

**1. Details of the Teacher/ Academic:**

|                                   |                 |
|-----------------------------------|-----------------|
| <b>Name &amp; Date of Birth</b> : | Dr Navita Abrol |
| <b>Date of Joining in IGNOU:</b>  | 11.05.2011      |
| <b>Current Designation</b> :      | Asstt Director  |
| <b>Pay Scale as on date</b> :     | Level 12        |
| <b>Qualifications</b> :           | PhD, PGDDE      |

**2. Honour/Award/Fellowship/membership of Professional body/ Statutory body (internal/ external) received by the Teacher/ Academic:**

| <b>Name of the recipient</b> | <b>Honour /Award/ Fellowship name/ membership of Professional body/ Statutory body</b> | <b>Agency name /Name of statutory body/ institution/ Apex body</b> | <b>Period</b> |
|------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------|
| <b>Dr Navita Abrol</b>       | Certificate of Honour                                                                  | <b>CSK Himachal Pradesh Vishvidalaya, Palampur</b>                 | 2002          |

**3. Books/BookChapter:**

- Co-author/co-editor if any, title, place of publication, publisher, Year, page (no) s, ISBN No

| <b>S. No</b> | <b>Name of Author1/ Editor 1, &amp; Co-author (s) / Co-editor (s) (if any)</b> | <b>Title of chapter/book</b>                                                                        | <b>Place of publication</b> | <b>Publisher</b> | <b>Year</b> | <b>Total Pages</b> | <b>ISBN No.</b>    |
|--------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------|------------------|-------------|--------------------|--------------------|
| <b>1.</b>    | <b>Abrol, N., Ratra, A. and Chhikara, S.</b>                                   | <i>Cognitive, Learning and Intelligence Theories.</i> In Human Development and Family Relationships | New Delhi                   | <b>IGNOU</b>     | 2010        | 114-146            | 978-81-266-4591-6. |
| <b>2.</b>    | <b>Ratra, A. and Abrol, N.</b>                                                 | Introduction to Human Development. In <i>Human Development and Family Relationships</i>             | New Delhi                   | <b>IGNOU</b>     | 2010        | 9-40               | 978-81-266-4591-6. |

|     |                                     |                                                                                                      |           |                                             |      |         |                            |
|-----|-------------------------------------|------------------------------------------------------------------------------------------------------|-----------|---------------------------------------------|------|---------|----------------------------|
| 3.  | Ratra, A. and Abrol, N.             | <i>Understanding development during early childhood.</i> In Manual for Supervised Practicum          | New Delhi | IGNOU                                       | 2010 | 55-67   | 978-81-266-4591-6.         |
| 4.  | Ratra, A. and Abrol, N.             | <i>Understanding development during middle childhood.</i> In Manual for Supervised Practicum,        | New Delhi | IGNOU                                       | 2010 | 68-75   | 978-81-266-4591-6.         |
| 5.  | Ratra, A. and Abrol, N.             | <i>Understanding Adulthood: Achieving Maturity.</i> In Manual for Supervised Practicum,              | New Delhi | IGNOU                                       | 2010 | 101-120 | 978-81-266-4591-6.         |
| 6.  | Ratra, A. and Abrol, N.             | <i>Understanding Old Age: The last stage of Human life span.</i> In Manual for Supervised Practicum, | New Delhi | IGNOU                                       | 2010 | 121-130 | 978-81-266-4591-6.         |
| 7.  | Ratra, A. and Abrol, N.             | <i>Practicals 1 to 8.</i> In Manual for Supervised Practicum,                                        | New Delhi | IGNOU                                       | 2011 |         |                            |
| 8.  | Ratra, A. and Abrol, N.             | <i>Research Tool &amp; Practical 2 to 6.</i> In Manual for Supervised Practicum                      | New Delhi | IGNOU                                       | 2011 |         |                            |
| 9.  | Sood*, N. Sangwan, S. and Duhan, K. | Mental Health Status of Preschoolers. In <i>Quest in Education.</i>                                  | Agra      | H P Bhargava Book House                     | 2010 | 59-71   | 978-93-80346-23-6          |
| 10. | Sood*, N., Sangwan, S. and Duhan, K | Sexual Harassment - Legal Safeguard. In <i>Psychology for healthy Living</i>                         | Agra      | Har Prasad Institute of Behavioural Studies | 2009 | 172-176 | ISBN No: 978-81-907126-4-4 |

