

## CURRICULUM VITAE



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## CAREER SUMMARY

Prolific researcher and presenter. Innovative and enterprising teacher developed affective programs and contributed as professional in aged, community care and allied services. Influencer through research, teaching and policy development. Member of an award winning multidisciplinary team across clinical governance, implementation sciences and health systems. Recognized globally for research and scholarship. High level communication, IT and team skills brings intense engagement of stakeholders in research and community projects.

## PRESENT WORK STATUS

- Working as Assistant Professor in Department of Psychology, Aditi Mahavidyalaya, University of Delhi from 22<sup>nd</sup> December 2008- till date

## AWARD RECEIVED

- “Award for College Teacher/Lecturer” for the year 2019-20 has been given by Govt of NCT Delhi, Directorate of Higher Education
- Awarded with ‘Girl Centric Tertiary Education Award’ by World Women Summit 2018 organized by Women’s agency for generating empowerment.
- Awarded for active participation in Swachh Bharat Abhiyan by Delhi Public Library on 150<sup>th</sup> years of celebrating Mahatama Gandhi anniversary.

## EDUCATIONAL QUALIFICATION

- **PhD in Psychology (October, 2011)** titled as ‘**Role of lifestyle interventions in the psychological health and well-being of elderly**’ from Department of Psychology, University of Delhi.
- Qualified National Eligibility Test for lectureship (**NET**) examination in 24<sup>th</sup> June, 2007.
- **M.A. Psychology** from Delhi University in 1996, field of specialization is Organization Behavior.
- **B.A. (Hons.) Psychology** from Delhi University in 1994, area of specialization Industrial Psychology.

## CERTIFICATE COURSES/ REFERSHER COURSE/ ORIENTATION PROGRAMME

- FDP on “Enhancing psychological skills for teaching & practice” from Teaching learning center, Ramanujan College, University of Delhi from 15<sup>th</sup> September 2020 to 29<sup>th</sup> September 2020, sponsored by Ministry of HRD, Pandit Madan Mohan Malviya National mission on teachers and teaching.
- FDP on “ICT: Instructional design, development and learning analytics” -UGC Paramarsh- Kirori Mal College (DU) from 24<sup>th</sup> – 30<sup>th</sup> July 2020.
- FDP on Development & delivery of course using Moodle & Google App for Training from 10<sup>th</sup> August to 14<sup>th</sup> August 2020 from IQAC Aditi Mahavidyalaya, University of Delhi.
- FDP on Enhancement of Teacher’s Skill for Disaster Risk Reduction organized by Pandit Madan Mohan Malviya National Mission on Teachers and Teachings from 16<sup>th</sup> -22 October 2020.
- Refresher Course in Psychology from Department of Psychology, DDU University, Gorakhpur from 28<sup>th</sup> October 2017 to 17<sup>th</sup> November 17 sponsored by UGC, MHRD.
- Completed UGC sponsored Refresher Course in Psychology on ‘Research Methods and application in Psychology’ with ‘A’ grade from Department of Psychology, DDU University, Gorakhpur, India, 28<sup>th</sup> October 2017 to 17<sup>th</sup> November, 2017.

- Completed one day workshop on ‘Attention Deficit & Hyperactive Disorder’ organized by Applied Psychology Unit, University of Delhi, South Delhi in association with Pearson Academy India on 23<sup>rd</sup> September 2017.
- Completed UGC sponsored Refresher Course - Winter school on ‘Folklore, Culture and Tradition’ with ‘A’ grade from Center for Professional Development in Higher Education (CPDHE), University of Delhi, February 18-March 9, 2016.
- A certificate course from International Institute on Ageing, United Nations-Malta for International Training Program on “Health promotion, quality of life & wellbeing” 2015
- ‘Foundations in Professional Career Development Practices’, 2013 from ACPI-Aus, (ACPI Training Pty. Ltd.) Institute of Career Certification International, Australia.
- Completed ‘Sensitization course on Substance abuse’ from 31<sup>st</sup> March 2007 to 2<sup>nd</sup> April, 2007 by National Institute of Social Defense (NISD), Ministry of Social Justice & Empowerment, Govt of India.
- Completed University Grant Commission (UGC) sponsored Orientation Program from March 3, 2011 to March 30, 2011 from Center for Professional Development in Higher Education (CPDHE), University of Delhi.
- An Add-on course (July 2006) in Psychological testing from Ramjas College, University of Delhi.

### **SELECTION COMMITTEE MEMBER**

- Subject expert in selection committee of Shaheed Rajguru College of Applied Sciences for Women on 29<sup>th</sup> December 2020 for appointment of Ad-hoc faculty in Psychology department.
- Subject expert in selection committee of Shaheed Rajguru College of Applied Sciences for Women on 19<sup>th</sup> July 2019 for appointment of Ad-hoc faculty in Psychology department.
- Subject expert in selection committee of Shaheed Rajguru College of Applied Sciences for Women on 13<sup>th</sup> October 2016 for appointment of Ad-,hoc faculty in Psychology department.

- Expert for Ph.D evaluation of Mr S.B. Pathak, Supervised by Dr R. R. Shinde of Dr. Babasaheb Ambedker Marathwada University Aurangabad in 29<sup>th</sup> April 2019.
- Expert for the review of Ph.D thesis of Ms Amruta Ashok Ambedkar Supervised by Dr R. R. Shinde of Dr. Babasaheb Ambedker Marathwada University Aurangabad in 27<sup>th</sup> March 2019.

