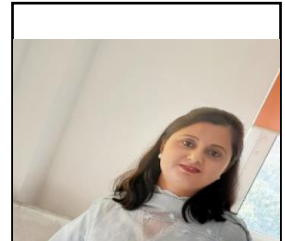


Dr. Minakshi Rana
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DOB: 6th March 1980



Educational Qualifications

Ph.D. in Psychology

Department of Psychology, Himachal Pradesh University Shimla, India (2014) PhD Thesis: relationship of personality and family environment with aggression and the effect of intervention programme on aggression. Ph.D. Supervisor: Late (Prof. Emeritus) Dalip Malhotra Qualified U. G. C. (J. R. F.)

M.Phil. (Psychology)- Department of Psychology, Himachal Pradesh University Shimla, India (2002-2003)

MA (Psychology) - Department of Psychology, Himachal Pradesh University Shimla, India (2000-2002)

Bachelor of Arts - H MV College Jalandhar, India (1997-2000)

Teaching/Research Experience

- July 2013- till date
Assistant Professor (Adhoc) in Department of Psychology, GGDSD College, Chandigarh
Teaching general, experimental and abnormal psychology at under-graduate level
- Mar'10 – Mar'12
School Psychologist, Phoenix School, Mandi (H.P.)
- Feb'08 - Nov' 09
Free Lance Counselor, Shimla (HP)
- 2004-2006
Teaching experience with post graduate students while pursuing PhD in Shimla, Himachal Pradesh University, Shimla (HP)

**Publications
(Journal/Book Chapters)**

Journal Publications:

1. Impact of Covid-19 on Mental Health, in **Edu World A Multidisciplinary International Peer reviewed Journal Jan- Dec 2020, 9(2)** ISSN 2319-5282
Minakshi Rana
2. "Smartphones and its negative impact on adolescents" in **Sanskriti International Multidisciplinary Research Journal, March'2018, 3(3)** ISSN: 2455-1511
Minakshi Rana
3. "Role of music in the development of psychological well-being" in the **Indian Journal of Positive Psychology, March' 2018, 9(1)** ISSN 2229-5356
Minakshi Rana
4. Positive Affirmations and its Benefits on Psychological Well-Being, in in **Edu World A Multidisciplinary International Peer reviewed Journal Jan 2018, 9(2)** ISSN 2319-7129
Minakshi Rana
5. "Positive psychology and its importance at workplace" in the **Indian Journal of Positive Psychology, Jun'15, 6(2)**, pg. 172- 175. ISSN 2229- 4937
Minakshi Rana
6. "Stress Among Adolescents And The Role Of Counseling In Managing It- A Review" in the **Indian Journal of Health and Well Being, Jul'14, 5(7)**, pg 874-879.ISSN 2229-5356
Minakshi Rana
7. "Parent-child emotional relationship as a predictor of aggression in girls" in the **Indian Journal of Health and Well Being, Jun'14, 5(6)**, pg 687- 692. ISSN 2229-5356
Minakshi Rana
8. "Managing aggression through interventions" in the **Indian Journal of Psychology and Mental Health, Jun'11, 5(1)**, pg 133-147.ISSN 0973-7286
Minakshi Rana, D Malhotra
9. "Review of Human aggression in psychological perspective" in the **Indian Journal of Psychology & Mental Health, 2009, 3(5)** pg 219-231.ISSN 0973-7286
Minakshi Rana, D Malhotra
10. Cognitive Styles and Risk taking as Predictors of I- nAch and E- nAch in Tribal and Non-Tribal males in the **Indian Journal of community Psychology, 2009, 5(2)**, Pg 260-271
Anita Sharma, Minakshi Rana, D Malhotra
11. "Personality correlates among female aggression", **Studia Psychologica (Czechoslovakia), 50, 2008, 4** pg 395-406 ISSN 0039-3320 *Minakshi Rana, D Malhotra*
12. "The role of impulsivity and stress on performance", **Studia Psychologica (Czechoslovakia), 49, 2007, 3** pg 201-213 ISSN 0039-3320 *BS Sandhu, Minakshi Rana, B Dogra, A Sharma, D Malhotra*

