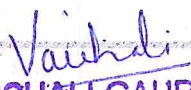


## Department of Psychology

### (Evaluative Report of the Department)


Name of the University : विश्वविद्यालयस्यनाम :	University of Patanjali	
Dist : Haridwar जनपदम् :	State : Uttarakhand राज्यम् :	
Total Number of Departments in the institution : 10 संस्थायांविद्यमानविभागानांसङ्ख्या :		
Report from the year 2023 to the year 2024 प्रतिवेदनम्..... वर्षतः..... वर्षपर्यन्तम्		
Sl. No.	Data of the Department विभागस्यनाम	Department of Psychology
1	Year of Establishment / स्थापनायाःसंवत्सरः	2009
2	Is the Department part of a School / Faculty of the University विभागःकिसंस्थाशिक्षित्वाध्ययनशालायाः / कस्यचित्सङ्कायस्यभागः	Yes, Faculty of Humanities and Ancient Studies
3	प्रचाल्यमानानां पाठ्यक्रमाणानामानि	
	a. Regular (UG/PG/Research Programs) नियमिताः (स्नातक-स्नातकोत्तर-अनुसन्धानपाठ्यक्रमाः)	02 • PG (MA Psychology) • Ph. D (Psychology)
	b. Interdisciplinary/ अन्तःशास्त्रीयम्	-
	c. Others/ अन्य	-
4	Number of teaching posts अध्यापकपदानांसङ्ख्या	
	a. Sanctioned / प्रदत्तानि	02
	b. Filled / पूरितानि	02
	c. Total Faculty including guest faculties / आहृत्य अध्यापकाः (अतिथ्यध्यापकसहितम्)	02
5	Number of Research Projects: परियोजनानांसङ्ख्या	-
	Total grants received/प्राप्तमनुदानम्	-
6	Inter-institutional collaborative projects and associated grants received अन्तःसंस्थासहयोगपरियोजनाः, तत्र प्राप्तमनुदानं च	-
	National collaboration/ राष्ट्रस्तरीयसहयोगः	-
	International collaboration/ अन्तराष्ट्रस्तरीयसहयोगः	-
7	Departmental projects funded by UGC-SAP/CAS,DPE, ICSSR, ICPR etc., : Total grants received वि.वि.अ.आयोगप्रभृतिसंस्थाभिः प्राप्तमनुदानाः विभागीयपरियोजनाः, लब्धः अनुदानराशिश्च	-
8	Special research laboratories/ language labs/ observatory/ gallery/ museum/ yajnashala, yogashala sponsored by/ created by industry or corporate bodies/government/trust and other institutions.	• Psychology Laboratory-01

  
**Dr. VAISHALI GAUR**  
 MOD, DEPARTMENT OF PSYCHOLOGY  
 UNIVERSITY OF PATANJALI, HARIDWAR



	उद्यमैः/ औद्योगिकनिकायैः/ सर्वकारेण/ विश्वस्तम्भडल्या/ अन्याभिश्चसंस्थाभिःव्यवस्थापिताविशिष्टानुसन्धानप्रयोगशाला/ भाषाप्रयोगशाला/ वेधशाला/ चित्रवीथिका/ पुरातत्त्वसङ्ग्रहालयः/ यज्ञशाला/ योगशालावा	<ul style="list-style-type: none"> <li>Language Lab-01</li> <li>E-Gallery-01</li> <li>Yajnashala-01</li> </ul>
9	Publications:/ प्रकाशनानि Number of Papers published/ प्रकाशितशोधपत्राणांसङ्ख्या Number of Books with ISBN/ ISBN -युतानाग्रन्थानांसङ्ख्या Number of Journals with ISSN ISSN -युतानाशोधपत्रिकाणांसङ्ख्या Number of Creative writings सर्जनात्मकग्रन्थानां / लेखानांसङ्ख्या Number of Text Books पाठ्यपुस्तकसङ्ख्या	07 01 ISBN: 978-93-91550-15-8 - 03 01 ISBN: 978-81-951347-6-2
10	Number of Patents acquired/Creative writings/ Critical Shastric writings composed in Sanskrit awarded by State and National bodies hitherto unknown manuscripts brought to light through publication during the last five years विगतपञ्चवर्षेषुप्राप्तानांस्वत्वाधिकाराणां/सर्जनात्मकलेखानाम्/संस्कृतभाषयालिखितानांविमर्शात्मकशास्त्रीयलेखानांकृतेराज्य/ राष्ट्रीयनिकायैःप्राप्तपुरस्काराणाम्सङ्ख्या।अप्रकाशितमातृकाणां/प्राकाशमानातानांमातृकाणांसङ्ख्या	-
11	Areas of consultancy and income generated from various sources परामर्शसंश्लेषणतयानानास्रोतोभ्यःअर्जितआयः	Yes • Counselling Cell (Honorary)- 01
12	Number of seminars/workshops/summer schools etc. सङ्गोष्ठीनां/ कार्यशालानां/ ग्रीष्मकालिकाध्ययनशालानांचसङ्ख्या	Seminar-01
13	Awards/Recognitions /fellowships/invitations as visiting professors received at the National and International level by : राष्ट्रियस्तरेतथाअन्तराष्ट्रियस्तरेलब्धानांसहवृत्तीनां/ पुरस्काराणांसूची/ अतिथि-आचार्यरूपेणआह्वानम् Faculty (including guest faculties) अध्यापकैः (अतिथ्यध्यापकसहितम्) Doctoral/Post doctoral fellows/research assistants and associates/ शोध-शोधोत्तर- गवेषकैः/ शोधसहायकैः/ शोधसहयोगिभिश्च Students/ छात्राः	- - -
14	How many students have cleared Civil Services and Defense Services examinations, NET, SET (SLET), GATE and other competitive examinations including traditional exams conducted by Recognized Institutions /Trusts/NGO's नागरिकसेवा, रक्षासेवा, नेट, सेट् (स्लेट्), परीक्षासुतथाअन्यान्य- प्रतियोगितामूलपरीक्षासुकृतिच्छात्राःउत्तीर्णाः	NET/JRF - 05
15	List of doctoral, post-doctoral students and research associates	

	शोध-शोधोत्तर-गवेषकानां शोधसहयोगिनांचसूची	
	From the host institution/university स्वकीयविश्वविद्यालयतः / संस्थातः	07
	From other institutions/universities इतरविश्वविद्यालयतः / संस्थातः	-
16	Number of Research Scholars/ Post Graduate students getting financial assistance from the University/State/ Central Governments and NGO's	02
❖	Participation in Refresher Course	-

