

## Curriculum Vitae

Dr. Vaishali Gaur

Ph. D. (Psychology)

Rishikul New Colony, Haridwar

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Employee Code: E: 10304

Designation: Assistant Professor/Head of the Department Psychology

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### CAREER OBJECTIVE

Maintain a never- ending learning process & to work in an organization /institute where I can utilize my multidimensional skill.

### ACADEMIC QUALIFICATION

- Bachelor of Education from Hemwati Nandan Bahuguna Grawal University with **First division** (2014)
- Doctorate: Ph.D. in Psychology from Kanya Gurukul Mahavidhalaya, Haridwar (2008)
- PG Diploma: One Year PG Diploma in Clinical Psychologist with **First Division**, Ambedkar University, Agra (2001)
- Post Graduate: M.A. (Psychology) from C.C.S. University Meerut with **First Division** (1999)
- Graduation: B.A. in Psychology from C.C.S. University Meerut with **First Division** (1997)
- Intermediate: Arts stream from U.P. Board with **Second division** (1994)
- High School: Arts stream from U.P. Board with **First division** (1999)

### RESEARCH PUBLICATIONS

1. Arya, D., Gaur, V., Maurya, A., & Kala, M. (2022). Impact of Yogic Practices on Mental well-being of Adolescent girls. *Rabindra Bharati Journal of Philosophy*, XXIII (9), 104-109.
2. Amandeep, Singh, N., Gaur V., and Gowda, P. (2021). Yogic interventions reduces stress and improves self-esteem in orphanage children with highly aggressive behavior. ISSN: 0975-4520 (UGC Care Group-I Journal) Vol-24 No.
3. Gaur, V & Gowda, P (2019). Effect of Meditation on Anxiety of College girls. *International Journal of Yoga*, 12(4)1-28.
4. Gaur, V & Shevya (2016). Effect of Om chanting on Mental Health in aged. *Psychology and Society Today*. ISBN: 978-81-927212-10.
5. Gaur, V. (2016). Depression Psycho-Yogic way to over-come depression. *IRA-International Journal of Education and Multidisciplinary*. ISSN2455-2526, 04 (02).
6. Gaur, V. (2016) A comparative study on Mental Health Between Male and Female Employees. *Indian Psychological Review*, 86 (02)35-38.
7. Telles,S., Gaur, V., Sharma,S. and Balkrishna, A. (2011). Attitude of conventional and CAM physicians towards CAM in India. *Journal of Alternative and Complementary Medicine*, 17(11) 1069-73. Doi:10.1089/acm.2010.0407.

8. Telles, S., Naveen KV., Gaur, V. and Balkrishana, A. (2011). Effect of one week of yoga on function and severity in rheumatoid arthritis. **BMC Research Notes, 4:118.**
9. Juyal S. L., Telles S., Gaur V. (2010). Occupational stress among service and business class employees. **Indian Psychological Review, 86(2)35-38.**
10. Telles, S., Gaur V., and Balkrishna, A. (2009). Effects of a yoga practice session and a yoga theory session on state anxiety. **Perceptual and motor skills, 109(3):924-930**
11. Juyal S. L., Gaur V. (2007). Family structure and gender as correlates of marital adjustment and mental health of the married couples. **Behavioural Scientist 8 (2): 93100.**

### **ABSTRACT PRESENTED**

- Emotional Intelligence and happiness among college students as related to gender and geographical area at 45<sup>th</sup> National Annual Conference of Indian Association of clinical Psychologists CRE accredited organised by department of clinical & rehabilitation Psychology & Research, NIEPVD, Dehradun, UK. On **25<sup>th</sup>-26<sup>th</sup> May 2019.**
- Poster presentation on the topic of Effect of meditation on anxiety of college Girls in meditation conference, scheduled at AIIMS, Rishikesh on **09 & 10 March, 2019.**
- Karma yoga and achievement motivation in Geeta presented at National Conference organized by Philosophy department in collaboration of ICPR, New Delhi, 27-28 March, 2016
- A comparative study on Mental Health between Male and Female Employees presented at 2<sup>nd</sup> International and 4<sup>th</sup> Indian Psychological Science Congress organized by National Association of Psychological Science –India, **8-9 October, 2016**
- Psychological change in patients with arthritis following yoga” presented at National conference cum workshop on Role of yoga in geriatric care with special reference to osteo arthritis organized by Advance center for yoga education and research in collaboration with Morarji Desai National Institute of yoga, New Delhi, March **28-29, 2010.**
- Improvement in muscle strength and flexibility in newly recruited soldiers through yoga” presented at the National Conference on Biomechanics organized by Department of Mathematics, Indian Institute of Technology, Roorkee, during March **7-8, 2009.**
- Marital Adjustment and Mental Health: A comparison of husband & wife in terms of family structure presented at the 11th International & 42nd National Conference on IAAP on Applied Psychology for a Peaceful World organized by Department of Psychology, Jamia Millia Islamia, New Delhi – 110025 during **February, 2007.**
- A study of adjustment pattern of physically handicapped school going children presented at the National Seminar on Mental Health: Problems and interventions organized by Department of Psychology, Gurukul Kangri University, Haridwar (UA) during **March 27 -28, 2004.**

### **PROFESSIONAL EXPERIENCE**

- Three years experience of Research (Yoga and Psychology) as a Research Associates in Yoga Research Department, Patanjali Yogpeeth, Haridwar.
- **Four days orientation course in clinical psychology** organized by all India institute of medical science, New Delhi during February 21 to 24, 2001
- One-day workshop on yoga and heart rate variability attended at 54th National Conference of Association of Physiologists & Pharmacologists of India organized by Kasturba Medical College, Mangalore during December 27 – 30, 2008.
- Six-month counseling experience in Kendya Vidyalaya, BHEL, Haridwar

- Two years teaching Experience of Psychology in Pherupur Inter College, Laksar road, Haridwar
- Presently teaching Psychology in University of Patanjali, Haridwar from 20 August, 2013
- Presently working on construction of Scale entitled “Panch Kosha”.

### **ACADEMIC EXPERIENCE**

- Member of student selection committee board of Patanjali Yogpeeth University, Haridwar. (Session 2009 to 2010, 2010 to 2011, 2014 to 2015 and session 2015 to 2016)..
- Act as Judge in different competition’s during Annual Function “Abhiuday” last four years.

Department Administrative work:

- Organization of two days workshop entitled **Psy-spectrum** on April 14 to 15, 2014.
- Conduction of Internal or External Psychology Practical Examination
- One-day workshop entitled **Zenith “where motivation meets dream”** on February, 28, 2017.
- Organization of two days workshop entitled **Cognitive Drill Therapy** on April 19 to 20, 2018.
- Organization of one day’s workshop entitled **Mental Health** on September, 10, 2018.
- Organization of one day workshop entitled **Cognitive Behaviour Therapy** on 12<sup>th</sup> March, 2019.
- Organization of one day workshop entitled Emotional Well being of Youth in light of Indian Traditional Knowledge on 31<sup>st</sup> December 2021.

### **Social activity**

Last two years, I am working as a **Program Officer** of National Service Scheme

### **PERSONAL PROFILE**

Husband’s Name:	Mr. Rajeev Gaur
Date of Birth:	16 July. 1977
Gender:	Female
Nationality:	Indian
Language:	Hindi & English
Marital Status:	Married

I declare that all the statements are true and correct to the best of my knowledge.

DATE: PLACE: Haridwar

Dr. Vaishali Gaur,  
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Psychology Department,  
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