### **COURSE COORDINATOR**

- LOCF based course revision in B.A. (Programme) Psychology, Department of Psychology 2019-20
- Coordinator of IGNOU study center in Aditi Mahavidyalya, University of Delhi

### **ASSOCIATION WITH OTHER PROFESSIONAL BODIES**

- Worked as Capacity Building Officer in National Aids Control Organization (NACO).
- Life member, Indian Association of Positive Psychology (IAPP).
- Life member, India Career Development Association (ICDA).
- Member, International Association of Applied Psychology (IAAP).
- Life member, Indian Association of Gerontology (IAG).
- Recognized PhD and M.Phil supervisor of University of Delhi, Pacific University (PAHER), Udaipur from 18/10/2013 and Indira Gandhi National Open University (IGNOU).
- Editorial Board Member of ‘Gerontology & Geriatric: Research’ of Austin Publishing group since October 2015

### **SCHOLARSHIP**

A partial scholarship from International Institute on Ageing, United Nations-Malta for International Training Program on “Health promotion, quality of life & wellbeing” will be held on 4<sup>th</sup> -15<sup>th</sup> May, 2015 Malta.

## **SUPERVISION OF DOCTORAL THESIS M.A DESSERTATION**

- “Stress management of soldiers deployed in international conflict mission”. Pacific Academy of Higher Education and Research University by Atanu Kumar Pattanaik submitted in 2017.
- “Job involvement, work environment and organizational role stress in Delhi Police” by Pratima Sharma from Pacific Academy of Higher Education and Research University started in 2017

## **SUPERVISION of M.A DESSERTATION Of IGNOU**

1. ‘A study of Perception of School climate among secondary school students’ by Shivani Vats started in 2018
2. Supervising MA Dissertation of IGNOU (2019), “The relationship of self-confidence, self-esteem and general well-being Amongst students with their home environment in north west Delhi”.
3. “Study the impact of COVID-19 on the social adjustment and the psychological health behavior of people of Delhi” by Anjali (Enrollment 191169307).
4. “Effect of spirituality on mental health” by Lalita (Enrollment no 182033920).
5. “Comparative study on social maturity, anxiety & self esteem among students in Delhi” by Ruchika Dhanker (Enrollment no 163234321).
6. “Effect of pornography on the psychological well-being of adolescents” by Sachin Jain (Enrollment no 191288270).
7. “Impact of COVID-19 on academic performance, emotional and behavioral changes among young and adolescent students” by Karishma Khan (Enrollment no 188193254)
8. To study mental health of students preparing for competitive exams” by Deepa (Enrollment no 158026746).
9. “The effect of employee work motivation and emotional intelligence on organizational effectiveness” by Madhvi Pahuja (Enrollment no 175156180).

10. “Influence of working and non-working mother and bonding with grandparents on academic achievement and personality characteristics of children in Delhi & NCR” by Pooja Nain (Enrollment no 188164658).
11. Study the impact of COVID 19 on the personality traits and the mental health of the people in Delhi NCR” Sweety (Enrollment no 191152708).
12. Exploring relationship of emotional intelligence and social media on mental health” (Enrollment no 191270457).

### **FUNDED PROJECT**

- Worked as Principle Investigator in Innovation project AMV-303 (2015-16) **“Psychological commercial and legal fight of aged consumers: a self-help group technique”** funded by University of Delhi. In this project an awareness campaign was run under which more than 400 girls of college and old age villagers were empowered with knowledge and skills related to consumer rights, psychological constraints of consumers in following socially responsible consumer behavior and commercial impact of irresponsible consumer behavior. The focus of this project was to develop a self-help group of young and old people within the society to stop generation of black money due to unbilled purchases. Workshops were organized in the college premises as well as in villages to spread the awareness. Legal clinic was operated to satisfy inquiries of public in college premises.
- Worked as Principle Investigator in Innovation project AMV-202 (2014-15) **“Nutrition and Psychosocial Status of Rural Elderly Population of Delhi”** funded by University of Delhi. It was one-year project a schedule was prepared to tap the nutritional and psycho-social status of older adults in the society. Survey and workshops was conducted in the villages adjacent to Delhi to improve nutritional intake in food.
- Worked as Senior Research Fellow in All India Institute of Medical Sciences (AIIMS) from 1<sup>st</sup> August 2007- 8<sup>th</sup> August 2008 on Indian Council of Medical Research (ICMR) funded project **‘Determinants of Functional Status of Elderly’**. My job was to compile the previously collected data from two different

centers worked on different parameters of functionality i.e. psychological and medical aspects, collected by psychological team from department of psychology, University of Delhi and Medical team from AIIMS; analysis of data on SPSS, report writing, research paper writing, presentation of research work on different forums and managing the team.

- Worked as Research Assistant in Department of Psychology, University of Delhi from May 2005- May 2007 on Indian Council of Medical Research (ICMR) funded project '**Determinants of Functional Status of Elderly**'. My job was to develop a protocol for the assessment of psychological aspect of functionality of older people. Several parameters such as self-rated health, self-rated happiness, life satisfaction, social support, cognitive status, coping strategy, depression was used as indicators of psychological functionality of older people. Then I collected data from 1016 older people of different socio-economic status from different regions of Delhi. I did the analysis of data and wrote report, published papers in journals of repute and presented research papers in India and Abroad.