13. "Family environment as a predictor of aggressive behavior", **Studia Psychologica (Czechoslovakia)**, 47, 2005, 1 pg 61-74 ISSN 0039-3320 *Minakshi Rana, D Malhotra*

Book Chapters:

1. **Impact of Inter-Parental Aggression on Children: A Review** in book Indian folk traditions & environment, pgs. 46-50 ISBN: 978-81-952545-7-6, R.D. Publications, Jalandhar. (2021)
2. **CBT and its effectiveness as therapeutic intervention: A Review** in book title social science, education and humanities, K Y Publications pgs. 41-49 ISBN: 978-81-948075-3-7 (2021)
3. **Positive Thinking: Can it really make a difference?** In book title emerging trends in psychology and educational sciences (peer reviewed & Refereed) vol-1 pgs. 153-164 Integrated Publications, Delhi, ISBN: 978-93-93502-20-9 (2022)
4. **Impact of covid 19 on the environment** in book Indian folk traditions & environment, pgs. 46-50 ISBN: 978-81-952545-7-6, R.D. Publications, Jalandhar (2022)

Book: Aggression: Its sources and Management, Lambert Academic Publishing (International publication). ISBN: 978-613-9-89158-0 (2018)

**Seminars/
Conferences/Symposiums
(Paper Presented)**

- Presented paper in international seminar entitled, “Yoga and spirituality”.
Roopi Siraj Kala Manch, Kullu (HP) 9th - 10th Sep, 2019
- Presented paper in state seminar entitled, “The Role of Environmental factors on Aggressive Behavior”
Nadaun (HP) 26th Jun, 2019
- Presented paper in international seminar entitled “Aggression: A Social Concern”.
Roopi Siraj Kala Manch, Kullu (HP) 3rd - 4th Mar, 2018
- Attended 4th International & 6th Indian Psychological Science Congress. Dept of psychology, PU Chandigarh and NAPS
18th - 20th Sep, 2017

**Refresher
Courses/Workshops/
Training Programmes**

1. One week international FDP on innovative approaches for outcome based teaching learning in higher education
Ajeenkya DY Patil University & Research Culture Society
21st Feb-27th Feb, 2022
2. Five days international FDP on yoga and meditation for human excellence
Sree vidyanikethan institute of Management (MBA), Tirupati 14th Feb-18th Feb, 2022
3. Seven day FDP on Gender concerns in education (online Mode)
Dibrugarh University, Assam 26th May-1st Jun, 2020
4. 6 days National level online FDP level on Effective educator for professional and institutional excellence
Govt. College Kavour, Mangluru 8th-13th Jun, 2020
5. Five days FDP on “perception in mental health and psychotherapy post COVID-19
Amity University, Kolkata 13th -17th Jul, 2020

Workshops:

1. International workshop (CRE) on Artificial intelligence in Mainstream and special education
SGT University, Delhi
26th-27th July 2022
2. 21st century teacher training workshop on 212⁰ teacher Pearl academy and UPES 14th Aug, 2021
3. Workshop on behavioural therapies
Mind body health clinic 6th Jul, 2021
4. National level webshop on Confidence & technology enabled teacher- Part 11
Mangalore university commerce teachers association
27th Jul, 2020
5. National level webshop on Confidence & technology enabled teacher- Part 1
Mangalore university commerce teachers association
21st Jul, 2020
6. Webshop on Creative problem solving
Louis publications, Mangaluru
18th Jul, 2020
7. One day lecture-cum-workshop on IRINS

8. Four-day training workshop on Research Methodology
**ICSSR, PU Chandigarh & Academic staff college & integrated
Himalayan studies, HPU, Shimla**
16th - 19th Oct, 2006
9. 6 Day workshop on Women Empowerment
**Centre for women's studies & development,
HPU, Shimla**
3rd - 8th Oct, 2005

**Membership of
Psychological
Associations**

- Life Membership of National Association of psychological science
- Ex-Membership of American Psychological association

Dr. Minakshi rana