

# DAULAT RAM COLLEGE

## (University of Delhi)

### Format C.V/ Bio data of Teaching Faculty

- 1) Name : Rajni Sahni
- 2) Designation : Associate Professor
- 3) Department : Psychology
- 4) Contact No. : +91-7838386675
- 5) Email ID : [rajnisinghsahni@gmail.com](mailto:rajnisinghsahni@gmail.com)
- 6) Educational Qualification : M.A., M.Phil, Ph.D
- 7) Teaching Experience : More than 26 Years
- 8) Honours & Award

Name	Year
University Post Graduate Scholarship Awarded by University of Delhi.	1983 to 1985
Paper presented at the third National Mental Health Conference organized by Amity University in collaboration with UNICEF on paper titled “Test Anxiety, Coping and Depression in Class-12 Science Student” (The paper was awarded as the best paper). (Authors: Rajni Singh & Richa Ahuja)	Sep.2007
Paper presented at the International Conference on Cognitive Behavioural Interventions-India 2017 organized by Indian Association for Cognitive Behaviour Therapy on the topic “Effect of CBT on Depression, Anxiety & Quality of Life Among Patients of Parkinson’s Disease” at AIIMS (The paper was awarded as the third best paper). (Authors: Deepika Srivastav & Rajni Sahni)	6 <sup>th</sup> March, 2017

#### 9) Publications (Starting from Latest)

Name of Journal	Authors	ISBN/ISSN No.	Vol. No.	Page No.	Year
International Journal of Applied Social Science	Kapoor, Srishti & Sahni, Rajni	2394-1405	6 (1)	147 - 153	January 2019
Delhi Psychiatry Journal	Shikha Golcha & Rajni Sahni	00195545	20 (1)		9 April 2017
Holistic Yoga: H3 (Health, Happiness and	Rajni Sahni & Reena Gupta	978-93-85822-57-5	--	32 - 36	2017

Harmony), Sanskriti Publications	Krishni				
Journal of Personality and Clinical Studies	Rajni Singh & Gunjan Mediratta	09701206	21 (1-2)		2005
Journal of The Indian Academy of Applied Psychology	Rajni Singh, G.C.Gupta & Aruna Broota	00194247	20	139 - 143	July 1994
Journal of Personality and Clinical Studies	Rajni Singh, Aruna Broota & G.C.Gupta	09701206	9 (1-2)	55 - 58	Mar.-Sep. 1993

10) **Projects**

Topic	Funding Authority	Budget	Whether Continuing or Completed (Year)
Human Development (Modules for Masters Level Courses in Psychology)	UGC (e-pathshala)		Completed

11) Patents/Copyrights

Topic

Patent holders

Year of Award

12) Any Other information

**A. Supervision of Ph.D Research**

- Dr. Bhavna Devi, Awarded Ph.D in the year 2014 in the field of Health and Clinical Psychology.
- Dr. Komal Preet Kaur, Awarded Ph.D thesis in the year 2015 in the field of Clinical and Health Psychology.
- Five more students namely Ms. Deepika Srivastava (enrolled in the year 2013), Ms. Reema Gupta (enrolled in the year 2014), Ms. Shikha Golcha (enrolled in the year 2016), Ms Bhavna Mukund(2018) & Ms Shikha Yadav(2018) are working under my supervision in the filed of Clinical Psychology.
- I am in the advisory board of six Ph.D Students (Fields of Clinical and Health Psychology)

**B. Under Graduate Projects**

Eight Students have already worked under my guidance and researched in the fields of Health, Clinical and Positive Psychology.

**C. Workshops attended**

- International Training Seminal on Positive Psychotherapy, Transcultural Family Therapy and Psychosomatic Medicine held by Wiesbaden

Academy for Psychotherapy and Amity Institute of Behavioral Health & Allied Sciences (8<sup>th</sup> to 10<sup>th</sup> April, 2004)

- (b) ICSSR Sponsored 10 day work shop on research methodology held by Department of Adult, continuing education and extension faculty of Social Sciences University of Delhi.
- (c) ILLL Work shop (Tier-II) ICT work shop for capacity building sponsored by Delhi University, (Jan.2010).
- (d) UGC Sponsored capacity building of Women Managers in higher education organized by Sh.Guru Nanak Dev Khalsa College, University of Delhi. Dev Nagar, (Dec.2010).
- (e) NCW sponsored State Level Seminar of 'Draupadi Trust' on policy for pro active use of media and different communication channel for gender equality and systematization, (Aug.2010).
- (f) Swadeshi Indology Conference on Mind Sciences, conducted by Department of Psychology, University of Delhi, March 22-27, 2018.

#### **D. Refresher and Orientation Courses**

- (a) Refresher course in Psychology from Nov. 3<sup>rd</sup> to 24<sup>th</sup> 2003 conducted by C.P.D.H.E. University of Delhi.
- (b) Orientation Course conducted by C.P.D.H.E. University of Delhi from March 19<sup>th</sup> to April 16<sup>th</sup> 2001.
- (c) Refresher Course in Women Studies conducted by C.P.D.H.E. University of Delhi from 23<sup>rd</sup> Nov. to 12<sup>th</sup> Dec. 1998.
- (d) Refresher Course in Psychology entitled "Recent Developments in Psychological Theory and Research Methods" conducted by C.P.D.H.E. University of Delhi from April 17<sup>th</sup> to May 7<sup>th</sup> 1997.