  
**Dr. VAISHALI GAUR**  
 HOD, DEPARTMENT OF PSYCHOLOGY  
 UNIVERSITY OF PATANJALI, HARIDWAR



# Summary of Faculty Members

**Name: Dr. Vaishali Gaur**

**Qualifications:** M.A., PGDCP. B.Ed., Ph.D.

**Present Position** : Associate Professor/Head

**Teaching and Research Experience (in years):**

**Teaching** : 11

**Research** : 15

**Area of Specialization:** Clinical, Social and Research



**Name: Dr. Abhishek Kumar Bhardwaj**

**Qualifications** : M.A., Ph.D., NET (Yoga)

**Present Position** : Associate Professor

**Teaching and Research Experience in years:**

**Teaching** : 07

**Research** : 14

**Area of Specialization:** Psychometry, Research, Yoga



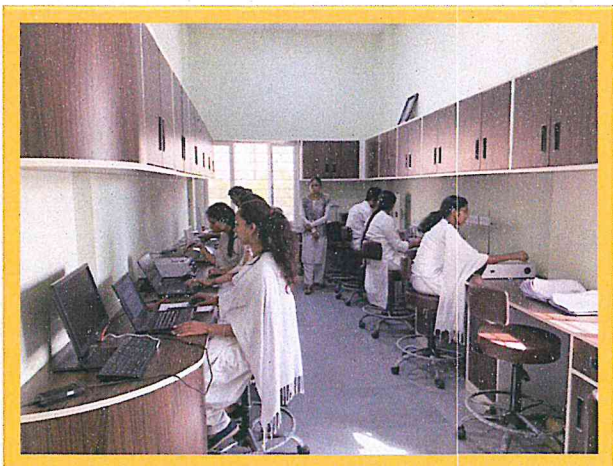


# Psychology Laboratory



**Psychology Laboratory (2<sup>nd</sup> floor, Ancient Studies Block)**

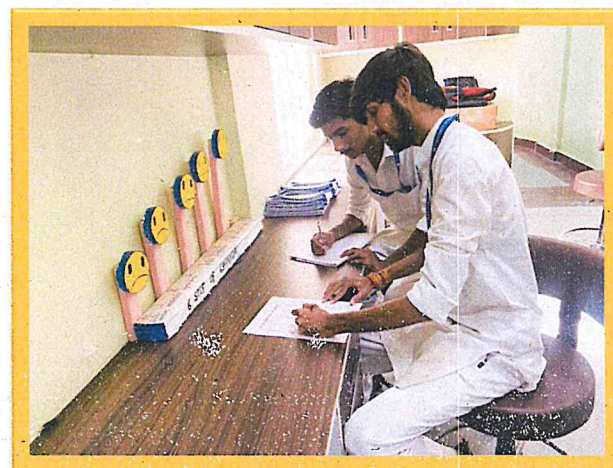




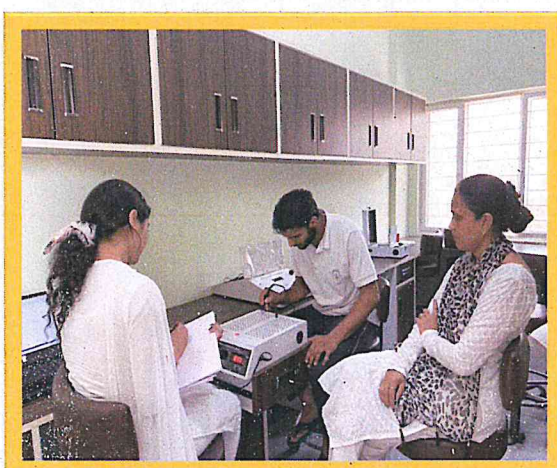
**Students doing practical work**



**Administration of psychometric test**



**Enhancement of emotional quotient**



**Enhancement of sensory motor learning**



**Experiment work on Muller Lyer**



## List of Psychological Equipments

Sl. No.	Description of Equipments	Qty.
1	Mirror Drawing Electrical with Time Counter	02
2	Human Maze Electrical with Time counter	02
3	Digital Reaction Time Apparatus	01
4	Two- Hand Co-ordination Apparatus	02
5	Size Constancy Apparatus	01
6	Tachistoscope (Span of Attention)	02
7	Phi Phenomenon Electronic	01
8	Muller Lyer	02
9	Aesthesiometer (Stainless Steel)	02
10	Stop watch	02
11	Finger Dexterity Apparatus	01
12	Electric Memory Drum	01
13	Bhatia Battery of Intelligence	02
14	Wechsler Adult Performance Intelligence Scale	01
15	Division of Attention Board	01



### List of Psychological Tests

Sl.No.	Name of the test	Author's name	Age group
1.	Marriage Adjustment Inventory	C.G.Deshpande	Married Individual
2.	Adjustment Inventory	H.S. Asthana	14 to 18 years
3.	Bell's Adjustment Inventory	Dr. R.K. Ojha	High school to P.G
4.	Adjustment Inventory for school students	A.K.P Shina and R.P. Singh	School going students
5.	Aggression Scale	K.m Roma Pal &Tasnim Naqvi	14 to 24 years
6.	State-Trait Anxiety Inventory	Charles D. Spielberger	Adult
7.	Sinha's Comprehensive Anxiety Scale	A.K.P. Sinha	Adult
8.	Family Pathology Scale	VimlaVeeraraghavan	Married couples
9.	Sodhi's Attitude Scale	Dr. T.S. Sodhi	High school students
10.	Superstition (sup-AS-BS)	Dr. Shailaja Bhagwat	Adult
11.	Attribution Style	Dr. J.S. Bidlan	All age group
12.	Case Study	L.N.Dubey	Adult
13.	Meta cognitive inventory	Dr. PunitaGovil	Adult
14.	Mental Depression Scale	L.N. Dubey	12 to 55 years
15.	Back Depression Inventory	Allen Back	Adult
16.	Zung Self Rating Depression Scale	Zung	Adult
17.	Edinburg Postnatal Depression Scale	Edinburgh	Adult Pregnant women
18.	Emotional Competencies	H.C. Sharma &R.L.Bharadwaj	12 to adult
19.	Judging Emotion by Photograph	Dr. ArchnaChaturvedi	All age group
20.	Emotional Maturity Scale (EMS)	Dr. Yashvir Singh	Adult
21.	Home Environment Inventory	Dr. Karuna Shankar Misra	VIII to X class

22.	Subjective happiness scale	Dr. Sonja Lyubomirsky	Adult
23.	Mental Health Inventory	Dr. Jagdish&Dr. A.K. Srivastava	College going students
24.	Employee's Mental Health Inventory	Dr. Jagdish	Employees
25.	The P.G.I. Health questionnaire N-2	S.K.Verma	Adult
26.	General Health questionnaire	David Goldberg	Adult
27.	The group test of general mental ability	S. Jalota	Student
28.	Emotional Intelligence Scale (EIS)	Anukool Hyde	College Student
29.	Recall of Completed and In completed Tasks	Dr. Vivek Bhargava	10 to 45
30.	List of nonsense syllables and meaningful words	.....	All age group
31.	Achievement Motivation Test	V. P. Bhargava	16 to 22
32.	Work Motivation Scale	Dr. Poorva Jain & Satish	U.G and P.G
33.	Thematic Apperception Test	Morgan and Murray	Adult
34.	Rorschach Ink Blot test	Hermann Rorschach	Adult
35.	Defense Mechanism	Dr. N.R. Mrinal& Dr, Uma Mrinal	Adult
36.	16 PF	R.B. Cattell	Adult
37.	Eysenck Personality Inventory	Giridhar. P. Thakur	Adult
38.	Eysenck Personality Profiler	Eysenck	Adult
39.	Eight Sate Qestionair	Dr. Mahesh Bhargava	Adult
40.	Maudsley Personality Inventory	H.J. Eysenck	Adult
41.	Draw a man Test	Dr. PramilaPatak	Adult
42.	Leadership Preference Scale	L .I. Bhushan	Undergraduate



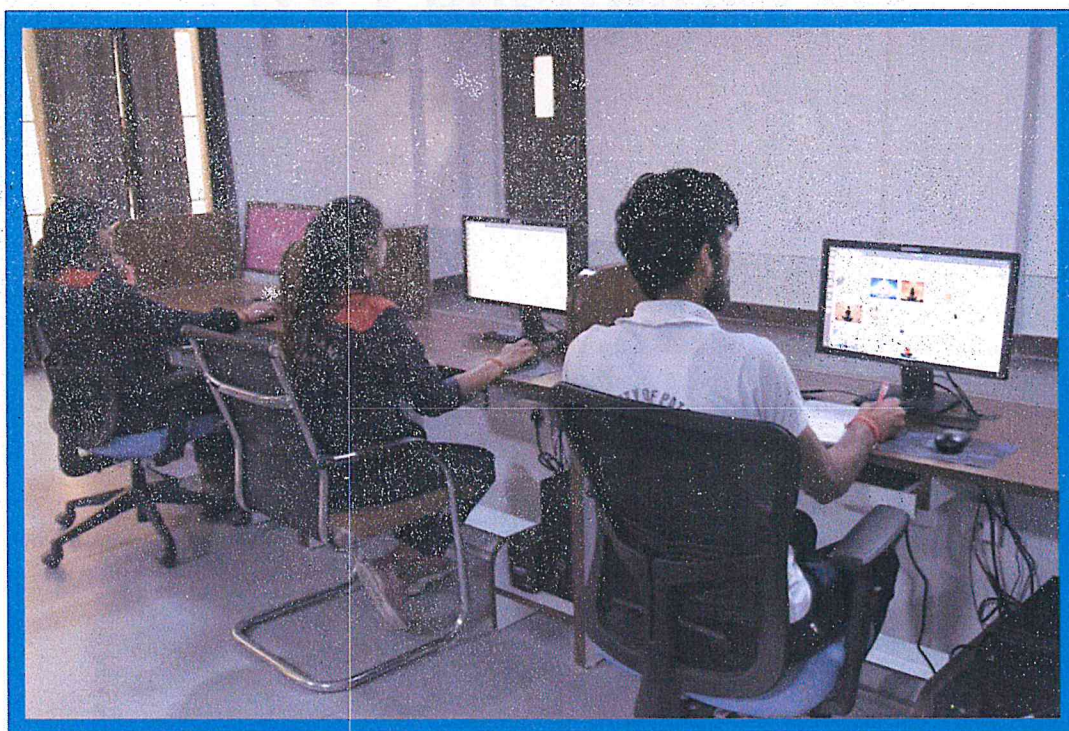
			students
43.	Prejudice Scale	Dr. R.L. Bharadwaj	Adult
44.	Personal Problem Checklist	John A. Schinka	Adult
45.	Self Concept Rating Scale	Dr. (Mrs) PratibhaDeo	Adulthood
46.	Rosenberg Self esteem Scale	Rosenberg	Adult
47.	Sportsmanship Test	L.N. Dubey	16 years to 26 years
48.	Stress Scale	Dr. PernaPuri	12 to 18 years
49.	Occupational Stress Index	Dr. A.K. Srivastav	Adult
50	Adult Performance Intelligence Scale	Binet	Adult

