





## Faculty Details

Faculty Details							
	Title	Prof.	First Name	Navin	Last Name	Kumar	Photograph
Designation		Professor					
Address		Flat no. - JH 503 Amrapali Village, Nyay Khand-2 Indirapuram Ghaziabad -201010					
Phone No Office		+919213399438					
Email/ Web-Page		navinbrac@yahoo.co.in					
Educational Qualifications							
Degree		Institution				Year	
Ph.D.		Department of Psychology, University of Delhi				2010	
Post-graduation		Department of Psychology, University of Delhi				1991	
Graduation		Patna University				1989	
Career Profile							
Twenty- seven years of experience teaching Under Graduate, Postgraduate and PhD students at the University of Delhi.							
Administrative Assignments							
Areas of Interest / Specialization							
Media psychology, Social psychology, Qualitative research, Indian psychology, Positive psychology, Criminal Psychology, Counselling Psychology							
Subjects Taught							
<ul style="list-style-type: none"><li>● Mass Media and Qualitative Research, Department of Psychology, DDU Gorakhpur University.</li><li>● Special lectures on qualitative research methods to Ph.D. scholars of 2018 batch during course work, National Law University, New Delhi.</li><li>● Pre Ph.D.-Course work on Research Methods, 2016- 17 &amp; 2017-18, 2018-19, 2019-20, 2020-21, 2022-23, 2023-2024 and continued, Department of Psychology, University of Delhi.</li><li>● M.A. (Previous and Final) students of south-campus, University of Delhi, 2009-2013.</li><li>● M.Com. Students of University of Delhi, South Campus, 1999- 2001.</li><li>● B.A. (Hons.) Applied Psychology, Dr. B R Ambedkar College, University of Delhi, 2006 onwards continued.</li></ul>							

## Research Guidance

**31 PhD were supervised and Co supervised out of which 25 PhD's awarded and 6 are ongoing.**

### **11 AWARDED Ph.D.'s AS SUPERVISOR**

1. PhD awarded under my sole supervision on the topic "A Psycho- Social Study of Mass Media Process and Its Impact on Well- Being" of researcher Sunil Gupta (2012) from University of Delhi.
2. Ph.D. awarded under my sole supervision on the topic "A psycho – social Study of Virtual Reality & Actual Reality and its impact on Well- Being" of Researcher Ravi Bhusan (2012), University of Delhi. July 2019.
3. PhD awarded under my sole supervision on the topic "A Psycho-Social study of Social Media Users: Explorations into Self and Well-being of Indian Youth" of researcher Anand Shankar (2020) from University of Delhi.
4. Ph.D. awarded under my sole supervision on the topic "An Exploration into Online Prosocial Behaviour: A study of Help Giving and Moral Courage among Social Media Users" by researcher Swati Saharan (2014), University of Delhi. September 2021.
5. Ph.D. Awarded on the topic "Emerging Adulthood" by the researcher Nisha under my supervision, (2016), University of Delhi. November 2021
6. Ph.D. Awarded under my sole supervision on the topic "A Psycho- Social Study of Media Ecology: An Exploration into Self- Concept and Personality development of Children" by researcher Priyam Sharma, 2016, University of Delhi. October 2021
7. Ph.D. awarded on 29 th April 2022 of Siddharth Sagar on the topic of "An exploration into excessive use of social media and symptoms of psychiatry disorder", University of Delhi, 2019 on 29 th April 2022.
8. Ph.D. awarded on the topic "Development of Self-help Guide for Management of Psychological Distress in Polycystic Ovary Syndrome", of the researcher Ashima Narula, Enrolment no. - A1508119003, 12th November, 2022.
9. Ph.D. awarded to Sanchita Singh at University of Delhi as guide on the topic "A study of Problematic internet and self-esteem among adolescents: An exploration into the impact of Sahaja Yoga Meditation" May, 2023.
10. Ph.D. awarded to Ms. Olivia Kakati at University of Delhi on the topic "Cyber ecosystems and Alienation: Psychosocial Implications for Adolescents and Young adults", March 2024.
11. Ph.D. awarded to Ms. Avani Ratan at University of Delhi on the topic "A psychological Study of Adolescents Social Media Usage and Dependency: Examining the role of Spiritual Interventions", 5th June 2025

### **15 Ph.D. AWARDED AS CO-SUPERVISOR**

1. Ph.D. awarded as Co-Guide on the topic "Life orientation, work environment and organizational justice as predictor of organizational commitment" of the researcher Shivangi Kaul, Amity University, Noida.
2. Ph.D. awarded as Co – Guide on the topic "Impact of Bullying on Adolescents: Unravelling the psyche of victims of Bullying" of researcher Bushra Faraz (2013), Jamia Millia Islamia. November 2020.

