

# L.A.D. & Smt. R.P. College for Women, Nagpur

## FACULTY PROFILE

### ❖ Basic Information

- Name: Dr Shraddha Thacker
- Designation: Assistant Professor and Research Supervisor
- Department: Home Science
- Area of Specialization: Human Development
- VIDWAN ID- 550725
- ORCID ID- 0009-0008-0566-8591
- Google Scholar ID- EU1Xbh4AAAAJ



### ❖ Educational Qualifications:

MSc. HSc. Human Development, M.A. Eng Lit., B.Ed., UGC NET, Ph.D.

### ❖ Total Teaching Experience: 13 Years

### ❖ Research Experience

- Total Research Experience: 2 years
- Research Guidance (M.Phil/Ph.D. Guided): PG Dissertations- 10
- Areas of Research Interest: Emotional intelligence, Anxiety, Yoga, etc

### ❖ Research Publications

#### (A) Research Papers in National/ International Journals

#### Research Paper Publications in UGC care list / Peer Reviewed Journal: -

- **2025-** Thacker Shraddha and Reema Siddhu. Survey- based analysis of Emotional Intelligence among adolescents in the National Conference on Entrepreneur Development and Startup: Under NEP 2020 on **16.10.2025**.
- **2025-** Thacker Shraddha. Assessment of Life Skills with respect to Board of Education in Indian Journal of Positive Psychology in September 2025, Vol 16, issue 3, ISSN-p-2229-4937, e-2321-36X.
- **2025-** Thacker Shraddha. Book Chapter- Foundations of Child Education in Indian Knowledge System, Handbook of Home Science, Shriyanshi Prakashan, Agra.
- **2025-**Thacker Shraddha and Rathi Nanda. Stress and achievement motivation of orthopedically impaired and non-impaired adolescents. The Indian Journal of Home Science, 37(1), [https://www.homescienceassociationofindia.com/e\\_journal](https://www.homescienceassociationofindia.com/e_journal)
- **2025-**Thacker Shraddha and Rathi Nanda. Adjustment challenges: A study of hostel and day-scholar students. The International Journal of Indian Psychology, 13(2), 181–189, <https://ijip.in/articles/hostel-and-day-scholar-students/>

- **2024**-Thacker Shraddha and Rathi Nanda (2024, January). Emotional intelligence and moral judgement of children: Role of home environment. *Shodhkosh: Journal of Visual and Performing Arts*, 5(1), 777–782, <https://doi.org/10.29121/shodhkosh.v5.i1.2024.2224>
- **2024**-Thacker Shraddha and Rathi Nanda (2024). Personality traits as a function of meditation. *International Journal of Indian Psychology*, 12(2), 2714–2722. <https://ijip.in/articles/function-of-meditation/>
- **2024**- Shraddha Thacker (Patelia) “A study of problem behaviour in social skills among children with and without siblings” Published in *International Journal of Home Science- International Open-access, Peer-reviewed and Refereed Journal*, <https://doi.org/10.22271/23957476.2024.v10.i1e.1588>, ISSN: 2395-7476, Vol 10 Issue 1, Pp 340-343. Available online on <https://www.homesciencejournal.com/archives/?year=2024&vol=10&issue=1&part=E>
- **2023**- Patelia S., Rathi N. and Izzy A. “Temperamental Traits of Adolescents Studying In Professional And Non-Professional Courses”, Published in *International Journal of Home Science- International Open-access, Peer-reviewed and Refereed Journal*, 2023;9 (1):268-274. DOI: 10.22271/23957476.2023.v9.i1d.1443 ISSN: 2395-7476 available online on <https://www.homesciencejournal.com/archives/?year=2023&vol=9&issue=1&part=D>
- **2023**- Patelia S., Rathi N. and Varma V. “Children’s attitude towards homework- A comparative study among CBSE and State board children” Published in the *International Journal of Indian Psychology (IJIP) - Psychological, Peer-Reviewed, Refereed, Academic International Journal*, ISSN (electronic): 2348-5396, ISSN (Print):2349-3429.
- **2023**- Patelia S. & Rathi N. Test Anxiety as a function of achievement motivation and emotional maturity Published in *Mukt Shabd Journal, UGC Care list Group-I Journal*, ISSN Number : 2347-3150 Impact Factor : 4.6, Page No : 344-354 DOI:10.0014.MSJ.2023.V11I04.0086781.114237, <https://shabdbooks.com/volume-12-issue-4-april-2023/>
- **2022**- Patelia S. and Patelia B. "Review Article on the Perception of God in Eleven Principal Upanishads." Published in the *B. Aadhar' International Peer-Reviewed Indexed Research Journal*, ISSN: 2278-9308, January 2022.
- **2020**- Patelia S. & Rathi N. "Eve-Teasing: A Matter of Concern, Better be Safe than Sorry" Published in *B'Adhar International Peer-reviewed Indexed Research Journal*, December 2020, ISSN: 2278-9308.
- **2016**- Patelia S. & Rathi N. “A Comparative study to see the Impact of Yoga on Educational Aspiration (EA)and Test Anxiety (TA) among College going girls” Published in the *International Journal of Indian Psychology (IJIP) - Psychological, Peer-Reviewed, Refereed, Academic International Journal*, ISSN (electronic): 2348-5396, ISSN (Print):2349-3429.

