

## Faculty profile



- 1. Name of the Faculty** : **Dr. MITAL NARANBHAI VEKARIA**
- 2. Designation** : Assistant professor
- 3. Department** : Psychology
- 4. Qualification** : M.A. M.Phil., PGDFP, Ph.D.
- 5. Date & Year of joining** : 05/01/2016
- 6. Date of U.G affiliation** : 287/7147/2016 (04/03/2016)
- 7. Date of P.G. affiliation** : No
- 8. Date of Birth** : 02/03/1988
- 9. Sex** : Female
- 10. Address** : 150/B, First Line, ShyamBungalow-1,  
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Deesa. Ta-Deesa, Dist.-Banaskantha  
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- 11. Contact No** : 9537134571
- 12. Email id** : [mitu\\_vekariya@yahoo.in](mailto:mitu_vekariya@yahoo.in)
- 13. Pan Number** : AQKPV9985D
- 14. Blood Group** : B<sup>+</sup>
- 15. Area of interest / hobbies** : Reading, Travelling, Social Service
- 16. Qualification:**

Sr. No	Degree	Subject	University	Year of Passing	Total Marks	Class	Percentage
1	Graduation	Psychology	Saurashtra university, Rajkot	2008	490/700	First	70%
2	Post Graduation	Psychology	Saurashtra university, Rajkot	2010	1526/2000	First-Dist	76.3%
3	M.Phil.	Psychology	Saurashtra university, Rajkot	2012	382/500	First-Dist	76.4%
4	Ph.D.	Psychology	Saurashtra university, Rajkot	2015	-----	Pass	Completed
5	PGDFP	Forensic Psychology	Guj. Forensic sciences Uni., Gandhinagar	2011		Pass	Point – 6



**21. No. of Published Books:**

Sr. No.	Name of Book with ISBN	Page No.	Level-National/ International/ State/others	Year	Name of Publication
1	Loneliness, Shyness and Internet Addiction Among Under Graduate and Post- Graduate Students, 978-93-82761-08-2	93	State	2013	Uttakarsh Academy
2	Parenting Style, 978-93-82761-21-1	151	State	2013	Uttakarsh Academy
3	Psychological approach and environment of home, 978-93-84742-43-0	127	State	2015	Uttakarsh Academy
4	Problems of human behaviour and psychology, 978-93-84742-45-4	103	State	2015	Uttakarsh Academy
5	Dimensions of peer pressure, 978-93-84742-44-7	118	State	2015	Uttakarsh Academy

**22. List of Articles with ISSN Number:**

Sr. No.	Name of the published paper	Name of the Journal	ISSN No.	Year	Page No.
1	Loneliness & Internet Addiction under-graduate & post-graduate Students	Research Link	0973-1628	August, 2012	32 to 34
2	Peer pressure among adolescents: A study with reference to perceived parenting style	Research Analysis and Evaluation	0975-3486	Oct., 2012	47 to 48
3	Peer Pressure Among Adolescence: A Study with Reference to perceived Mother's parenting style	Research Aja Tak	2278-2001	Janu. To March, 2013	225 to 226
4	Peer pressure among Adolescent	Research Expo	2250-1630	December, 2012	25 to 29
5	Internet Addiction among under-graduate and post-graduate students	Social sciences	2279-0241	March-April, 2013	
6	Shyness & Internet Addiction under-graduate & post-graduate students	The International Multidisciplinary journal (Eternity)	2321-3302	August, 2013	1 to 4
7	Internet addiction and loneliness: A search for the factors that may lead to suicide	Recent thought – Vaicharik Pravaho	2278-4594	January, 2015	42 to 47
8	A study of students with Reference to stress	EDUSPARK – Vol.-3, ISSUE: 9	2348-912X	Oct.-Nov. 2016	16 to 19

9	Depression (Udasinta)	Samvid Multidisciplinary Research Journal	2582-015X	25 Feb., 2018	25
10	Mental health among Boys and Girls of Conventional and Technical Courses	SOHAM (An International Multidisciplinary Peer Reviewed Research Journal) Vol.30, ISSUE-7	23500697	Oct.-Dec.-2021	68 to 71