# Language Lab





**Language Lab (2<sup>nd</sup> floor, Ancient Studies Block)**

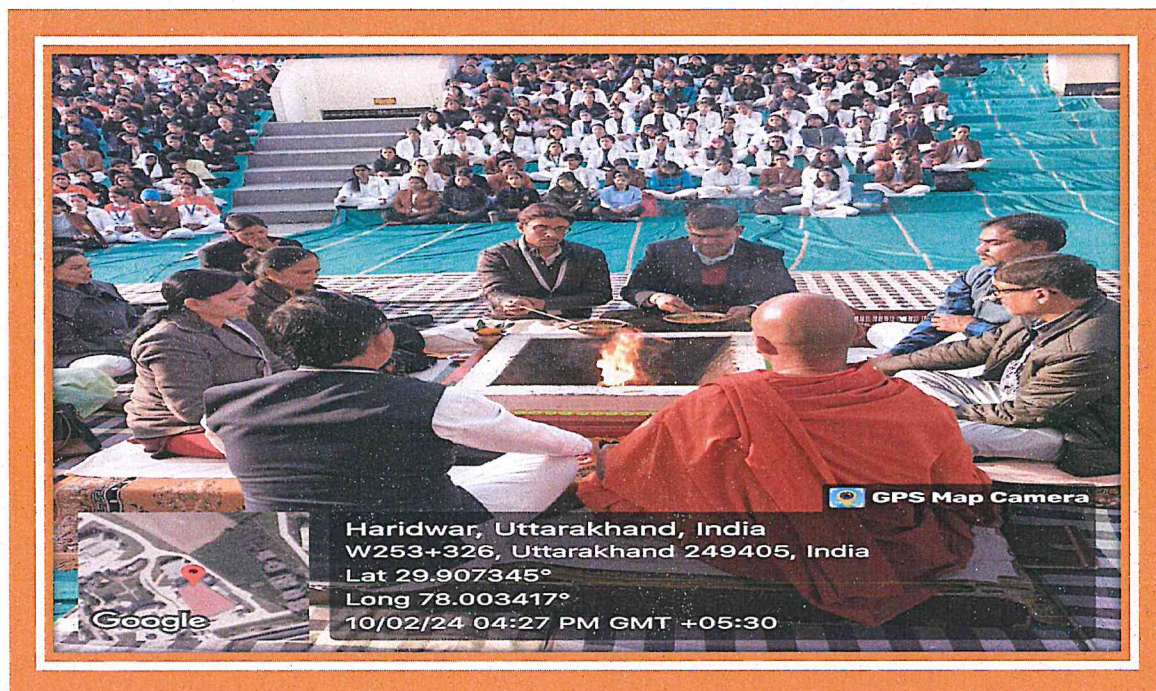


**Technical enhancement of the students in the Language Lab**

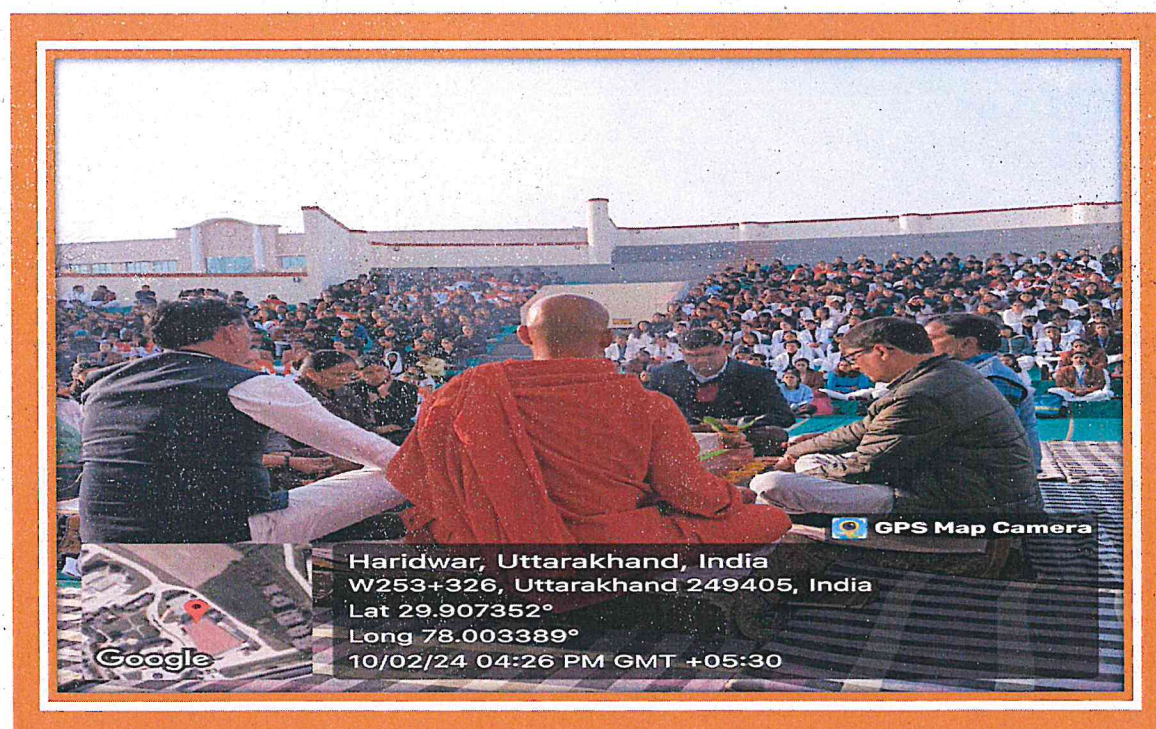


# Yajnashala





**Faculty members and students performing sacred yajna**



**Faculty members and students reciting the mantra**



## Publication Details:

S. No	Name of the Faculty Members	Total number of Research Papers	Total number of Books/chapter in Book
1	Dr. Vaishali Gaur	02	-
2	Dr. Abhishek Kumar Bhardwaj	05	01

### Dr. Vaishali Gaur

1. Chaudhry, N., Bhandari, R. B., & Gaur, V. (2023). Yoga perspective on personal excellence and well-being. *Journal of Ayurveda and Integrative Medicine*, 14(3), 1007-17.
2. Arya, D., Kumar, N., Gaur, V., & Prabhakar, A. (2023). Effect of mindfulness meditation on self-esteem in adolescents. *Education and Society*, 46(1), 09-19.

### Dr. Abhishek Kumar Bhardwaj

1. Shivani, Sriwas, S. K., and Bhardwaj, A. K. (2024). The Effect of Om Chanting, Bhramari Pranayama and Nadisodhan Pranayama on Cognitive Functions among Medical Students: An Experimental Trial. *Yoga Mimamsa* (Accepted for publication).
2. Kaushik, P., and Bhardwaj, A. K. (2024). Effect of practicing yoga versus reading books on better sleep quality in senior citizens residing in an old age home. *International journal of Yoga and Allied Sciences*, 13(1), 49-58.
3. Pathak, N., and Bhardwaj, A. K. (2023). Yoga as a cost-effective alternative therapy for managing pediatric obesity: An overview. *Indian Journal of Ancient Medicine and Yoga*, 16(4): 203–206.
4. Kaushik, P., and Bhardwaj, A. K. (2023). Yoga for sleep quality, postural balance and quality of life in geriatric population: a narrative review. *Journal of Gerontology and Geriatric Nursing*, 6(2): 53–58.
5. Pathak, N., and Bhardwaj, A. K. (2023). Yoga for managing Anthropometric Measures in Adult Obese: A review based on RCTs. *Journal of Ayurveda and Integrated Medical Sciences*, 08(09):160-166.



### **Books Published:**

1. Sakta, K. and Bhardwaj, A. K. (2023) *BhartiyaGyanParampara*, N. B. Publications, Ghaziabad, India. ISBN 978-93-91550-15-8.

### **Details of Creative Writings:**

Sl.No.	Topic	Name of the magazine	Year
1	Cognition and Social Media	PatanjaliVishwavidyalayaPrabha	July-December 2023
2	Manage the virus of negative thoughts with the anti-virus of self-study	PatanjaliVishwavidyalayaPrabha	July-December 2023
3	Application of self study for mental health and personality development	Yoga Sandesh	December, 2023



जुलाई-दिसम्बर, २०२३

संयुक्त अंक



# पतंजलि विश्वविद्यालय प्रभा

पतंजलि विश्वविद्यालय की त्रैमासिक पत्रिका



## पतंजलि विश्वविद्यालय

योग, अध्यात्म, आयुर्वेद, संस्कृति व संस्कार के प्रशिक्षण एवं संयहन,  
समग्र स्वास्थ्य के संरक्षण व प्रबन्धन का दिव्य एवं भव्य केन्द्र

UOP Prabha - July-December, 2023

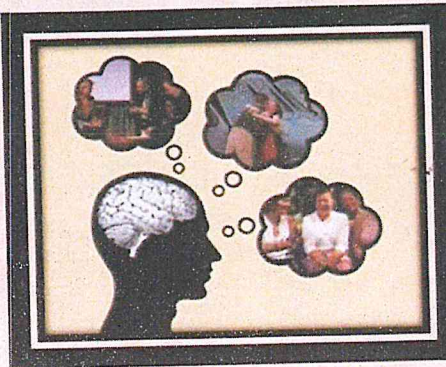




## COGNITION AND SOCIAL MEDIA

Dr. Vaishali Gaur, Head, Department of Psychology

Cognition is related to thoughts. Thoughts are created through stored neural images present in the mind and available resources from the outside world. Social media are an active, influential, and highly used resource in the outside world that have an effective and immediate impact on an individual's psyche. Therefore, social media and cognition are both correlated variables.



