

A result oriented professional, with almost 21 years' experience in strategic planning, curriculum, counselling and research. A proactive leader and planner with expertise in supporting and promoting the highest quality educational programs, research, public service and economic development activities of different institutions and responsible for planning in educational research and various activities in the college.

Academia:

- **Ph. D. in Psychology:** J.N.V. University, Jodhpur; 2001

 Title: "To study the effect of organisational stress, class room environment and family environment of female teachers working in Public (Govt.) and private school in relation to the mental health and feeling of security."
- **U.G.C NET for JRF and LS. NET**, 1998
- **M. A. in Clinical Psychology** (Gold Medallist): J.N.V. University, Jodhpur; 1997
- **B. A. Honours in Psychology** (Gold Medallist): J.N.V. University, Jodhpur; 1995

Academic Experiences:

- **Dean**, Training and Placement and faculty in Department of Psychology, S.S. Jain Subodh P.G. (Autonomous) College, Jaipur. from August 2020 to till date
- **Professor & Dean** in Pacific college of Social Sciences and Humanities Pacific University, and **Director**, Centre for Counselling and Psychology, **Pacific** University, Udaipur, from **Feb** 2015 till 1st June, 2020.
- **Faculty of Psychology** at Jaipur Dental College, Jaipur from 2011-2013.
- **Faculty of Psychology** in Ram Snehi Nursing College, Bhilwara from 2008 -2009
- **Faculty of Psychology** in S.N. Nursing College, Sri Ganganagar from 2007-2008
- **Faculty of Psychology** at New Rajasthan Girl's College, Jhunjhunu from 2005-2007

- **Consultant** to UNFPA for preparation of DPO for Country Programme 6 in year 2002.
- **Trainer** in NGO “*Prayas*” for Gender Sensitization – 2001
- **Honorary Counsellor** in Birla Public School, Pilani from 2005-2007
- **Honorary Clinical Physiologist** for District Police, Jhunjhunu from 2005-2007

Professional Memberships:

- **Member in Board of Directors**, Heritage Girls’ School, Eklingji, Udaipur, Rajasthan.
- **Life Membership** of Indian Association of Clinical Psychologists. Membership No. **LAM-514/21**
- **Life Member** of Rajasthan Sociological Association. LAM-602

Core Competencies:

- **Resource Person** for Stress Management in Birla Institute of Technology and Science, Pilani from 2005 -2007.
- **Resource Person** for Stress Management in Central Engineering Research institute, Pilani from 2005-2007.
- **Resource Person** for Confidence building workshop in UGC centre for Women Education in Birla Institute of Technology and Science, Pilani from 2005-2007.
- **Resource Person** in Gender Training in UNFPA project 2002- 2003.
- **Resource Person** in RCH training for Women empowerment and Gender Sensitization in IIHRM, Jaipur 2003 -2004.
- As a Clinical Psychologist, meet clients to identify problems—emotional, mental and behavioural—in their lives. Through observation, interviews and tests, diagnose any existing or potential disorders.
- Aim to reduce the distress and improve the psychological wellbeing of their clients. Psychological methods and research are used to make positive changes to in clients' lives and offer various forms of psychological counselling for their wellbeing.
- Demonstrate self-awareness, objectivity, a strong desire to help others thorough knowledge of psychology.
- Identifying and diagnosing psychological, emotional and behavioural issues.

- Develop and implement treatment plans and strategies for the clients. Monitor client progress through regular meetings and sessions.
- Help clients define goals and plan action to achieve personal, social, education and vocational development and adjustment.
- Work with clients of all ages who have a variety of different mental or physical health issues, such as:
 - Depression and anxiety
 - Mental illness
 - Adjustment to physical illness
 - Addictive behaviours
 - Challenging behaviours
 - Eating disorders
 - Personal and family relationship problems
 - Learning disabilities

Job Responsibilities:

- Engaging faculty, staff and students in discussions of all important collegiate issues and assuring a positive, high-quality working environment.
- Convening strategic intellectual discussions about future academic directions of departments, centres, programs and the college itself.
- Developing programs, facilities and other college needs, normally spending quality time on academic activities.
- Playing a key oversight role in accreditation, program review and other processes that are important for continuous improvement of the college's activities.
- Engaging with the Council of Deans in key discussions of institutional planning, policy, assuring coordination among various departments and other key activities, in so doing representing the college's interests effectively.