#### Other Research Publications

- **2021**- Patelia S., Rathi N. and Kulkarni R. "Personal values as a function of Religiosity" Published in *Research Journal - Half yearly Journal of Science, Arts, Social*

**Sciences, Commerce, Home Science and Home Science Technology**, Vol. 17, No. 2, 2021, ISSN-0974-0317.

- **2021-** Patelia S., Rathi N. and Gadewar R. "Home Environment and Achievement Motivation: A Correlational Study" Published in **Research Journal - Half yearly Journal of Science, Arts, Social Sciences, Commerce, Home Science and Home Science Technology**, Vol. 17, No. 2, 2021, ISSN-0974-0317.
- **2020-** Patelia S., Rathi N. and Sheikh A. "Stress and Mental Health of Women as a function of Online and Offline Working Mode" Published in **Research Journal - Half yearly Journal of Science, Arts, Social Sciences, Commerce, Home Science and Home Science Technology**, Vol. 16, No. 2, 2020, ISSN-0974-0317.
- **2019-** Patelia S. & Mendhe A. "Impact of Marital status on the adjustment of the Elderly" Published in **Research Journal - Half yearly Journal of Science, Arts, Social Sciences, Commerce, Home Science and Home Science Technology**, Vol. 15, No. 2, 2019, ISSN-0974-0317.
- **2018-** P.Gole, K.Rathi, Lubna and S.Patelia. "Life Satisfaction and Resilience as a function of Meditation" Published in **Research Journal - Half yearly Journal of Science, Arts, Social Sciences, Commerce, Home Science and Home Science Technology**, Vol. 14, No. 2, 2018, ISSN-0974-0317.
- **2018-** K.Rathi, Lubna and S.Patelia. "Occupational Stress and Resilience of Teachers of different faculties" Published in **Research Journal - Half yearly Journal of Science, Arts, Social Sciences, Commerce, Home Science and Home Science Technology**, Vol. 14, No. 2, 2018, ISSN-0974-0317.

## **(B) Books / Book Chapters**

### **Books Authored-**

- **2024-** Book Entitled Yoga, Meditation and Pranayam Based Lifestyle- Intervention on Few Psychological Constructs Published in Redshine Publication (International), ISBN- 976-93-5879-391-8
- **2014-** Book on **EVS for Engineering Students** under VBD Publisher.

### **Book Chapters:**

- **2024-** Thacker S. Chapter in book entitled Importance of Weaning in Infancy in Nourishing Bonds- A comprehensive guide to weaning published in Heemakshi Publication (National), ISBN- 978-81-971773-6-1 – Pg- 89
- **2024-** Dr Shraddha Thacker, Book Chapter Entitled Soulful Serenity: Yoga and Meditation for Blissful Life- Understanding Pran and Pranayam, Published in Heemakshi Publication (National), ISBN- 9789348873682-Pg-29

## **(C) Conference / Seminar Proceedings**

- **2022-** Patelia S. "Yoga and Emotional Well-being" Presented and Published paper in Two days **Interdisciplinary International e-Conference** on Boosting Immunity through Yoga, Pranayam and nutrition on **29 and 30 April 2022** Published in B. Aadhar' International Peer-Reviewed Indexed Research Journal, ISSN: 2278-9308.

