

## CURRICULUM VITAE



**DR. POOJA V. ANAND**

**Assistant Professor**

**Department of Psychology, Daulat Ram College**

**University of Delhi, Delhi, India**

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**Teaching Experience: 14 years +**

Assistant Professor, Department of Psychology, Daulat Ram College, University of Delhi, India. **2005 - Present.**

### **SIGNIFICANT ACHIEVEMENTS:**

- **Founder and Convenor, India's first Positive Psychology Center at Daulat Ram College, University of Delhi.** The center aims to develop happiness, well-being, and flourishing in both students and teachers by encouraging them to utilize their strengths like emotional intelligence, hope, positive thinking etc.
- **Invited as a speaker at a symposium on 'Positive Universities Across the Globe' at the Sixth World Congress on Positive Psychology organized by International Positive Psychology Association from 18-21 July, 2019 at Melbourne, Australia.**
- **Member, Consortium for Research on Emotional Intelligence in Organizations**

- *\*Translated the Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985) in Hindi in 2017.*
- *\*Translated the Flourishing Scale (Diner et al., 2009) in Hindi in 2019.*
- **Member of the Core Committee for formulating the syllabus for the Choice Based Credit System for B.A Hons Psychology, B.A Hons Applied Psychology, and BA Program in Psychology taught at all central universities in India since 2015.**
- **Member of the esteemed project sponsored by the Ministry of Human Resource Development and University Grants Commission, India called E-pathshala for post graduate courses in which I'm the coordinator and author for modules for the 'Social psychology' paper and co-coordinator and author for modules for the 'Positive psychology' paper.** The modules are prepared with state-of-the-art technology. I have also done the audio and video recording for the same. The syllabi for the two papers were also prepared by me.
- **Member, IQAC, Daulat Ram College (2018-20)**
- **Convenor, National Paper Presentation Competition on 'Positive Psychology: From What's Wrong To What's Strong' on 1<sup>st</sup> November, 2018. (India's first such competition on Positive Psychology)**
- **Organizing Secretary of the first National Conference on 'Psychological Applications and Interventions: Reaching Out And Making A Difference' at Daulat Ram College, University of Delhi on 18<sup>th</sup> & 19<sup>th</sup> January, 2018.**
- **Convener for the Skill Development Courses in my College (2015-16, 2016-17, 2018-19, 2019-20).** Under my convenorship three skill development courses were started in summer, 2015, 4 courses in winter, 2015, 6 courses in summer 2016, 3 courses in winter, 2016, 3 courses in summer, 2018, 4 in winter 2018, and five in summer, 2019 for various departments.
- **Convenor, Faculty Development Program on 'Positive Education: Developing Skills for Teaching, Learning and Well-being' organized by Positive Psychology Center, under IQAC, Daulat Ram College from 22<sup>nd</sup>-28<sup>th</sup> May, 2018.**

- Course Coordinator, Skill Development Program on ‘Self-Positive’ organized by Positive Psychology Center, under IQAC, Daulat Ram College from 1<sup>st</sup>-7<sup>th</sup> June, 2018.
- Invited as expert for undergraduate and post-graduate syllabus formulation at Manav Rachna International University, Faridabad.
- Member of the restructuring of the B.A (Hons) Psychology Syllabus (Semester Mode) at the University of Delhi for Emergence and growth of psychology paper, Health Psychology paper and Psychology for living paper.
- Member of the restructuring of the undergraduate courses (four year program) at the University of Delhi for various papers: Social Psychology, practicum based on social psychology, applied social psychology, practicum based on applied social psychology, development of psychological thought, living in a media world, youth and identity etc.

## EDUCATION

**BA:**2001 (Isabella Thoburn College) University of Lucknow, Lucknow First (**Topper in Psychology**)

**MA:** Psychology, 2003 University of Lucknow, Lucknow (**Gold medallist**)

**PhD:** Psychology. Awarded in 2010, University of Lucknow, Lucknow.

**Topic:** ‘Problem Solving and Emotional Intelligence: Correlates of Self-efficacy’

Awards and Distinctions
<ul style="list-style-type: none"> <li>• <i><b>Won the <u>First prize</u> for the best paper presentation in a scientific Session for the paper titled “Self-efficacy and lifestyle patterns: Finding the link” in the International Conference on Public Health in January, 2016 organized by Daulat Ram College and Krishi Sanskriti.</b></i></li> <li>• <i><b>Junior Research Fellowship, UGC</b></i></li> <li>• <i><b>Gold Medal, M.A. Psychology</b></i></li> <li>• <i><b>Certificate of Merit for scoring highest marks in Psychology in B.A.</b></i></li> </ul>

