

BIO-DATA



Name : Dr. Shashi Rashmi
Designation: Assistant Professor
Department: Deptt. of Psychology, MDU, Rohtak
E-Mail : shashirashmi@yahoo.com
Research Area: Social and Health Psychology

A. Educational Qualification

Degree	Year of Passing	University/Institution
Ph.D	2013	Jamia Millia Islamia University, New Delhi
M. Phil	2005	Kurukshetra University, Kurukshetra
PG	2004	Pt. J.L.N. College, Faridabad, MDU, Rohtak
UG	2002	Govt. Girls College For Women, Faridabad, MDU, Rohtak

B. Career Profile

Designation	Institution Served	Duration	
		From	To
Assistant Professor	Deptt. of Psychology, MD University, Rohtak	7.12.11	Till Date

C. Research Advisory

	Ph.D	M.Phil
Number of students supervised	02 (Ongoing)	04 Completed, 02 Ongoing

D. Publications:

a. Research Paper

1. Rashmi S. and Shafiq, M. (2011). Globalization and Its Impact on Culture and Society – A Theoretical Analysis, *Deliberative Research (A Quarterly Bilingual Indian Journal)*, 10(10), 83-89.
2. Rashmi, S. and Shafiq, M. (2016). Is Media Responsible for Aggression and Violence- A Theoretical Perspective. *International Journal of Enhanced Research in Educational Development*, 4(6), 41-45.
3. Rashmi, S. and Shafiq, M. (2017). Mental Health and Marital Adjustment of Working Women. *International Journal of All Research Education & Scientific Methods*, 5(1), 39-43.
4. Rashmi, S. (2017). Academic Stress and Aggression among Adolescents. *Indian Journal of Psychology & Education*, 7(1), 232-237.

b. Papers Published in Proceedings of Conferences/ Seminar

1. Rashmi, S. and Shafiq, M. (2012). A Study of Well-Being and Emotional Maturity among Married and Unmarried People in Faridabad. *Proceedings of National Seminar on Community Health Psychology: Research and Applications on March 26-27, 2011* (pp. 77-84) in form of book, Batra, P., Anand, M., and Kohli, S. (2012). *Community Health Psychology: Research and Applications*. Rohtak: M. D. University. (ISBN 978-93-81818-04-6).

Participation in Conferences/ Seminars/ Workshop

1. Participated and presented a paper in National Seminar on “Aggression and Violence: Challenges for social well-being” organized by Department of Psychology, Jamia Millia Islamia, New Delhi from March 17-18, 2010.

2. Participated in one day workshop on “Providing Crisis Mental Health in Disasters” organized by the University Counseling and Guidance Centre in collaboration with Indian Association of Clinical Psychologists and American Psychological Association on 25th June, 2010 at Jamia Millia Islamia, New Delhi.
3. Participated and presented a paper in an International Conference on “Positive Psychology: A New Approach to Mental Health” held at Amity Institute of Behavioral and Allied Sciences, Amity University, Rajasthan, Jaipur from August 6-8, 2010.
4. Participated and presented a paper in National Seminar on “Globalization and Its Impact on the Marginalized” on September 26, 2010, organized by Amit Bal Bhavan, Firozabad in Association with Department of Sociology, S.R.K. (P.G.) College, Firozabad, U.P.
5. Participated and presented two papers in National Seminar on “Spiritual Psychology (NSSP)” organized by Department of Psychology, Aligarh Muslim University, Aligarh from October 28-30, 2010.
6. Participated in one day workshop on “SPSS in Research and Data Analysis using SPSS 18.0” organized by Department of Psychology, Jamia Millia Islamia, New Delhi in collaboration with SPSS Inc. South Asia Pvt. Ltd., Bangalore on 7th December, 2010.
7. Participated in a workshop on “Treating Depression with Cognitive Behavior and Rational Emotive Behavior Therapy” held on 4th March, 2011 at Department of Psychology, Jamia Millia Islamia, New Delhi.
8. Participated in a workshop on “Cognitive Behavior and Rational Emotive Behavior Therapy” held on 5-6 March, 2011 at Department of Psychology, Jamia Millia Islamia, New Delhi.
9. Participated and presented a paper in National Seminar on “Community Health Psychology: Research and Applications” organized by Department of Psychology, Maharshi Dayanand University, Rohtak from March 26-27, 2011.
10. Participated and presented a paper in an International Conference on “Positivism: Path to Success, Satisfaction & Bliss” held at Amity Institute of Behavioral and Allied Sciences, Amity University, Rajasthan, Jaipur from August 6-8, 2011.
11. Attended Women’s Study Centre, M. D. University, Rohtak and ICSSR North Western Regional Centre, Chandigarh sponsored National Seminar on Women Society and State on Feb. 9-10, 2012 held at Women’s Study Centre, M. D. University, Rohtak and Also contributed as Rapporteur.

