




## Aditi Mahavidyalaya

### Faculty Details



Title	<b>Dr.</b>	First Name	<b>Ritu</b>	Last Name	<b>Chowdhary</b>	Photograph
Designation	<b>Associate Professor</b>					
Department	<b>Department of Education (B.El.Ed.)</b>					
Address	<b>194 Vaishali Pitampura Delhi 110034 India</b>					
Phone number	<b>42455056</b>					
Email	<b><a href="mailto:rituc@aditi.du.ac.in">rituc@aditi.du.ac.in</a></b>					
Web-Page	<b><a href="http://rituchowdhary.tripod.com/">http://rituchowdhary.tripod.com/</a></b>					
Educational Qualifications:						
Degree	Institution				Year	
<b>B.A.</b>	<b>University of Jammu, Jammu &amp; Kashmir, India</b>				<b>1991</b>	
<b>M.A.</b>	<b>Department of Psychology, University of Delhi, Delhi, India</b>				<b>1993</b>	
<b>M.Phil.</b>	<b>Department of Psychology, University of Delhi, India</b>				<b>1996</b>	
<b>Ph.D.</b>	<b>Department of Psychology, University of Delhi, India</b>				<b>2002</b>	
Career Profile						
<ul style="list-style-type: none"><li>● Taught as a lecturer in the Department of B.El.Ed. at S.P.M. College, University of Delhi, Delhi, India, from 2000 to 2001.</li><li>● Worked as a permanent lecturer in the Post-Graduate Department of Psychology, University of Jammu, Jammu, Jammu &amp; Kashmir, India, from 2001 to 2004. Papers taught: Psychopathology, Clinical Psychology –Assessment and Diagnosis, Cognitive Psychology, Applied Social Psychology, Experimental Psychology and Historical and Philosophical Issues in Psychology. Was one of the Founders of the Department.</li><li>● In 2010, taught as a visiting lecturer at the Department of Economics and Management (EGASS), University of Artois, Arras, France to the post graduate students.</li><li>● Taught the first batch of students of M.Sc. Forensic Science Part II, Semester III of the academic session 2016-17 at the Department of Anthropology, University of Delhi.</li></ul>						

- **Actively engaged in paper setting, paper evaluation and moderation at the Department of Education, University of Delhi.**
- **Presently teaching at Aditi Mahavidyalya, University of Delhi, Delhi (since July 2004) as an associate professor in the Department of Education (Bachelor of Elementary Education). Subjects taught are Cognition and Educational Psychology, Human Relations and Communication, Child Development and conducts Self Development workshops, and School Internship Programme for the students.**

#### **Administrative Assignments**

- **Served as Convener of the College Environment Committee in 2008, 2009 and 2010.**
- **Served as Convener of the College Prospectus Committee in 2007 and 2008.**
- **Served as co-convener of the College Library Committee in 2004 and 2005.**
- **Served as convener of the College Academic Enrichment Committee in 2005, 2006 and 2007.**
- **Served as the convener of the College Grievance Committee in 2010, 2011 and 2012.**
- **Served as Convener of the Admission Committee of Aditi Mahavidyalya, University of Delhi for 2014-15 admissions.**
- **From 2014 to 2017, served on deputation as a Deputy Proctor at the Proctor's Office, University of Delhi.**
- **Served in 2015 as point of contact of the Delhi University students' grievance redressal section with the Dean, Students' Welfare, University of Delhi.**
- **From 2015 to 2017, worked as a member of the University NAAC Peer Committee for Assessment and Accreditation, University of Delhi.**
- **From 2014 to 2016, worked as a member of the Inspection Committee of the Board of Residence, Health and Discipline, Ordinance XV (chapter VI), Proctor's Office, University of Delhi.**
- **Was part of the Anti-Ragging Control Cell, Proctor's Office, University of Delhi, (2015-2016).**
- **From 2015 to 2017, a part of the joint control room set up by the Delhi University Proctor's Office to curb Holi hooliganism on the campus.**
- **Served as Coordinator of Online Counselling (2016-2017) at Mind Body Centre – Delhi University Women's Association, University of Delhi; also among the founders of this counselling centre.**

