods. Organized by Harprasad Institute of Behavioral Studies and Samadhan Kendra, Agra. 23, September.2002.
7. **National Seminar:** Role of Religion in National Integration. Organized by: Sadharmyam Research & Dialogue Center. Srinagar Garhwal. 28-29, October.2002.
8. **National Seminar:** Environment and Sustainable development in Uttarakhand Himalayas. Organized by: Dept. of Sociology D.A.V. College, Deharadun & Anthropological Survey of India, Calcutta. 9-10, November. 2002.
9. **National Conference:** Indian Society of Gandhian Studies. 26th National Conference. Organized by: Dept. of Political Science, H.N.B. Garhwal University,Srinagar Garhwal. 9-10, October. 2003.
10. **11th International 42nd National Conference** of IAAP on Applied Psychology for a peaceful world, organized by Deppt. Of Psychology Jammia Mallia Islamia, New Delhi.15-17 February, 2007.
11. **International –(World) Veda Conference**, Gurukul Kangri University Haridwar (U.K.)India 20-22 November, 2009.
12. TOT- workshop on HIV/AIDS counseling, held under the Global Fund Round-7, counseling Subcomponent at the University of Lucknow from 30 July -10 August, 2009.
13. **National seminar:** Mental Health, current Scenario, Dept. of Psychology, G.K.U. Haridwar March 20-21, 2009 sponsered by ICSSR, New Delhi.
14. **National seminar:** Yoga, Mental Health and Society, Dept of yoga and Holistic Health, 23-24 May, 2009, Kumaon University, Nainital (U.K.), sponsored by CCRYN, Dept of Ayush, Ministry of Health of F.W., Govt. of India, N. Delhi.
15. **National seminar:** The freedom of man and his attitude forwards Environment, Deppt. Of Philosophy, H.N.B.G. University, Srinagar Garhwal (U.K.) 12-14 Feb, 2009 Sponsored by ICPR.
16. **National Seminar:** Mental Health, current Scenario, Dept. Of Psychology, G.K.U. Haridwar March 20-21, 2009 sponsored by ICSSR, New Delhi.
17. **National Seminar:** Yoga, Mental Health and society, Dept. of Yoga and Holistic health, 23-24 May, 2009, Kumaon University Nainital (U.K) . Sponsored by CCRYN, Dept. of Ayush, Ministry of Health of F.W, Govt. of India, New Delhi.
18. **National seminar:** The Value Education, Dev Sanskriti University, Shantikunj, Haridwar & Shiksha Sanskriti Utthan Nyas, N.Delhi 3-4 October. 2009.
19. **International – (World) Veda Conference**, Gurukul Kangri University Haridwar (U.K) India 20-22 November, 2009.
20. TOT- Workshop on HIV/AIDS counseling, held under the Global Fund to Fight Aids, Malaria and Tuberculosis from 30 July to 10 August, 2009.
21. TOT- workshop on HIV/AIDS counseling, held under the Global Fund Round-7, counseling Subcomponent at the University of Lucknow from 14-19 April, 2010.
22. National seminar on gender dimension in development planning organized by deptt. Of Adult Continuining education and extension, H.N.B.G.U. Srinagar Garhwal University (A

Central University) and Indian university association for continuing education. New Delhi, 6 March 2011, paper presentation.