### 23. Research work on International/national /State level &Workshops:

Sr. No	Name of Seminar/ Conference/ Workshop	Level	Place	Date	Title of the research paper
1	Conferences of the Indian academy of applied psychology	International and National	Aurangabad, Maharashtra	30 <sup>th</sup> , 31 <sup>st</sup> Jan. & 1 <sup>st</sup> Feb., 2009	A comparative study Self-actualization and Marital adjustment among male and female
2	Conferences on community & psychological well-Being	National	Drwarka, Gujarat	21 <sup>st</sup> , 22 <sup>nd</sup> , Feb., 2009	A study of Mental Health and Suicide Tendency among working and non working females
3	Conferences on psycho-socio perspective of female infanticide/foeticide	National	Jamnagar, Gujarat	17 <sup>th</sup> & 18 <sup>th</sup> March, 2010	Female Foeticide and Education
4	Seminars on woman psychology: past, present and future	National	Jetpur, Gujarat	24 <sup>th</sup> , Feb., 2013	A study of Sexual Satisfaction in married woman
5	Workshops on How to write a good Research Paper	International	Ahmadabad, Gujarat	1 <sup>st</sup> Dece., 2013	Participated
6	Seminar on Characterization in Ramayana	National	Deesa, Gujarat	29 <sup>th</sup> Feb., 2016	Akasmatothibhareluse etanujivan
7	Conferences on Tremendous role of social Psychology in social networking and well Being	National	Jetpur, Gujarat	19 <sup>th</sup> – 20 <sup>th</sup> March, 2016	Impact of Parenting on Peer Group

8	Seminar on Stress and Health	National	Vijapur, Gujarat	23-24 July, 2016	A study of students with Reference to stress
9	Workshop on Academic Performance Indicators (API)	National	Patan, Gujarat	15 Dece,2016	Participated
10	Conferences on woman Empowerment: issues and Challenges	International	Jodhapur, Rajasthan	23-24 March, 2017	A study on Psychological Empowerment of woman
11	Workshop on Oral, Breast and Cervical Cancer Screening in a Community Setting	National	Bhanshali Trust, Deesa as a part of cancer prevention and care programme supported by sir Dorabjitata trusts	6 <sup>th</sup> and 7 <sup>th</sup> October, 2017	Participated
12	Conference on “Psychoanalysis in 21 <sup>st</sup> Century” organized by	International Conference	B.M. Institute of Mental Health, Ahmedabad	7 <sup>th</sup> December, 2017	Participated
13	Conference on “role of Social Science for Well-Being on the Globe”	National	Smt. A. S. Chaudhary Mahila Arts & Home Science College, Mehasana	17 <sup>th</sup> , 18 <sup>th</sup> March, 2018	“Internet Addiction of College Students”
14	Conference on Psychological Testing : Recent research, Trends and Challenges	National	Department of Education, Gujarat university- Ahemdabad	1 <sup>st</sup> – 2 <sup>nd</sup> October, 2018	“Impact of Trait Emotional Intelligence on Sexual Satisfaction of Married Women”
15	Conference on Mental Health	International	Gujarat University, Ahemdabad	10 <sup>th</sup> & 11 <sup>th</sup> December, 2019	Participated
16	IAAP - Actualizing Human Potential	56 <sup>th</sup> National And International Conference	Department Of Psychology Punjabi University Patiala Punjab (India)	18 <sup>th</sup> – 20 <sup>th</sup> February, 2021	“Parental and Peer Pressure on Students”
17	Webinar on Leadership	National	Online	15/12/2021	Participated

18	Webinar on Ethics in Education	National	Online	16/12/2021	Participated
19	Webinar on Climate Change	National	Online	17/12/2021	Participated
20	Webinar on Artificial Intelligence	National	Online	18/12/2021	Participated
21	Webinar on Machine Learning	National	Online	20/12/2021	Participated
22	Webinar on Data analysis	National	Online	21/12/2021	Participated
23	Webinar languages	National	Online	22/12/2021	Participated
24	Webinar on Research Methodology	National	Online	23/12/2021	Participated
25	Webinar on MOOCs Development and delivery	National	Online	24/12/2021	Participated
26	Webinar on yoga and Wellness	National	Online	27/12/2021	Participated
27	Webinar on Disaster Management post-Covid	National	Online	28/12/2021	Participated
28	Re-evaluation of Chemical Imbalance Hypothesis on Psychological Disorders	National	Online	18/02/2022	Participated

#### 24. Orientation/Refresher Courses:

Sr. No	Orientation/Refresher courses	Theme/Title	Organizing university	Duration with year
1	Refresher	2 <sup>nd</sup> winter school	UGC- Human Resource Development Centre of Gujarat University, Ahmedabad.	22/11/2021 to 05/12/2021

#### 25. Faculty Development Programme:

Sr. No.	Title of FDP	Organizing Institution/Agency	Duration	Place	Date with year
1	Interaction Programme for Ph.D. Students	UGC	21 days	Saurashtra Uni., Rajkot	18/11/2013 to 08/12/2013

