



## Aditi Mahavidyalaya

### Faculty Details



Title	Dr.	First Name	Ritu	Last Name	Sharma	Photograph
Designation		Associate Professor				
Department		Psychology				
Address		130, Nirankari Colony, Delhi 9				
Phone number		9811048267				
Email		<a href="mailto:ritusharma@aditi.du.ac.in">ritusharma@aditi.du.ac.in</a>				
Web-Page						
Educational Qualifications:						
Degree		Institution				Year
PhD		Faculty of Arts, University of Delhi				2011
MA (Psychology Hons)		Department of Psychology, Faculty of Arts, University of Delhi				1996
BA (Psychology Hons)		Zakir Hussain College, University of Delhi				1994
Career Profile						
Administrative Assignments						
<ol style="list-style-type: none"> <li>1. TIC Psychology Department 2022-23</li> <li>2. Coordinator IGNOU Study center Aditi Mahavidyalaya</li> <li>3. Convenor, Happiness Club</li> <li>4. Convenor, NAAC</li> <li>5. Convenor, Student Union Advisory</li> <li>6. Moderator in Psychology in National Testing Agency (NTA) from May 5th, 2022.</li> </ol>						
Areas of Interest / Specialization						
Gerontology Positive Psychology Organization Behavior Spiritual Psychology						
Subjects Taught						
Fundamentals of psychology (1 <sup>st</sup> Semester) Statistical research and Psychology methods (4 <sup>th</sup> Semester) Psychological Distress and well-being (3 <sup>rd</sup> semester)						

## Research Guidance

1. Working on Innovative project funded by University of Delhi 'Dependence of older adults on Substance abuse'(2022-23)
2. "Stress management of soldiers deployed in international conflict mission". Pacific Academy of Higher Education and Research University by Atanu Kumar Pattanaik submitted in 2017.

## Research Papers (Web link to the paper, if online available, or pdf of the paper)

3. Sharma, R (2022). An exploratory study of relationship between spirituality, rumination and depression among older adults: The moderating role of gender. *International Journal of research in social sciences & humanities*. Vol. 12 (2)2022. Impact factor: 8.561  
<http://doi.org/10.37648/ijrssh.v12i02.023>
4. **Sharma, R (2022)**. Rumination as contributory factor in depression and application of mindfulness techniques as coping mechanism to deal with rumination and depression in old age. *Journal of Oriental Institute*. care list no. 135, Vol.71 (2), No. 13, pp. 101-110. ISSN: 0030-5324.
5. Marwaha, E.B and **Sharma, R (2022)**. Exploration of loneliness amongst the elderly & suggestive interventions. *Shodha Prabha* (UGC Care Journal). Vol. 47 (1), No. 12. pp. 157-162. ISSN: 0974-8946
6. **Sharma, R.,** Dhawan, R., Sharma, S., Sharma, V (2022). Influence of internal conflicts as rumination in later years of life. *Indian Journal of Social Sciences and Literature Studies*. Vol. 8 (1), March 2022. ISSN2349-5634 (Print) ISSN 2455-0973 (Online).  
[https://jcprpub.org/storage/media/dynamic\\_values/CB4\\_AJD1650524702i163.pdf](https://jcprpub.org/storage/media/dynamic_values/CB4_AJD1650524702i163.pdf)
7. **Sharma, R.** (2021). Overview of Elder abuse in Indian Context and Psychological Coping Mechanisms. *Journal of Gerontology & Geriatric Research*. Vol 10:532. ISSN: 2167-7182. Published on Jan 7, 2021  
<https://www.longdom.org/open-access/overview-of-elder-abuse-in-indian-context-and-psychological-coping-mechanisms.pdf>
8. **Sharma, R (2020)**. Emerging need for care in place support system in India for older adults. *Journal of Gerontology & Geriatric Research*. Vol 10:532. ISSN: 2167-7182.

Published on Jan 8, 2021

<https://www.longdom.org/abstract/emerging-need-for-care-in-place-support-system-in-india-for-older-adults-61551.html>

9. **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)
10. **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
11. **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
12. **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>
13. **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
14. **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
15. **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>

#### Books Published

- Sharma, Ritu & Marwaha, B. Ekta (2022). *Geriatric Psychology*. V.L Media solution. ISBN: 978-81-959424-6-6
- Sharma, R. (2017). A book titled as ‘Life-style: A Key to Healthy Aging’ by Scholar’s Press, Germany. Published on 3rd November 2017; Page 216. ISBN10: 6202301902, ISBN 13: 978-6202301909

#### Conference Organization/ Presentations

1. As a Convenor organized an ICSSR sponsored National Conference on 'Reconnaissance of Resilience, Re-emergence, Strengthening Re-building of the nation' on 19<sup>th</sup>-20<sup>th</sup> January 2023 at University Conference center.
2. 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.
3. Organized and conducted a webinar on "Mindfulness for stressful life" on 28<sup>th</sup> July 2020 in collaboration with Aditi Mahavidyalya and IGNOU.
4. 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.
5. 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.
6. Organized and conducted a webinar on "How to control anxiety of Corona Virus" on 23<sup>rd</sup> March 2020.
7. 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.
8. 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.
9. 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.
10. **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.
11. 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.
12. Organized and lead an **awareness campaignfor 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**.

