

***Prof. (Dr.) Sushma Suri***



***Ph. D (Psychology)***

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***M.A (Psychology)***

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## **SUMMARY**

A dedicated University Professor with 25 + Years of experience in delivering good education at both Undergraduate and Post graduate levels. Known for innovative teaching methods, fostering critical thinking and achieving consistently students evaluations. Proven track record in Research Excellence and Mentorship, aiming to Advance Psychology through collaboration and innovation. A passionate researcher with numerous publications in reputed Journals, author of books and regular contributor of paper conference presentation (50+) in India and Abroad. She was honoured with Witkin/Okonji (young scholar award) to attend XI IACCP, Liege, Belgium (1992) and awarded for her research work to participate in Advanced Research Training Seminar, University of Saarland, Germany (1994). Committed to mentorship, guided 10 Doctoral Scholars, 90 + Post Graduate and 20 + Graduate Students. Completed research project funded by ICSSR. Collaborated with Multidisciplinary Centre for Advance Research and Studies, JMI and Morarji Desai National Institute of Yoga (MDNIY) to do research on DST sponsored Project. Actively involved in university service and demonstrating a comprehensive approach to Academia.

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## WORK EXPERIENCE

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*Department of Psychology, Jamia Millia Islamia, New Delhi*

- **Professor** (2022-Present)
- **Associate Professor** (2018-2022)
- **Assistant Professor** (2006-2018)
- **Guest Faculty,** (2002-2006).
- **Lecturer (Adhoc)** (1992-1994).
- **Lecturer (Adhoc)** (Sep.-Nov. 1990).
- **Lecturer (Part-time)** (Jan-May. 1990)

### *Courses Taught/ Currently Teaching*

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|                           |                     |                   |
|---------------------------|---------------------|-------------------|
| Basic Psychology          | Social Psychology   | Health Psychology |
| Personnel Psychology      | Counseling          | Research Methods  |
| Psychological Experiments | Tests & Measurement | Applied           |
| Psychology<br>(Practicum) | Test Construction.  | Personality       |

### *Responsibilities*

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- Develop and teach different undergraduate and post graduate courses for department offerings/ serving major, specialised and CBCS studies
- Evaluate and supervise student activities and performance levels to provide reports on academic progress.
- Graded quizzes, tests, homework and projects to provide students with timely academic progress information and feedback.
- Provided mentorship and guidance to undergraduate, post graduate and doctoral students, fostering their academic and professional development.

- Collaborated with faculty staff on curriculum revision, evaluation of course syllabi and lesson plans for the psychology curriculum.
- Encouraged class discussions by actively soliciting input, asking open-ended questions and using techniques to track student participation in order to improving academic progress.
- Served on academic and administrative committee that dealt with institution policies and departmental matters and academic issues.

*Department of Psychology, Jamia Millia Islamia, New Delhi*

- *Research Project entitled “The Aged: Their Problems, Social Intervention and Future Outlook.*

**Research Officer (Jan.-Dec.1991)**

- *Research Project entitled “Social psychological Dimensions of Eve-Teasing”*

**Field Investigator (Aug.1987-1988)**

*. Department of Psychiatry, All India Institute of Medical Sciences, New Delhi.*

- *Research Project entitled Multi-Centered Study on “Drug Abuse among Students*

**Medical Social Worker (29.1.86 – 17.03.1986)**

*Responsibilities*

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- Managed training of other employees
- Strategies and created goals, schedules, deadline, budget etc.
- Handled and directed issues related to project
- Actively maintained progress and data
- Worked closely with other staff members
- Handled field work

## ***SPECIALIZATION/AREA OF INTEREST***

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Social Psychology      Health Psychology      Counseling      Research Methods,  
Mental Health      Ethnic identity,      Adolescent/teenagers /Women Issues

## ***STRENGTH***

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- ***Innovation***

Implemented modern teaching methodology, achieving significant improvement

- ***Commitment to Professional Growth***

Continually seek to improve teaching skills through courses and certifications

- ***Mentorship Excellence***

Successfully trained and mentor a team of researcher

## ***SKILLS***

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|-------------------------|----------------------------|---------------------|
| Teaching /Education     | Research/ Analysis         | Writing/Editing     |
| Mentoring/advising      | Classroom Administration   | Lesson Planning     |
| Discussion Facilitation | learning Management System | Research Management |
| Problem Solving         | Communication and Teamwork | Computer Skill      |
| Microsoft Office,       | Power Point, SPSS          |                     |

## ***ACADEMIC VISIT***

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South Africa (Cape Town)

Germany (University of Saarland) Saarbrucken,

Netherland (Amsterdam),

Spain (Madrid, Pamplona),

Belgium (Brussels, Liege)

France(Paris),

### ***AWARD RECEIVED***

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1. Advanced Research and Training Award, University of Saarland, Saarbrucken, Germany, (28 July- 3 Aug. 1994).
2. Young scholar Award (Okonji/Witkin), International Association for Cross-Cultural Psychology, Liege, Belgium, (1992).

