


Hemvati Nandan Bahuguna Garhwal University
(A Central University)
S.R.T. Campus, Badshai Thaul, Tehri (Uttarakhand)-249199
School of Education

Faculty Details

Full Name:	DR. HEM RAJ		
Designation:	Assistant Professor		
Department:	Education		
Campus:	S.R.T. Campus Badshai Thaul, Tehri		
DOB	20 December 1988		
Date of Joining (As a Assistant Professor)	16 March 2023		
Telephone: Campus	01376254079		
Mobile:	8567012010		
Email	rajbharmouri@gmail.com		
Education Qualification:	Degree	University	Year
	Ph.D.	Panjab University, Chandigarh	2018
	M.A. Psychology	IGNOU, New Delhi	2020
	M.Sc. Geography	Kurukshetra University, Haryana	2023
	M.Ed.	Himachal Pradesh University, Shimla	2011
	B.Ed.	Himachal Pradesh University, Shimla	2010
	B.A.	Himachal Pradesh University, Shimla	2009
Teaching Experience:	06 Years	Research Experience:	05 Years
Research Interest and Fields of Specialization			
1.Educational Psychology			
2.ICT in Education			
3.Inclusive Education			
4. Teaching of Social Sciences			
5. Teacher education			
Honours & Awards-			
1. Young Researcher Awards 2020 By Institute of Scholars			

Member of Academic Institutions

1. Indian Academicians and Researchers Association (Lifetime Membership)
2. Indian Academic Researchers Association (Lifetime Membership)
3. Council for Teacher Education (CTE) (Lifetime Membership)
4. Institute of Scholars (Lifetime Membership)

Research Supervision: (Awarded)

- Devi, S. (2018-19). *Academic Achievement of + 1 level School Students in Relation to their Stream and Emotional Intelligence* (Masters Dissertation). IGNOU, New Delhi.
- Kumar, R. (2022). *Stress Management: An Essential and Relevant Study for Secondary School Students Psychological Development* (Masters Dissertation). IGNOU, New Delhi.
- Chand, R. (2022). *Efficacy of the Grading System Vis-a-Via the Marks System in Elementary School Education System of Himachal Pradesh* (Masters Dissertation). IGNOU, New Delhi.

Research Publications:***Translation Work***

Raj, H (2022). *Adolescence and Mental Health-I*, Understanding and Managing Adolescence Issues (BES-061) ISBN No. 978-93-5568-540-7.

As Editor/Associate Editor of Book

1. *Quality Initiatives in Teacher Education*, Minerva College of Education, Indora, Kangra. 2018. ISBN No. 978-93-5300-084-04.
2. *Meaningful Education*, Twenty First Century Publication, Patiala, Punjab. 2018 ISBN No. 978-93-90953-42-4

Research Paper Publications

1. Raj, H., & Gausiya, F. (2023). Principles to practice: Bhimrao Ramji Ambedkar's Philosophy and NEP 2020. *International Journal of Current Science*, 13(2), 17-22. ISSN No. 2250-1770
2. Raj, H., Kumar, A. C., & Meena, B. L. (2022). Unlocking the potential of digital pedagogy: innovative approaches and practical applications. *Raj-Yashti*, 15(2), 13-25. ISSN No: 0974-8687
3. Kapil, K., Kaur, O., Gausiya, F. & Raj, H. (2020). Academic stress in relation to classroom environment among secondary school students. *Indian Journal of Distance Education*, 13(1), 141-151. ISBN: 2249-9415, <https://ijde.puchd.ac.in/issues/ijde-vol-xiii.pdf>
4. Raj, H., & Garg, M. (2019). Quality of elementary education in Himachal Pradesh: An Evaluative Study. *Journal of Indian Education*, 45(3), 76-98. ISSN No: 0377-0435 (Print), 0972-5628 (Online). NCERT Publication.

