

DR. SAMINA BANO

banosamina@gmail.com , sbano@jmi.ac.in New Delhi, India

Professor (Psychology)

Professor In-charge RCA, CCCP, JMI

Academics / Research & Development / Administrative Operations

An Overview

COMPETENCY MATRIX

~ Teaching	~ Content Management
~ Quality Assurance	~ Project Management
~ Attitude Mentoring	~ Motivational Development
~ Communication & Presentations	~ Relationship Management
~ Research & Development	~ Team Management
~ General Administration	~ Liaison / Coordination

WORK EXPERIENCE

Jamia Millia Islamia, New Delhi

- **Professor**, Department of Psychology
- Associate Professor, Department of Psychology
- Assistant Professor, Department of Psychology

Jan'10 - Present
29 Oct'22 - Present
11 Oct'19 - 28 Oct'22
7 Jan'10 - 10 Oct'2019

Main Specializations: Social Psychology, Organizational Behavior

Other Specializations: General Psychology, Psychometric Testing, Counseling

Focused area of research: Social Connectedness & Belongingness

Jagannath Institute of Management Studies, New Delhi

- Senior Lecturer, Department of Management

Aug'08 - Dec'09

Main Area: Organizational Behavior

Training Conducted:

- Workshops on 'Stress Management' for PGDBM students
- Workshops on 'Self-Awareness & Interpersonal Relationship' for MBA students
- Faculty Editor of 'Maiden In-House Magazine of JIHE Ideation' Feb'09
- Event Coordinator of Business Quiz at Verve (inter-college fest) Feb '09

Tecnia Institute of Advanced Studies, New Delhi Feb'08 - Jul'08

- Senior Lecturer, Department of Management

Main Area: Organizational Behavior

Additional Positions: Member of Organization Committee for International Conference

Pt Education and Training Services Ltd. Mar'06 - Jan'08

- Psychologist & Head, Counselling Services

KRA as Psychologist: technical and psychological counseling, identifying sensitive issues within the group, grievance handling, counseling management

KRA as Head: team management and coordination, T&D of students/team, R&D of content, quality delivery of sessions to students, conducting interactive workshops for in-house employees with psychodiagnostic tools and supporting personality development with psychometric testing, motivational and inspirational support as a leader, customer service

Aligarh Muslim University, Uttar Pradesh Nov'00 - Feb'06

- Psychology Teacher, S.S.S. (Boys) Aligarh Muslim University
- Assistant Editor, Journal of Indian Academy of Applied Psychology (Vol 28, No 1-2, January - July 2002, ISSN No 0019-4247)
- Administered Vocational Interest Schedule on students; Counseling Workshop under the banner of Coaching & Guidance Centre
- Member of Counseling Cell, Coaching & Guidance Centre - guiding students for suitable career options
- Teacher In-Charge, University Team for All India Youth Festival, Gwalior 3rd - 9th Feb '04
- Resident Warden, P.G Girls' Hostel (New Hall for Girls)

Defence Institute of Psychological Research Centre (DIPR, DRDO) Aug '98 - Oct '00

- Research Investigator

KRAs: standardization and construction of psychodiagnostics tools, data collection by administration of psychodiagnostics tools, behavior event interview of armed-forces officers, statistical and qualitative analysis, data interpretation and report writing, reviewing existing literature on concerned areas

Projects (in collaboration with DRDO & Department of Psychology, University of Delhi): 'Leadership styles and conflict resolution in LIC environment', and 'Exploring image building aspects of India'

St. Andrews P.G. Degree College, Gorakhpur Jul '96 - Jun '97

- Psychology Lecturer

ADDITIONAL RESPONSIBILITIES & ASSIGNMENTS

Within Jamia Millia Islamia

- PhD Supervision:
 1. **Dr. Bilal Teli:** Psychological and Physical Health Effects of **Betrayal Trauma** in Young Adults (2016)
 2. **Dr. Kriti Viyas:** Parenting Styles and **Parental Meta Emotion Philosophy** in Relation to Behavioural Problems in Early Adolescents (2018)
 3. **Dr. Upasana Chaddha:** Exploring the Role of Religiosity and Parental Support in fostering **Purpose in Life** among College Students (2019)
 4. **Dr Teena Wadhera:** Perceived Organizational Support, Workplace Spirituality, Job Embeddedness and **Work Engagement** in Relation to Turnover Intentions in IT professionals (2021)
 5. **Ms. Tanushree Dekka:** Social Media: A Source of **Social Connectedness** in Borderline Personality Disorder (In Progress)
 6. **Mr. Prakhar Srivastava:** **Cross Group Friendship** and the Intergroup Relations between Hindus and Muslims (In Progress)
 7. **Mr. Sayed Ebrahim Mubasheer SM:** Family Functioning, Ego Identity, and **Social Connectedness** in Suicide Attempt Survivors (In Progress)
 8. **Ms. Anam Nishat:** Exploring Meaning in Life and **Social Connectedness** in Single Adults. (In Progress)
 9. **Ms. Insha Ahmad:** Exploring the lived experiences of **Social connectedness** among Older adults (In Progress)
 10. **Ms. Deepika Oli:** Assessing Well-being, Quality of Life, **Stress Level and Resilience** in Parents of Children with Bipolar Disorder: A Comparative Study (In Progress)

Administrative/Corporate Responsibilities:

- **Prof. In-charge, RCA (Residential Coaching Academy), Centre for Coaching and Career Planning, JMI , under UGC scheme, from 9th Dec 2024 till date.**
- Expert member in various committees of the Jamia Millia Islamia, new Delhi
- Nominated by the University for the ‘Capacity Building for **Promoting Positive Mental Health, Resilience and Wellbeing in HEIs**’ conceptualized under the aegis of Malaviya Mission Teacher Training Program (MMTTP), Department of Higher Education, on 14th October 2024.
- **Academic Counsellor**, Residential Coaching Academy (RCA), JMI for UPSC Aspirants, August 2022-9th Dec 2024, workshops on stress and anxiety related topics and regular one to one sessions with aspirants.
- Speaker for various student oriented psychological issues of FM Radio Jamia & CREA.
- Annual Report In-Charge, Department of Psychology, JMI, July (2022)
- Coordinator for Masters Project, Bachelor’s Field Training & Project (2019 onwards), and CBCS for PG students,(2022 onwards)
- Faculty Committee Member, Faculty of Social Sciences, Jamia Millia Islamia, New Delhi (January 2018, 2023 onwards)
- Workshop Coordinator - ‘Industry-Academia Interface’, Department of Psychology, JMI, New Delhi (PsyCare-- Healing Minds, Healing Lives, IBM’s Talent Management Solution Organization, Genpact, Potentials Therapy Center,-Autism Spectrum Conditions, Clinical Psychologist, Department of Social

