

CURRICULUM VITAE

Dr. Rashmi Rani

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Academic Qualifications

Examination	Name of the University or Other Examining Body	Davison and Percentage	Year of Passing	Subjects
High School	UP Board	First 65.50%	1999	Hindi, English, Civics, Science, Home Science and Social Science
Intermediate	UP Board	First 61.80%	2001	Hindi, English, Civics, Home Science and Psychology
B. A. (Hons.)	Banaras Hindu University, Varanasi	First 62.50 %	2004	Psychology
M. A. (Psychology)	Mahatma Gandhi Kashi Vidyapith, Varanasi	First 66.5 0%	2006	Psychology
P. G. Diploma in Psychotherapy, Counseling and Guidance	Mahatma Gandhi Kashi Vidyapith, Varanasi	First Division 66.71 %	2007	Psychology
PDF	Mahatma Gandhi Kashi Vidyapith, Varanasi		2020	Psychology

Title of Ph. D. Thesis : Quality Of Marital Life And Emotional Wellbeing In Relation To Personality And Perceived Parental Rearing Styles Of Spouses

Work Experience: 5 Year Research Experiences as a UGC Post-doctoral Fellow

Research Papers Published : National: 17
International: 02

1. **Rani, R.,** Singh, L.N., and Jaiswal, A.K. (2016): Role of perceived parental rejection and emotional warmth in marital adjustment. *Indian Journal of Health and Wellbeing*, 7(8), 855-858. (UGC listed, Jr.No.-42787)

2. **Rani, R.**, Singh, L.N., and Jaiswal, A.K. (2016): Satisfaction with life in relation to perceived parental rearing styles. *Indian Journal of Health and Wellbeing*, 7(7), 711-713. (UGC listed, Jr.No.-42787)
3. **Rani, R.**, and Pandey, P. (2016): Factorial validation of emotional intelligence scale. *Indian Journal of Health and Wellbeing*, 7(10), 1028-1029. (UGC listed, Jr.No.-42787)
4. **Rani, R.**, Singh, L.N., and Jaiswal, A.K. (2017). Relationship between emotional maturity and marital adjustment among couples. *Indian Journal of Health and Wellbeing*, 8(9), 1020-1023. (UGC listed, Jr.No.-42787)
5. Jaiswal, A.K., Singh, L.N., **Rani, R.**, Sarraf, S.R., & Pandey, D. (2017). Standardization and validation of Hindi version of positive metacognitions and meta-emotions questionnaire. *Indian Journal of Positive Psychology*, 8,4, 547-553. (UGC listed, Jr.No.-42790)
6. **Rani, R.** (2017). Effect of similarity and dissimilarity of spouses on rejection and warmth factors of perceived parental rearing styles on life satisfaction. *Navya*, 237-244. (UGC listed, Jr.No.-63531)
7. **Rani, R.** (2017). Role of neuroticism and extraversion factors of personality on life satisfaction in married couples. *The Scientific Temper*, VIII, 2, 73-76. (UGC listed, Jr.No.-47226)
8. **Rani, R.**, Sarraf, S.R., Pandey, D., & Jaiswal, A.K. (2017). Positive metacognitions and meta-emotions facilitate marital adjustment. *Indian Journal of Health and Wellbeing*, 8, 11, 1409-1413. (UGC listed, Jr.No.-42787)
9. **Rani, R.** (2017). Coping strategies as a predictor of marital adjustment. *Indian Journal of Community Psychology*, 14, 1, 60-65. (UGC listed, Jr.No.-64804)
10. **Rani, R.**, & Jaiswal, A.K. (2018). Role of Positive metacognitions and meta-emotions in marital satisfaction. *Indian Journal of Scientific Research and Reviews*, 7(3), 196-203. (UGC listed, Jr.No.- 63179)
11. **Rani, R.**, Singh, L.N., & Jaiswal, A.K. (2019). Factorial validation of Hindi version of dyadic adjustment scale. *International Journal of Social Sciences Review*, 7(5-II), 1297-1303. (UGC listed, Jr .No. -41948)
12. **Rani, R.**, Jaiswal, A.K. & Singh, L.N.(2019). Standardization and validation of Hindi version of Kansas Marital Satisfaction Scale. *International Journal of Scientific Research and Reviews*, 8(2), 3348- 3357. (UGC, JrNo.- 63179)