5. Raj, H., & Gausiya, F. (2019). Learning outcomes in science among elementary level students. *Issues and Ideas in Education*, 7(2), 65-70. ISSN No.: 2320-7655(Print) ISSN No.: 2320-8805(Online).
6. Raj, H., & Gausiya, F. (2018). Teacher-taught relationship and academic achievement of elementary schools in Himachal Pradesh. *Journal of Indian Education*, 44(2), 116-125. ISSN No: 0972-5628, NCERT Publication.
7. Raj, H. (2018). School management committees in Himachal Pradesh. *RESEARCH REVIEW International Journal of Multidisciplinary*, 3(8), 37-40. ISSN No: 2255-3085.
8. Kaur, O., & Raj, H. (2018). Importance of resilience among teachers. *Edu World*, 8(4), 160-165. ISSN No: 2319-7129
9. Raj, H., & Gausiya, F. (2016). School environment and academic achievement of 10th class students in Himachal Pradesh. *Review of Research*, 5(4), 1-5. ISSN No.: 2249-894X. Impact Factor: 3.1402 (UIF).
10. Raj, H., & Garg, M. (2016). Attitude of elementary school teacher towards teaching in Himachal Pradesh. *International Journal of Research in Social Sciences*, 6(5), 605-613. ISSN No.: 2249-2496, Impact Factor: 7.081.
11. Raj, H., & Garg, M. (2016). Problems encountered by elementary school teachers of Himachal Pradesh. *Indian Streams Research Journal*, 6(2)1-8., Impact Factor: 5.1651, ISSN: 2230-7850, [http:// isrj.org/ Uploaded Data/8270.pdf](http://isrj.org/UploadedData/8270.pdf)
12. Raj, H., & Garg, M. (2014). Reaching the unreachable: expansion of elementary education in Himachal Pradesh. *International Journal of Innovative Education*, 1(1), 1-9. ISSN: 2393-8404.

Proceeding's publications

1. Raj, H., & Gausiya, F. (2023). Effective use of E-resources for enhancement of skills. *Enhancement of Skills: Transition from Theory to Practice*. Twenty-first Century Publications, Patiala. ISBN: 978-81-963424-5-6
2. Kaur, O., & Raj, H. (2021). Role of teachers as per the new education policy (DRAFT) 2019. *New Education policy (Draft) 2019: A dialogue with the stakeholders*. Twenty-first Century Publications, Patiala. 978-93-90953-28-8.
3. Gausiya, F., & Raj, H. (2018). Challenges in Teacher Education. *Quality initiative in teacher education*. Minerva College of Education Publication. ISBN: 987-93-5300-084-4.
4. Raj, H. (2015). Value Education. *Value and ethics in Education for sustainability and empowerment*. Twenty-first Century Publications, Patiala. ISBN: 978-93-85446-24-5
5. Raj, H. (2015). Quality assurance in teacher education. *Quality assurance in teacher education*. Patiala, India: Twenty-first Century Publications. ISBN: 978-93-85446-06-1

6. Raj, H. (2015). Internet changing dimensions of education. *Media technologies: A critical evaluation*. Twenty-first Century Publications, Patiala. ISBN: 978-932-85448- 06-5.
7. Raj, H. (2015). Skill India: Empowering youth. *Youth empowerment for brighter tomorrow*. Twenty-first Century Publications, Patiala. ISBN: 978-93-85447-36-5.

PAPERS/POSTERS PRESENTED IN INTERNATIONAL SEMINARS AND CONFERENCES

1. April 28, 2018, presented a paper on **Resilience among Teachers: The Need of the Hour** in an *International Conference on Re-Envisioning Education: Challenges and Opportunities* at Lovely Professional University, Punjab.
2. March 16-18, 2018, presented a paper on **Classroom Environment and Academic Stress among Secondary School Students** in *International Conference on Advances in Science & Technology* at Rayat and Bahra University, Ropar, Punjab.
3. February 23, 2018, presented a paper on **A Study of Life Skills among Elementary School Students** in *International seminar on Life Skills Education* at Saint Sahara College of Education, Ferozepur Road, Near Power Grid, Sri Muktsar Sahib, Punjab.
4. September 18-20, 2017, presented a paper on **Impact of Academic Stress in the Classroom** in *4th International & 6th Indian Psychological Science Congress* at Department of Psychology, Panjab University, Chandigarh.
5. March 11-12, 2017, presented a paper on **Quality indicators for School Education** in *International Conference on Inclusive Education: realities, Issues and Challenges* at Kenway College of Education, Abohar, Punjab.
6. September 28-30, 2016, presented a paper on **To Study the Academic Stress and Academic Achievement of the Senior Secondary School Students** in *3rd International & 5th Indian Psychological Science Congress* at P. G. Government College, Sector 46, Chandigarh.
7. February 23-24, 2016, presented a poster on **Computer Assisted Instruction-Assisting Education** in *International Seminar on Promotion of Teaching and Learning* at Hans Raj Memorial College of Education, Bajakhana, Faridkot, Punjab.
8. October 19-21, 2015, presented a paper on **School Management Committees of Himachal Pradesh** in *3rd World Congress on Excellence* at Panjab University, Chandigarh.

