

## FACULTY PROFILE

NAME: SAKSHEE MESHAM

INSTITUTIONS: SHRI KULESHWAR MAHADEV GOVT COLLEGE,  
GOBRANAWAPARA, RAIPUR.

DATE OF FIRST APPOINTMENT: 31/12/2021  
(IN HIGHER EDUCATION)

DATE OF FIRST JOINING: 31/12/2021  
(IN SKMG)

E-MAIL ADDRESS: meshram.sakshee@gmail.com

CONTACT NO.: 7535964796



NAME: SAKSHEE MESHAM  
DESIGNATION: ASSISTANT PROFESSOR  
DEPARTMENT: PSYCHOLOGY

### QUALIFICATIONS:

	Subject/Title for PhD	Year	From (University)
<b>Graduation</b>	BSc	2013	Dev Sanskriti University, Haridwar, (UK)
<b>Post-Graduation</b>	MSc Clinical Psychology	2015	Dev Sanskriti University, Haridwar, (UK)
<b>NET</b>	Psychology	2018	
<b>PhD</b>	Mindfulness and Metacognition	2024	Mahatma Gandhi Kashi Vidyapith, Varanasi UP
<b>Others</b>	PGD in Counselling and Psychotherapy	2016	Banaras Hindu University, Varanasi, UP

COURSES TAUGHT: NEP REGULATED DSC, GE, DSE, VAC

ADDITIONAL RESPONSIBILITIES: INCHARGE OF LIBRARY, MEMBER IN THE COMMITTEE OF INDIAN KNOWLEDGE SYSTEM, INTERNAL ASSESSMENT, ADMISSION AND SCHOLARSHIP.

### PUBLISHED PAPERS:

- **Jaiswal, A. K and Meshram, S.** (2022) Effects of Positive Metacognitions and Positive Meta-emotions on Perceived Stress in Adolescents. *Indian Journal of Positive Psychology*, 13(3), 244-248. <https://iahrw.org/our-services/journals/indian-journal-of-positive-psychology/>
- **Jaiswal, A. K, Meshram, S, Pandey V, Singh A.** (2021) Standardization and Validation Of Hindi Version of Perceived Stress Scale in Indian Sample. *Indian Journal of Health and Well-being*, 12(3), 386-390.

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INSTITUTIONS WORKED IN: SHRI KULESHWAR MAHADEV GOVERNMENT COLLEGE GOBRA  
NAWAPARA, RAIPUR CG.

PAPER PRESENTED IN SEMINAR/CONFERENCES (NO.):

NATIONAL: 1

INTERNATIONAL: 1

FDP/INDUCTION/REFRESHER COURSE ATTENDED:

- FDP:  
ONLINE FDP BY RAMOTEEN MADIA GOVT MODEL WOMEN'S COLLEGE, NARAYANPUR,  
CG (13/3/26-19/3/26).  
ONLINE FDP BY GOVT K L ARTS & COMMERCE COLLEGE BAGBAHRA, MAHASAMUND CG  
(22/01/2025-29/01/2025).
  - INDUCTION: ONLINE INDUCTION PROGRAMME BY MMTTC UGC NEHU, SHILLONG  
(16/08/2024-13/09/2024).
  - REFRESHER: ONLINE REFRESHER COURSE BY UGC, MMTTC, UNIVERSITY OF  
LUCKNOW UP (08/12/2025-22/12/2025).
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