- From 2016 to 2017, was a visiting counsellor (honorary) Janki Devi Memorial College, University of Delhi, Delhi.
- During 2016-17, served as Convener–Education Sub-Committee, Delhi University Women’s Association, University of Delhi, Durga Bai Deshmukh Balwari and Usha Ganguly Shishu Vihar play schools.
- Served as the Teacher-in-Charge of the Department of Education (B.El.Ed.) Aditi Mahavidyalya, University of Delhi in academic sessions 2007-2008, 2011-2012 and in 2019- 2020.
- Served as convener of the NAAC Committee of Aditi Mahavidyalya in 2018.
- Serving as Convener of the Equal Opportunity Cell of Aditi Mahavidyalya from 2019.
- Serving as Co-convener, Scholarship committee of Aditi Mahavidyalya from 2019-20 till present.
- Served as a member of the Fee Concession Committee of Aditi Mahavidyalya from 2019-20.
- Teacher representative of the Governing Body of Aditi Mahavidyalya from 2022-23.
- Member of the Faculty of Education, University of Delhi from 2022 onwards.

#### Areas of Interest / Specialization

Clinical Psychology, Meditation, Forensic Psychology, Educational History, Anthropology

#### Subjects Taught

Psychopathology, Clinical Psychology – Assessment and Diagnosis, Cognitive Psychology, Applied Social Psychology, Experimental Psychology and Historical, Philosophical Issues in Psychology, Behavioural Economics, Forensic Psychology, Cognition and Educational Psychology, Human Relations and Communication, Child Development; and conducts Self Development workshops, and School Internship Programme for the students

#### Research Guidance

Guides B.El.Ed Students every year for the 4th year annual projects.

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

- "The impact of forced migration on the psyche of Kashmiri migrants" was published in the Journal of Personality and Clinical Studies, March-September 2002, a peer-reviewed publication of the Association of the Clinical Psychologists, New Delhi, India.

- **“Therapeutic significance of Meditation” in the Journal of Personality and Clinical Studies, March-September 2004, a peer-reviewed publication of the Association of the Clinical Psychologists, New Delhi, India.**
- **Historical strengths and conflicts in Indian Educational Structure: Institutional versus Inspirational, Essential versus External. Published in History Today, Journal of History and Historical Archaeology. (2009)**
- **“Elementary teacher intern’s quest for identity in the midst of Scientific, colonial and Native elements” at the National Conference organized by the Institute of Home Economics, University of Delhi On the topic ‘Sustainable Development- A collective Vision. On Oct. 31, 2011 and Nov.1st 2011. Published abstract. (2011).**
- **Presented a paper on the “Elementary teacher intern’s quest for identity in the midst of scientific, colonial and native elements” at the National Conference organized by the Institute of Home Economics, University of Delhi On the topic ‘Sustainable Development -- A collective Vision. On Oct. 31<sup>st</sup> to Nov. 1<sup>st</sup> 2011. Abstract published in the programme and abstract book.**
- **Presented a paper on the topic “ Happiness and Wellbeing”, in a two-day workshop organized by the D.S. Kothari Centre for Science, Ethics and Education, University of Delhi, on May 11 to 12, 2012 at the University of Delhi.**
- **Presented a paper on “Psychological Consequences of Interpersonal Acceptance and Rejection in Pairing Adults due to Archaic Astrological Beliefs in India” at the 4<sup>th</sup> International; Congress on Interpersonal Acceptance and Rejection organized by ISIPAR, Jan. 10 to 13, 2013, Chandigarh, India. Paper abstract published by International Society for Acceptance and Rejection (ISIPAR), Centre for the study of Interpersonal Acceptance and Rejection, University of Connecticut, USA.**
- **Presented a paper on “ The scare of happiness: Is trying to come to grips with happiness and well being just a taboo or a psychological blind spot?” in 1<sup>st</sup> International and 3<sup>rd</sup> Indian Psychological Science Congress on 24<sup>th</sup> and 25<sup>th</sup> Feb. 2014 in Chandigarh, India.**
- **Presented a paper in the Indian Science Congress on the topic " Post Colonial Psychological Dilution of National Identity under the forces of strong Historical and regional diversity", on Jan. 8th, 2015.**
- **Presented a paper on 'Recent findings in population genetics', at a National Seminar on Anthropology on 27th Feb. 2015, at the Anthropology Department, University of Delhi.**
- **Presented a paper on ‘ Neuro-psychological and evolutionary implications of tactile feedback-less touch phones’ at the 7<sup>th</sup> International Conference on Quality, Reliability, Infocom Technology and Business Operations (Trends and Future Directions), 28-30**

December 2015, organized by the Department of Operational Research, University of Delhi with Lulea University of Technology, Sweden.

