



PROF. MISS. JAIMALA ASHOK SODE (Assistant Professor in Psychology)

PERSONAL INFORMATION

- **Full Name** : Prof. Miss. Sode Jaimala Ashok
- **Name of the College** : Mahatma Gandhi Vidyamandir's
S. P. H. Mahila College, Malegaon, Nashik.
- **Address** : Old Station Wadi, Deolali camp, Nashik.
- **Email ID** : jaimalasode@gmail.com
- **Date of Birth** : 13th June 1988.
- **Department** : Psychology
- **Subject** : Psychology
- **Designation** : Assistant Professor
- **Date of appointment** : 10/10/2011.
- **Nature of appointment** : Permanent

ACADEMIC QUALIFICATIONS

Sr. No	Degree	University	Year of Passing	Grade/Class
1.	B. A.	Pune University	2008	I st Class with Dist.
2.	M. A.	Pune University	2010	I st Class
4.	SET		2011	

- **Teaching Experience** : Teaching in Senior College from 10/10/2011.
- **Teaching Experience** : 9 years.
- **Appointment as assistant professor:** Working in MG Vidyamandir From 10/10/2011.
- **Whether Full Time** : Yes
- **Years of teaching UG** : 9 years.
- **Years of teaching PG** : 8 years.
- **Orientation Course** : At BAMU, Aurangabad from 25/04/2016 to 20/05/2016

- **Refresher Courses** : At BAMU, Aurangabad from 04/09/2018 to 23/09/2018
- **Ph.D Course Work** : At SPPU, Pune from 06/06/2019 to 06/07/2019
- **Faculty Development Program** : At YCMOU, Nashik from 19/09/2019 to 28/09/2019
- **Online FDP** : At Spoken Tutorial, IIT Bombay Pandit Madam Mohan Malaviya National Mission on Teachers and Teaching organized by Rajarshi Shahu Mahavidyalaya Latur, from 01/05/2020 to 07/05/2020.
- **Online FDP** : At Teaching Learning Centre, Ramanujan College, Delhi University, Pandit Madam Mohan Malaviya National Mission from 08/06/2020 to 14/06/2020
- **Online FDP** : At HRDC, Savitribai Phule Pune University, Pandit Madam Mohan Malaviya National Mission from 11/07/2020 to 17/07/2020

PARTICIPATION IN INSTITUTIONAL/ COLLEGE ACTIVITIES

- Working as a NSS program Officer in the year 2019-2020.
- Worked as a member for the “Soft Skill Development Programme” in the year 2010-2011.
- Worked as a Junior Supervisor in Various Exams.
- Worked as a member in various Admission committees.
- Worked as a member in Cultural Programme committee
- Conducted Study Tours.
- Worked as a Custodian in exam department in the year 2012-2013.
- Worked as a member in registration committee of KarmaveerBhausahab Hiray National Level Debating Competition in the year 2012-2013.
- Worked as an Organizing Secretary in State level Seminar on Research Methodology and Uniformity in Research at L. V. H. College, Panchavati, Nasik, 29th & 30th October 2013.

ADDITIONAL CONTRIBUTION/EXTENSION ACTIVITIES

- Guidance to students of the college.
- Worked as a counselor for various personal problems of students.
- Counseling and guidance to students of the college.

CONTRIBUTION IN THE FIELD OF EDUCATION

- Actively working as the Coordinator for the certificate course in Soft Skill development (UGC sponsored) in the year 2014-2015.
- Worked as a Joint Organizing Secretary for the National Conference on Positive Psychology sponsored by UGC on 9th – 10th Jan 2015.
- Actively working as the Coordinator for the certificate course in Soft Skill development (UGC sponsored) in the year 2013-2014.
- Actively working as the Assistant Coordinator for the certificate course in Soft Skill development (UGC sponsored) in the year 2012-2013.
- Worked as a member for the Soft Skill Development Programme in the year 2012-2013.
- Worked as a Custodian in University exam in the year 2012-2013.
- Worked as a member for the Soft Skill Development Programme in the year 2010-2011.
- Delivered Lectures as Resource Person in NET/SET Workshops.
- Conducted Study Tours.
- Actively working as a member in the various committees.
- Worked as an Organizing Secretary in State level Seminar on Research Methodology and Uniformity in Research at L. V. H. College, Panchavati, Nasik, 29th & 30th October 2013.