13. Organized a **workshop on health care of elderly** in the premises of Aditi Mahavidyalaya 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.
14. **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.
15. **Organized and conducted a workshop on ‘Living happily with infirmity’** on 26<sup>th</sup> November in All India Institute of Medical Sciences (AIIMS).
16. As Principal Investigator of a research project AM303 organized a workshop on Consumer rights on 30<sup>th</sup> October 2015 in Aditi Mahavidyalaya, University of Delhi.
17. 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).
18. As PI of innovative project AM 303 I organized and conducted a workshop on consumer awareness and health care of elderly in Aditi Mahavidyalaya on 29<sup>th</sup> January 2016 for older people and students.
19. As a co-convener of the Gandhi Study committee I organized a **National Seminar on ‘Gandhi Ka Chintan: Samaj Nirman Aur RastraNirman’** on 22<sup>nd</sup> November 2014.
20. As teacher-in-charge of Department of Psychology I organized **Workshop on Stress Management** in the premises of college for students and faculty.
21. Attended **three-daysensitization 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.
22. 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.
23. 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.

24. 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
25. 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.
26. 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.
27. 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.

#### PAPERS PRESENTED

1. Presented a paper titled ‘Qualitative Study on The Psycho-Social Predictors of Drug Abuse in Indian Society’ an ICSSR sponsored National Conference on ‘Reconnaissance of Resilience, Re-emergence, Strengthening Re-building of the nation’ on 19<sup>th</sup>-20<sup>th</sup> January 2023 at University Conference center.
2. Presented a paper titled ‘Drug abuse/ Excessive Alcohol Consumption as psycho-social contributor of elder abuse’
3. Presented paper in “29<sup>th</sup> International Congress of Applied Psychology” during June 26<sup>th</sup>-30<sup>th</sup>, 2018 in Montreal, Quebec, Canada titled as ‘Rising need for community based long-term care in India’.
4. 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.
5. 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’.
6. 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.

7. 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.
8. 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'.
9. 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'.
10. "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.
11. 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.
12. "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.
13. "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.
14. "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.
15. 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.
16. "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.
17. "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.

18. “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.

#### Research Projects (Major Grants/Research Collaboration)

1. Working on an innovative project funded by University of Delhi ‘Dependence of older adults on Substance abuse’(2022-23)
2. Worked as Principal 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.
3. Worked as Principal Investigator in Innovation project AMV-202 (2014-15) **“Nutrition and Psychosocial Status of Rural Elderly Population of Delhi”** funded by University of Delhi.
4. 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’**.
5. 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’**.

#### Awards and Distinctions

- “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 Mahatma Gandhi anniversary.
- Partial funding from UN for a certificate course from International Institute on Ageing, United

Nations-Malta for International Training Program on “Health promotion, quality of life & wellbeing” 2015

#### Association With 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
- Consulting Editor of *Indian Journal of Social Sciences and Literature Studies (IJSSLS)*, a multidisciplinary peer reviewed journal (ISSN 2349-5642 print, ISSN 2455-0981 online)  
Peer reviewed international journal
- Consulting Editor of *Journal of Contemporary Psychological Research (JCPR)*, a multidisciplinary peer reviewed journal (ISSN 2349-5642 print, ISSN 2455-0981 online)  
Peer reviewed international journal

#### Other Activities

##### CHAPTER IN A BOOK

1. Sharma, R (2020). A chapter on *Rumination as contributory factor in depression and coping with mindfulness interventions in old age*” is under publication.
2. Sharma, R (2022). A chapter on “Elder abuse and psychological coping mechanisms” sent to ‘Handbook of Aging, Health and Public Policy’ published by *Springer Nature Singapore Pte Ltd.* 2022. 10.1007/978-981-16-19144\_63-1  
<https://link.springer.com/referencework/10.1007/978-981-16-1914-4>
3. Sharma, R (2022). A chapter of “Psycho-social aspects of aging” in MME-104 Basic

Geriatrics. Block 2 ‘Different perspectives of process of ageing’ Unit 3, p 119-148.

[file:///C:/Users/Dr.%20Ritu%20Sharma/Downloads/MME-](file:///C:/Users/Dr.%20Ritu%20Sharma/Downloads/MME-104_E_8.25x11.5_Text_252_Pages_-_Volume_1_-_28-03-2022.pdf)

[104\\_E\\_8.25x11.5\\_Text\\_252\\_Pages\\_-\\_Volume\\_1\\_-\\_28-03-2022.pdf](file:///C:/Users/Dr.%20Ritu%20Sharma/Downloads/MME-104_E_8.25x11.5_Text_252_Pages_-_Volume_1_-_28-03-2022.pdf)

4. Sharma, R (2022). A chapter of “Psychosocial Rehabilitation” in MME-104\_E Basic Geriatrics. Block 5 ‘Rehabilitation Geriatrics’ Unit 2, p 361-372. [file:///C:/Users/Dr.%20Ritu%20Sharma/Downloads/MME-104\\_E\\_vol\\_2\\_8.25x11.5\\_Text\\_224\\_Pages\\_-\\_Volume\\_2\\_-\\_28-03-2022.pdf](file:///C:/Users/Dr.%20Ritu%20Sharma/Downloads/MME-104_E_vol_2_8.25x11.5_Text_224_Pages_-_Volume_2_-_28-03-2022.pdf)
5. Sharma, R (2021). A chapter on “Paradigms of Successful Aging” sent for publication
6. 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
7. 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.
8. 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.