### UNDERGRADUATE PROJECTS HEADED IN COLLEGE

- **To identify the causes and types of elder abuse among senior citizens in Delhi (2016-2018).** Semi- structured Interviews were conducted in informal settings in randomly selected three Old age homes further narrative analysis was done.
- **Discrimination against women in Rural areas (2016-17).** A schedule was prepared keeping in view the cultural demands of the Indian society and a psychological survey was conducted. Women in rural area found to be highly discriminated because of their gender in food provided to them, selection of school for education, pursuing career.
- **Discrimination against women in Urban areas (2015-16).** A schedule was prepared keeping in view the cultural demands of the Indian society and a psychological survey was conducted. Women in rural area found to be highly discriminated because of their gender in urban areas too but different areas such as selection of school for education, pursuing career, freedom to go out in night, types of clothes they wear etc.

- **Importance of yoga in daily regime of people in rural Delhi (2015- 2016).** An awareness campaign was run in the morning time in parks and other and other places of social gathering people were asked about their knowledge related to benefits of yoga later lectures were organized their and then for them on the benefits associated with regular practice of yoga.
- **Self-efficacy among young college girls as a predictor of development in a society (2015-16).** College going girls were assessed on the standardized questionnaire on self-efficacy 42% of them showed moderate, 28% low and 30 % were high on level of self-efficacy.
- **Predictors of increasing preference for fast food among younger generations (2015-16).** A questionnaire schedule was made and students of 5 colleges randomly chosen were assessed. This study highlighted the availability of fast food in college canteen at cheap price as compare to traditional Indian food a big reason for consuming fast food followed by fashion and conformity with peer group.
- **Child sexual abuse: An emerging issue in contemporary society.** Data was collected from secondary sources to identify the reasons for child sexual in society. Lack of awareness among children and parents was found to be the dominant reason for children being victimized by elder in society.
- **To identify causes of increasing level of stress among higher secondary students (2015-16).** Students of government school located in Bawana region of Delhi were assessed on teacher made questionnaire. High level of stress found among students of high school predominantly because of pressure of high scores more than 95% from the society otherwise they will not get admission in any government college.
- **Predictors of elder abuse among institutionalized older people (2015-16).** Screening of elder abuse was done with the help of standardized questionnaire on elder abuse in old age home. Several factors such as ill health, cultural ideologies for salience on abuse, paucity of space in urban areas, quarrelsome relation between mother-in-law and daughter-in-law, greed for finances of older family members, lack of patience found to be the major reason.



## PUBLICATIONS IN PEER REVIEWED JOURNALS

Papers published in international journal are as follows :--

1. **Sharma, R (2020)**. *Overview of Elder abuse in Indian Context and Psychological Coping Mechanisms*. Manuscript number jggr-20-7410, accepted on 30th Dec 2020 for publication in *Journal of Gerontology & Geriatric Research* by Longdom Publishing.
2. **Sharma, R (2020)**. *Emerging need for care in place support system in India for older adults*. Manuscript number jggr-20-7379 is under publication in *Journal of Gerontology & Geriatric Research* by Longdom Publishing.
3. **Sharma, R (2020)**. Functional status, social support and quality of life as determinant of successful aging. *Gerontology & Geriatrics: Research*, 6(1), pp-1041. Doi: 041(2020)
4. **Sharma, R & Marwaha, E. B. (2017)**. Rising demand for community based long term care services for senior citizens in India. *Indian Journal of Health and Wellbeing*, 2017, Vol 8 (8): 921-924. ISSN-p-2229-5356
5. **Sharma, R & Kaur, R (2016)**. Elder Abuse, Depression, Relationship and Attachment: Determinants of mental health in later life. *International Journal on Ageing in Developing Countries*, 2016, 1 (1): 68-81. ISBN: 978-1-44730-057-1
6. **Sharma, R. (2016)**. Intergenerational learning. *Gerontology & Geriatric Research*. Austin Publishing group. Open access, May 17, 2016 Vol 2(2).id 1012. <https://www.austinpublishinggroup.com/gerontology/.../ggr-v2-id1012.php>
7. **Marwaha, E. B. & Sharma, R. (2015)**. Prevalence of eating disorders in Indian female weightlifter: a psychological perspective. *Indian Journal of Psychology and Education*, July 2015, Vol. 5, No. 2, pp 1-8
8. **Sharma, R & Dey, A.B. (2015)**. Healthy Aging - A social responsibility. *Central Asian Journal of Medical Sciences and Education*, Vol 1(1) (October –December 2015). ISSN 2412-3684
9. **Sharma, R. (2014)**. “Effectiveness of life style interventions as self help technique to enhance psychological well-being of institutionalized and non-institutionalized senior citizens“ *Journal of Gerontology & Geriatric Research*. Vol 3(5); 1-6. DOI:104172/2167-7182.1000189

<http://omicsgroup.org/journals/ArchiveJGGR/currentissue-gerontology-geriatric-research-open-access.php>