(Duly authenticated by the Director/ Head of School/ Division/ Unit/Centre / Cell)

|    |                                                                                       |                                                                                                                      |         |                    |      |             |  |
|----|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------|--------------------|------|-------------|--|
|    | Eds:<br>Bhargwa,<br>M. and<br>Pandey, N                                               |                                                                                                                      |         |                    |      |             |  |
| 1. | <b>Sood*</b> ,<br>N.,<br>Sharma,<br>S. and<br>Sangwan,<br>S.<br>Eds:<br>Kothari,<br>U | A study on leisure<br>time activities of<br>retirees. In<br><i>Challenges to the<br/>changing status<br/>of aged</i> | Jodhpur | Books<br>Treasure. | 2007 | 131-<br>135 |  |

\*Earlier the maiden name was Sood after marriage it is Abrol

#### 4. Research Articles/Publications:

| SNo. | Author/ Co-author (if any)                                                          | Title                                                                                           | Name of Journal                                                         | Volume              | Page no. (s) | Year | ISSN No   |
|------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------|--------------|------|-----------|
| 1.   | Srivastava, M., Pulist, SK., <b>Abrol, N.</b> and Suman,                            | Online Tutoring And Counselling: Redefining Learner Support In The Digital Age                  | <i>The Online Journal Of Distance Education And E-Learning (TOJDEL)</i> | 8 (4)               | 214-228      | 2020 | 2147-6454 |
| 2.   | <b>Abrol, N.</b> , Srivastava, M., and Suman S.                                     | Recognition Of Prior Learning (RPL): Strategy For Increasing GER In India                       | <i>University News</i>                                                  | 58 (26)             | 7-16         | 2020 | 0566-2257 |
| 3.   | Srivastava, M., Vijayakumar, P., <b>Abrol, N.</b> , Mishra, B. and Suman, S.        | Online Evaluation: A Viable Alternative For Contemporary Times                                  | <i>Indian Journal of Open Learning</i>                                  | (under publication) |              |      | 0971-2690 |
| 4.   | Srivastava, M., Mishra, B., <b>Abrol, N.</b> Rao, D. K. and Suman, S.               | Recognition, Assessment, And Accreditation Of Open Universities In India: A Critical Evaluation | <i>Global and Lokal Distance Education- GLOKALde</i>                    | 6 (2)               | 63-80        | 2020 | 2148-7278 |
| 5.   | Srivastava, M., Mishra, B., Rao, D.K., <b>Abrol, N.</b> , Varma, V. and Bhushan, B. | Recent Trends Of Research In Open And Distance Education In India- A Review                     | <i>Asian Association of Open Universities Journal (AAOUJ)</i>           | 15 (2)              | 263-283      | 2020 | 2414-6994 |
| 6.   | Srivastava, M.,                                                                     | Accreditation Of                                                                                | <i>University News</i>                                                  | 58 (31)             | 10-19        | 2020 | 0566-2257 |