PAPERS PRESENTED AT CONFERENCES AND SEMINARS

International Conference	05
National Conference	13
State Level Seminar	05
Online Webinars	19
Total	42

PARTICIPATED IN NATIONAL & INTERNATIONAL LEVEL ONLINE WEBINARS

1. Participated in four days **National level Webinar** on Use of Statistical Tools & Techniques For Social Science organized by Dawangiri University, Karnataka, from 20th April 2020 to 24th April 2020 (Zoom).

2. Participated in Two days **National level online Workshop** on Mindfulness organized by Smt. Radhadevi Goenka College for Women, Akola, Maharashtra from 23rd April to 24th April 2020 (Google Meet).
3. Participated in Two days **National level Webinar** on Introduction to Research Designs- from Theory to Practice organized by Elphinstone College, Mumbai from 29th April to 30th April 2020 (YouTube Channel).
4. Participated in one day National level Webinar on Unlock the Body and Mind organized by Cosmopolitan's Valia C. L. College of Commerce and Valia L.C College of Arts, Andheri (West), Mumbai on 5th May 2020 (Via Zoom).
5. Participated in **International level webinar** on Laughter Yoga organized by S.S.T College of Arts and Commerce in association with Mumbai University and College Teacher Association, Thane, Mumbai, on 9th May 2020 (Zoom).
6. Participated in one day **National level webinar** on Strategies for Extension as a Social Responsibility: Perspectives of Higher Education organized by the Department of Lifelong Learning and Extension, Savitribai Phule Pune University (Formerly University of Pune) in collaboration with Indian University Association for Continuing Education, New Delhi on 13th May 2020.
7. Participated in **Nation level webinar** on Towards Excellence in Higher Education in 21st Century: Challenges and Opportunities organized by S.S.T College of Arts and Commerce in association with Mumbai University and College Teacher Association, Thane, Mumbai, on 13th May 2020 (Zoom).
8. Participated in Five days **National level Webinar series** on Educational Research organized by Bombay Teacher Training College, Colaba, Mumbai in collaboration with Department of education University of Mumbai from 12th May to 16th May 2020. (YouTube Channel).
9. Participated In Two Days **International Webinar** On Social Work Interventions: Post Covid-19 Situations With Special Reference To Mental Health Organized By Department Of Social Work. Bharathidasan University, Triuchirappalli Tamil Nadu From 14th May To 15th 2020. (Youtube Channel)
10. Participated In **National Level Webinar** On E-Content Development Methodology Four Quadrant Model, OER And Copyright Issues Organized By Guru Angad Dev Teaching And Learning Centre Of MHRD, SGTB Khalsa College, Delhi University On 15th May 2020 (You Tube Channel).

