

## Mrs. Lasika Gudhainiya

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### Career Objective

To work towards gaining knowledge in professionally managed and challenging environment which provides a potential to grow while contributing to the institution's objectives.

### Educational Qualification

- Diploma in Nutrition and Health Education I GNOU, New Delhi.
- PG Diploma Guidance and Counselling From V.M.O.U. Kota

COURSE	INSTITUTION	YEAR	MARKS
M.Phil. Psychology – First Class (Health and Counseling)	Dayalbagh Educational Institute, Agra	2014	78%
Masters in Psychology	Dayalbagh Educational Institute, Agra	2013	68%
Bachelors in Arts (Psychology, Political Science, Drawing)	R.D. Girls College, Central University of Rajasthan	2011	65 %
Intermediate (Arts) (12 <sup>th</sup> )	Sony Academy, Board of Secondary Education Rajasthan	2008	74 %
Matriculation (10 <sup>th</sup> )	Sony Academy, Board of Secondary Education, Rajasthan	2006	65%

### Academic Project Undertaken

- Master Dissertation Title: Impact of Prayer and Yoga on the vigilance of summer camp children. (Six months Individual project)
- M.Phil Dissertation Title; Impact of Guided imagery on the Emotionality of college student Females (Nine Months Individual Project)

### Work - Experience

#### 1. Project Consultant



## National Institute of Education and Planning Administration

Contributed MHRD Funded projects entitle “Involvement of Teachers in Non-Teaching Activities and its Effect on Education: A Study in Select States of India”

Previously engaged in: “Prime Minister’s special scholarship for Jammu and Kashmir students”.

“A study of Best Practices of Mid Day Meal in all Over India”

“An Evaluation Study of Central Sector Scheme for College and University Students – from 2008- 2015”. (From September 2015- June 2018).

### Responsibility:

- Developed various tools for study and data collection
- Field monitoring observing various stakeholder (schools, universities, students higher authorities like BDO, NODEL OFFICERS various states, Education officers different levels (Dehradun, new delhi ncr, Various states of Uttar pradesh, orissa etc.)
- Communication with coordinators
- Data management Secondary and Primary
- Analysis the data with the help of Excel, SPSS using various data analyses software
- Report Writing with possible recommendations
- Presentation etc.

### 2. Research Assistant

Centre of Early Childhood Development and Research of Jamia Millia Islamia University

under ICSSR funded Project ‘the Uttarakhand disaster and lives of young children and pregnant – lactating Mother – A Study of Impact coping and Intervention’. (From November 2014 to October 2015)

**Responsibility:** Field data collection, Data Entry, analysis the data with the help of SPSS, Report Writing etc.

### 3. Research Intern

Dayalbagh Educational Institute, Dayalbagh University, Agra, Uttar Pradesh (From 1 January 2014 –October 2014)

## Publications

- Gudhainiya, L. & Mohan, A. (March, 2019), "IMPACT OF GUIDED IMAGERY ON THE VIGILANCE AND EMOTIONALITY OF COLLEGE STUDENTS", *International Journal of Research and Analytical Reviews (IJRAR)*, E-ISSN 2348- 1269, P-ISSN 2349- 5138, Volume.6, Issue 1, Page No pp.893- 901, Available at : <http://www.ijrar.org/IJAR19H1134.pdf> (UGC Journal no. - 43602)
- Gudhainiya, L. (2019). Impact of prayer and yoga on the vigilance of summer camp children. *International Journal of Indian Psychology*, 7(2), 281- 285. DIP:18.01.033/20190702, DOI: 10.25215/0702.033