3. Ph.D. awarded as co guide on the topic “Marital Adjustment and quality of life among single career and double career working couples” of researcher Ishita Mukerji (2013), Amity University, Noida.
4. Ph.D. awarded to Unmana Dutta at Amity University as a co-guide on the topic “Life scripts, resilience, personal control and forgiveness among acid attack survivors, Reg Np: A1508119009, 19 July 2019.
5. Ph.D. awarded as co guide on the topic “Anasakti and Forgiveness as Predictors of Marital Quality and Meaning in Life” of researcher Garima Tuli, Amity University. July 2021
6. Ph.D. awarded under my co-supervision on the topic “Empathy and Resilience management of Bullying behaviour of Adolescents” of researcher Anshika Puri, Amity University.
7. Ph.D. awarded under my Co-supervision on the topic “Indian positive psychological interventions for wisdom and Resilience” of the researcher Kulpreet Kaur, Amity University, Noida. September 2022
8. Ph.D. awarded under my co-supervisor on the topic “A Psychosocial Study of organizational culture and Empowering leadership: Evaluating its impact on Psychosocial Wellbeing” of researcher Simran Singh, September, 2022, University Enrolment No.-A1508117002.
9. Ph.D. awarded of Simrat at Amity University as co-guide on the topic “Effect of resilience-based intervention on self-concept, cognitive flexibility, gratitude and guilt among adolescents”, November, 2022.
10. Ph.D. awarded to Saumya at Amity University as a co-guide on the topic “Parenting is the new Millennium: Explorations and model construction from a psycho-social perspective”.
11. Ph.D. awarded to Santwana Mani at Amity University as a co-guide on the topic “The effect of Mindfulness integrated Cognitive Behavioural Therapy on Emotional Regulation and Impulsivity among Adolescents” February, 2024.
12. Ph.D awarded to Ms. Akshita at Amity University as a co-guide on the topic “A Psychological Study of Problematic Internet Use: Evaluating its Impact on Self-esteem and Social Connectedness among Young Adults” April, 2024.
13. Ph.D awarded to Mr. Rohan Rawat at Amity University as a co-guide on the topic “ Ashavattv: Content analysis and modelling”, April 2024.
14. Ph.D. awarded to Ms. Sana Kapur at Amity University as a co-guide on the topic “The Effect of MiCBT on Emotion-regulation and Impulsivity among Adolescents”, February 2024
15. Ph.D. awarded to Ms. Garima Patwari as a co-supervisor on the topic “ Communication Model: Tool for enhancing positive emotion and engagement among secondary level students” 8th April 2025, Amity University.

### **3 ONGOING Ph.D. AS SUPERVISOR**

1. Supervising Ph.D. work on the topic “Understanding Family Dynamics and Internet Addiction Amongst the Indian Adolescents” of researcher Vimanshi Solanki, 2019.
2. Supervising Ph.D. under my sole supervision on the topic “Exploring Sports Coaching Philosophy in The Indian Context” of researcher M Khyothunglo Humtsoe, 7th November 2023, Delhi University.

- Supervising Ph.D. work on the topic “Exploring the Experiences of Tribal Women Migrants: A Psycho-Social Study of Migration and Identity” of researcher Ms. Rose Christina Topno, 2025.

### 3 ONGOING Ph.D. AS CO- SUPERVISOR

- Supervising Ph.D. as a co-supervisor on the topic “ Interplay of marital goals, Psychological hardiness, social support and spiritual quotient with marital satisfaction and emotional divorce” by researcher Gareeshma Tewatia, 18th August, 2023, Amity University.
- Supervising Ph.D. as a co-supervisor on the topic “ Information overload, Social Media addiction and personality characteristics on symptoms of Dissociation among adolescents” by researcher Yashaushwani Bakshi, 18th August 2023, Amity University.
- Supervising Ph.D. as a co-supervisor on the topic “ Coping styles, family environment, perceived social support and relationship quality among congruent and in congruent personality couples” by researcher Akanksha Mendiratta, 18th August 2022, Amity University.

### RESEARCH ADVISOR SUPERVISION

- Supervising P.h.D. work as a research advisor of Mr. Anupam Pandey on the topic “Feeling of Injustice among Caste groups in India: Sources, Mediators and Consequences” Reg. Date: 4 th January 2018.
- Supervising P.h.D. work as a research advisor of Ms. Saumya Singh on the topic “Psychological Concomitants of Grit among Indian college students” Reg. Date: 7 th January 2019.
- Supervising Ph.D. work as a research advisor of Ms. Omisha Sangeet on the topic “Impact of Single Parenthood on Adolescents and Young Adults: A Psycho-Social Study”. Reg. Date: 10 th August 2020.
- Supervising Ph.D. work as a research advisor of Mr. Khamsuanmung Tonsing on the topic “Resilience and Self Compassion in Survivors of Abuse: A Guide to Well-Being”. Reg. Date: 10 th August 2020
- Supervising Ph.D. work as a research advisor of Ms. Ayesha Iqra on the topic “ The Influence of Social Media on Self- Discrepancy: Investigating How Instagram Usage Affects Adolescent’s Self-Concept in Terms of Ideal Self-Representation and Perceived Gaps Between Ideal and Actual Self. Reg. Date: 4 th October 2023.