10. **Sharma, R.** (2013). Social support as a mental health indicator and its influence on IADL of the community dwelling senior citizens in Delhi. *International journal of stress management and allied sciences*. Vol. 2(1), 34-37. ISSN: 2278 – 7771
11. Chadha, N.K., **Sharma, R.**, Bir, P., Garg, S (2013). Emotional intelligence, spiritual intelligence, leadership and burnout: interface with age. *International journal of stress management and allied sciences*. Vol. 2(1), 12-16. ISSN: 2278 – 7771
12. **Sharma, R.** (2010). Sensitization towards the needs of children. *Journal of Asiana Sports for All*. Vol. 10(1), 95-115.
13. **Sharma, R.**, Chadha, N.K. (2006). Self Rated Mental Health of the elderly on their Life Satisfaction. *Indian journal of gerontology*. Vol. 20(4), 389-404. [www.gerontologyindia.com/downloads/ijg-20\(4\).doc](http://www.gerontologyindia.com/downloads/ijg-20(4).doc)
14. Chadha, N.K., Majumdar, P., Chao, D & **Sharma, R.** (2006). Psychological health of the elderly: Age and Gender issues. *Aging and society: critical issues in gerontology*. Vol. 1. p, 35-50.
15. Chadha, N.K., Majumdar, P., Chao, D & Sharma, R. (2006). Marital status and leisure activities among the elderly. *Help Age India: Research and development journal*. Vol. 12 no.3 October 2006, p. 8-13.
16. Chadha, N.K. & **Sharma, R.** (2006). Life in cities issues and challenges. *Shelter-A Hudco-Hsmi Publication*. Vol. 9. no.3
17. Chadha, N.K. & **Sharma, R.** (2006). "The Elderly in Asia: Impact of Urbanization and Migration". *Shelter (special issue)- A Hudco-Hsmi Publication*. Vol. 9. no.4. December 2006, p. 21-27.

#### **CHAPTER IN A BOOK**

- *Sharma, R (2020). A chapter on Rumination as contributory factor in depression and coping with mindfulness interventions in old age” is under publication.*

- Sharma, R (2020). A chapter on “Elder abuse and psychological coping mechanisms” sent to ‘Handbook of Elder abuse’ will be published from Springer’s publication.
- Sharma, R (2020). A chapter on “Psycho-social aspects of aging” on a course work of PG Geriatrics of IGNOU under publication.
- Sharma, R. (2017). A book titled as ‘Life-style: A Key to Healthy Aging’ by Scholar’s Press, Germany.
- Sharma, R. (2015). Health and long-term care of older person’s in India. Chapter in Gerontology and Geriatric updates (2015, November). Eds Dey, A.B., Goel, A., Prem, N.N., Ambastha, A., & Kumar, V. New Delhi, INDIA: International Congress on Gerontology and Geriatric Medicine, All India Institute of Medical Sciences, pp. 67-78. Pp 43-50
- Sharma, R. (2015). Mental health issues of senior citizens in Indian Context Chapter 14 in Issues and concerns of elderly people in India. Book age publication. Pp 111-116. ISBN 978-93-83281-51-0.
- Wrote Five modules of Cross Cultural Psychology in e-pathshala (e-learning)
  - Communication in organizations,
  - Decision making,
  - Organizational development,
  - Organizational conflict,
  - Work values and commitment

It’s a prestigious project on e-learning at post graduate level introduced by Ministry of Human Resource Development, Government of India.

### **PAPERS PRESENTED**

- Presented paper in “29<sup>th</sup> International Congress of Applied Psychology” during June 26-30<sup>th</sup>, 2018 in Montreal, Quebec, Canada titled as ‘Rising need for community based long-term care in India’.

- Presented a paper on ‘Functional status, social support and quality of life for successful aging’ in UGC National Seminar on ‘Human Development: Research Trends, Applications & Possibilities’ held in DDU University Gorakhpur from March 23<sup>rd</sup> - 24<sup>th</sup> 2018.
- Two abstracts accepted in International Congress of Applied Psychology 2018 to be held in Montreal titled as ‘Rising need for community based long-term care in India’ and ‘Caregiver Stress as Leading Factor for Elder Abuse in Contemporary India: A Rising Need for Home Assisted Long Term Care’.
- Presented a keynote address in ‘International conference on Psychology, Health and Medicine 2018’ from 2<sup>nd</sup> -4<sup>th</sup> February 2018 on the topic ‘Health Issues and Concerns’ at Amity University Rajasthan.
- Presented a research paper in ‘International conference on Psychology, Health and Medicine 2018’ from 2<sup>nd</sup> - 4<sup>th</sup> February 2018 on the topic ‘Caregiver stress as leading factor for elder abuse in contemporary India: A rising need for home assisted long term care’ at Amity University Rajasthan.
- International Congress of Gerontology and Geriatric Medicine held on 27th- 29th November 2015 at Indian Islamic Cultural Centre, New Delhi on ‘Elder abuse: causes and prevention’.
- International Congress of Gerontology and Geriatric Medicine held on 27th- 29th November 2015 at Indian Islamic Cultural Centre, New Delhi on ‘Intergenerational Empowerment for Healthier Tomorrow’.
- “Old age homes as emerging care giving institutions in India” in 1<sup>st</sup> International and 3<sup>rd</sup> National Conference on Positive Psychology: the ripple effect on 27<sup>th</sup> Feb – 1<sup>st</sup> March 2015.
- Presented a poster titled as “Stress among children in school” in 1<sup>st</sup> International and 3<sup>rd</sup> National Conference on Positive Psychology: the ripple effect on 27<sup>th</sup> Feb – 1<sup>st</sup> March 2015.
- “28th International Congress of Applied Psychology 2014” The title of the paper is “Influence of bio-psychosocial and cultural on lifestyle interventions as determinant of psychological well-being” in Paris on 12th July 2014.