2	Participated in an International Faculty Development Program-PHASE-I & II	International	3 Days	Hemchandracharya North Gujarat University, Patan	29 <sup>th</sup> , 30 <sup>th</sup> Nov, 2017 & 19 <sup>th</sup> March, 2018
4	131 <sup>st</sup> Online Short Term Course on E-content Development	UGC – HRDC, Gujarat University	7 Days	Online	10 <sup>th</sup> January 2022 to 16 <sup>th</sup> January 2022

## 26. Role in Extra- curricular Activities:

Sr. No	Name of committee	Level State/University/College	Role played Convener/member/in-charge	Activities carried out
1	Media Cell	College	Convener	<ul style="list-style-type: none"> <li>Assisted media cell convener for collecting and providing Press notes and photographs to different media for the last 5 years.</li> </ul>
2	Health and Hygienic cell	College	Convener	<ul style="list-style-type: none"> <li>As a convener of Health &amp; Hygienic cell organized Health awareness lecture on Thalassemia. The keynote speaker of the lecture was Dr. Jagdish Soni. (9,10/08/2017)</li> <li>Organized Thalassemia testing for students of entire college. About <b>1318</b> students have undergone this test. (11<sup>th</sup> Aug to 12<sup>th</sup> Sept. 2017)</li> <li>As a convener of Health &amp; Hygienic cell organized Sawchchhata Abhiyan. (14/11/2017)</li> <li>As a convener of Health and Hygienic Committee organized “181 Abhaym Helpline Number Programme” (04/01/2018).</li> <li>Organized “Yoga, Pranayam &amp; Health Workshop” by Health and Hygienic Committee (29<sup>th</sup> January, 2018).</li> <li>Programme planning &amp; stage management in Celebration of International Day Against Drug Abuse And licit Trafficking managed by Health and Hygienic committee (26/06/2019).</li> <li>Organized “Swachchhata Rath” (13/12/2019).</li> <li>Programme planning &amp; stage management in Celebration of International Cancer Day managed by</li> </ul>

				<p>Health and Hygienic committee (04/02/2021, 2022).</p> <ul style="list-style-type: none"> <li>• Programme planning &amp; stage management in Celebration of National Day Deworming managed by Health and Hygienic committee (22/02/2021).</li> <li>• 19<sup>th</sup> Feb.2022, On Health and Hygienic committee conducted lecture on “Hygiene Awareness”. The keynote speaker of the lecture was Shivaniben Patel. (NRI)</li> </ul>
3	Academic Affairs Committee	College	Member	<ul style="list-style-type: none"> <li>• Hosted students Orientation program for the academic year 2016-2017, 2017-2018, 2018-2019, 2019-2020 and 2021-2022.</li> <li>• Hosted Farewell program of outgoing Students for the following Academic years 2016-2017, 2017-2018, 2018-2019, 2019-2020</li> <li>• Hosted Prize distribution programme for the following academic years 2016-2017, 2017-2018, 2018-2019, 2019-2020</li> <li>• Active participation in Study Tour of Gujarat Vidhansabha, Gandhinagar for the academic year 2015-2016.</li> <li>• Pre counselling for fresher’s during the admission process.</li> <li>• Actively participated in Planning and stage management of National Unity Day on 31<sup>st</sup> October 2018.</li> </ul>
4	NAAC Steering Committee	College	Member	<ul style="list-style-type: none"> <li>• As a Member of the NAAC Steering committee. Assisted the entire process of SSR preparation, Arrangement, data collection and analysis, etc.</li> <li>• As a team member of the NAAC Steering Committee actively worked to prepare Criteria No. 4.</li> </ul>
5	Gyandhara	College	Member	<ul style="list-style-type: none"> <li>• Active participation in elocution competition on the topic of Problem of Kashmir and its effective solutions”(23/08/2016).</li> <li>• Actively cooperated as a committee member in organizing an elocution competition organized by ‘Gyandhara’ (21<sup>st</sup> January, 2018).</li> <li>• Actively cooperated as a committee member in organizing Mahatma Gandhi Birth Anniversary Celebration.</li> </ul>