23. National seminar on indigenous techniques in psychology organized by Deptt. of clinical psychology Dev Sanskriti Visvaidyala, Gayatrikunj Shantikunj Haridwar. 25-27 March 2011. Paper presentation.
24. Refresher training on counseling organized by Tata institute of social sciences at Mumbai (20-24 June 2011) under the global fund to fight aids, TB and Malaria round-7.
25. Workshop on Commission for scientific and technical terminology golden jubilee programme 27 April 2011, vigyan bhawan Maulana azad road, New Delhi.
26. National seminar on communities management schools; structure, role and resources held on 24 march 2012 organized by Deptt. of adult continuing education extension, H.N.B.G.U and Indian university association for continuing education IUACF, New Delhi.
27. National seminar of "good Governance and Development Concerns of small States in India" March 30-31, 2014 Organized by the Deptt. of Political Science, (under UGC-SAP-DRS) HNB Garhwal University Srinagar Garhwal, Uttarakhand
28. National Conference of "Science & technology for National Development" November 20-22, 2016 Organized by the Indian Science Congress Association: Haridwar Chapter and Department of Chemistry Gurukula kangri vishwavidyalay, Haridwar.
29. International Seminar on "Indian Mind & Societal concerns: An Interdisciplinary Dialogue" held on 2nd -3rd April, 2016 at conference centre, university of Delhi.
30. National seminar on Effective teaching style and learning ability of the Students, 26-27 march 2019 organized by District Institute for Education and Training (DIET) Charigaon (**Pauri**).
32. International Seminar of Indian academy Paper title "Quality of Life, Anxiety and Depression in Patients with Type-2 Diabetes Mellitus: A Cross Sectional Study." 20-22 October 2019, organized by Department of Psychology, M.G Kasha Vidyapith, Varanasi.

14. Orientation or Refresher Course attended:

1. Orientation Programme—From September, 1, 1992 to September, 30, 1992. From Academic Staff College, Lucknow University, Lucknow.
2. Orientation Programme for NSS Programme Officers—From November, 1, 1999 to November, 10, 1999. From Literacy House, Lucknow
3. Refresher Course — December, 9, 2001 to December, 28, 2001. From Academic Staff College, Allahabad University, Allahabad.
4. Refresher Course — November, 11, 2002 to November, 30, 2002. From Academic Staff College, H.P. University, Shimla.

15. Lecture Delivered:

1. Two lectures delivered in ICTC counselor Refresher training organized by GFATM (Global Fund for Fight Aids, Tuberculosis and Malaria. Round -7) Tata Institute Of

Social Sciences Mumbai, (9-2-10 to 13-2-10) at Birla campus, H.N.B.G. university Srinagar Garhwal.

2. Two lectures delivered in ICTC counselor Refresher training organized by GFATM (Global Fund for Fight Aids, Tuberculosis and Malaria. Round -7) Tata Institute Of Social Sciences Mumbai. (23-2-10 to 27-2-10) at Birla campus, H.N.B.G. university Srinagar Garhwal.

3. Lecture delivered in G.G.I.C. Srinagar Garhwal on Aids Day 1 December 2012. Topic: Psychological aspects of Aids.

4. Lecture Delivered on “Stress management & coping strategies” to Group-B – Gazetted and Group C workers on 4 October 2014 organized by Training Ministry of Indian Government and Uttarakhand Administrative Academy Nainital.

5. Lecture Delivered on “Emotional Intelligence” to Group-B Non-Gazetted and Group C workers on 4 October 2014 Organized by Training Ministry of Indian Government and Uttarakhand Administrative Academy Nainital.

6. Lecture delivered on “Psychological problems and old age” on 1st October 2016, M.S.W, Department of Sociology HN BG University Srinagar Garhwal.

7. Lecture delivered on Faculty Development, Centre under MHRD **Academic Activity Centre, Chauras (HN BGU)** 1st -30th June 2018

8. Lecture delivered on Stress Management 18 October 2019, Faculty development centre under MHRD, **Academic Activity Centre, Chauras (HN BGU)**

9. Lecture delivered on Yoga for Stress Management 18 October 2019, Faculty development centre under MHRD, **Academic Activity Centre, Chauras (HN BGU)** .

10. Lecture delivered on "Suicidal Symptoms and Prevention" on "Suicide Prevention Week "14.09. 2020, Deptt. of Psychology.

11. Lecture delivered on "Care of Mental Health during Corona Pandemic" on "World Mental Health Day" 10.10.2020 by Prof. Manju Khanduri Pandey. Webinar on Mental Health Day organized by Uttarakhand state, legal services authority, Nainital.

12. Lecture delivered on "How to Improve your Mental Health" on "World Mental Day" on 10.10.2020 in the Department of Psychology, HN BGU, Srinagar Garhwal.