### Publications Profile

- Kakati, O., & Kumar, N., (2024). Digital Worlds and Disconnected Selves: Exploring Alienation in Adolescents and Young Adults. *African Journal of Biomedical Research*, 27(4S), 9681-9692 (Scopus Indexed Journal) Link: <https://doi.org/10.53555/AJBR.v27i4S.5523>
- Kakati, O., Udah, H., Kumar, N., & Udah, C. (2025). Circular Migration, Resilience, Suffering, and Trauma: Understanding the Experiences of Survivors of Assam Floods in India. *Journal of Asian and African Studies*, 00219096251318258 (Scopus Indexed Journal) Link: <https://journals.sagepub.com/doi/full/10.1177/00219096251318258>
- Mani, S., Sharma, R., Kumar, N. (2025). Impact of Cultural Diversity on Psychological Well-Being and Subjective Happiness in an Indian Context. In: Pon Selvan, C., Sehgal, N., Ruhela, S., Rizvi, N.U. (eds) *International Conference on Innovation, Sustainability, and Applied Sciences. ICISAS 2023. Signals and Communication Technology*. Springer, Cham (Scopus Indexed Journal). Link: [https://doi.org/10.1007/978-3-031-68952-9\\_71](https://doi.org/10.1007/978-3-031-68952-9_71)
- Singh, S., Kumar, N., & Reddy, A. S. (2025). Lived Experiences of Problematic Internet Use Among Male Adolescents: A Qualitative Study. *Journal of Indian Association for Child and Adolescent Mental Health*,

09731342241312011 (Scopus Indexed Journal) Link:

<https://journals.sagepub.com/doi/full/10.1177/09731342241312011>

5. Olivia Kakati et al. (2024), Technology Mediated Pedagogy: Implications for Alienation Amongst Higher Education Students, *Educational Administration: Theory and Practice*, 30(1), 5426 -5441Doi: 10.53555/kuey.v30i1.9005. (Scopus Indexed Journal) Link: <https://kuey.net/index.php/kuey/article/view/9005/6832>
6. Ratan, A., & Kumar, N. (2024). Psychological Study on Examining the Role of Metta Meditation on Adolescent's Social Media Dependency. *International Journal of Research and Analytical Reviews*, 11(4), IJRAR24D3368 Link: [https://ijrar.org/viewfull.php?&p\\_id=IJRAR24D3368](https://ijrar.org/viewfull.php?&p_id=IJRAR24D3368)
7. Kumar, N., Bhateja, O., & Singh, A. P. (2024). The Psychology of the Bhagavad Gita: Understanding the Dynamics of Suffering and healing. *Journal of Spirituality in Mental Health*, 1-19. (Scopus Indexed Journal) Link: <https://www.tandfonline.com/doi/epub/10.1080/19349637.2024.2364660?needAccess=true>
8. Akshita, Sharma, R., Kumar, N. "Exploring Gender Difference between Problematic Internet Use and Social Interactional Anxiety Among Young Adults." *Boletin de Literatura Oral-The Literary Journal* 10, no. 1 (2023): 747-752.
9. Rawat, R., Mahapatra, M., & Kumar, N. (2023). Are We Done Yet? Psychological and Remedial Impact of Optimism on COVID-19 Fear and Perceived Stress. *Journal for ReAttach Therapy and Developmental Diversities*, 6(10s), 144-150. (Scopus Indexed Journal). Link: <https://jrtdd.com/index.php/journal/article/view/1088>
10. Sharma, S., Singh, S., & Kumar, N. (2022). The New Millennium Family Functioning and Health of Generation Z: From a Socioconstructivist Perspective. *Journal of Indian Association for Child and*, 18(4), 337. (Scopus Indexed Journal). Link: <https://journals.sagepub.com/doi/full/10.1177/09731342231161473>
11. Singh, S., Mahapatra, M., & Kumar, N. (2022). Empowering leadership and Organizational culture: Collective influence on Employee Flourishing. *International Journal of Health Science*. 6(SI),2983-2993. (Scopus indexed journal). Link: <https://doi.org/10.53730/ijhs.v6nS1.5112>
12. Psychological Study of evaluating the Impact of Online learning on Students and Teachers published in *the International Journal of Engineering Applied Sciences and Technology* 2021, Vol. 6 (8), ISSN 2455-2143, pp 139-146. Akansha Rajkhowa and Rd. Navin Kumar.
13. Evidence of Shabad Kirtan Meditation Practice to Enrich Wisdom published in *Turkish Journal of Physiotherapy and Rehabilitation* 2021), 32 (3) ISSN 2651-4451 | e-ISSN 2651- 446X. Kulpreet Kaur, Rita Kumar, Abha Singh & Navin Kumar.
14. Indian Migrant Workers' Experience During the Covid 19 Pandemic Nationwide Lockdown published in *Journal of Asian and African Studies* (2021), vol 56 (6), 1-21. ISSN: 00219096. Navin Kumar, Hyacinth Udah, Abraham Francis, Sanchita Singh & Anica Wilson. (Sage Publication) (Scopus Indexed Journal). Link: <https://doi.org/10.1177/00219096211046278>
15. Yoga Nidra's Efficacy on Enhancing Wisdom published in *Psychology and Education* (2021), vol 58(2), 10140-10148. ISSN: 0033-3077. Kulpreet Kaur, Rita Kumar, Abha Singh & Navin Kumar
16. "Usage of Social Media and Symptoms of Attention Deficit Hyperactivity Disorder (ADHD): A cross sectional study" published in *Psychology and Education* (2021), vol 58(4), 879-887. ISSN: 0033-3077. Siddharth Sagar & Navin Kumar. (Scopus Indexed Journal). Link: <http://psychologyandeducation.net/pae/index.php/pae/article/view/4736>

