

## ACADEMIC PROFILE

**DR. MINI ALEX**

### **I. PERSONAL PROFILE**

Designation	Asst. Professor, Psychology
College	Govt. D.B. Girls P.G. Auto. College, Kali Badi, Raipur, C.G., India
Date of Birth	09/07/1967
Mobile No	09424226067
Email ID	<a href="mailto:minilx9@gmail.com">minilx9@gmail.com</a> , <a href="mailto:mini@dbgirls.org">mini@dbgirls.org</a>
Address	C- 100, Dulari Vatika, Gayatri Nagar, Raipur, C.G , India
Educational Qualification	M.A, M. Phil  Ph. D on the topic - ' <i>A Study of Emotional Intelligence and Scholastic Achievement As Determinants of Syllogistic Reasoning Problem Solving Ability</i> ', Pt. Ravishanker University, 2010 (Guided by Dr. J.C. Ajawani)
Specialisation	Educational Psychology
Teaching Experience	31 years

### **II. RESEARCH / RESEARCH PUBLICATIONS/ PUBLICATIONS**

#### **A. Research Project**

1. A minor Research Project on the topic "*Syllogistic Reasoning Problem Solving Ability as a Function of Emotional Intelligence of Adolescents*", UGC Sponsored, 2010

#### **B. Journals**

1. "*Marital Happiness as the Function of Spiritual Intelligence*" in International Multidisciplinary Research Journal 2011,1(9):06-07, ISSN:2231-6302
2. "*Role Of Stress Management in Syllogistic Reasoning Problem Solving Ability of Underachiever*" In Indo-Indian Journal of Social Science Research, 2011, Vol.7 No 1, pg 63-67, ISSN:0975-1343
3. "*Role Of Emotional Intelligence in Syllogistic Reasoning Problem Solving Ability of Overachiever Adolescents*" in Research Digest 2010, Vol 5, Pg. 29-3, ISSN:0973-6387
4. "*A Study Of Syllogistic Reasoning Problem Solving Ability in Over, Normal And Under Achiever*" in Journal Of Psychology Applied To Life And Work 2009Vol 1, pg. 1-3

### **C. Books**

1. “A Comparative Study of Stress Resistance in Mother’s Of Normal Children And Mother’s Of Disabled Children” in Generation Gap And Family Integration, ISBN:978-81-923135-3-5
2. “Spirituality, A Tool to Counter COVID-19” in Online Tool Book on the Topic “Face-Off with COVID-19”

### **III. SPEAKING AND EVENT ENGAGEMENTS**

#### **A. Co-Convener**

1. An awareness programme on world mental health day on the topic “Face-Off with COVID-19”, at Govt. D.B. Girls P.G. College, Raipur on 10-12 October, 2020.

#### **B. Organising Secretary**

1. Counselling Skill Development for P.G and P.G.C students at Govt. D.B. Girls P.G. College, Raipur, 25-26 June, 2021

#### **C. Invited as Resource Person**

1. Resource Person in the CSSOS course, a web-based short-term value-added course on “Sources of Stress and it’s Reflections” organised by Govt. D.B.P.G. College, Raipur held on 3 July 2021.
2. Lecture delivered on “Personality and Behaviour” organised by Yuva Shakti Abhiyaan on an online platform, held on 26 January 2021.
3. Lecture delivered on “Personality and Behaviour” organised by Yuva Shakti Abhiyaan at Govt. D.B. Girls P.G. College, Raipur, held on 28 November 2019.
4. Lecture delivered on “Personality and Behaviour” organised by Yuva Shakti Abhiyaan at Sant Gyaneshwar School, Raipur, held on 18 November 2019.
5. Lecture delivered on “Happiness: A Choice” on the occasion of World Mental Health Day organised by Govt. D.B. Girls P.G. College, Raipur on 11 October 2019
6. Resource Person in the workshop on “Causes of Suicide Attempt and its Prevention through Psycho-Social and Spiritual Streams”, organised by Dept. of Psychology BCS Govt. P.G College, Dhamtari. Delivered lecture on “Psychological Causes of Suicide Attempt and Prevention”, held on 27 November, 2017
7. Resource Person in an educational session on “Adolescence and their Mental Health”, organised by P.G College of Nursing, Bhilai in 2008.

#### **D. Seminars/Webinars Delivered at Other Institutions**

1. Presented a paper on “Comparative Study Of Stress Resistance in Mother’s of Normal Children and Mother’s of Disabled Children” in the Seminar organized by Govt. D.B. Girls P.G. College, Raipur from 7-8 September, 2017.
2. Presented a paper on “Spirituality and Mental Health During Covid-19: A Brief Review” in the International Webinar organised by Psychological Forum, Chhattisgarh conducted from 26-27 May, 2019.

## **E. Training Programmes Attended**

1. Online FDP Course organised by Govt. D.B. Girls P.G. Autonomous College, Raipur from 23-25 August 2020, on the topic “*From Real to Virtual Paradigm Shift in Learning*”.
2. Online FDP Organised by Amity University, Kolkata from 13-17 July 2020 on the topic “*Perspectives in Mental Health and Psycho-Therapy; Post Covid-19*”
3. One Week Online FDP Course organised by Annamalai University held from 12-18 June 2020 on the topic “*Digital Skills for Smart Teaching*”.
4. Career Counselling and Counsellor Certification Programme on Multiple Intelligence held on 31<sup>st</sup> May and 1<sup>st</sup> June 2014.
5. SAM Workshop organised by Govt. D.B. Girls P.G. Autonomous College, Raipur on 15-19 November 2011 on the topic “*Capacity building of women managers in higher education*”.

