

## *Sneha Saha*

### **Office Address**

Department of Psychology,  
Christ (Deemed to be) University,  
Nandgram Rd, Marium Nagar, Sewa Nagar,  
Ghaziabad, Uttar Pradesh 201003

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### **Academic Degrees**

Ph.D., Shri Ramswaroop Memorial University Concentration: Psychology	2019
Certificate Course in Hypnotherapy, Level 1-4 EKAA Foundation, Mumbai	2017
Certificate Course in Research Methodology ( <i>Gold Medalist</i> ) Alexis Foundation, Lucknow	2016
Certificate in Guidance IGNOU, Lucknow	2015
M.A., Psychology ( <i>Gold Medalist</i> ) National Post Graduate College, Lucknow	2013
B.A., PSYCHOLOGY and ENGLISH Lucknow University, Lucknow	2011

### **Academic Employment:**

Assistant Professor, Department of Psychology, Christ (Deemed to be) University, Delhi NCR	May 2019- Continued
Assistant Professor (Grade I), AIBAS Amity University, AUUP	Dec 2016- Sep 2018
Assistant Professor, Department of Psychology, National P.G College, Lucknow	Aug 2013-Apr 2016

## **Clinical Training:**

Department of Geriatric Mental Health,  
King George Medical University (KGMU), Lucknow

Jan2013- Feb2013

## **Book Publication:**

- Sneha Saha, Positive Youth Development and Adolescent Behavior, Lambert Academic Publishing, 2018, ISBN 978-613-9-83791-5

## **Papers Published:**

### **Self Concept and Personality Correlates Amongst Homosexuals: The Indian Perspective**

Saha, S. (2014). Self Concept and Personality Correlates Amongst Homosexuals: The Indian Perspective. *International Journal of Community Research*, 3(1), 2-5.

### **Rape: An Analysis of Youth's Attitude**

Saha, S. (2014). Rape: An Analysis of Youth's Attitude. *International Journal of Interdisciplinary and Multidisciplinary Studies*, 1(5), 69-72.

### **Occupational Stress and Intervention Programs: A Perspective for Women Professionals**

Tripathi, J., Khattri, P., & Saha, S. (2015). Occupational Stress and Intervention Programs: A Perspective for Women Professionals. *Indian Journal of Psychological Counselling*, 24, 59-63.

### **An Exploration of Academic Stressors and Stress Intervention Designs Among Students of Kendriya Vidyalaya (NER, Bareilly)**

Saha, S., & Mishra, S. (2016). An Exploration of Academic Stressors and Stress Intervention Designs Among Students of Kendriya Vidyalaya (NER, Bareilly). *Indian Journal of Psychology & Education*, 6(1), 42-49.

### **Ageism: Lack of Societal Support to Grow Old**

Saha, S., Tripathi, J., & Srivastava, N. (2016). Ageism: Lack of Societal Support to Grow Old. *Indian Journal of Psychology & Education*, 6(1), 107-111.

### **Cinderella Complex: Theoretical Roots to Psychological Dependency Syndrome in Women**

Saha, S., & Safri, T. (2016). Cinderella Complex: Theoretical Roots to Psychological Dependency Syndrome in Women. *International Journal of Indian Psychology*, 3(3), 8th ser., 118-122.

### **Eupsychian Management: Understanding the Paradigms to Empower Youth Labor Force**

Saha, S., & Pratap, A. (2016). Eupsychian Management: Understanding the Paradigms to Empower Youth Labor Force. *Adhyayan: A Journal of Management Sciences*, 6(1). doi:10.21567/adhyayan.v6i1.10836

## **Development and Validation of the Cinderella Complex Scale**

Saha, S., & Safri, T. (2017). Development and Validation of the Cinderella Complex Scale. *Psychology in India*, 5(1), 38-41.

## **A Study of Positive Youth Development among Adolescents in Urban Area**

Saha, S., & Shukla, P. (2017). A Study of Positive Youth Development among Adolescents in Urban Area. *Indian Journal of Positive Psychology*, 454-457.

## **Systematic Review of Positive Youth Development on Adolescent Mental Health**

Saha, S., & Shukla, P. (2018). Systematic Review of Positive Youth Development on Adolescent Mental Health. *International Journal of Creative Research*, 6(1), 775-787.

## **Relationship between Rejection Sensitivity and Self-Monitoring**

Jaiswal, V., & Saha, S. (2018). Relationship between Rejection Sensitivity and Self-Monitoring. *International Journal of Creative Research*, 6(2), 216-226.

## **Relationship between psychological flexibility and personality: A gender perspective**

Gulati, I., & Saha, S. (2018). Relationship between psychological flexibility and personality: A gender perspective. *International Journal of Social Sciences Review*, 9(7), 733-971.

## **A Study of Relationship between Cinderella Complex and Personal Growth among Young Females.**

Saha, S., & Firdaus, R. (2018). A Study of Relationship between Cinderella Complex and Personal Growth among Young Females. *Indian Journal of Psychological Sciences*, 10(1), 102-107.

