

## Curriculum Vitae

- 1. Name :** Smt. Vijaymala Virendra Chougule
- 2. Designation:** Head of Department & Associate Professor
- 3. Office :** Department of Psychology  
Jaysingpur College, Jaysingpur,  
Dist. Kolhapur, 416101, Maharashtra.  
Phone No.(office) 02322- 225381
- 4. Postal Address:** 'Shanti-Chitra', plot no 19, Deepnagar Jaysingpur,  
Dist. Kolhapur, 416101 Maharashtra.
- 5. Phone:** Mobile No. – 9423860371
- 6. E-mail :** vvc.jsp@gmail.com
- 7. Qualification :** M.A. SET M.Phil.  
(Registered for Ph. D)
- 8. Specialization:** General Psychology
- 9. Experience:** 20 Years (U.G - 20 years, P.G. - 07 years)
- 10. Research Project:** One Minor research project is completed during  
Academic year 2013-2015

Title	Funding Agency
Parental Encouragement and Achievement Motivation among Higher Secondary School Students	UGC, New Delhi

### 11. Publications :

- 1. Stress and General Well-Being among the General Surgeon Doctors** *Indian Streams Research Journal* Vol. I Issue X , ISSN 2330-7850 November 2011.
- 2. Self-Esteem of adolescents of Working and Non-Working Mothers** *International Research Journal of Commerce Business and Social Sciences*, Vol.II, Issue 7 (II), October 2013.
- 3. The Psychological Adjustment of Rape Victim**, Women Exploitation in India and Sensitivity(conference Proceeding) ISBN978-81-927211-9-4, December, 2013.
- 4. AaidvaasaI samaaja : saamaaijak pivat-na** , Tribal-Society: Literature, Culture And Psychographic Relationship (conference Proceeding) ISBN 978-9383796-19-9, January 2014.
- 5. Emotional Intelligence and Mental Health of Engineering College Students**, Contemporary Issues in Politics and Psychology (conference Proceeding) ISBN 978-81-924995-8-1,February 2014.
- 6. Gender discrimination in daily life and women Empowerment**, Changing Phases in Women Empowerment (conference Proceeding) ISBN 978-93-82028-26-0, October,2014.
- 7. A study on achievement motivation of Adolescents** ,*Perception*, Vol. I, Issue III, ISSN 23950129, July,2015
- 8. Gender differences on parental encouragement of Higher secondary school Students**, *Indian Streams Research Journal* Vol. V, Issue VII , ISSN 2230-7850, August, 2015.
- 9. Loneliness and self- esteem of Adolescents**, *Yuvakanche Sakaratmak Vyaktimatva Viksan* ( Conference Proceeding), ISBN No. 978-81-927211-7-4, January,2016.
- 10. Gender difference in Types of sport motivation**, Sport Psychology Advances in Technology, Training

Methodology & Measurements (Conference Proceedings) ISBN No. 978- 93- 84309-17-6 ,September, 2016

11. **Gender differences in aspects of General well-being of Adolescents**, *Indian Psychological Review*, Vol. 88, No.3, September 2017.

12. **Influence of Forms of Thinking Styles on Self-esteem of Students**. *Asian Journal of Psychology and Education*. ISSN no.0971-2909 Vol. 51,No.3-4 June 2018.

13. **Effects of Yoga on Stress and Psychological well-being in working women**. *Ajantha*, ISSN no. 2277-5730, vol.VI, Issue IV Oct.2018.

14. **Relationship between Facebook Intensity and Perceived Stress among college students**, *International Journal of Research and Analytical Reviews*. Vol.6, Issue 1, Feb.2019.

## 12. National & International Conferences Paper Presentation:

S.N.	Name of the Conference	Title of the Paper	Level
1.	13 <sup>th</sup> International Conference of the Indian Academy of Applied Psychology on 30,31 Jan.& 1 <sup>st</sup> Feb. 2009, Aurangabad.	Emotional Intelligence and self-esteem of College students	International
2	NAAC sponsored National Seminar on Preparation of Re-Accreditation Report (RAR), 20,21 May 2009, Kurundwad.	Research Contribution of Teachers after NAAC	National
3.	UGC sponsored National Conference on Improving Quality of Life: Psycho- Social Perspectives, on 3 <sup>rd</sup> & 4 <sup>th</sup> October,2011, Karad.	Relationship between Quality of life and Mental Health among Female Teachers.	National
4.	UGC sponsored National seminar on Human Rights Education on 17 & 18 <sup>th</sup> November, 2011, Jaysingpur.	Woman Empowerment Through Human Rights	National
5.	National Conference of Indian Association of Human Behaviour on Behaviour of the Aged, on 7 <sup>th</sup> & 8 <sup>th</sup> October, 2013,Karad	Gender Differences in Adjustment of Aged	National
6.	NAAC sponsored National seminar on Teaching- Learning and Evaluation: Facts and Expectations, on 7 <sup>th</sup> September, 2015,Jaysingpur	Role of Information Communication Technology in Higher Education	National
7.	4 <sup>th</sup> National Conference of Marathi Manasashatra Parishad on Youth well-being:Development, problems and solutions,on 16 <sup>th</sup> & 17 <sup>th</sup> December, 2016,Pune	Psychological Well- being of player and Non- player Students.	National
8.	National Seminar on Data collection and Analysis for Research,on 23 <sup>rd</sup> December, 2016,Kolhapur	Relationship between Emotional Intelligence and General well-being of Secondary school students	National
9.	National Conference on 21 <sup>st</sup> century skills for Lifelong Learning, on 22 <sup>nd</sup> December, 2017, Kolhapur.	Gender Differences in Communication Apprehension among students.	National
10.	5 <sup>th</sup> National Conference of Marathi Manasashatra Parishad on Psychotherapies and Health, 30 <sup>th</sup> & 31 <sup>st</sup> January,2018, Malegaon	Effects of Yoga Practice on stress and Psychological well-being in working women	National