Areas of Interest / Specialization
<ul style="list-style-type: none"> <li>• Positive Psychology (Emotional Intelligence, Happiness and well-being)</li> <li>• Social Psychology,</li> <li>• Personality Psychology</li> <li>• Organizational Behaviour</li> <li>• Human Resource Management</li> </ul>
Research Guidance
<ul style="list-style-type: none"> <li>• Guiding three PhD students enrolled in the Department of Psychology, University of Delhi. (fourth student has successfully defended her PhD)</li> <li>• Supervised 9 projects of BA Hons IIIrd year, Psychology on topics like emotional intelligence, self-efficacy, subjective well-being, Positive psychology, leadership, self-presentation in online media, Work engagement, Positive organizational behavior etc.</li> </ul>

## PUBLICATIONS:

### **Books and Journals published:**

1. Kapur, P. & **Anand, P. V.** (2018). *Applications of Psychology – Reaching Out and Making a Difference*. New Delhi: Excel India Publishers. (Co-editor)
2. Anand, P. V. (2017). *Emotional Intelligence - Journey to Self-Positive*. New Delhi: The Readers Paradise.
3. Co-editor, Indian Journal of School Health and well-being, ISSN 2349-5464 January-April 2019, Vol.5 Issue 1.

### **Review Work:**

Anand, P. V. (2017). Review of the book *The Upside of your Dark Side* by Todd Kashdan & Robert Biswas-Diener, USA, 2015 Plume; Reprint edition (September 1, 2015) ISBN-

10: 0147516447      [https://www.amazon.com/Upside-Your-Dark-Side-Self-Drives/product-reviews/0147516447/ref=cm\\_cr\\_getr\\_d\\_paging\\_btm\\_next\\_9?pageNumber=9](https://www.amazon.com/Upside-Your-Dark-Side-Self-Drives/product-reviews/0147516447/ref=cm_cr_getr_d_paging_btm_next_9?pageNumber=9)

Anand, P. V. (2020). Review of the book *Second Wave Positive Psychology: Embracing the Dark Side of Life* by Ivtzan, Lomas, Hefferon & Worth, USA, 2015 (17<sup>th</sup> June, 2020) ISBN-13: 978-1138818668.

[https://www.amazon.in/review/R3CDBKPDBC9A8W/ref=pe\\_1640331\\_66412301\\_cm\\_rv\\_e\\_ml\\_rv0\\_rv](https://www.amazon.in/review/R3CDBKPDBC9A8W/ref=pe_1640331_66412301_cm_rv_e_ml_rv0_rv)

- Sage (Sage Open and book)
- Springer

#### **Chapters published in edited books:**

1. **Anand, P. V. & Aggarwal, V. (2018).** Strengths Based Interventions: Implications for Enhancing Happiness and Self-Esteem. In P. Kapur & P.V. Anand (Eds.), *Applications of Psychology – Reaching Out and Making a Difference* (pp. 3–10). New Delhi: Excel India Publishers.
2. Regon, I. & **Anand, P. V. (2018).** Emotional Intelligence, Well-Being, Self-Esteem and Hope: An Intervention-Based Study on School Children. In P. Kapur & P.V. Anand (Eds.), *Applications of Psychology – Reaching Out and Making a Difference* (pp. 11–17). New Delhi: Excel India Publishers.
3. Singhal, P., Palawat, M. & **Anand, P. V. (2018).** Emotional Intelligence and Yoga-Meditation Training: Implications for Happiness and Stress Management. In P. Kapur & P.V. Anand (Eds.), *Applications of Psychology – Reaching Out and Making a Difference* (pp. 18–28). New Delhi: Excel India Publishers.
4. Choudhary, A., Choudhary, M. & **Anand, P. V. (2018).** Effects of Optimism, Hope and Love of learning Intervention Programs on Self-concept and Self-esteem of Children Belonging to Low Socio-economic Status. In P. Kapur & P.V. Anand (Eds.), *Applications of Psychology – Reaching Out and Making a Difference* (pp. 211–218). New Delhi: Excel India Publishers.

5. **Anand, P. V.**, Singh, V. & Basu, A. (2016). *Emotional intelligence and optimism: Understanding the relationship with health behaviours*. In Positive Vistas on Health and Well-Being edited by Aleem, S. & Iqbal, N. pp. 212-222. Excel India Publishers, New Delhi, India. ISBN: 978-93-85777-34-9
6. Regon, I. & **Anand, P.V.** (2017). *A Study on the Relationship Between Academic Achievement Motivation, Altruism And Subjective Well-Being Among School Students*. In Interdisciplinary perspectives on Health and Well-Being edited by Aleem, S. Suri, S. & Osmany, M., pp. 74-81. ISBN: 978-93-86256-63-8
7. Basu, A., Singh, V. & **Anand, P. V.** (2017). *Emotional Intelligence and Happiness: Does Profession Make a Difference?* In Interdisciplinary perspectives on Health and Well-Being edited by Aleem, S. Suri, S. & Osmany, M., pp. 28-40. ISBN: 978-93-86256-63-8
8. Anand, P. V. (2015). Career self-efficacy and career related behaviours. In *Career Development: Different Voices, Different Choices* (pp. 81-99). New Delhi: The Readers Paradise.
9. Anand, P. V. (2014). Intelligence. In *The Psychological Realm: An Introduction*. (pp. 472-525). New Delhi: Pinnacle Learning.
10. Bora, D. & Anand, P. V. (2015). *The effect of emotional intelligence on self-esteem and adjustment among adolescents*. (Conference proceedings of the Annual InSPA International Conference organized by the Department of Psychology, Guwahati University & Psychologists' Association of North East India (PANEI)), Pp. 302-315.