### ***RESEARCH GUIDANCE:***

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#### **Ph. D Supervision:**

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Supervised: (10 Scholars)                      Under Supervision: (02 Scholars)

### ***ONGOING***

1. Manu Prashant (2022) Determinants of Online Shopping Addiction
2. Ananya Praveen (2022) Role of Personality System and Perceived Environmental System on Health Risk Behavior Among Adolescents

### ***AWARDED***

1. Geetika Tholia (2022) Personality, Parental Psychological Control, Emotional Dysregulation and Aggression Among Adolescents (Awarded)
2. Azmat Jahan (2021) Big Five Personality Factors, Parenting Style And Peer Pressure as Predictor of Health Risk Behavior, Department of Psychology, Jamia Millia Islamia, New Delhi (Awarded)
3. Neda Karbalaie Hossein (2020). JN41 Effectiveness of CBT and Medication in Treatment of Sleep Dysfunction among Middle Age, Department of Psychology, Jamia Millia Islamia, New Delhi (Awarded)

4. Swati Sharma (2020) Big Five Personality Traits, Self Efficacy and Optimism as Predictors of Career Choice among College Students, Department of Psychology, JMI, New Delhi. (Awarded).
5. Richa Malhotra (2020) Effectiveness of Solution Focused Brief Therapy on Self Concept, Self Esteem and Adjustment Among Bullied Adolescents. Department of Psychology, JMI, New Delhi (Awarded).
6. Sultana Parveen (2014) Occupational Stress , Subjective Well being and Coping among Call Center Employees, Department of Psychology, JMI, New Delhi (Awarded)
7. Shobha Sharma (2014) Effect of Mystic Rose Meditative Therapy on Depression, Quality of life and Mental Health, Department of Psychology, JMI, New Delhi (Awarded)
8. Iram Naz (2014), Optimism, Spirituality Self Efficacy and Burnout in Health Professionals, Department of Psychology, JMI, New Delhi. (Awarded)
09. Sanjeeda, (2013) Mental Health, Self-Esteem and Coping among Rape Victims, Department of Psychology, JMI, New Delhi- (Awarded)
10. Elham Abedi Tameh (2013) Job Satisfaction and Emotional Stability among School Teachers: A Cross Cultural Comparison, Department of Psychology, JMI, New Delhi. (Awarded)

***M.A. Dissertation & Internship/Field Report***

***B.A (Hons ) Dissertation Internship/ Field Report***

Supervised (90 + Students)

(20 +) Students)

Under Supervision (05 Students)

(05 Students)

## ***Research Project Directed/ on going***

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1. Working on DST sponsored Research Project entitled Mindfulness Mediation and Yoga based Psychological Intervention to Combat Depression and Anxiety in Students in collaboration with Multidisciplinary Centre for Advanced Research and Studies, JMI, and Morarji Desai National Institute of Yoga, New Delhi
2. Directed ICSSR Sponsored Research Project entitled Test Anxiety, Academic Performance and Subjective Well Being among High School Students (2012)

## ***PUBLICATIONS***

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### ***Book Authored: 03***

| <b>S.No.</b> | <b>Title</b>                                 | <b>Author(s)</b>     | <b>Publisher</b>                | <b>ISBN No.</b>  | <b>Year</b> |
|--------------|--|----------------------|---------------------------------|------------------|-------------|
| 1.           | Clinical Psychology at a Glance (Dictionary) | Suri, S. & Sharma, S | Trinity; First edition          | 9352743741       | 2018        |
| 2.           | Advanced General Psychology                  | Suri, S.             | Vikas Publishing House, Noida,  | 978-81-259-47240 | 2011        |
| 3.           | Ecology, Ethnicity and Identity in India     | Suri, S.             | Atlantic Publishers, New Delhi. | 81-7156-372-4    | 1994        |

### ***Book Edited(01)***

|    | <b>Title</b>   | <b>Editors</b>               | <b>publisher</b>     | <b>ISBN No</b>   | <b>Year</b> |
|----|--|------------------------------|----------------------|------------------|-------------|
| 1. | Interdisciplinary perspective on health and wellbeing. | Aleem, S., Suri,S &Osmany, M | Excel India Publishe | 97893-86256-63-8 | 2017        |

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|--|------|--|-----|--|--|
|  | 2017 |  | rs, |  |  |
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**Research Papers (33)**

| S.No. | Title of Paper  | Author(s)                                     | Journal  | Volume, No's, Year, Page No.  | Publisher/ ISSN No.  |
|-------|---|---|--|---|--|
| 1.    | Fear and Resilience Coping in Indian, Iranian, and Nepali(s): A Moderated Model of Lockdown and Traumatic Experiences | Suri, S.,<br>Tholia G &<br>Baig, J            | <b>Shodh Sanchar Bulletin</b>                        | <b>Vol.11 (41)<br/>Page (24-30)<br/>January-<br/>March 2021</b>         | 2229-3620<br><br>Listed in UGC CARE  |
| 2.    | Self-concept Clarity and Rumination as Predictors of Identity Crisis Among University Students.                       | Suri, S.,<br>Khandelwa<br>l, K &<br>Tholia, G | <b>Shodh Sarita</b>                                  | <b>Vol.07 (28)<br/>Page (81-86)<br/>(October-<br/>December<br/>2020</b> | 2348-2397<br><br>Listed in UGC CARE  |
| 3.    | Efficacy of Solution Focused Brief Therapy on Self-concept of Bullied Adolescents                                     | Sharma, R<br>& Suri,S                         | International Journal of Psychosocial Rehabilitation | <b>24(5)</b>  | <b>3930-3936</b><br><br>DOI: <a href="https://doi.org/10.37200/IJPR/V24I5/20201011">10.37200/IJPR/V24I5/20201011</a><br><br>Scopus Indexed |
| 4.    | Parental Psychological Control, Big Five Personality and Difficulties in Emotion Regulation among Adolescents.        | Tholia, G.,<br>& Suri, S.                     | International Journal of Behavioral Sciences,        | Vol 14(1),<br>Pages 45-50<br>June 2020                                  | Print ISSN<br>2322-1194<br>Online ISSN<br>2676-2900<br>Listed in UGC CARE  |
| 5.    | Attachment Styles and Emotion Regulation: Mediating Effect of   | Tholia, G.,<br>& Suri, S.                     | Journal of the Indian Academy of Applied Psychology  | Vol 46(1),<br>Pages 57-65<br>Jan<br>2020                                | ISSN 0019-4247<br>Listed in UGC CARE   |