Welfare, GNCTD, Delhi Government , SNEHI -An Organisation for Psychosocial Support and Mental Health Care) (14th November 2018)

- Workshop Coordinator - ‘Industry-Academia Interface’, Department of Psychology, JMI, New Delhi (IBM, DIPR-DRDO, Newgen Software technologies Ltd, IHBAS, St. Stephens Hospital, Delhi, Cambridge School, Counsellor, Special Educator, NGO, Metro group of Hospitals, Delhi, NCR & Psycare) (16th February 2017)
- Course Co-Director, Capacity Building Programme, on ‘Research Methodology’, sponsored by ICSSR, organized by Department of Psychology, JMI (12th March - 26th March 2015)
- Assistant Superintendent Examination (Practical), Department of Psychology, Even Semesters (April 2016 & April 2017)
- In Charge- Extension Lecture, Department of Psychology, JMI, New Delhi, (2013 - 2019)
- Teacher Coordinator for Placement, Department of Psychology, Placement Office, JMI, New Delhi (2014 - June 2019)
- Radio Mirchi, Jamia, Live talk on ‘Students’ Psychological Problems’ from 3.30 - 4 PM (15th February, 2016); ‘ Can Online Teaching Replace Offline Teaching’ (25th October 2021); and ‘Young People’s Mental Health’ (22nd September 2022)
- Co-Convener, Entrepreneur Club, University Cultural Committee, JMI, New Delhi (2013-2015)
- Asstt. Superintendent Examination, All India Engineering Entrance Examination, JMI, Kendriya Vidyalaya - 1, Sadar Bazar, New Delhi (29th May 2010)
- Coordinator, P.G. Diploma Programme for Counseling, Department of Psychology, JMI (2010-2011, 2015-2016)

Outside Jamia Millia Islamia

- Expert in Review Workshop on Cross-Cultural Psychology Curriculum, IACCP (International Association of Cross-Cultural Psychology) Spark grant, on “The relevance, applications and challenges of Cross-Cultural Psychology in Contemporary Times” at Vivekananda College , **University of Delhi**, 25th October 2024.
- Invited for the DIPR Platinum Jubilee Conference on Personnel Selection: Methodological and Technological Advancements, on 1&2 August 2024, **DIPR, DRDO**, New Delhi.
- Expert Panelist for School Counsellors’ Summit on ‘Whole School Approach Towards Facilitating Mental Well-being of School Students’, **Manodarpan Cell, NCERT**, New Delhi, on 6th & 7th March 2024.
- **Guru Gobind Singh Indraprastha University**, Dwarka, External Expert for Doctoral students.
- External Expert for Ph.D. scholars pursuing research in the Psychology, DIPR, DRDO, Delhi (2015-till date)
- DRC panelist for PhD scholars pursuing research in the Psychology domain, **IILM University**, 1 Knowledge Centre, Golf Course Road, Gurugram, India (2021-2022)
- Subject Expert, Expression of Interest Proposals of Psychology for MOOCs at National Coordinator, Consortium of Educational Communication, **SWAYAM portal, UGC**, New Delhi (2020 -2021)
- Attended a workshop for ‘Development of Psychology Modules’ as a Subject Matter Expert for NCERT MOOC courses on SWAYAM, New Delhi (27th May 2019)

- Associated with **Indian Oil Corporation**, New Delhi (2016 - Present)
- Expert Review Member for Try-out and Finalization of Interest Inventory for school students, DEPFE, NCERT, New Delhi (26th - 27th November 2018)
- **Associate Editor, The Haryana Police Journal**, Published by Haryana Police, Vol.1, No1, October, 2018-2022, www.haryanapolice.gov.in, ISSN: 2581-6993
- External Examiner for Practical Viva, Department of Psychology, Kanya Gurukul Campus, Dehradun, **Gurukul Kangari University**, Haridwar (23rd April 2018)
- Panelist, National Conference on Psychosocial Wellbeing in Schools held at Auditorium, **Moolchand Medcity**, New Delhi (26th-27th February 2018)
- **IGNOU**, Department of Psychology, Delhi & Ahmedabad (2017 & 2018)
- Expert Member Review for Developing Reading Material on Affective Aspects in Teaching and Learning, DEPFE, NCERT, New Delhi (29th - 30th November 2017)
- Expert Review Member for Try-Out and Finalization of Aptitude Test for school students, DEPFE, **NCERT**, New Delhi (23rd-24th May 2017)
- Expert Member, Workshop for Development of Skill Aptitude Test for elementary level, Department of Elementary Education, NCERT, New Delhi (September 2016)
- Expert Member, Development of Aptitude Test of Students at Secondary Stage, Department of Psychology, **NCERT**, New Delhi (April 2015 & May 2015)
- Moderator for End Term Exams & External Examiner for Practical , Department of Psychology, **Galgotia University, Noida, U.P.** (2016, 2017)
- Associated with **CBSE, New Delhi** (2015 - 2016)

RESEARCH COLLABORATION

International Research Collaboration

Collaborating on an international research project with Annecy Behavioral Science Lab (France) titled “Towards a Global Index of Social Connection”, funded by Templeton World Charity Foundation (2024-2025)

AUTHOR & CONSULTANT EDITOR

- Sheema Aleem, Samina Bano & M.G.Shahnawaz (**Editors**) (2017) Health and Wellbeing, Among Children and Youth in India, Department of Psychology, Jamia Millia Islamia, New Delhi, Excel India Publishers, New Delhi. ISBN 9789386256621.
- Samina Bano & Nazirul Hasnain (**Authors**). (2015). Spirituality and wellbeing among believers and non-believers, LAMBERT Academic Publishing (LAP), OmniScriptum GmbH & Co.KG, Saarbrucken, Deutschland/Germany. ISBN 978-3-659-80409-0. Cover image: www.ingimage.com.
- Samina Bano (2012) Experimental Psychology, **Consultant Editor**, Dorling Kindersley Pvt. Ltd., Pearson Education in South Asia, ISBN: 978-81-317-7021-4. www.pearsoned.co.in.

