



## PROFILE

I am passionate about continuous learning and professional development. I have in depth knowledge and good understanding of various principles, theories methods, techniques and strategies pertaining to the subject. I am good at multitasking, time management and record keeping. I have good oral communication as well as presentation skills. I also believe in teamwork and also have participated in designing the course outline or syllabus for the concerned subject. I am ready to contribute my expertise to add value to the organization.

## CONTACT

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9418422646

e. mail  
katochanupama1987@gmail.com

## RESEARCH INTERESTS

. To study the mental health of the adolescence .  
. To study the social and emotional intelligence of adolescence .  
.Organisational climate and occupational stress as predictors of teachers effectiveness.

# ANUPAMA KATOCH

## ASSISTANT PROFESSOR

### EDUCATION

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- Ph. D (Education) Himachal Pradesh University
- UGC (NET) Qualified
- M. Phil (Education) Himachal Pradesh University
- M. Ed ( Himachal Pradesh University)
- B. Ed (Blooms College of Education)
- B. Sc{Med}(M.L.S.M College Sunder Nagar)
- 10+2{Med}(M.L.S.M College Sunder Nagar)

### WORK EXPERIENCE

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#### **Department of Higher Education, Govt. of Himachal Pradesh Assistant Professor (Education)**

- 17 July 2018 – Present
- Teaching experience: 5+ years

### PROFESSIONAL DEVELOPMENT COURSES

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#### **Teaching Learning Centre, Ramanujan College University of Delhi**

- 4-week Induction/Orientation Program for Faculty of Higher Education (online)  
(20 Dec 2021 – 19 Jan 2022)

#### **Teaching Learning Centre, Ramanujan College University of Delhi**

- 2-week Interdisciplinary Refresher course on Advanced Research Methodology (online)  
(22 April 2023 – 06 May 2023)

### SEMINARS/CONFERENCES

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- Attended 2nd SSHP International Conference on Transforming Asia Development, Tourism and Environment in Mountains and presented paper on "Contemporary Issues of Globalisation and it's future Challenges"
  - Attended International Conference on Recognising Plurality and Identify: Socio Economy, polity, culture and presented paper on " Socio- Economic Disparities of the Himalayan Region: A case study of different district of H. P"
  - Attended National Conference on Environmental concerns in the Himalayan Regions and presented paper on entitled as "An Economic, Cultural and Political Overveiw of the Mountainous Region of Himachal Pradesh"
  - Attended HCSR International Conference on Western Himalayas :Continuity, Change, Uncertainty and Possible future and presented paper entitled as Infrastructural Development of Himalayan Mountain Regions it's Economic Implications:A case study of Himachal Pradesh
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