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|-----|--|-----------------------------------|---|--|---|
|     | Personality.   |                                   |   |  |   |
| 6.  | Attachment Style, Perceived Social Support and Loneliness among College Students                 | Suri S.,<br>Garg S.,<br>Tholia G. | International Journal of Innovative Studies in Sociology and Humanities | Pages 135-142<br>2019                                    | ISSN 2456-4931<br>UGC journal number                              |
| 7.  | Moderating Effects of Big Five Personality between Self Efficacy and Career Choice among College | Suri S.,<br>Sharma S              | International Journal of Innovative Studies in Sociology and Humanities | Pages 101-109<br>2019                                    | ISSN 2456-4931<br>UGC journal number                              |
| 8.  | The effectiveness of Cognitive Behavioral Therapy on Sleep Dysfunction among Middle Aged         |                                   | <b>JETIR</b>  | <b>Vol. 6(5)</b><br><b>Pages 135-142,</b><br><b>2019</b> | <b>2349-5162</b>  |
| 9.  | Multidimensionality of Peer Pressure as Predictor of Emotional Autonomy and General Health       | Suri S.,<br>Jahan A.,<br>Naaz H.  | International Journal of Research in Management and Science             | Pages 31-37<br>2018                                      | ISSN2322-0899<br>UGC journal number                               |
| 10. | Optimism & Self-Efficacy as Predictors of Burnout in Health Professionals                        | Suri S.,<br>Naz I.                | International Journal of Creative Research Thoughts                     | Pages 446-454,<br>2018                                   | ISSN 2320-2882<br>UGC journal number                              |
| 11. | Identity Crisis, Procrastination and Academic Motivation Among                                   | Suri S.,<br>Ishala K              | International Journal of Education and Management                       | Pages 148-152<br>2018                                    | Online ISSN: 2321-3<br>Print ISSN: 2231-563<br>UGC journal number |

|     |   |  |   |                                    |  |
|-----|---|--|---|------------------------------------|--|
|     | University Students.  |  | Studies   |                                    |  |
| 12. | Book Review -An Answer to Women Sexuality: A Case Study of Aruna Shanbaug | Sharma S.,<br>Suri S.                  | Indian Journal of Health and Wellbeing              | Pages 332-334                      | ISSN 2229-5356<br>UGC journal number- 42                             |
| 13. | Spillovers of Ageing  | Sharma, S.<br>Suri, S., &<br>Jahan, A. | Dignity Dialogue-The magazine for productive ageing | 22, 2017, 50-53                    | Dignity Foundation   |
| 14. | Parenting Style in Relation to Mental Health among Female Adolescents     | Jahan, A<br>& Suri, S.                 | Abnormal and Behavioural Psychology (open access)   | Vo. 2, 125, 2016, 1-4              | ISSN: 2472-0496<br>Doi: 10.4172/2472-0496                            |
| 15. | Need Pattern, Job Satisfaction and Mental Health among IT Professionals   | SuriS.,<br>Sharma,<br>S.& Tahir,<br>A. | International Journal of Indian Psychology          | Vol. 4, (1) 74, 2016               | DIP: 18.01.036/2016040   |
| 16. | Locus of Control and Wellbeing among college students                     | Malhotra,<br>R., & Suri,<br>S.         | Indian Journal of Behavioral Science                | Vol, (1) 1-19, 2016                | ISSN-2455-6599.  |
| 17. | Why Teenage Risk taking Behavior is Going Too high?                       | Suri, S                                | Abnormal and Behaviroal Psychology<br>Open access   | Volume 1,<br>Issue 1,<br>Dec, 2015 | <a href="https://doi.org/10.4172/abp.1">dx.doi.org/10.4172/abp.1</a> |

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|-----|--|--|--|-------------------------------------|-------------------------------------|
| 18. | Mental Health, Self Esteem and Coping Among Delhiites Rape Survivor.   | Suri, S  | Indian Journal of Health and Well Being                              | Vol. 6<br>(1)pp.90-93,<br>Jan. 2015 | 2229-5356                           |
| 19. | Psycho-Social Perspectives on Terrorism  | Malhotra,<br>R &<br>Suri, S                                  | Arts and Education, International Research Journal                   | 1(2), (2014),<br>421-427            | IMRF Publications234                |
| 20. | Emotional stability, self-concept and insecurities among adolescents rape victims  | Sanjeeda &<br>Suri, S.                                       | Indian Journal of Health and Well-being                              | 4(3), (2013)<br>514-515             | 2229-5356<br>Neil Publications, Inc |
| 21. | Sensation seeking among Iranian and Indian high school teachers based on the Zuckerman sensation seeking scale version V (SSS-V) | Tameh,<br>E.A., Suri,<br>S., Ghiasi,<br>N.<br>&Aghaei,<br>H. | Interdisciplinary Journal of Cotemporary Research in Business        | 4(9), (2013)<br>430-440.            | 2073-7122                           |
| 22. | An Analytical Study of Rape in Delhi   | Suri, S.<br>Sanjeeda   | International Journal of Education and Psychological Research (IJEPR | 2(3),(2013),<br>60 – 68.            | e-ISSN - 2279-0179                  |
| 23. | Diversity management and Organizational Effectiveness in   | Suri, S.<br>&Lal, M  | International Journal of Research in Commerce and                    | 2(11), (2011)<br>91-94.             | 0976-2183                           |