## Certificates / Workshops



- Certificate seven day online course on **Research Methodology** jointly organized by GRABS Educational Charitable Trust and Tamilnadu Association of Intellectuals and Faculty from 5 may - 11may 2020.
- Certificate Seven day virtual workshop on '*Creation and use of HTML based Quiz for E-content and Open Educational Resources (OER) development*' organized by BSVS Educational Learning Centre, Nagpur held on 18/05/2020.
- Certificate for Contribution in Two days National Workshop on "**Writing and Publishing a Research Paper**" conducted under Faculty Enrichment Programme funded by CPE grant of UGC at V.M.L.G. College, Ghaziabad on 15<sup>th</sup> & 16<sup>th</sup> February, 2019
- Certificate Contribution as a Project Consultant in National University of Educational Planning and Administration, for Managing in the "**Orientation Programme on Planning And Management of Vocational Education And Training**" from November 13- 17, 2017 at New Delhi.
- Certificate of Participation in National workshop on "**Quantitative and Qualitative Research Methodology and Statistical Techniques**" Organized by Faculty of Education, Dayalbagh Educational Institute, Dayalbagh, Agra held on 19<sup>th</sup> November 2012.
- Certificate for Appreciation to contribution towards Organization of the "**Workshop for Review of Question Banks of Psychology**" Organized by Department of Psychology, Faculty of Social Sciences, Dayalbagh Educational institute, Dayalbagh, Agra on Saturday 28<sup>th</sup> July 2012.
- Certificate Attending the DEI - WISCONSIN INTERNATIONAL WORKSHOP ON "**COUNSELLING FOR ENHANCING COUNSCIOUSNESS**" Organized by Department of Psychology, Faculty of Social Sciences, Dayalbagh Educational institute, Dayalbagh, Agra and University of Wisconsin, Oshkosh, (USA) on Thursday the 12<sup>th</sup> January, 2012.
- Certificate for Participation in "**Taj Mahotsav - 2013 as Shilpi/ Commercial Exhibitor/ Cultural Artist**" Organized by Taj Mahotsav Samiti, Agra on 19- 28 February , 2013.
- Certificate of Efforts for participated as a Volunteer in the **Mass Awareness Campaign Against CANCER for a Period of Ten days From 3 - 13 February, 2005** in recognition of the outstanding Social Services Rendered to alleviate the Cancer Patients Arranged By Fair & Care Welfare Society, New Delhi.
- Got many prize and certificate at school level for being the most active participant during summer training and various competitions.

## IT - Proficiency

Certificate one week online course on '*ICT Based tools and its application in teaching learning process*' organized by BSVS Educational Learning Centre, Nagpur held on 27/05/2020 to 2/06/2020.

- Proficiency using MS Office Package (word, Excel, Power- point) Familiar with Statistical



- software (SPSS).
- Good academic report writing skills
- Computer skills include efficient Internet surfing
- Ability to take under take Scholar Searches and systematic review

## Personal skills and Interest s

- Positive Attitude, Determined, Enthusiastic.
- Good Decision making ability and analytical skills.
- Expertise at Public Speaking.
- Expertise in Planning and co-ordination..
- Good Leadership qualities.
- Sincere, Hard Working and Honest.

## Personal Details

Date of Birth 10- 06- 1991  
 Permanent Address H- 104 Ajnara apartment vaishali sector 4 Ghaziabad  
 Current Address kanpur, Uttar Pradesh

## References

<b>1. Dr. Kamal Jeet Sandhu</b> <i>Professor &amp; Head Dept of Psychology</i> (Faculty of Social Sciences) Dayalbagh Educational Institute, (Deemed University) Dayalbagh, Agra 282 005, (UP) India Tel: (0562) 280 1545 Email: <a href="mailto:kpaula2471@rediffmail.com">kpaula2471@rediffmail.com</a>	<b>2. Dr. Vineeta Sirahi</b> <i>Associate Professor</i> Dept. of Educational Administration National Institute of Education Planning and Administration, New Delhi, India Mob. No. +91- 9311233644 Email: <a href="mailto:vineetasirahi@niepa.ac.in">vineetasirahi@niepa.ac.in</a>
<b>3. Dr. AlpanaMohan</b> <i>Associate Professor</i> Dept. Of Psychology, V.M.L.G. College, Ghaziabad, (UP) India Mob. No. +91- 9910445641 Email: <a href="mailto:alpana.mohan@gmail.com">alpana.mohan@gmail.com</a>	

## Declaration

I hereby declare that the above information furnished is true to the best of my knowledge and belief.

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