Today, social media have become a basic need for every person. Social media are a digital platform for communication and interaction. (McFarland, L. A., and Playhart, R.F. 2015)

Neisser (1976) defined cognition as the activity of acquiring, organizing, and using knowledge. The Internet is the most widely and rapidly adopted technology in the history of humanity and is also a means of communication that individuals use to fulfill almost every essential need of their lives. Based on psychological, psychiatric, and neuro-imaging studies, we can say that our cognition is changing due to the use of the Internet. It would not be an exaggeration to say that today's people are living online lives instead of real lives. Cognition is the first aspect of human behavior and is related to higher brain functioning activities such as attention, perception, thinking, memory, and decision-making abilities. These are all cognitive-mental processes by which a person performs various tasks. Social media are indeed the easiest means of gaining knowledge, and today, through them, a person can control the world in his own hands. Social media have become

a normal part of daily life for most young adults (Park and Lee, 2014). The dependence of young people on social media is increasing day by day. Social media are effective and powerful online platforms. Through this platform, a person shares his thoughts and important moments of life. It is a platform that helps individuals to share content through blogs, photo-sharing platforms, social gaming, microblogs, business networks, and chat apps. Today, most people are spending their valuable time on the use of the internet. The use of the internet is connected to education, travel, socialization, commerce, and most of the workplace. Along with pragmatic uses, the internet also provides an endless range of entertainment activities through podcasts, e-books, videos, streaming movies, and gaming. These means create digital distraction and due to this people are not able to live a regular life.

Social media are an effective means of communication and acquisition of knowledge. Life will become unorganized and unhealthy with the maximum use of social media. As it is well said, *Ati sarvatra varjayet* (अतिसर्वत्रवर्जते). According to the famous economist Acharya Chanakya "Everything that is more than necessary in life is poison". Therefore, Human life should be balanced, organised and away from excess.

### Time Spend on Social Media

According to Digital 2023: Global Overview report, 94-96% internet users age 16 to 64 worldwide spent a daily average of 2 hours and 31 minutes on social media as of late 2022.





### स्वाध्याय तपी 'एन्टीवायरस' से करें नकारात्मक विचार तपी 'वायरस' का प्रबंधन

डॉ. अभिषेक कुमार भारद्वाज, सह-आचार्य, मनोविज्ञान विभाग

स्वाध्याय का वास्तविक अर्थ 'स्व का अध्ययन' है। व्यक्ति को अपने आप के अध्ययन, अपने सामर्थ्य की जांच करने के लिए सर्वप्रथम उस स्तर का मन बनाना पड़ता है, उस स्तर की चिंतन प्रणाली विकसित करनी पड़ती है और इसके लिए सर्वप्रथम शहीदों-महापुरुषों के जीवन-प्रसंग, योग व अध्यात्म से संबंधित साहित्य का अध्ययन कर उसका चिंतन-मनन करके उसे जीवन में उतारने का अभ्यास करना पड़ता है। व्यक्ति उत्कृष्ट स्तर के एवं जीवनोपयोगी साहित्य पढ़ेगा तभी उसके विचार भी उत्कृष्ट होंगे।

स्वाध्याय स्वयं को जानने की कला है। पातंजल योगसूत्र के व्याख्याकार डॉ० करंबेलकर (1989) स्वाध्याय के संबंध में कहते हैं कि स्वाध्याय के दो अर्थ हैं—

क. पवित्र धार्मिक ग्रंथों को पढ़ना एवं ख. स्वयं (के शरीर और मन के आचरण) का अध्ययन (परीक्षण तथा विश्लेषण) करना। महर्षि पातंजलि ने स्वाध्याय को क्रियायोग के अंतर्गत रखा है तथा इसे समाधि की प्राप्ति में सहायक बताया है। स्वाध्याय अष्टांग योग के द्वितीय अंग 'नियम' का भी एक महत्वपूर्ण भाग है। अपने गहरे अर्थ में स्वाध्याय मानसिक संरचना के पुनर्निर्माण के लिए किया जाने वाला समर्थ प्रयास है।

स्वाध्याय चिकित्सा 'विचारों की, विचारों से काट' की धारणा पर आधारित है। इस महत्वपूर्ण सूत्र द्वारा कोई भी अपने नकारात्मक विचारों के सघन जाल को सकारात्मक विचारों द्वारा काटकर अपना व्यक्तित्व निर्माण कर सकता है। स्वाध्याय को अध्यात्म जगत में चिकित्सा का स्थान दिया गया है। स्वाध्याय मानसिक आरोग्य एवं वैचारिक संवर्धन के लिए आवश्यक है क्योंकि मन और

विचार के शुद्ध, परिष्कृत हुए बिना स्वस्थ शरीर व शालीन व्यवहार की कल्पना नहीं की जा सकती। स्वाध्याय के द्वारा पहले मन स्वस्थ होता है, फिर जीवन।

यह सच है कि यदि दृष्टिकोण को स्वस्थ बना लिया जाये तो जीवन के सभी आयाम अपने आप ही स्वस्थ हो जाते हैं। स्वाध्याय इसी दृष्टिकोण की चिकित्सा करता है। आदमी जिस तरह का साहित्य पढ़ता है उसकी विचारधारा उसी तरह की हो जाती है। शरीर को स्वस्थ रखने के लिए जिस प्रकार व्यायाम की आवश्यकता होती है, उसी प्रकार मस्तिष्क को स्वस्थ रखने के लिए सदग्रन्थों के अध्ययन की आवश्यकता होती है।

संसार में जितने भी महापुरुष, वैज्ञानिक, सन्त, ऋषि आदि हुए, वे सभी स्वाध्यायशील थे, जिस वजह से वे कठिन परिस्थितियों में भी धैर्य और प्रसन्नता का जीवन जी सकने में समर्थ होते थे। स्वाध्याय स्वविकास का एक बहुत अच्छा साधन है। प्राचीन काल में ऋषि अपने शिष्यों को 'स्वाध्यायात् मा प्रमदः' का सूत्र अवश्य सिखाया करते थे जिसका अर्थ है— स्वाध्याय द्वारा योग्यता बढ़ाने में कभी प्रमाद मत करना।

#### स्वाध्याय के लाभ :

स्वाध्याय से हमें नए-नए विचार मिलते हैं जिससे हमारी सोच में परिवर्तन होता है, व्यक्ति के प्रत्यक्षीकरण करने का तरीका बदलता है, जिससे व्यक्ति को समस्या-समाधान में, निर्णय लेने में मदद मिलती है।

स्वाध्याय में जब व्यक्ति चिंतन-मनन द्वारा बार-बार आत्मनिरीक्षण करता है तो उससे उसे अपने 'स्व' का बोध होता है, उसे अपनी छिपी हुई क्षमताओं का पता चलता है जिससे रचनात्मकता बढ़ती है, आत्मविश्वास बढ़ता है।





वर्ष 21 | अंक 04 | हरिद्वार-प्रत्येक माह की 25 तिथि | मूल्य ₹50



दिसंबर 2023

# योग संदेश

RNI No. UTTHIN/2003/10892

योग, अध्यात्म, आयुर्वेद, संस्कृति एवं संस्कार  
की संवाहक अनुसंधानात्मक मासिक पत्रिका



परम पूज्य स्वामी रामदेव जी महाराज की प्रेरणा  
से दिव्य योग मंदिर (ट्रस्ट) हरिद्वार द्वारा प्रकाशित

पतंजलि किसी चिकित्सा पद्धति  
का विरोधी नहीं  
योग-आयुर्वेद में समाहित है  
अपरिमित शक्ति व सामर्थ्य





# राष्ट्र निर्माण में युवा पीढ़ी की भूमिका



डॉ. वैशाली गौर | सह-पाठ्यापक  
मानवविज्ञान विभाग, पतंजलि विश्वविद्यालय, हरिद्वार

ध्यान

एक अद्भुत प्रतिभा के धनी, उत्कर्ष व्यक्तित्वशील गुणों से युक्त महान आध्यात्मिक गुरु स्वामी विवेकानंद जी ने युवाओं के व्यक्तित्व को अनूठे रूप से परिभाषित करते हुए कहा था कि किसी भी देश की जनसंख्या में युवा सबसे अधिक गतिशील वर्ग होता है। इस प्रेरणादायक कथन से यह स्पष्ट होता है कि भारत देश को विश्व गुरु का सम्मान प्राप्त कराने में युवाओं का योगदान अतुल्य होगा। किसी भी देश में विकास को गति देने के लिए युवा एक मुख्य कड़ी है। यूज नेशन ब्यूरो के माध्यम से किए गए सर्वेक्षण के अनुसार भारत की कुल 140 करोड़ जनसंख्या में से 50 प्रतिशत जनसंख्या की आयु 25 वर्ष से कम है, अधिकांश विकसित देशों जैसे- संयुक्त राष्ट्र, अमेरिका, जापान, जर्मनी, ब्रिटेन, ऑस्ट्रेलिया, चीन, कनाडा आदि देशों में जन्म दर कम होने से प्रौढ़ नागरिकों की संख्या तेजी से बढ़ रही है और युवा जनसंख्या दर तेजी से घट रही है। ऐसे में भारत युवा जनसंख्या की दृष्टि से बहुत ही लाभप्रद स्थिति में है। इस सर्वेक्षण के आधार पर यह कहा जा सकता है कि भावी युवा पीढ़ी युग परिवर्तन में अपनी महत्वपूर्ण भूमिका अदा कर सकती है। दुर्भाग्य की बात है कि हमारी युवा पीढ़ी आज अंधेरे की चादर ओढ़ कर अपना जीवन व्यतीत कर रही है। बृहदारण्यक उपनिषद् में वर्णित शांति मंत्र- असतो मा सद्गमय, तमसो मा ज्योतिर्गमय, मृत्योर्मा अमृतं गमय के सार को आज की युवा पीढ़ी या तो भूल चुकी है या उसकी गंभीरता को स्वीकार ही नहीं करना चाहती। आज से कई हजार वर्ष पूर्व अद्भुत प्रतिभा के धनी, उत्कर्ष गतिशील गुणों से युक्त महान आध्यात्मिक गुरु स्वामी विवेकानंद जी ने जापान से देश के युवाओं को संबोधित करते हुए संदेश दिया था- आओ इंसान बनें। इस प्रेरणादायक व संवेगात्मक कथन से यह स्पष्ट होता है कि हमारी भावी युवा पीढ़ी में मानवीय गुणों का भाग देखने को मिल रहा है। देश में युवाओं को जागृत होना होगा और अपनी असीम क्षमताओं को पहचान कर अपने जीवन को युग परिवर्तन में अर्पित करना होगा। भावी युवा पीढ़ी को इस बात की गहराई को समझना होगा कि