17. "Adulthood is hard: Towards theorising the process of Identity Development of Women during the Transition Phase from Adolescence to Adulthood" published in *International Journal of Social Science*, 8(10-12), 413-419. ISSN: 2347-3797. Nisha & Dr Navin Kumar.
18. "Empowering leadership and Organizational Culture in Relation with Employee Wellbeing" published in *International Journal of Psychosocial Rehabilitation*, Vol 24, Issue 06, and January 2020. ISSN: 1475-7192. Simran Singh, Dr Mamta Mahapatra & Dr. Navin Kumar (2020) (Scopus indexed journal). Link: <https://doi.org/10.53730/ijhs.v6nS1.5112>
19. Bullying and its Effect on Psychological Health: Challenges and Prevention. *Journal of Advance Research in Dynamical & Control Systems*, 11(8). ISSN: 19403-023X. Anshika Puri, Dr Neelam Pandey, Dr Navin Kumar & Dr Sakshi Mehrotra (2019).
20. The Role of Detachment in a Fulfilling Marriage: Anasaktias a Predictor of Marital Quality and Meaning in Life in Indian Couples. *Journal of Advance Research in Dynamical & Control Systems*, 11(7). ISSN: 1943-023X. Garima Tuli, Dr Priyanka Tiwari, Dr Navin Kumar & Dr Sakshi Mehrotra (2019).
21. Understanding the Difficulties of Leading Through Experiential Exercise, published in *Scholarly Research Journal for Interdisciplinary Studies*, Vol 4, issue 31. ISSN: 2454- 342x. Anand Shankar, Nistha Jain & Dr Navin Kumar. (2017)
22. "An Experiential study on Negotiation: Exploring communication and related factors", published in *Veethika*, 3(2), Apr – Jun, 2017. ISSN: 2278- 8808. Anand Shankar, Nistha Jain & Dr Navin Kumar. (2017)
23. Reciprocal Altruism and psychological sources of will and its impact on military psychology", published in *IAHRW International Journal of Social Sciences Reviews*. June 2017. 145-147. ISSN -2347-3797. UGC No- 41948. Dr. Navin Kumar. (2017)
24. Exploring the Role of Spirituality on the Work Efficiency of Individuals: An Inside Perspective from Srimad Bhagvad Gita. *Journal of Centre for Reforms, Development and Justice*, 4(3). 29-41. ISSN -2250-3412. July-Sept 2016. Dr Navin Kumar. (2016).
25. Counseling for community wellbeing and happiness". *Indian Journal of Health and Wellbeing*. June 2017, 492-497. ISSN – 222-9-5356, Online ISSN- 2321-3698. Impact factor -0.47. UGC No- 42787. Dr Navin Kumar, Himanshi Bhati and Vandita Sharma. (2017)
26. Narula, A., Mahapatra M., & & kumar, d. N. Investigating compensatory health belief associated with self-efficacy in adolescents diagnosed with polycystic ovary syndrome. *International Journal of Early childhood special education* (INT-JECSE). ISSN:1308-5581. (Scopus Indexed Journal) Link: [https://www.int-jecse.net/media/article\\_pdfs/3749-3753.pdf](https://www.int-jecse.net/media/article_pdfs/3749-3753.pdf)
27. "Self – esteem and its impact on performance", published in *Indian Journal of Positive Psychology*. June 2017, 142-147. ISSN-2229-4937. UGC No- 42790. Dr Navin Kumar. (2017).
28. "A Critical analysis of social justice, collective identity, prejudice and stereotype: social and psychological perspective of the works of Dr. B. R. Ambedkar", published in *The Journal of Psyber News*, Vol 7, number 1& 2. ISSN- 09760709. UGC affiliation no-4439. Dr Navin Kumar. (2016).
29. Exploring the Realm of Positive Psychology and the Workplace with a Glimpse of Eastern Perspective. *International Journal on Spirituality and Organization Leadership*. Dec 2015. 99-124. ISSN -2320-222X. Dr. Navin Kumar. (2015).