CHAPTERS IN BOOKS

-
- Dr. Samina Bano & Tanushree Deka, (2022) **Counselling Diverse Populations**, In N. Kumar, Counselling Psychology. Indian and Western Pathways, Cengage Learning India Pvt. ISBN-13: 978-93-90555-54-3.
 - Dr. Samina Bano, (2018) **Unleashing Hidden Potential**, Psychology Course Connect, Higher Education, The Times of India Annual Magazine, A Guide to Opportunities in India and Abroad, Times Group Books, A division of Bennet, Coleman and Company Limited, Times of India, New Delhi.
 - Deka, T., & Bano, S. (2014) **Self Compassion and Self Control as Predictors of Well Being in Young Adult Females, Perspectives on Health and Wellbeing in India**, Sheema Aleem and Naved Iqbal (Eds), pp. 216-228, Excel India Publishers, New Delhi, ISBN: 978-93-83842-93-3
 - Bano, S.,& Hasnain, N. (2014) **Spiritual Orientation among Believers and Non-Believers across the Gender**, in A.Husain, S. Kaneez and M.Jahan (Eds) Studies in Spiritual Psychology, Research India Press, New Delhi, Ch 2, Pg 14-25. ISBN: 978-81-89131-88-3.
 - Bano, S., (2004), **Pattern of Academic stress among Adolescents**, in A. Hussain and T. Rashid (Eds), Stress Behaviour, Sources & Effect, Delhi Friends Publications, Vol. 1, 221-230, ISBN-81-7216-089-5.
 - Bano, S., (2003), **Influence of Gender and Class on Adjustment**, in A.Hussain (Ed), Positive Psychology, Vol. 3 of the series, Psychology for Healthy Living, 1-13, AMU Press, Aligarh.

E-LEARNING

- Samina Bano (2017) **Introduction to Youth Crime, Theoretical Perspective into Youth Crime, Environmental Factors in Youth Crime, & Youth Crime and Terrorism**, 4 Chapters in Unit VII - Controlling Crime and Youth, Criminal Psychology, UGC-PG e-Pathshala (Criminology), Ministry of Human Resource Development (MHRD) Project, National Mission on Education through ICT (NME-ICT), Video recording of all 4 chapters/modules at National Law University, Dwarka, Delhi, <https://epgp.inflibnet.ac.in/ahl.php?csrno=1608>

PUBLICATIONS & JOURNALS

1. Prakhar Srivastava , **Samina Bano** (2025) Mapping the landscape of cross-group friendship research: a bibliometric review, Current Psychology, <https://doi.org/10.1007/s12144-025-07466-y>, Springer, Nature.
2. **Samina Bano**, Prakhar Srivastava, Sayed Ebrahim Mubasheer Sm, Anam Nishat & Insha Ahmad. (2024). **Mapping the Past, Present and Future of Belongingness Research: A Bibliometric and Thematic Analysis**, Journal of Belonging and Human Connection, 1-37, online ISSN: 2772-2856 Print Only ISSN: 2772-2848, Brill Publications.
3. Srivastava, P., S.M, S. E. M., & **Bano, S.** (2023). **Addiction and Social Connectedness: A Bibliometric Analysis**. Indian Journal of Health and Well-being,14(4), 436–442. ISSN-p-2229-5356,e-2321-3698

4. S.M, S. E. M., & **Bano, S.** (2023). **Being an Immigrant in Home Country: Exploring Ego Identity, Social Connectedness, and Academic Life Satisfaction of Non-native Students in Delhi.** IAHRW International Journal of Social Sciences Review, 11(4), 633–637. ISSN-2347-3797
5. **Bano, S.** & Deka, T (2022) **SocioDemographic Variables and Social Connectedness as Predictors of Coping Mechanisms in College Students during COVID-19 Pandemic,** Indian Journal of Psychiatric Nursing, ISSN 2231-1505, Vol 19, Number 1, UGC CARE List 1.
6. **Bano S,** Ahmad SA, Vyas K.(2021) **Exploring Dental Anxiety among Male and Female across Adolescents, Young Adults, and Middle Adults.** Journal of Dental Research and Review, Wolters Kluwer – Medknow, Publication. Volume 8 / Issue 2 / April-June 2021, ISSN: 2348 – 2915, UGC Care List I
7. Khan, Irum & Dar, Imtiyaz & **Bano, Samina** & Iqbal, Naved. (2021). **Gender Differences in Childhood Maltreatment: A Comparative Study of Nightmare Sufferers and Non-sufferers.** Journal of Child & Adolescent Trauma. 10.1007/s40653-020-00338-6. Scopus Listed
8. Areepattamannil, S., **Bano, S.** **Psychometric Properties of the Satisfaction with Life Scale (SWLS) Among Middle Adolescents in a Collectivist Cultural Setting.** Psychol Stud 65, 497–503 (2020). <https://doi.org/10.1007/s12646-020-00578-4>. Scopus Listed
9. Wadhwa, T, **Bano, S.** (2020) **Role of perceived organisational support, work engagement and workplace spirituality in turnover intentions of IT professionals,** Indian Journal of Positive Psychology, Indian Association of Health, Research and Welfare, 2020, 11(2), 68-75 ISSN-p-2229-4937,e-2321-368X.
10. Wadhwa, T, **Bano, S.** (2020) **The Role of Workplace Spirituality and Emotional Stability in Occupational Stress among College Teachers,** The IUP Journal of Organizational Behaviour, IUP Publications, July 2020, Vol XIX No.3,41-67, ISSN-9770972687004
11. **Dr. Samina Bano,** (2018) **Unleashing Hidden Potential,** Psychology Course Connect, Higher Education, The Times of India Annual Magazine, A Guide to Opportunities in India and Abroad, Times Group Books, A division of Bennet, Coleman and Company Limited, Times of India, New Delhi.
12. **Bano, S,** Wadhwa, T. & Sewak, A. (2017) Role of Psychological Capital and Spiritual Transcendence in Quality of Life Among Social workers, OPUS, Publishing India Group, New Delhi, Volume 8 Issue 2 December, Pg 15-30. ISSN 0973-9866.
13. Chaddha, U. & **Bano, S.** (2017) Purpose Orientation: Examining the Sociodemographic differences among Indian Youth, Delhi Psychiatry Journal, An official publication of Delhi Psychiatric Society. Vol 20, No.2 October, Pg 273-280. ISSN 0971-9571
14. Chaddha, U. **Bano, S.** & Vyas, K. (2017) **Communication Style, Conflict Resolution and Forgiveness as Predictors of Relationship Satisfaction among Young Adults,** Indian Journal Of Psychological Science (National Association of Psychological Science-India), Vol 8 (1), January, Pg 49-61. ISSN-09769218
15. Vyas, K. & **Bano, S.** (2016) **Child’s Gender and Parenting Styles,** Delhi Psychiatry Journal, An official publication of Delhi Psychiatric Society. Vol 19, No.2 October, Pg 289-293. ISSN 0971-9571
16. **Bano, S,** Vyas, K & Gupta, Rohini. (2015) **Perceived Organizational Support and Work Engagement: A cross Generational study.** Journal of Psychosocial Research, Prints Publications Pvt Ltd, Delhi, July-December, Vol 10, No 2, Pg 357-364. ISSN 0973-5410, e-ISSN 0976-3937.
17. Teli, B., & **Bano, S.** (2015) **Socio-Demographic Factors as Predictors of Alexithymia and Physical Health Problems in Betrayal Trauma,** Scholars Journal of Arts, Humanities and Social Sciences, ©Scholars Academic and Scientific Publishers (SAS Publishers) (An International Publisher for