11. Participated in **National Webinar** on NAAC: Systematic Data Organization and Presentation” organized by Vidyalkar Institute of Technology, an Engineering and Management Institute Mumbai on 16th May 2020. (You Tube Channel).
12. Participated In **International Webinar** On Post Covid-19 Lockdown: Opportunities And Challenges For Education, Industry And Economy Organized By Poona College Of Arts, Science And Commerce, Pune On 16th May 2020. (Youtube Channel).
13. Participated In Two Days **National Level Webinar** On New Horizons For E-Learning In Higher Education Organized By Sitaram Govind Patil Arts, Science And Commerce College, Sakri, Jalgaon from 14th May To 15th May 2020. (Youtube Channel).
14. Participated in three days **National level webinar** on Wellness organized by the Department of Physical Education, School of Education & Board of Sports & Physical Education, Savitribai Phule Pune University (Formerly University of Pune) in collaboration with Madan Mohan Malaviya National Mission on Teachers and Teaching School of Education from 14th May to 16th May 2020. (Youtube Links)
15. Participated in **Web seminar**: Licensing of technologies/Patents in the Indian context organized by Amity University, Mumbai on 14th May 2020. (Webex Meet)
16. Participated in Two days **National webinar** on Organization Effectiveness and Employees Mental Health during the Period of Lockdown organized by Maharaja Sayajirao University of Baroda, Gujarat from 15th May to 16th May 2020. (Zoom)
Participated in Two Days National Webinar on Let’s Overcome Corona Crisis with Positivity organized by Department of Psychology, Dadasaheb Digamber Shankar Patil arts, Commerce and Science College, Jalgaon from 18th May to 19th May 2020.
17. Participated in **webinar on CAS Promotion** Issues organized by Shikshan Maharshi Dnyandeo Mohekar Mahavidyalaya, Kalamb, on 20th May 2020.
18. Participated In **International Webinar** on Creative Therapy for Psychological Issues in Youth & Children organized by Hindustan College of Arts and Science, Chennai, on 24th July, 2020
19. Participated in **National Webinar** on E-teaching and Future of Learning Adoption organized by Arts and Commerce College, Yeola, on 12th August, 2020.

PAPERS PRESENTED AT NATIONAL INTERNATIONAL
SEMINARS/WORKSHOPS AND CONFERENCES

- 1) Participated in **National conference** on Employability Augmentation through Skill Development for Management Education organized by Institute of Management & Research, Panchavati, Nashik, sponsored by Under QIP of SPPU, Pune on 19th& 20th January, 2018.
- 2) Participated and presented the research paper entitled, “Burnout and personality traits among athletic trainers” at **National Conference** on Current Trends in Sports Psychology for Enhancing Sports Performance sponsored by Savitribai Phule Pune University organized by Department of Psychology L.V.H. College, Nashik, 6th& 7th Feb, 2018.
- 3) Participated in Marathi Manasshashra Parishad organized by Department of Psychology M.S.G. College, Malegaon, Nashik, 30th& 31st Jan, 2018.
- 4) Participated and presented the research paper entitled, “Peace education & enhancement of emotional Intelligence and Aggression management among college student at the 19th World Congress of IAEWP (UN-NGO) **International Conference** on Peace Education for Good Governance and Non-violence organized by HPT & RYK and SMRK-BK-AK Mahila Mahavidyalaya, Nashik, 24-26 October 2016.
- 5) Participated and presented the research paper entitled, “Multicultural Application of cognitive behavior therapy” at the **International Conference** on Emerging trends & issues in research & development –, at M.S.G. College, Nashik, 17th& 18th Feb, 2016.
- 6) Participated and presented the research paper entitled, “Relationship between personality & value at work place” at the **National Conference** on Human value and role of higher education – at Dr. S.P.H. Mahila College, Malegaon, Nashik, 12th& 12th Feb, 2016.
- 7) Participated and presented the research paper entitled, “The influence of Psychological factors on voting behavior” at the **National level seminar** on Psychological Impact: Election and Media– at K.T.H.M. College, Nashik, 8th& 9th January, 2016.
- 8) Participated and presented the research paper entitled, “Effect of leadership style on employees work ethics” at the **State level Conference** on Application of Industrial & Organizational Psychology– at Arts, Science & Commerce college, Harsul, Tryambakeshwar, Nashik, 19th& 20th January, 2016.
- 9) Participated and presented the research paper entitled, “Mobile Phone Addiction and Loneliness among College Students” at the **International Conference** on Current Issues in education & Social Science – at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra, 9th& 10th May 2015.

