

Sheetal Ruikar_Psychology, Ph.D.

Present position

- Assistant Professor

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Work Experience

- Teaching: 15 years
- Research/Industrial: 5 years

Personal Profile

Dr Sheetal Kundan Ruikar has completed her PhD in Industrial and Organizational Psychology from SavitribaiPhule University, Pune. Presently she is a faculty and coordinator for the Master's program of Psychology at Fergusson College Pune. She is a BOS member for Psychology at the Abeda Inamdar College, Pune.

In her capacity as the Assistant Coordinator of IQAC she has driven the mentorship process in the College for students. Besides, she is actively involved in the different committees of the College like the Examination, Career Facilitation Cell, Feedback Analysis and International student Cell.

Apart from her teaching she is passionate about research. She was a part of a collaborative research with Volkswagen, Pune. She has numerous research papers in National and international forum to her credit. She has authored a chapter in a book too.

During the pandemic she has designed a women leadership development program and career readiness program for students which were successfully run in the online mode. She conducts workshops in the area of qualitative research methods, Organization development and Change management.

Before she entered the teaching profession she had been instrumental in running a school for the severally challenged students in the outskirts of Pune.

She strongly believes in helping individual's be a better version of them and achieve their potentials to the maximum.

Course(s) Taught

1. Research Methods and Statistics
2. Organization Behavior
3. Organization Development
4. Strategic Human Resource Management
5. Introduction to Human Resource management
6. Training and Industrial Relations
7. Performance management and Development

Field of Specialization/Areas of Interests

- Industrial and Organizational Psychology

Education

- **Ph.D. – (Psychology):** from 2011 to 2017
Title of the Thesis: Relationship between Perceived Social Support, Psychological Capital and Work-Family Enrichment
Name of University / Institution: Pune University
Year of Award 2017
- **Master of Arts- (Psychology):** 2001
 University/College: Pune University
- **Bachelor of Arts- (Psychology):1999**
 St. Xaviers College, Mapusa Goa.
 Goa University,

Fellowship/Awards/ Certifications/Achievements/Recognitions

N.A.

Member of College Committees/ Professional Bodies and Others

College Level	Professional Bodies	Others
Assistant Coordinator Internal Quality Assurance Cell (IQAC) Fergusson College (Autonomous)	Life Member of All India Association for Obesity Research	Abeda Inamdar College, Pune. (Member of Board of Studies)
Coordinator, M.A. Psychology Fergusson College (Autonomous)		
Coordinator, Student Mentorship Program		

Employment History

Organization : Fergusson College, (Autonomous), Pune
Role : Assistant Professor
Duration : 15 years

Responsibilities	<ul style="list-style-type: none"> • Teaching MA (Psychology). • Coordination of MA Psychology Program • Annual Quality Assurance Report/NIRF data • Mentorship program coordination
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Research Projects

Title of the Project	Name of Funding Agency	Amount(Rs)	Duration (Year) (From To)	Type (Minor/Major)	Outcome
N.A.					

Research Publications in National and International Journals

- Ruikar,S. (2009),Code of Conduct in the use of Psychological Assessment For HR Professionals in India, Proceedings of the National Seminar on Recent Trends In Psychology: An Applied Perspective.147-151
- Sharma, S. and Ruikar S. (2012) A Comparative Study between Masculine,Feminine and Androgynous Sex Type on Job Search Attitude, International Research Journal Of Humanities and Environmental Issues Vol 1,2, ISSN:2277-9329 64-67
- RuikarS. and Abhyankar S. (2012) Psychological Capital: An Emerging HRM Perspective, International Research Journal Of Humanities and Environmental Issues Vol 1,2, ISSN:2277-9329 161-164
- Hundal H., and RuikarS. (2012), Relationship Between Openness to experience,Risk taking Behaviour and Job mobility, Proceedings of an International Conference on Work values : Stability and Change in the the Global Context , ISBN:978-0-9817997-2-8
- Pendse M. and Ruikar S. (2013), The relation between happiness,resilience and quality of work life and effectiveness of a web based intervention at workplace- a pilot study. Journal of Psychosocial Research.