- Presented a paper in National Seminar on “ Role of Anthropology and Forensic Science in National Development”, 24<sup>th</sup> March- 25<sup>th</sup> March, 2017 on the topic, “Forensic Psychology Investigations – Lunacy or Malingering” in the Department of Anthropology, University of Delhi.

#### Books Published

#### Conference Organization/ Presentations

- Participated in a seminar on Inclusion: Possibilities and Challenges. March 17, 2006, at the Department of Education, University of Delhi.
- Attended a conference organized by Kamala Nehru College, University of Delhi on “Our Planet: Humanity, Habitat and Development”, December 12-13, 2006.
- Participated as an observer in a seminar on ‘Ramkatha in Performative Traditions’, from March 12 to 15, 2008, at I.G.N.C.A., New Delhi.
- Attended the Foundation Day Lecture of the National Brain Research Centre (N. B. R. C.) At the I. N. S. A. Auditorium, New Delhi, on December 16, 2010, on the topic ‘Preparing the Brain for school’, by Prof. Michael Posner, Professor Emeritus at the University of Oregon and Adjunct Professor, Weill Medical College in New York, USA.
- Attended a National Seminar on teacher education ‘Pedagogic Trajectories’, on September 23-24, 2011, at Lady Shri Ram College, University of Delhi.
- Presented a paper on the “Elementary teacher intern’s quest for identity in the midst of scientific, colonial and native elements” at the National Conference organized by the Institute of Home Economics, University of Delhi On the topic ‘Sustainable Development -- A collective Vision. On Oct. 31<sup>st</sup> to Nov. 1<sup>st</sup> 2011. Abstract published in the programme and abstract book.
- Presented a paper on the topic “ Happiness and Wellbeing”, in a two-day workshop organized by the D.S. Kothari Centre for Science, Ethics and Education, University of Delhi, on May 11 to 12, 2012 at the University of Delhi.
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#### Research Projects (Major Grants/Research Collaboration)

#### Awards and Distinctions

Received Appreciation Award for Mentoring and Guidance in Graduate Research Seminar GRADS 2023 Library Fest, Aditi Mahavidyalaya.

#### Association With Professional Bodies

- Life Member of The History and Culture Society, New Delhi, India.
- Member of the Japan Foundation, New Delhi, India.
- Member of Italian Embassy Cultural Centre, New Delhi.
- Member of the American Psychological Association, USA.
- Member of the International Mentoring Committee, Div. 52, APA, USA.
- Member of the International Society for the Study of Interpersonal Acceptance and Rejection (ISIPAR), University of Connecticut, USA

- Member of the Parental Alienation Study Group (PASG), Department of Psychiatry, Vanderbilt University School of Medicine, Nashville, Tennessee, USA.
- Member of Delhi University Women's Association, University of Delhi

#### Other Activities

- Invited by the Japan Foundation Japanese-Language Institute, Kansai, to participate in the Japanese Language Program for Postgraduate Students in 1999. Active involvement in research activities and cultural exchange. The candidate was working on her Ph.D. topic " Culture and Psychological outcomes of meditation". The hypothesis of the study was modifying human nature through meditation to impact culture and social reactions, thus considering meditation as an active process of influencing thoughts, behaviour and cultural interactions. The visit to Japan helped to deeply understand Zen meditation. Trips were organized by the Japan Foundation Centre for the candidate to visit various places like Kyoto, Nara, Koya San, Tokyo and in and around the Kansai Prefectures and it facilitated her meetings with the Zen Masters. Conducted in depth interviews of these learned and revered meditators and the data collected during this period helped to compile her Ph.D. thesis.
- During the stay in Japan, participated in the rich cultural life of the Japanese. From tea ceremonies (Ocha) to Ikebana, from home visits to community baths, everything had aesthetics and a deep-rooted philosophy. The beauty and impermanence of the Sakura had a personal message to give about the transcendental nature of life.
- In 2010, invited as a visiting lecturer to the Faculte Economie Gestion Administration et Sciences Sociales (EGASS), Universite d'Artois, Arras, France
- Qualified the National Educational Test (NET) in Psychology, conducted by the University Grants Commission, Delhi, India.
- Biography published in the 2005 Edition of Marquis Who's Who, USA.
- Organized Orientation Lecture on stress management and pre-examination anxiety in the Sarvodaya and Higher Secondary Schools in North Delhi in 2005 and 2006.
- Organized two Environment Awareness Workshops in the college in 2006 and 2010 in which environmental facilitators from Greenpeace India and Senior Scientific Advisor to the Department of Environment, Forests and Wild Life, Government of NCT of Delhi made presentations.
- On 15th March 2007, participated in a Seminar on Clean Development Mechanism – Reduction of the Emission of Greenhouse Gases chaired by the Secretary Department