## **F. Workshops and National/International Webinars Attended**

1. National Webinar on “*Quality Improvement Strategies in Higher Education Institute*”, organised by Govt. D.B. Girls P.G. Autonomous College, Raipur, held on 19 September 2020.
2. International Webinar on “*Mental Health and Well-Being*” organised by Dept. of Psychology of Symbiosis College of Arts and Commerce, Pune, held on 27 & 28 July 2020.
3. International Webinar on the topic “*Impact of Covid-19 Pandemic on Political, Social and Psychological Situation of Women*” organised by the Dept. of Psychology, Political Science and Sociology of Govt. B.C.S.P.G. College, Dhamtari, held on 22 July 2020.
4. International Webinar on “*Well-Being and Resilience during COVID-19 Pandemic*” organised by the Dept. of Psychology of Rajiv Gandhi Govt. P.G College, Ambikapur, held on 7 July 2020.
5. International Webinar on “*Looking Ahead Perceptual Shifting and Adjustment in Coming Times*” organised by the Dept. of Psychology of St. Thomas College, Bhilai, held on 27 June 2020.
6. International Webinar on the topic “*Covid-19 Pandemic -Psycho-Social Problems and Solutions*” organised by the Dept. of Psychology, English and Zoology of Bhanu Pratap Deo Govt, P.G. College, Kanker, held on 26 June 2020
7. International Webinar on “*Mental Health in Covid-19: During and Post Covid Era*” organised by Dept. of Psychology of Mahatma Gandhi Kashi Vidyapith, Varanasi, held on 6 -7 June 2020.
8. National Webinar on “*Emerging Trends in Online Education: Present and Future Prospects*” organised by IQAC, Govt Arts and Commerce Girls College, Devendra Nagar, Raipur, CG, on 10 May 2020
9. International Webinar on “*Health and Well Being: Current Issues and Challenges*” organised by the Psychological Forum, Chhattisgarh, held on 26 & 27 May 2020.
10. Workshop organised by Govt. Nagarjuna. P.G. College of Science, Raipur on the topic “*Road Map of Quality Enhancement*” held on 21 June 2017.

11. Workshop organised by Nagpur Psychiatric Society on the topic “*School Counselling Skill*”, held on 26 September 2016.

#### **IV. RESPONSIBILITIES**

##### **A. Member of Academic Bodies/Board of Studies (BOS)**

1. Presently Member of BOS, Hemchand Yadav University, Durg [*For the period of three years since 2020*]
2. Presently Life Member and Treasurer of CAAP [*Since 2017*]
3. Presently Life Member of Shakti Mahila Vigyan Bharti [*Since 2019*]
4. Academic Counsellor of IGNOU [*Since 2016*]
5. NSS In-charge at Govt Arts and Commerce Girls College, Devendra Nagar, Raipur, CG. [*June 2019-August 2019*]
6. Member of BOS, Govt. VYT P.G. Autonomous College, Durg [*2015-16*]

##### **B. Invited as a Subject Expert**

1. For inspection on 21 June 2021 at Gracious College, Belbhatta.
2. For PhD course work on 14 March 2020 at Sri Rawatpura Sarkar University, Raipur

##### **C. Others**

1. Appointed as Online Counsellor by Psychological Forum Chhattisgarh, 2020
2. Acted as a Nodal Officer for Sanchar Kranti Yojana Mobile Distribution, 2019

#### **V. ACADEMIC HONORS / AWARDS RECEIVED**

1. Awarded by Yuva Shakti Abhiyaan for active contribution and participation. [*2019*]
2. Awarded third position for Poster Presentation on the topic- “*Marital Happiness as the function of Egolessness*”, organised by Govt. Arts and Commerce Girls’ College, Raipur. [*2012*]

#### **VI. OTHER ACTIVITIES**

1. Speaker on a programme/show organized and live telecasted by Doordarshan, titled “*Family Counselling*”, involving real time questions from audience. [*2016*]

##### **2. E-Content developed for CG Portal**

Type of content video/ audio /PDF etc.	Title of content	Link
Youtube	Reliability	<a href="https://www.youtube.com/watch?v=74a0UTofexs&amp;t=8s">https://www.youtube.com/watch?v=74a0UTofexs&amp;t=8s</a>

Youtube	Validity & Norms	<a href="https://www.youtube.com/watch?v=Hwn2BoGhibY&amp;t=1s">https://www.youtube.com/watch?v=Hwn2BoGhibY&amp;t=1s</a>
Youtube	Steps of Test Construction	<a href="https://www.youtube.com/watch?v=8kWbwTcJ7OY&amp;t=4s">https://www.youtube.com/watch?v=8kWbwTcJ7OY&amp;t=4s</a>
PDF	Cognitive Test - Intelligence	
	Aptitude and Achievement	
Youtube	Biological Foundation of Development	<a href="https://www.youtube.com/watch?v=tzsyBqFatew&amp;t=2s">https://www.youtube.com/watch?v=tzsyBqFatew&amp;t=2s</a>
PDF	Development in Later Age-Adulthood	
PDF	Development in Later Age – Middle Age	
PDF	Language Development	
PDF	Social & Emotional Development	
PDF	Community & Mental Health	
PDF	Pre-marital, Marital Counselling	