- “Applied Gero-psychology” of ‘International Congress of Applied Psychology 2014’ symposium. The topic is “Relationship and attachment with relevant others is a determinant of positive mental health in twilight years” in Paris on 12th July 2014.
- “The role of life-style intervention in the psychological health and well-being of institutionalized and non-institutionalized older people” in National conference on Career Development: Preparing for the Road Ahead. 26<sup>th</sup> - 27<sup>th</sup> May 2012.
- International Conference titled as ‘Self-rated mental health and life satisfaction as the predictor of successful aging: a comparison of Age education and gender’ held in Amity University, Rajasthan on August 6-8, 2010.
- “Immigration: A pain to Elderly” was presented in ‘International Congress on Gerontology and Geriatric Medicine 2009’ on 26<sup>th</sup>- 28<sup>th</sup> Feb 2009 at AIIMS, New Delhi.
- “Functionality among older people” was presented in International seminar “Gerontology: A global concern” organized by Department of Adult, Continuing Education & Extension, University of Delhi on 29<sup>th</sup> Feb-1<sup>st</sup> March 2008 at University of Delhi.
- “Influence of self-rated mental health on the life satisfaction of the elderly” was presented in a National Seminar on “Psychophysiology of Well-Being” organized by Department of Psychology, Maharshi Dayanand University, Rohtak Haryana on the 28th of March, 2006.

#### **ABSTRACTS PUBLISHED in international conference proceedings**

- An abstract was published in the conference proceedings of “**28<sup>th</sup> International Congress of Applied Psychology 2014**” The title of the paper is “Influence of bio-psychosocial and cultural factors on lifestyle interventions as determinant of psychological well-being” in Paris on 12<sup>th</sup> July 2014.
- An abstract was published in the conference proceedings of ‘**28<sup>th</sup> International Congress of Applied Psychology 2014**’. The topic is “Relationship and

attachment with relevant others is a determinant of positive mental health in twilight years” in Paris on 12<sup>th</sup> July 2014.

### INVITED Talks/Lectures/ Chairing of scientific sessions

- Invited by Akashwani (National Radio channel) for a talk on COVID Special ‘Tanav Prabandhan’ on **AIR FM RAINBOW 102.6 MHz** on 17<sup>th</sup> May 2020 Sunday at 1315 hours.
- Delivered a invited talk in a program organized by **Ministry of Information and Broadcasting, Prasar Bharti, Govt of India Patna** on 2<sup>nd</sup> October 2020 on the topic ‘Bapu: swadeshi, swaraj avam satyagrah’ from 2:30pm to 4pm.
- Delivered a lecture on Mindfulness coping strategy on 15<sup>th</sup> June 2020 **PG Department of Psychology, Karim City College, Jamshedpur, Jharkhand.**
- Invited as International Guest Speaker (Panel speaker) in “2<sup>nd</sup> International Conference on Healthy Ageing” during 1<sup>st</sup> -3rd October 2019 in Bali, Indonesia on the topic “**The impact of spirituality and rumination on depression in later life.**”
- Chaired a session in “19<sup>th</sup> Biennial conference of the Association of Gerontology (India)& Multi-Disciplinary workshops on emerging scenario of population Ageing” on 17<sup>th</sup> August 2019 on the theme ”Workshop on social and behavioral attributes of long term care”.
- Co-Chaired a scientific session and delivered a keynote address in **UGC National Seminar on ‘Human Development: Research Trends, Applications & Possibilities’** held in DDU University Gorakhpur from March 23<sup>rd</sup> - 24<sup>th</sup> 2018.
- Chaired a session on ‘**Health Issues and Concerns**’ in International Conference on Psychology, Health and Medicine held in Amity University Rajasthan from 2-4<sup>th</sup> Feb 2018.
- Delivered a talk on ‘**Motivation and Leadership in 2018**’ at SV Degree College, Aligarh on 6<sup>th</sup> Jan 2018.
- Delivered a talk on ‘**Motivation**’ to the gathering of more than 300 Library science professionals at Delhi Public Library on 1<sup>st</sup> Jan 2018.

- A talk on ‘**Communication skills**’ to Delhi Police officers on 1<sup>st</sup> Jan 2016 at Police station, Mandir Marg, New Delhi.
- Talked in a **panel discussion** on Intergenerational solidarity at **All India Radio, aired on 6<sup>th</sup> Jan 2015 via Indraprastha channel.**
- Delivered a talk on ‘Sensitization towards needs and concerns of children’ in Kulachi Hansraj Model School, Ashok Vihar, Delhi.
- Delivered a talk in Chandan Arya Public school on ‘Interpersonal relation and communication’ at East of Kailash, New Delhi.

