Dr. Nupur Gosain

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**Address**: 918, Dr. Mukherjee Nagar, Delhi-110009

# CAREER OBJECTIVE

To build a career in the field of psychology, by using my skills in the best possible way to bring about positive and ever lasting impact. To bring about change in the ecosystem of education, career and guidance and enable everyone in making the right choice for themselves and thus building positive and nurturing environment for everyone. I have developed keen interest in delivering trainings on Soft-skills, Behavioral Skills, and Personality Development etc. I aim to inculcate positive life changes through by building a healthier and happier environment.

# EDUCATIONAL QUALIFICATIONS

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| **Degree/Course** | **Institution** | **University/Board** | **Year of Passing** |
| Doctorate in Psychology | Faculty of Management Studies | Manav Rachna International University | Awarded (2017) |
| M.A. Psychology (Organizational Behaviour) | Daulat Ram College | University of Delhi | 2014 |
| B.A (H) Applied Psychology | Bhim Rao Ambedkar College | University of Delhi | 2012 |
| AISSCE 2006 (Class XII) | Guru Harkishan Public School | C.B.S.E | 2009 |
| AISSE 2004  (Class X) | Mata Jai Kaur Public School | C.B.S.E | 2007 |

# EMPLOYMENT EXPERIENCE

* **Shaheed Rajguru College of Applied Sciences, University of Delhi, Assistant Professor Psychology (July’18-Present):**

**Subjects Taught:** Psychological Research, Psychological Skills in Organization, Organization Behavior, Human Resource Management, Psychology and Media etc.

* **Guest Faculty- Psychology, University of Delhi (Jan’18-May’18)**

Sri Aurobindo College (Evening) and Bhim Rao Ambedkar College, University of Delhi.

**Subjects Taught:** Media Psychology, Human Resource Management, Peace Psychology etc.

* **Brain Pundits Technologies Pvt. Ltd. (September’16-Jan’18)**

Worked as a Research Analyst and Head Campus Coordinator (North).

Construction for psychological test for assessment and evaluation (Personality, Aptitude, Interest, Team Building, Diplomacy, Communication etc.). Dealing with Training and Development in Corporate Setting. Building brand as well as marketing through college connects. Content writing for the organization and writing creative blogs for Social Media Marketing.

* **Manav Rachna International University** (Faculty of Management Sciences)

Assistant Professor (November’14-September’16)

**Courses Taught**: B.A, M.A (Psychology), Hotel Management and M.B.A Students.

**Subjects Taught**: Positive Psychology, Life Span Development, Psychology of Everyday Life, Cognitive Psychology, General Psychology, Development of Psychological Thought, Organizational Change and Management, Organizational Behavior, Research Methods etc.

**Conducted Training Session** on Personality Development, Soft Skills Training for aspiring management students in cities such as, Chandigarh, Agra, Dehradun. Jaipur, Ludhiana, Ghaziabad, Meerut, Lucknow, Amritsar, Jalandhar, Gwalior etc. In various Career Launcher and other Coaching Institute for marketing purposes of Faculty of Management Studies, MRIU.

**Participated and actively volunteered in the CSR activities** under Dr. O.P Bhalla Foundation, a philanthropic wing under Manav Rachna Educational Institutions. Have been an active participant in arranging and managing activities at the University Level. Also, have been an active volunteer during events such as Blood Donation Camps, Tree Plantation Drives, Donations for Relief during Natural Calamities etc., Swacch Bharat Abhiyaan etc.

* **Centre for Assessment Evaluation and Research (CAER)** – **PPP Venture of CBSE and Pearson India**

Worked as Junior Research Officer from May’14 to November’14. My work profile included research in the field of education. Research on Feedback to improve learning based on John Hattie’s model of feedback. Developed feedback instrument for teacher’s in order to analyze and improve student's learning through effective teaching. Understanding and learning research through the perspective of the organization and learning other areas of research. Supported Test Development activities, content development and item writing for Problem Solving Assessments.

Worked with the UDAAN Project (C.B.S.E and M.H.R.D initiative), gained experience in item writing for science and problem-solving assessment questions.

# CERTIFICATIONS

* Participated in the IIC Online Sessions conducted by Institution's Innovation Council (IIC) of MHRD's Innovation Cell, New Delhi to promote Innovation, IPR, Entrepreneurship, and Start-ups among HEIs from 28th April to 22nd May 2020
* Completed a 2-Week Faculty Development Programme on successfully completed a 2-Week Faculty Development Programme on "MANAGING ONLINE CLASSES AND CO-CREATING MOOCS 3.0" "MANAGING ONLINE CLASSES AND CO-CREATING MOOCS 3.0".
* Expressive Arts Therapy Program by International Career Coaching Association, CDA, USA
* Competed 3 months International Certified Career Coach Program (MINDLER and Career Development Alliance, USA)
* Research Skill Development Certificate Course by Foundation of Public Health, Education and Development and School for International Training, USA
* Assessment and Development Center Workshop, Psychology and Human Resource Forum
* Personality Development Course, Institute of Life Long Learning, University of Delhi

# PROJECTS UNDERTAKEN

* **E-PG Pathshala** (A UGC and MHRD Initiative)

Worked as a project intern worked for the development of e-learning content for Psychology. Also, reviewed and edited videos of e-learning material. Recorded e-learning content in various modules.

