

Dr. Niharika Shukla



PERSONAL DETAILS

Name : Dr. Niharika Shukla
Fathers Name : Mr. Vinay Kumar Shukla
Mothers Name : Mrs. Suman Shukla
Designation : Assistant Professor (Psychology) at SRM Institute of Science and Technology, Modinagar, Ghaziabad, Uttar Pradesh.
Date of Birth : 24th July 1995
Gender : Female
Marital Status : Single
Nationality : Indian
Religion : Hindu
Linguistic Abilities : English, Hindi
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SYNOPSIS

- ❑ **Ph.D.** in Psychology, from University of Lucknow, Lucknow.
- ❑ **Masters of Arts** from Lucknow University, Lucknow.
- ❑ **Bachelor of Arts** from Isabella Thoburn College, Lucknow UP.
- ❑ Completed one month of Internship/field training in "**Department of Geriatric Mental Health, King George's Medical University, Lucknow, UP**".
- ❑ Executed and assembled "**Psychological First Aid Kit**" based on theory of Psychological Wellbeing.
- ❑ Proficient in grasping new Psychology concepts and utilizing them in an effective manner.

ACADEMIC CREDENTIALS

- ❖ Ph.D. in Psychology, from University of Lucknow awarded in 2024 entitled "**Anger Management through Self Regulation among University Students**" for a period of **3 years 4 months** under the supervision of **Dr. Archana Shukla** (Associate Professor, Department of Psychology, University of Lucknow).
- ❖ **Master of Arts (Psychology)** from **University of Lucknow** in **2019**, with **First division**.
- ❖ **Bachelor of Arts** from **Isabella Thoburn College**, Lucknow affiliated to **University of Lucknow** in **2016**, with **First division**.
- ❖ **12th** from, **Pioneer Montessori Inter College**, Lucknow affiliated to **U.P BOARD** in **2013**, with **First division**.
- ❖ **10th** from **Pioneer Montessori Inter College**, Lucknow affiliated to **U.P. BOARD** in **2011**, with **First division**.

RECENT ACHIEVEMENTS

- ❖ Assistant Professor (Psychology) at **SRM Institute of Science and Technology, Modinagar, Ghaziabad, Uttar Pradesh** since July, 2025.
- ❖ Lecturer at **Navyug Kanya Manavidyalaya, Rajendra Nagar, Lucknow** affiliated to **University of Lucknow** from August, 2024 – May, 2025.

Psychological First Aid Kit

- ❖ Executed and assembled “**Psychological First Aid Kit**” based on theory of Psychological Wellbeing.

Internship

- ❖ Completed one month of Internship/field training in "**Department of Geriatric Mental Health, King George's Medical University, Lucknow, UP**" under supervision of **Dr. Nisha Mani Pandey and Dr. Rakesh Kumar Tripathi** from 1st June to 30th June, 2018.

EXAMINER/ SUBJECT EXPERT/ PAPER SETTER/ PANELIST

- ❖ Paper Setter and Examiner for paper Statistics and Psychophysics II for the B.A. Sem II (Minor) in Psychology Examination of 2025 in the University of Lucknow.

RESEARCH PUBLICATIONS

- ❖ Shukla A and Shukla N (2023). **Navigating Anger and Mastering its Management**. The International Journal of Indian Psychology. Volume: 11, Issue: 3. July-September 2023, ISSN: 2348-5396, 2349-3429.
- ❖ Shukla A and Shukla N (2023). **Gender Variations in Coping Strategies for Challenges Faced by University Students**. Mind And Society A Peer Reviewed Journal in Humanities and Social Sciences, Volume: 12, Issue: II June 2023. ISSN: 2277-6907.

PAPER PRESENTED IN SEMINAR/ WORKSHOP/ CONFERENCES

- ❖ Presented research paper entitled “**Anger and Coping Strategies among University Students**” in the 4th International conference on Developing new India: Through Science, Social Science, Humanities & Research organized by Indian Mental Health & Research Centre and Shia P.G. College on 29th & 30th October, 2022.

- ❖ Presented research paper entitled **“Effects of Smoking Behavior on Anger among University Students: A Theoretical Perspective”** in the National Conference on Sustainable Environment: Challenges and Opportunities (NCSESCO- 2022) organized by School of Liberal Arts and Sciences Era University, Lucknow (U.P.) on 29th & 30th August, 2022.

PUBLISHED CHAPTER IN BOOK

- ❖ Wrote chapter entitled **“Community Interventions: Psychological Approaches”** in book **“Mental Health: Rehabilitation and Intervention”** by Dr. Archana Shukla & Dr. Amreen Fatima, in 2022. Published by BUUKS publication Chennai, Tamil Nadu India. International Publication with Kindle Version. ISBN No.- 978-1-958544-07-5.