### SEMINARS, CONFERENCES & WORKSHOPS ORGANIZED/ CONDUCTED

- Organized an International webinar on ‘Gandhian ideas in action: A psychological perspective on relevance in Modern times’ as Convener and TIC of Department of Psychology on 1<sup>st</sup> -2<sup>nd</sup> October 2020.
- Organized and conducted a webinar on “Mindfulness for stressful life” on 28<sup>th</sup> July 2020 in collaboration with Aditi Mahavidyalya and IGNOU.
- Organized and conducted a webinar on Self-management in the shadow of Covid 19 pandemic on 26<sup>th</sup> May 2020 in collaboration with Aditi Mahavidyalya and IGNOU.
- Organized and conducted a webinar on “Mindfulness” on 2<sup>nd</sup> May 2020 as Convener of Student’s Union Advisory, Aditi Mahavidyalya, University of Delhi.
- Organized and conducted a webinar on “How to control anxiety of Corona Virus” on 23<sup>rd</sup> March 2020.
- Co-chair of ‘19<sup>th</sup> Biennial conference of association of gerontology & multidisciplinary workshops on emerging issues of population aging’ on 17<sup>th</sup> -18<sup>th</sup> August 2019 at AIIMS, New Delhi.
- Conference Chair of Social Gerontology of 4<sup>th</sup> International Congress on Gerontology and Geriatric Medicine & Asia Pacific Geriatric Network Meeting 2018 in AIIMS New Delhi.

- Participated as **organizing committee members** in International Conference on Indian Culture and Psychology: A Consciousness Perspective, Swadeshi Indology Conference Series on Indian Mind Science' organized by Department of Psychology, University of Delhi from 25<sup>th</sup> to 27<sup>th</sup> March 2018.
- **Conducted a pre-conference workshop on 'Living happily with infirmity, Chronic diseases and disability'** in International Conference on Psychology, Health and Medicine held in Amity University Rajasthan from 2-4<sup>th</sup> Feb 2018.
- Organized an awareness campaign as **Program Officer of National Service Scheme (NSS)** on the theme **"Ill effects of Drug Addiction"** (Substance abuse) through Street play, Slogan Competition and rally on 24<sup>th</sup> September 2016 celebrate as NSS Day in Aditi College.
- Organized and lead an **awareness campaign for Alzheimer disease**; a Street play was done on 21st September 2016; poster competition movie presentation and lecture on 30<sup>th</sup> September 2016 in the premises of Aditi College on **World Alzheimer Month**. More than 1000 students were involved in various ways to bring the awareness in the society for mental health issues such as Alzheimer and Dementia.
- Organized **a workshop on health care of elderly** in the premises of Aditi Mahavidyalya on 29th January 2016 for older people and students. I delivered interactive lecture and satisfied the queries of older people in relation to their health, eating habits, immunization, medication and life style.
- **Organized International Congress of Gerontology and Geriatric Medicine (ICGGM 2015)** as **Joint Organizing Secretary**. It was held on 27<sup>th</sup> – 29<sup>th</sup> November 2015 at Indian Islamic Cultural Centre, New Delhi, India. Around 110 International and more than 300 National professionals from different areas working with aged people participated in this congress.
- **Organized and conducted a workshop on 'Living happily with infirmity'** on 26<sup>th</sup> November in All India Institute of Medical Sciences (AIIMS). The workshop was given to heterogeneous group of people from business, nurses, doctors, engineers, students of different age groups.



- As Principal Investigator of a research project AM303 I organized a workshop on Consumer rights on 30<sup>th</sup> October 2015 in Aditi Mahavidyalya, University of Delhi for all teaching and non-teaching staff, students and their elderly grandparents. **The purpose was to spread awareness on for responsible consumer behavior and understand the importance and power of bill in the generation of black money. Intergenerational bonding was also promoted through this project by giving workshops to young college students and then empowering older generation through them.** It's a joint awareness campaign run by young and old generation for the benefit of the nation. I imparted knowledge of Psychological aspects of consumer behavior and invited other experts from different fields to give comprehensive knowledge to the audience. Professor Sue C. Jacobs, Advocate Ashoka Jain, Dr Abha Mathur, Dr Rekha Dayal were the eminent speakers who enlightened the audience with their knowledge.
- Organized and conducted a workshop on '**Healthy Aging**' at Gandhi Smriti, Raj Ghat, New Delhi on 17<sup>th</sup> January 2016 for heterogeneous group of older people in collaboration with Healthy Aging India (NGO). I talked about the importance of active life style, coping strategies, nutrition and immunization for healthy aging. Small changes in home environment were also discussed to prevent falls.
- As PI of innovative project AM 303 I organized and conducted a workshop on consumer awareness and health care of elderly in Aditi Mahavidyalya on 29<sup>th</sup> January 2016 for older people and students. I invited Honorable Minister of food & Supply, Environment & Forest and Election Mr. Imran, Hussain graced the event and **launched the flyer on Consumer Rights for spreading information in public.** Expert on consumer rights from Supreme Court Advocate Ms. Ankita Chaudhary, Faculty from Geriatric Department of AIIMS, and Secretary Healthy Aging India Mr. Hersh Verdhan Ojha empowered the students with their knowledge and experience.
- As a co-convenor of the Gandhi Study committee I organized a **National Seminar on 'Gandhi Ka Chintan: Samaj Nirman Aur Rastra Nirman'** on 22<sup>nd</sup> November 2014. Academicians, Journalist, Research scholars and college

students shared their thoughts through their researches on various facets of Mahatma Gandhi.