Academic and Scientific Resources), November ; 3(8A):1298-1305 ISSN 2347-5374 (Online), ISSN 2347-9493 (Print)

18. Deka, T,& **Bano, S.** (2015). **Perceived social support and self-esteem as predictors of celebrity worship.** Delhi Psychiatry Journal, An official publication of Delhi Psychiatric Society. Vol 18, No.2 October. Pg 306-314. ISSN 0971-9571
19. Vyas, K.& **Bano, S.** (2015). **Education for children with special needs: Journey from Segregation to Inclusion.** Andhra Pradesh Journal of Psychological Medicine, Official Publication of the Indian Psychiatric Society AP State branch, January-June, Vol.16 Issue 1, Pg 15-21, ISSN 2249-5851.
20. Iqbal, N., Ahmad, M., Zargar, S.R. & **Bano, S.** (2015). **Hope in caregivers of heart, cancer, and AIDS patients.** The International Journal of Humanities & Social Studies, 3(1), 34-41, ISSN 2220-8488 (Print), 2221-0989 (Online).
21. **Bano, S.**, Chaddha, U. & Hussain, S. (2015). **Spiritual intelligence, quality of life and length of service as predictors of organizational commitment among power sector employees,** Indian Journal of Positive Psychology, March 2015, Vol 6, Issue 1,26-31, ISSN 2229-4937
22. Aleem, S. & **Bano, S.** (2014) Positive Affect and Social Harmony, Indian Journal of Positive Psychology, Sept 2014, Vol 5, Issue 3,317-321, ISSN 2229-4937.
23. Iqbal, N., Singh, A., Aleem, S. & **Bano, S.** (2014). **Effects of Dynamic Meditation on Anxiety,** Indian Journal of Health and Wellbeing, Vol 5, Issue 8, 909-912, ISSN 2229-5356.
24. Iqbal, N., Sarfaraz, A., Aleem, S. & **Bano, S.** (2014). **Sense of coherence, social support and coping as predictors of posttraumatic growth in orphan adolescents,** Indian Journal of Psychology and Mental Health, Vol 8, No.1, 57-67 Pgs, ISSN: 0973-7286.
25. Iqbal, N., Sarfaraz, A., Aleem, S. & **Bano, S.** (2013). **Sense of coherence, social support and coping as predictors of posttraumatic growth in orphan children,** Indian Journal of Positive Psychology, Vol 4(3), ISSN 2229-4937.
26. **Bano, S.**, Ahmad, B., Khan, F., Iqbal, N.& Aleem, S. (2013) **Attachment Styles, Depression and Emotional Stability in relation to Marital Satisfaction among Couples,** Delhi Psychiatry Journal, Delhi Psychiatric Society, New Delhi, Vol. 16 No.2 October, 355-3611, ISBN-13: 978-0890425565.
27. Hasnain. N, **Bano, S.** & Siddiqui. S.A.(2011) **Death Anxiety among Old Age People,** Journal of Indian Health Psychology, New Delhi, Vol.5, No.2, March, 91-97 Pgs, ISSN:0973-5755.
28. Hasnain, N.,Naz, I. & **Bano. S.** (2010), **Stress and Wellbeing of Lawyers,** Journal of the Indian Academy of Applied Psychology, Vol. 36, No. 1, 165-168, ISSN 0019-4247.
29. Hasnain, N., Ansari, Y., & **Bano, S.** (2008), **Do Religion and Prejudice Play Down Self-Esteem and Well-Being?**, Psychological Studies, National Academy of Psychology, India, Vol.53, No.3&4.Pg. 336-338.
30. Pradhan, R. & **Bano, S.** (2000) **The Credo of Emotional Intelligence,** Employment News, 14.10.2000.

