


## Faculty Details Proforma for Gargi College

Title	<b>Ms</b>	First Name	<b>Soni</b>	Last Name	<b>Jaiswal</b>	Photograph
Designation	<b>Assistant Professor</b>					
Address	<b>Flat No. 06, A 84, Paryawaran Complex, IGNOU Road, Saket, New Delhi 110030</b>					
Mobile	<b>+91 8604983724</b>					
Email	<b>soni.jaiswal@gargi.du.ac.in</b>					
Language Known	<b>Hindi &amp; English</b>					
<b>Educational Qualifications</b>						
<b>Degree</b>	<b>Institution</b>				<b>Year</b>	
Ph.D. (Psychology)	<b>University of Delhi</b>				<b>Pursuing</b>	
M.Phil.(Clinical Psychology)	<b>LGB Regional Institute of Mental Health, Tezpur, Assam (Affiliated to Gauhati University)</b>				<b>2017</b>	
M.A.(Psychology)	<b>Banaras Hindu University</b>				<b>2014</b>	
B.A. (Psychology & English)	<b>Mahatma Gandhi Kashi Vidyapith University, Varanasi</b>				<b>2012</b>	
<b>Other Qualification/Professional Training</b>						
<p>Qualified <b>UGC NET</b> July, 2018</p> <p>Diploma and Practitioner Certificate Course in <b>Neuro-Linguistic Programming (NLP)</b> by Mind Matters on 20<sup>th</sup> to 23<sup>rd</sup> January, 2018, New Delhi.</p> <p>Practitioner Course in <b>Cognitive Behaviour Therapy (CBT)</b> in April, 2018.</p> <p>Practitioner Course in <b>Mindfulness</b> in April, 2018.</p> <p>Basic and Advance Certificate Course in <b>Acceptance &amp; Commitment Therapy (ACT)</b> in March, 2021.</p>						
<b>Career Profile</b>						

<ul style="list-style-type: none"> <li>• Assistant Professor at Amity University, Lucknow (03/10/2017 to 06/7/2018)</li> <li>• Clinical Psychologist at AIIMS, New Delhi (11/7/2018 to 31/12/2018)</li> <li>• Assistant Professor at Gargi College, University of Delhi (01/01/2019 till Present)</li> </ul>
<b>Administrative Assignments</b>
<ul style="list-style-type: none"> <li>• Psychology Association In-charge, Gargi College (2020-2021)</li> <li>• Member, Library Committee of the Department of Psychology, Gargi College, 2019-Present</li> <li>• Mentor <i>Izhaar</i>, Department of Psychology, Mental Health Initiative 2022-Present</li> <li>• Member, B.A. Program Association (Navdrishti Association) 2022-Present</li> <li>• Member, NSS 2022-Present</li> </ul>
<b>Areas of Interest / Specialization</b>
Clinical Psychology
<b>Subjects Taught</b>
<p>Introduction to Psychology, Foundations of Psychology  Stress Management, Counselling Psychology  Making Decisions, Human Resource Management  Communication Competence, Understanding Psychological Disorders</p>

<b>Recent Publications</b>
<p>An article published on “<b>Psychosocial Support for Cancer Patients</b>” in CIP Alumni Association Newsletter 2018, Vol. 05, Ranchi.</p> <p>Jaiswal, S (2018). Life skills to deal with mental health issues in women. <i>International Journal of Indian Psychology</i>, 6(2), 146-151. DIP:18.01.075/20180602, DOI:10.25215/0602.075</p> <p>Jaiswal, S (2018). Changes and Risk Factors Involved in Adolescence during Social and Emotional Development. <i>International Journal of Indian Psychology</i>, 6(4), 15-20. DIP:18.01.022/20180604, DOI:10.25215/0604.022</p> <p>Jaiswal S. Role of green exercises to promote well-being in terminally ill patients. <i>International Journal of Health Science and Research</i>. 2018; 8(11):292-296.</p> <p>Jaiswal S, Saxena P, Chowdhury D, Abhishek P. Effectiveness of brief executive functions based cognitive remediation in inpatient males with schizophrenia. <i>Indian Journal of Social Psychiatry</i> 2020;36:87-90.</p>
<b>Conference / Presentations</b>

Presented on **“Life Skills to deal with Mental Health Issues in Women”** at an “International Conference on Life Skills and Well-being of Children and Youth in the Digital World” Lucknow (U.P.) held during 09<sup>th</sup>-11<sup>th</sup> February, 2018.

Presented on **“Efficacy of Executive Functions-based Cognitive Remediation in Patients with Schizophrenia”** at “44<sup>th</sup> NACIACP (National Conference)”, Gautam Buddha University, Greater Noida (U.P.) held during 23<sup>rd</sup>-25<sup>th</sup> February, 2018.