16. Research Guidance:

Awarded – 06

1. A Psychological Study of Deaf Children.(Dr. Sarita Kuliya,2009)
2. Mentally Retarded Children --A Psychological Study. (Dr. Vinita, 2009)
3. Effect of yoga on self-confidence, impulsiveness and anxiety of adolescents.(Dr. Neetu Jakhmola, 2010)
4. A Study of the Effect of Specific Psycho-Yogic Package on Mentally Retarded Children. (Dr. Madan Pal, 2013)
5. A Study of Psychopathological Symptoms in relation to alcoholism and their management. (Dr. Gurbir Dullet, 2015)
6. Psychological problems and coping in youth as related to militancy in Jammu and Kashmir. (Dr. Muntazir Maqbool Kermanie)
7. Absenteeism among school students as related to their problems and mental health.(Shalini Barthwal, 2019)
8. Impact of psycho-yogic interventions on psychological variables of drug addicts. (Mudassir Mohi-Ud-Din, 2019).
9. Effects of academic interventions upon the academic stress and temperament of the students with dyscalculia.(Nidhi, 2020)
10. Identification of the level of psychic immunity of the adolescents and its enhancement through spiritual augmented cognitive restructuring.(Yogita Singh 2020)

Submitted:

- 1.Neuropsychological and psychopathological problems and their management for chronic non malignant pain patients.(Kanika Suri, submitted November 2018)
2. Impact of internet addiction on psychological well-being and personality profile of students. (Rita, submitted Jun 2020)

Research Scholars Pursuing Ph.D: 02

1. Effect of yogic practices on psychological states of school going Adolescent Girls. (Deepshika Tyagi, 11 Dec 2017)
2. Digvijay Singh Bhandari, 06 Aug 2019- Working in Synopsis.

17. Member of Professional bodies:

1. Indian Social Science Association. (Life member)
2. Disabilities and Impairments: An Interdisciplinary Research Journal. (Life member)
3. Indian Psychometric & Educational Research Association. (Life member)
4. Praachi Psycho-Cultural Research Association. (Life member)
5. Psycho-Linguistics Association of India. (Life member)
6. Indian Academy of Applied Psychology. (Life member)
7. Indian Journal of Psychological Issues. (Life member)
8. Journal of Psychological Researches –An International Journal. (Life member)
9. Behavioral Scientist. Agra. (Life member)

18. Member of Academic bodies:

1. Chairperson Board of Studies (Psychology), HNBGU

2. Chairperson Board of studies (Psychology), Sri Dev Suman University, Uttarakhand.
3. Member of updating of Definitional Dictionary of Psychology , commission for scientific and technical terminology ministry of H.R.D , Dept. of Higher Education of India, 2010.
4. Master Trainer, GFATM (**G**lobal **F**und to **F**ight **A**IDS, **T**B and **M**alaria round **7** Project), Tata Institute of Social Sciences, Mumbai.
5. Editorial Board, HNBGU
6. Interview Board – PCS Uttarakhand

19. Administrative/Executive Assignments:

1. Nodal Officer, Mental Health
2. National Service Scheme
3. Admission Committee
4. Proctor Board

20. Membership of Social Organization, Societies etc.:

1. Member of Mahila Achchhick Buero, Pauri Garhwal (U.K.)
2. Member of Special Juvenile Police Units, Pauri Garhwal (U.K.)
3. Chairmen- Parvatiya Arthic Chetna Samiti, Srinagar (Garhwal), Uttaranchal
4. Chairmen- Samagic Chetna Manch, Srinagar (Garhwal), Uttaranchal
5. Member-Jai Bharat Seva Samiti , Srinagar (Garhwal), Uttaranchal
6. Member- Mahila Pragati Pratisthan, Srinagar (Garhwal), Uttaranchal
7. Member- Nari Samvad, Ranchi, Jharkhand

21. Other Information:

Poems And Articles Published In Different Magazines (*Saptahic Hindustion*, New Delhi; *Sarita*, New Delhi ; *Ujala*, Lucknow; *University News*, Varanasi,,Smarika, H.N.B. Garhwal University, Srinagar Garhwal,(Uttaranchal).etc.).