LECTURES DELIVERED & TRAINING CONDUCTED

1. Lecture cum Training- **“Emotional Intelligence”** - Residential Two Week Refresher Course in Social Sciences (Interdisciplinary) from 07 August to 21 August , 2024 organised by the Malaviya Mission Teacher Training Centre, Jamia Millia Islamia, New Delhi (9th August 2024)

2. Lecture cum Training- '**Work Life Balance and Time Management**'- Online One Month Faculty Induction Programme organised by Malviya Mission Teacher Training Centre, Jamia Millia Islamia (4th July 2024)
3. Keynote Talk – '**Fostering Social Connectedness to Combat Loneliness Among Older Adults**' – 2nd International Webinar on Nursing Care and Patient Safety by Scientex Conferences (23rd – 24th May 2024)
4. Session Chair – 2nd International Conference on Positive Psychology by National Positive Psychology Association (NPPA) held online (19th – 20th April 2024)
5. Chair – 'Whole School Approach Towards Facilitating Mental Well-being of School Students' by Manodarpan Cell at NCERT, New Delhi (6th – 7th March 2024)
6. Lecture cum Training- '**Work Life Balance**'- Online One Month Faculty Induction Programme organised by Malviya Mission Teacher Training Centre, Jamia Millia Islamia (16th February 2024)
7. Lecture - '**Work-Life Balance among Teachers**' - 15th Online one month Faculty Induction Programme, UGC - Human Resource Development Centre (Academic Staff College), Jamia Millia Islamia, New Delhi (13th December 2023)
8. Lecture cum Training - '**Self Disclosure through Johari Window**' workshop of 'Training of Service Officers in Counseling' at Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (14th December 2023)
9. Lecture cum Training - '**Approaches to Counseling and Techniques of Counseling**' - Workshop of '**Training of Service Officers in Counseling**' at Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (5th December 2023)
10. Lecture - '**Work-Life Balance among Teachers**' - 10th Online Faculty Induction Programme, UGC - Human Resource Development Centre (Academic Staff College), Jamia Millia Islamia, New Delhi (15th February 2023)
11. Lecture cum Training - '**Approaches to Counseling and Techniques of Counseling**' - Workshop of '**Training of Service Officers in Counseling**' at Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (29th November 2022)
12. Lecture - '**Work-Life Balance among Teachers**' - 9th Online Faculty Induction Programme, UGC - Human Resource Development Centre (Academic Staff College), Jamia Millia Islamia, New Delhi (21st June 2022)
13. Lecture - '**Emotional Intelligence at Work Place**' - 7th Online Faculty Induction Programme, UGC - Human Resource Development Centre (Academic Staff College), Jamia Millia Islamia, New Delhi (21st December 2021)
14. Lecture cum Training - '**Approaches to Counseling and Techniques of Counseling**' - Workshop of 'Training of Service Officers in Counseling' at Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (16th November 2021)
15. Lecture - '**Emotional Intelligence at Work Place**' - 5th Online Faculty Induction Programme, UGC - Human Resource Development Centre (Academic Staff College), Jamia Millia Islamia, New Delhi (24th August 2021)
16. Lecture - '**Identification of Behavioural Problems in the Classroom**' - Online Workshop for Post Graduate Diploma in Guidance and Counseling, organized by Centre for Distance and Open Learning, Jamia Millia Islamia, New Delhi (13th July 2021)

17. Lecture - '**Identification of Behavioural Problems in the Classroom**' - Online Workshop for Post Graduate Diploma in Guidance and Counseling, organized by Centre for Distance and Open Learning, Jamia Millia Islamia, New Delhi (22nd November 2020)
18. Lecture - '**Emotional and Social Intelligence**' - Online Second Faculty Induction Programme, UGC - Human Resource Development Centre (Academic Staff College), Jamia Millia Islamia, New Delhi (26th November 2020)
19. Lecture - '**Emotional and Social Intelligence**' - Online First Faculty Induction Programme, UGC - Human Resource Development Centre (Academic Staff College), Jamia Millia Islamia, New Delhi (17th October 2020)
20. Lecture - '**Social Isolation, Social Connectedness and Happiness during Pandemic**' - Online Webinar, (13th June 2020) - <https://www.youtube.com/watch?v=t8Ghga58sck>
21. Lecture - '**Personal Effectiveness through Constructive Self Disclosure**' - 123rd 4-Week Orientation Programme, UGC - Human Resource Development Centre (Academic Staff College), Jamia Millia Islamia, New Delhi (3rd December 2018)
22. Lecture - '**Writing Research Paper**', National Conference Psychosocial Wellbeing in Schools - Auditorium, Moolchand Medcity, New Delhi (26th February 2018)
23. Lecture - '**Tools and Tests in Counselling**' - Jamaat-e-Islami Hind, Markaz Jamaat Islami Hind, Dawat Nagar, Abul Fazal Enclave, Okhla, New Delhi (29th February 2016)
24. Lecture cum Training - '**Introduction to Counseling**' and '**Theories and Approaches in Counseling**' - Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (7th December 2015)
25. Lecture cum Training - '**Theories and Approaches in Counseling**', Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (9th March 2015)
26. Lecture cum Training - '**Introduction to Counseling**', Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (9th March 2015)
27. Lecture cum Training - '**Theories and Approaches in Counseling**', Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (15th July 2014)
28. 15th July 2014 at '**Skills and Techniques in Counseling**', Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (15th July 2014)
29. Dual Lectures - '**Personal Effectiveness**' - 64th Orientation Course at UGC - Academic Staff College University of Kashmir, Srinagar, Kashmir, 190006 (8th March 2014)
30. Dual Lectures - '**Constructive Self Disclosure**' - 64th Orientation Course at UGC - Academic Staff College University of Kashmir, Srinagar, Kashmir, 190006 (7th March 2014)
31. Lecture cum Training - '**Theories and Approaches in Counselling**', Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (3rd December 2013)
32. Lecture cum Training - '**Theories and Approaches in Counselling**', Defense Institute of Psychological Research, DIPR, DRDO, Timarpur, Delhi - 110054 (7th May 2013)
33. Lecture - '**Role of Psychological Capital in the field of Management**', Institute of Management Studies, IMS Campus, Sector 62, Noida, U.P. (29th October 2010)
34. Lecture for **NET**, Centre for Coaching and Career Planning, Jamia Millia Islamia, New Delhi (2nd June 2010)
35. Lecture for **NET**, Centre for Coaching and Career Planning, Jamia Millia Islamia, New Delhi (on 9nd June 2010)

36. Training cum Lecture - Taksal Pharma Pvt. Ltd (Sole distributor of Lifesaving drugs from Basal, Switzerland) - The workshop was insightful and highly appreciated by the entire team of Taksal Pharma and was focused on **Positive Attitude, Personality development, Motivation, Communication skills, and Stress Management** (16th - 18th Aug 2007).

