

## PROFILE

Name : Dr. P. M. Chaudhary

Designation : Assistant Professor

Subject : Psychology

Educational Qualification: B.A., M.A., GSET. Ph. D.

Research Interest: - Social Attitude, Mental Health, Emotional and social problem

Date of Joining: 05/02/2014

Email Id: pmc9428@gmail.com

### QUALIFICATION:

NO.	DEGREE	YEAR	PERCENTAGE	SUBJECT	UNIVERSITY
1	B.A.	2009	76.00	Psychology	Gujarat University
2	M.A.	2011	69.00	Psychology	Gujarat University
3	Ph.D.	2015	-	Psychology	S. P. University

### OTHER QUALIFICATION:

NO.	COURSE	YEAR	PER. (%) Grade CLASS	UNIVERSITY/CENTRE
1	Advance Diploma Course	2011	First	GLS, Ahmedabad.
2	GSET	2011	Pass	S. P. University

### TOTAL TEACHING EXPERIENCE :

FROM- TO	DESIGNATION	NAME OF THE COLLEGE
22/09/2011 to 04/02/2014	Lecturer	M A Parikh Fine Arts & Arts College, Palanpur
05/02/2014 to 10/07/2018	Assistant Professor	Government Arts College, Shahera, Dis- Panchmahal
11/07/2018 to 26/06/2025	Assistant Professor	Gujarat Arts & Science College, Ahmedabad
27/06/2025 to till Date	Assistant Professor	Government Arts College, Maninagar, Ahmedabad

**FIP/RC/FDP/SHORT TERM COURSE:**

<b>SR.NO.</b>	<b>NAME OF THE WORKSHOP (FIP/FDP/SHORT TERM COURSE) AND PLACE</b>	<b>DURATION</b>
1	Orientation Course, HRDC Gujarat University, Ahmedabad	30/05/2016 to 27/06/2016
2	Refresher Course, HRDC Gujarat University, hmedabad	18/12/2017 to 07/01/2018
3	Refresher Course, HRDC, Gujarat University, Ahmedabad	04/11/2019 to 17/11/2019
4	Comprehensive Online Intellectual Property Rights (IPR), i-Hub, Ahmedabad	06/07/2020 to 14/09/2020
5	Refresher Course, HRDC, Gujarat University, Ahmedabad	06/09/2021 to 19/09/2021
6	Short Term Programme, MMTTC Kumaun University, Nainital, Uttarakhand.	18/10/2024 to 24/10/2024
7	NEP 2020 Orientation & Sensitization Programme, Gujarat University Ahmedabad.	01/04/2025 to 10/04/2025

**PUBLISHED ARTICLE OR CHAPTER IN A BOOK:**

<b>SR. NO.</b>	<b>NAME OF THE BOOK &amp; ARTICLE/CHAPTER</b>	<b>ISBN NO.</b>	<b>PUBLISHER</b>	<b>YEAR</b>
1	Developmental Psychology- II	---	Akshar Publication House	2024
2	Developmental Psychology- I	---	Akshar Publication House	2023
3	Applied Psychology	ISBN: 978-81-924469-3-6	Gaurav Graphics	2013

**PUBLISHED ARTICLE OR RESEARCH PAPER IN A JOURNAL:**

<b>SR. NO.</b>	<b>TITLE OF THE PAPER</b>	<b>ISSN NO.</b>	<b>NAME OF JOURNAL</b>	<b>YEAR / MONTH PUBLICATION</b>
1	Attitude towards sex education among college students	ISSN:2348-5396	The International Journal of Indian Psychology	March-2015
2	Comparative study of Adjustment problem among working woman and non-working woman.	ISSN:2349-5634	Indian Journal of Social Sciences and Literature Studies	July -2015
3	A study of Happiness level among married and unmarried People of Banaskantha district	ISSN:2319-8168	Research Zone India	March-2018
4	Role of Counseling in Managing stress	ISSN:2457-0109	Sorath: E-Journal	September - 2019
5	Mental Health of Teenagers during covid-19 pandemic	ISSN:2457-0109	Sorath: E-Journal	March - 2022
6	Effect of social media on Mental Health: Analytical Overview	ISSN:2457-0109	Sorath: E-Journal	Jan - 2025