PAPERS/ POSTERS PRESENTED IN NATIONAL SEMINARS/CONFERENCES

1. February 18-19, 2024, presented a paper on **From Margins to Mainstream: NEP 2020's Focus on Tribal Education** in *National Seminar on New Vision for Tribal Empowerment: Strategies, opportunities and Challenges* at A.N.D. Teachers training (P.G.) College, Sitapur (U.P.).

2. May 16, 2023, presented a paper on **Effective Use of E-resources for Enhancement of Skills** in *National Seminar on Enhancement of Skills: Transition from Theory to Practice* at Shivalik Institute of Education and Research, S. A. S. Nagar Mohali.
3. February 22, 2020, presented a paper on **Role of Teachers as Per New Education Policy (Draft) 2019** in *20th CTEF Annual State Conference & National Seminar on New Education Policy 2019: A Dialogue with the Shareholders* at Dev Samaj College of Education, Sector 36B, Chandigarh.
4. April 21, 2018, presented a paper on **Importance of Resilience among Teachers** in *18th CTE Annual State Conference & National Seminar on Rethinking Teacher Education* at D. A. N. College of Education for Women, Nawanshahr, Punjab.
5. April 12, 2018, presented a paper on **Challenges in Teacher Education** in *National Seminar on Quality Initiatives in Teacher Education* at Minerva College of Education, Indora, Kangra, Himachal Pradesh.
6. March 27-28, 2018, presented a paper on **Teacher-Taught Relationship and Academic Achievement of Elementary Schools in Himachal Pradesh** in *National Conference Branding of Government Schools* at Department of Curriculum Studies, CIET Building, NCERT, New Delhi.
7. February 20-21, 2018, presented a paper on **Attitude of Prospective Teachers towards 2 Year B.Ed. Programme in Himachal Pradesh** in *National Seminar on Teacher Education: Challenges and the Road Ahead* at Department of Education, Panjab University, Chandigarh.
8. February 1-2, 2018, presented a paper on **Quality of Environmental Education among Elementary School Students** in *National Seminar on Globalization, Environment and Human Right* at Panjab University Chandigarh.
9. March 27-28, 2017, presented a paper on **Indicators for Measuring Quality of Education** in *National Seminar on Enhancing Professional Capacities: Special Emphasis on North-West Region* at Shivalik Institute of Education & Research, Phase- IV, Mohali, Punjab.
10. March 17, 2017, presented a paper on **Teacher-taught Relationship and Academic Achievement of Elementary School in Himachal Pradesh** in *National Seminar on Teacher of 21st Century: Quality Education for Quality Teaching in North Western Region in India* at Dev Samaj College of Education, Sector36-B, Chandigarh.
11. March 8, 2017, presented a paper on **Quality of Elementary Education in Himachal Pradesh** in ICSSR sponsored *National Seminar on Peace, Development and Social Harmony: Role of Educators and Academic institutions* at Smt. Jawala Devi College of Education, Sanghol, Fatehgarh Sahib.
12. February 15, 2017, presented a paper on **Education in the Knowledge society** in *National Seminar on Distance and E-learning in Global Context* at Panjab University, Chandigarh.

