

CURRICULAM VITAE



- 1. Name :** Dr. Manju Khanduri Pandey
- 2. Father's Name :** Late S. P. Khanduri
- 3. Designation :** Professor & Head
- 4. Department :** Psychology, Hemvati Nandan Bahuguna
Garhwal University, Srinagar Garhwal
(Uttarakhand)-246174
- 6. Academic Qualifications:** MA, B.Ed, M.Ed, D.Phil (Psychology)
- 7. Teaching Experience:** 35 Years
- 8. Research Experience:** 38 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.
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 - 28 April 2020, Uploaded on All Social Media Platforms, Prof. Manju Khanduri Pandey, Department of Psychology HNBGU, Srinagar Garhwal, UK.
4. कोविद -19 महामारी के समय और उसके बाद मानसिक स्वास्थ्य की देखभाल- 11 October 2020, Uploaded on All Social Media Platforms, Prof. Manju Khanduri Pandey, Department of Psychology HNBGU, Srinagar Garhwal, UK.

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, *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.
28. A study of stress among students having dyscalculia. *Review of Research*, 2018, Volume 8, Issue-2, ISSN: 2249-894X.
29. A Survey Study of Mental Health During Pandemic 2020, *Journal of Emerging Technologies and Innovative Research(JETIR)*. Volume 9(3), Issue 3, ISSN: 2349-5162.
30. The Role of Home Environment in the Cognitive Development of Mentally Challenged Children. *International Journal of Creative Research Thoughts (IJCRT)*, 2021, Volume 9, Issue 1, ISSN: 2320-2882.

31. Evaluating the Astrological sign of Intellectual Impairment by Astro-Psychology. *International Journal of Research and Analytical Reviews (IJRAR)*, 2021, Volume 8, Issue 1, ISSN: 2049-5138.
32. A Survey Study of Mental Health During Pandemic 2020, *Journal of Emerging Technologies and Innovative Research (JETIR)*, 2022, Volume 9, Issue 3, ISSN: 2349-5162.
33. A Cross Sectional Study on Aggression and Youth Problems Among College Students, *The International Journal of Indian Psychology (IJIP)*, 2022, Volume 10, Issue 1, ISSN: 2348-5396.
34. A Study on COVID-19 Awareness in INDIA: Comparative Study, *International Journal of Scientific Research and Engineering Development(IJSRED)*, 2023, Volume 6, Issue 1, ISSN: 2581 – 7175.
35. Quality of life, Anxiety & Depression of Type 2 Diabetic Mellitus Patients: A Cross-Sectional Study on Garhwal Region, *The International Journal of Indian Psychology (IJIP)*, 2023, Volume 11, Issue 3, ISSN: 2348-5396.
36. The Impact of Nomophobia on Overall Well- Being: A Comprehensive Review, *Journal of Emerging Technologies and Innovative Research*, 2023, Volume 10, Issue 12, ISSN: 2349-5162.
37. A Study on COVID-19 Awareness among Indian Community, *The International Journal of Indian Psychology (IJIP)*, 2024, Volume 12, Issue 1, ISSN: 2348-5396.
38. A Study of Anxiety among Private and Government School Students, *International Journal of Research and Analytical Reviews (IJRAR)*, 2024, Volume 11, Issue 3, E-ISSN: 2348-1269, P-ISSN: 2349-5138
39. Effect of Surya Namaskar and Sahaj Yoga Meditation on Psychological Wellbeing of School Going Students, *Journal of Emerging Technologies and Innovative Research(JETIR)*, 2024, Volume 11, Issue 7, ISSN: B326-B331.
40. Analysis and Discussion of Biopsychosocial-Spiritual aspects of Sahaj Yoga Meditation, *Journal of Mountain Research(JMR)*, 2024, Volume 19, Issue 2, P-77-84, ISSN: 0974-3030, E-ISSN: 2582-5011.
41. Effect of Mindfulness Meditation on Psychological Well-Being of Students Enrolled in NIT Srinagar Garhwal, Uttarakhand, *Indian Journal of Natural Sciences*, 2024, Volume 15, Issue 85, ISSN: 0976 – 0997

42. Trapped in Screens: The Alarming Growth of Nomophobia in Garhwal Region of Uttarakhand, *Journal of Mountain Research*(JMR), 2025, Volume 20, Issue 1, P-187-194, ISSN: 0974-3030, E-ISSN: 2582-5011.