Presented on **“Changes and Risk Factors Involved in Adolescence during Social and Emotional Development”** at an “International Conference on Family Well-being: A Global Perspective” Department of Human Development and Family Empowerment, Bharati College, New Delhi held during 20<sup>th</sup>-21<sup>st</sup> February, 2018.

Presented on **“Green Exercises to Promote Well-being in Terminally Ill Patients”** at an “International Conference on Positive Psychology for Health & Well-Being” Department of Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar (Haryana) held during 09<sup>th</sup>-10<sup>th</sup> March, 2018.

Presented on **“Physical Exercise to Enhance Emotional Well-Being in Obese”** at “5<sup>th</sup> National Conference on Society and Well-Being”, Amity University, Lucknow, held on 04<sup>th</sup> April, 2018.

Presented on **“Outdoor Activities to deal with Digitalization Issues in Adolescents”** at “5<sup>th</sup> National Conference on Society and Well-Being”, Amity University, Lucknow held on 04<sup>th</sup> April, 2018.

Presented on **“ICT: A Change Element in Education”** at “National Seminar on Education for the 21<sup>st</sup> Century: Challenges and Innovations”, Shri Ramswaroop Memorial University, Lucknow, Barabanki, U.P., held on 21<sup>st</sup> July, 2018.

Presented on **“Neuro-Linguistic Programming (NLP) to Enhance Resilience and Wellbeing in Adolescents”** at “National Seminar on Education for the 21<sup>st</sup> Century: Challenges and Innovations”, Shri Ramswaroop Memorial University, Lucknow, Barabanki, U.P., held on 21<sup>st</sup> July, 2018.

E-poster presentation on **“Cognitive Remediation in Schizophrenia: An Indian Study”** at the “3<sup>rd</sup> International Conference on Clinical and Counseling Psychology” held during August 20<sup>th</sup>-21<sup>st</sup>, 2018 in Singapore.

Contributed as Speaker and talked about **“Care for Caregivers of Person With Disability”** at National Conference on **“Rights of Person with Disability (RPD) ACT2016 and its Implementation”** organized by Institute of Human Behavior and Allied Sciences (IHBAS), New Delhi held from 30<sup>th</sup> November to 01<sup>st</sup> December, 2018.

Contributed as Speaker and talked about “**Psychological Aspects of Trauma**” and chaired a scientific session of “**Behavioral Sciences**” at 1<sup>st</sup> International Conference on BioPsychosocial Perspective of Trauma held at Shia P.G. College, Lucknow on 13<sup>th</sup> January, 2019.

Presented on “**Mindfulness: A way to deal with occupational stress**” at 3<sup>rd</sup> National Conference on Recent Advances in Cognition and Health organized by Banaras Hindu University, Varanasi from March 5-6, 2019.

Presented on “**Cognitive Remediation in Schizophrenia: A Single Case Study**” at 5<sup>th</sup> International Conference of Indian Academy of Health Psychology (IAHP) on **Suicide: Issues, Challenges, Prevention and Management** held at Mahatma Gandhi Kashi Vidyapith, Varanasi from October 20-22, 2019.

Presented on “**Green Exercises to deal with Psychological Distress in Individuals**” at the National Seminar organised by the Department of Psychology, University of Delhi on 28<sup>th</sup>29<sup>th</sup> February, 2020.

Presented on “**Effectiveness of Acceptance and Commitment Therapy for Body Image related Issues: A Review**” at 31<sup>st</sup> convention of National Academy of Psychology on **Psychology and Social Justice at the time of COVID-19 Pandemic: The State, Community, and Individual Perspectives** organised by the Psychophysiology Laboratory, Department of Humanities and Social Sciences, Indian Institute of Technology Bombay from 4<sup>th</sup>-6<sup>th</sup> March, 2022.

Presented on “**Exploration of youth sleep patterns and their relationship with personality traits**” at 31<sup>st</sup> convention of National Academy of Psychology on **Psychology and Social Justice at the time of COVID-19 Pandemic: The State, Community, and Individual Perspectives** organised by the Psychophysiology Laboratory, Department of Humanities and Social Sciences, Indian Institute of Technology Bombay from 4<sup>th</sup>-6<sup>th</sup> March, 2022.

Presented on “**Acceptance and Commitment Therapy for Body Image Issues & Disorders: A Review**” at 49<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologists (49<sup>th</sup> NACIACP 2023) on Recent Challenges in Psychotherapy and Supervision organised by SGT University, Gurugram from 10<sup>th</sup> to 12<sup>th</sup> February, 2023

#### **Association With Professional Bodies**

- Professional Registration of Clinical Psychologist by Rehabilitation Council of India (RCI), New Delhi, on 19/09/2017. CRR No. is **A56168**.
- Professional Lifetime Member in Indian Association of Clinical Psychologist (IACP) from February, 2018. Membership No. is **PLM-591/17/18**.