

Curricular Vitae

Name: Dr. Rasal Pundlik Vitthal

Designation: Principal and Head, Dept. of Psychology.
Maratha Vidya Prasarak Samaj's
Guruwarya Mamasahab Dandekar Arts,
Bhagwantrao Waje Commerce and Science College,
Sinnar, Dist. Nashik, Maharashtra - 422103.
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Positions held:

- 1. Principal- MVP Samaj's GMD Arts, BW Commerce and Science College, Sinnar, Tal. Sinnar, Dist. Nashik.**
- 2. Vice-President- Human Education Society, Pune (from 2022)**
- 3. Member, BOS (Psychology), Savitribai Phule Pune University, Pune (2022 to 2027).**
- 4. Presidents- Nashik District Sports, Nashik.**
- 5. Ex-President- Marathi Manasshatra Parishad Pune (January 2018 to January 2021).**
- 6. Ex-Coordinator –Mental, Moral and Social Science Savitribai Phule Pune University, Pune**
- 7. Ex- Chairman –BOS Psychology Savitribai Phule Pune University. (March 2011 to August 2015)**
- 8. Ex-Member –Academic Council Savitribai Phule Pune University. (August 2011 to August 2015)**
- 9. Ex- Chairman –BOS Psychology, Fergusson College, Pune**
- 10. Ex- BOS Member, Home Science SPP University Pune.**
- 11. Ex-Member, BOS (Psychology), Savitribai Phule Pune University, Pune (2017 to 2022).**
- 12. Executive Member of Principal Forum Savitribai Phule Pune University, Pune (from 2010)**

Area of Specialization: Education Psychology, Counseling Psychology and Industrial Psychology.

Academic Qualification:

- M.A., Ph.D. (Psychology), LL.B.
- Diploma in Industrial Psychology
- Diploma in Professional Skills in Psychology
- Certified Trainer of *Vidyarthini Arogya Prabhodhan* Program of Savitribai Phule Pune University, Pune
- Certified Trainer of Soft Skill Programme.

- Certified Trainer of H.R.D.C.

Special Achievement: Listed among the top 239 Expert Psychologist of India.

i) Training/Orientation /Refresher Programmes

Sr. No	Courses	Name of Institute / College	Place	Date
1	Orientation Course	Academic Staff College University Of Pune	Pune	20/04/1992 To 17/05/1992
2	Refresher Course In Psychology	Dr. B .A. Marathwada University Aurangabad	Aurangabad	26/08/1996 To 21/09/1996
3	Refresher Course in Psychology	Dr. B .A. Marathwada University Aurangabad	Aurangabad	02/09/1997 To 30/09/1997
4	Refresher Course In Psychology	Academic Staff College Saurashtra Uni. Rajkot	Rajkot	07/02/2000 To 27/02/2000
5	Refresher Course In Psychology	Bhonsala Military College Nashik.	Nashik	13/10/2001 To 09/11/2001

ii) Research Guidance for M.Phil. and Ph.D.

1. Recognized as a Post-Graduate teacher and Guide for M. Phil. and Ph.D. Scholars of Savitribai Phule Pune University, Pune.
2. Students mentored for M. Phil.: 13
3. Students mentored for Ph.D.: 10
4. Students registered for Ph. D.: 04

iii) Projects carried out

Title of the Project	Name of the funding Agency	Duration	Remarks
Study of values among cash-crop and non-Cash-crop farmers.	U.G.C. Reference No. F.: - 23-171/05 dated 31 March 2006.	01.03.2006 To 28.02.2008	The research project completed on 28.02.2008

iv) Seminars, Conferences, Symposia and Workshops attended

1. **International** **04**
2. **National** **35**
3. **State** **60**

v) Resource person, Paper presented and published

1. Resource Person : More than 100

- Delivered a talk as a resource person in various University, State, National level Seminars / Conferences/ Workshops and other events on: **Personality Development, Women’s Empowerment, Mental Health**, Psychology of Women, Psychology and Spirituality, Right to Information, Problems of Teen ages, Empathy as a Micro Skill in Counseling, Emotional Intelligence etc.
- Delivered several talks in the International/National and State level **webinars** during pandemic situation. The topics covered in webinars are Mental Health, Personality Development, and Leadership, Know thyself, let’s talk about SEX etc.