- As teacher-in-charge of Department of Psychology I organized **Workshop on Stress Management** in the premises of college for students and faculty.
- Attended **three-day sensitization course on Substance Abuse** from 31<sup>st</sup> March, 2007 to 2<sup>nd</sup> April, 2007 sponsored by National Institute of Social Defense (NISD), Ministry of Social Justice & Empowerment, Government of India.
- Attended the “**International Seminar on Science and Spirituality in Yoga, Consciousness Studies and Indian Psychology**”. Organized by **Department of Psychology**, Delhi University on 27-29 January 2007, at the Shri Aourbindo Ashram, New Delhi.
- As a member of the organizing committee of **Work Psychology and Human Resource Forum, NGO** I organized 3rd National Convention on “Resourceful Humans: a New Mantra Management” on 26<sup>th</sup> February 2006, at the Indian Habitat Centre New Delhi.
- Attended the National conference on “Life span development- Multidisciplinary perspective” organized by **AASTHA**, an (NGO) at **University of Delhi** held on 5<sup>th</sup> -6<sup>th</sup> November 2005
- Attended the **IV<sup>th</sup> International Congress** on “**Women Work and Health**” at Ashoka Hotel, New Delhi held on 27<sup>th</sup> -30<sup>th</sup> November 2005.
- As a member of the organizing committee of **Work Psychology and Human Resource Forum** I organized the 2<sup>nd</sup> National Convention on “Human Resource Management: an Indian Touch to the Western Concepts” on 5<sup>th</sup> March 2005, at the Indian Habitat Centre New Delhi.
- Attended the **National Conference on “Recent Trends in Human Resource Development”** organized by the Department of Psychology, Delhi University, Delhi 11007, on the 13<sup>th</sup> to 15<sup>th</sup> of November 1996.

## **INTERNATIONAL VISITS**

- A visit to Malta for a certificate course from International Institute on Ageing, United Nations-Malta for International Training Program on “Health promotion, quality of life & wellbeing” from May 4-15<sup>th</sup> 2015.
- A visit to Zurich, Department of Psychology, University of Zurich, Switzerland on 3<sup>rd</sup> May 2015.
- International Congress of Applied Psychology held at Paris, France from July 8-13, 2014.
- Interactive session with Research scholars in Psychology Department of Concordia University, Canada 2018.
- Interaction with Dr Marie Beaulieu Co-Director, WHO Collaborative Centre, Elder Abuse; Chairholder, Research Chair on Mistreatment of Older Adults, Sharebrook University, Canada 2018.
- A visit to the Psychology Department of Toronto University, Canada.

## **PARTICIPATION IN COLLEGE COMMITTEES**

- 2009-10 Co-convener of Admission Committee Co-convener of Purchase committee, NCC Officer Member of Cultural committee
- 2010-11 Convener Sports Committee Co-Convener Purchase committee NCC Officer
- 2011-12 Convener Computer Lab Convener Prize distribution committee
- 2012-13 Convener Computer Lab Member Prize distribution committee
- 2013-14 Convener Computer Lab Member laptop committee, Decision on Software purchase committee Member Prize distribution committee
- 2014-15 Member Dramatics Committee Member Gandhi study circle
- 2015-16 Member Skill development committee
- 2016-17 Convener Website Committee, Member RO system installation committee, Member sports committee, Member skill development committee, NSS Program Officer

- 2017-18 Convener Website committee, Program Officer National Service Scheme, Convener Cultural committee, Co-convener Annual Day Committee, Member sports committee & Physical verification committee.
- 2018-19 Convener NAAC Committee, Convener Student Union, Member NSS.
- 2019-20 Convener NAAC Committee, Convener Student's Union Advisory, Member NSS, NCWEB Convener, IGNOU Coordinator.
- 2020-21 Convener NAAC Committee, Convener Student's Union Advisory, Member NSS, NCWEB Convener, IGNOU Coordinator.
- Paper setting for undergraduate students, Paper checking, Evaluation of practical exams, Mentoring students, preparation of Internal assessment, assigning projects to students, conduction of various activities for active and experiential learning for active learning.

### EXPERIENCE AS A TRAINER

- **Contributed and developed the courseware** of sessions of 60 hours **course of Personality development including modules on stress, communication, conflict, leadership, motivation, understanding self and others, interpersonal interaction** for Institute of Life Long Learning (ILLL), University of Delhi from January 31-March 08, 2009; September-December 2009; December-March, 2010.
- Imparted training on *“Sensitization towards the needs of children”* in an **“International Workshop on Health & Physical Education”** on 26<sup>th</sup> June 2009 to the primary teachers of nine DAV schools. It is organized by Kulachi Hansraj Model School.
- Conducted a two days workshop on **“Personality Development”** was given to the students of **“Chandra Arya School”**, East of Kailash on 16<sup>th</sup>-17<sup>th</sup> June 2009.