30. "Understanding role expectations and role strain across three generations and its impact on well-being in a joint family and nuclear family: An Indian study". *Journal of Positive Psychology (JPP)*, Vol 3(2). ISSN-2249-6254. Dr. Navin Kumar. (2015).
31. "Unravelling the sources and remedies of examination stress among Indian school children". *Journal discussant*, 1 (2).19-24, ISSN-2250-3412. UGC No- 63668. July 2012. Dr. Navin Kumar. (2012)
32. "Social and Cultural Influences of Academic Success and its Impact on Life Satisfaction: An Indian Scenario". *Journal of Positive Psychology (JPP)*, I (2). 88 – 92. ISSN-2249-6254. Dr. Navin Kumar. (2012).
33. Exploring the psychology of lesser privileged. *The discussant*. 35-41. April 2014. ISSN-2250-3412. UGC No- 63668. Dr Navin Kumar. (2014)
34. Internet mediated communication and its impact on psycho-social capital". *The discussant*, 2(1). 41-45. January- March 2014. ISSN-2250-3412. UGC No- 63668. Dr Navin Kumar. (2014).
35. "Role of innovativeness and critical thinking in individual and organizational context". *The discussant*, 1(2). 62-69. April 2013. ISSN-2250-3412. UGC No- 63668. Dr. Navin Kumar. (2013)
36. "Quality of Work life as a Predictor of Psychological well-being of police Employees". *Indian Journal of Positive Psychology*, 3(4). December 2012. ISSN- 2229-4937. UGC No42790. Rekha Rani, Navin Kumar, Renu Rastogi & Pooja Garg. (2012).

#### **PUBLISHED BOOKS & CHAPTERS**

1. Kumar, N. (2022). Mental Health and Well-being: An Indian Psychology Perspective. Taylor & Francis. ISBN 9781032024479, Published December 29, 2022 by Routledge India. Link: <https://doi.org/10.4324/9781003350651>
2. Kumar, N. (2020). Media Psychology: Exploration and Application. Routledge (South Asian and International Edition), ISBN-10: 0367542331& ISBN-13: 978-0367542337, eBook ISBN: 9781003132059, Its edition. Link: <https://doi.org/10.4324/9781003132059>,
3. Kumar, N. (2021). Counselling Psychology: Indian and Western Pathways. Cengage India. ISBN-13: 978-93-90555-54-3, ISBN -10:93-90555-54-X.
4. Book Kumar, N. (2015). Criminal Psychology. LexisNexis (A Division of REED ELSEVIER India Pt. Ltd.). ISBN: 978-93-5143-423-8, Its edition
5. Author of chapter Kumar, N. (2020). Adolescents and Digital World. Springer. ISBN 978-981-16-9880-4, eBook ISBN: 978-981-16-9881-1. Link: [https://doi.org/10.1007/978-981-16-9881-1\\_11](https://doi.org/10.1007/978-981-16-9881-1_11)
6. Contributed chapters in the Book on Secondary Course in psychology (2012), NIOS Secondary level, Govt. of India.
7. Author of chapter on "Indian Approaches to Counselling" in IGNOU. <https://egyankosh.ac.in/handle/123456789/77480>.
8. Author of chapter on "Counselling and Technology" in IGNOU. <http://egyankosh.ac.in/handle/123456789/77481>.
9. Completed UGC e – PG Pathshala Project as Paper coordinator for the subject 'Criminal Psychology' (2017). National Law University, Dwarka.



10. Author of chapter on Mass Media and Crime under UGC e – PG Pathshala Project (2017).  
<http://epgp.inflibnet.ac.in/Home/ViewSubject?catid=1608>
11. Author of Chapter on ‘Social Media and Crime’ (Module 31) under UGC e- Pathshaala Project, 2017.  
<http://epgp.inflibnet.ac.in/Home/ViewSubject?catid=1608>
12. Author of chapter on ‘Cyber Crime’ (Module 32) under UGC e – PG Pathshala Project (2017).  
<http://epgp.inflibnet.ac.in/Home/ViewSubject?catid=1608>
13. Reviewed 5 chapters including 19 modules for the subject ‘Criminal Psychology’ under UGC e – Pathshala Project, National Law University, 2017.

#### Conference / Presentations /Workshops

#### University Conference and Invited Talks

##### 2025

- NCERT, Manodarpan Initiative: *Resource Person for Workshop on Development of Capacity-building Course for Teachers and Administrators on Emerging Mental Health Concerns of School-going Students*, 24–25 June 2025
- Central University of Haryana: *Two lectures on “Trans-disciplinary Research, Inter-disciplinary Research” and “Publication of Category A, B, C or High Impact Journal”*, 15 April 2025
- SRM University, Sonipat: *The Power of Inquiry: An Introduction to Research*, 1 April 2025
- Keshav Mahavidyalaya, University of Delhi: *Adapting in the Digital Era: Understanding the Human Factor*, 19 March 2025
- Ramanujan College, University of Delhi (UGC-MMTTC): *Resource Person, Online NEP Orientation Training Programme, “Psychological Capital and its Implications for Excellence in Education”*, 18 March 2025.
- OP Jindal University, Sonipat, Haryana: *Internet Paradox: Bridging Connections While Deepening Disconnections*, 4 March 2025
- Nagaland University, Kohima: *Social Harmony and Resilience: An Indian Psychology Perspective*, 26 February 2025
- NERIE, Shillong: *Integration of Teachers as Guidance Functionaries: An Indian Psychology Perspective*, 21 February 2025
- Christ University, Delhi: *Data Colonialism and the Emergence of Surveillance Society: Issues and Challenges*, 17 February 2025
- Baba Saheb Bhim Rao Ambedkar Central University, Lucknow: *Understanding the Implications of Technology on Mental Health and Well-being of Youth*, 14 February 2025
- Lady Shri Ram College, University of Delhi: *Personality and Birth Cohort: Do Generations Make a Difference?*, 8 February 2025
- Guwahati University, Assam (ICSSR): *Internet Dependence Among Youth: Issues, Challenges, Management and Prevention*, 30 January 2025
- Rajiv Gandhi Central University, Arunachal Pradesh: *Qualitative Research in Behavioural Sciences: Issues and Challenges*, 23 January 2025
- Dibrugarh University, Assam (ICSSR): *Ecology and Mental Health*, 22 January 2025