Publications: Published **30** research papers in National and international Journals

Research Papers Presented in Seminars and Conferences: 205

Books Published: 10

Appointments held

Position	Institute	Duration
Assistant Professor		
Associate Professor		
Visiting faculty for P.G., M.Phil. & Ph.D. Research center	Y.C.M.O. University’s Centre at Dept. of Psychology in L.V.H. College, Panchvati, Nasik	From June 2006
Visiting faculty for P.G., M.Phil. & Ph.D. Research center	S.S.V.P.S. College, Dhule N.M.U. Jalgaon	From June 2006
Officiating Principal	M.V.P. Samaj’s Arts and Commerce College Khedgaon, Tal- Dindori, Dist - Nashik.	05.09.2003 to 18.08.2008
Officiating Principal	M.V.P. Samaj’s Arts and Commerce, College Vadnerbhairav, Tal- Chandwad, Dist -Nashik	28.08.2009 to 23.09.2010
Principal	K.G.D.M. Arts, Commerce and Science College, Niphad, Dist Nasik 422 209.	24.09.2010 to 22.10.2018
Principal	MVP Samaj’s Arts, Commerce &	23.10.2018 to 05.08.2020

	Science College, Tryambakeshwar-422 212.	
Principal	MVP Samaj's G.M.D. Arts, B.W. Commerce and Science College, Sinnar, Dist. Nashik	06.08.2020 to Till Date

vi) Teaching Experience: UG: 34 Years; PG: 17 years

vii) Extension Work/Community Service

a) Contribution to Community work :-

1. Delivers guest lectures at the special lecture series on Stress management and mental health organized by Advocate Bar Council and judiciary, Niphad every year.
2. Delivers guest lecture on "How to lead Happy life" at senior citizen club and needy groups especially for medical, engineering and MBA students.
3. Delivers guest lectures on value and life skills at various schools and colleges.

b) Positions held/Leadership role played in organizations linked with Extension Work and National Service Scheme (NSS), or NCC or any other similar activity.-

1. Effective leadership by way of playing role of NSS coordinator, Chairman of IQAC and Coordinator of Adult Education and Extension Activity Cell.
2. Massive tree plantation program in adopted Kothure and Nandur Madhyameshwar villages and college campus under the guidance and leadership.
3. Establishment of well flourished Botanical Garden which is rich in Medicinal plants and biodiversity.

viii) Participation in Corporate Life:

a) College/University/Institution

- **College:** Organized 12 National and 4 State level seminars/ conferences/ workshop.
- **University:**
 1. Member, BOS (Psychology), Savitribai Phule Pune University, Pune (2023 to 2028).
 2. Worked as a Chairman of Board of Psychology in Savitribai Phule Pune University, Pune. From March 2011 to August 2015.
 3. Worked as a member of Academic Council of Savitribai Phule Pune University, Pune. From March 2011 to August 2015.
 4. Worked as a faculty member of Mental moral and social science of Savitribai Phule Pune University, Pune. From March 2011 to August 2015.
 5. Worked as BOS Member, Home Science SPP University Pune.
 6. Nominated Resource person of *Bahishal Shikshan Kendra* Savitribai Phule Pune University, Pune from 2002.

7. Nominated trainer for “Soft Skill Programm” of Savitribai Phule Pune University, Pune.
8. Working as trainer for “*Vidyarthini Arogya Prabhodhan Program*” run by Health Center of Savitribai Phule Pune University, Pune.

▪ **Institution:**

1. Working as Convener of **Value and Life education Program** of Maratha Vidya Prasarak Samaj, Nashik from June 2013.
2. Worked as editor of five syllabus books first edition of 2013 and second edition of 2015 “Value and Life education Program” of Maratha Vidya Prasarak Samaj, Nashik.
3. Working as Convener of **Counseling Program** of Maratha Vidya Prasarak Samaj, Nashik from June 2015.

b) Enrichment of Campus Life (Hostels, sports, games, cultural activities)