of Environment, Forests and Wild Life, Government of NCT of Delhi at the Delhi Secretariat.

- On 29<sup>th</sup> July 2008 and 23<sup>rd</sup> May 2009, participated in two tree plantation camps organized by the GNCT of Delhi held at Village Mukhmailpur and Garhi Mandu urban forests, respectively.
- Prepared the syllabus on “Education for Mental Health” for application courses in B. A. Programme at the Department of Education, University of Delhi in September 2008.
- Founded the Eco Club in the college and facilitated a grant from the Govt. of NCT of Delhi’s Department of Environment, Wild Life and Forests. Thereafter, served as Convener of the Environment Committee in 2008, 2009 and 2010.
- On 10<sup>th</sup> March 2010, lectured on the topic “Children with Special Needs”, at D. I. E. T., Pitampura, Delhi.
- In April 2010, conducted specialized research on “Enterprise and Religion” and Risk and Religion” at the Department of Economics, Faculty of Social Sciences, University of Artois, Arras, France.
- On 8<sup>th</sup> September 2010, conducted a session on "Management of Psychological Distress" training venue, International Guest House, Delhi University, organised by Saksham -The Global Fund AIDS, Tuberculosis & Malaria, Round -7, HIV/AIDS Counselling Programme, Aditi Mahavidyalya (SSR), University Of Delhi.
- On 12<sup>th</sup> October 2011, visited as Resource Person for Orientation on B. El. Ed. at the Career Fair of Timarpur Sarvodaya Kanya Vidyalaya, Timarpur, Delhi.
- President of the Navjyoti Remedial Board, JJ cluster, Bawana, (Navjyoti Foundation India), in 2012-2013, and delivered numerous lectures to the teachers.
- On Jan 11, 2012, invited as a Resource Person to the in-service training programme for teachers on “Inclusive Education”, organized by the State Council for Educational Research and Training (SCERT), Delhi, India.
- From 2<sup>nd</sup> January 2012 to 13<sup>th</sup> January 2012, participated as a Resource Person in an In-Service Education Programme for Assistant Teachers of MCD Schools organised by S. C. E. R. T., at Nigam Pratibha Vidyalaya, Azadpur, Delhi.
- Invited as guest faculty to a training programme on Gender Issues on Sep. 18<sup>th</sup> 2012, to the Institute of Training and Management, Department of Personnel and Training, Government of India, Old JNU campus, Delhi.