- 10) Participated and presented a research paper entitled, Value Education and Students Well-being at the **National Conference** on Dimension of Value Education in Higher Education at K.G.D.M. Arts, Commerce & Science College, Niphad, 26th - 27th September, 2014.
- 11) Participated and presented a research paper entitled, Role of Soft Skills in Higher Education at the **National Conference** on Emerging Trends in Personality Development in Higher Education at K.G.D.M. Arts, Commerce & Science College, Niphad, 5th - 6th September, 2014.
- 12) Participated and presented a research paper entitled, Impact of Emotion on Health & Wellbeing at the **State Level Seminar** on Subjective Well-being at M.V.P. Samaj Arts & Commerce College, Ozar (Mig), Tal. Niphad, Dis. Nashik. 22, Dec, 2014.
- 13) Working as a Coordinator for the Certificate Course in Soft Skill Development (Sponsored by UGC).
- 14) Delivered a Lecture as a Resource person in NET/SET workshop on Paper II at LVH College, Nashik. 21st January 2015.
- 15) Participated and presented the research paper entitled, “Online Social Networking And Addiction – A Psychosocial Review” at the **International Conference** on Applied Psychology – at Gujarat Law Society’s Smt. Laxmiben and Shri. Chimanlal Mehta Arts College, Ahmadabad, Gujarat, 1st to 3rd March 2014.
- 16) Delivered Lectures as Resource Person in NET/SET Workshops.
- 17) Presented the paper in **National Conference** entitled “A comparative study of marital adjustment & depression among working and non working women.” at Late Bindu Ramrao Deshmukh Arts & commerce Mahila Mahavidyalaya, Nasik Road. 13th, 14th & 15th 2012.
- 18) Participated and presented the paper entitled, “Environmental pollution- Impact on mental and physical health’ at the **National Conference** on Environmental Conservation and Sustainable Development Pollution - at Bytco College, Nashik Road, Dec. 2012.
- 19) Participated and presented the paper entitled, “Female Feticide & Women’s Mental health’ at the **National Conference** on Psychosocial perspective on Female Feticide - at Radhabai Kale Mahila Mahavidyalaya, Ahmednagar, 8th & 9th March. 2013.
- 20) Participated and presented the paper entitled, “The Influence of Personality Factors on Leadership” at the **State Level Seminar** on Qualities of Leadership Development - at Niphad College, March. 2013.
- 21) Attended and Participated **State Level Seminar** on Women’s Empowerment- at Surgana College, March. 2013.

22) Participated and presented the paper entitled, “Problems of old aged: An Indian Scenario” at the **National Conference** on Behavior of the Aged - at Sadguru Gadage Maharaj College, Karad , 7th&8th& 9thOctober. 2013.

23) Participated and presented the paper entitled, “Impact of Globalization and Empowerment on Indian Women: A Psychosocial review” at the **National Conference** on Women Empowerment - at Pushpati Hiray Arts Science and Commerce Mahila Mahavidyalya ,Malegaon Camp, Malegaon, 3rd& 24th October 2013.

COPYRIGHT AND TRADEMARK

- Constructed a Psychological test and received the International copyright and the trademark under class 42 for scientific and technical services country code 1 and Indian ISBN country code 81 for developing the Psychological tool “Shopping Addiction Scale (SAS)

RESEARCH PROJECTS

Sr. No.	Title of the projects Completed	Funding Agency and Amount
1	Personality traits, Emotional Intelligence and Internet Addiction Among College Students (regular Degree as well as Professional) (Minor Project)	UGC, New Delhi. (80,000) Completed

PUBLICATIONS IN RESEARCH JOURNALS WITH ISSN/ISBN - 15

RESEARCH PUBLICATIONS

Sr. No.	Title of the Paper	Name of the Journal	ISSN	ISBN	Author	Volume & Issue	Year
2019-2020							
1	Internet addiction and Psychological Well-being among college students	UGC Care Listed Shodh Sarita Journal of Arts, Humanities and Sciences	ISSN - 2348-2397	-----	Main Author	Vol.-7 Issue, 25	March 2020
2018-19							
2	Death Anxiety and Personality traits among Type-2 Diabetic Patients	International Journal of Applied social Science	ISSN – 2394-1405	-----	Corresponding Author	Vol.-VI Issue, 2	Feb 2019
2017-18							
3	Burnout and personality traits among athletic trainers	Researchers World Journal of Arts, Science & Commerce,	ISSN – 2231-4172.	----	Main Author	Vol. – IX Special Issue	Feb 2018