13. December 13, 2016, presented a paper on **Inclusive Education: A Critical Perspective** in *National Seminar on Inclusive Education: From Policies to Practices* at Department of Education, Panjab University, Chandigarh.
14. March 28-29, 2016, presented a paper on **Skill India: Empowering Youth** in *National Seminar on Accelerating Youth Empowerment for Brighter Tomorrow* at Shivalik Institute of Education & Research Phase- IV, Mohali, Punjab.
15. March 8, 2016, presented a paper on **Role of Public Private Partnership in Education** in *National Seminar on Public-Private Partnership in Education in North-Western India* at Panjab University, Chandigarh.
16. February 16, 2016, presented a paper on **Internet: Changing Dimensions of Education** in *National Seminar on Media Technologies: A Critical Evaluation* at Panjab University, Chandigarh.
17. April 3, 2015, presented paper on **Value Education – Approach and Strategies** in *National Conference on Value and Ethics in Education for Sustainability and Empowerment* organized by Indo Global College of Education Abhipur (Mohali).
18. October 29, 2014, presented Paper on **Role of Education In Energy Conservation** in *National Seminar on Renewable Energy Sources*, sponsored by PTU and Punjab Energy Development Agency (PEDA), Chandigarh, organized by Universal Group of Institution, Lalru.
19. September 12-13, 2014, presented paper on **Training on Values and Education for Democracy** in *National Seminar on Value Crisis: A Challenge for Education* organized by Lala Lajpat Rai Memorial College of Education, Dhudike, Moga, Punjab.
20. August 7-8, 2014, presented paper on **History of Examination Reforms in India** in *National Seminar on Examination Reforms Need of the Hour* organized by Vaishno College of Education Thapkpur, Kangra, Himachal Pradesh.
21. March 07, 2014, presented paper on **Causes and the Way to Minimize Stress** in *National seminar on Stress Management* organized by Hans Raj Memorial College of Education, Bajakhana, Punjab.
22. March 22, 2013, presented paper on **Quality Measures in Teacher Education** in *National Seminar on Reviewing and Restructuring Teacher Education Curriculum for Future Teachers* organized by College Development Council, Panjab University Chandigarh.

PAPERS/ POSTERS PARTICIPATED

1. March 15-16, 2016, participated in National seminar on “Contribution of **Mother Language in the Context of Education and Human Development**” organized by University School of Open Learning, Panjab University Chandigarh.
2. December 18, 2015, participated in **ANVESHAN Student Research Convention (SRC)** at Panjab University, Chandigarh.

3. March 27-28, 2014, participated in National Seminar on “**Swami Vivekananda’s Vision for Education, Management, Leadership, Science and Spirituality**” organized by Centre for Swami Vivekananda Studies, Panjab University, Chandigarh.

LECTURE DELIVERED

1. February 10, 2021, delivered lecture on **Google Form** on *In Service Teachers Training Programme (Capacity Building) for Lecturer/School Lecturer New, School Cadre w.e.f. February 8-13, 2021* organized by Govt. College of Teacher Education, Dharamshala, Kangra, H. P. under the aegis of the Department of Higher Education, Government of Himachal Pradesh.
2. February 10, 2021, delivered lecture on **e-Learning Initiatives of GoI, NROER, DIKSHA, e-Pathshala, SWAYAM PRABHA etc.** on *In Service Teachers Training Programme (Capacity Building) for Lecturer/School Lecturer New, School Cadre w.e.f. February 8-13, 2021* organized by Govt. College of Teacher Education, Dharamshala, Kangra, H. P. under the aegis of the Department of Higher Education, Government of Himachal Pradesh.
3. November 09, 2020, delivered Two Lectures on **Pedagogical Skills in Teaching** during Induction Teachers Training Programme for Assistant Professor with 0-5 years of service, College Cadre w.e.f 28 October 2020 to 10 November 2020 organized by Govt. College of Teacher Education, Dharamshala under the aegis of the Department of Higher Education, government of Himachal Pradesh.
4. February 13, 2020, delivered lecture on **Innovative Teaching Strategies for School Students** on *In Service Teachers Training Programme (Capacity Building) for PGT in History* at Govt. College of Teacher Education, Dharamshala, Kangra, H.P.
5. February 13, 2020, delivered lecture on **Latest Trends in Evaluation and Measurement on In Service Teachers Training Programme (Capacity Building) for PGT in History** at Govt. College of Teacher Education, Dharamshala, Kangra, H.P.
6. February 25, 2019, delivered Two lecture on **Understanding Pedagogy and Pedagogical Context** on *Two Week Induction Training Programme for PGT (School Cadre)* at Govt. College of Teacher Education, Dharamshala, Kangra, H.P.