1. Students Welfare and Discipline through Guest lectures.
2. Construction of Girl’s Hostel through raising funds from UGC New Delhi.
3. Leadership role in organization of various Sports events and Cultural Program in college and establishment of college *Geet manch*.
4. Leadership role in Construction of 400mter 6 lane running track, 9 Playgrounds, Green Gym, Student Parking Shed, college campus backside wall, construction of ladies and gents toilet, Provides OPAC and INFLIBLINET facility which enrich Campus of K. G. D. M. Arts, Commerce and Science College, Niphad, Dist. Nashik
5. Successfully developed Vermicompost, Sericulture and Honeybee Center unit for production of composting to be utilized for college plants and trees.
6. Successfully established Solar energy project with greed tided facility and funds obtained from SPPU and NERI
7. Outstanding work in village cleanliness drive with the help of NSS and NCC students in Niphad village.
8. Prepared and distributed 450 cloth bags by students in Niphad village and created awareness regarding say no to plastic.
9. College discipline maintained with 100% tobacco free camping and guest lecturers organized for awareness about drug abuse and addiction.
10. Village Adaptation scheme successfully implemented and Subhashnagar village is adapted and various programs are implemented as follows, Coloured 70 Homes for the Concepts of ‘Pink Village’, Constructed Tanks for the Concept of ‘*Ola kachara, Suka Kachra*’, 170 CCT Work, Maintenance of Thousands Trees As Concept of Bio-Diversity, etc.

11. Eco-friendly Green ambiance with more than 1600 trees.
12. Every Year on the occasion of Diwali festival, Sweet-Distribution to Needy people in rural area.
13. Eco-friendly Parking (Green Parking)

c) Professional Organization of Teachers. :

Member of All India Association of Principals.

d) (a) Membership of Professional Bodies, Societies etc.

1. Vice President of Human Education Society, Pune
2. Life Member of *Marathi Manas Shastra Parishad*, Maharashtra.
3. Life Member of Indian Academy of Applied Psychology.
4. Life Member of Indian Association of Human Behaviour (*Manas Bharati*)
5. Life Member of Institution of Knowledge Engineering.
6. Life Member of Pune Education Society Pune.
7. Life Member of Insight Publication, Maharashtra.
8. Life member of Indian Academy of Health Psychology.

(b) Editorship of Journals: -

1. Member of Editorial board Indian Journal(s) of research studies (IJORS) in social sciences ISSN Journal Published Nasik.
2. Member of Editorial board of Insight Publication, Publisher from Nashik Maharashtra.

iii) Other information

1. **Award: -** Received State Level “**Adarsh Samajseva Puraskar**” of Milind Samajik Vikas Mandal and Dhampath Bahudeshiy Institute, Nashik Maharashtra.
2. National level “**Paryavaran Ratna Puraskar 2018** by Nisarga Mitra Samiti, Dhule.”
3. **Best Principal Award** by Nisarg Samiti Dhule “2019”
4. **Maharashtra Bhushan Shikshak Prerna Puraskar** by Nisarga Mitra Samiti, Dhule “2020”
5. State Level Award “by **Nisarga Jaldoot Puraskar**” Mitra Samiti & Vidyavasini Shikshan Prasarak Mandal, Dhamane, 17/10/2018
6. State Level award from Appreciation from □□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□, □□□□□□, □□□□□□, 25/03/2016
7. Aadarsh Shikshak Puraskar- 2022 (Lion’s Club of Sinnar City)
8. Aadarsh Shikshak Puraskar- 2022 (Rotary Club of Sinnar)
9. Aadarsh Shikshak Puraskar- 2022 (Lion’s Club of International)

Personal counseling on family problems, carrier opportunities and teenager’s problems.

Create Social awareness on various issues like female feticides, global warming, and water conservation, Environment Protection etc. through news paper articles, lectures and PPT Presentations.

Delivered various lectures on values and spirituality for betterment of society and creating awareness among them.

Special highlight:

Delivered various lectures on Mental Health and Values during pandemic period 2014-2022 through online on You-tube Channel.

Performs a role of *Kendra Pramukh* of *Swadhyaya Parivar Kendra*, Pimpalgaon Baswant and conducts guidance, talks and organize various activities for senior citizen, Women and Children for spiritual upliftment and value education and participating in the activity run by the *Swadhyaya Parivar*.