उनकी मासपेशियां लोहे की और नस्लें फौलाद की हैं। युवा पीढ़ी को स्वार्थ, नाम, यश, तेज, तेरा-मेरा के विचारों का परित्याग करके विश्व में इनके मंत्र को धारण करके जीवन-यापन करना होगा। इस लेख को पढ़ने वाले सभी महापुरुषों के मन में एक प्रश्न स्वाभाविक रूप से उठ रहा होगा कि भावी युवा पीढ़ी क्या मात्र प्रेरणादायक वचनों से अपने व्यक्तित्व को परिमार्जित कर सकती है। युवाओं के भावी निर्माण में प्रेरणादायक वचनों के साथ-साथ मां एवं गुरु की अहम् भूमिका होती है। पौराणिक ग्रंथों एवं प्राचीन भारतीय साहित्य के अनुसार क्षेत्र एवं आदर्श युवाओं के निर्माण में मां एवं गुरु की अहम् भूमिका होती है। मर्यादा पुरुषोत्तम श्री राम अप्रतिम युद्धवीर एवं धनुर्धर अर्जुन इसके जीवन्त उदाहरण हैं।

महान दार्शनिक रूसो ने माँ के महत्व को उजागर करते हुए कहा है कि आप मुझे 60 अच्छे माताएं दीजिए, मैं आपको एक श्रेष्ठ राष्ट्र दूंगा। गुरु की महिमा अपरम्परा है, आदि गुरु द्रोणाचार्य के द्वारा ही हमें अर्जुन एवं एकलव्य जैसे वीर योद्धा प्राप्त हुए। अतः हमारे देश की प्रत्येक मां एवं गुरु को आदर्श बनना होगा। मां एवं उनकी संतान और गुरु और उनके शिष्यों के मध्य श्रद्धा और विश्वास का संबंध होना चाहिए। श्रद्धा और सन्तुष्टि दो ऐसे मूल मंत्र हैं जिनके माध्यम से कोई भी मानव अपने जीवन को सफल बना सकता है। श्रद्धा और विश्वास के साथ साथ निरंतर गति से निष्काम काम करते रहना चाहिए।

स्वामी रामदेव जी महाराज युवा पीढ़ी को संबोधित करते हुए कहते हैं कि प्रत्येक मनुष्य को मानव से महामानव बनने का प्रयास करना चाहिए। मानव से महामानव बनने की यात्रा में व्यक्ति को आलस्य, प्रमाद का त्याग करके अपने आप को ऋषि-मुनियों की संतान मानकर विकल्प रहित संकल्प के द्वारा अखंड-प्रचंड प्ररूपार्थ करना चाहिए। इस प्रकार व्यवहार करने से वह दिन दूर नहीं जब हमारा देश पुनः विश्व गुरु का दर्जा प्राप्त कर लेगा। <<



Part B T1 Activity/Annexure  
4

दिनांक-03/08/2020

सेवा में,  
प्रतिकुलपति जी  
पतंजलि विश्वविद्यालय, हरिद्वार

विषय - मनोविज्ञान विभाग में परामर्श प्रकोष्ठ (Counselling Cell) के संदर्भ में।

महोदय,

सविनय निवेदन इस प्रकार है कि विश्वविद्यालय के शैक्षणिक एवं प्रशासनिक गुणवत्ता को उन्नत करने के लिए एवम छात्र-छात्राओं की विभिन्न प्रकार की शैक्षिक एवम सामाजिक समस्याओं के समाधान हेतु Counselling Cell को आरंभ करने की आवश्यकता है। UGC मानकों के अनुसार भी प्रत्येक विश्वविद्यालय में Counselling Cell होना चाहिए। अतः आप से अनुरोध है कि आप उक्त प्रार्थना पर अपनी स्वीकृति प्रदान करने की कृपा करें।

परामर्श कक्ष के संचालन से सम्बन्धित विवरण इस प्रकार है:-

दिन	समय	स्थान	परामर्शदाता
प्रत्येक माह के अन्तिम दो दिन	3:30 pm to 4:30 pm	कक्ष संख्या- 404 ~	1. स्वामी परमार्थदेव जी 2. डा० वैशाली गौड़ 3. डा० अनिशेक भारद्वाज 4. कु० स्वाति (परामर्शदाता सहायक)

03/08/2020

Dr. Prashant Gaur  
(Department of Psychology)  
पतंजलि विश्वविद्यालय  
विभागाध्यक्ष (मनोविज्ञान विभाग)  
University of Yoga and Health Sciences

An approved letter in reference to the counselling cell





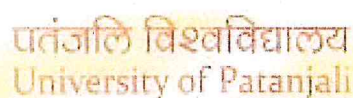
**Counselling session with the student (client)**



### **Information regarding seminar:**

To enhance the theoretical and practical knowledge of the students, various workshops are conducted in the department. The detailed description of workshops is given below:

<b>Sl. No.</b>	<b>Theme</b>	<b>Guest speaker</b>	<b>Date/Year</b>
<b>1</b>	World Alzheimer Day	Dr. Manish Kumar Asthana, (Assistant professor, Humanities and Social Science Dept. IIT, Roorkee) & (Prof.Rajaram) Ex Vice Chancellor, Veer Bahadur Singh Purvanchal University, Jaunpur	21/09/2023



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संलग्न तालिका : .....

Print Date: 12/09/2013

## World Alzheimer Day

**Chief Guest:**

Prof. Rajaram Yadav, Ex Vice Chancellor, Veer Bahadur Singh Purvanchal University, Jaunpur.

**Subject Experts:**

Dr. Manish Arshana, Assistant Professor, IIT Roorkee

Vener. Missi Auditorium

Date: 21/09/2023

Time: 3.00 a.m. to 6.00 p.m.

Sachin

Dr. Vaishali Gaur,  
Head, Department of Psychology,  
University of Rajasthan, Jaipur  
MOD. DEPARTMENT OF PHY,  
UNIVERSITY OF BATAVIA

Copy To:

- Honorable, Pro Vice- Chancellor, University of Patanjali, Haridwar
- The Registrar, University of Patanjali, Haridwar
- Deputy Registrar, University of Patanjali, Haridwar
- All Faculty Dean, University of Patanjali, Haridwar
- Dean, Academic & Research/Asst. Dean, Academic & Research, UOP
- Boy's Hostel Warden/ Girl's Hostel Warden, UOP/Office File

कार्यालय : पतंजलि योगपीठ, दिल्ली-एटिस न्यूटन मार्ग, निकट सह्यायगढ़ एटिस-244003, उत्तराखण्ड, भारत  
 Carve Office : Patanjali Yogpeeth, Delhi-Newton Marg, Near Sahaygarh, Haridwar-244003, Uttarakhand, India



## **A report on World Alzheimer Day**

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**September 21, 2023**

World Alzheimer Day was celebrated by the students of psychology on September 21, 2023, in the mini auditorium, administration block. World Alzheimer Day is a global effort to raise awareness and challenge the stigma revolving around Alzheimer disease and other dementias. With this idea in mind, students of psychology conducted this program with full enthusiasm. Knowledgeable speeches were given by the students to develop scientific insights for the audience. Our field expert, Dr. Manish K. Asthana, Assistant Professor, Psychology, from IIT Roorkee, explained every aspect of Alzheimer and dementia as an umbrella term.

The Chief Guest of this program, **Prof. Rajaram, Ex Vice Chancellor**, Veer Bahadur Singh Purvanchal University, Jaunpur, gave his speech and provided guidance to the students by sharing his personal experiences of life. Students have acquired an ample amount of knowledge from our guests. Finally, a vote of thanks was given by our motivational and spiritual guru, Swami Pramarth Devji.