11. Workshop/Seminar Organized:

1. One day workshop on Drug De-addiction and Preventive measures on 9th December, 2017, organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
2. One day workshop on Sahaj Yoga for Stress Management on 28 November 2018, Deptt. Of Psychology. HN BG University, Srinagar Garhwal, UK.
3. Workshop on World Suicide Prevention Week, 10 to 16 September 2019, organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
4. One day workshop on Mental Health Awareness (Swa-Mann), 19-September, 2019, organized by Department of Psychology , HN BG University, Srinagar Garhwal, UK.
5. One day workshop on World-Mental Health Day, 10 October 2019, organized by Department of Psychology , HN BG University, Srinagar Garhwal, UK.
6. One day workshop on Meditation for Shaping & Enlightening Youth Mind, 15 November 2019, organized by Department of Psychology , HN BG University, Srinagar Garhwal, UK.
7. Two day workshop on Psychology as a Science, 27 & 28 November 2019, organized by Department of Psychology , HN BG University, Srinagar Garhwal, UK.
8. Workshop on Suicidal Symptoms and Prevention, 14 September 2020, organized by Department of Psychology , HN BG University, Srinagar Garhwal, UK.
9. Workshop/ Panel Discussion on Mental Health During Covid-19 Pandemic, 10 October 2020, organized by Department of Psychology , HN BG University, Srinagar Garhwal, UK.
10. Two days Seminar (Departmental) on Research Tool, 27, 28 October 2020, organized by Department of Psychology , HN BG University, Srinagar Garhwal, UK.
11. Two days Seminar (Departmental) on Applications of Psychological Research, 21 & 22 February 2021, organized by Department of Psychology , HN BG University, Srinagar Garhwal, UK.
12. Workshop on Sahaj yoga for Mental Health & Well being, 21 Jun 2021, organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.

13. Workshop on Understanding & Preventing Suicide, 10 September 2021, organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
14. Workshop on Managing Mental Health, 10 October 2021, organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
15. Workshop on Sahaj Mediation for Psychological distress 21 Jun 2021, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
16. Workshop on World Suicide Prevention Day 10 Sept 2021, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
17. Workshop & Lecture on Sahaj Mediation for Psychological distress 18 May 2022, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
18. Workshop on World Suicide Prevention Day 10 Sept 2022, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
19. Workshop on World Mental Health Day 10 Oct 2022, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
20. Workshop on International Yoga Day 21 June 2022, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
21. Workshop on World Mental Health Day 09 Sept 2023, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
22. Workshop on 06 Oct 2023, One Week Workshop on Mental Health Awareness Programme (6th to 10th Oct 2023) Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
23. Workshop on Stress Management 31 Oct 2023, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
24. Workshop on Viksit Bharat@2047 26 Dec 2023, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
25. Workshop on Election Awareness 1 Mar 2024, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
26. Workshop on Research Paper Writing, 18 Mar 2024, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.
27. Workshop on How to Deal With Exam Stress, 22 May 2024, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK.

28. Workshop on Changing the Narrative on Suicide, 10 Sept 2024, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK
29. Workshop on Mental Health at Work 07 Oct 2024 to 10 Oct 2024, Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK
30. Workshop on Viksit Bharat @2047 “Youth Problems: Challenges and Solutions”. 21 Jan 2025 Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK
31. Seminar on Youth Problems: Challenges and Solutions, 25 Jan 2025 Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK
32. Seminar and Discussion Session on #MentalHealthMatters, 05 June 2025 Organized by Department of Psychology, HN BG University, Srinagar Garhwal, UK

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 from 6th to 8th April 2018 at HN BG university, Srinagar Gahrwal.
4. Chaired the session at DIET, National Conference on Approaches towards Child and Adolescence Psychology for Effective Learning, at DIET Charigaon Pauri Garhwal on 26th -27th September 2023.
5. Coordinator at Webinar on Mental Health Wellness For Faculty Organized by Mental Health and Well Being Committee, HNB Garhwal University on 31-05-2024.

13. Participation/paper presentation 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, Hardwar. Sponsored by UNICEF. 8-10, March, 1999.
3. **National Seminar:** Vicasatmak Sudhar: Parvatia Chetra Ka Samagra Vicas, Chunotian 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 Behavioural Studies, 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 sponsored 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 malria 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** on communities management schools; structure, role and resource 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.
28. **National Workshop** on Women Empowerment and Highr Education held on 27th Mar 20214 organized by Women Studies Centre HNB Garhwal University Srinagar Uttarakhand.
29. **National seminar** on “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
30. **National Conference** on “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.
31. **International Seminar** on “Indian Mind & Societal concerns: An Interdisciplinary Dialogue” held on 2nd -3rd April, 2016 at conference centre, university of Delhi.
32. **National seminar** on Effective teaching style and learning ability of the Students, 26-27 march 2019 District Institute for Education and Training (DIET) Charigaon (**Pauri**).