|     |                                                                                                   |                                                                                                                                                    |                                                                |         |       |      |            |
|-----|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|---------|-------|------|------------|
|     | Rai, M. and<br><b>Abrol, N.</b>                                                                   | Higher Education Institutions Offering Programmes Through ODL Mode – An Appraisal.                                                                 |                                                                |         |       |      |            |
| 7.  | Srivastava, M.,<br>Mishra, B.,<br>Rao D.K.,<br><b>Abrol, N.</b> ,<br>Varma, V. and<br>Bhushan, B. | Unlocking the Lockdown during the Pandemic: Setting a New Normal for Indira Gandhi National Open University Learners                               | <i>University News</i>                                         | 58 (37) | 7-19  | 2020 | 0566-2257  |
| 8.  | Srivastava, M.,<br>Mishra, B.,<br>Varma, V. and<br><b>Abrol, N</b>                                | National Education Policy (2020): Proposed Implementation Strategy for Accreditation of Higher Education Institutions                              | <i>University News</i>                                         | 58 (41) | 8-20  | 2020 | 0566-2257  |
| 9.  | <b>Abrol, N.</b> and<br>Mohanty, S. K.                                                            | Student Satisfaction as Reflection of Quality Education: A Case Study on Student Support System of Indira Gandhi National Open University (IGNOU). | International Multidisciplinary E-Journal                      | 9(4)    | 1-11  | 2020 | 2277- 4262 |
| 10. | Srivastava, M.,<br>Pulist, SK.,<br><b>Abrol, N.</b> and<br>Suman, S,                              | Online Mentoring Model For NAAC Accreditation Under <i>Paramarsh</i> Scheme in the Age of Social Distancing and Digital Era                        | <i>Edutech- Journal of Education &amp; Technology</i>          | 2020    | --    | 2020 | 0975-5004  |
| 11. | Srivastava,<br>M. , <b>Abrol,</b><br>N. and<br>Suman S.                                           | Educational Empowerment of the Indian Armed Force: A case Study of IGNOU                                                                           | <i>Indian Journal of Open Learning</i>                         | 28(1)   | 23-35 | 2019 | 0971-2690  |
| 12. | Srivastava,<br>M. ,Suman<br>S.and <b>Abrol,</b><br>N.                                             | Regulating Open and Distance Learning in India: A Historical Perspective                                                                           | <i>University News</i>                                         | 56(30)  | 6-15  | 2018 | 0566-2257  |
| 13. | <b>Abrol, N.</b>                                                                                  | Multiple Intelligence: Every Child is Genius.                                                                                                      | <i>Navtika: Journal of Early Childhood Care and Education.</i> | 4(1)    | 3-14  | 2013 | 2348- 8824 |
| 14. | <b>Sood*, N.</b> ,<br>Sangwan, S.<br>and Duhan,<br>K.                                             | Social Emotional Status and Behavioural Status of Preschoolers.                                                                                    | <i>Journal of Psychology</i>                                   | 2(1)    | 37-44 | 2011 | 0976-4224  |

**(Duly authenticated by the Director/ Head of School/ Division/ Unit/Centre / Cell)**

|     |                                        |                                                                                      |                                                          |         |          |      |                            |
|-----|----------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------|---------|----------|------|----------------------------|
| 15. | Rana, P., Sangwan, S. and Sood*, N.    | Relationship of ecological factors with social-cognition of normal and slow learner. | <i>Haryana Agricultural University Journal Research.</i> | 38(1-2) | 53-77    | 2008 | 0379- 4008                 |
| 16. | Duhan, K. , Sangwan, S. &Sood*, N.     | Group Discussion: Building blocks in development of children.                        | <i>PTA Magazine.</i>                                     | 45(12)  | 19-20    | 2007 | Reg. No. DL- 1207U (DN)-15 |
| 17. | Sangwan,S.; Chhikara, S. and Sood*, N. | Perceptual abilities of 3-6 years old children of Haryana.                           | <i>Behavioural Scientist.</i>                            | 6(1)    | 69-72.   | 2005 | 0972-5911                  |
| 18. | Sangwan, S. and Sood*, N.              | Self concept of pre-adolescents: Associated factors.                                 | <i>Praachi journal of Psycho-Cultural Dimensions.</i>    | 6(1)    | 69-72    | 2005 | 0971-7064                  |
| 19. | Sangwan, S., Sood*, N. & Singh, C. K.  | Creativity of young children.                                                        | <i>PTA magazine.</i>                                     | 3       | 4        | 2005 | Reg. No. DL- 1207U (DN)-15 |
| 20. | Rana, P., Sangwan, S. and Sood*, N.    | Social cognition of normal and slow learners during late childhood.                  | <i>Psycho-lingua.</i>                                    | 34(2)   | 107-111. | 2004 | 0377-3132                  |