				<p>(02/10/2018)</p> <ul style="list-style-type: none"> <li>• Active participation in Reading camp arranged by Gyandhara on 19/12/2019.</li> <li>• Give service as a Judge for Elocution competition organized by Gyandhara under Azadi ka Amrut Mahotsav on 25<sup>th</sup> October 2021</li> </ul>
6	RangkalaKaushlayadhara	College	Member	<ul style="list-style-type: none"> <li>• Active participation in Painting, drawing, and Rangoli competition, Mehendi competition, Dish decoration competition and Clay Modelling competition since 2016</li> <li>• <b>Managed student participation and accompanied 27 students</b> of different disciplines in a <b>District Level Drawing and Painting</b> competition Arranged by <b>M.A. Parikh Fine Arts College, Palanpur</b> on <b>19th February 2017.</b></li> <li>• Judge in Rangoli competition organized (04/03/2021)</li> </ul>
7	Cultural activity Committee	College	Member	<ul style="list-style-type: none"> <li>• Assisted Guru purnima celebrations for all academic years.</li> <li>• Assisted Teachers Day celebration for all academic years.</li> <li>• Assisted Navratri festival for all academic years.</li> <li>• Assisted Republic Day Celebration for all academic years.</li> <li>• Assisted Independence Day celebration for all academic years.</li> <li>• Actively cooperated as a committee member in organizing an Intercollege Yuva Mahotsav organized by 'Cultural Committee' (9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, Feb. 2018).</li> </ul>
8	Sarjanatmak Abhivyakti Dhara	College	Member	<ul style="list-style-type: none"> <li>• Actively cooperated as a committee member in organizing a Waste out of Best competition (17/07/2018).</li> <li>• Actively cooperated as a committee member and Judge in organizing a "Essay competition" (12/03/2019).</li> <li>• Judge in essay competition (13/09/2019).</li> </ul>
9	'Uddan Nari Manch'	College	Member	<ul style="list-style-type: none"> <li>• Organized an "International Women Day" by 'Uddan Nari Manch' for all Academic years.</li> <li>• Actively cooperated as a committee member in organizing a Green Day celebration (16/07/2018).</li> </ul>

				<ul style="list-style-type: none"> <li>Actively cooperated in organizing 'Handicraft Exhibition'(30/09/2019).</li> <li>Programme planning &amp; stage management in Drawing competition (08/03/2021).</li> </ul>
10	Cell Against Sexual Harassment'	College	Member	<ul style="list-style-type: none"> <li>As a committee member assisted the one day seminar for girls under the head of "Suraksha Setu" on the subject – Domestic Violence and Sexual Harassment (05/08/2016).</li> <li>Helped in the management of programme conducted by Suraksha Setu Society wherein 'Suraksha Setu Van' came in the college campus students were informed by that van directly. 1000 students participated in it.( 06/09/2016)</li> <li>Actively cooperated as a committee member in organizing Sexual Harassment Awareness (07/07/2018).</li> </ul>
8	Educational Visit	College	-	<ul style="list-style-type: none"> <li>Active participation and in Study Tour of Gujarat Vidhansabha, Gandhinagar for the academic year 2015-2016.</li> <li>Joined and assisted the staff member for academic tour at Rajendranagar wherein students visited ancient temples and also served the diseased &amp; mentally retarded persons' at "sahyogkusthayagna trust" (21/01/2017).</li> <li>Arranged Educational visit to Divyang Bhavan, Deesa for B.A. students.</li> </ul>
9	Placement Cell	College	Member	<ul style="list-style-type: none"> <li>Actively cooperated as a committee member in organizing 'Mega placement Fair' (4 to 12 Feb, 2019).</li> <li>Actively cooperated as a committee member in organizing 'Mega placement Fair' (15, 16 March, 2022).</li> </ul>
9	Sports Day Celebration	College	Member	<ul style="list-style-type: none"> <li>International yoga day – As a trainer. (18,19,20, 21/06/2017)</li> <li>Actively cooperated as a committee member in organizing International yoga day all academic year.</li> <li>Provided services to the Department of Sports on Sports day Celebration as a Judge for various events for last 5 years.</li> </ul>
10	Blood Donation	College	-	<ul style="list-style-type: none"> <li>Assisted Blood Donation Camp organized by NSS Unit.</li> </ul>

