

## Faculty Name Eisha Gohil

Designation : Assistant Professor

Subject : Psychology

Area of Specialization : Clinical Psychology

College : Govt.College for Women,Gandhinagar, Jammu

Email : eishagohil86@gmail.com

Phone: **7889781914,9796438444**

Date of Appointment: **30<sup>th</sup> December, 2016**



### Awards and Achievements

- CLEARED NET AND SET
- 1<sup>ST</sup> POSITION AND GOLD MEDAL IN POST GRADUATION

### Workshops, Seminars, Symposia and Conferences attended

- ENVIRONMENTAL EFFECTS ON HUMAN COGNITIVE BEHAVIOUR held at University of Jammu on 5<sup>th</sup> November, 2008. Received 2<sup>nd</sup> Prize.
- Attended National Seminar on Community Health Psychology: Research and Applications at MDU, Rohtak on 26<sup>th</sup> and 27<sup>th</sup> March, 2011.
- Attended 7<sup>th</sup> JK Science Congress from October 13-15 2011. Presented Paper entitled-Meaning in Life, Life satisfaction and positive and negative affect in Geriatric Population-A study of Gender Differences.
- Attended International Conference organized by Society of Management and Behavioral Sciences on 23<sup>rd</sup> and 24<sup>th</sup> June, 2012. Presented Paper entitled-Meaning in life, life satisfaction and positive-negative affect in older adults: Interplay of gender and type of residence.
- Attended 101<sup>st</sup> Indian Science Congress on February 3-7, 2014. Certificate of Appreciation received for working in the registration committee.
- Attended 5 days workshop on Neurolinguistic Programming in October, 2016
- Participated 10<sup>th</sup> JK Science Congress on 14<sup>th</sup> -16<sup>th</sup> March 2015 organized by University of Jammu in collaboration with J&K Council for Science and Technology, GOVT OF J&K
- Attended 1<sup>st</sup> International Conference of Indian Academy of Health Psychology on December 6-8, 2015. Presented Paper entitled-Gender Differences in Quality of Life and Depression among patients with Type I diabetes.
- Attended 4<sup>th</sup> J & K Women Science Congress ON September 1-3, 2016. Presented Paper entitled- Overcoming Anxiety with Yoga
- Attended 3<sup>rd</sup> International & 5<sup>th</sup> Indian Psychological Science Congress from 28<sup>th</sup> to 30<sup>th</sup> September, 2016 in Chandigarh. Presented Paper entitled-Mental health and life satisfaction among practitioners and non practitioners of Yoga.
- Delhi Gautam Buddha University 16-18<sup>th</sup> Dec. Attended 2<sup>nd</sup> international conference of Indian Academy of Health Psychology.
- Attended one day workshop on Emotional Freedom Technique on 29<sup>th</sup> January, 2017 in Jammu.
- Presented Paper in the 12<sup>TH</sup> JK SCIENCE CONGRESS, MARCH 2-4 2017 University of Jammu-State science, technology and Innovation council

- Attended 4 days Training workshop on Rorschach Inkblot Test and Intelligence Testing from 16<sup>th</sup> March to 19<sup>th</sup> March,2017 in Department of Psychology, University of Jammu.
- Attended 15 days online workshop on Gratitude Therapy from 15<sup>th</sup> April,2017 to 30<sup>th</sup> April,2017 organised by Psyuni Trust,Lucknow.
- Attended 2days workshop on Cognitive Drill Therapy and Hypnosis organized by Post Graduate Department of Psychology, University of Jammu in collaboration with Indian Academy of Health Psychology.
- Attended 2 days UGC-NET oriented national workshop on Research methodology organized by Indian Academy of Health Psychology and Department of Life Long Learning at University of Rajasthan (Jaipur) on 8<sup>th</sup>-9<sup>th</sup> June,2019.
- Attended 2 days workshop on Emotional intelligence:The NLP way organized by Mindlogs Psychological Services on 28<sup>th</sup>-29<sup>th</sup> September 2019 at Chandigarh.
- Participated in International e-conference on the new normal –Psychological Perspectives 26<sup>th</sup> & 27<sup>th</sup> March,2021 organized by Department of Psychology,Dr.MGR-Janaki College of Arts & Science for Women,Chennai
- Participated 4<sup>th</sup> international conference on Developing New India through science, social science, humanities and research 29<sup>th</sup> to 30<sup>th</sup> October,2022 organized by Indian mental health and research centre and Shia P.G.College

### Orientation/Refresher Courses Attended

- Attended Induction/Orientation Programme from 2<sup>nd</sup> Jan, 2017 to 9<sup>th</sup> Jan,2017 at Government College of Education, Jammu.
- Attended Induction/Orientation Programme from 16<sup>th</sup> Jan, 2017 to 31<sup>st</sup> Jan, 2017 in Central University,Jammu.
- Attended UGC-HRDC General Orientation course at University of Jammu from 29<sup>th</sup> June,2018 to 26<sup>TH</sup> July,2018.
- Attended UGC-HRDC sponsored refresher course at university of Jammu from 28<sup>th</sup> December,2022 to 10<sup>th</sup> Jan,2023