## **Book Chapters:**

Sneha Saha (2015), Student Employability: Importance and Strategies for Skill Cultivation in Higher Education, In "Skills to Excel in Higher Education" (pp. 116-122), Vedant Publications, (ISBN: 978-93-80135-43-4)

Sneha Saha and Kritika Rastogi (2017), Practicing Life Skills for Holistic Development among Higher Education Students, In "Revamping of Education System through New Education Policy (NEP)" (pp 27-33), Gagandeep Publications, ISBN 978-81-88856-67-3

Sneha Saha (2017) Developing Professional Identity: Technological Aid to Effective Teacher Training Programs, In "Technology Transforming Education - Emerging Trends and Issues" (ISBN 978-93-5125-253-5), Concept Publishing co. Pvt. Ltd., New Delhi, Pg 104-112

## **Scale Publication:**

The Cinderella Complex Scale (A Measurement of Women's Dependency Syndrome)  
Developed by Sneha Saha & Tanishka S. Safri  
Publisher Prasad Psycho Corporation (April 2017)

## **Chair/ Co-Chair at Conferences**

Co-chair, Technical Session on Aging, Health and Well Being in International Conference on Psychology, Health and Medicine held from 2-4 February, 2018 at Amity University, Jaipur Campus.

Co-chair, Technical Session on Diseases and Economic Burden in International Conference on Psychology, Health and Medicine held from 2-4 February, 2018 at Amity University, Jaipur Campus.

## **Research Guidance**

Supervisor, B.A. (H) Applied Psychology dissertations in the field of Adolescent Psychology, Social Psychology and Organizational Behavior/Industrial Psychology.

## **Papers Presented:**

### **Ageism: Lack of Societal Support to Grow Old**

*Sneha Saha, Nehashree Srivastava, Jagriti Shukla*

National Seminar on Promoting Well Being amongst Elderly  
Lucknow University

December-2013

### **Blind Faith and its effects on community: A Psychological Perspective**

*Sneha Saha*

National Conference on Role of Community Psychology in Creating Well Being  
Lucknow University

December, 2014

### **Work Stress and Mental Health of Political Leaders**

*Nehashree Srivastava, Dr. P.K.Khattari, Sneha Saha*

Paper Presented, International Conference on "Counseling A Journey Towards Wholeness"

November, 2014

### **A Study of Positive Youth Development among Adolescents in Urban Area**

*Sneha Saha, Dr. Priyanka Shukla*

Paper Presented, 4th International Conference on Psychology and Allied Sciences,  
Positive Schooling: A Heaven for Holistic Development, Goa

January, 2016

### **Eupsychian Management: Understanding the Paradigms to Empower Youth Labor Force**

*Sneha Saha and Anubhav Pratap*

Paper Presented, National Conference on The Pursuit of Business Excellence: Practices in Managing Men, Money, Material, Machines &Methods, School of Management Sciences

February, 2016

### **The Role of Social Networking in Shaping Youth's religious Cognition**

*Sneha Saha*

Paper Presented, International Seminar on Indian Mind and Societal Concerns: An Interdisciplinary Dialogue, and NAOP, Delhi

April, 2016

### **Therapeutic Effects of Positive Youth Development on Adolescent Mental Health**

*Sneha Saha, Kritika Rastogi*

3<sup>rd</sup> International Conference on Human Behaviour and Development Issues  
Amity University, Lucknow

October, 2016

### **Youth as Agents of Cultural Changes in India**

Sneha Saha

Two day First International Literary Conference (Sponsored by the University of Rome Tor Vergata, Italy) at Shri Ramswaroop Memorial University, Lucknow February 2017

### **Youth Empowerment Thorough Social Innovation**

Sneha Saha and Kritika Rastogi

Two day National Seminar on Youth Empowerment: Issues, Challenges & Concerns, organized by Khwaja Moinuddin Chishti Urdu, Arbi-Pharsee University February, 2017

### **Life Skills Inventory: A Measurement for Managing Behavioural Failures among Employees**

Kritika Rastogi & Sneha Saha

Two day National Conference organised by School of Management Sciences, Lucknow. February, 2017

### **A Study of Positive Youth Development among Adolescents**

Sneha Saha

Three days International Conference on Psychology, Medicine and Health, Amity University, Jaipur February, 2018

### **Strategies towards Employee Psychological Welfare: A Case Study Perspective**

Sneha Saha

Two days National Conference "Achieving Business Synergy through Social, Spiritual and Technological Dimensions", SMS College, Lucknow February 2018

### **Impact of Positive Youth Development intervention on Competence among Adolescents**

Sneha Saha & Dr. Priyanka Shukla

Two days International Conference on "Family Well-Being: A Global Perspective", Department of Human Development And Family Empowerment Bharati College and Indian Association of Health, Research and Welfare, Delhi February 2018

### **Interventional Impact of Positive Youth Development on Self Concept among Adolescents**

Sneha Saha

5<sup>th</sup> National Conference on Society and Well Being, Amity University April 2018