#### **E. Paper Presentations**

- (a) Paper presented at the fourth Annual Convention of National Academy of Psychology 1993 on the topic 'Memory Deficits and Mental Rotation disability amongst the dyslexics'.
- (b) Paper presented at the third National Mental Health Conference organized by Amity University in collaboration with UNICEF on paper titled "Test Anxiety, Coping and Depression in Class-12 Science Student" (The paper was awarded as the best paper). (Authors: Rajni Singh & Richa Ahuja, Sep.2007)
- (c) International Neuro Rehab Conference conducted by Indian Head Injury Foundation in Association with Indraprastha Apollo Hospital sponsored by World Federation of Neuro Rehabilitation (WFNR) on the topic "Impact of Parkinson's Disease on Care Givers" on 27<sup>th</sup> November, 2015.
- (d) International Conference on Cognitive Behavioural Interventions-India 2017 organized by Indian Association for Cognitive Behaviour Therapy on the topic "Effect of CBT on Depression, Anxiety & Quality of Life Among Patients of Parkinson's Disease" on 6<sup>th</sup> March, 2017 at AIIMS.
- (f) Presented Research Paper entitled, "Teaching household skills through video modeling and video self modeling to children diagnosed with

Autism Spectrum Disorders” at the 27<sup>th</sup> NAOP conference, 2017, organized by Dept. of Humanities and Social Sciences, IIT Kharagpur in collaboration with National Academy of Psychology, India on 22-24 December 2017.

- (g) Presented Research Paper entitled, “Clinical Applications of Yoga in Childhood Disorders: A Review” in the National Conference “Holistic Yoga: H3 (Health, Happiness and Harmony) organized by Daulat Ram College in Collaboration with Gandhi Smriti and Darshan Samiti on 10<sup>th</sup>-11<sup>th</sup> November 2017.
  - (h) Presented Research Paper entitled, “Experience of the sibling caregivers of individuals with intellectual disability” at the National Conference on Psychological Applications and Interventions: Reaching out and making a difference from 18-18 January 2018.
  - (i) Presented Research Paper entitled, “A study of Adolescent problems: Its relationship with coping strategies and well-being” for NAOP Best Paper award at 27<sup>th</sup> Annual Conference of National Academy of Psychology, 2017 from 22<sup>nd</sup> to 24<sup>th</sup> December 2017.
- F.**
- (a) Resource Person at the Teachers Refresher Course held by DAV Schools, Delhi on the topic “Learning Disabilities among School Children” in Mar.1997.
  - (b) Panelist on ‘Meri Baat’ a live talk show telecast on DD Bharti on the Topic ‘Eating disorders in adolescents’ on 7<sup>th</sup> Aug. 2003.
  - (c) Honorary Psychologist for ‘Indian Council of Legal Aid and Advice’, High Court of Delhi. (from Jun.1986).

**G. Administrative Roles**

- (a) Teacher- in-charge, Deptt. Of Psychology in the years 1999 – 2000, April 2005 – Dec. 2005, 2010-2011.
- (b) Convener, Purchase Committee (1999 – 2000).
- (c) Convener, Women Development Committee, (2010-2011).
- (d) Convener, Prize Committee (2010-2011).
- (e) Convener, Spic-Macay (2014-2015).
- (f) Convener, Teaching Program Committee (2015-16).
- (g) Very actively involved for various years in a two member committee with several Vice Principals at the College for making the college time table.
- (h) Psychology Association-in-charge (for several years by rotation)
- (i) Editing and Publishing the Departmental Magazine ‘Psy Track’ along with the students.
- (j) Member, Discipline Committee for many years
- (k) Teacher representative (under the category of less than ten years service) on the governing body of the college for a period of one year from 1<sup>st</sup> Aug.2003 – 2004.

- (l) Member, Committee of Courses for undergraduate course Deptt. Of Psychology for the year 2005-2006
- (m) Member, Moderation Committee for Psychology undergraduate exams.
- (n) Member, Extra Curricula Activities committee.
- (o) Member, Library Committee
- (p) Member, Work Load Committee
- (q) Member, Teaching Program Committee
- (r) Member, Student Advisory Committee
- (s) Member, M. Phil. Clinical Psychology Committee, IHBAS, Delhi
- (t) Teacher-in-Charge, Department of Psychology, 2018-19
- (u) Co-Convener Admissions, 2018-19
- (v) Convener Purchase Committee, 2018-19
- (w) Member Internal Complaints Committee from January 2018
- (x) Convener Counseling Cell of the College
- (y) Co-Convener International Conference on Psychology, 2018-19
- (z) Staff Council Secretary 2020 - Present

#### **H. Co-Curricular Activities**

- (a) Actively involved in the structuring of FYUP Courses in Psychology.
- (b) Convener for structuring of FYUP Courses in Psychology: Paper 1 & 2 on Psychological Disorders, Theory and their respective practicals.
- (c) Convener, B.A. (Hons.) Semester System Course: Abnormal Psychology 1 & Abnormal Psychology 2.
- (d) Part of structuring of several other papers being taught in Psychology.

#### **I. Extra Curricular Activities**

- (a) Member, Interview Board : DSSSB, Govt.of Delhi.
- (b) Special Expert for Post Graduate Psychology candidate selection in the Teaching Faculty of The Indian School, New Delhi. (2004 & 2005).
- (c) Chief Test Administrator for Promotion Post in IFCI Limited Bank (June 2003).
- (d) Chief Test Administrator for Promotion Post in Central Bank of India (2002)

Place : Delhi

Date : May 23, 2020

**(RAJNI SAHNI)**  
Associate Professor  
Deptt. Of Psychology  
Daulat Ram College  
University of Delhi