11.	National Conference of Indian Association of Human Behaviour on Mental Health and well-being of college Teachers & students, 9 <sup>th</sup> & 10 <sup>th</sup> February, 2018, Sangli	Spiritual ability and Happiness among Undergraduate Students.	National
12.	International Conference on Contemporary Issues and Challenges in Social Sciences and languages, 22 <sup>nd</sup> September, 2018, Kolhapur	Effects of Use of Social Media on psychological well-being : A Review	International
13.	International Conference on skill Development in Higher Education, on 2 <sup>nd</sup> February, 2019, Kolhapur	The Importance of soft skills in Higher Education	International

### 13. Membership of professional societies:

1. Member of Indian Academy of Applied Psychology, Pondicherry, India (IAAP).
2. Member of Indian Academy of Health Psychology (IAHP)
3. Member of Marathi Manasashatra Parishad (MMP)
4. Member of Shivaji University Psychology Association (SUPA)
5. Member of Shivaji University Teachers Association (SUTA)

### 14. Orientation and Refresher Courses

Courses	Academic Staff College	Period
Orientation Course	1. Pune University	01/03/2005 to 28/03/2005
Refresher Courses	1. Dr. B. A. M. University, Aurangabad.	09/01/2007 to 30/01/2007
	2. Gujrat University, Ahmadabad.	30/05/2011 to 19/06/2011
	3. Jai Narayan Vyas University, Jodhpur.	03/02/2014 to 23/02/2014

### 15. Other Courses:-

Course	Theme	Organizing Institution	Period
National Workshop Cum Orientation Program	Quality Assurance in Higher Education	IQAC, Himachal Pradesh, University, Shimla And Jaysingpur College, Jaysingpur.	11/11/2013 to 16/11/2013
Faculty Development Program	Cyber Security	Shivaji University, Kolhapur hosted by Willingdon College, Sangli	01/07/2019 To 07/07/2019

### 16. Invited Talks –

Sr.	Name of Institution	Position	Nature of Programme/ Subject
1	K. B. P. College, Islampur	Chairperson	Lead college workshop on Mental Health
2	Vivekanand College, Kolhapur	Resource Person	NCC workshop on Personality Development
3	Willingdon College, Sangli	Resource Person	Lead college workshop on Mental Stress
4	Annasaheb Dange College, Hatkangale	Chief Guest	International Women's Day
5	Willingdon College,	Resource Person	NSS Shramanskar Shibir –

	Sangli		Life Skills
6	Post- Office, Vita	Resource Person	Training Programme on Soft Skills
7	Shirati High School	Chief Guest	Career Guidance
8	Jaysingpur College	Chief Guest	How To Face Exam.- for 12 <sup>th</sup> std. Students
9	Willingdon College, Sangli	Resource Person	NSS <i>Shramsanskar Shibir</i> – Mental Health of Youth
10	Smt.G.K.G.Kanya College ,Jaysingpur	Chief Guest	NSS <i>Shramsanskar Shibir</i> - Sexual Harassment : Causes and Effects
11	Jaysingpur College,Jaysingpur	Resource Person	Dealing with sexual Harassment
12	S.S.K.Patil college,Kurundwad.	Resource Person	Lead college workshop on Mind and its diseases
13	Bhogawati Maha. Kurukali	Resource Person	Teachers training workshop
14	Malati V.Patil Kanya Maha.Islampur	Resource Person	New changed syllabus training workshop

### 17.Other Work-

1. Worked as a Coordinator of Certificate Course in Balwadi Teachers Education Curriculum affiliated to Shivaji University, Kolhapur from 2005-06 to till date.
2. Worked as a Coordinator of UGC- COP- Personality Development Course from 2014-15.
3. Worked as a Convener of NAAC- Criterion No.1 from 2009 to till date.
4. Worked as a Program Officer of National Service Scheme from 2014-15 to 2016-17.
5. Worked as a Convener and member of various committees which are formed in the college i.e *Mahila Laigik Chal Pratibandhak Samitee*, Vivekwahini and Soretic club, Cultural committee, students welfare committee, NSS etc.

### 18.Awards:

Received University level Award-- Best Program officer For 2016-17 (Kolhapur District) by National Service Scheme of Shivaji University, Kolhapur.

### 19.Participation in Government Duty - Presiding Officer No.3 in –

- 1) *Panchayat Samiti Shirol* and *Zilla Parishad* Kolhapur Election held on 6/2/2012 and
- 2) Maharashtra Assembly and Parliamentary Election held on 15/10/2014.

**Smt. Vijaymala.V.Chougule**