##### 2024

- Central University of Haryana (ICSSR): *Qualitative Research Methods*, 26 December 2024
- CBSE, Delhi: *Understanding Psychological Issues of Adolescents*, 21 December 2024



- Institute of Engineering and Technology, Lucknow: Mantra for Success in Life: Bhagavad Gita Perspective, 17 December 2024
- Christ University, Delhi: Stereotypes and Barriers to Inter-Generational Bonding, 13 December 2024
- National University of Educational Planning & Administration, Delhi: Psychological Dimensions of Gendered Violence, 12 December 2024
- De Paul Institute of Science & Technology, Kochi: Emotional Well-Being, 4 December 2024
- Indraprastha College for Women, University of Delhi: Mental Health and Well-being, 27 November 2024
- Magadh Mahila College, Patna University: Reflections on Identity, Privacy, Trust and Disclosure, 25 November 2024
- Mahatma Gandhi Kashi Vidyapeeth, Varanasi: Suffering and Healing from Indian Psychology Perspective, 22 November 2024
- Aryabhatta College, University of Delhi: Mental Health and Well-being, 14 November 2024
- Cambridge School, Srinivaspuri: Emotional Intelligence, 24 October 2024
- SGT University, Gurugram: Quantitative Research Methods, 28 September 2024
- Banyan Tree School, Lodhi Road: Innovative Pedagogy Methods, 17 September 2024
- Mata Sundri College, University of Delhi: Realms of Mass Media and Its Cultural Effects, 10 September 2024
- Central University of Haryana, Mahendragarh: International Yoga Day, 21 June 2024
- G L Bajaj Institute of Management, Greater Noida: Mental Health and Well-Being of Youth (with Shri Gaur Gopal Das), 30 May 2024
- OP Jindal School of Psychology & Counselling: The Essence of Qualitative Research: Unveiling the 'Why' and 'How', 18 April 2024
- HSS-ICON 24, BITS Pilani: Work Life Balance: Karma Theory Perspective, 24 February 2024
- UGC-MMTTC, JNU: Faculty Induction Programme, 14 February 2024
- International Conference, SGT University: Higher Education and Career Perspectives in Psychology, 18 January 2024

## 2023

- D.D. Kosambi School of Social Sciences and Behavioural Studies, Goa University: Quality Research Methods, 14 December 2023
- University of Rajasthan, Jaipur: Spirituality and Self-Enhancement: An Indian Perspective, 7 December 2023
- Hopetown Girl's School, Dehradun: Two-Day Psychology Workshop, 13 October 2023
- Central University of Haryana, Mahendragarh: Work Life Balance and Women, 13 October 2023
- UGC-HRDC, Goa University: Mass Media: Psycho-Social and Cultural Implications, 1 August 2023
- Jain University, Bangalore: Cyber Ecology and Its Implications for Adolescents and Youth, 3 July 2023
- Meera Girl's College, Udaipur: Mental Health and Well-being: A Bhagavad Gita Perspective, 29 April 2023

### Invited Talks for Paramilitary Forces

## 2025

- RAF Academy for Public Order, CRPF, Meerut: *Lectures on "Media Management" and "Mob Psychology" for RAF Conversion Training for GOs (AC to 2-1/C)*, 3 July 2025
- National Institute of Defence Estate: Role of Emotional Intelligence in Effective Administration, 13 February 2025

## **2024**

- SHOs of Delhi Police Academy, Rajendra Nagar: Stress Management, 18 October 2024
- CRPF Academy, Gurugram: Mental Health and Well-Being, 11 October 2024
- NCC Cadets, SRM University, Sonapat, Haryana: Cultivating the Leadership Within: Karma Theory Perspective, 16 July 2024
- Directorate of Vigilance & Anti-Corruption, Assam, Guwahati: Stress Management for Officers, 12 February 2024

## **2023**

- Police Training School, Dwarka: The Happiness Module (Five-day training programme), 10–14 June 2023
- ACP & Sub-Inspectors Training, Jharoda Kalan, New Delhi: Stress Management, 17 June 2023
- Civil Accounts Services Officers, Defence Railway Audit: Communication Effectiveness, 15 May 2023
- CRPF Officers, Mount Abu: Leadership and Emotional Intelligence (Training for Commandant to IG), 28 April 2023
- RAF Academy, CRPF, Vedvyas Puri, Meerut: Gender Sensitization Course, 1 April 2023