13. Jaiswal, A.K., Singh, L.N., **Rani, R.**, Sarraf, S.R., Pandey, D., & Panday, V. (2020). Standardization and validation of Hindi version of satisfaction with life scale. *Indian Journal of Psychology and Education*, 10(1)106-112. (Peer-reviewed)
14. Jaiswal, A.K., Singh, L.N., **Rani, R.**, & Sarraf, S.R. (2020). Psychometric properties and factor analysis of Hindi version of Meta-emotion Scale. *Indian Journal of Positive Psychology*, 11(4), 383-388. (Peer-reviewed)
15. **Rani, R.**, Jaiswal, A.K. & Singh, L.N.(2020). Assessment of psychometric properties and validation of Hindi version of marital communication inventory. *Indian Journal of Health and Wellbeing*, 11(7-9), 419-425. ((Peer-reviewed)
16. Jaiswal, A.K., Singh, L.N., **Rani, R.**, Sarraf, S.R., Pandey, D., Sharma, P., Pandey, V., Vishwakarma, N. (2021). Standardization and validation of Hindi version of metacognitions questionnaire in Indian sample. *Indian Journal of Psychology and Education*, 11(2), 76-86. (Peer-reviewed)
17. Singh, A., **Rani, R.**, & Jaiswal, A.K. (2021). A sleep quality scale in hindi: psychometric properties and Standardization in an Indian sample. *Indian Journal of Positive Psychology*, 12(2), 186-192
18. Jaiswal, A.K., Nikita, Rani, R., & Pandey, V. (2022). Psychometric Properties and Standardization of Hindi Translation of Positive and Negative Affect Schedule (PANAS) in an Indian sample. *Indian Journal of Clinical Psychology*, 49, 16-22.
19. **Rani, R.**,& Jaiswal, A.K. (2022). Effects of Positive Metacognitions and Positive Meta-emotions on Marital Communication. *Indian Journal of Positive Psychology*, 13(3), 202-206.

Orientation/ Refresher Courses: 1

“7TH Online Faculty Induction programed” held from 06-01-2024 to 4-02-2024 organized by Malviya Mission Teacher Training Centre, DDU Gorakhpur University, Gorakhpur

Conference / Seminars Attended: 08

1. Rani, R. (2011): Quality of marital life in relation to perceived parental rearing styles: Implications for couples counselling. Presented paper in the International meet on

collaboration with American Universities and International Conference on Counselling and Community Psychology, organized by Department of Applied Psychology, VBS Purvanchal University, Jaunpur, India (17 – 19 December)

2. Rani, R. (2012): Optimism and its effects on mental health. Presented paper in 1st National Conference of Indian Association of Positive Psychology, organized by Mahatma Gandhi Kashi Vidyapith, Varanasi, India (24 – 26 December).
3. Rani, R., Singh, L.N., & Jaiswal, A.K. (2016): Marital satisfaction in relation to similarity and dissimilarity on neuroticism and extraversion factors of personality of spouses Presented paper in national conference on Psychology and society today: contemporary issues and interventions., organized by department of psychology, Mahatma Gandhi Kashi Vidyapith, Varanasi, India (26-27November)
4. Rani, R., Singh, L.N., & Jaiswal, A.K. (2016): Life satisfaction of spouses in relation to similarity and dissimilarity on neuroticism and extraversion factors of personality. Presented paper in 5th international conference on recent advances in cognition and health, organized by department of psychology, B.H.U, Varanasi, India (19-21 December).
5. Rani, R., & Jaiswal, A.K. (2017). Marital satisfaction in relation to positive metacognitions and meta- emotions. Presented paper in international conference on Health and wellbeing: an interdisciplinary inquiry by Jamia Milia Islamia, New Delhi, India (23-24 March).
6. Rani, R., & Jaiswal, A.K. (2019). Effects of positive and negative meta-emotions on marital adjustment. Presented paper in International conference of IndianAcademy of Health psychology held at Mahatma Gandhi Kashi Vidyapith, Varanasi, India (20-22 october).
7. Rani, R., & Jaiswal, A.K. (2021). Effects of positive and negative meta-emotions on marital communication. Presented paper in 47th national annual conference of Indian association of clinical psychologists by NACIACP, India (28-30 may)
8. Rani, R., & Jaiswal, A.K. (2023). Is Perceived Parenting Style A predictor Of Marital Communication in Spouses? Presented paper in National Seminar on Psychology & Society Today held at Department of psychology, Mahatma Gandhi KashiVidyapith, Varanasi, India (17-18 March)