### Research Publications

- Charak,R.,Kohli,S.,Gohil,E.,Vaid,J.,Thappa,J.,& Sachdeva,P.(2011).Effect of Gender and type of illness on perceived stigma and self-esteem in people with mental illness,*Indian Journal of health and wellbeing*,2(2),334-337.
- Gohil,E.,&Charak,R.(2013).Meaning in life,life satisfaction and positive and negative affect in older adults:Effect of gender and tyoe of residence. *Indian Journal of Positive Psychology*,4(1),55-59.
- Gohil,E.(2014).Procrastination and self-esteem-A gender based study.*Global Journal of Interdisciplinary Social Sciences*,3(3),91-95.
- Gohil,E.(2015).Plight of Eunuchs in the Present Indian society. *International Journal of Social Sciences Review*,3(3),408-409.
- Gohil,E.,Charak,R.,Rashid,H.& Sharma,P.(2017).Quality of life and Depression among patients with Type I Diabetes:A Study of Gender Differences.*The International Journal of Indian Psychology*,4(2),90-97.
- Gohil,E.(2018).Friendship Quality in same-sex friendship among adolescents.*International Journal of Creative Research Thoughts*,6(2),732-741.

- Gohil,E.(2019).Yoga and mental health:a brief review. *International Journal of Humanities and Social Science Invention*,8(2),13-19.
- Gohil,E.(2020).Emotion regulation,happiness and life satisfaction in practitioners and non practitioners of yoga:A comparative study.*Shodh Sanchar Bulletin*,10(40),78-82.
- Gohil,E.,Anjum,R.,& Singh,D.J.(2023).Relationship between burnout and mental health in nurses working in intensive care unit.*Vidhyayana*,8(6),236-245.

### Academic Qualifications

Examination Passed	Board/ University	Subjects	Year	Division / Grade / Merit
SSC	CBSE	HINDI,ENGLISH,SOCIAL STUDIES,MATHEMATICS, SCIENCE	2002	1 <sup>st</sup>
Higher Secondary	CBSE	BIOLOGY,CHEMISTRY, PHYSICS,PHYSICAL EDUCATION,ENGLISH	2004	1 <sup>st</sup>
Bachelor's Degree(s)	JAMMU UNIVERSITY	ENGLISH,ENGLISH LITERATURE, PSYCHOLOGY, PHILOSOPHY	2007	1 <sup>st</sup>
Master's Degree(s) (M.A/M.Sc.)	JAMMU UNIVERSITY	PSYCHOLOGY	2009	1 <sup>st</sup>
NET/SLET	BOTH CLEARED		2011	
Other Diploma / Certificates etc.				

### Research Experience

Research Stage	Title of Work /Thesis	University where the work was carried out	Year
M. Phil or equivalent			
Ph.D.			
D.Sc/D.Litt.			
Training (Please specify)			

### Teaching Experience

Courses Taught	Name of the University/ College/Institution	Duration
iv) U.G. (B.A./B.Sc. etc.) (B.A./B.Sc. etc. Hons.)	GOVT. COLLEGE FOR WOMEN GANDHINAGAR, JAMMU	6 yrs
v) P.G. (M.A./M.Sc.,etc.)	JAMMU UNIVERSITY	AUG 2012 -MAY 2013 JUL 2013- MAY

		2014 AUG 2014- MAY 2015
vii) Any other( e.g Women Study, Skill Development , Add on courses, Coaching (JUET, CET) etc)	JUET	

**HOBBIES AND OTHER ACTIVITIES**-Besides participating in sports and other co-curricular activities, right from my childhood, I have always been interested in painting and writing. My entry in a competition organized by a supplement of Down to Earth was judged as one of the best. This encouraged me to continue and till date, I have been using my spare time in painting and composing verses. The collection of my poems has been published by Blue Rose Publishers under the title-The Other Side and my second book was published by freespace publishers under the title-Mirrors. Some of my abstract patterns were exhibited during YAYAVAR-The Literary festival held last year on 13<sup>th</sup> and 14<sup>th</sup> of December, 2019. During this event, I also recited two of my poems in front of the host of critiques.

Art is an expression of the soul. I am making ambiguous patterns since childhood. Drawn by a ball point pen and a simple sparkle pen, these patterns have no apparent meaning, yet they reveal many latent emotions, ideas and desires. I believe them to be work of our unconscious mind.

An observer can interpret them according to their personality, past experiences, wishes and behavioural patterns. Life take different turns and sometimes moving with the flow becomes difficult. Art, as a companion proves to be very helpful in relaxing a stressed mind and relieving the psychological tensions that occur from time to time.