SWAYAM (MOOCS) COURSE COMPLETED

1. Completed the AICTE approved FDP on **Guidance and Counselling** from 31 January 2021 to 12 April 2021 by (Dr. R. Rajendran) National Institute of Technical Teachers Training and Research, Chennai, in the proctored examination held on 28 August 2021.
2. Completed the ARPIT Course **Online Refresher Course in Education (Concerns in Educational Research and Assessment)** from 01 December 2020 to 31 March 2021 by

Professor Kaushal Kishore, Central University of South Bihar, Gaya (Bihar), in the proctored examination held on 21 August 2021.

3. Completed the AICTE approved FDP on **Student Psychology** from 20 July 2020 to 30 November 2020 by (Dr. S. Renuka devi) National Institute of Technical Teachers Training and Research, Chennai, in the proctored examination held on 25 March 2021.
4. Completed the ARPIT course **Refresher Course on Teacher and Teaching in Higher Education** from 01 September 2019 to 31 december2019 by Prof (Dr.) Sanjeev Sonawane, Director, School of Education, Savitribai Phule Pune University, in the proctored examination held on 10.02.2020.
5. Completed 4 credit course of **Academic Writing** (offered by Dr. Ajay Semalty, Assistant Professor, *Department of Pharmaceutical Sciences, H.N.B. Garhwal University (A Central University)*, Srinagar Garhwal, Uttarakhand from 15 July 2019 to 01 November 2019) in the proctored examination held on 09.11.2019 in the session July-October 2019.
6. Completed the course on **Learning Teaching Assessment**, offered by *Avinashilingam Institute for Home Science & Higher Education for Women*.

WORKSHOPS ATTENDED

1. March 11-17, 2019, participated in National Workshop on **Inclusion: Making it Happen** at Centre for Academic Leadership & Education Management (CALEM), Department of Education, Panjab University Chandigarh under the aegis of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching Ministry of Human Resources Development, Government of India.
2. January 20, 2018, participated in workshop on **Mindfulness: How to be Mindful Teacher** at USOL, Panjab University Chandigarh.
3. January 21, 2017, participated in Workshop on **Empowering Education- Transforming India through ICT and Digital Technology in Education** organized by ITFT College, Chandigarh.
4. ICSSR sponsored workshop on **Research Methodology in Social Sciences** held on 14-23 November 2015 at Department of Geography, Aligarh Muslim University, Aligarh.
5. UGC Sponsored Short Term Course (STC) on **Basic of Research Methodology** held on November 14, 2014 to November 20, 2014 at UGC Academic Staff College, Panjab University Chandigarh.
6. Eight-day Training programme on **Statistics Product and Service Solutions (SPSS)** held on July 29, 2013 to August 5, 2013 at Department of Statistics, Panjab University Chandigarh.
7. March 21, 2013, participated in National workshop on **Development of Research Proposal/ Synopsis** at Kshatriya College of Education, Indora.

8. January 31, 2013, participated in National Seminar on **Leadership Development Workshop** organized by Centre for Swami Vivekananda Studies, Panjab University Chandigarh.
9. January 30, 2013, participated in **Youth Awakening Value Workshop** organized by Centre for Swami Vivekananda Studies, Panjab University Chandigarh.
10. January 22, 2013, participated in **Radio Production Workshop** organized by Centre for Swami Vivekananda Studies, Panjab University Chandigarh.

Administrative Experience

Worked as Centre Superintendent in B.Ed. Final Examination 2019 to 2021.

Webinar Attended: 53**Online Workshop Attended: 21****MOOCs Programme Attended: 05****Faculty Development Programme Attended: 10**

This is to certify that above information is true and best in my knowledge.



Dr. Hem Raj
Assistant Professor
Department of Education
HNB Garhwal (A Central) University
SRT Campus Badshai Thaul Tehri
Tehri Garhwal
249199