

Title - Name	Dr. Anamika Rai	Photograph
Designation	Assistant Professor of Psychology	
Department	Applied Psychology	
Address (Campus)	Department of Applied Psychology Shyama Prasad Mukherji College for Women Road No.57, Punjabi Bagh University of Delhi, Delhi India	
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## Education

Subject	Institution	Year	Details
Ph.D	University of Delhi	2019	Role of leadership competencies and cultural practices in relation to effectiveness of schools
M.Phil.	National University of Educational Planning and Administration (NUEPA)	2010	Leadership style of principals in relation to job satisfaction among teachers of government schools
Post-Graduation Diploma in Guidance and Counselling	Bureau of Psychology, Prayagraj	2007	Guidance and Counselling
Post Graduate Diploma in Computer Applications (PGDCA)	NIPS Institute (MCRP Bhopal)	2007	Computer Applications
Post-Graduation	University of Allahabad	2006	Psychology
UGC -NET	University of Allahabad	2005	Psychology
Graduation	University of Allahabad	2004	Education & Psychology

## Research Interests/ Specialization

General Psychology, Leadership, Mental Health & Well-being, Organizational Behaviour

## Teaching Experience

12 years of teaching experience

## Publications:

### Chapters in Edited Books:

Rai, A. (2011), Learning in Education: A Social Constructivist Approach, Social Problems in India, 198-210, ISBN no 978-81-7132-650-1. (Chapter in Book).

### Research Papers in Journals:

Rai, A., Jain, B., Singh, S., & Naik, B. (2022), Loneliness and Virtual Group Identities ~ A Correlational Study, International Journal of All Research Education and Scientific Methods (IJARESM), ISSN: 2455-6211 Volume 10, Issue 8, August-2022, Impact Factor: 7.429.

 [https://scholar.google.com/citations?view\\_op=view\\_citation&hl=en&user=XnwGSVAAA AA J&citation\\_for\\_view=XnwGSVAAAAAJ:zYLM7Y9cAGgC](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XnwGSVAAA AA J&citation_for_view=XnwGSVAAAAAJ:zYLM7Y9cAGgC)

Rai, A., Houshou, S., & Pavi, M., (2021), Exploration of Perceived Stress among Married and Unmarried Women Employees in Public and Private Sector, International Journal of All Research Education and Scientific Methods (IJARESM), ISSN: 2455-6211 Volume 9, Issue 10, October-2021, Impact Factor: 7.429.

 [https://scholar.google.com/citations?view\\_op=view\\_citation&hl=en&user=XnwGSVAAA AA J&citation\\_for\\_view=XnwGSVAAAAAJ:9yKSN-GCB0IC](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XnwGSVAAA AA J&citation_for_view=XnwGSVAAAAAJ:9yKSN-GCB0IC)

Rai, A. & Prakash, A. (2021), Leadership Competencies and Work Place Values: Keys to School Effectiveness in Public and Private Schools, International Journal of Applied Psychology, 11 (1), 24 – 41. (SCOPUS INDEXED JOURNAL)

e-ISSN: 2168-5029, h5-index: 6, h5-median: 7, DOI: 10.5923/j.ijap.20211101.03

<http://article.sapub.org/10.5923.j.ijap.20211101.03.html>

[https://www.academia.edu/45014723/Leadership\\_Competencies\\_and\\_Work\\_Place\\_Values\\_K\\_eyes\\_to\\_School\\_Effectiveness\\_in\\_Public\\_and\\_Private\\_Schools](https://www.academia.edu/45014723/Leadership_Competencies_and_Work_Place_Values_K_eyes_to_School_Effectiveness_in_Public_and_Private_Schools)

Rai, A., Bhardwaj, A., & Nohwal T., (2020), Self -Esteem and Body Image -A Correlational Study, Journal on Humanities & Social Sciences, 2 (1), 41 – 50, [https://www.academia.edu/45663722/SELF\\_ESTEEM\\_AND\\_BODY\\_IMAGE\\_A\\_CORRELATION](https://www.academia.edu/45663722/SELF_ESTEEM_AND_BODY_IMAGE_A_CORRELATION)