Dr. Vaishali Gaur,  
Head, Department of Psychology,  
University of Patanjali, Haridwar

## A Seminar on World Alzheimer's Day - 21/09/2023



**UNIVERSITY OF PATANJALI**





**Department of Psychology**

FACULTY OF HUMANITIES & ANCIENT STUDIES

Presents

**A Seminar on World Alzheimer's Day - 2023**

**! Remember Those, Who can't Remember!**



City: Uttarakhand

Theme :- Never Too Early , Never Too Late

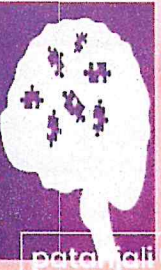
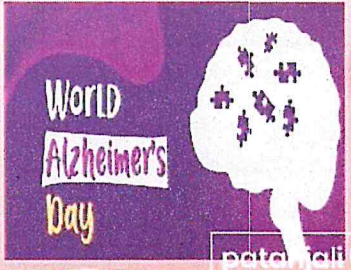
SEP. 21 | 04:00 PM IST

(Organizer)  
**Dr. Vaishali Gaur**  
Head, Department of Psychology  
University of Patanjali, Bharat

(Co-Organizer)  
**Dr. Abhishek Bhardwaj**  
Asst. Prof., Department of Psychology  
University of Patanjali, Bharat

**Department of Psychology**

**University of Patanjali, Haridwar**




**Theme**

21<sup>st</sup> September

Never too early  
Never too late

**Aim**

**patanjali University, Uttarakhand**

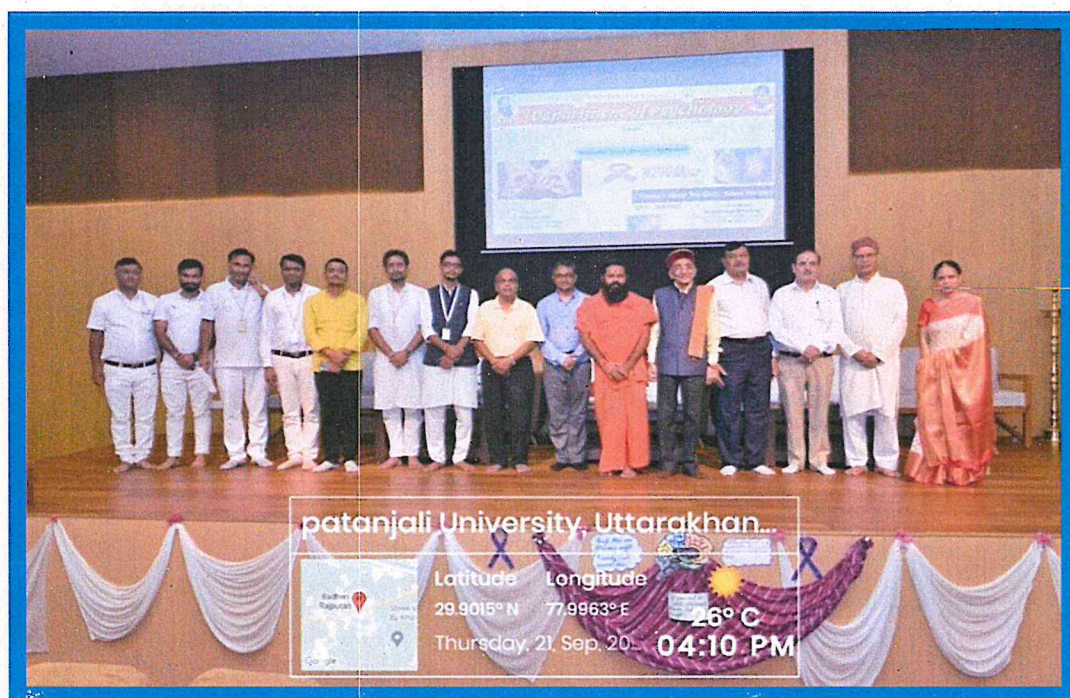


Latitude	Longitude
29.9016°N	77.9963°E

Thursday, 21 Sep, 20...  
26°C  
04:10 PM

**to create awareness to root out stigma associated with Alzheimer's**





**Group photo of celebrating World Alzheimer Day by our chief guest, field experts and faculty members**



**Chief Guest, field expert and faculty members on the occasion of world Alzheimer Day**





**Chief Guest, field expert, faculty members, and students of  
Psychology on the occasion of World Alzheimer's Day**





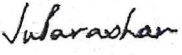


## Details regarding NET/JRF students

The following students from the Department of Psychology have qualified the National Eligibility Test (NET- JRF) examination.

Sl.No.	Name	NTA Ref. No	Passing Year
1	Pooja(NET- JRF )	200510269419	2020
2	Ravinder(NET- JRF )	190520333093	2020
3	Devraj(NET- JRF )	220510197961	2022
4	Manjeet Singh(NET )	220520539230	2022
5	Annanya Chauhan (NET- JRF)	220510125871	2022

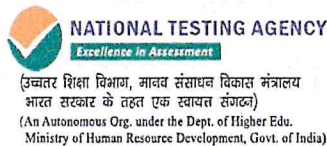
➤ Pooja

	 <b>NATIONAL TESTING AGENCY</b> <i>Excellence in Assessment</i> सुखतर शिक्षा विभाग, शिक्षा मंत्रालय, भारत सरकार के तहत एक स्वायत्त संगठन (An Autonomous Org. under the Department of Higher Education, Ministry of Education, Govt. of India)	 <b>विश्वविद्यालय अनुदान आयोग</b>
Block C 207/A/3 Sector 62 IITK Outreach Centre Gautam Buddh Nagar 201309 Uttar Pradesh (India) Phone: 0120 6895200		
<b>JRF AWARD LETTER</b>		
NTA Ref. No.: 200510269419 <b>POOJA</b> Son/Daughter of SHUSHILA and OMPARKASH Subject: PSYCHOLOGY	Roll No.: UK0G50300018 	Date: 10.12.2020 
<p><b>Dear Candidate,</b></p> <p>I am pleased to inform you that you have qualified for Junior Research Fellowship (JRF) and eligibility for Assistant Professor in the National Eligibility Test (UGC-NET) conducted in June 2020. The tenure of fellowship is five years and it commences from the date of declaration of NET result, i.e., 30th November, 2020 (or) from the date of admission under M.Phil./Ph.D. (or) from the date of joining M.Phil./Ph.D. programme, whichever is later. The summary of financial assistance offered under the scheme is mentioned at Annexure I available on <a href="http://www.ugc.ac.in/netjrf">www.ugc.ac.in/netjrf</a>.</p> <p>The Awardee is required to get admission and registration for regular and full time M.Phil./Ph.D. course in a University/Institution/College recognized by UGC at the first available opportunity but not later than three years from the date of issue of this award letter. University/Institution/College is requested to process for award of JRF based on this letter, in accordance with the procedure available on <a href="http://www.ugc.ac.in/netjrf">www.ugc.ac.in/netjrf</a>.</p> <p>It may be noted that the fellowship amount shall be disbursed through Canara Bank to bank account of the Awardee (any bank) directly. UGC has developed a dedicated web portal (<a href="https://scholarship.canarabank.in">https://scholarship.canarabank.in</a>) for capturing data of the awardee. The Universities/Colleges/Institutions will link the data of the awardee with the master data on the UGC web portal with unique Maker/Checker Ids which have already been provided to them along with the passwords. The Universities/Colleges/Institutions shall update the information in the master data (regarding monthly payment confirmation, HRA, up-gradation, resignation etc.) of the beneficiaries on monthly basis. Based on the data updated on UGC web portal by the concerned Universities/Colleges/Institutions, the payment of the fellowship will be made to the beneficiaries (Detailed process available at <a href="https://www.ugc.ac.in/ugc_notices.aspx?id=2153">https://www.ugc.ac.in/ugc_notices.aspx?id=2153</a>).</p> <p>It may also be noted that UGC has proposed to link "AADHAAR" with bank account of students so that there can be direct cash transfer and effective disbursement of fellowship into bank account of the student. In this regard, Secretary, UGC has already requested the universities to help students in Aadhaar enrolment vide D.O. No. F.14-34/2011 (CPP-ID) dated 11.01.2013.</p> <p>It may please be noted that the award is liable to be cancelled by implementing/Awarding agency and it will also attract legal action against the Awardee in the following cases:</p> <ol style="list-style-type: none"><li>If the awardee is found to be ineligible to receive the award at any point during the entire duration of fellowship,</li><li>Misconduct of Awardee,</li><li>Unsatisfactory progress of research work,</li><li>Failure in any examination related to M.Phil./Ph.D.,</li><li>In case any other fellowship is drawn from other source(s),</li><li>Concealment of facts.</li></ol> <p>The e-Certificate of eligibility for Assistant Professor has been uploaded on <a href="https://ecertificate.nta.ac.in">https://ecertificate.nta.ac.in</a>. The eligibility of the candidate is to be ensured by the institution/appointing authority. The category in which the candidate had appeared may be verified from NTA.</p> <p>This electronic JRF award letter can also be verified by scanning the QR Code.</p> <p>With Best wishes,</p> <p style="text-align: right;"> (Dr. Sadhana Parashar) Senior Director</p> <p><small>Note: NTA has issued the electronic JRF award letter on the basis of information provided by the candidate in his/her online application form. The appointing authority should verify the original records/certificates of the candidate while considering him/her for JRF award or appointment, as the NTA will not be liable for any false information provided by the candidate. The NTA is only responsible for the result which can be verified from the repository available in the website of NTA (<a href="http://www.nta.ac.in">www.nta.ac.in</a>). The candidate must fulfil the minimum eligibility conditions as laid down in the notification for UGC-NET.</small></p>		

**JRF Award Letter**



➤ Ravinder



Block C-20/1A/8, Sector-62, IITK Outreach Centre, Gautam Buddh Nagar 201309, Uttar Pradesh (India) Phone: 0120-6895200

### JRF AWARD LETTER

NTA Ref. No.: 190520333093

**RAVINDER**

Son/Daughter of SHEELA

and BHOOP SINGH

Subject: PSYCHOLOGY

Roll No.: RJ0605200668

Dated: 08.01.2020



Dear Candidate,

I am pleased to inform you that you have qualified for Junior Research Fellowship (JRF) and eligibility for Assistant Professor in the National Eligibility Test (UGC-NET) conducted in December 2019. The tenure of fellowship is five years and it commences from the date of declaration of NET result, i.e., **31st December, 2019** (or) from the date of admission under M.Phil./Ph.D. (or) from the date of joining M.Phil./Ph.D. programme, whichever is later. The summary of financial assistance offered under the scheme is mentioned at **Annexure I** available on [www.ugc.ac.in/netjrf](http://www.ugc.ac.in/netjrf)

The Awardee is required to get admission and registration for regular and full time M.Phil./Ph.D. course in a University/Institution/College recognized by UGC at the first available opportunity but not later than three years from the date of issue of this award letter. University/Institution/College is requested to process for award of JRF based on this letter, in accordance with the procedure available on [www.ugc.ac.in/netjrf](http://www.ugc.ac.in/netjrf).