PAPER PRESENTATIONS

- **Technology-based Suicide Prevention: A Bibliometric Analysis**, International Training Conference on Brief Psychotherapies, and the Annual Meet of Association for Solution Focused Practices - India (ASFP-I), Institute of Mental Health and Neuroscience (IMHANS), Kozhikode, Kerala, India (18th - 21st January 2023)
- **Looking at the Bright Side: A Bibliometric Perspective on Positive Psychological Studies Related to Covid-19**, International Conference on Mental Health and Covid-19: Challenges and Future Perspectives, organized by Department of Psychology, AMU, Aligarh (25th & 26th November 2022)
- **Understanding Social Connectedness - A phenomenological study on individuals with depression** in the 4th International Conference on Developing New India: Through Science, Social Science Humanities and Research organized by Indian Mental Health and Research Center and Shia P.G College (29th - 30th October 2022)
- **Top 100 cited studies on intergroup relations: A Bibliometric Analysis**, National Conference on Psychology and its Role in Human and Societal Development organized by Department of Psychology, Dr. Bhim Rao Ambedkar College, University of Delhi (18th -19th April 2022)
- **Relationship between gratitude and subjective happiness among college students**, ICSSR supported virtual international conference on “Positive Psychology interventions for promoting sustainable happiness in society”, organized by Happy Thinking Laboratory, Department of Psychology, University of Lucknow in association with the Department of Happiness, Era University, Lucknow (22nd – 23rd October 2021)
- **Perceived organization support and turnover intentions among IT professionals: The mediating role of work engagement**, MRCON – 2020, Conference on Building sustainable competitive edge, Manav Rachna International Institute of Research & Studies (FMS, MRIIRS), Faridabad (24th - 25th February 2020)
- **Positive Schooling and Happy Children: Issues and Challenges in the Symposium Positive Psychology: Applied Aspects & Challenges**, XXVIII (28th) Annual Convention of National Academy of Psychology (NAOP) & International Conference on Towards Building Inclusive Societies, organized by the Department of Applied Psychology, Ramanujan College , University of Delhi, 19th -21st December, 2018
- **Work Engagement & Job Embeddedness in relation to turnover Intentions**, XXVIII (28th) Annual Convention of National Academy of Psychology (NAOP) & International Conference on Towards Building Inclusive Societies, organized by the Department of Applied Psychology, Ramanujan College , University of Delhi (19th -21st December 2018)
- **Social Connectedness & Perceived Ethnic Discrimination: The mediating role of positive psychological capital**, XXVIII (28th) Annual Convention of National Academy of Psychology (NAOP) & International Conference on Towards Building Inclusive Societies, organized by the Department of Applied Psychology, Ramanujan College , University of Delhi (19th -21st December 2018)

- **The role of parental support family structure & socio economic status in fostering purpose in life among young adults**, XXVIII (28th) Annual Convention of National Academy of Psychology (NAOP) & International Conference on Towards Building Inclusive Societies, organized by the Department of Applied Psychology, Ramanujan College , University of Delhi (19th - 21st December 2018)
- **Post Traumatic Stress and Post Traumatic Growth among victims of communal violence in Assam**, 52nd National and 31st International Conference of IAAP, Psychology for Building Global Community, Department of Psychology, University of Rajasthan, Jaipur (23rd - 25th February, 2017)
- **Facilitating Role of Meditation in Cognitive Functioning**, 52nd National and 31st International Conference of IAAP, Psychology for Building Global Community, Department of Psychology, University of Rajasthan, Jaipur (23rd-25th February 2017)
- **Purpose orientation in Indian Youth**, International Conference On Psychosocial Perspectives On Health & Wellbeing, Department of Psychology, Jamia Millia Islamia, New Delhi (22nd - 23rd March 2017)
- **Adverse effect of controlled parenting on mental health throughout adults life**, International Conference On Psychosocial Perspectives On Health & Wellbeing, Department of Psychology, Jamia Millia Islamia, New Delhi (22nd - 23rd March 2017)
- **Loneliness, Social connectedness and Mental well-being among older adults**, International Conference On Psychosocial Perspectives On Health & Wellbeing, Department of Psychology, Jamia Millia Islamia, New Delhi (22nd - 23rd March 2017)
- **Spiritual Well Being, Social Connectedness and Depression among married working women**, International Conference On Psychosocial Perspectives On Health & Wellbeing, Department of Psychology, Jamia Millia Islamia, New Delhi (22nd - 23rd March 2017)
- **A study on emotional stability, workplace spirituality, and occupational stress among college teachers**, International Conference On Psychosocial Perspectives On Health & Wellbeing, Department of Psychology, Jamia Millia Islamia, New Delhi (1st -2nd March 2016)
- **Hope among the victims of communal violence in Assam**, International Conference On Psychosocial Perspectives On Health & Wellbeing, Department of Psychology, Jamia Millia Islamia, New Delhi (1st - 2nd March 2016)
- **Dental Anxiety across Three Age Groups**, International Conference On Psychosocial Perspectives On Health & Wellbeing, Department of Psychology, Jamia Millia Islamia, New Delhi (1st -2nd March 2016)
- **Exploring the Dental Care Habits among Patients of Dental Hospital at Jamia Millia Islamia**, International Conference On Psychosocial Perspectives On Health & Wellbeing, Department of Psychology, Jamia Millia Islamia, New Delhi (1st -2nd March 2016)
- **Parental Meta Emotion Philosophy And Its Impact On Children's Socio-Emotional Development: A Theoretical Review**, Third International Conference on Early Childhood Development: Emerging World, Policies and Practice for Early Childhood Development, Centre For Early Childhood Development & Research, Jamia Millia Islamia, New Delhi and Save the Children, New Delhi (19th - 20th November 2015)
- **Procrastination among College Students**, 2nd International, and 4th Indian Psychological Science Congress, organized by National Association of Psychological Science - India, Dept of Psychology, P.G. Government College, Sector - 46, Chandigarh, International Collaboration: World Without Anger (8th - 9th October 2015)