### **Research Articles published:**

1. Anand, P.V. (2020). Enhancing Happiness: The Role of Gratitude Interventions. *Indian Journal of Psychology and Education*, 10(1), 58-66. ISSN No. 2231-1432.
2. Anand, P.V. (2019). Emotional Intelligence and Positive Education: Preparing Students for a Better Tomorrow. *New Directions for Teaching and Learning*, 2019 (160), 107-116. ISSN No. 1536-0768. (Wiley publications)

3. Sethi, D., Kansal, P., & **Anand, P.V.** (2019). Decoding Happiness: The role of Life Satisfaction, Emotional Intelligence, and Hope. *Indian Journal of School Health & Well-being*, 5 (1), 46-59. ISSN:2349-5464
4. Marwaha, R., & **Anand, P.V.** (2019). Understanding Happiness, Meaning in life, Hope and Resilience Amongst Youngsters With and Without Visual Impairment: A Comparative Study. *Indian Journal of School Health & Well-being*, 5 (1), 46-59. ISSN:2349-5464
5. Anand, P.V. (2019). Occupational Stress: Relationship with Emotional Intelligence and Coping Self-efficacy. *Journal of Organisation and Human Behaviour*, 8 (1), 33-39.
6. Sain, P. & **Anand, P.V.** (2018). Understanding psychological capital and subjective well-being at the workplace. *International Journal of Social Sciences Review*, 6 (7), 1343-1345.
7. Chib, M. & **Anand, P.V.** (2018). Understanding the impact of culture on job satisfaction, work motivation, work engagement, affect balance, emotional intelligence and happiness. *International Journal of Social Sciences Review*, 6 (10), 1991-2001.
8. Anand, P. V. (2015). Enhancing emotional intelligence: An intervention based study. *Journal of Positive Psychology*, 4 (1), 5-16.
9. Anand, P. V. & Singh, S. (2015). Religious orientation, self-esteem, and happiness among undergraduate students. *Indian Journal of Positive Psychology*, 6 (4), 349-355.
10. Anand, P. V. (2013). Aging and emotional intelligence. *Indian Journal of Health and Well-being*, 4 (9), 1760-1763.
11. Anand, P. V. & Kumar, Y. (2013). Subjective well-being of performing artists and its relationship with self-efficacy. *Indian Journal of Positive Psychology*, 4 (2), 235-243.
12. Anand, P. V. (2013). Emotional intelligence and self-efficacy as predictors of life satisfaction among undergraduate students. *Journal of Positive Psychology*, 2 (1), 34-49.

#### **Conference proceedings published:**

1. Anand, P. V. & Marwaha, R. (2016). *Self-efficacy and lifestyle patterns: Finding the*

*link.* (Conference proceedings, International Conference on Public Health: Issues, challenges, opportunities, prevention, awareness organized by Daulat Ram College, University of Delhi and Krishi Sanskriti, Delhi), Vol. 1, 76-81.

### **CURRICULUM DEVELOPMENT (MODULES PUBLISHED)**

[\(E-pathshala project sponsored by the Ministry of HRD and UGC\)](#)

**E-pathshala modules published on <http://epgp.inflibnet.ac.in>**

**Positive Psychology Paper: Co-coordinator and author for 27 modules as mentioned below:**

<b>Serial No.</b>	<b>Module Name</b>
<b>1</b>	Positive Psychology: An Introduction: Part I
<b>2</b>	Positive Psychology: An Introduction: Part II
<b>3</b>	Perspectives on Positive Psychology: Western and Eastern
<b>4</b>	Character, Strengths, and Virtues
<b>5</b>	Happiness and Well-Being Part I
<b>6</b>	Happiness and Well-Being Part II
<b>7</b>	Happiness and Well-Being Part III
<b>8</b>	Positive Affect and Positive Emotions
<b>9</b>	Emotional Intelligence
<b>10</b>	Emotional Creativity
<b>11</b>	Resilience
<b>12</b>	Self-efficacy
<b>13</b>	Optimism
<b>14</b>	Hope
<b>15</b>	Wisdom
<b>16</b>	Flow
<b>17</b>	Authenticity
<b>18</b>	Compassion
<b>19</b>	Empathy and Altruism



<b>20</b>	Love and Flourishing Relationships
<b>21</b>	Religion and Spirituality
<b>22</b>	Benefit Finding and Benefit Reminding
<b>23</b>	Talking or Writing about Emotional Experiences
<b>24</b>	Positive Health
<b>25</b>	Positive Psychology at Work
<b>26</b>	Positive Psychology and Disability
<b>27</b>	Positive Communities