It may be noted that the fellowship amount shall be disbursed through Canara Bank to bank account of the Awardee (any bank) directly. UGC has developed a dedicated web portal (<https://scholarship.canarabank.in>) for capturing data of the awardee. The Universities/Colleges/Institutions will link the data of the awardee with the master data on the UGC web portal with unique Maker/Checker IDs which have already been provided to them along with the passwords. The Universities/Colleges/Institutions shall update the information in the master data (regarding monthly payment confirmation, HRA, up-gradation, resignation etc.) of the beneficiaries on monthly basis. Based on the data updated on UGC web portal by the concerned Universities/Colleges/Institutions, the payment of the fellowship will be made to the beneficiaries (Detailed process available at [https://www.ugc.ac.in/ugc\\_notices.aspx?id=2153](https://www.ugc.ac.in/ugc_notices.aspx?id=2153)).

It may also be noted that UGC has proposed to link "AADHAAR" with bank account of students so that there can be direct cash transfer and effective disbursement of fellowship into bank account of the student. In this regard, Secretary, UGC has already requested the universities to help students in Aadhaar enrolment vide D.O. No. F.14-34/2011 (CPP-II) dated 11.01.2013.

It may please be noted that the award is liable to be cancelled by Implementing/Awarding agency and it will also attract legal action against the Awardee in the following cases:

- If the awardee is found to be ineligible to receive the award at any point during the entire duration of fellowship,
- Misconduct of Awardee,
- Unsatisfactory progress of research work,
- Failure in any examination related to M.Phil./Ph.D.,
- In case any other fellowship is drawn from other source(s),
- Concealment of facts.

The e-Certificate of eligibility for Assistant Professor has been uploaded on <https://ecertificate.nta.ac.in>. The eligibility of the candidate is to be ensured by the institution/appointing authority. The category in which the candidate had appeared may be verified from NTA.

This electronic JRF award letter can also be verified by scanning the QR Code.

With best wishes,

*Sadhana Parashar*

(Dr Sadhana Parashar)  
Senior Director

Note: NTA has issued the electronic JRF award letter on the basis of information provided by the candidate in his/her online application form. The appointing authority should verify the original records/certificates of the candidate while considering him/her for JRF award or appointment, as the NTA will not be liable for any false information provided by the candidate. The NTA is only responsible for the result which can be verified from the repository available in the website of NTA ([ugcnet.nta.nic.in](http://ugcnet.nta.nic.in)). The candidate must fulfil the minimum eligibility conditions as laid down in the notification for UGC-NET.

### JRF Award Letter



**NATIONAL TESTING AGENCY**

*Excellence in Assessment*

उच्चतर शिक्षा विभाग, शिक्षा मंत्रालय, भारत सरकार  
के तहत एक स्वायत्त संगठन  
(An Autonomous Org. under the Department of Higher  
Education, Ministry of Education, Govt. of India)



विश्वविद्यालय अनुदान आयोग

First Floor, NSIC-MDBP Building, Okhla Industrial Estate, New Delhi, Delhi 110020 (India), Phone: 011-69227700, 011-40759000

**JRF AWARD LETTER**

Dated: 15.11.2022

NTA Ref. No.: 220510197961

Roll No.: DL01005342

**DEVRAJ**

Son/Daughter of KAMLESH

and RAMSUNDER

Subject: Psychology



*Dear Candidate,*

I am pleased to inform you that you have qualified for Junior Research Fellowship (JRF) and eligibility for Assistant Professor in the National Eligibility Test (UGC-NET) conducted for December 2021 and June 2022 (merged session). The tenure of fellowship is five years and it commences from the date of declaration of NET result, i.e., 05.11.2022 (or) from the date of admission under M.Phil./Ph.D. (or) from the date of joining M.Phil./Ph.D. programme, whichever is later. The summary of financial assistance offered under the scheme is mentioned at Annexure I available on [www.ugc.ac.in/netjrf](http://www.ugc.ac.in/netjrf)

The Awardee is required to get admission and registration for regular and full time M.Phil./Ph.D. course in a University/Institution/College recognized by UGC at the first available opportunity but not later than three years from the date of issue of this award letter. University/Institution/College is requested to process for award of JRF based on this letter, in accordance with the procedure available on [www.ugc.ac.in/netjrf](http://www.ugc.ac.in/netjrf).

It may be noted that the fellowship amount shall be disbursed through Canara Bank to bank account of the Awardee (any bank) directly. UGC has developed a dedicated web portal (<https://scholarship.canarabank.in>) for capturing data of the awardee. The Universities/Colleges/Institutions will link the data of the awardee with the master data on the UGC web portal with unique Maker/Checker IDs which have already been provided to them along with the passwords. The Universities/Colleges/Institutions shall update the information in the master data (regarding monthly payment confirmation, HRA, up-gradation, resignation etc.) of the beneficiaries on monthly basis. Based on the data updated on UGC web portal by the concerned Universities/Colleges/Institutions, the payment of the fellowship will be made to the beneficiaries (Detailed process available at [https://www.ugc.ac.in/ugc\\_notices.aspx?id=2153](https://www.ugc.ac.in/ugc_notices.aspx?id=2153)).

It may also be noted that UGC has proposed to link "AADHAAR" with bank account of students so that there can be direct cash transfer and effective disbursement of fellowship into bank account of the student. In this regard, Secretary, UGC has already requested the universities to help students in Aadhaar enrolment vide D.O. No. F.1-34/2011 (CPP-II) dated 11.01.2013.

It may please be noted that the award is liable to be cancelled by Implementing/Awarding agency and it will also attract legal action against the Awardee in the following cases:

- If the awardee is found to be ineligible to receive the award at any point during the entire duration of fellowship,
- Misconduct of Awardee,
- Unsatisfactory progress of research work,
- Failure in any examination related to M.Phil./Ph.D.,
- In case any other fellowship is drawn from other source(s),
- Concealment of facts.

The e-Certificate of eligibility for Assistant Professor has been uploaded on <https://ecertificate.nta.ac.in>. The eligibility of the candidate is to be ensured by the institution/appointing authority. The category in which the candidate had appeared may be verified from NTA.

This electronic JRF award letter can also be verified by scanning the QR Code.

With best wishes,

*Sadhana Parashar*

(Dr Sadhana Parashar)  
Senior Director

Note: NTA has issued the electronic JRF award letter on the basis of information provided by the candidate in his/her online application form. The appointing authority should verify the original records/certificates of the candidate while considering him/her for JRF award or appointment, as the NTA will not be liable for any false information provided by the candidate. The NTA is only responsible for the result which can be verified from the repository available in the website of NTA ([ugcnet.nta.ac.in](http://ugcnet.nta.ac.in)). The candidate must fulfil the minimum eligibility conditions as laid down in the notification for UGC-NET.

**JRF Award Letter**



➤ **Manjeet Singh**

Print
Close




<b>Application No :</b>	220520539230	<b>Roll Number :</b>	HR01400045	
<b>Candidate's Name :</b>	MANJEET SINGH			
<b>Mother's Name :</b>	KITABO DEVI			
<b>Father's Name :</b>	BALDEV SINGH			
<b>Category :</b>	Gen-EWS	<b>Person with Disability PwD*</b>	No	
<b>Gender :</b>	Male	<b>Date Of Birth</b>	10/12/1992	
<b>Subject :</b>	Psychology			
<b>No Of Candidates in the Subject</b>	<b>Registered</b>	18933	<b>Appeared</b> 13054	
<b>Applied For :</b>	JRF & ASSISTANT PROFESSOR			

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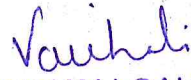
PAPER	MAXIMUM MARKS	MARKS OBTAINED
Paper-1 :	100	56
Paper-2 :	200	144
<b>Total :</b>	300	200
<b>Total Marks Obtained in Words</b>	Two Hundred Only	
<b>Result</b>	QUALIFIED FOR ASSISTANT PROFESSOR ONLY	

**Print copy of NET result**

➤ **Annanya Chauhan**

Ministry of Education Government of India		UGC NET December - 2021 & June - 2022 (merged cycles) National Testing Agency - Score Card		NATIONAL TESTING AGENCY Examinations	
Roll Number :	UK01000726	Application Number :	220510125871	 	
Candidate's Name :	ANNANYA CHAUHAN				
Mother's Name :	SHOBHA CHAUHAN				
Father's Name :	AJAY KUMAR CHAUHAN				
Category :	General	Person with Disability(PwD)* :			
Gender :	FEMALE	Date of Birth :	15-08-1998		
Subject :	Psychology				
No of Candidates in this Subject	Registered :	18437	Appeared :	12279	
Applied For :	JRF & ASSISTANT PROFESSOR				
Paper	Maximum Marks			Marks Obtained	
Paper-1 :	100			74	
Paper-2 :	200			152	
Total :	300			226	
Total Marks Obtained in Words :	Two Hundred Twenty Six Only				
Result :	QUALIFIED FOR JRF & ASSISTANT PROFESSOR				
<small>* VI-Visually Impaired, HI-Hearing Impaired, LM-Locomotor Disability, OD-Other Disability</small>					
Dated : 05-11-2022 <div style="text-align: right;">               Senior Director, NTA UGC NET           </div>					

**JRF Score Card**

  
**Dr. VAISHALI GAUR**  
 MOD, DEPARTMENT OF PSYCHOLOGY  
 UNIVERSITY OF PATANJALI, HARIDWAR



## List of Research Scholars




The following students are doing their research work under the supervision of Dr. Vaishali Gaur & Dr. Abhishek Kumar Bhardwaj.