**PAPER PRESENTED IN SEMINARS & CONFERENCES:**

NO.	SEMINAR/CONFERENCE	PLACE	DATE	TITLE OF THE PAPER
1	State level seminar in psychology	Smt. A. P. Patel arts and late Shree N.P. Patel commerce college, Naroda, Ahmedabad.	31-Jan-10	Study of attitude towards family planning among college students of Ahmedabad city.
2	Lifestyle and stress	D.D. Thakkar arts and K.J. Patel commerce college, khedbrahma.	27-28 March 2010	Stress and counselling
3	Stress management	Vanraj Arts and commerce College, Dharampur.	15-16 January 2011	The importance of stress in our life
4	Psychology for holistic living in global world	49th National and 18th international conference of Indian academy of applied psychology Smt. Laxmiben and Shri chimanlal Mehta Arts College, GLS, Ahmedabad.	1-3 March 2014	Attitude towards sex education among college students.
5	Adjustment as an improvement of quality of life	Smt. A. S. Chaudhary Mahila Arts and home science College, Mehsana.	22-23 March 2014	Attitude towards women status among girls and boys in Ahmedabad city.
6	Industrial and organizational psychology: Issues, Opportunities and challenges	Anand art college, Anand.	27-28 September 2014	A comparative study of adjustment problem among working and non-working women
7	Mansik swasthya: vartman avashyakta	Shri N.K. Mehta and Smt. M.F. Dani Arts College, Malvan.	18-Mar-15	Stress and counselling
8	Anand-mimansa: sahitya, Kala aur vijnana ka paripreksya men	B. D. college, GLS, Ahmedabad. Indian counselling of philosophical research	7-8 February 2016	A study of happiness level among married and unmarried people of banaskantha district.
9	Development of psychology in 100 years in India, challenges and future of psychology.	sorabji barjorji garda arts and pk Patel College of commerce, Navsari, PDMHF, GPA.	10-12 September 2016	Counselling helps to reduce stress
10	The development of personality in the job	Shri N.K. Mehta and Smt. M.F. Dani Arts College, Malvan.	22-Feb-17	job satisfaction achievement of life.
11	Happiness, wellbeing and world peace: A Positive psychology perspective	GPA and M.M. ghodasara mahila Arts and commerce College, Junagadh.	16-17 September 2017	Study of happiness level among urban and rural students studying in college of panchmahal district.

12	Role of Social Science for wellbeing on the globe	Smt. A.S. Mahila Arts and Home science College Mehsana. And PDMHF	17-18 March 2018	Effect of Nutrition on mental health.
13	Psychological testing, counselling and mental health.	Prachi psycho cultural research association, PDMHF, Mehrizm Foundation. Dakor.	21-22 September 2019	A study of mental Health among working and non-working women.
14	Literature and popular	Gujarat Arts and Science College Ahmedabad.	19-Oct-19	साहित्य सृजनमां मनोविज्ञाननी भूमिका
15	International mental health conference	Holistic Healing foundation of India and Gujarat University.	10-11 October 2019	A Study on mental health and childhood development
16	Applied psychometrics and tool construction in Indian context	Mehrizm Foundation, PDMHF, Department of education Gujarati University, GPA.	13-14 August 2022	School counselling a necessity in modern education
17	Suicide: Socio - Scientific Perspective	Gujarat Arts and Science College. Ahmedabad.	05-Aug-23	The Role of Social Environment in suicide: A psychological perspective
18	Multiple Dimentions of Indian Culture and Knowledge Tradition	Gujarat Arts and Science College. Ahmedabad.	21-Mar-24	Traditional Practices and Mental Health in India

