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AZAMGARH**

SR. NO.	TITLE	JOURNAL NAME	EDITOR NAME	YEAR	ISSN NO.	NO. OF AUTHOR
01	भिखारी ठाकुर के लोक नाट्य बिदेसिया में सामाजिक यथार्थ	पदचिन्ह (अंक 04)	डॉ अजय परमार	नवंबर 2023	2231-1351	01
02	भारतीय साहित्य, संस्कृति और संगीत : एक अंतर संबंधित परिपेक्ष्य	पदचिन्ह (अंक 05)	डॉ अजय परमार	मई 2025	2231-1351	01
03	भारतवर्ष के लोकवाद्य	कुतप (अंक 13)	प्रो रेनू जौहरी	जुलाई 2025	2582-5356	01

CHAPTER IN EDITED BOOK

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01	भारतीय संगीत की प्राचीन परंपरा	कला संस्कृति के विविध संदर्भ	डॉ ज्योति सिन्हा	अक्टूबर 2022	978-93-94335-23-3	01
02	संगीत शिक्षा का सामाजिक परिणाम : हिन्दुस्तानी संगीत के विशेष संदर्भ में	सामाजिक समरसता में हिन्दुस्तानी संगीत	डॉ गोपाल कुमार मिश्र	2024	978-81-972201-1	01

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Relationship between spiritual intelligence and mental health among youth: A gender based comparative study

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01	Dr.Md. Akhtar Raza & Dr. Mahejabin	A Study on Perception of Secondary School Teacher towards Peace Education with Respect to Type of School, Category and Teaching Discipline	~~Bhartiyam~~ International Journal of Education & Research (A quarterly peer reviewed International Journal of Research & Education)	~~Bhartiyam~~ International Journal of Education & Research	https://www.gangainstituteofeducation.com/wp-content/uploads/2026/04/A-Study-on-Perception-of-Secondary-School-Teacher-towards.pdf	Online	2277-1255	Vol. 15 Issue II March 2026	11-24

RAGINI GAUTAM

(Teacher Education)

Research Publications(Journal/Articles)

S. No.	Author(s)	Year	Title of the paper/Article	Journal Name	Publication	Journal type	volume	Pages	ISSN No./Indexing
1.	Ragini Gautam	2022	राष्ट्रीय शिक्षा नीति.2020और शिक्षक	ज्ञानदायिनी समाज विज्ञान शोध पत्रिका	जन कल्याण एवं विकास सेवा समिति	Peer reviewed international journal	XII	151-152	ISSN:2249-572X
2.	Ragini Gautam	2026	बलिकाओं के शैक्षिक विकास में महात्मा गांधी का योगदान	शोध उत्कर्ष	रक्षा पब्लिकेशन्स	Peer reviewed refereed international E-journal	13	80-81	ISSN:2993-4648
3.	Ragini Gautam	2026	परीक्षाम् शरणम् गच्छामि:उच्च शिक्षा में परीक्षा प्रणाली की स्थिति	इंटरनेशनल जर्नल ऑफ इनोवेशन इन इनजीनियरिंग रिसर्च एंड मैनेजमेंट (आनलाइन)	-	Ugc approved refered Peer reviewed international journal	13	286-289	ISSN:2348-4918 EFI 8.059 World scientific IF 6.33

Journal Name	Publisher	Publication type	Article Name	Role in publication	Author Name	Month	Aank	ISSN No.	Page No.
Banas Jan	Pallav, New Delhi	Research Papers in Peer Reviewed Journals	Ankahi peedaon ki yatra	Single Author	Dr. Deepika Dubey	May-june-july	88	2231-6558	202-207

Assertiveness and Psychological Well-Being: An Integrative Review of Theoretical Mechanisms, Empirical Findings and Intervention Research

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ABSTRACT

Background: Assertiveness is a modifiable interpersonal competence that is the confident, direct and respectful expression of thoughts, emotions, needs and personal rights. It has been associated with self-esteem, autonomy, emotional regulation, interpersonal effectiveness and mental health, but the evidence is fragmented across educational, clinical, organizational and community contexts. **Objective:** This integrative review summarizes theoretical accounts and empirical evidence of the relationship between assertiveness and psychological well-being, assesses the evidence for interventions, discusses methodological limitations and highlights priorities for future research and practice. **Methods:** The approach to this review is integrative and narrative and the literature represented in this manuscript is categorized into conceptual, theoretical, observational, longitudinal, experimental and intervention-based evidence. Particular attention is paid to Social Cognitive Theory, Self-Determination Theory, cognitive-behavioral approaches, emotional intelligence, Ryff's model of psychological well-being, Broaden-and-Build Theory and Conservation of Resources Theory. This paper is presented as an integrative review, rather than a systematic review, because the source manuscript did not document a reproducible database search. **Results:** Overall, higher assertiveness was associated with greater self-esteem, psychosocial maturity, autonomy, emotional regulation, relationship satisfaction, psychological flexibility and quality of life, and lower anxiety, depression, stress and interpersonal distress across populations. Intervention studies suggest that assertiveness can be improved through structured training, cognitive-behavioural