

Curriculum Vitae

Name Dr. Sapna Kashyap
Designation Associate Professor
Subject Psychology

ACADEMIC CAREER

M.Sc in Psychology (1994) from Gurukula Kangri University, Haridwar.
Ph.D in Psychology (2000) from Gurukula Kangri University, Haridwar.
B.Ed (1992) from HNB Garhwal University.
International Diploma in Guidance & Counselling from NCERT, New Delhi.

AREAS OF INTEREST

Clinical Psychology, Rehabilitation and Guidance and Counselling.

EXPERIENCES

1. From 25 Nov 1999 to 08 June 2005 worked as Research Fellow (Non Medical) at Department of Pediatrics, PGIMER, Chandigarh.
2. Working as Counsellor of State Women Commission, Uttarakhand
3. From 17 Nov 2006 to 30 Sep 2009, DIET and SCERT Uttarakhand (Lecturer).

SPECIAL ACHIVEMENTS

1. Registered under “**Rehabilitation Council of India**”, (RCI) New Delhi as “**Rehabilitation Psychologist**”. Registration No. (A06124).
2. Done orientation course of “**Management and Training of Learning Disabled**” sponsored by Indian National Postage Association Chandigarh.
3. Nominated member as a “**Psychologist**” of District Level Monitoring Committee (Nainital) to enforce the cable television network Regulation Act, 1995.
4. Resource person of **Management Development Programme for Deputy Block Education Officer** of State from 15.02.2010 to 20.02.2010 organized by SIEMAT, Uttarakhand on the topic of “**Guidance and counseling services in schools**”.
5. Resource person of “**Capacity Building Programme**” for CRC Coordinator from 15th- 20th March 2010 on the topic of “**Teacher as a counselor**”. Organized by State Institute of Educational Management and Training, Dehradun Uttarakhand.

LIST OF PUBLICATIONS

1. सपना कश्यप एवं गुंजन मठपाल. (2023.) आत्महत्या के विचार एवं इंटरनेट की लत का सहसम्बन्धात्मक अध्ययन. *Education and Society* (Special Issue, February 2023) Vol-II ISSN: 2278-6864, 124-127.
2. Kashyap Sapna & Aarti. (2021). Social media Use & Its Impact on School going Children. *Aalochan Drishti*, UGC Care Listed Journal, ISSN -2455-4219 .An International Peer Reviewed Refereed Research Journal of Humanities अंक -22,अप्रैल-जून 2021.
3. Kashyap Sapna.(2021).Educational Safeguards for Dalit Girls. Redefining Dalit Women's Empowerment: Socio Economic & Political Realities in Contemporary India. ISBN: 97893-90238-68-2ASIAN PRESS BOOKS.
4. Kashyap Sapna. (2021). Gender Issues in Educational Polices. Gender Issues and Education. ISBN: 978-81-951711-7-0 YKING BOOKS.
5. Kashyap Sapna & Aarti. (2020). Use of Social Networking Sites & its Impact on Younger Adolescence. *Kala Sarover*. Vol.23, No.-3-2020, ISSN-0975-4520. Refereed, Peer Reviewed Quarterly Journal. Approved by UGC Care.
6. Kashyap Sapna. (2019). Mental Health and Psychological Well Being of Sibling of Developmental Disabled Child. *International Journal of Research and Analytical Reviews*. May 2019, Vol-6,Issue 2 E-ISSN2348-1269,P-ISSN 2349-5138),923-925.
7. Rao Gonaga Karunakara & Kashyap Sapna. (2018). Cultural Challenges and Culturally Responsive CBT for Marital Discord. Cognitive Behaviour Therapy in Indian Context: A Collection of Research Papers. ISBN No 978-81-933-3830-8, IAHRW Publication.
8. Kashyap Sapna. (2014).Workplace Bullying and Psychological Injuries. *Journal of Wellbeing* ISSN-0974-8717). Published by The Academy of Well Being Society, Udaipur, Rajasthan, Vol.8, No-1., Jan, 23-27.
9. Kashyap Sapna. (2014). Clinical Assessment of Psychological Problems Related to Suicide. In Saichampuii Sailo & Rinpari Ralte (Eds), Suicide: A Multidisciplinary Approach. Mittal Publication, New Delhi. (ISBN: 81-8324-505-6), 119-124.
10. Kashyap Sapna & Gunjan. (2014). School climate and Adolescent Mental Health Perspectives on Health and Well Being in India ISBN: 978-93-83842-93-3, 340-342.
11. Kashyap Sapna. (2013). Sports and Development of Employability Skills. In Rajesh Basiya & B.D.Dhillal (Eds), Co curriculum and Personality Grooming. Prism Books (India), (ISBN: 987-93-82037-17-0), 46-52.
12. Joshi Anita & Kashyap Sapna. (2014). महाविद्यालय मे अध्ययनरत विद्यार्थियों की करियर के प्रति सजकता का अध्ययन: एक सर्वेक्षण. *भारतीय आधुनिक शिक्षा*, जुलाई 2014, वर्ष 35 ,अंक 1, ISSN 0972-5636.
13. Kashyap Sapna.(2012, No-3) Laws against Corporal Punishment and Legal Benefits to the Students *Navonmesh* ,No-3,14-16.
14. Kashyap Sapna.(2011,Jan-Mar) Challenges and Priorities for Guidance and Counselling Trainings in the Light of RMSA *Navonmesh* ,No-2, 78-83.
15. Kashyap Sapna. (2010). Utility of Counseling Skills in Training. *Navonmesh*, State Institute of Educational Management and Training (SIEMAT), Dehradun, Uttarakhand. 1, 32-33.