- **2019-** Rathi N. & Patelia S. Prevalence of Anxiety, Depression and Stress among college going adolescents in Nagpur Published in One Day **National Seminar - Conference Proceedings "Aarogyam Dhan Sampada- A life-long Treasure"**, ISBN- 978-93-80985-23-7 on **14 December 2019**.
- **2018 -** Patelia S. & Rathi N. "Why 25 minutes of Water Play a day for Pre-schoolers? Published in Conference proceedings "**National Aqua Conference on Water conservation: Role of Educators**", ISBN- 978-93-80985-20-6 on **18 December 2018**.
- Minor/ Major Research Projects:

S.N.	Title	Funding Agency:	Year	Amount Sanctioned

#### **7. Orientation / Refresher Courses / FDPs Attended**

- **Dr Shraddha Thacker** successfully completed Refresher Course in Home Science organized by MMTC-UGC and MSU Baroda in **December 2025**.
- **Dr Shraddha Thacker** successfully completed Faculty Development Programme organized by MMTC-UGC in **January 2025**.
- **Dr Shraddha Thacker** successfully completed NEP Sensitization Short Term Course organized by MMTC-UGC in **March 2025**.

#### **❖ Papers Presented in Conferences / Seminars**

- **Paper Presented** in 35<sup>th</sup> Biennial HSAI Conference, Meghalaya on "Problematic Behaviour Social Skills" on **17.02.2024**
- **Paper Presented** and Published "Yoga and Emotional Well-being" in Two days Interdisciplinary International e-Conference on Boosting Immunity through Yoga, Pranayam and nutrition on **29 and 30 April 2022**
- **Paper Presented** and Published on "Academic Anxiety as a function of Medium of Instruction, Socio-Economic Status, Sex & Type of family at National Symposium on The Right to Food, Clothing and Shelter: Step towards Healthy Nation" on **16-17 October 2007**

#### **❖ Workshops / Seminars / Conferences Organized**

- Contributed as an Organizer for a three-day Faculty Development Programme (FDP) titled "Teacher of the Future in HEI": conceptualized from 25th to 27th February 2026.

- Contributed as an Organizer of One week workshop on Steps of Research Project and data Analysis in Ms-Excel from 3<sup>rd</sup> March to 10<sup>th</sup> March 2025. Resource person- Dr Ashish Lingey
- Contributed as an Organizer in a five day (30-hour) workshop on Hands-on-Workshop on Research Synopsis Writing held for PhD Scholars and Aspirants and Post Graduate students from 23 to 27 September, 2024 at SMMCA and LAD and SRP College for Women, Nagpur.

## ❖ Administrative Responsibilities

### Board of Studies

- **Paper Setting** for UG Home Science and PG Human Development
- **Paper Moderation** for PG Human Development
- **Valuation** for UG Home Science and PG Human Development
- **External Examiner** for Practical - UG Home Science

## ❖ Membership of Professional Bodies

### ❖ . E-Content / MOOCs / ICT Use

- [SWAYAM / NPTEL Courses](#)
- [YouTube Lectures](#)
- [Google Classroom / LMS](#)

## ❖ Other Relevant Information

### 1. Resource Person:

- Invited as **Guest Speaker** by Adarsh Vidya Mandir's KDM Girls College, Nagpur to speak on "Girls- The Nation Builder" virtually o Zoom Platform for "National Girl Child Day" on **24.01.2022**
- Invited a **Resource Person** by NSS Unit-II -L.A.D. and Smt. R.P. College for Women for conducting workshop on "Mental Well-being" on **29.03.2022**.
- Invited as a **Resource Person** by NSS Unit-II-L.A.D. and Smt. R.P. College for Women for conducting workshop on "Gift a Smile" – importance of moral values through interesting stories to the children of Mahurjhari Madhyamik School on **16.01.2023**.
- Invited as a **Judge** for Healthy Tiffin Competition at CDS, Nagpur on **12.01.2024**.
- Invited as a **Judge** for KIDSKILLS- Platform ad Oral presentations organized by Saraswati Vidyalaya Pre-Primary School, Shankar Nagar, Nagpur on **03.02.2024**
- Invited as a **Resource Person** to conduct a lecture on Positive Mental Health to Children on **21.02.2024** organized by NSS Unit-2, LAD and Smt. RP College for Women. Nagpur.

### 2. Mentor- WES' Interdisciplinary Research, Ideation and Collaboration Hub IRICH

- Contributed as workshop Mentor in a Six-day workshop on Interdisciplinary Research Ideation and Exploration (IRIEW)