- **Gratitude and Subjective Well-Being of College Students**, National Seminar on Health & Well-Being Recent Developments and Challenges, Department of Psychology, Jamia Millia Islamia, New Delhi (12th-13th November 2014)
- **Self Compassion and Self Control as Predictors of Wellbeing in Young Adult Females**, National Seminar on Health & Well Being Recent Developments and Challenges, Department of Psychology, Jamia Millia Islamia, New Delhi (12th-13th November 2014)
- **Psychological Well-Being of Childless Couples: A Theoretical Paper**, National Seminar on Health & Well Being Recent Developments and Challenges, Department of Psychology, Jamia Millia Islamia, New Delhi (12th-13th November 2014)
- **Well-Being In Religious Believers And Non-Believers Across The Gender**, 3rd International Conference on Psychology and Allied Sciences jointly Organized by Amity Institute of Psychology and Allied Sciences, Amity University, Noida & Indian Association of Health, Research and Welfare on “Nurturing Values and Strengths in Individuals and Society: Role of Psychology” (25th - 27th September 2014)
- **Correlation between Perceived Organizational Support and Work Engagement of Corporate Employees**, 3rd International Conference on Psychology and Allied Sciences jointly Organized by Amity Institute of Psychology and Allied Sciences, Amity University, Noida & Indian Association of Health, Research, and Welfare on “Nurturing Values and Strengths in Individuals and Society: Role of Psychology (25th-27th September 2014)
- **Spiritual Intelligence, Quality of Life and Organizational Commitment among employees**, International Conference on “An Alternate Globalisation from the South: Dynamics of International Business and Finance in Emerging Economies Organized by Centre for Management Studies, Jamia Millia Islamia, New Delhi (19th -20th September 2014)
- **Psychological Capital & Well-being as Predictors of Job Satisfaction of Public and Private sector employees**, International Management Research Conference on Culture, Values, Mindset, Gender, and Strategy: A Need for Re-positioning SHRM, Faculty of Management Studies, AMITY University, Noida (15th -16th May 2014)
- **Media’s Role in Bringing Social Change to Empower Women, National Seminar on Social Change in Contemporary India: Psychological Dimensions and Social Response**, NOAP and Dept. of Psychology, Sri Aurobindo College (Evening), University of Delhi, Delhi (21st -22nd March 2014)
- **The Impact of Technology Overuse on Children**, National Seminar on Social Change in Contemporary India: Psychological Dimensions and Social Response, NOAP and Dept. of Psychology, Sri Aurobindo College (Evening), University of Delhi, Delhi (21st -22nd March 2014)
- **Celebrity Worship-Its Link with Mental Health-A Theoretical Overview**, National Seminar on Social Change in Contemporary India: Psychological Dimensions and Social Response, NOAP and Dept. of Psychology, Sri Aurobindo College (Evening), University of Delhi, Delhi, March 21st -22nd, 2014
- **Emotional Rape: A Severe Form of Trauma**. International Seminar on Psychology of Trauma: Women and Children in Violent Conflict. By Deptt. Of Psychology, Jamia Millia Islamia, New Delhi, (13th -14th March 2013)
- **Psychological Trauma among Violence Affected Orphans in Kashmir - A Review**. International Seminar on Psychology of Trauma: Women and Children in Violent Conflict. By Deptt. Of Psychology, Jamia Millia Islamia, New Delhi (13th -14th March 2013)

- **Well-being among old age people living with families and in senior care residential homes.** (ICSSR Sponsored) National Seminar on “Senior Citizens: Problems and Perspectives. A Multidisciplinary Approach” organized by the Department of Psychology, R.G. (P.G.) College, Meerut, Uttar Pradesh on (22nd- 23rd November 2012)
- **Violence and Women’s Mental Health: A Review**, National Conference on Vicissitudes of Violence: An Inter-Disciplinary Conference on Conflict & Peace, by National Foundation for Communal Harmony and ICSSR, Department. Of Psychology, Indraprastha College for Women, University of Delhi, Delhi (16th -17th January 2012)
- **Academic Stress among Senior Secondary School Students**, National Seminar on ‘Problems of Adolescents: A Current Perspective’ by ICSSR, Department Of Psychology, Meerut College, Meerut, U.P. (11th -12th November 2011)
- **Altruism thy name is Spirituality**, International Conference on Advances in Military Psychology: Soldier Preparedness, jointly organized by DIPR, DRDO and NAOP, Delhi (10th -12th March 2011)
- **Spirituality and Wellbeing in Discovering oneself**, National Seminar on Aggression and Violence: Challenges for Social Wellbeing, by ICSSR, Deptt. Of Psychology, Jamia Millia Islamia, New Delhi (17th -18th March 2010)
- **Death Anxiety among Old Age People**, National Seminar on Aggression and Violence: Challenges for Social Wellbeing, by ICSSR, Dep’t. Of Psychology, Jamia Millia Islamia, New Delhi (17th - 18th March 2010)
- **Influence of Gender and Class on Adjustment**, 7th International and 38th National Conference of Indian Academy of Applied Psychology (IAAP), Jai Narain Vyas University, Jodhpur, Rajasthan (12th October 2003)
- **Role of Psychologist in Restoration of Peace and Patience among the People Living in LIC Environment**, National Conference on Psychological; Challenges for Military in LIC Environment, DIPR, DRDO, Delhi (22nd January 2003)
- **Netritva Prabhavsheelta**, Rashtra Bhasha Sangosthi, Mansi: Swarna Jayanti Visheshank, DIPR, DRDO, Delhi (23rd - 24th March 2000)