|     |   |                               |   |                           |  |
|-----|---|-------------------------------|---|---------------------------|--|
|     | Indian Organizations  |                               | Management  |                           |  |
| 24. | How to read text books to improve your grades   | Suri, S                       | Open Learning Magazine<br>Open schooling            | January-June (2010)       | National Institute of Ope                              |
| 25. | Stress among teenagers and its Management   | Suri, S.                      | Indian Journal of Social Science Research           | Vol.6(2), (2009) 144-151. | ManovaigyanikPariksha<br>0974-9837                     |
| 26. | Work Culture and Occupational Stress Among Indian Organizations                               | Suri, S. & Arora, N           | Journal of Asian School of Business management      | Vol. 11(1), (2009) 80-88. | Asian School of Business<br>Bhubaneshwar<br>0974- 8512 |
| 27. | Mental Health and Stress among Call Centre Employee   | Suri, S. & Rizvi, S           | Journal of the Indian Academy of Applied Psychology | Vol. 34(2) (2008)215-220  | IAAP India 0019-4247                                   |
| 28. | Book Review: A handbook on stress management (the stew and my pressure cooker) by Meena Nanda | Suri, S.                      | Journal of Indian Academy of Applied Psychology     | 34 (2) 2008, 189-190      | IAAP India / ISSN 0019-                                |
| 29. | Mental Health and Adjustment of Undergraduate   | Suri, S. & Tauqir, S. (2007). | Journal of the Indian Academy of Applied psychology | 33(2)2007, 127-147        |  |
| 30. | Aging Pattern,  | Suri, S.,                     | Journal of  | Vol 4                     |  |

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|-----|--|-----------------------------------|--|-----------------------|--------------------|
|     | Death Anxiety, Fear and Hope after death - A comparative study of three community                      | Husain, M.G., & Sharma, N. (1992) | Objective Studies                          |                       |                    |
| 31. | Identity of Ethnic Minorities: A Cross National Comparison, Psychologia                                | Hussain, M.G. &Suri, S. (1990).   | An International Journal in Orient (Japan) | Vol.37, (2).          |                    |
| 32. | Study of Identity of Different Ethnic Groups: A Cross Cultural Comparison                              | Suri, S. & Hussain, M.G. (1990).  | Manas,                                     | Vol.37, No.1-2, 1990. | (ISSN-0025-1984)   |
| 33. | Effect of Environmental Settings on the Development of Identity among Minority and Majority Adolescent | Suri, S. & Hussain, M.G. (1989).  | Advances in Psychology,                    | Vol.2, 73-79, 1989.   | (ISSN: 0970-3551.) |

***Chapters in Book (08)***

| S. No | Title with page Nos, and date of publication                                  | Author(s)                 | Book Title, & Editor(s)   | ISBN No /Publisher                            |
|-------|---|---------------------------|---|---|
| 1.    | Psychological wellbeing; the cognitive preventive mechanism for sleep related | Hosseini, N. K & Suri, S. | Interdisciplinary perspective on health and wellbeing. Aleem, S., Suri, S. &Osmany, M | Excel India Publishers, ISBN 97893-86256-63-8 |

|    |   |   |   |   |
|----|---|---|---|---|
|    | cognitive arousal.<br>March, 2017   |   |   |   |
| 2. | Psycho social facets of bullying and mental health among adolescents.                           | Malhotra, R., & Suri, S.                      | Psychological Issues and Interventions in health and well-being.<br>(2016)      | 978-93-8384293-3.   |
| 3. | Effectiveness of Mystic Rose Meditative Therapy on Mental                                       | Sharma, S. & Suri, S.                         | Perspectives on Health and Well-being in India,<br>16 – 21<br>(2014)            | 978-93-8384293-3  |
| 4. | Illusion of trust and its effect performance: A study of teams during a workshop.<br>38–52,2014 | Bhakar, S. S., Rajput, S., Suri, S., &Naaz, I | A Handbook for Writing Research Paper. Bhakar, S.S. & Singh, T.(Eds)            | ISBN – 978-93-81212-51-6<br>Bharti Publication,<br>Delhi.                 |
| 5. | Emotional maturity and self-confidence: Study on college students.<br>87 – 95, 2014             | Mathur, G., Suri, S., Naaz, I., & Agarwal, M. | A Handbook for Writing Research Paper,Bhakar, S.S. & Singh, T. (Eds.)           | ISBN – 978-93-81212-51-6<br>Bharti Publication,<br>Delhi.                 |
| 6. | Facets of Human Behavior  | Suri, S. & Husain, A. (2006).                 | Ethnic Psyche and Terrorism, in M.G. Hussain (ed), Terror Torture and Terrorism | Manak Publication, New Delhi.<br>(ISBN 10: 8178271648 )                   |
| 7. | Deprived and Non-deprived Ethnic Groups - A Study of their Identity Development                 | Suri, S. & Husain, M. G. (1994).              | Ethnic Identity & National Integration, Development in Ali Ashraf (ed).         | Concept Publishing Company, New Delhi, pp. 63-68.<br>(ISBN-81-7022-502-7) |

|    |   |                                 |   |  |
|----|---|---------------------------------|---|--|
| 8. | Ethnic Identity and National Integration, | Hussain, M.G. &Suri, S. (1994). | Ethnicity, Indian National Identity and National Integration, in Ali Ashraf (ed.) | Concept Publishing Company, New Delhi, pp53-61. (ISBN-81-7022-502-7) |
|----|---|---------------------------------|---|--|