### CONTRIBUTION AS NSS CONVENER

- I organized a trip of NSS volunteers to Ghalib academy which is a place of cultural heritage, students should be acquainted with and ‘hope project’ run in the

Nizamuddin basti in Jan 2018 where they got the opportunity to understand **how reforms can be done in slums.**

- As NSS Program Officer and Cultural committee convener I organized celebration of **Holi festival in old age home with the message of happiness, warmth and cleanliness on 26<sup>th</sup> February 2018.** Old age home inmates interacted with students participated in cultural activities with them. Students served them food and played with Holi colors with them. It has brought smiles on the faces of older people and enriched students with life experiences.
- Organized and conducted an **awareness program on the consumption of Tobacco** on 16<sup>th</sup> Feb 2018. I gave them presentation and motivational lecture to do not consume tobacco as well as take the responsibility for helping at least one person in leaving the use of tobacco.
- Organized a **painting competition among slum dwellers** on 4<sup>th</sup> Jan 2018 at Shahbadpur Dairy, Bavana on the themes ‘Mere Sapno ka Bharat: Swachh Bharat’ (India of my Dreams: Clean India) and ‘Pustakain meri Mitr’(Books my friend). More than 300 children and adult slum dwellers participated in this event. The purpose was to promote education and intergenerational learning. They enjoyed doing painting, reciting poems and dancing.
- Adopted a slum of Shahbadpur Dairy near Bavana on 20<sup>th</sup> April 2017. The objective is to work for children education, and drug addiction. I made teams students and gave them schedule of visit and work they must do in slum for reform.
- I installed a sanitary napkin vending machine in college presented by CSR Research Foundation and ONGC on 2<sup>nd</sup> May 2017 along with an awareness camp on Women Health and Hygiene.
- Participated in Vijya- Veerta Abhiyan at National Media center on 2<sup>nd</sup> May 2017
- Organized different activities such as street play, slogans, poster competition, shows of short films etc to spread awareness on Alzheimer in the month of September 2016
- Electoral campaign among youth 2016 was run to motivate students to participate in election process.
- Digital awareness campaign in rural areas 2016 because suddenly after digitalization and demonetization illiterate people who doesn't know how to operate digitally got

severely affected. I planned an awareness campaign in the streets of Bawana village for small vendors or shopkeepers.

## CONTRIBUTION AS CULTURAL COMMITTEE CONVENER

### **2017-18**

- Organized a **fashion show** based on North East India under 'Ek Bharat Shreshtha Bharat' to promote familiarize people of Delhi with the culture of North East India.
- Organized a **Cultural Education Exchange Program** in collaboration with Ministry of HRD, Govt of Sikkim from 25<sup>th</sup>-28<sup>th</sup> Jan 2018. 20 students of below poverty line category went to Sikkim for cultural exchange.
- Organized a **Classical Kathak dance program** by Su Gauri Diwaker in collaboration with Ministry of Tourism, Spic Macay on 19<sup>th</sup> Feb 2018; a classic movie show on 20<sup>th</sup> and 21<sup>st</sup> Feb.
- A visit to **Ghalib Academy** was organized for students to understand the rich culture of Urdu Poetry and Ghazals.

### **2018-19**

- **Organized a visit to Kumbh** to Prayagraj, Uttar Pradesh. Students interacted with Padamshri Bharatanatyam dancer *Geeta Chandra*, Padma Vibhushan kathak dancer *Pandit Birju Maharaj* on 14<sup>th</sup> Feb 2019 and to enjoy Baul dance performance by *Shri Ravi Das* from Shantiniketan, West Bengal on 15<sup>th</sup> Feb 2019. The troupe also participated in the signature campaign for cleanliness, menstrual hygiene and to prevent child marriage with Parmarth Niketan.
- **Ourunodoi 2018-19 Celebration.** The College celebrated a cultural event "OURUNODOI 2019" under the 'EK BHARAT SHRESHTHA BHARAT' initiative of Ministry of HRD, Govt of India on 12th March 2019.
- **Cultural exchange program with Sikkim.** A cultural exchange program between the Directorate of Primary Education and Aditi Mahavidyalaya (University of Delhi) was organised under EK BHARAT SHRESHTA BHARAT

initiative where a team of 21 students and 5 teachers visited the Divine place - Sikkim on 14th March, 2019.

- **Dastan Goi.** The rediscovered art form of Urdu story telling was presented by Nadeem shah on 18<sup>th</sup> April 2019. A unique way of representing our cultural heritage was beautifully depicted and performed. It was thoroughly enjoyed by students and faculties.

### **PAST WORK EXPERIENCES**

- Worked in “**Gargi college**” as an ad-hoc Assistant Professor from **11 August 2008 - 21<sup>st</sup> December 2008** Worked in **All India Institute of Medical Sciences** as a **Senior Research Fellow** on ICMR project from **Dec 2007 to July 31st**
- Worked in an **ICMR task force** project in Delhi University Department of Psychology on “**Determinants of functional Status of Elderly**” from **May 2005 to August 2007**
- Worked in **FORE Institute of Management** as a **Research Associate** for the **ICSSR** funded project on the topic “**Motivational complexity of ecologically sustainable consumption**” from **September 2004 to May 2005.**
- Field experiential training was done in 1995-96 as part of the requirements for the award of master’s degree in **M/s J.K. Tyres** on three projects 1. **Assessment of training needs** 2. **Assessment of attitude of employees towards the Total Quality Management (T.Q.M.)** 3. **Organizational Analysis Achievements :** The GM (HRD) appreciated the project reports and aligns with the main functioning of the company. **Duration** was Six months field training.

### **COMPETENCIES / KEY WORK SKILLS**

- Expertise in Project handling, Data Analysis, Management, Statistical Analysis, Writing Project Report.
- Efficient in Psychological testing and analysis.
- Efficient in psychological tests construction.

- Soft-skill trainer.