- 12.** Participated in National Seminar on “Development and Social Transformation” under UGC (SAP) Programme organized by Department of Sociology, MDU, Rohtak from February 24-25, 2012.
- 13.** Attended Regional Seminar on Corruption and Lokpal in North-Western Region in India on Feb. 27-28, 2012 held at Dept. of Public Administration, M. D University, Rohtak.
- 14.** Attended National Seminar on Haryana in National Perspective on March 14-15, 2012 held at Dept. of Economics, M. D University, Rohtak.
- 15.** Participated and presented a paper in National Seminar on “Emerging Issues in Work Stress and Well Being” organized by Department of Psychology, Pt. J.L.N. Govt. College, Faridabad from March 16-17, 2012.
- 16.** Attended and participated in Panel Discussion on “Work Without Harassment- Right for Women” on March 20, 2012, organized by Standing Committee to Check the Menace of Sexual Harassment and Violence against Women at their Workplace (SCSHVW), M. D. University, Rohtak. Also contributed as Rapporteur.
- 17.** Attended One Day Workshop on “Enhancing Success and Flourishing in Women” on March 27, 2012 held at Women’s Study Centre, M. D. University, Rohtak.
- 18.** Attended One Day Workshop on “Hypnosis” on March 28, 2012 held at Dept. of Psychology, M. D. University, Rohtak.
- 19.** Attended Two Days Workshop on “Promoting Community Health and Well Being: Sharing Field Research and Experiences” on Sept. 15-16, 2012 held at Dept. of Psychology, M. D. University, Rohtak.
- 20.** Attended Regional Seminar on “Democratic Decentralisation and District Planning Committee in North-West India” on March 21-22, 2013 Jointly organized by Centre for Haryana Studies and Dept. of Public Administration, M. D University, Rohtak.
- 21.** Attended One Day Workshop on Workplace Sexual Harassment on January 24, 2014 held at Women’s Study Centre, M. D. University, Rohtak.
- 22.** Attended ICSSR North West Regional Centre, Chandigarh sponsored National Seminar on “Gender Inequality and Violence against Women in North-West India” on Feb. 7-8, 2014 held at Women’s Study Centre, M. D. University, Rohtak.

- 23.** Attended One Day Workshop on Story Telling: A Qualitative Research on March 25, 2014 held at Dept. of Psychology, M. D. University, Rohtak.
- 24.** Attended One Day Workshop on Hypnosis: A Therapeutic and Wellness Tool on March 27, 2014 held at Dept. of Psychology, M. D. University, Rohtak.
- 25.** Participated in a three day Psychological Assessment Camp organized by the Centre of Positive Health, Department of Psychology, MDU, Rohtak during Phagan Mela-2015: Inter-Zonal University Level Folk Festival from February 22-24, 2015.
- 26.** Attended National Seminar on “Social Transformation Forcing Inclusive Development in India” on March 13-14, 2015 held at Dept. of Sociology, M.D. University, Rohtak.
- 27.** Participated and presented a paper in National Seminar on “Hospitality & Tourism Education in India: Current Status and Future Perspectives” on March 17, 2015 held at Institute of Hotel & Tourism Management, M.D. University, Rohtak.
- 28.** Attended Seven Day Workshop on “Research Methodology workshop training and its relevance in Research” organized by Dept. of Political Science, M. D. University, Rohtak, from May 22-28, 2015.
- 29.** Attended One Day Workshop on “Qualitative Analysis: A Community Perspective” organized by Dept. of Psychology, M. D. University, Rohtak on November 10, 2016.
- 30.** Participated in a five day Psychological Assessment Camp on “Knowing Is Growing” organized by Department of Psychology, MDU, Rohtak during 21st National Youth Festival from January 12-16, 2017.
- 31.** Attended a workshop on “Coping Health Issues “, organized by Women’s Studies Centre at M.D.U., Rohtak on 23rd Feb, 2017.
- 32.** Participated in Symposium held by Social Sciences on “Interdisciplinary Discourse in Social Sciences.” On March 22, 2017.
- 33.** Participated and presented a paper in National Seminar on “Health Promoting Life Style” sponsored by Directorate of Higher Education Haryana, Panchkula on March 25, 2017 at Sat Jinda Kalyana College, Kalanaur.
- 34.** Participated in the Health and Psycho-education Programme organized on the occasion of World Health Day with the theme “Depression: Let’s Talk” on April 7, 2017 organized by Department of Psychology, MDU, Rohtak.

35. Attended a seminar on the “Relevance of Integral Humanism in Contemporary Times” in commemoration of birth century of Pt. Deen Dayal Upadhyay organized by M.D.U. Rohtak on 20th Sept., 2017.
36. Participated and presented three papers in International Conference on “Positive Psychology for Health & Well Being” on March 9-10, 2018 organized by Department of Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar (Haryana).
37. Chaired a Session in International Conference on “Positive Psychology for Health & Well Being” on March 9-10, 2018 organized by Department of Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar (Haryana).

Major Activities (Conference/Seminar/Workshop) Organized

- A workshop on Fulfilling Aspirations: Transition from Academic to Professional Psychology on Jan. 8th, 2014.
- Co-organizer of a workshop on Actors and Emotions: A Psychological Perspective on Oct. 31st, 2017.

Membership of Academic/Professional Bodies

Haryana Psychological Association