### ***DISTINCTIONS & SCHOLARLY ACHIEVEMENTS***

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#### ***Invited Lecture***

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| 1. | Mental Health: Reducing Stress and Cultivating Compassion, World Mental health Week Divya Karuna Organization, registered under Niti Aayog , Ministry of Ayush,7-13 October 2023   |
| 2. | Multidisciplinary and Trans-Diagnostic Approach to Mental Health: Prevention and Interventions for Children at Risk. Two-days Training Certificate Program in Collaboration with the NGO Neo-fusion on "New Ways of Dealing with Behavioral Problems in Children." School of Management and Liberal Studies, The North Cap University, Gurugram. 5-6 th May 2023 |
| 3. | Psychosocial Crisis and Its Management in Current Scenario, Department of applied Psychology, Sri Aurobindo college (Eve) University of Delhi (April2021)  |
| 4. | Adolescent Issues in Current Scenario. Department of Psychology, Bharathiar University (January 2020).   |
| 5. | Paradigm Shift in Mental Health: A Multidisciplinary Approach, Third Annual Psychology Conference, Exploring the Psychosocial Realm in Psychology: A Multi Faceted Approach, Department of Mental Health and Behavioral Sciences, Fortis Health Care. Gurugram., (15 <sup>th</sup> . September , 2019).  |
| 6. | Delivered a lecture on What is the difference between school counselor and special educator? New Horizon School Hazrat Nizamudin, New Delhi, (April 2018).   |
| 7. | Delivered a lecture Issues related to adolescents, New Horizon School Hazrat Nizamudin, New Delhi, (25 <sup>th</sup> february 2017).   |

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| 8.  | Delivered a lecture on Positive Parenting, New Horizon School Hazrat Nizamudin, New Delhi, (19th March 2016).   |
| 9.  | Delivered a lecture on Conflict Resolution and Peace: A Social Psychological Perspective, National seminar on “Social Harmony and Wellbeing: Issues and Challenges, Department of Psychology, Sri Aurobindo College, Delhi University. New Delhi, (19th March 2016).                                |
| 10. | Delivered a lecture on The Biggest Challenges of the Contemporary Indian Women, national seminar on The Problems and Challenges in the Contemporary Indian Society: A psychological Perspective, the Department of Psychology Govt college for women, Gurawara (Rewari) Haryana. (16th March, 2016) |
| 11. | Delivered lecture on Risky Behavior among Adolescents: A Multi-factorial Approach, Social Change in Contemporary India: Psychological Dimensions and Social Response, Department of Psychology, Sri Aurobindo College (Evening), University of Delhi. ( 21-22 March, 2014)                          |
| 12. | Delivered lectures on Stress Management, CISF, New Delhi and Ghaziabad (2006-2008)  |

***Chaired / Co-Chaired/Member/Panelist***

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| 1. | Acted as a Subject Expert, selection of Associate Professor in Psychology, Department of Psychology, Guru Nanak Dev University, Amritsar, Punjab 26 <sup>th</sup> June 2024      |
| 2. | Chaired a Scientific session in The Second International Conference on Positive Psychology by National Positive Psychological Association, (online), IIT Delhi, 20th April 2024. |
| 3. | Acted as Subject Expert, selection of Assistant Professor and Associate Professor in Psychology, Faculty of Behavioural Sciences, SGT, Gurugram, 12 September 2023.              |
| 4. | Acted as a Subject Expert, course revision "Psychological Perspectives of Education" (PPE) D.El.Ed. DIET Karkardooma,  |
| 5. | External member, Board of Studies, K. R. Mangalam University, Gurugram. Since 2022-present   |



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| 6.  | Acted as a Subject Expert, Paper Setting, in Psychology, UGC-NET Exam, National Testing Agency, Noida (Since 2017).  |
| 7.  | Panelist, Recruitment of Engineers/Officers, Indian Oil Corporation Limited, IIPM, Gurugram (Since 2017-present).<br>Panelist, Recruitment of Engineers/Officers, Indian Oil Research and Development Centre, Faridabad (2019).                    |
| 8.  | Chaired Scientific Session in 3rd International Conference on Nurturing Values and Strengths in Individual and Society: Role of Psychology at Amity University, U.P., Noida, 25 – 27 December, 2014.   |
| 9.  | Chaired a Scientific Session at National Seminar on Social Change in Contemporary India: Psychological Dimensions and Social Response, Sri Aurobindo College (Evening), University of Delhi, March 21-22, 2014                                     |
| 10. | Co–chaired a scientific session on Sexual Victimization and Trauma in International Seminar on Psychology of Trauma: Women and Children in Violent Conflict, held at Department of Psychology, Jamia Millia Islamia, New Delhi, March 13-14, 2013. |
| 11. | Chaired a session on Wellbeing and Violence, ICSSR sponsored National Seminar on Aggression and Violence: Challenges to Well Being, Department of Psychology, Jamia Millia Islamia, New Delhi. (17-18 March, 2010).                                |
| 12. | External Member, Review Committee, Question Bank for Psychology Sr. Secondary level, NIOS, NOIDA, 11 <sup>th</sup> -12 <sup>th</sup> and 15 <sup>th</sup> Feb. 2010.<br>3 Sr Secondary level, NIOS, NOIDA, (2-3 <sup>rd</sup> March 2010) .        |
| 13. | External Member, Developing Question Bank for (ODES), Psychology Sr Secondary level, NIOS, NOIDA, (2-3 <sup>rd</sup> March 2010).  |
| 14. | External Member, Marking Scheme Committee, Psychology, Sr. Secondary level, NIOS, NOIDA, (29 <sup>th</sup> -31 <sup>st</sup> , Oct. 2009).   |
| 15. | External Member, Interview Board of Admission for Travel and Tourism, Delhi University, (2009).  |
| 16. | Acted as a Resource person for analysing the pilot study of research project entitled Impact of Electronic Media on Women, Delhi Doordarshan, May (2009).  |