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### 5. Policy Documents Reports/ Mimeos:

| SNo. | Title                                                   | Institution/ Agency | Year |
|------|---------------------------------------------------------|---------------------|------|
| 1.   | Manual for Regional Centre                              | IGNOU               | 2018 |
| 2.   | Manual for Self-Study Report for Open Universities      | NAAC                | 2019 |
| 3.   | Manual for Self-Study Report for Dual Mode Universities | NAAC                | 2019 |

### 6. Presentation/Invited talk/Chair in National or International Seminar/Conference/ Workshops(Please do not mention if it is only participation without presentation)

| SNo. | Author/ Co author (if any) | Title of presentation, /Talk/Lecture | Name Organizing institute | Conference | City | Date and Year |
|------|----------------------------|--------------------------------------|---------------------------|------------|------|---------------|
|      |                            |                                      |                           |            |      |               |

|    |                                   |                                                                                                   |                                    |                                                                                                                      |              |                                                  |
|----|-----------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------|--------------------------------------------------|
| 1. | <b>Abrol, N.* and Sangwan, S.</b> | Stimulation programme: A tool to improve social, emotional and behavioural status of preschoolers | I C College of Home Science, CCHAU | National Seminar on <i>Scenario of woman in Agriculture and future projections.</i>                                  | Hisar        | 16-17 <sup>th</sup> February 2012.               |
| 2. | <b>Abrol, N.</b>                  | Multiple Intelligence                                                                             | Salwan Public School, Gurgaon      | Workshop for teachers and parents on <i>Nurturing the Genius</i>                                                     | Gurgaon      | 24-30 <sup>th</sup> Sept, 2011                   |
| 3. | <b>Abrol, N.</b>                  | Introduction to MSc CFT Programme of Study                                                        | IGNOU                              | <i>Launch-cum-Orientation of Programme Coordinators and Academic Counsellors for M.Sc. (CFT) and PGDCFT of IGNOU</i> | New Delhi    | 25 <sup>th</sup> -26 <sup>th</sup> October, 2010 |
| 4. | <b>Abrol, N.</b>                  | Evaluation System of MSc CFT                                                                      | IGNOU                              | <i>Launch-cum-Orientation of Programme Coordinators and Academic Counsellors for M.Sc. (CFT) and PGDCFT of IGNOU</i> | New Delhi    | 25 <sup>th</sup> -26 <sup>th</sup> October, 2010 |
| 5. | <b>Abrol, N.</b>                  | Attitude of Adolescent Girls towards Gender Mainstreaming                                         | Guru Nanak Girls College, Santpura | National seminar on <i>Adolescence: The changing world</i>                                                           | Yamuna Nagar | 5 <sup>th</sup> & 6 <sup>th</sup> February 2010  |
| 6. | Ratra, A. and <b>Abrol, N.*</b>   | Qualitative and Quantitative Research Methodology in Disability Studies.                          | IGNOU                              | <i>National Seminar on Emerging Issues in Disability Studies</i>                                                     | New Delhi    | 5-6 <sup>th</sup> March, 2009                    |
| 7. | <b>Sood, N.* and Sangwan, S.</b>  | A study on effect of the changing habits of the preschoolers on their health.                     | National institute of Nutrition    | 36 <sup>th</sup> Annual meet of <i>Nutrition society of India</i>                                                    | Mysore       | 5-6 Nov. 2004                                    |