33. **International Seminar** on 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, Department of psychology, M.G kasha vidyapith, Varanasi.
34. **International Conference** on Mental Health Care Through Spirituality Ayurveda & Alternative Therapies in Dev Sanskriti ViswaVidhyalaya – 9,10,11 July 2022.
35. **National Conference** on Approaches towards Child and Adolescence Psychology for Effective Learning, Paper title “Effect of Surya Namaskar and Sahaj Yoga Meditation on Psychological Well Being of School Going Students” at DIET Charisgaon Pauri Gahrwal- on 26th and 27th September 2023.
36. **National Conference** on Approaches towards Child and Adolescence Psychology for Effective Learning, Paper title “Impact of Parenting Style on Aggression Among Adolescents” at DIET Charisgaon Pauri Gahrwal- on 26th and 27th September 2023.
37. **National Seminar** on Nurturing Happiness Enhancing Wellness and Cultivating Mindfulness: A Journey Towards Psychological Well Being, Paper title: “ The Impact of Nomophobia on Overall Well Being: A Comprehensive Review” at UOU Haldwani on 27th Oct 2023.
38. **National Seminar** on Nurturing Happiness Enhancing Wellness and Cultivating Mindfulness: A Journey Towards Psychological Well Being, Paper title: “ Effect of Mindfulness Meditation on Psychological Well Being of Student Enrolled in NIT Srinagar Garhwal” at UOU Haldwani on 27th Oct 2023.
39. **National Conference** on Yoga for Mental and Physical Health: Scientific Perspective and Trends in Emerging Research Fields, Paper title “ Examining the Biopsychosocial Spiritual aspects of Sahaj Yoga” at Doon University Dehradun on 11th Mar 2024.
40. **National Conference** on Safeguarding the Future: Addressing Youth on Drug Use and Abuse in the Himalayan Region through Awareness, Wellness Strategies and Legal Framework, Paper Title “Exploring Patterns of Substance Abuse in The Garhwal Himalayas” at IPGGPG College of Commerce, Haldwani on 27th -28th Mar 2025.
41. **National Seminar** on The Role of NEP 2020 in Transforming the Indian Education System, Paper Title “Emotional Intelligence and Self-Esteem among College Students: A Brief Study at H.P.S. College, Madhepur, Madhubani on 15th – 16th July 2025.

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.
5. 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.

15. Lectures 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 World AIDS Day 1 December 2012. Topic: Psychological aspects of AIDS.
4. Lecture Delivered on “Stress Management & Coping Strategies” to Group-B –Gazetteed 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-Gazetteed 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 HNBG University Srinagar Garhwal.
7. Lecture delivered on Faculty Development, Centre under MHRD Academic Activity Centre, Chauras (HNBGU) 1st -30th June 2018
8. Lecture delivered on Stress Management 18 October 2019, Faculty Development Centre under MHRD, Academic Activity Centre, Chauras (HNBGU)

9. Lecture delivered on Yoga for Stress Management 18 October 2019, Faculty Development Centre under MHRD, Academic Activity Centre, Chauras (HNBGU).
10. Lecture delivered on Suicidal Symptoms and Prevention 14.09. 2020, Dept. of Psychology.
11. Lecture delivered on world mental health day 10.10.2020 by Prof. Manju Khanduri Pandey. Webinar on World Mental Health Day organized by Uttarakhand State, legal Services Authority, Nainital.
12. Lecture delivered on world mental day on 10.10.2020 in the department of psychology, HNBGU, Srinagar Garhwal.
13. Lecture delivered on Research Tools 27,28 October 2020, Dept. of Psychology.HNBGU Srinagar Garhwal.
14. Lecture delivered on Sahaj yoga for Mental Health & Well being, 21 Jun 21, Dept. of Psychology, HNBGU Srinagar Garhwal.
15. Lecture delivered on Understanding & Preventing Suicide, 10 September 21, Dept. of Psychology, HNBGU Srinagar Garhwal.
16. Lecture delivered on Managing Mental Health, 10 October 21 Dept. of Psychology, HNBGU Srinagar Garhwal.
17. Lecture delivered on Applications of Psychological Research 21&22 February 2021. Dept. of Psychology, HNBGU Srinagar Garhwal.
18. Lecture delivered on Sahaj Mediation for Psychological distress 21 Jun 2021, Department of Psychology, HNBG University, Srinagar Garhwal.
19. Lecture delivered on Warning Signs of Suicide, 10 September 2021, organized by Department of Psychology, HNBGU, Srinagar Garhwal.
20. Lecture delivered on How to Manage Mental Health, 10 October 2021, World Mental Health Day, Organized by Department of Psychology, HNBGU, Srinagar Garhwal.
21. Lecture delivered on Improving Mental Capacity through Sahaj Yoga Mediation for Psychological distress 18 May 2022, Organized by Department of Psychology, HNBGU, Srinagar Garhwal.
22. Lecture delivered on Take a Minute and Change Life on World Suicide Prevention Day 10 Sept 2022, Organized by Department of Psychology, HNBGU, Srinagar Garhwal.