## **2022**

- Delhi Police Academy, Rajinder Nagar, New Delhi: Police Stress Management, Gender Sensitization & Soft Skills, 17 October 2022
- Paramilitary Personnel Training at CISF, Behror: Stress Management and Psychological Well-being, 16 October 2022
- RAF Academy: Mob Psychology, 17 July 2022
- Delhi Police Academy, Rajendra, New Delhi: Stress and Time Management for Inspectors, 24 July 2022
- CISF Academy, Delhi: CISF Officers at Mahipalpur, 11 April 2022

## **2020 and Earlier**

- Zimbabwe Police Force at CRPF Training Centre, Meerut: Mob Psychology During Riots, 7 March 2020

### **Invited Talks for Public Sector Undertakings (PSUs)**

#### **2024**

- ONGC Academy, Dehradun: Mental Health and Well-being, 29 October 2024

#### **2022**

- Power Grid, Officers Training: Effective Communication Among Employees, 20 November 2022
- Power Grid, AGM, DGM: Media Origins of Stress, Karma Theory of Creativity and Psycho-social Wellbeing: An Indian Perspective, 7 August 2022

### **Corporate and Other Institutional Talks**

#### **2024**

- Zee Bharat: Adolescents Issues, 30 November 2024
- Zee Bharat: Parenting, 16 November 2024

- Zee Bharat: Social Media: Connection to Addiction, 9 November 2024
- Zee Bharat: Mental Health and Well-Being, 2 November 2024
- Zee Bharat: UPSC Exams, Live Discussion, 19 October 2024
- Embassy of Chile in India, Delhi: Psychological Issues Related to Human Trafficking, 30 July 2024

## **2023**

- Bharat Electronics Limited, Ministry of Defence, Kotdwar, Uttarakhand: Stress Management for Officers, 28 October 2023

## **2019 and Earlier**

- Periyar Tiger Reserve Park, Kerala Forest Department: Social Media: Impact on Human Behaviour & Society, 20 June 2019
- Vishwa Yuva Kendra (Bachpan Bachao Andolan), New Delhi: Technological Development, 20 November 2018
- ICPAS 2016: Positive Schooling, 16 January 2016
- IIIrd H.R. Meets, Work Psychology and Human Resource Forum: Motivation and Human Research: Resourceful Human's New Mantra, 26 February 2006

## **Conferences – Keynote Addresses**

- Department of Psychology, Meerut College, Meerut: Health and Wellness in Changing Environment (National Seminar), 26 March 2023
- Chaudhary Ranbir Singh University, Jind: Research and Publication Ethics (Chairperson, National Seminar), 13 March 2023
- IGNOU, Baba Saheb Ambedkar Convention Centre: Significance of Counselling and Its Resources for SDGs (Keynote, International Conference), 2–3 February 2023
- University of Delhi & Indian Institute of Psychology, Vigyan Bhawan: International Conference (Keynote & Session Chair), 18 February 2023
- Aditi Mahavidyalaya, University of Delhi: Reconnaissance of Resilience, Re-emergence, Strengthening, Re-building of the Nation (Keynote, National Conference), 19–20 January 2023
- Aryabhatta College, University of Delhi: Vishwa Guru Bharat (Keynote, National Seminar), 13–14 December 2022
- DePaul Institute, Kerala & James Cook University, Australia: Mass Media and Mental Health Stigma (Keynote, International Conference), 7–8 December 2022
- Gautam Buddha University, Greater Noida: Internet Addiction Among Adolescents and Implications for Well-being (Keynote, International Conference), 24 December 2022
- DIT University, Dehradun & Debre Tabor University, Ethiopia: Being Alone Together: Decoding the Paradox of Cyberspace (Keynote, International Conference), 10 November 2022
- ICIAHP: Chairperson, Scientific Session, 28 November 2021
- Amity University, Noida: Positive Childhood and Positive Parenting (National Seminar), 13 October 2019
- Ramanujan College: Implications of Social Media Technology (National Seminar), 20 September 2019
- AIIMS, Delhi (AGI Conference): Psychosocial Wellness of Aged Persons from an Intergenerational Perspective, 17 August 2019
- Shyama Prasad Mukherji College for Women, Delhi: Social Media and National Integration (National Seminar), 31 July 2019
- AIIMS, New Delhi: Aging as a Dialectic of Loss & Gain (International Conference), 16 November 2018