	Camp			
11	Azadi ka Amrut Mahotsav	College level/ society	Assistant Nodal officer	<ul style="list-style-type: none"> <li>• Yoga Day Celebration -21/06/2021</li> <li>• Tree plantation on the campus and off the campus (veterinary hospital, Deesa)</li> <li>• Mega vaccination camp-06/07/2021</li> <li>• Gurupunima celebration at college – 24/07/2021</li> <li>• Guruvandan Program – 02/08/2021</li> <li>• Patriotic song competition -11/08/2021</li> <li>• Independence Day Celebration - 15/08/2021</li> <li>• Inter-college and inter-school patriotic song competition – 15/08/2021</li> <li>• Cleanliness programme - 13/08/2021</li> <li>• Teachers Day celebration -04/09/2021</li> <li>• Chocolate Making and Beauty care self-employment work.</li> <li>• Nutrition awareness programme - 08/09/2021</li> <li>• Child protection and Education webinar organized by UNICEF &amp; NSS – 04/10/2021 to 20/10/2021</li> <li>• 02 Days mega vaccination campus for second dose.- 07/08- 10-2021</li> <li>• Drawing and painting competition on Nashabandhi</li> <li>• Essay writing competition on Nashabandhi</li> <li>• Elocution competition on Nashabandhi</li> <li>• Voter name list correction and named adding programme – 14/10/2021</li> <li>• Cow and organic-based farming- 23/10/2021</li> <li>• Drug de-addiction and prohibition programme – 27/10/2021 with the presence of Jilla collector</li> <li>• ‘Yog is life’ special one day workshop – 29/10/2021</li> <li>• National Unity Day celebration – Introduction of freedom fighters. -</li> </ul>

				<p>29/10/2021</p> <ul style="list-style-type: none"> <li>• <i>Arranged essay competition, drawing competition, Elocution competition, Street play, rally and traditional games in nearby 10 villages (Vasana, Juna Deesa, khardosan, Kansari, Sharpura, Yavarpura, Varan, Rajpur, Bhoyan and Aseda) under 05 Project (Prakalp) of Azadi ka Amrut Mahotsav from 20/10/2021 to 24/12/2021</i></li> </ul>
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### 27. Students Projects:

Sr. No.	Project carried out by the department	Project carried out in association with other departments/corporates/industries
1	Every years B.A. Sem.:- 1,2,3,4 Students Project carried in Psychology Subject	College Level
2	<i>Arranged essay competition, drawing competition, Elocution competition, Street play, rally and traditional games in nearby 10 villages (Vasana, Juna Deesa, khardosan, Kansari, Sharpura, Yavarpura, Varan, Rajpur, Bhoyan and Aseda) under 05 Project (Prakalp) of Azadi ka Amrut Mahotsav from 20/10/2021 to 24/12/2021</i>	Azadi ka Amrut Mahotsav, NSS unit of the college and Villages

### 28. Feedback

Feedback	Yes/No	Analysis and utilization of feedback
From students on Faculties	No individual feedback is taken	<p>YES</p> <p>Manual feedback was taken and has been analyzed by IQAC from students of the final year.</p>

### 28. Details of student's enrichment programmes:

Programmes	Details	Year
1. Special lectures	<ul style="list-style-type: none"> <li>• Arranged special lecture on International Suicide Prevention Day conducted lecture on "How to overcome depression and prevent suicide.</li> </ul>	11 <sup>th</sup> sept.2017, 2021
2. Workshop	<ul style="list-style-type: none"> <li>• Organized "Yoga, Pranayam &amp; Health Workshop"</li> </ul>	29 <sup>th</sup> January, 2018
3. Seminar	<ul style="list-style-type: none"> <li>• Class Room Seminar for students of all semesters - for the students and by the students.</li> </ul>	Since 2016

**29. Methods of teaching/ innovative method of teaching adopted by the faculty:**

Black/ Green board	Regular use for classroom teaching
Whiteboard	Not available
Overhead projector	OHP has been frequently using for facilitating better communication with students
Slide projector	Regular use of multimedia PowerPoint Presentations and visualize it by Slide projector for students.
Others	Android mobile phone, E-content development, google classroom, google meet, Zoom meet etc.

**30. Details of faculty participation in academic extension activities:**

- Participated in Faculty Exchange Programme at Smt. Kantaben Kirtilal Shah Arts & Smt. Lilavatiben Bapulal Gunjariya Commerce College, Thara on 04/09/2017
- 24\01\2020, Department member and students visited to Pandit dindayal Upadhyay Divyang Bhavan “Khushionu Sarnamu 1” at Deesa.
- 24\01\2020, Department member and students visited to Pandit dindayal Upadhyay Divyang Bhavan “Khushionu Sarnamu 1” at Deesa.

**31. SWOC analysis of the Faculty:****a. Strength (Minimum 5)**

- Good computer literacy
- Self-Confident and have total faith in almighty
- 2 years of teaching experience
- Excellent subject knowledge and its practical application
- Have ability to complete work in time

**b. Weakness (Minimum 5)**

- Average knowledge of English language than requirement
- Average interest in sports activity
- Short tempered
- Trying to overcome the above weaknesses.

**c. Opportunities (Minimum 5)**

- Facility by parents to complete my higher education
- Opportunity to get education in free environment
- Opportunity to perform the roll as convener of Health and hygienic cell