* **Freelance Trainer**

Work as a freelance trainer, some of the training areas include; Personality Development, Soft-Skills, Time Management, Stress-Management, Positive Thinking, Positive Psychology etc.

* **Content Writer**

Worked as free-lance item writer in various domains such as Reasoning, Aptitude, Critical Thinking etc.

# RESEARCH PUBLICATIONS

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| Year of Publication | Title | Journal |
| 2020 | Using Constructive Feedback as an Effective Teaching Pedagogy | Mukt Shabd Journal |
| 2017 | Concept Note: Career Transition and Emotional Intelligence at Workplace | Imperial Journal of Multidisciplinary Research |
| 2017 | Management Specializations in India: Students’ Perspective | Technia Journal of Management Studies |
| 2016 | Should you be Emotionally Intelligent in the Workplace? | Online International Interdisciplinary Research Journal |
| 2016 | Book Review on “Religion, Science and Society” by Dr. B.N Singh | Journal of Human and Work Management |
| 2016 | Exploring the Factors of Mid-Career Transition: A Qualitative Review | International Journal of Multidisciplinary Research Review |
| 2016 | Mid-Career Transition and Emotional Intelligence: A Conceptual Note | Technia Journal of Management Studies |
| 2015 | A Biographical Narrative Essay on “The Test of my Life” By Yuvraj Singh | Journal of Human and Work Management |
| 2014 | Feedback for Effective Learning: A Theoretical Framework | Center for Assessment Evaluation and Research |
| 2014 | Feedback to Improve Student’s Learning | Center for Assessment Evaluation and Research |

# PAPER PRESENTATIONS AND WORKSHOPS

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| Title | Organization |
| Paper Presentation on “New Trend in Start-Up: Fractional Leadership” | One Day Online International Multi-Disciplinary Conference on “Current Trends, Policies and Issues in the field of Commerce, Management, Economics, Law and Social Sciences” |
| 2 Weeks Course on Transforming Digital Learning: Learning Designs Meets Service Design | Daekin University (Future Learn) |
| Four Day Course on Use of Statistical Tools and Techniques for Social Science Research | Institute of Management Studies, Devanagere |
| Three Day National E-Workshop on Structural Equational Modelling for Researchers | St. Agnes College (Autonomous), Mangaluru |
| Stress Management and Emotional Intelligence in Teaching Learning Environment | National Workshop at Guru Angad Dev Teaching and Learning Center of MHRD, SGTB Khalsa College, University of Delhi |
| Ethics in Psychological Research | National Seminar under UGC (SAP)- DRS-I on, Department of Psychology, University of Delhi |
| Reinventing Aptitude Tests: An Indian Study on College Placement | International Paper Presentation at Asia Pacific Career Development Association Conference, Philippines |
| Factors affecting mid-career transition | International Paper Presentation at Asia Pacific Career Development Association Conference, Philippines |
| Effect of Altruistic Helping on Happiness | Paper Presentation at 1st International and 3rd National Conference by Indian Association of Positive Psychology |
| Positive Feedback for Effective Teaching | Paper Presentation at 1st International and 3rd National Conference by Indian Association of Positive Psychology |
| Social Media and the changing Organizational Trends | Paper Presentation at National Seminar at Bhim Rao Ambedkar College, University of Delhi |

# BOOKS/CHAPTERS AUTHORED OR EDITED

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| Book Title | Publishing House |
| Yoga and Stress Management (Edited and Chapter) | Friends Publication India |
| Teacher’s and Transitions: A Psychological Review | Readers Paradise |

# ACHIEVEMENTS

* Emerging Leader Scholarship Award (2017) by Asia Career Development Association in Manila, Philippines.

# RESOURCE PERSON

* Resource Person in National Level Online Workshop on “Collaborative Counselling for Healthy Mind” organized by Dept. of Physical Education, PGSR, Krishnammal College for Women, Coimbatore, Tamilnadu on 10th October, 2020.
* Resource Person with Collectcent Organization, conducted a motivational webinar on the topic of “Converting Crisis into Opportunity” for their employees on 1st September, 2020.
* Resource Person in the National Webinar on ‘Stress Management in the time of Pandemic Covid-19’ jointly organized by Department of Zoology and Central Library, S.B.M.S College, Sualkuchi, Kamrup, Assam on 6th July 2020.
* Resource Person in Geeta Bharti School, conducted Career Counselling Session for students and parents of classes XI and XII on 11th January, 2020.

# SKILLS

* Computer Skills: Efficient in Microsoft Word, Excel and Power Point.
* Quantitative Skills and hands-on experience with Statistical Tools
* Good written and verbal communication skills