#### SEMINARS & CONFERENCES ATTENDED:

Sr. No.	Conference Title	Organiser	Date	Level
1	Exhibition of 150 birth anniversary of Dr. sigmand Freud	Smt. Laxmiben and Shri chimanlal Mehta Arts College, Ahmedabad.	23 September 2006	regional level
2	Application of computer technology for statistical analysis in research	Smt. Laxmiben and Shri chimanlal Mehta Arts College and C U Shah City Arts College Ahmedabad.	26 July 2009	State level workshop
3	mental health and counselling	Saurashtra psychology association Rajkot.	12-13 December 2009	National seminar
4	Transactional analysis therapy	Smt. Laxmiben and Shri chimanlal Mehta Arts College and C U Shah City Arts College Ahmedabad.	07 March 2010	regional level
5	School counselling	Smt. Laxmiben and Shri chimanlal Mehta Arts College and C U Shah City Arts College Ahmedabad.	16 March 2010	regional level
6	Shift work with a difference: work family conflict among employees in the call centres and bpo's	C U Shah Arts college Ahmedabad	2010	State level
7	Experimental design	C U Shah Arts college and P.G. Centre department of psychology	27 November 2010	State level

8	Internet awareness	Smt. Laxmiben and Shri chimanlal Mehta Arts College, Ahmedabad.	06 July 2011	One day regional workshop
9	Strategies for innovation in social science and language education	Nalini arvind and T.V. Patel Arts College, sardar Patel University Vallabh Vidyanagar.	29-30 September 2012	UGC sponsor National seminar
10	Preparing research paper	Smt. Laxmiben and Shri chimanlal Mehta Arts College and C U Shah City Arts College Ahmedabad.	20 October 2013	One day regional level workshop
11	How to write a good research paper	Smt. Laxmiben and Shri chimanlal Mehta Arts College and C U Shah City Arts College Ahmedabad.	01 December 2013	One day regional level workshop
12	Psychology for holistic living in global world	49th National and 18th international conference of Indian academy of applied psychology. Smt. Laxmiben and Shri chimanlal Mehta Arts College, GLS, Ahmedabad.	1-3 March 2014	International conference
13	Higher education in post globalisation scenario	GLS institute of business administration, Ahmedabad,	12-13 April 2016	NAAC sponsored National conference
14	3 days workshop on how to prepare self study report (SSR)	Organised by knowledge Consortium of Gujarat	20-22 May 2016	State level workshop
15	How to prepare a good research paper	Psychological development and mental health foundation, Smt. Laxmiben and Shri chimanlal Mehta Arts College and C U Shah City Arts College Ahmedabad.	03 July 2016	State level workshop
16	Bio-maths and basic chemistry for microbiologists	Gujarat state biotechnology mission, Gujarat Arts and Science College eligebridge, Ahmedabad	28-29 August 2018	State level workshop
17	Psychological testing: recent research, trends and challenges	Organised by department of education, Gujarat University, PDMHF, Mehrizm Foundation, Ahmedabad.	1-2 October 2018	National Webinar
18	"Conduct psychometric assessments" 3rd Mega Edufest 2019.	Mehrizm foundation	21-22 December 2019	National Webinar
19	Emerging trends in behavioural sciences	Organised by international association of young psychologists, O.P. Jindal global University, Sonipat, Haryana.	16-17 January 2020	National Webinar
20	Use of computer in research	Organised by Government Arts College, bayad.	22 May 2020	National Webinar
21	Impact of COVID -19 on mental health	Organised by Maharaja Krishnakumarsinghji Bhavnagar University and nandkunvarba mahila College, Bhavnagar.	10 June 2020	National Webinar

22	Two day's international webinar on COVID-19 : life challenges and strategies.	Organised by PG department of psychology, Veer Kunwar Singh University, Ara, Bihar	2020	International Webinar
23	Psychology of crisis and Resilience to change	Organised by St.Anne's degree College for women, Bengaluru.	16-17 June 2020	Two days international inter-disciplinary Webinar
24	Pandemic and population control through population education	Organised by M.D. Gramseva Sankul- Sadra, Gujarat Vidyapith. Ahmedabad	11 July 2020	State level Webinar
25	"Enhancing mental health in pandemic era" Webinar on world mental Health Day.	Organised by department of psychology, children's University Gandhinagar.	10 October 2020	National Webinar