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| 17. | Delivered lectures on Stress Management, CISF, New Delhi and Ghaziabad (2006-2008).  |
| 18. | Acted as a Resource Person for U.G.C. Sponsored Crash Course on Research Methodology, Department of Political Science, Jamia Millia Islamia, New Delhi, (2005).  |
| 19. | Acted as a Resource person for analysing the pilot study of research project entitled Impact of Electronic Media on Women, Delhi Doordarshan, (May 2009).  |
| 20. | Workshop attended on Childhood Neurodevelopmental Disorder organized by Ministry of Health and Family Welfare, Govt. of India UNICEF, NIPI-UNDP & Department of Paediatrics, AIIMS, New Delhi, (1-3 December, 2014). |

***ORIENTATION /REFRESHER / NEP/ KARAMYOGI BHARAT COURSES***

***ATTENDED:***

|    |  |
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| 1. | Attended 10 days New Education Policy 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) 19-28 February 2024.                                   |
| 2. | Attended Orientation Module on Mission LiFE provided by Ministry of Environment, Forest and Climate Change 17 September 2023.  |
| 3. | Attended Yoga Break at Workplace provided by Morarji Desai National Institute of Yoga (MDNIY), 17 September 2023   |
| 4. | Attended Code of Conduct for Government Employees provided by Institute of Secretariat Training and Management, 16 September 2023  |
| 5. | Attended 2 Weeks Capacity Building Program for Social Science Faculty, Centre for Research in Rural and Industrial Development, Chandigarh, (19 <sup>th</sup> Feb. To 2 <sup>nd</sup> March 2018). |
| 6. | Attended 3 Weeks Refresher Course in Disaster Management, ASC, Jamia Millia Islamia, New Delhi   |
| 7. | Attended 3 weeks Refresher Course in Psychology, ASC Almora, Kumaun University, Nanital (25 <sup>th</sup> June -15 <sup>th</sup> July 2010).   |
| 8. | Attended 4 Weeks Orientation Program, ASC, JMI, New Delhi. (3 <sup>rd</sup> April-1 <sup>st</sup> May, 2007).  |

### *Workshops/ Conferences Organized /Attended*

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| 1  | Organised two-days Interdisciplinary International Conference on “Prospects and Future of Health and Wellbeing” Department of Psychology, Jamia Millia Islamia, New Delhi, (12-13 March 2019).  |
| 2  | Organised Post Seminar Workshop on “When Doctors fail and Exorcists Succeed” by Prof. Sushrut Jadhav, University College, London, U.K. at FTK, Department of Psychology, Jamia Millia Islamia, New Delhi ,(14 <sup>th</sup> March 2019).                                  |
| 3  | Attended Workshop on Designing Behavior Change Interventions by Prof Mark Terrant, University of Exeter, United Kingdom, Conference Hall of FTK Centre of Information Technology. Department of Psychology, Jamia Millia Islami, New Delhi ,(11 <sup>th</sup> March2019). |
| 4  | Organized workshop on “Stress Management Program” for CISF Jawans in Saket, Badarpur, Ghaziabad and Tughlakabad. 400 participants from the NCR attended this program, (11-16.Agu 2006).   |
| 5  | Workshop attended on Childhood Neurodevelopmental Disorder organized by Ministry of Health and Family Welfare, Govt. of India UNICEF, NIPI-UNDP & Department of Pediatrics, AIIMS, New Delhi, (1–3 December, 2014).   |
| 6  | Attended International Conference on “Transdisciplinary Perspectives to Early Childhood Development”, at Centre for Early Childhood Development and Research (CECDR), JamiaMillia Islamia, (2-4 April, 2014).   |
| 7  | Workshop Attended on Qualitative Research on Trauma, Suffering and Healing, Dept. of Psychology, New Delhi, (15 March, 2013).   |
| 8  | Workshop Attended on Qualitative Research on Trauma, Suffering and Healing, Dept. of Psychology, New Delhi, (15 March, 2013).   |
| 9  | Prospects in Forensic Psychology: Mental Health, Law and Justice. A Symposium” organized by the Department of Psychology and University Counseling and Guidance Centre, Jamia Millia Islamia, New Delhi, (13 March 2012).   |
| 10 | Attended workshop on Positive Psychology and Socio-Cultural Issues, Department of Humanities and Social Science, IIT Delhi, (27 <sup>th</sup> April 2011).  |
| 11 | Attended workshop on SPSS in Research and Data Analyses, (18.0 version, Department of psychology, Jamia Millia Islamia, New Delhi, (7th Dec. 2010).   |

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| 12 | Attended Workshop on 2 nd National Research Methodology Workshop, Prestige Institute of management, Gwalior, 28-30 August 2010.  |
| 13 | Attended Workshop on Relationship: Why to lose them When We maintain them- New Vistas in Psychological Counseling, Guidance and Counseling Centre, JMI, New Delhi, (20-21 <sup>st</sup> May 2009). |
| 14 | National Seminar on Mental health and Current Scenario, Dept. Of Psychology, Gurukul Kangri Vishwavidyalaya, Haridwar, (20-21 <sup>ST</sup> March, 2009).  |
| 15 | XXXII Indian Social Science Congress, Jamia Millia Islamia, New Delhi- 918-22 Dec. 2008).  |