- 23.** Lecture delivered on Mental Health Issues of College/University Students on World Mental Health Day 10 Oct 2022, Organized by Department of Psychology, HNBGU, Srinagar Garhwal.
- 24.** Lecture Delivered on Yoga For Wellness on International Yoga Day 21 June 2023 Organized by Department of Psychology, HNBGU, Srinagar Garhwal.
- 25.** Lecture delivered on Creating Hope Through Action on World Suicide Prevention Day 09 Sept 2023, Organized by Department of Psychology, HNBG University, Srinagar Garhwal, UK.
- 26.** Lecture delivered on Effective Learning Strategies for Child and Adolescence on 26 Sept 2023 at DIET Charigaon Pauri Garhwal.
- 27.** Lecture delivered on Promoting Mental Health and Well Being on 06 Oct 2023, (One Week Workshop on Mental Health Awareness Programme) (06 to 10 Oct 2023) Organized by Department of Psychology, HNBG University, Srinagar Garhwal, UK.
- 28.** Lecture delivered on Coping Strategies for Mental Health and Well Being on 10 Oct 2023, (One Week Workshop on Mental Health Awareness Programme) (06 to 10 Oct 2023) Organized by Department of Psychology, HNBG University, Srinagar Garhwal, UK.
- 29.** Lecture delivered on Stress Management 31 Oct 2023, Organized by Department of Psychology, HNBGU, Srinagar Garhwal.
- 30.** Lecture delivered on Indigenous Approaches and Viksit Bharat@2047 26 Dec 2023, Organized by Department of Psychology, HNBG University, Srinagar Garhwal.
- 31.** Lecture delivered on Research Paper Writing, 18 Mar 2024, Organized by Department of Psychology, HNBG University, Srinagar Garhwal.
- 32.** Lecture delivered on How to Deal with Exam Stress, 22 May 2024, Organized by Department of Psychology, HNBG University, Srinagar Garhwal.
- 33.** Lecture delivered on Naya Savera Scheme: Drive Against De-addiction of Drugs and Alcohol on 22 Aug 2024, Organised by Department of Sociology and NCC Unit Pauri Campus, HNB Garhwal University.
- 34.** Lecture delivered on ,World Suicide Prevention Day 10 Sept 2024, Organized by Department of Psychology, HNBG University, Srinagar Garhwal, UK.
- 35.** Lecture delivered on Mindfulness and Meditation for Peace of Mind on 07 Oct 2024, (One Week Workshop on Mental Health Awareness Programme) (06 to 10 Oct 2023) Organized by Department of Psychology, HNBG University, Srinagar Garhwal, UK.
- 36.** Lecture delivered on Mental Health at Work on 10 Oct 2024, (One Week Workshop on Mental Health Awareness Programme) (06 to 10 Oct 2024) Organized by Department of Psychology, HNBG University, Srinagar Garhwal, UK.

37. Lecture delivered on Mental Health Issues and Climate Change, 21 Dec 2024 in International conference on Human Behaviour and Climate Change by AATMMANTHAN (AM) Professional Body of Psychologists.
38. Lecture delivered on “नारी सशक्तिकरण”, 07 Apr 2025 at चतुर्थ महिला जागृति समारोह by Pragatisheel Janmanch, Ramleela Ground Srinagar Garhwal Uttarakhand.
39. Lecture delivered on ‘बालिकाएँ – शक्ति, साहस और सफलता का प्रतीक’ 02 May 2025 PM Shri Government Girls Inter College Srinagar Garhwal.