**Social Psychology: Coordinator and author for 38 modules**

<b>Serial No.</b>	<b>Module Name</b>
<b>1</b>	Growth of Social Psychology as a Modern Discipline
<b>2</b>	Social Construction
<b>3</b>	Social Representation
<b>4</b>	Discursive Psychology
<b>5</b>	Social Exchange
<b>6</b>	Social Comparison
<b>7</b>	Symbolic Interactionism
<b>8</b>	Socio-biology
<b>9</b>	Self-Knowledge
<b>10</b>	Self-Regulation
<b>11</b>	Self-Esteem
<b>12</b>	Self-Serving Bias
<b>13</b>	Self-Presentation
<b>14</b>	Social Identity
<b>15</b>	Culture and Self-construal
<b>16</b>	Attribution
<b>17</b>	Impression Formation and Management
<b>18</b>	Interpersonal Attraction
<b>19</b>	Close Relationships
<b>20</b>	Prosocial Behavior

21	Aggression and Violence
22	Communication
23	Stereotypes, Prejudice, and Discrimination
24	Conformity, Compliance, and Obedience
25	Attitudes
26	Persuasion
27	Social Performance
28	Group Decision Making
29	Intergroup Conflict
30	Negotiation and Peace Making
31	Introduction to Applied Social Psychology
32	Gender Issues
33	Environmental Issues
34	Crowd and Social Movements
35	Social Psychology and Work
36	Social Psychology and Health and Well-being
37	Social Psychology and the Legal System
38	Disadvantage and Deprivation

**Papers presented in conferences:**

1. Paper titled “Unhappiness in the age of abundance: towards a new model of Meaning” presented at the 2nd International Workshop on Happiness and Wellbeing - the Road Beyond from 4<sup>th</sup> - 6<sup>th</sup> April, 2019 organized by Rekhi Centre for Excellence, IIT, Kharagpur.
2. Paper titled “Social Media, Relationships and the Networked Generation: A face-off or an Interfaced Connection” presented at the 2nd International Workshop on Happiness and Wellbeing - the Road Beyond from 4<sup>th</sup> - 6<sup>th</sup> April, 2019 organized by Rekhi Centre for Excellence, IIT, Kharagpur (With Preksha Kansal and Deisha Sethi).
3. Paper titled “Capitalizing on the strengths of older people: lessons for positive youth development” presented at the Fourth International Congress on Gerontology and

Geriatric Medicine on 15<sup>th</sup> & 16<sup>th</sup> November, 2018 organized by Asia Pacific Geriatric Medicine Network at AIIMS, New Delhi.

4. Paper titled “Strengths Based Interventions: Implications for Enhancing Happiness and Self-Esteem.” presented at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference on 18<sup>th</sup> & 19<sup>th</sup> January, 2018 organized by Daulat Ram College, University of Delhi. (First and Principal author)
5. Paper titled “Emotional Intelligence, Well-Being, Self-Esteem and Hope: An Intervention-Based Study on School Children” presented at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference on 18<sup>th</sup> & 19<sup>th</sup> January, 2018 organized by Daulat Ram College, University of Delhi. (Second author, supervisor)
6. Paper titled “Emotional Intelligence and Yoga-Meditation Training: Implications for Happiness and Stress Management” presented at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference on 18<sup>th</sup> & 19<sup>th</sup> January, 2018 organized by Daulat Ram College, University of Delhi. (Third author, supervisor)
7. Paper titled “Effects of Optimism, Hope and Love of learning Intervention Programs on Self-concept and Self-esteem of Children Belonging to Low Socio-economic Status” presented at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference on 18<sup>th</sup> & 19<sup>th</sup> January, 2018 organized by Daulat Ram College, University of Delhi. (Third author, supervisor)
8. Anand, P.V. (2017, March). *Positive Psychology at Work: The Role of Emotional Intelligence, Work Engagement, and Job Satisfaction in Subjective Well-Being*. Paper presented at the Second International Conference on Health and well-being, organized by Jamia Millia Islamia, New Delhi.