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|    |                                 |                                                                                                                         |                                   |                                      |             |                   |
|----|---------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------|--------------------------------------|-------------|-------------------|
| 8. | <b>Sood, N.* and Sharma, S.</b> | <i>Leisure among the retirees of Himachal Pradesh.</i>                                                                  | Indian Science Congress           | 91st Indian Science Congress         | Chandigarh. | January 3-7, 2004 |
| 9. | <b>Sood, N.* and Kaur, P.</b>   | Violence against women: Impediment to empowerment.<br><b>Paper presentation</b> in <i>Seminar on Women Empowerment.</i> | IC College of Home Science, CCHAU | <i>Seminar on Women Empowerment.</i> | Hisar       | June 16, 2003     |

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**10. Details of Programmes/ Courses coordinated/written/ edited/ translated:**

| SNo. | Programme       | Course    | Unit (print)/ Audio/ Video/ eSLM                          | Coordinated/ Written/ Edited (content/ language/ format)/ Translated | Period |
|------|-----------------|-----------|-----------------------------------------------------------|----------------------------------------------------------------------|--------|
| 1.   | MSCCFT & PGDCFT | MCFT-001  | Cognitive, Learning and Intelligence Theories             | Written                                                              | 2010   |
| 2.   | MSCCFT & PGDCFT | MCFT-001  | Introduction to Human Development.                        | Written                                                              | 2010   |
| 3.   | MSCCFT & PGDCFT | MCFTL-001 | Understanding development during early childhood.         | Written                                                              | 2010   |
| 4.   | MSCCFT & PGDCFT | MCFTL-001 | Understanding development during middle childhood.        | Written                                                              | 2010   |
| 5.   | MSCCFT & PGDCFT | MCFTL-001 | Understanding Adulthood: Achieving Maturity               | Written                                                              | 2010   |
| 6.   | MSCCFT & PGDCFT | MCFTL-001 | Understanding Old Age: The last stage of Human life span. | Written                                                              | 2010   |
| 7.   | MSCCFT & PGDCFT | MCFTL-004 | Practicals 1 to 8.                                        | Written                                                              | 2011   |
| 8.   | MSCCFT & PGDCFT | MCFTL-005 | Practical Manual                                          | Adapted                                                              | 2011   |

**11. Training programmes designed and conducted, duration and dates**

| SNo. | Programme                                            | Dates                       | Place     | Number of Participants |
|------|------------------------------------------------------|-----------------------------|-----------|------------------------|
| 1.   | Orientation to New Programme Study Centre (38019(P)) | August 7 <sup>th</sup> 2012 | New Delhi | 05                     |

|    |                                                                  |               |                      |    |
|----|------------------------------------------------------------------|---------------|----------------------|----|
| 3. | Orientation Programmes for academic Counsellors of BSC           | October 2016  | New Delhi            | 15 |
| 2. | Orientation Programmes for academic counsellors of MA(Economics) | November 2016 | IGNOU Hqs, New Delhi | 18 |

**12. Details of Counselling sessions conducted:**

| SNo. | Programme | Course   | Place     | Dates                             | Duration     | Mode (Specify-<br>Face to Face<br>Radio counselling<br>Teleconferencing<br>Web conferencing<br>Any Other) |
|------|-----------|----------|-----------|-----------------------------------|--------------|-----------------------------------------------------------------------------------------------------------|
| 1.   | MAEDS     | MES-013  | New Delhi | July session 2011                 | 2 hours each | Face to face                                                                                              |
| 2.   | MCSCFT    | MCFT-001 | New Delhi | Since July Session 2012-till date | 2 hour each  | Face to face                                                                                              |
| 3.   | MSCCFT    | MCFT-005 | New Delhi | Since July Session 2012-till date | 2 hours each | Face to face                                                                                              |
| 4.   | MSCCFT    | MCFT-006 | New Delhi | Since July Session 2012-till date | 2 hours each | Face to face                                                                                              |