- In 2012, participated in the design of a pilot course entitled 'Reflecting on the Environment, Individual and Society: An Experiential Programme' for the undergraduate students of the University of Delhi. Thereafter, conducted the pilot course at Aditi Mahavidyalaya.
- Attended an international programme chaired by His Holiness The Dalai Lama, "Science, Ethics and Education: A dialogue on January 14<sup>th</sup>, 2013 at the University of Delhi.
- On Nov. 13<sup>th</sup> and 14<sup>th</sup> 2013, attended a National Seminar, "Nalanda Tradition of Buddhism in Asia", at Indira Gandhi National Centre for Arts, on New Delhi.
- From 2013 to 2016, was a member of the Committee of Courses (Professional) of the Faculty of Education, University of Delhi.
- Attended a panel discussion on Nov. 17<sup>th</sup>, 2013, organized by the Kothari Centre, University of Delhi on "The paradox of Brain and Mind: Brain in Neuroscience and the concept of Mind in Western Psychology, Hinduism and Buddhism" at the University of Delhi.
- Chaired two sessions in a two-day seminar on "Neuroscience, Psychology and Educational Practices", on January 30<sup>th</sup> and 31<sup>st</sup>, 2014, organized by Tibet House, Cultural Centre of his Holiness The Dalai Lama, in collaboration with D.S. Kothari Centre for Science, Ethics and Education, University of Delhi.
- Delivered a talk at a two day workshop on 19th and 20th March 2014, at St. Xavier's School, Delhi on the topic 'Eco Concerns'
- Organized a workshop at Aditi college by Prof. Atsushi Takei, Shizouka University, Japan, on the topic 'Ba and Education' on Aug. 27th, 2014.
- On November 2, 2012 organized a workshop at Aditi college by Geshe Dorji Damdul, Director, Tibet House, New Delhi on the subject of Empathy and Compassion.
- Conducted a workshop on " Ecological Concerns" on March 19, 2014, at the Navjyoti renewal Centre, St. Xavier's School, Raj Niwas Marg, Delhi with the Sisters of Bethany.
- Chaired a session at a two-day seminar organised by Tibet house in collaboration with IGNCIA on 28th and 29th March 2015, on " The thoughts and contributions of Mahatma Gandhi and His holiness the Dalai Lama".
- Invited as a panellist to the Department of Psychology, Keshav Mahavidyalaya, University of Delhi, to participate in a National conference, March 28<sup>th</sup>-29<sup>th</sup> 2016, on the topic, "Youth in Contemporary Society".
- Conducted one-day workshop in the Delhi Technical University in the Department of Mechanical Engineering on Happiness and wellbeing on 18<sup>th</sup> April 2018.

- Addressed a session as a resource person in the Faculty Development programme from 22<sup>nd</sup> to 26<sup>th</sup> sep 2018 in Shyama Prasad Mukherji College, University of Delhi, on “Effective teaching and learning practices”
- Collaborated with the Regional English Language Office (RELO) of the U.S. Embassy in New Delhi for a 10-week online teacher training course for B.El.Ed. students in 2020.
- A Transactional Analysis expert, trained by Fr. Oswald Summerton, founder of Transactional Analysis in India.
- National-level hockey player, representing the Jammu & Kashmir State Team as a graduate student.
- One of the founder members of the Post-Graduate Department of Psychology, University of Jammu, Jammu & Kashmir.
- Successfully completed the Japanese- Language Program sponsored by the Japan Foundation Japanese Language Institute, Kansai, Osaka, Japan.
- Invited as an expert on stress management and personality development to deliver orientation lectures in various Government Higher Secondary schools in Delhi.
- Conducted workshops and training programmes for hundreds of students in the use of counselling skills aimed at educational goals as a Transactional Analysis expert.
- Organizes Self Development Workshops for B. El. Ed. 2<sup>nd</sup> Year Students every year.
- Organized and accompanied students for the innovation school visits to Udaipur in 2012, Mirambika in 2020, Shikshantar in 2008 for the B.El. Ed. students, also visits to museums, Bal Bhavan in 2008 and the Yamuna Biodiversity Park in 2011, Delhi.
- Conducted a pilot study of Mercurialism in nursing mothers in North India and its impact on infants, which included Hair Mineral Analysis (HMA) and various other physiological indices.
- Conducted a study on over-vaccination and personality disorders in growing children in Delhi.
- Supervised and coordinated various 4<sup>th</sup> year B. El. Ed. Projects related to psychology.
- Conducted informal discussions with the students and meetings with their parents and family members to bring about a sense of gender equality in them and to sensitise them on the value of humanistic education that is valued much above limited career and social goals.

- **Provided medical relief and counselling to working class families infected with HIV by guiding them to get tested and to obtain treatment from NACO after weaning them away from witchcraft and magic in resettlement colonies of North Delhi.**
- **Prepared material for students that incorporated Conflict Teaching by Piaget, Bruner's Spiral Curriculum and Vygotsky's Reciprocal Teaching and Cooperative Learning.**
- **Counselled a B.El.Ed. Student's family to get her admitted to the Psychiatric Department of the A.I.I.M.S. to help her receive appropriate treatment from a severe psychotic shock.**
- **Obtained a favourable order (dated 16.12.2020) to release long unpaid salaries from Aditi Mahavidyala, University of Delhi, as petitioner no. 3 in a PIL in Delhi High Court WP(C)6699/2020, Dr. Udaibir Singh & Others Vs. University of Delhi & Others in the matter of unpaid salaries to the teachers of 12 colleges of the University of Delhi (including Aditi Mahavidyalaya).**