9. Regon, I. & Anand, P.V. (2017, March). A Study on the Relationship Between Academic Achievement Motivation, Altruism And Subjective Well-Being Among School Students. Paper presented at the Second International Conference on Health and well-being, organized by Jamia Millia Islamia, New Delhi.
10. Basu, A., Singh, V. & Anand, P. V. (2017, March). *Emotional Intelligence and Happiness: Does Profession Make a Difference?* Paper presented at the Second International Conference on Health and well-being, organized by Jamia Millia Islamia, New Delhi.
11. Anand, P. V. & Marwaha, R. (2016, January). *Self-efficacy and lifestyle patterns: Finding the link.* Paper presented at International Conference on Public Health organized by Daulat Ram College, University of Delhi and Krishi Sanskriti, Delhi. **(Won the First prize for the best paper presentation for the session).**
12. Anand, P. V., Singh, V. & Basu, A. (2016, March). *Emotional intelligence and optimism: Understanding the relationship with health behaviours.* Paper presented at International Conference on Health and well-being organized by Jamia Millia Islamia, New Delhi.
13. Anand, P. V. (2015, February). *Happiness in young adults: The role of gratitude, emotional intelligence, and forgiveness.* Paper presented at 3<sup>rd</sup> National and First International Conference of Positive Psychology organized by the Indian Association of Positive Psychology at Manav Rachna International University, Faridabad.
14. Bora, D. & Anand, P. V. (2015, February). *Leadership style, emotional intelligence and emotional creativity: a study on school and college principals.* Paper presented at 3<sup>rd</sup> National and First International Conference of Positive Psychology organized by the Indian Association of Positive Psychology at Manav Rachna International University, Faridabad.
15. Kaur, J. & Anand, P. V. (2015, February). *Subjective well-being: relationship with organizational commitment, job satisfaction, work engagement and emotional intelligence.* Paper presented at 3<sup>rd</sup> National and First International Conference of Positive Psychology organized by the Indian Association of Positive Psychology at Manav Rachna International University, Faridabad.
16. Bora, D. & Anand, P. V. (2014, November). *The effect of emotional intelligence on*

*self-esteem and adjustment among adolescents*. Paper presented at the Annual InSPA International Conference organized by the Department of Psychology, Guwahati University & Psychologists' Association of North East India (PANEI).

17. Anand, P. V. (2010, March). *Working with Emotional Intelligence: Controlling Aggression and Violence and Promoting Well Being*. Paper presented at the National Seminar on Aggression and Violence: Challenges for Social Well Being organized by the Department of Psychology, Jamia Millia Islamia University, New Delhi.
18. Anand, P. V. (2005, December). *Creating a New Civilization through Emotional Intelligence*. Paper presented at the 29th Indian Social Science Congress at Lucknow organized by the University of Lucknow, Lucknow.
19. Anand, P. V. (2005, March). *Problem Solving and Emotional Intelligence: Correlates of Self Efficacy*. Paper presented at the 6th Regional Conference of PhD Scholars organized by the G.B. Pant Social Science Institute, Allahabad.
20. Anand, P. V. (2008, March). Presented a paper titled "Emotional intelligence and gender" in the Refresher Course in Women Studies organized by CPDHE, ILL, University of Delhi from 07.03.08 to 29.03.08 (3 weeks) sponsored by UGC.
21. Anand, P. V. (2008, December). Presented a paper titled "Overview of assessment techniques in emotional intelligence" in the Refresher Course in Psychology organized by CPDHE, ILL, University of Delhi from 26.11.08 to 18.12.08 (3 weeks) sponsored by UGC.
22. Anand, P. V. (2008, June). Presented a paper titled "How you think is how you feel" in the Orientation course organized by CPDHE, ILL, University of Delhi from 06.05.08 to 03.06.08 (4 weeks) sponsored by UGC.

#### **Popular Articles published in newspapers/magazines:**

1. Anand, P.V. (2017). Emotional Intelligence: From Self-Competence and Social Competence to Self-Positive. In *Emotional Intelligence Magazine* (pp. 26-28) U.S.
2. Anand, P. V. (2015, May 26). Importance of EQ in day-to-day life. *The Free Press Journal*, Mumbai, p. 11.

3. Anand, P. V. (2015, June 02). Diagnosing Strengths and Virtues. *Millennium Post*, New Delhi, p. 09.
4. Anand, P. V. (2015, June 04). Manovigyaan ke sahaare sudhaarein karmchaariyon ki dakshta. *Nai Duniya*, Indore, p. 08.
5. Anand, P. V. (2015, September 23). Why emotional intelligence matters. *The Tribune*.
6. Anand, P. V. (2015, November 18). MAGIK FOR Happiness. *The Millennium Post*, New Delhi, p. 9.

### **Invited workshops/ lectures**

1. Invited as a speaker on 'Positive education and positive psychology' organized by Global Educational Training Institute, 15<sup>th</sup> June, 2020.
2. Invited as a speaker on 'Emotional intelligence' organized by Global Educational Training Institute, 23<sup>rd</sup> June, 2020.
3. Invited as a speaker on 'Counselling for adolescents' at the Seven Days International webinar on 'Understanding Counselling for Specific Populations organized by Vasanta College for Women, Banaras Hindu University & BPCA, 7<sup>th</sup> June, 2020.
4. Invited as a speaker on 'Impact of Positive Psychology in dealing with Covid19' at the International webinar on 'Emotion regulation in the age of Covid19: Indian and Western perspectives' organized by the Faculty of Humanities and Social sciences, Shri Ram Swaroop Memorial University, Lucknow, 10<sup>th</sup> May, 2020.
5. Invited as a speaker in the panel discussion on 'Coping with stress during Covid19' organized by Psychologist Speak, 10<sup>th</sup> May, 2020.
6. **Invited as a speaker at a symposium on 'Positive Universities Across the Globe' at the Sixth World Congress on Positive Psychology from 18-21 July, 2019 at Melbourne, Australia.**
7. Invited as a resource person for the session on 'Applied Positive Psychology' in the Faculty Development Program on 'Applied Psychological Sciences for Professional and Personal Growth' S.C.O.P.E. organized by Amity University, Noida on 19<sup>th</sup> December, 2019.
8. Invited to give a talk on 'Emotional Intelligence and Mental Health' at the Jagannath Institute of Management Sciences, Vasant Kunj on 21<sup>st</sup> October, 2019.

