

Dr. Sharmila Gunpal



- Date of Birth : 21th July, 1981
- Sex : Female
- Marital Status : Married
- Nationality : Indian
- Permanent address : 487, Jawaher Nagar,
Near Pili Kothi, Hisar
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Academic Qualification

1. **Ph. D.** from M.D. University, Rohtak entitled: “Role of Stress and Anger Impression in Migraine: Effect of Psychological Intervention” (2011).
2. **M.Sc. (Applied Psychology)** from Guru Jambheshwar University of Science & Technology, Hisar (2003-2005).
3. **Bachelor of Arts** from Kurukshetra University, Kurukshetra (2000-2003).

Membership and Additional Duties

- NSS Programme Officer (Girls unit-I) in Dayanand College, Hisar
- Convener SC,BC and other category verification committee ,Dayanand College, Hisar.
- Nodal Officer Scholarship Cell .
- Member, Bus Pass Committee), Dayanand College, Hisar.
- Member, Cultural Activities in Youth Festival, Dayanand College, Hisar.
- Member of Construction & Maintenance Committee.
- Co-convener in Red-Ribbon Club.
- Member of Prize Distribution Committee.
- Member of Women Cell.

Orientation/Refresher Training/ Courses Attended

1. Orientation Course from 25th January, 2010 to 20th February, 2010, Academic Staff College, GJUS&T, Hisar
2. Refresher Course in Business Studies from 22th August, 2012 to 11th September, 2012, Academic Staff College, GJUS&T, Hisar.

Research Papers Published

1. **“Job Satisfaction: A Comparative Study among Government and Private School Teachers in Haryana”**, The Horizon –A Journal of Social Sciences, Vol. 2, No. 1/2011, pp 52-66, January, 2011. (ISSN: 0975-5535).
2. **“Factor Contributing for Woman Entrepreneurial Performance: An Age-Wise Analysis”**, Emerging Trend In Social Science, Volume 1 Issue 4, pp 75-81, October-December, 2012. (ISSN: 2277-8624).
3. **“Job satisfaction among Employees: A Comparative Study of Public and Private Sector Banks”**, Indian Journal of Psychology and Education, Volume 3 Issue 2, pp 81-85, July, 2013. (ISSN: 2231-1432).
4. **A comparative study of Factors Responsible for Job Stress in the Employees of Banking Sector**. Entitled Voice : Vol.2(1) 109-114. ISSN 2455-2984.

Conferences/Workshops Attended at National Level

- 1. “Intellectual Property Rights and Its Commercialization Process”**
Workshop Organized by Haryana School of Business, Guru Jambheshwar University of Science & Technology, Hisar (December 4, 2008).
- 2. “Research Methodology in Management”** workshop organized by Department of Business Administration, Chaudhary Devi Lal University, Sirsa (December 12-13, 2009).
- 3. “Stress Management”** workshop organized by K.M. College of Education, Bhiwani (Affiliated to M.D. University, Rohtak), (January 16, 2010).
- 4. “Environmental Degradation : Issues and Remedies”** National Seminar organized by Dayanand Postgraduate College, Hisar (February 11, 2011).

Papers Presented in International and National Seminars/ Conferences

1. **“Strategies for Prevention & Control of Domestic Violence Against Women”**, in the National Seminar on Psychology: trends and Directions organized by Department of Psychology, B.L.J.S. College, Tosham -Bhiwani (January 22-23, 2010).
2. **“Impact of Technology on Distance Learning Education”**, in the National Seminar on Management of Higher Technical Education: Quality Challenges and Ethical Dilemmas organized by Haryana School of Business, Guru Jambheshwar University of Science & Technology, Hisar (March 22, 2011).
3. **“Job Satisfaction among Employees of Public Sector Banks: A Study of Sirsa District”**, in the HSB 5th Annual National Conference on *Business & Management* organized by Haryana School of Business, Guru Jambheshwar University of Science & Technology, Hisar (Feb 07-08, 2013).

4. **“Yoga: A Helping Tool for Psychological Problems”**, in the National Conference on Yoga and Diet for Holistic health organized by Department of Physical Education, Dayanand (P.G.) College, Hisar (March 29-30, 2013).
5. **“Job Satisfaction among Employees of Private Sector Banks: A Study of Sirsa City”**, in International Conference Reinventing Thinking Beyond Boundaries to Excel organized by Institute of Management & Technology, Faridabad- Haryana (April 06, 2013).
6. **“Gender Discrimination: Cause, Effect and Remedies”**, in the National Seminar on Community and New Generation organized by Department of Psychology, B.L.J.S. College, Tosham -Bhiwani (March 24-25, 2014).
7. **“Women Empowerment through Education in India”** in the National Seminar on Women Empowerment Through Skill Development organized by Mrs. Helena Kaushik Women’s P.G. and B.Ed. College, Malsisar (Rajasthan) (Nov 24-26, 2014).

8. **“Gender Disparities in Women’s Health its Consequence, Causes and Management”**, in the National Seminar on Gender Sensitization: Different Aspects in Present Scenario organized by Government College for Women, Hisar (February 13, 2015).

9. **“Need and Importance of Psychology in Teacher Education”**, in the National Seminar on Reforms in Teacher Education in 21st Century organized by Department of Education, Chaudhary Devi Lal University, Sirsa (March 12, 2016).

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Organized:-

- Talk on positive mental health seminar 2020-21
- International Workshop on mental health and well being – psychological intervention feb. 8 to feb.12 , 2021.
- National workshop on ‘Alternative therapies for physical and mental fitness’ on 22 & 23 feb. 2021
- Extension Lecture on 6.05. 2022.

Attended:-

- National Webinar on ‘effect of Covid-19 on children health and development ’ on 3 july 2020.
- International webinar on ‘Mental health and you -learn to be responsible’ on 18 july 2020.
- National Webinar on ‘human values and professional ethics’ 2020-21.
- Three days online seminar on yoga for mind and nutrition for the body on 27june 2022 to 29june 2022