Ph.D. Awarded:

- **Neha Bisht (2026)**, Thesis Title: उत्तराखंड के अल्मोड़ा जिले की अनाथ किशोरियों की मनोवैज्ञानिक दशा पर यौगिक अभ्यासों का प्रभाव.
- **Smitha KC (2025)**, Thesis Title: Menopause Psychological Issues and Impact of Counselling among Working Women (A study In Thrissur District, Kerala).
- **Susheela Jakhar (2024)**, Thesis Title: Gender and Profession in the Hospital System: A Study of Female Medical Practitioners in Sriganaganagar.
- **Rubilla (2024)**, Thesis Title: A study on Impact of Covid-19 Lockdown on Social Life and Psychological Health of People (A Socio- Psychological Study of Middle-Class Communities of Jaipur).

Research Papers Published:

1. Neha Bisht and **Bhavna Detha (2026)**, **Effect** of Bhramari Pranayama on the Behaviour of Orphan Girls, International Research Journal of Education and Technology, ISSN: 2581-7795, Volume: 09 Issue: 02.
2. Neha Bisht and **Bhavna Detha (2026)**, Impact of Om Chanting Practice on Psychological Well-Being of Orphaned Girls, Journal of Advance and Future Research, ISSN: 2984-889X, Volume 4, Issue 2.
3. Ajay Kumar Chaudhary, Hemant Salvi and **Bhavna Detha (2024)**, Anxiety Among Class XII Students: A Comparison of Government, Private and Convent Schools, Indian Journal of Human Relations, ISSN: 0974-1089, Vol. 58 (1-2), pp. 12-17.
4. **Bhavna Detha (2023)**, *A rise of Anorexia in teenage girls, an overview of its causes, effects and treatment*. Rajasthan Sociological Association, Department of Sociology, Government P.G. College, Ratangarh Churu, Rajasthan.
5. **Bhavna Detha (2023)**, *Psychological effect of Cyber Bullying on College Students: Indian Perspective*. Social Science Explorer, Vol. XIII. Social Sciences Research Center, University of Rajasthan, Jaipur, Rajasthan.
6. **Bhavna Detha (2023)**, *Workaholic Property in Academicians: Drained Capacity and Disenchant*. Rajasthan Sociological Association, Department of Sociology, Government P.G. College, Ratangarh Churu, Rajasthan.
7. **Bhavna Detha (2023)**, Impact of the COVID-19 pandemic on quality of life and mental health in children and youths in India. BT'S International Journal of Humanities & Social Science Issue June, 2023 Vol I. ISSN:2278-4632. Rajasthani Granthagar Publishers & Distributors,
8. **Bhavna Detha (2022)**, *A Study of Historical Development of Psychoanalysis in India-Its Origin and Future Prospects*. ATISHAY KALIT (A UGC Care Listed Referred International Bilingual Research Journal of Humanities, Social Science and Fine-Arts) LOTUS(July-December) Vol.9, Pt. B, Sr.16. ISSN:2277-419X. ATISHAY KALIT, Jaipur.
9. **Bhavna Detha (2022)**, *Impact of Substance Abuse on Mental and Emotional Health of Adolescents, a Thematic analysis*. Social Science Explorer, Vol. XIII. ISSN: 0976-1969. Social Sciences Research Center, University of Rajasthan, Jaipur, Rajasthan.
10. **Bhavna Detha (2022)**, *Understanding Parent's Stress in relation to the Psychological Problems Faced by Children Amidst the Global Lockdown Due to CoVID-19*. Indian Journal of Psychology & Education (IJPE), Vol. 12(1):64-67. ISSN:2231-1432. INTELLECTUAL FOUNDATION (INDIA) A Foundation of Education, Haryana.
11. **Bhavna Detha (2022)**, *Yoga- Treatment of Choice for Anxiety/Depression in Youth During COVID-19*. Indian Journal of Psychology, Vol. 2022: 30-32, ISSN:0019-5553. Indian Journal of Psychology, Indian Psychological Association, Pune, Maharashtra.
- 12.