### Chairmanships at National/International/State level Conference/ seminar

Sr. No.	Conference Title	Organiser	Date	Level	Role
1	Psychology for holistic living in global world	49th National and 18th international conference of Indian academy of applied psychology Smt. Laxmiben and Shri chimanlal Mehta Arts College, GLS, Ahmedabad.	1-3 March 2014	International conference	Co-Chairing
2	Happiness, wellbeing and world peace: A posite psychology perspective	Organised by GPA and M.M. ghodasara mahila Arts and commerce College, Junagadh.	16-17 September 2017	National conference	Chaired
3	Psychological testing, counselling and mental health	Gestalt psychology welfare association (GPA)	21-22 September 2019	National conference	Chaired
4	Applied psychometrics and tool construction in Indian context	Organised by Mehrizm Foundation, PDMHF, Department of education Gujarati University, GPA.	13-14 August 2022	International conference	Chaired
5	Multiple Dimentions of Indian Culture and Knowledge Tradition	Gujarat Arts and Science College. Ahmedabad.	21-03-2024	National seminar	Organiser
6	International conference on holistic educationary reforms: creating Synergy between NEP- 2020, counselling and psychometric assessment.	Department of education, Gujarat University, Mehrizm foundation and psychological development and mental health foundation Ahmedabad.	3-5 January 2025	International conference	Co-chairperson

**Expert/Invited Lectures:**

<b>Sr. No.</b>	<b>Title of the Topic</b>	<b>Title of the Conference/ Seminar</b>	<b>Organized by</b>	<b>Date</b>
1	Psychology	BISAG	SANDHAN, KCG, Gujarat	11-10-2010
2	Psychology	BISAG	SANDHAN, KCG, Gujarat	23-07-2012
3	Psychology	BISAG	SANDHAN, KCG, Gujarat	06-08-2012
4	NET/SLET Exam	UGC Sponsored Programme for SC,ST,OBC & Minorities	D.N.P. Arts & Commerce College, Deesa, Banaskantha	03-08-2012
5	Psychology	BISAG	SANDHAN, KCG, Gujarat	14-07-2014
6	Psychology – Theories of Emotion, Language and Communication, and Learning through Conditioning	Jail Staff Training School	Jail Staff Training School, Ahmedabad	17-07-2015
7	T.A.T. test	Psychology Department, UGC & IQAC	Shah K.S.Arts & V.M.Parekh Commerce college, Kapadvanj.	11-08-2015
8	Mental Health	Psychology Department	Shri N.K.Mehta & Smt.M.F.Dani Arts College, Malvan	25-01-2018
9	Communication	Jail Staff Training School	Jail Staff Training School, Ahmedabad	18-01-2021
10	Counselling Goals & Stages	-----	Homoeopathic Medical College, Parul University, Ahmedabad.	23-02-2021
11	Positive Attitude	UDISHA	Government Arts College, Tilakwada, Dist- Narmada	26-02-2022
12	Norms, Reliability and Validity in Psychological Testing	PhD Course Work	Lakulish Yoga University	25-01-2023
13	Research paper writing	-----	Organised by Dr Baba saheb Ambedkar Open University (BAOU) Nishargopchar yog Manav utthan charitable trust, Ahmedabad.	23-07-2023
14	Interpersonal Skill	UDISHA	Government Arts College, Tilakwada, Dist- Narmada	16-02-2024
15	Positive Attitude	UDISHA	Government Arts College, Tilakwada, Dist- Narmada	16-02-2024
16	Adopting Healthy and Ecofriendly Lifestyles	-----	Gujarat Arts & Science College, Ahmedabad.	21-02-2024

**POSITION HELD AT VARIOUS LEVELS :**

<b>SR. NO.</b>	<b>NAME OF THE COMMITTEE</b>	<b>POSITION</b>	<b>MONTH &amp; YEAR</b>
1	Board of Study, Gujarat University, Ahmedabad	Member	2022 to 2024
2	Board of Study, Katchchh University, Bhuj.	Member	2022 to 2024



**SIGNATURE**  
**Dr. P. M. Chaudhary**