- Ruikar S. and Abhyankar S. (2015) Perceived social support as a predictor of work-life enrichment. *Annamalai International Journal of Business Studies & Research*, 1(1), 43-52. ISSN: 0975-749X [IF=2.71]
- Amroliwalla S. and Ruikar S. (2015) IT Company Merger A Comparative Study of Employee's Stress and Anxiety *Journal of Psychosocial Research* Vol. 10, No. 1, 2015, 11-19
- Palsetia S. and Ruikar S. (2015) "Merger as an antecedent for organizational change: an in-depth case study" in the proceedings of International Conference on "Enriching Employee Engagement in Organization-Role of Psychology" held from 30th, 31st Jan & 1st Feb, 2015.

Participation in Conferences/Seminars/Symposia/Workshop:

- Co-presented a paper titled, "Comparative Study of Job involvement and Stress between permanent and Probationary Employees from Private sector" at the "International Conference on Stress – Paradigm Shift in Technology and Allied Sciences" organized by IISMAAS and IIHMR, New Delhi.
- Co-presented a paper titled "Women's Quality of life: A Comparative study of Married and Single Women who are employed" at the UGC sponsored National Seminar on "Innovative Management Practices" organized by Department of Business administration, Annamalai University.
- Co-presented a paper titled "A comparative study of Anger and Anxiety in day shift and night Shift employees at the UGC sponsored National Seminar on Health and Wellbeing: Contemporary Issues and Perspectives organized by Department of Psychology, Fergusson College and Muktangan Mitra, Pune
- Co-presented a paper titled "Role of Locus of Control and perceived organizational climate in Job satisfaction amongst employees from the manufacturing industry" at the UGC sponsored National Seminar on Health and Wellbeing: Contemporary Issues and Perspectives organized by Department of Psychology, Fergusson College and Muktangan Mitra, Pune
- Presented a paper titled "Psychological Capital: An emerging HRM perspectives" at the National Seminar on Research: Interdisciplinary Approaches in Management, Humanities, Social Sciences and Languages, organized by Nashik Prasarak Mandal.
- Co-presented a paper titled "Correlational Study of organizational Culture, emotional Intelligence with employee creativity amongst employees from Manufacturing Industry." at the National Seminar on Research: Interdisciplinary Approaches in Management, Humanities, Social Sciences and Languages, organized by Nashik Prasarak Mandal.
- Co-presented a paper titled "IT Company Merger: A Comparative study of employees' Stress and Anxiety" at the National Seminar on Research: Interdisciplinary Approaches in Management, Humanities, Social Sciences and Languages, organized by Nashik Prasarak Mandal.
- Co-presented a paper titled "Effects of Gratitude Intervention on Levels Of Perceived Stress And Subjective Well-Being in Practicing Doctors Who Are Parents." At a National conference on

'Mental Health in Day to Day Life' jointly organized by Indian Association of Mental Health (IAMH) and S.P.College on 30th and 31st January 2019

- Co-presented a paper titled "Ergonomics and Occupational Health: An Exploratory Study" at a National conference on 'Mental Health in Day to Day Life' jointly organized by Indian Association of Mental Health (IAMH) and S.P.College on 30th and 31st January 2019

Events Organized/Coordinated:

Sr. No	Name of the Event	Name of organizing Institute/ College/University	Nature of contribution	Dates
1	Recent trends in Psychology: An Applied perspective	Fergusson College, (Autonomous) Pune	Organising member	December 2009
2	Health and Well-being: Contemporary issues and perspectives	Fergusson College, (Autonomous) Pune	Organising member	17 th to 19 th January 2011
3	Developing Human Potential: Issues, perspectives and challenges	Fergusson College, (Autonomous) Pune	Organising member	31 st January to 2 nd February 2013
4	NGO Roundtable	Fergusson College, (Autonomous) Pune in Collaboration with National HRD Network Pune Chapter	Teacher Coordinator	15 th and 16 th March 2022
5	Aikyam: Ek Bahetar Kaal in Aur	Fergusson College, (Autonomous) Pune in Collaboration with National HRD Network Pune Chapter	Teacher Coordinator	26 th March 2022

Additional skills/Activities

1. Organization Change and development
2. Research

Course Content Developed (e-content)

N.A.

Consultancy Services

1. Corporate training provided for Women Leadership development
2. Consultancy provided for test development for Mindfulness Index