9. Invited to give a plenary talk on 'Social Emotional Learning: Essential for Building Psychosocial Well-being' at the Third Annual Psychology Conference organized by Department of Mental Health and Behavioral Sciences, Fortis, at Fortis Memorial Research Institute. Gurgaon on 14<sup>th</sup> September, 2019.
10. Invited as a resource person for a session on 'Enhancing Psychological capital for promoting Well-being' in the Value Education Program organized by Department of Psychology, Daulat Ram College, on 27<sup>th</sup> August, 2019.
11. Invited to conduct a one day workshop on 'Developing Self-Positive: Utilizing one's strengths to strengthen others' for College teachers organized by the Psychology Resource Centre, Daulat Ram College under IQAC on 31<sup>st</sup> May, 2019.
12. Conducted a one day workshop on 'Positive Self-Development: Skills for Self and Societal Well-being' for College students organized by the Positive Psychology Center, Daulat Ram College under IQAC on 7<sup>th</sup> June, 2019.
13. Invited to chair a session on 'Religion, Spirituality and Mental Health' in the International Conference on 'Integrating Traditional Indian Healing Practices with Contemporary Western Health System' organized by Department of Psychology, Daulat Ram College, University of Delhi, 8<sup>th</sup>-9<sup>th</sup> January, 2019.
14. Invited as a resource person for a session on 'Enhancing Psychological capital for promoting Well-being' in the Value Education Program organized by Department of Psychology, Daulat Ram College, on 27<sup>th</sup> August, 2019.
15. Invited to deliver a talk on 'Emotional Intelligence and Communication Skills' in the Science Film Festival organized by the Zoology department, Ramjas College, University of Delhi, August 28<sup>th</sup>, 2018.
16. Invited as a speaker on panel discussion on 'Regaining Personal Control: The circuit of Hope, Optimism and Gratitude' in the Mental Health Awareness Week organized by the Psychology department, Lady Sri Ram College, University of Delhi, September, 27<sup>th</sup>, 2018.
17. Invited to conduct a workshop on 'Enhancing Happiness and Well-being: The Role of Positive Psychological Interventions' in the Faculty Development Program on Positive Education at Daulat Ram College, University of Delhi, May 23<sup>rd</sup>, 2018.
18. Invited to conduct a workshop on 'Being Emotionally Intelligent' in the Faculty Development Program on Positive Education at Daulat Ram College, University of Delhi, May 24<sup>th</sup>, 2018.

- 19.** Invited to conduct a workshop on 'Developing Strengths for Happiness and Well-Being' in the Skill Development Program on 'Self-Positive' at Daulat Ram College, University of Delhi, June 1<sup>st</sup>, 2018.
- 20.** Invited to conduct a workshop on 'Being Emotionally Intelligent' in the Skill Development Program on 'Self-Positive' at Daulat Ram College, University of Delhi, June 4<sup>th</sup>, 2018.
- 21.** Invited to conduct a workshop on 'Enhancing Happiness and Well-Being' for undergraduate students by the Psychology Resource Centre at Daulat Ram College, University of Delhi, 11<sup>th</sup> April, 2018.
- 22.** Invited to deliver a lecture on 'Importance of Personality Testing in Industry' by Department of Commerce, Delhi School of Economics, University of Delhi on 21<sup>st</sup> September, 2017.
- 23.** Invited to conduct a workshop on "Developing EQ" in the "Personality, Employability and Skills Development" for the Below Poverty Level (BPL) students by the School of Open Learning, University of Delhi on 16<sup>th</sup> April, 2017.
- 24.** Invited to give a lecture on 'Positive Psychological Interventions for Enhancing Happiness and Well-being' in the Skill Development Program on Lifestyle Management at Daulat Ram College, University of Delhi, July, 2017.
- 25.** Invited to conduct a workshop on "Enhancing Hope and Positive Thinking" by the Psychology Resource Centre, Daulat Ram College, 18<sup>th</sup> September, 2017.
- 26.** Invited to conduct a workshop on "Developing EQ" in the training programme on "Personality, Employability and Skills Development" for the students of School of Open Learning, University of Delhi, July 3<sup>rd</sup>, 2016.
- 27.** Invited to chair the session on "Positive Psychology" at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference, 18-19 January, 2018 organized by Daulat Ram College, University of Delhi
- 28.** Invited to chair the session on "Psychology at the Workplace" at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference, 18-19 January, 2018 organized by Daulat Ram College, University of Delhi