4	Shopping Addiction And Its Relation With Depression Among Working And Non-Working Married Women	Asian Journal of Psychology & Education	ISSN 09712909	-----	Corresponding Author	Vol. – 51 Issue, 1-2	2018
5	Effects of yoga on level of Depression among females suffering from Polycystic Ovarian Syndrome (PCOD)	International Journal on Arts, Management and Humanities	ISSN - 23195231	-----	Corresponding Author	Vol. - VI Issue, II	Dec, 2017
2016-17							
6	Personality and Perceived stress among Medical college students	International Journal of Recent Scientific Research	ISSN 0976-3031	-----	Corresponding Author	Vol. 8 Issue, 2.	Feb 2017
2015-16							
7	Relationship between Personality and Value at workplace	International Refereed Multidisciplinary Journal of contemporary research (IRMJCR)	ISSN-2320-3145 (With Impact factor 3.552)	----	Main Author	Special Issue X	Feb, 2016
8	Mobile Phone Addiction and Loneliness among Teenagers	International Journal of Indian Psychology	SSN-2349-3429 (With Impact Factor 4.50 ICI)	-----	Corresponding Author	Vol. II, Issue III, I	April-June 2015
2014-15							
9	Personality Traits and Social Network Addiction (SNS) Among College Students	Critical Inquiry Peer-Reviewed Quarterly Research Journal for Inter-disciplinary studies in Humanities and Social Sciences	ISSN-0975-0096.	-----	Corresponding Author	Vol. VI, Issue IV	Oct-Dec 2014
2013-14							
10	Environmental Pollution – Impact on Mental Health	Critical Inquiry Peer-Reviewed	ISSN NO: 0975-0096.	---	Second Author	Vol: V Issue: IV	Dec 2013.
2012-13							
11	Female Feticide & Women's Mental Health	Indian Journal of Research Studies in Social Science(IJORS)	ISSN NO: 2320-9771.	---	Main Author	Vol: I Issue: I	Feb 2013.

CONFERENCE PROCEEDING

Sr. No.	Title of the Paper	Conference Proceeding	ISBN	Author	Year
2016-17					
1	Peace education & enhancement of emotional Intelligence and Aggression management among college students	conference proceeding of 19 th World Congress of IAEWP (UN-NGO) International Conference on Peace Education for Good Governance and Non-violence organized by HPT & RYK and SMRK-BK-AK at Mahila Mahavidyalaya, Nashik	ISBN – 978-93-85664-52-6.	Corresponding Author	October 2016
2	Mobile Phone Addiction and Loneliness among College Students	Conference Proceeding at International Conference Current Issues in Education & Social Sciences organized by Dr. Babasaheb Ambedkar Marathwada University Aurangabad, Sponsored by UGC.	ISBN-978-93-80039-09-1	Main Author	9 th & 10 th May 2015
3	Positive Emotion & Mental Health	Conference Proceeding at National Conference on Positive Psychology organized by LVH College, Panchavati, Nashik Sponsored by UGC.	----	Corresponding Author	Jan 2015.
4	Impact of Globalization on Indian Women's : A Psychosocial Review	Conference Proceeding of National Conference on Women Empowerment organized by S.P.H. Mahila Mahavidyalaya, Malegaon.	ISBN NO: 978-81-927005-4-0.	Second Author	Oct 2013

PURSUING Ph. D

Title	University
Internet use and addiction among college students and its relation with personality traits, loneliness and psychological well-being.	Savitribai Phule Pune University