TRAINING ATTENDED

- Attended NEP 2020 Orientation & Sensitization Programme under Malviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) organised by MMTTC, Jamia Millia Islamia, New Delhi (19th – 28th February 2024)
- Participated in 15-days workshop on ‘**Research Methodology**’ under the Capacity Building Programme, Sponsored by ICSSR, organized by Dept of Psychology, Jamia Millia Islamia, New Delhi (12th March - 26th March 2015)
- Attended **Faculty Development Course on Inter Disciplinary Research Methodology**, Centre for Early Childhood Development & Research, Jamia Millia Islamia, New Delhi (17th -24th May 2014)
- Attended UGC Sponsored 2nd 3-Week **Refresher Course in Media Studies & Governance (Interdisciplinary) Program** for University teachers at Academic Staff College, Jamia Millia Islamia, New Delhi (14th January - 3rd February 2014)

- Participated 9th International Seminar and Workshop on ‘**Spiritual Support in Patients Care**’ organized by the Ministry of Health, Malaysia, Faculty of Medicine, Islamic Hospital Consortium of Malaysia, Institute of Islamic Understanding Malaysia, Islamic Medical Association, and Sulatan Salahuddin Abdul Aziz Shah Mosque, Malaysia (14th - 15th June 2013)
- Participated a Post Seminar Workshop on ‘**Qualitative Research on Trauma, Suffering and Healing**’, Organized by Department off Psychology, Jamia Millia Islamia, New Delhi (15th March 2013)
- Attended workshop on ‘**Psychotherapeutic Skills: Reflections from the Path Travelled and Insight for the Onward Journey**’ by Prof. L.S.S.Manickam (J.S.S University, Mysore) at Department of Psychology, Jamia Millia Islamia, New Delhi (16th February 2013)
- Attended UGC Sponsored 101st 4-week **Orientation Program for University Teachers** at Academic Staff College, Jamia Millia Islamia, New Delhi (16th July - 13th August 2012)
- Participated in a workshop on ‘**Cognitive Behaviour and Rational Emotive Behaviour Therapy**’ by Dr. Shishir Palsapure, Certified Rational Emotive, and Cognitive Behaviour Therapist, Albert Ellis Institute, New York, USA at Department of Psychology, Jamia Millia Islamia (4th March 2011)
- Participated in a workshop on ‘**Treating Depression with Cognitive Behaviour and Rational Emotive Behaviour Therapy**’ by Dr. Shishir Palsapure, Certified Rational Emotive, and Cognitive Behaviour Therapist, Albert Ellis Institute, New York, USA, at Department of Psychology, JMI (5th -6th March 2011)
- Participated in a workshop on ‘**Transactional Analysis**’ conducted by a Certified Transactional Analyst, Dr. Somesh Chadda Organized by ‘Ehsaas’ at B.L.Kapur Hospital, New Delhi (27th -28th December 2010)
- Participated in a workshop on ‘**SPSS in Research and Data analyses using SPSS 18.00**’, organized by the Department of Psychology, Jamia Millia Islamia, New Delhi in collaboration with SPSS Inc. South Asia Pvt. Ltd., Bangalore (7th December 2010)
- Attended **FDP: ‘Interactive Workshop for Faculty Development in Management Institute**’ by Mr. M.P. Sinha, GHRDC at JIMS (10th January 2009)
- Attended National Workshop - **Techniques in Psychotherapy: A Multidimensional Approach**, Delhi Association of Clinical Psychologists, University of Delhi (23th -27th December 2006)
- Attended National Interactive Workshop - **Behavior Modification**, organized by Samvaidhna (Mental Health Organization), in association with St. John’s College, Agra (U.P.) (23th - 24th January 2004)
- Attended **Staff Development Program for Teachers**, Academic Staff College, AMU (Aligarh) (12th - 19th December 2003)
- Attended workshop for **Counseling Skills**, Academic Staff College, AMU (Aligarh) (4th - 6th April 2003)
- Attended **Orientation Program for Teachers**, Academic Staff College, AMU (Aligarh) (28th January – 9th February 2002)

CONFERENCES PARTICIPATED IN

- Participated in the International Conference on ‘**Relevance of Policy Reforms on Development: Challenges before Emerging Economies**’ held at Department of Social Work, Jamia Millia Islamia, New Delhi, (24th -26th February 2011)
- Participated in the National Seminar on ‘**Muslim Women and Their Contribution in Society**’, organized by the Department of Sociology, Jamia Millia Islamia, New Delhi in Collaboration with the

National Commission for Women, New Delhi, and Muslim Women's Forum, New Delhi (8th - 9th March 2011)

- Participated in the Annual Seminar on '**Managing Downturn - Converting Setback into an Opportunity**', JIMS (9th October 2009)
- Participated in the Annual seminar "OPINE" on '**Marketing: Emerging Horizons & Its Relevance in Various Sectors**' JIMS (11th October 2008)
- Attended International Conference on '**Managing Global Organizations: Challenges, Opportunities, and Strategies**', Tecnia Institute of Advanced Studies, Guru Gobind Singh Indraprastha University, Delhi (23rd February 2008)

ACHIEVEMENTS & AWARDS

- Selected as a Lecturer by U.P. Higher Commission 2001
 - Awarded National Merit Scholarship, 10th U.P. Board Exam 1986
 - NCC 'B' Certificate December 1988
 - NCC Annual Training Camp, Saat Tal, 16th -27th May, 1987
 - Certificate of Merit, Cultural Programme of Republic Day Celebrations, Carmel Inter Girls' College, Gorakhpur 26th January 1988
 - Bharat Scout and Guide Training, First Grade 15th - 20th Feb 1983
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ACADEMIC CREDENTIALS

- Ph.D. (entitled 'Spiritual Orientation, Spiritual Transcendence and Psychological Well-Being among Religious Believers and Non-Believers), Jamia Millia Islamia, New Delhi (2008)
 - Qualified UGC National Eligibility Test (NET) for Lectureship in Psychology (December 1997)
 - Master of Arts (MA) in Psychology, Department of Psychology, University of Gorakhpur, Gorakhpur - First Division (1993)
 - Bachelor of Arts (BA) in Psychology, Department of Psychology, University of Gorakhpur, Gorakhpur - First Division (1991)
 - Intermediate, Carmel Girls Inter-College, Gorakhpur, U.P. Board - First Division (1988)
 - High School, Carmel Girls Inter-College, Gorakhpur, U.P. Board - First Division (1986)
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Thank You!
Prof. Samina Bano