

CURRICULUM VITAE

RUPALI NAWALE

Educator || Psychologist || Counsellor || Researcher || UGC-NET || MH-SET

☎ 7057374821

✉ rupalinawale123@gmail.com

🌐 www.linkedin.com/in/rupalinawale

CAREER OBJECTIVE

A dedicated professional with expertise in clinical, positive psychology, and research methodology, seeking opportunities to leverage academic and research experience in a dynamic work environment. Passionate about mental health research and support, clinical psychology, counselling, child psychology and positive psychology, with a strong focus on contributing to personal and organizational growth.

KEY SKILLS AND TECHNICAL SKILLS

- Teaching & Academic Mentorship
 - Psychological Testing & Data Interpretation
 - Cognitive Behavioural Therapy
 - Psychological Counselling & Career Guidance
 - Research & Data Analysis
 - Advanced Statistical Analysis (SPSS, R, MS Excel)
 - Consumer & Industrial Psychology
 - Strong Communication & Presentation Skills
 - Critical, Analytical & Creative Thinking
 - Technical Proficiency- MS Office Suite: Word, Excel, PowerPoint, SharePoint
-

PROFESSIONAL EXPERIENCE

Assistant Professor – Psychology

St. Vincent College, Pune | 11 July 2025 – Present

- Teaching undergraduate and postgraduate students in psychology.
- Conducting practical laboratory sessions and demonstrations.
- Guiding students in field projects, research design, and data collection.

Development Volunteer (Subject Matter Expert)

Indian School Psychology Association (InSPA) | March 2015-Present

- Providing expert-level guidance on content development, ensuring accuracy and relevance to InSPA's goals.
- Conducting in-depth research on specialized topics related to school psychology.
- Reviewing and refining content produced by other volunteers, offering detailed feedback and recommendations.
- Collaborating with the team to develop strategic content plans, leveraging your subject matter expertise.

Assistant Professor of Psychology

Vishwakarma University, Pune | Aug 2021 – Jan 2024

- Taught undergraduate and postgraduate courses, including Introduction to Psychology, Life Skills, Positive Psychology, Experimental Psychology, Consumer Psychology, Research Methodology, and Statistics.
- Conducted practical sessions, workshops, and experiential learning activities to enhance student engagement.
- Published research papers in national and international journals and presented findings at academic conferences.
- Provided academic and career guidance, addressing student concerns related to exam stress, mental health, and personal challenges.
- Designed course syllabi, lesson plans, and instructional materials in alignment with university standards.
- Led and contributed to various university committees, including Head of Student Support and Progression in the IQAC, and Academic Administration.

- Supervised research projects, dissertations, and academic writing for postgraduate and honors students.
- Evaluated student performance through assignments, projects, and examinations, serving as a Junior Supervisor and Examiner.

Assistant Professor of Psychology

DR. D.Y. Patil Arts, Commerce & Science College, Pune | Jan 2021 – May 2021

- Taught undergraduate and postgraduate courses, including Introduction to Psychology, Positive Psychology, Psychodiagnostics, Qualitative Research, Research Methodology, and Statistics.
- Conducted lab demonstrations and practical sessions to enhance student engagement and applied learning.
- Served as a Member of the NAAC Committee and the Student Development Committee under the College Development Committee, contributing to institutional policies and decision-making.
- Published research papers in national and international journals and presented findings at academic conferences.
- Supervised postgraduate research projects, guiding students through data collection, analysis, and thesis writing.

Internship

Samyak Mental Health Care and De-Addiction Center | Feb 2020 – March 2020

- Conducted case history evaluations, diagnostics, and treatment plan suggestions.
- Led individual counselling sessions and organized activities for client rehabilitation.

EDUCATION & QUALIFICATIONS

🎓 Ph.D. Scholar | Savitribai Phule Pune University | 2022 – present |

🎓 Master of Arts (M.A) in Clinical Psychology | Savitribai Phule Pune University | 2018 – 2020 | 9.63 CGPA

🎓 Bachelor of Arts (B.A) in Psychology | Nowrosjee Wadia College, Pune | 2015 – 2018 | 77.6%

🎓 Class XII (CBSE) | Army Public School, Delhi | 2014 | 9.3 CGPA

🎓 Class X (CBSE) | Army Public School, Delhi | 2010 | 9.8 CGPA

CERTIFICATIONS

- ☑ Professional Cognitive Behavioural Therapist, 2025
- ☑ UGC NET 2020 (Qualified for the post of Assistant Professor of Psychology)
- ☑ MH-SET 2021 (Qualified for the post of Assistant Professor of Psychology)
- ☑ Completed a Counselling Skills Course (Christian Counselling Centre, Vellore)

GUEST SESSIONS

- **Mental Health Awareness Session – Studious Girls Hostel, Pune**
Delivered an interactive session focusing on interpersonal relationships, peer pressure, stress management, adjustment issues, anxiety, and the importance of seeking professional psychological help.
- **NET Exam Preparation for Psychology – Vishwakarma University**
Conducted a session guiding postgraduate psychology students on effective strategies, study resources, and preparation techniques for the UGC-NET examination.
- **Competitive Exams and Mental Health – Session for MPSC Aspirants**
Led a session addressing the psychological challenges faced by competitive exam aspirants, with a focus on stress, anxiety, time management, and building emotional resilience.