16. Research Guidance:

Awarded - 14

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,2017)
7. Absenteeism Among School Students as Related to their Problems and Mental Health.(Dr. Shalini Barthwal, 2019)
8. Impact of Psycho-Yogic Interventions on Psychological Variables of Drug Addicts. (Dr.Mudassir Mohi-Ud-Din, 2019).
9. Effects of Academic Interventions Upon the Academic Stress and Temperament of the Students with Dyscalculia.(Dr. Nidhi,2020)
10. Identification of The Level of Psychic Immunity of The Adolescents and its Enhancement Through Spiritual Augmented Cognitive Restructuring. (Dr.Yogita Singh,2020)
11. Neuropsychological and Psychopathological Problems and Their Management for Chronic Non Malignant Pain Patients.(Dr. Kanika Suri, 2021)

12. Impact of Internet Addiction on Psychological Well-Being and Personality Profile of Students.(Dr. Rita, 2021)
13. Effect of Yogic Practices on Psychological States of School Going Adolescent Girls. (Dr. Deepshika Tyagi, 2024).
14. Impact of Health Promoting Behaviors on Different Aspects of Mental Health (Dr. Digvijay Singh Bhandari, 2025) .

Research Scholars Pursuing Ph.D.: 05

1. The Effect of Psychological First Aid (PFA) Training on The Knowledge of PFA, Self Efficacy, Empathy and Mental Health of Police Personnel.(Saumya Dhasmana, July 2020).
2. Impact of Cognitive Behavioral Therapy and Sahaj Yoga Meditation on Psychological Variables of Adolescents Having Nomophobia (Neeraj Dewli ,7 July 2022).
3. Effect of Multisensory Structural Language Intervention and Sahaj Yoga Meditation on Psychological Variables of Children with Dyslexia. (Santoshi, 08 Sept 2023)
4. A Study of Leadership Effectiveness, Emotional Intelligence and Working Style among Panchayat Representatives. (Suresh Singh, 13 Sept 2023)
5. Manoj Khankriyal (Working on Synopsis, 24 July 2024)

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. Member of Academic Council, HNBGU, Srinagar Garhwal.
2. Member of Board of School (BOS), School of Humanities and Social Sciences, HNBGU, Srinagar Garhwal.
3. Member of Board of School (BOS), School of Education, HNBGU, Srinagar Garhwal.
4. Chairperson Board of Studies (Psychology), HNBGU
5. Chairperson Board of studies (Psychology), Sri Dev Suman University, Uttarakhand.
6. Member of Board of Studies, Graphic Era University Dehradun.
7. 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.
8. Master Trainer, GFATM (Global Fund to Fight AIDS, TB and Malaria round 7 Project), Tata Institute of Social Sciences, Mumbai.
9. Member of Board of Studies(BOS), Education, HNBGU, Srinagar Garhwal.
10. Member of Board of Studies (BOS), Sociology, HNBGU, Srinagar Garhwal.
11. Member of Board of Studies (BOS), Home Science, HNBGU, Srinagar Garhwal.
12. Editorial Board, HNBGU, Srinagar Garhwal.
13. Interview Board –Uttarakhand Public Service Commission.
14. Interview Selection Board/Committee in Different Universities and Institutions.

19. Administrative/Executive Assignments:

1. Nodal Officer, Mental Health HNBGU Srinagar Garhwal
2. National Service Scheme
3. Admission Committee
4. Proctor Board
5. Editorial Boards
6. Coordinator of Mental Health and Well Being Committee, HNBGU (UGC Programme for Promoting Positive Mental Health and Well Being in HEIs).
7. Coordinator of Mental Health and Well Being Cell HNBGU-2025

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 Arthich 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. Awards:

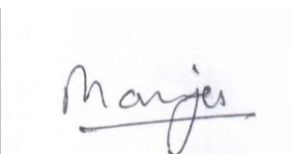
1. Institute Innovation Cell (IIC) (Ministry of Education Initiative) Innovation Award by HNBGU, Srinagar Garhwal, 18 May 2021.
2. "Nari Shakti Samman" awarded by Pragatisheel Janmanch, Srinagar Garhwal on the occasion of the 4th Mahila Jagruti Samaroh on 07 April 2025.
3. "Vidhyalaya Gaurav Samman" was awarded by PM Shri Government Girls Inter College, Srinagar Garhwal on 02 May 2025.

22. Other Information:

Videos and Short Films Published in different Media Platforms on Mental Health and Well Being, COVID-19 Awareness, Suicide Prevention and related to examination stress.

Local Language:08 Hindi: 05 and English: 10

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,Uttarakhand



Dr. Manju Khanduri Pandey
Professor & Head/Convener
Department of Psychology,
H.N.B. Garhwal University,
Srinagar Garhwal, (Uttarakhand) 246174
E-Mail: psychologyhnbgu@gmail.com