**13. Contribution to IGNOU's corporate life:**

| SNo. | Chairperson/ Member of Committee | Name of the Committee                        | Date/ period                 |
|------|----------------------------------|----------------------------------------------|------------------------------|
| 1.   | Member                           | Stock verification committee                 | 27 <sup>th</sup> May 2011    |
| 2.   | Member                           | Purchase committee                           | 3 <sup>rd</sup> August, 2011 |
| 3.   | Member                           | Purchase committee                           | 6 <sup>th</sup> Feb. 2013    |
| 4.   | Member                           | Selection committee                          | May 2013                     |
| 5.   | Chairperson                      | RC CASH committee                            | Feb 2014                     |
| 6.   | Member                           | RC Innovative Club                           | 2015                         |
| 7.   | Member                           | Invitation and seating arrangement committee | 28 <sup>th</sup> March 2019  |

**14. FDP/ Workshops/ Webinars**

| SNo. | Type of Programme     | Programme Details                               | Date                     | Organizer     |
|------|-----------------------|-------------------------------------------------|--------------------------|---------------|
| 1.   | Orientation Programme | Orientation programme For newly joined ARDs/DDs | 26th -30th March 2012    | STRIDE, IGNOU |
| 2.   | Refresher Programme   | Refresher Programme in Distance Education       | August 31- Sept 24, 2015 | STRIDE, IGNOU |
| 3.   | FDP                   | Faculty Development Programme                   | 06-12 November           | STRIDE, IGNOU |



|     |          |                                                                                                                   |                                   |                                   |
|-----|----------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------|-----------------------------------|
|     |          |                                                                                                                   | 2017                              |                                   |
| 4.  | FDP      | Workshop on Revisiting and Review of Learner Support Services (LSS) at IGNOU in Spirit with UGC Guidelines        | May 7th-17th 2019                 | STRIDE, IGNOU                     |
| 5.  | Webinar  | Turn the Challenges to Opportunities: COVID-19 Pandemics and measures to combat by Higher Education of India      | May 28th 2020                     | NAAC                              |
| 6.  | Workshop | Use of ICT tools for Teaching and providing Online Support to Students during Covid-19                            | May 28th - 29th 2020              | SOCIS, IGNOU                      |
| 7.  | Webinar  | Opportunities for Enhancing Professional Competencies through Open and Distance Learning. Sub Theme : Counselling | July 28th 2020                    | RC Pune                           |
| 8.  | Webinar  | Virtual Symposium on Happiness @ Work                                                                             | August 07th 2020                  | IGNOU & Indian Psychiatry Society |
| 9.  | FDP      | ICT enabled Research During COVID Pandemic                                                                        | August 17th - 21st 2020           | STRIDE, IGNOU                     |
| 10. | Webinar  | Inspirational Leadership & Motivation                                                                             | September 28th, 2020              | IGNOU & You Can Win               |
| 11. | MOOCs    | Academic Counselling for ODL Learners                                                                             | November 2nd – December 03th 2020 | CEMCA & OSOU                      |

**15. Administrative position/s held in the University (even as in charge)**

| SNo. | Designation             | Period             |
|------|-------------------------|--------------------|
| 1.   | Regional Director (I/C) | 3/10/11 – 7/10/11  |
| 2.   | Regional Director (I/C) | 9/05/13 – 15/05/13 |

**16. Any other contribution/information**

- Inspection of Community Colleges under the jurisdiction of Regional Centre Delhi-3
- Organised days of National importance like Independence Day, Republic Day, *Ekta Divas*, Yoga Day, Youth Day etc at Regional Centre, Delhi-3 during the period of May, 2011- June 2016.
- Coordinated Interactive Radio Counselling at National level.
- Appointed as observer for entrance exams conducted by IGNOU and CBSE.
- Participated as Resource person in Orientation Programmes for part-time staff and academic counsellors, Annual Meeting for coordinators & PICs and induction meetings for freshly enrolled learners of IGNOU.
- Empanelled as expert for paper setter, evaluator for IGNOU and other HEIs.

**Signature of Teacher /Academic**

**(Duly authenticated by the Director/ Head of School/ Division/ Unit/Centre / Cell)**

**Signature of Director/ Head**