### **Positive Youth Development as a New Tool for Skill Development n Young Employees**

Sneha Saha

National Conference on Transforming from Developing to a Developed Economy March 2019

### **Projects:**

#### **An Exploration of Academic Stressors and Stress Intervention Designs for School Students**

Kendriya Vidyalaya, NER, Bareilly

*Shambhavi Mishra & Sneha Saha* 2015

#### **Inside the Mind of a Human Trafficking Victim: A Qualitative Analysis**

Nai Asha-Project of Ashirwad (A V.O. for sexually abused and human trafficked victims)

*Tanishka S. Safri & Sneha Saha* 2016

### **Invited as a Resource Person:**

#### ***Positive Self Esteem and Assertiveness***

May 2014

Power Kid: A Child Safety and Theater Workshop

Ehsaas in collaboration with "Talking Point" and Nisarg

<b><i>Stranger Danger and Good Touch Bad Touch</i></b> Power Kid: A Child Safety, Life Skills and Craft Workshop Ehsaas in collaboration with "Talking Point"	May 2015
<b><i>Career Counseling Session</i></b> Women Club, Navbharat Times, Lucknow	May 2015
<b><i>Stranger Danger, Good Touch Bad Touch and Managing Emotions</i></b> Power Kid: A Child Safety, Life Skills and Craft Workshop Ehsaas in collaboration with "Talking Point"	June 2015

**Honors and Awards:**

Outstanding Student Honor , Awarded Gold Medal, Certificate and Cash price for Highest Marks in M.A. (Psychology)	2013
First Consolation Prize, Best Paper Presentation Category, National Conference On The Pursuit of Business Excellence: Practices in Managing Men, Money, Material, Machines &Methods, School of Management Sciences	2016
Awarded Gold Medal, for Highest Marks/Grade in Certificate in Research Methodology	2016

**Volunteer Work:**

15 Days Workshop on "Child Safety and Theatre Workshop: Power Kids" Organized by Ehsaas in collaboration with Talking Point and Nisarg	17 <sup>th</sup> -31 <sup>st</sup> May 2014
Project based volunteer at Rehabilitation Society of the Visually Impaired	October 2016

**Seminars/Workshops Attended:**

Seminar on Spirituality by Prof. Akbar Hussain	2012
Dementia with Lewy Bodies and other Synucleinopathies by Dr. Dhananjay Chavan.	2013
Psychotherapy: Inclusive and Integrative Skills for Practicing in India by Dr. Sam Manickam	2013
Well Being and Mental Health by Dr. Krishan Dutt	2013
International Workshop on Counseling Skills by Cierece West	2013
Two Day National Seminar on Promoting Well Being amongst Elderly Organized by Department of Psychology, University of Lucknow	2013
Two-Day National Workshop on Hypnotherapy and Past Life Regression Conducted By Dr. Rakesh Jain, Organized by Department of Psychology, National Post Graduate College	2014

Two Day National Conference on Role of Community Psychology in Creating Well Being, Organised by Lucknow University	2014
Two-Day National Workshop on Counseling As A Therapeutic Tool: An Overview, Conducted By Prof.B.J.Prashantham, Organised by Department of Psychology, National Post Graduate College	2015
Two-Day Workshop on SPSS conducted by Dr Atul Kumar Singh, Organised by National P.G. College	2015
National Seminar on Skills to Excel in Higher Education organized by Eram Girls Degree College in Collaboration with Department of Education, University of Lucknow, Lucknow	2015
One Day Sensitization Programme on Misuse of Social Media Networking Organised by National Institute of Public Cooperation and Child Development, Northern Regional Centre, Lucknow	2016
4 <sup>th</sup> International Conference on Psychology and Allied Sciences on Positive Schooling: A heaven for Holistic Development, Indian Association of Health, Research and Welfare, Goa	2016
National Conference on the Pursuit of Business Excellence: Practices in Managing Men, Money, Material, Machines &Methods, School of Management Sciences	2016
International Seminar on Indian Minds and Social Concerns, Delhi University &NAOP	2016
3 <sup>rd</sup> International Conference on Human Behavior and Development Issues: Growth and Sustainability, AIBAS, Amity University, Lucknow	2016
Two day First International Literary Conference (Sponsored by the University of Rome Tor Vergata, Italy) at Shri Ramswaroop Memorial University, Lucknow	2017
Two day National Seminar on Youth Empowerment: Issues, Challenges & Concerns, organized by Khwaja Moinuddin Chishti Urdu,Arbi-Pharsee University	2017
Two day National Conference organised by School of Management Sciences, Lucknow	2017
Two day Chakra Healing Workshop organized by AIBAS, Amity University	2017

**PROFESSIONAL AFFILIATIONS:**

1. Trainer, Level O, Hypnotherapy, EKAA, Mumbai
2. Associate Editor, International Journal of Community Research
3. Life Member, International Association of Holistic Psychology
4. Life Member, Community Psychology Association of India
5. Life Member, Indian Academy of Health Psychology
6. Life Member, National Positive Psychology Association