***PAPER PRESENTED IN INTERNATIONAL CONFERENCES (ABROAD):06***

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| 1. | Ethnic Uprising in India, paper presented in XXX International Congress of Psychology on Serving Human Rationality, International Convention Center, Cape Town, South Africa, (22-27 July, 2012).                |
| 2. | Identity of Ethnic Minorities: A Cross National Comparison, paper presented in XIth International Conference of International Association of Cross-Cultural psychology, Pamplona, Spain, (July 1994).            |
| 3. | Muslim Identity in India, Paper presented in the Advanced Research and Training Seminar, University of Saarland, Saarbrucken, Germany, (July 28 - Aug. 3, 1994).   |
| 4. | Ethnocentrism and Identity - A comparison of three religio-ethnic groups, paper presented for the 50 <sup>th</sup> International Convention of the ICP, Amsterdam, Netherlands, (1992).                          |
| 5. | Regional and Cultural Identity among Linguistic Minority Groups, paper presented for the XI International Congress of International Association for Cross-Cultural Psychology, Liege, Belgium, 14-18 July, 1992. |
| 6. | Ethnic uprising in India - A Quest of Identity of three Groups, paper presented for the XXV International Congress of Psychology, Brussels, 19-24 July, 1992.  |

***PAPERS PRESENTED NATIONAL/ INTERNATIONAL CONFERENCES***

***(INDIA)36***

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| 1. | Psychological wellbeing; the cognitive preventive mechanism for sleep related cognitive arousal, 2 <sup>nd</sup> International conference on Health and Wellbeing: An interdisciplinary Inquiry, Department of Psychology, Jamia Millia Islamia, New Delhi, 22-23 March, 2017 |
| 2. | Identity Crisis, Procrastination and Academic Motivation among University Students, 26 <sup>th</sup>  |

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|     | Annual Conference of The National Academy Of Psychology (Naop), Department of Management Studies, IIT Madras, Chennai, India. 29 - 31 December 2016   |
| 3.  | An Answer to Women Sexuality: A Case Study of Aruna Shanbaug, Nation seminar on 'The Problems and Challenges in the Contemporary Indian Society: A Psychological Perspective', Department of Psychology, Govt. College for Women, Gurawara (Rewari) Haryana, May, 2016.                                   |
| 4.  | Aggression and Loneliness among Health Risk Behaviour adolescents, International Conference on Psycho Social Perspectives on Health & Well Being, Department of Psychology, Jamia Millia Islamia, New Delhi, 1-2 march, 2016.   |
| 5.  | Psychosocial facets of Bullying and Mental Health among Adolescents, International Conference on Psycho Social Perspectives on Health & Well Being, Department of Psychology, Jamia Millia Islamia, New Delhi, 1-2 march, 2016.   |
| 6.  | Parenting Style as a Correlate of Mental Health, National Seminar on "Social Harmony and Wellbeing: Issues and Challenges, Department of Psychology, Sri Aurobindo College, Delhi University, New Delhi, 19th March 2016.   |
| 7.  | Effectiveness of Mystic Rose Meditative Therapy on Mental Health, paper presented in National Seminar on Health and Well-being: Recent development and Challenges, Department of Psychology, JMI, New Delhi. 12-13 November, 2014.  |
| 8.  | Life Satisfaction, Optimism and Social Anxiety among Parents of Intellectually Disabled and Normal Children, paper presented in National Seminar on Health and Well-being: Recent development and Challenges, Department of Psychology, JMI, New Delhi. 12-13 November, 2014                              |
| 9.  | Impact of Strength-based System of Social Support on Quality of life: A Gerontological Perspective, paper presented in 3 <sup>rd</sup> International Conference on Nurturing Values and Strengths in Individual and Society: Role of Psychology at Amity University, U.P., Noida, 25 – 27 November, 2014. |
| 10. | Mental Health, Self-esteem and Coping among Delhiites Rape Survivor, paper presented in 3 <sup>rd</sup> International Conference on Nurturing Values and Strengths in Individual and Society: Role of Psychology at Amity University, U.P., Noida, 25 – 27 November, 2014.                                |
| 11. | Enhancing Quality of life and Reducing Depression through Mystic Rose Meditative Therapy, paper presented in 3 <sup>rd</sup> International Conference on Nurturing Values and Strengths in Individual and Society: Role of Psychology at Amity University, U.P., Noida, 25 – 27 December, 2014.           |

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| 12. | Income Disparity as a Predictor of Happiness and Self-esteem, Paper presented at National Seminar on Social Change in Contemporary India: Psychological Dimensions and Social Response. March 21-22, 2014.                                   |
| 13. | Subjective Wellbeing among Call Centre employees, Paper presented at National Seminar on Social Change in Contemporary India: Psychological Dimensions and Social Response. March 21-22, 2014.   |
| 14. | Happiness, Self Esteem and Aggression among High Health Risk Behaviour. Paper presented at International Conference on Multidisciplinary Healthcare, Neuro – Rehabilitation Unit, Neuro Sciences Centres, New Delhi. AIIMS, 11-12 Jan, 2014. |
| 15. | The Impact of Year Gap on the Level of Stress and Psychological Well-being of Students. 1st International and 3rd Indian Psychological Science Congress, Chandigarh, 24-25 Feb. 2014.  |
| 16. | Optimism & Self Efficacy as predictors of Burnout in Health Professionals, paper presented at 1st International and 3rd Indian Psychological Science Congress, Chandigarh, 24-25 Feb. 2014.  |
| 17. | An Analytical Study of Rape Victims in Delhi, paper presented in international seminar on Psychology of Trauma: Women and Children in Violent Conflict Department of Psychology JamiaMilliaIslamia, New Delhi, 13-14 March 2013.             |
| 18. | Emotional Stability, Self-Concept and Insecurities Among Adolescents Rape Victims, paper presented in 2 <sup>nd</sup> International Conference on Psychology and Allied Sciences Department of Psychology, Hisar 21-22 March 2013.           |
| 19. | Self-concept and Health Risk Behavior Among High School Students, paper presented for Indian Psychological Science Congress on Health Psychology and Rehabilitation: The Crisis Among Youth and Aged, Chandigarh, 12-14, October, 2011.      |
| 20. | Mental health and Coping of Victims in Delhi, paper presented for Indian Psychological Science Congress on Health Psychology and Rehabilitation: The Crisis Among Youth and Aged, Chandigarh, 12-13, October, 2011.                          |
| 21. | Self -concept and Health Risk Behavior Among High School Students, paper presented for Indian Psychological Science Congress on Health Psychology and Rehabilitation: The Crisis Among Youth and Aged, Chandigarh, 12-14, October, 2011.     |
| 22. | Mental health and Coping of Victims in Delhi, paper presented for Indian Psychological Science Congress on Health Psychology and Rehabilitation: The Crisis Among Youth and Aged, Chandigarh, 12-13, October, 2011.                          |