- 29.** Invited as Chairperson for scientific session in the National Conference on “Perspectives of successful ageing” at Matasundari College, University of Delhi, September, 2016.
- 30.** Invited as a judge for Case study competition at the “National Positive Psychology Symposium” organized by Lady Sri Ram College, University of Delhi, 2016.
- 31.** Invited to conduct a workshop on “Enhancing Emotional Quotient” in the skill development course on “Self-enhancement skills” on June 8<sup>th</sup>, 2015 at Daulat Ram College, University of Delhi.
- 32.** Invited to conduct a workshop on “Positive thinking skills” in the skill development course on “Self-enhancement skills” in June 12<sup>th</sup>, 2015 at Daulat Ram College, University of Delhi.
- 33.** Invited to conduct a workshop on “Intrapersonal Understanding” in the skill development course on “Enhancing emotional skills” on December 15<sup>th</sup>, 2015 at Daulat Ram College, University of Delhi.
- 34.** Invited to conduct a workshop on “Interpersonal Management” in the skill development course on “Enhancing emotional skills” in December, 2015 at Daulat Ram College, University of Delhi.
- 35.** Invited to conduct a workshop on “Developing Emotional skills” in the skill development course on “Personality Development” in June 7<sup>th</sup>, 2016 at Daulat Ram College, University of Delhi.
- 36.** Invited to conduct a workshop on “Positive Thinking” in the skill development course on “Personality Development” in June 13<sup>th</sup>, 2016 at Daulat Ram College, University of Delhi.
- 37.** Invited to conduct a lecture and workshop on “Holistic Education” in the Value Engagement course on at Daulat Ram College, University of Delhi, 7<sup>th</sup> October, 2015.
- 38.** Invited to deliver a lecture on “Healthy Lifestyle choices” at the NSS Function of Daulat Ram College, University of Delhi, on 21<sup>st</sup> December, 2012.
- 39.** Invited to deliver a lecture on “Freudian Psychoanalysis” by the English Department, Daulat Ram College, University of Delhi, on 13<sup>th</sup> February, 2015.

### **Organizing Conferences/Seminars/Courses:**

- Convenor, ‘Positive Conversations: Inspiring Youth Series’ organized by the Positive Psychology Center on 31<sup>st</sup> October, 2019.
- Convenor, One day workshop on ‘Positive Self-Development’ for DRC students organized by Positive Psychology Center, under IQAC, on 7<sup>th</sup> June, 2019.
- Organizing Secretary of the first **National Conference on ‘Psychological Applications and Interventions: Reaching Out and Making a Difference’** at Daulat Ram College, University of Delhi on 18<sup>th</sup> & 19<sup>th</sup> January, 2018.
- Convenor, National Paper Presentation Competition on ‘Positive Psychology: From What’s Wrong To What’s Strong’ organized by Positive Psychology Center, under IQAC, on 1<sup>st</sup> November, 2018. (India’s first such competition on Positive Psychology)
- Convenor, Faculty Development Program on ‘Positive Education: Developing Skills for Teaching, Learning and Well-being’ organized by Positive Psychology Center, under IQAC, Daulat Ram College from 22<sup>nd</sup>-28<sup>th</sup> May, 2018.
- **Convener for the Skill Development Courses in my College** (2015-16, 2016-17, 2018-19, 2019-20). Under my convenorship three skill development courses were started in summer, 2015, 4 courses in winter, 2015, 6 courses in summer 2016, 3 courses in winter, 2016, 3 courses in summer, 2018, 4 in winter 2018, and five in summer, 2019 for various departments.
- Course Coordinator, Skill Development Program on ‘Self-Positive’ organized by Positive Psychology Center, under IQAC, Daulat Ram College from 1<sup>st</sup>-7<sup>th</sup> June, 2018.
- Course coordinator of the skill development course on “Self-enhancement skills” organized in June, 2015 at Daulat Ram College, University of Delhi.
- Course coordinator of the skill development course on “Enhancing emotional intelligence skills” in December, 2015 at Daulat Ram College, University of Delhi.
- Course coordinator of the skill development course on “Personality development” in June, 2016 at Daulat Ram College, University of Delhi.

- Member, Consortium for Research on Emotional Intelligence in Organizations
- Member, International Positive Psychology Association
- Member, International Association of Applied Psychology
- Member, Indian Association of Positive Psychology
- Member, India Career Development Association

### **Administrative and academic responsibilities**

- Deputy Superintendent, 5 Entrance Exams (UG & PG), University of Delhi, June, 2016 (held at Daulat Ram College)
- Observer, Adhoc teachers interviews (2014-15, 2015-16)
- Convenor, Skill Development Courses, 2015-16, 2016-17, 2018-19, 2019-20, 2020-21
- Teacher Incharge- 2008-09, 2014-15, 2019-20
- Convenor, Dramatics committee – 2006-07
- Co-convenor Dramatics committee – 2007-08
- Member, IQAC (2018-20)
- **Founder and Convenor, Positive Psychology Center, Daulat Ram College**
- **Member, Core Admissions Committee (2017-18)**
- Member, Placement Committee (2015-16)
- **Co-convenor, Placement Committee (2017-18)**
- Member, Counselling Centre, Daulat Ram College (Since 2015)
- Member, Teaching Programme committee (2007-08, 2012-13, 2013-14, 2020-21)
- Member, Students' Amenities Committee (2016-17)
- Member, Counselling Committee, DRC Quarantine Helpline during COVID19, 2020