- Aligarh Muslim University: Role of Skill India in Promoting Self–Employment (ICSSR National Seminar), 10 March 2018
- Bharti College, New Delhi: Media and Family Well-being (International Conference), 21 February 2018
- IIT Delhi: Towards a Psychology of Social Change (National Seminar), 13 January 2018
- Lucknow University: Role of Ethics in Governance (International Conference), 8 April 2017
- Amity University, Noida: Positive Psychology (National Seminar), 21 March 2017
- Mata Sundri College, University of Delhi: Successful Aging (National Conference), 23 September 2016
- Carmel College, Goa: Positive Psychology and the Workplace: An Eastern Perspective (National Conference), 9 January 2015
- Maniben Nanawati College, Mumbai: Positivity at the Workplace (National Conference), 7 December 2013
- Manav Rachna University, Faridabad: Career Counselling (International Conference), 27 March 2013
- Delhi University: Psychological Perspective of Human Rights (International Conference), 23 December 2012
- Defence Institute of Psychology Research: Reciprocal Altruism & Will Power (International Conference), 12 March 2011
- Delhi University Conference Centre: ABC of Managing Organizations by Values (National Conference), 5 September 2010
- Bangalore University (NAOP Conference): Antisocial, Unsocial and Prosocial Effects of Media Content, 6 March 2010
- Deshbandhu College, India International Centre, Delhi: Ethical Leadership: Historical and Contemporary Perspective (National Seminar), 16 February 2010
- S.S.N. College, University of Delhi: Environment and Behaviour (International Conference), 5 September 2008
- Bhim Rao Ambedkar College, University of Delhi: Social Justice, Collective Identity, Marginality and Dr. B.R. Ambedkar (National Seminar), 26 September 2008
- GYNAE PAEDIACON (National Conference): Psychology of Parenting, 14 October 2007
- V.B.S. Purvanchal University, Jaipur: Psychological Aspect of Leadership (National Seminar), 22 April 2006
- VBS Paranuchal University, Jaipur: Organizational Culture (National Seminar), 23 September 2005

#### **Webinars**

- UGC-MMTTC, JNU: Faculty Induction Programme, 12 December 2023
- Department of Psychology, DDU Gorakhpur University: Research Methodology (Mass Media and Qualitative Research), 4–10 October 2023
- Bureau of Police Research and Development, Ministry of Home Affairs: Social Media and Attention Deficit Disorder (IPS Officers), 27 June 2023
- RAF Induction Training, Vedvyaspuri, Meerut, UP: Mob Psychology, 8 June 2022
- Delhi Police Academy, Rajender Nagar, New Delhi: Understanding Stress and Self-Relaxation Techniques, 21 June 2022
- Delhi Police Academy, Rajender Nagar, New Delhi: Time Management: Identifying and Controlling Time Wasters, 21 June 2022
- Vivekananda College, University of Delhi: Psychology and Media: Societal and Cultural Implications, 19 April 2021
- Gargi College: Mental Well-being (Virtual Interactive Session), 6 March 2021
- C.M. College, LMU, Darbhanga, Bihar: Fostering Mental Health (Webinar), 16–19 September 2020
- Athiya Eshonaa & LISPA, Assam: Mental Hygiene and Healthy Lifestyle (International Webinar), 8 August 2020

<ul style="list-style-type: none"> <li>● Shaheed Bhagat Singh College of Education: Strategic Framework for Post Covid-19 Education (International Webinar), 12 July 2020</li> <li>● Ramanujan College, DU: Understanding the Dynamics of Suffering and Healing (Induction Program), 8 July 2020</li> <li>● Central University of Haryana: Bhagavad Gita and Counselling (National Webinar), 24 June 2020</li> <li>● Manav Rachna International Institutes of Research and Studies, Faridabad: Mental Health During Lockdown (Webinar), 15 May 2020</li> </ul>
<b>Research Projects (Major Grants/Research Collaboration)</b>
<ul style="list-style-type: none"> <li>● Completed a collaborative learning project of Delhi Police, 2018- 2019.</li> <li>● Completed ICSSR major research project as Project Director titled “Personality Trait Structure and Taxonomy of Hindi Speaking Indians: A Psycho lexical Approach” (2013- 2015).</li> <li>● Completed a Major Research Project of U.G.C. on the topic “Employability of Vocational Education Students.” As an Investigator.</li> <li>● Completed innovative research project, “Growing under the shadow of Media: Explorations into family lives &amp; Psychosocial well-being”, as main investigator from Delhi University (2012-2013).</li> </ul>
<b>Awards and Distinctions</b>
<ul style="list-style-type: none"> <li>● <b>Felicitated by Delhi Police Department for working on “Collaborative Learning Project of Delhi Police” at Delhi police training centre, 13th March 2019.</b></li> </ul>
<b>Association With Professional Bodies</b>
<ul style="list-style-type: none"> <li>● <b>Resource person as an expert for Faculty Induction Programme at University of Delhi.</b></li> <li>● <b>Review Committee member, Francis and Taylor publications.</b></li> <li>● <b>Review Committee member, Sage Journal, 2018.</b></li> <li>● <b>Executive editor, Journal of Positive Psychology. (ISSN- 2249-6254)</b></li> <li>● <b>Executive editor, Academia: An international multidisciplinary journal. (ISSN - 23950161).</b></li> <li>● <b>Member, Editorial Advisory Board, The Learning Curve, Psychology journal of Lady Shri Ram College. (ISSN – 2321 -7057)</b></li> <li>● <b>Life member NAOP.</b></li> <li>● <b>Life member Indian Science Congress.</b></li> <li>● <b>Life member of Indian Association of Positive Psychology.</b></li> <li>● <b>Life member of Indian Career Development Association.</b></li> <li>● <b>Member Journal Review Committee (Carmel College. Goa)</b></li> <li>● <b>Member Area Advisory Board (Amity University, Noida)\</b></li> <li>● <b>Member expert Committee of ICSSR.</b></li> </ul>
<b>Other Activities</b>

Signature of Faculty Member

- You are also requested to also give your complete resume as a DOC and PDF file to be attached as a link on your faculty page.