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| 23. | Social Support as a Stress Resistance Source contributing to the well-being, paper presented for <i>the</i> International Conference on Positive <i>Psychology: A New Approach to Mental Health</i> , Amity Institute of Allied Sciences, Jaipur, 6-8 August, 2010. |
| 24. | Domestic Violence: Sniffing out the Truth about the Women in Delhi, paper presented for the National Seminar on Aggression and Violence: Challenges for Social Well Being, Dept. of psychology, JamiaMilliaIslamia, New Delhi, 17-18, March, 2010.                  |
| 25. | Managing Suicidal Behavior through Positive Thinking, paper presented for National Seminar on Mental Health and current Scenario, Department of Psychology, GurukulKangriVishwavidyalaya, Haridwar, 20-21 <sup>st</sup> March, 2009.                                |
| 26. | A Look at Teenagers Stress and Their Management, paper presented at International Seminar on Stress Management and Quality of Life, Amity University, Lucknow, 10-12 <sup>th</sup> September 2008.  |
| 27. | Psycho-Social Problems of the Elderly: A Comparative study of Rural and Urban Aged, Paper presented for the National Seminar on Aging, JamiaMilliaIslamia, New Delhi, Oct. 1-2, 1993.   |
| 28. | Identity of Majority and Minority Children in Minority Institution, Paper presented for the 80 <sup>th</sup> Session of Indian Science Congress Association, Goa, Jan.1993.   |
| 29. | Attitude of passers-by towards eve-teasing, proceedings of 81 <sup>st</sup> session of Indian Science Congress association, Jaipur, Jan. 3-8, 1994, (This paper was also highlighted in Times of India.   |
| 30. | A Quest of Promoting National Integration and Identity through Educational System, Proceedings of the National Seminar on National Integration and Three Cs (Class, Caste and Communalism), Bhagalpur University, May 1990.   |
| 31. | Social Psychological Roots of Communalism - A Threat to National Integration, Proceedings of the National Seminar on National Integration and Three Cs (Class, Caste and Communalism), Bhagalpur University, May 1990.  |
| 32. | Quest of identity of disadvantaged majority and minority children. Proceedings of Seminar on "Disadvantaged Child, Punjab Agricultural University, Ludhiana, May 1989.  |
| 33. | Psychological offshoots of socio-cultural disadvantaged. Proceedings of Seminar on "Disadvantaged Child", Punjab Agricultural University, Ludhiana, May 1989.   |
| 34. | A study of Image of Islam among Indian and non-Indian Muslim students in relation to their Self-concept. Paper presented at the 76 <sup>th</sup> Indian Science Congress Association, Madurai, Jan. 1989.   |

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| 35. | Development of identity among minorities and deprived and its role in national integration. Proceeding of International Seminar on National Integration: Role of Deprived and Minority Youths, JamiaMilliaIslamia, New Delhi, 1988. |
| 36. | Annual Conference of 26 <sup>th</sup> Session of Indian Academy of Applied Psychology, Calcutta, March 1988.  |

***Administrative Assignment:***

1. Coordinator RAC (2022)
2. Convener Departmental Research Committee (DRC since 2016)
3. Coordinator, Course Work, Ph.D. ( Since 2015)
4. Coordinator, CBCS, (B.A Hons/ Program) (Since 2014)
5. Assistant Superintendent of MA theory exam for academic year (2016-18)
6. Nodal Officer for NAAC, Department of Psychology, Jamia Millia Islamia, (2016).
7. Assistant superintendent of M.A Semester (Even) Theory Exam (2015)
8. Teacher-in charge Library, since 2013
9. Assistant Superintendent, Entrance Exam B. Tech, JMI, New Delhi, 29th (May 2010).
10. Assistant Superintendent, Annual examination, PGDCP, JMI, New Delhi, (2007) and (2009).
11. Identification Officer, Entrance Examination, Diploma Engineering, JMI, New Delhi, (2009).
12. Identification Officer, Entrance Examination, Senior Secondary School, JMI, New Delhi, (2009).

***MEMBER OF PROFESSIONAL BODIES***

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- Member of the international Association of Study of Pain (2017-19)
- National Academy of Psychology
- Indian Academy of Applied Psychology ((Life Member).
- Affiliate member of American Psychological Association (1988-1994).  
International Association of Cross-Cultural Psychology (1988-1994).
- International Council of Psychologists (1988-1994).

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