[AL STUDY By ANAMIKA RAI AARTI BHARDWAJ TAMANNA NOHWAL](https://www.academia.edu/45663722/SELF_ESTEEM_AND_BODY_IMAGE_A_CORRELATION)

Rai, A. & Prakash, A. (2014), In Pursuit of Effective Schools: From Western Perspective, Journal of Educational Psychology, 7 (4), 41 – 49, ISSN no - 0973-8827 <https://doi.org/10.26634/jpsy.7.4.2656>,

<https://eric.ed.gov/?id=EJ1098635>

<https://imanagerpublications.com/index.php/article/2656/>

Rai, A. (2012), Leadership Style of Principals in Secondary Schools, Toward Universalization of Secondary Education in NE India, ISBN No. 978-93-81227-55-8. **(Conference Proceeding)**

Rai, A. (2011), Primary School Teachers' Perception on Mid-Day Meal Programme, VETRI Journal of Education, 6 (1), 26 – 31, ISSN no 0973-8614

**Paper Presentation in national & International Conferences/Seminar:**

Presented a paper on “Perceived parenting styles and resilience among students” in the International Conference on Emerging Issues and Challenges in Global Mental Health and Public Health for the 21st Century jointly organized by National Association of Mental Health and Allied Health (NAMAH) Foundation Bhubaneswar, Odisha, India and Capital Institute of Management and Science Bhubaneswar, Odisha, India, 28 - 30 November 2022

Presented a paper on “Initiatives of good practices on well being” in the Three Day National Conference on Integrated Approach to Mental Health and Well being in the Universities: Perspectives, Methodologies and Practices, organized by Maitreyi College in Collaboration with Manodarpan, initiative of The Ministry of Education for the Psychological Support and Mental Well - Being of Students, 21 - 23 April 2022

Presented a paper on “Hindutva : Is it becoming a new National Identity?” in a three day international conference on Perspective on peace and sustainable development in world of conflict, organized by Vivekanand College, University of Delhi, 13 – 15 feb 2020

Presented a paper on “Self-esteem and body image : A correlational study towards the journey of inner peace” in a three day international conference on Perspective on peace and sustainable development in world of conflict, organized by Vivekanand College, University of Delhi 13 – 15 feb 2020

Presented a paper on “Exploring principals' leadership competencies in schools” Co-Authored by Prof. Anand Prakash in 2nd National Conference on Excellence in Higher Education” organized by Department of Management Studies,Delhi under the aegis of IRD, Indian Institute of Technology, 28 - 30 June 2012

Presented a paper on Leadership style of Principals in Secondary schools” at the National Conference on Universalization of Secondary Education: Prospects and Challenges with Special Reference to NorthEast India, organized by Department of Education, North East Hill University, TURA in collaboration with Comparative Education Society of India, 25 - 26 July 2011

**Awards:**

Topped in Ph.D. entrance exam (2010), Department of Psychology, University of Delhi, Delhi

Awarded with Rajiv Gandhi National Fellowship (RGNF) for pursuing Ph.D (2010) from Department of Psychology, University of Delhi, Delhi

Awarded with National Fellowship from MHRD, Govt. of India to pursue M.Phil (2008-10) from National University of Educational Planning and Administration, (NUEPA), New Delhi

Awarded with first position in on the spot Photography competition during Cultural Festival, Antardhvani – 2013

Ranked first in PG Diploma Guidance Psychology (PGDGP) with distinction (2007) at Bureau of Psychology, Prayagraj

**Other Responsibilities:**

Convener Photographia 2023 - 2025

Convener of Navrang Theatre Society 2023 - 2024

Member Examination Committee 2021 - 2023

Member College Research Committee (CRC) 2020 - 2022

Convener B.A. (Prog.) Committee 2017-2018

Co-Convener B.A. (Prog.) Committee 2016-2017

Decoration Committee Annual Day 2016-2017

Guided several UG research projects and field studies under the requirement of course works during all the teaching years

Participated as a convener and member in several paper setting and evaluation and syllabus committees (CBCS, NEP)