### **Membership of Other Committees:**

- Member, Help desk, Admission committee (2011-12)
- Member, Students' Advisory Board (2013-14)
- Member, BA Programme Committee (2007-08, and 2018-19)
- Member of Discipline committee (2007-08)
- Convenor, Purchase committee (2008-09)
- Member of Extra Curricular Activities Committee (2006-07 & 2007-08)
- Library Incharge, Psychology department (2011-12, 2015-16)
- Member, Building and maintenance committee (2014-15, 2019-20)
- Association Incharge of the Psychology department in 2006-07 and 2009-10

**As teacher in charge (Psychology department, Daulat Ram College in 2008-09, 2014-15, and 2019-20 I was/am member of the:**

- Admission committee for BA Hons admissions,
- Timetable committee,
- Purchase committee,
- Prize committee
  - Department Incharge for internal assessment
  - Member, Building and maintenance committee

**EDUCATIONAL AND TRAINING ACTIVITIES**

1. Participated in the international webinar on ‘Growing during the Pandemic: What we can learn from the New Science of Flourishing and Suffering’ by Dr. Paul T.P. Wong organized by INPM, Canada on 30<sup>th</sup> July, 2020.
2. Participated in the international webinar on ‘Growing during the Pandemic: Why is Viktor Frankl’s cure essential for overcoming Covid-19?’ by Dr. Paul T.P. Wong organized by INPM, Canada on 30<sup>th</sup> July, 2020.
3. Participated in the webinar on ‘Trait emotional intelligence and resilience at the time of Covid-19’ by Prof. K.V. Petrides, University College, London organized by BEC-DOMS, Bagalkot, Karnataka on 23<sup>rd</sup> July, 2020.
4. Participated in the three-day Faculty Development Program on ‘Empowering Teaching-Learning Process using Google Classroom and other ICT tools: A Comprehensive Practical Approach’ organized by Commerce Department, under IQAC, Daulat Ram College, University of Delhi, 21<sup>st</sup>-23<sup>rd</sup> June, 2020
5. Participated in the educational activity titled ‘COVID-19 and Mental Health: Caring for the Public and Ourselves’ organized by the American Psychiatric Association, June, 9, 2020.
6. Participated in the webinar on ‘Strengthening Student Support and Progression’ by Dr Namita Rajput organized by Keshav Mahavidyalaya and Aurobindo College (Evening) on 21<sup>st</sup> April, 2020.

7. Participated in the webinar on 'Art and Science of Mentoring' by Dr Pratibha Jolly organized by Physics Department, Daulat Ram College under IQAC on June 1<sup>st</sup>, 2020.
8. Participated in the webinar on 'Helping people matter: Strategies for improving well-being in the Covid-19 era' by Prof. Issac Prillentsky organized by Psychology Department, Gargi College, University of Delhi on May 20<sup>th</sup>, 2020.
9. Participated in the one day pre-Congress workshop on 'Positive Education' on 18<sup>th</sup> July, 2019 **at the Sixth World Congress on Positive Psychology organized by International Positive Psychology Association from 18-21 July, 2019 at Melbourne, Australia.**
10. Participated in the two day Skill Training Workshop in Counselling Children and Adolescents' organized by Indian Institute of Counselling from 4-5<sup>th</sup> October, 2019.
11. Refresher Course on 'Research Methodology (ID)' organized by CPDHE, ILL, University of Delhi from 15 June 2015-4 July, 2015 sponsored by UGC.
12. Faculty Development Programme on 'Qualitative and Quantitative Research Methods using SPSS' organized by Commerce department, Daulat Ram College, University of Delhi from December 1-7, 2016.
13. Workshop on "Positive Psychology at the workplace" organized by the Indian Association of Positive Psychology at Manav Rachna International University, Faridabad on 14<sup>th</sup> March, 2015.
14. Refresher Course in Women Studies organized by CPDHE, ILL, University of Delhi from 07.03.08 to 29.03.08 (3 weeks) sponsored by UGC.
15. Orientation Course organized by CPDHE, ILL, University of Delhi from 06.05.08 to 03.06.08 (4 weeks) sponsored by UGC.
16. Refresher Course in Psychology organized by CPDHE, ILL, University of Delhi from 26.11.08 to 18.12.08 (3 weeks) sponsored by UGC.
17. ICT Workshop for Capacity Building of Delhi University Faculty organized by Daulat Ram College, University of Delhi from 18.01.2010 to 21.01.2010 sponsored

by Institute of Life Long Learning, University of Delhi.