16. Bharti B, Malhi.P., Kashyap S. (2006). Patterns and Problems of Sleep in School Going Children. *Indian Pediatrics*, Jan 7: 43(1), 35-38.
17. Malhi.P.,Kashyap.S. (2005). Maternal Estimates of Mental Age in Developmental Assessment. *Indian Journal of Pediatrics*, Nov; 72 (11); 931-4.
18. Malhi.P.,Kashyap.S, (2004).Comparison of Children with False Positive and True Negative Score on Intelligence Screening Tests. *Journal of Personality and Clinical Studies*. Mar- Sep, Vol 20,35-40.
19. Malhi Prabhjot, Kashyap Sapna, Dua Sulabh. (2003). Accessing the Clinical Utility of Draw- a- Man Test in Detecting Cognitive Deficits in Children. *Journal of Personality Study and Group Behaviour*.Vol 23, 1-8.
20. Kashyap Sapna, Kaur Harpreet. (1999). Self & Managerial Effectiveness. Proceeding of National Seminar on Management in New Millennium- An Indian Perspective. 212-215.
21. Dhamija S.C., Kashyap Sapna. (1994). A Study of Effect of Depression and Anxiety on Sleep Pattern, Proceeding of National Seminar on Ecological Perspectives & Behavior .146-151.

Book Edited

- Punya Shailaja & Kashyap Sapna.(2021). “Psycho Social Environmental Issues of Employees at Workplace” Nitya Publication, Bhopal ISBN: 978-93-90699-18-6.

Extension Activities/Community Participation

- Lecture delivered at special school “Vikalp” for mentally retarded children on its foundation Day.(07.05.2016)
- Lecture on Career Counselling “Design you Career: Combine Dreams and Reality” at GGIC Narendranagar,Tehri Garhwal (23.04.2016).
- Organized one day workshop on “World Suicide Prevention Day” (10th September 2016) in the college
- Invited by SCERT, Uttarakhand, as subject expert for Research work on “उत्तराखंड राज्य के आकांशी जनपद में स्वास्थ्य एवं स्वच्छता की स्थिति का अध्ययन”(February 2020).
- Counselling students for Examination Stress before board exams at GGIC, Narendranagar,Tehri Garhwal under the programme “BAL SAKJHA” (27.12.2019).
- Under the Annual Action Plan 2020-21 of State Council of Educational Research and Training (SCERT) Uttarakhand for the development of reference literature in the field of "Guidance and Counselling" for the teachers to deal with psychosocial and educational issues of secondary school students title "Peer Pressure and Bullying". Contributed as a team member of development of material which is published in the “CARE” (Creating Accommodating Rejuvenating Environment).

Activities Conducted During COVID-19

- Coordinator of State Level Online Poster Making Competition on “Lockdown a Blessing in Disguise, Living with Covid-19 and Stay Home, Save Lives.(May 2020)
- Co-Coordinator of National Level Online Photography Competition “Nature Photography & Cultural Heritage” (15th to 22nd July 2020)
- Celebration of World Suicide Prevention Day (10.09.2020)
- Coordinator of Online National Level Psychology Quiz 2020
- Coordinator of National Level Online Survey on “Career Concerns of College Students During And Post COVID Period”.

Memberships

1. Life Associate Member of Indian Association of Clinical Psychology. (Membership No: LAM 318/11).
2. Membership of (Life Fellow Membership) Indian Association for Social Psychiatry. (Membership No. F 11049).
3. Life Membership of Bharatiya Counselling Psychology Association (BCPA). (Membership No. LM/2017156 Since 27/04/2020)
4. Life Membership of Indian Science Congress.