- 13. Bhavna Detha (2022),** *Schools and Organisational Stress on Female Teachers.* Rajasthan Journal of Sociology, Vol. 13 (04): 110-116, ISSN:2249-9334. Rajasthan Sociological Association, Rajasthan.
- 14. Bhavna Detha (2021),** *Emotional intelligence of Working and Non-working Women in an Indian City.* Indian Journal of Clinical Psychology, Vol. 48(01), ISSN:2249-7889. Indian Association of Clinical Psychologists.
- 15. Bhavna Detha (2021),** *To Study the Benefits and Disadvantages of Psychoanalytic Therapy in Treating Mental Problems.* Shodh Sanchar Bulletin, Vol. 11(41), ISSN:2229-3620. Sanchar Educational and Research Foundation, Lucknow, Uttar Pradesh.
- 16. Bhavna Detha (2020-2021),** *The Study of Influence of Social Media on Adolescence Mental Health and Feelings of Self-worth.* Kalá The Journal of Indian Art History Congress, Vol. 25 No.2(X): 1-4, ISSN:0975-7945. Indian Art History Congress, Guwahati (Assam) and Sundeep Prakashan, New Delhi.
- 17. Bhavna Detha (2020-2021),** *The Study the Effect of Type of School and Family Environment of Female Teachers.* Kalá The Journal of Indian Art History Congress, Vol. 25 No.2(III): 1-4, ISSN:0975-7945. Indian Art History Congress, Guwahati (Assam) and Sundeep Prakashan, New Delhi.
- 18. Bhavna Detha (2020),** *Impact of Modernization on Character Building- Needs and Challenges.* Juni Khyat Journal, Vol. 10(09), ISSN:2278-4632. Marubhoomi Shodh Sansthan, Bikaner, Rajasthan .
- 19. Bhavna Detha (2019),** *Impact of Types of School and Classroom Environment of Female Teachers.* International Journal of Research and Analytical Reviews (IJRAR), Online Vol. 06 (1), ISSN:2349-5138. International Journal of Research and Analytical Reviews.
- 20. Bhavna Detha (2017),** *Adjustment Of Adolescents Whose Parents Are Working In Government And Private Sector.* International Journal of Social Impact, Vol. 02(4), ISSN:2255-670X. RED'SHINE Publication Pvt. Limited, Gujrat.
- 21. Bhavna Detha (2017),** *Emotional Intelligence of Adolescents Living in Joint and Nuclear Family.* International Journal of Social Impact, Vol. 02(3), ISSN:2455-670X. RED'SHINE Publication Pvt. Limited, Gujrat.
- 22. Bhavna Detha (1997),** *Developing Human Relations and Ethnic Understanding,* 33rd International IIAP Conference, proceeding Hardwar, 1997.

Published Book:

- 1. Bhavna Detha (2026)** A Socio- Psychological Study of Stress and Suicide Among Adolescent Students in Coaching Institutes of Rajasthan, ISBN: 978-81-19043-58-3, Arihant Publishing House, Jaipur, Rajasthan.
- 2. Bhavna Detha (2023),** *Organisational Stress Effect On Mental Health Of Female School Teachers,* ISBN: 9781387432776, REDSHINE India 88-90, REDMAC Site.

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