

Dr. Ruchi Shukla

Dr. Ruchi Shukla is a social psychologist by training with specialization in the field of Education. Having done her Ph.D. in the area of School Education from JNU, New Delhi. Dr. Shukla currently works with Department of Educational Psychology and Foundations of Education (DEPFE), NCERT. As part of her departmental responsibilities she has worked on Government schemes, took lectures and coordinated Diploma in Guidance and Counselling the flagship programme of the department. She was involved as a core team member in the development of a standardized aptitude test (*TAMANNA*) for senior school students. She has also been active on the social media platforms of the council as resource person in helplines, discussions, sessions, webinars etc. on forums like Sahyog, Swayam Prabha, NCERT, Official (YouTube) etc. Apart from this she has been active in teacher training programmes as a National Resource person like NISHTHA (National Initiative for school Heads' and Teachers' Holistic advancement for integrated teacher training programme for school leaders and elementary teachers).

Prior to joining the NCERT, Dr. Shukla has taught Psychology to undergraduate students at colleges of Delhi University -- Lady Shriram College for Women (LSR) and Gargi College. Dr. Shukla has done her M.Phil and Ph.D level research in JNU. Her Ph.D thesis focused on intrinsic motivation and stress as an interactive effect of perceived self-determination among students of Grade IX-XII. She has been awarded the Prof. Durganand Sinha Best Dissertation Award for her Doctoral work at the annual conference of The National Academy of Psychology (NAOP), held in New Delhi in February 2011. Her M.Phil dissertation, titled *'The Burdened Childhood: A Case Study of Primary School Children in Delhi'*, studied the school load (physical and psychological) in the light of the Yashpal Committee Report –'Learning Without Burden'.