WORKSHOPS, SEMINARS, EVENTS, TRAINING & SHORT TERM COURSES

- ❖ **Organizing Member** in **Symposium on Acquiring tools for Sustainable Happiness on the occasion of International Day of Happiness** on 20th March 2025, organized by Department of Psychology and IQAC, Navyug Kanya Mahavidyalaya, Rajendra Nagar, Lucknow
- ❖ Part of **Organizing team** in **Symposium on Workplace Mental Health on the occasion on World Mental Health Day** on 8th October 2024, organized by Department of Psychology and IQAC, Navyug Kanya Mahavidyalaya, Rajendra Nagar, Lucknow
- ❖ Actively participated in **Awareness session** on occasion of **“Indian Organ Donation Day”** on 3rd August. 2023 organized by State Organ and Tissue Transplant Organization & Department of Hospital Administration, SGPGIMS in collaboration with Department of Psychology, University of Lucknow, Lucknow.
- ❖ Attended the Orientation Programme on **Application of SPSS Software in Statistical Analysis of Data** held from September, 20th -25th, 2022 organized by Bharatiya Shiksha Sodh Sansthan, Saraswati Kunj, Nirala Nagar, Lucknow.

- ❖ Part of **Organizing team in Regional Consultation Meet of the National Commission for Women** held in Second campus, University of Lucknow on 25th August, 2022.
- ❖ **Volunteered** in assisting the **Department of Psychology, University of Lucknow** in preparation for **NAAC** visit in July 2022.
- ❖ Participated in one day online workshop on **Systematic Review of Literature** held on 9th April, 2022 organized by **My Inner Log**.
- ❖ **Volunteered** in celebration of **International Women's Day** organized by **Institute of Women's Studies, University of Lucknow** on 8th March, 2022.
- ❖ Attended Online Webinar on **Mindfulness Based Cognitive Behavior Therapy** organized by **PsychoWaves E-Academy A unit of PsychoWaves Advance Psychological Services** held on 16th January, 2022.
- ❖ Participated in workshop on “**Know to Grow**” organized by **Happy Thinking Laboratory, Department of Psychology, University of Lucknow** in association with **Youth for Global Peace and Transformation** on 30th November, 2021.
- ❖ Contributed in **hosting** the workshop organized by **Happy Thinking Laboratory, Department of Psychology, University of Lucknow** on 30th November, 2021.
- ❖ Participated in Awareness program organized by **TB Free India Campaign** on 30 October, 2021.
- ❖ Part of **Organizing team and volunteered** in **Suicide Prevention Day Program** organized by **Department of Psychology, University of Lucknow** held on 10th September, 2021.
- ❖ Participated in International Virtual Training workshop on “**Psychspiritual Maturation: A vital ingredient for Sustainable Wellbeing in Individuals and Society**” organized by **Happy**

Thinking Laboratory, Department of Psychology, University of Lucknow and Department of Geriatric Mental Health, KGMU, Lucknow on 15th June, 2021.

- ❖ Participated in **Breakthrough Stand Up Against Street Harassment training program, 2021.**
- ❖ Participated in **Summer training workshop on "Skill Building and Psychotherapies"** from 22nd -29th May, 2019 organized by **Department of Psychology, University of Lucknow.**
- ❖ Attended 3 days' workshop on **"Autism Assessment and Behavior Modification"** held at **Amity Institute of Behavioral and Allied Sciences, Amity University, Uttar Pradesh, Lucknow Campus** from 4th – 6th October, 2018.
- ❖ Participated in **"Mental Health Conclave"** on the theme **"Youth and Mental Health in Changing World"** organized by **Department of Psychology, University of Lucknow** on 6th and 8th October, 2018.
- ❖ Attended workshop on **"Cultivating Psychospiritual Maturation through the Know Your Self Curriculum: A Learning Process with Measurable Outcomes that Integrates Trauma- Informed, Mind-body Approaches from Psychotherapy with Yoga Psychology Healing Systems Indigenous to India"** organized by **"Mental Health Foundation (MHF), Lucknow, Uttar Pradesh, India"** in collaboration with **"Division of Counseling and Psychology, Graduate School Of Arts And Social Sciences, Lesley University, Cambridge, MA, USA"** on 20th and 21st August, 2018.
- ❖ Attended workshop on **"Identification and Intensive Assessment of common childhood Psychological Problems"** organized by **"Samadhan Institute of Mental Health & Neuro Sciences"** on 3rd December, 2017.

- ❖ Attended International Seminar on “**Transition: Adolescence to Adulthood**” organized by **PYSSUM Research & Training Centre** In collaboration with **CDD-University New Mexico** on 27th September, 2017.
- ❖ Participated in Board Decoration organized by **The Psyche Hub, Department of Psychology, University of Lucknow** on 11th September, 2017.
- ❖ Participated in Literary Events, 2014 organized by **The Literary Society, Isabella Thoburn College, Lucknow.**

MEDIA LINKS:

<https://youtu.be/qCcZtuf4dMA?si=SQ8mFkCIT8787SkI> - “PSYCHOLOGICAL FIRST AID KIT || DEPARTMENT OF PSYCHOLOGY || UNIVERSITY OF LUCKNOW”

<https://www.youtube.com/watch?v=vfoE8P6FC2M> - Lucknow University : 21 दिनों में 200 छात्रों का गुस्सा किया कंट्रोल@ImageTodayNews

DECLARATION:

I hereby, declare that the information furnished above myself are true the best of my knowledge and belief.

Place: Lucknow

Dr. Niharika Shukla