RESEARCH & PUBLICATIONS

Projects:

- Collaborated with Mahadji Shinde School & Shree Haribhau Balavantrao Girm School, Pune for a project on student mental health assessment.

Editorship:

- Associate Editor in International ISBN Edited Book titled "Contemporary Issues in Multidisciplinary Subjects, Volume-3", Red'shine Publication Pvt. Ltd. in association with RED'MAC International Press & Media. Inc. India | Sweden | UK. ISBN: 978-93-93239-58-7

Publications:

- Kumar, K., Maswood, Y., Palani, B., Sethumadhavan, R., Nawale, R., & Singh, A. (2023). A study on perception and preferences towards green marketing, its influence on consumer. *Journal of*

Informatics Education and Research, 1526-4726.

- Ahmad, A., Gajanethi, S., Jacob, M., Sekar, S., Nawale, R., & Josephson, P. (2022). Empowering scientific temper through cognitive learning among higher secondary students. *International Journal of Early Childhood Special Education*, 14(1), 1308-5581.
- Kavitha, N., Krishnan, M., Bhuvaneswari, M., Varghese, L., Puvairasi, R., & Nawale, R. (2022). A study on parenting stress and coping strategies adopted among working mothers. *Neuroquantology*, 20(8), 2201-2208. <https://doi.org/10.14704/nq.2022.20.8.NQ44242>
- Nawale, R., & Bhosale, I. (2022). Effect of gratitude on emotional intelligence, spiritual well-being, and rumination. *International Journal of Current Research*, 0975(833X). <https://doi.org/10.24941/ijcr.43040.01.2022>

Conference Presentations:

- Patwa, K., Bhingare, S., Lohite, A., & Nawale, R. (2024, April 19-20). Relationship between organisational culture, work engagement, job satisfaction, and job burnout among IT sector employees. *2nd International Conference on Positive Psychology*, National Positive Psychology Association.
- Nawale, R. (2022, March 8). Self-esteem, self-efficacy, and resilience in working and non-working women. *8th Virtual International Conference on Gender Equity: Barriers, Inclusion, and Enablers*, Women Empowerment Cell, Kristu Jayanti College, Bengaluru. ISBN 978-81-956813-7-2.
- Nawale, R. (2021, August 20-21). Sports mental toughness and grit of sports players performing additional physical fitness activities. *International Scientific E-Conference on Physical Education, Sports Sciences, Health, Fitness, Physical Activity and Sports Competitions*, Chhatrapati Shivaji Kala Mahavidyalaya, Amravati, & International Federation of Physical Education, Fitness and Sports Science Association. ISSN 2231-3265.
- Nawale, R. (2021, May 18). Grit, suicidal ideation, and personality among students from professional and non-professional courses. *International Conference on "Researches in 21st Century: A Global Perspective"*, Shri Shivaji Shikshan Prasarak Mandal's College of Education, Barshi, ISSN 2231-2137
- Nawale, R., & Morajkar, A. (2021, April 14-15). Behaviour and attitude towards dietary supplements of gym members. *National E-Conference on "The Epidemic Challenges and Future Perspective of Physical Fitness, Yogic Practices, and Competitive Sports"*, Shri Dnyaneshwar Maskuji Burungale Science and Arts College, Shegaon. ISSN 2277-8071.
- Nawale, R., & Morajkar, A. (2021, March 24). Life satisfaction of physically active and non-active people from Goa. *International Conference "LEAP"*, M.M.'s Chandrashekar Agashe College of Physical Education, Pune. ISSN 0975-5020.

Book Chapters:

- Nawale, R. (2022). Effect of parenting style on self-esteem and hardiness in college students. In *Contemporary Issues in Multidisciplinary Subjects* (Vol. 3, pp. xx-xx). Red'shine Publication Pvt. Ltd. ISBN: 978-93-93239-58-7.
- Pathak, K., Tiwari, R., & Nawale, R. (2022). The relationship of job satisfaction and conscientiousness with job performance among working professionals. In *Research Approaches in Multidisciplinary Subjects* (Vol. 4, pp. xx-xx). Red'shine Publication Pvt. Ltd. ISBN: 978-93-94727-01-4.
- Dixit, M., Gavandi, K., & Nawale, R. (2022). Gender difference in subjective well-being and stress in young adults during COVID-19 pandemic. In *Research Approaches in Multidisciplinary Subjects* (Vol. 4, pp. xx-xx). Red'shine Publication Pvt. Ltd. ISBN: 978-93-94727-01-4.
- Sean, B., & Nawale, R. (2022). Work from home – Benefit or drawback on mental well-being. In *Research Approaches in Multidisciplinary Subjects* (Vol. 4, pp. xx-xx). Red'shine Publication Pvt. Ltd.
- Deshmukh, S., & Nawale, R. (2022). Comparative study of self-esteem between working and non-working women. In *Research Approaches in Multidisciplinary Subjects* (Vol. 4, pp. xx-xx). Red'shine Publication Pvt. Ltd.

ACHIEVEMENTS & AWARDS

 Honored with the Research Award and letter of appreciation by the Vishwakarma University for outstanding academic research and publication contributions.