Sl.No.	Name of the Scholars	Year of Enrolment	Name of the Supervisor/Co Supervisor
S.No.	Name of the Scholars	Year of Enrolment	Name of the Supervisor/Co Supervisor
1	JaydeepNegi (UGC-NET-JRF, Yoga)	2019	Dr. Abhishek K. Bhardwaj, Assistant Professor Supervisor, Department of Psychology, University of Patanjali, Haridwar
2	Neha Pathak (UGC-NET, Yoga)	2019	Dr. Abhishek K. Bhardwaj, Assistant Professor Supervisor, Department of Psychology, University of Patanjali, Haridwar
3	Priyanshi Kaushik (UGC-NET, Yoga)	2019	Dr. Abhishek K. Bhardwaj, Assistant Professor Supervisor, Department of Psychology, University of Patanjali, Haridwar
4	Deepanshi (UGC-NET, Yoga)	2020	Dr. Vaishali Gaur, Assistant Professor Supervisor, Department of Psychology, University of Patanjali, Haridwar
5	Pooja (UGC-NET- JRF, Psychology)	2020	Dr. Abhishek K. Bhardwaj, Assistant Professor Supervisor, Department of Psychology, University of Patanjali, Haridwar
6	Annanya Chauhan (UGC- NET- JRF)	2023	Dr. Vaishali Gaur, Associate Professor Supervisor, Department of Psychology, University of Patanjali, Haridwar
7	Santoshi	2023	Dr. Abhishek K. Bhardwaj, Associate Professor Supervisor, Department of Psychology, University of Patanjali, Haridwar

**Research Scholars getting financial assistance from the University/State Government /Central Government**

Sl.No.	Name of the scholars	Year of Enrolment
1	Annanya Chauhan (UGC- NET- JRF)	2023
2	Pooja (UGC-NET-JRF, Psychology)	2020


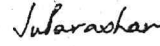
➤ **Annanya Chauhan**

Ministry of Education Government of India		UGC NET December - 2021 & June - 2022 (merged cycles) National Testing Agency - Score Card		NATIONAL TESTING AGENCY Examinations & Assessment	
Roll Number:	UK01000726	Application Number:	220510125871	 	
Candidate's Name:	ANNANYA CHAUHAN				
Mother's Name:	SHOBHA CHAUHAN				
Father's Name:	AJAY KUMAR CHAUHAN				
Category:	General	Person with Disability(PwD)*:			
Gender:	FEMALE	Date of Birth:	15-08-1998		
Subject:	Psychology				
No of Candidates in this Subject	Registered:	18437	Appeared:	12279	
Applied For:	JRF & ASSISTANT PROFESSOR				
Paper	Maximum Marks		Marks Obtained		
Paper-1:	100		74		
Paper-2:	200		152		
Total:	300		226		
Total Marks Obtained in Words:	Two Hundred Twenty Six Only				
Result:	QUALIFIED FOR JRF & ASSISTANT PROFESSOR				
<small>* Visually Impaired, HI-Hearing Impaired, LM-Locomotor Disability, OD-Other Disability</small>					
Dated: 05-11-2022 <div style="text-align: right;">               Senior Director, NTA UGC NET           </div>					

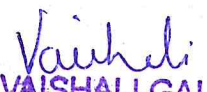
**JRF Score Card**



➤ Pooja

	 <b>NATIONAL TESTING AGENCY</b> <i>Excellence in Assessment</i> कुम्हार विद्या विभाग, शिक्षा मंत्रालय, भारत सरकार (An Autonomous Org. under the Department of Higher Education, Ministry of Education, Govt. of India)	
Block C 201/A/3, Sector 62, IITK Outreach Centre, Gautam Buddha Nagar 201309, Uttar Pradesh (India) Phone: 0120-6895230		
<b>JRF AWARD LETTER</b>		
NTA Ref. No.: 200510200119 POOJA Sav/Daughter of SHUSHILA and OMPARKASHI Subject: PSYCHOLOGY	Roll No.: UK065030018 	Date: 10.12.2020 
<p><b>Dear Candidate,</b></p> <p>I am pleased to inform you that you have qualified for Junior Research Fellowship (JRF) and eligibility for Assistant Professor in the National Eligibility Test (UGC-NET) conducted in June 2020. The tenure of fellowship is five years and it commences from the date of declaration of NET result, i.e., 30th November, 2020 (or) from the date of admission under M.Phil/Ph.D. (or) from the date of joining M.Phil/Ph.D. programme, whichever is later. The summary of financial assistance offered under the scheme is mentioned at Annexure I available on <a href="http://www.ugc.ac.in/jrf">www.ugc.ac.in/jrf</a>.</p> <p>The Awardee is required to get admission and registration for regular and full time M.Phil/Ph.D. course in a University/Institution/College recognized by UGC at the first available opportunity but not later than three years from the date of issue of this award letter. University/Institution/College is requested to process for award of JRF based on this letter, in accordance with the procedure available on <a href="http://www.ugc.ac.in/jrf">www.ugc.ac.in/jrf</a>.</p> <p>It may be noted that the fellowship amount shall be disbursed through Canara Bank to bank account of the Awardee (any bank directly). UGC has developed a dedicated web portal (<a href="https://scholarship.canarabank.in">https://scholarship.canarabank.in</a>) for capturing data of the awardee. The Universities/Colleges/Institutions will link the data of the awardee with the master data on the UGC web portal with unique Maker/Checker IDs which have already been provided to them along with the passwords. The Universities/Colleges/Institutions shall update the information in the master data (regarding monthly payment confirmation, HRA, up-gradation, resignation etc.) of the beneficiaries on monthly basis. Based on the data updated on UGC web portal by the concerned Universities/Colleges/Institutions, the payment of the fellowship will be made to the beneficiaries (Detailed process available at <a href="https://www.ugc.ac.in/ugc_notices.aspx?id=2153">https://www.ugc.ac.in/ugc_notices.aspx?id=2153</a>).</p> <p>It may also be noted that UGC has proposed to link "AADHAAR" with bank account of students so that there can be direct cash transfer and effective disbursement of fellowship into bank account of the student. In this regard, Secretary, UGC has already requested the universities to help students in Aadhaar enrolment vide D.O. No. F.14-34/2011 (CPP-II) dated 11.01.2013.</p> <p>It may please be noted that the award is liable to be cancelled by Imparting/Awarding agency and it will also attract legal action against the Awardee in the following cases:</p> <ol style="list-style-type: none"><li>If the awardee is found to be ineligible to receive the award at any point during the entire duration of fellowship,</li><li>Misconduct of Awardee,</li><li>Unsatisfactory progress of research work,</li><li>Failure in any examination related to M.Phil/Ph.D.,</li><li>In case any other fellowship is drawn from other source(s),</li><li>Concealment of facts.</li></ol> <p>The e-Certificate of eligibility for Assistant Professor has been uploaded on <a href="https://ecertificate.nta.ac.in">https://ecertificate.nta.ac.in</a>. The eligibility of the candidate is to be ensured by the institution/appointing authority. The category in which the candidate had appeared may be verified from NTA.</p> <p>This electronic JRF award letter can also be verified by scanning the QR Code.</p> <p>With best wishes,</p> <p style="text-align: right;"> (Dr. Sadhana Parashar) Senior Director</p> <p><small>Note: NTA has issued the electronic JRF award letter on the basis of information provided by the candidate in his/her online application form. The appointing authority should verify the original records/certificates of the candidate while considering him/her for JRF award or appointment, as the NTA will not be liable for any false information provided by the candidate. The NTA is only responsible for the result which can be verified from the repository available in the website of NTA (<a href="http://www.nta.ac.in">www.nta.ac.in</a>). The candidate must fulfill the minimum eligibility conditions as laid down in the notification for UGC-NET.</small></p>		

JRF Award Letter

  
Dr. VAISHALI GAUR  
HOD, DEPARTMENT OF PSYCHOLOGY  
UNIVERSITY OF PATANJALI, HARIDWAR