

Curriculum vitae
Dr. Sonam Kumari Rawat
(Assistant Professor)



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Research Interest

- Organizational Behaviour
- Positive Psychology
- Social Psychology
- Personality

Educational qualification

Degree	Year of completion	Board/Institute/ University
UGC NET	2012	UGC, New Delhi.
Ph.D.	2020	University of Lucknow, Lucknow, UP.
B.Ed.	2011	University of Lucknow, Lucknow, UP.
Masters of Arts	2010	University of Lucknow, Lucknow, UP.
Bachelors of Arts	2008	University of Lucknow, Lucknow, UP.
Intermediate	2005	U.P. Board
High-school	2003	U.P. Board

Employment

Year	Designation	Institute
June 2022 onwards	Assistant Professor	Feroze Gandhi College Raebareli
March 2020 – June 2022	DIET Lecturer	District Institute of Education and Training, Payagpur, Bahraich
Sep. 2015 – March 2021	Assistant Teacher	Primary School Bastipur, Block Kasmanda, Dist Sitapur

Conference/Symposium Presentation

- 2013 - Presented a paper titled “Stress Management among the Elderly” in the National Seminar on “Promoting Well-being among Elderly : An Indian Perspective” held on 26th – 27th December 2013 at Centre of Excellence, Department of Psychology, University of Lucknow, Lucknow.

- 2014 - Presented a paper titled “Optimism : Its Impact on Health” in the National Conference on “Role of Community Psychology in Creating Well-being Under the aegis of Community Psychology Association of India (Silver Jubilee Celebration)” held on 19th – 20th December 2014 at Centre of Excellence, Department of Psychology, University of Lucknow, Lucknow.
- 2023 - Presented paper titled “Self Efficacy, Difficulties in Emotion Regulation and Psychological Wellbeing among Young Women” in a Two-day national conference on “Women’s Health and Well-being” organized by Department of Psychology, Central University of Haryana, Mahendragarh- Haryana in collaboration with National Academy of Psychology (NAOP) held during October 12-13, 2023

Publications

- Rawat S. K., Mishra P. C. (2019). Relationship between Occupational Stress, Optimism and Resilience in Paramilitary Force Personnel: A Pilot Study. *International Journal Shrinkhala Ek Sodhparak Vaicharik Patrika*. ISSN 2321-290X.
- Rawat S. K., Mishra P. C. (2019). Occupational Stress and Optimism as the Predictors of Work Commitment in Personnel of Paramilitary Force. *International Journal Remarking*. ISSN 2455-0817.
- Rawat S. K., Mishra P. C. (2020). “Stress Management among the Elderly”. *International Journal Innovation the Research Concept*. ISSN 2456-5474.
- Rawat S. K., Pradhan M. (2020). A Study of Relationship between Organizational Role Stress and Coping Strategies among Police Personnel,” *International Journal Periodic Research*. ISSN 2231-0045.
- Rawat, S.K., Kharwar, S. (2023). Knowledge, Social Contact, Social Distance Practices and Attitude towards LGBT Community: A Cross-Sectional Study from Rae Bareli, Uttar Pradesh. *International Journal of Social Sciences Review*. ISSN-2347-3797.
- Awasthi Astha, Rawat, S.K. (2024). A Study of Relationship between Self Efficacy, Hope, Difficulties in Emotion Regulation and Internet Addiction among Youth: *Emerging Trends in Humanities and Sciences*. ISBN: 978-81-19428-54-0
- Salmani U. K., Rawat, S.K. (2024). A Study of Relationship between Self Efficacy, Difficulties in Emotion Regulation and Psychological Well-Being among Youth: *Emerging Trends in Humanities and Sciences*. ISBN: 978-81-19428-54-0

Organizing Workshops

Contributed as member of organizing committee in the one-day Workshop on ‘Mental Health and Wellbeing’ held on October 10, 2022, organized by the Department of Psychology, Feroze Gandhi College, Raebareli, UP (Associated with University of Lucknow).

MA Dissertations Supervised

1. Supervised MA dissertation titled “*A Study of Relationship between Self-Efficacy, Hope, Difficulties In Emotion Regulation And Internet Addiction among Youth*” completed by Ashtha Awasthi (2023).
2. Supervised MA dissertation titled “*A Study of Relationship between Self-Efficacy and Life Satisfaction among Youth*” completed by Ranjana Tiwari (2023).
3. Supervised MA dissertation titled “*A Study of Relationship between Hope, Self-Efficacy and Psychological Well-Being among Youth*” completed by Smriti Singh (2023).
4. Supervised MA dissertation titled “*To Study the Relationship between Self-Efficacy, Difficulty in Emotion Regulation and Psychological Wellbeing among Youth*” completed by Umme Kulsum (2023).