




ZAKIR HUSAIN DELHI COLLEGE
(University of Delhi)

Faculty Details

(Please Fill the form and Email it to website@zh.du.ac.in)

Title – Dr.	First Name – Ritu	Last Name – Aggarwal	Photograph
Designation	Assistant Professor		
Address	101/32-B, Shree Ganesh Complex, Veer Savarkar Block, Shakarpur, Delhi - 110092		
Phone Number	Office	-	
	Residence	-	
	Mobile	9711192050	
Email Id	rituatharva2002@gmail.com ritu.aggarwal@zh.du.ac.in		
Web Page			

Educational Qualification

Degree	Institution	Year
B.A	Agra University	1988
M.A	Agra University	1990
B.Ed.	MD University, Rohtak	2012
Ph.D	Agra University	31.12.1994

Career Profile

- | | |
|---|--------------------------|
| 1) Assistant Professor | 24/01/2024 to date |
| Department of Psychology, Zakir Husain Delhi College, University of Delhi, for teaching undergraduate students of Psychology | |
| 2) Assistant Professor (Ad-hoc) | 24/02/2015 to 23/01/2024 |
| Department of Psychology, Dr. Bhim Rao Ambedkar College, University of Delhi, for teaching undergraduate students of Psychology | |
| 3) Course Coordinator at Harprasad Institute of Behavioural Sciences (HIBS) | 2009-2015 |
| 4) Psychological Counsellor at Extramarks Education Private Ltd. | 11/02/2013 to 05/12/2013 |

5) Assistant Professor (Ad-hoc)

22/08/2002 to 22/12/2008

Department of Psychology, Aditi Mahavidyalaya, University of Delhi, for teaching undergraduate students of Psychology

6) Family Counsellor at National Federation of Indian Women

15/05/1998 to 31/08/1999

7) Counsellor at Jagrit Samaj

01/08/1995 to 30/09/1996

Administrative Assignments

S. No	Year	Nature of Activity	Designation	Institution/Department	Period	
					From	To
1.	<u>2019 - 2020</u>	Student Counselling	Member	BRAC, DU	July 2019	June, 2020
2.		Part of the “Student Discipline Committee”	Member	BRAC, DU	July 2019	June, 2020
3.		Part of the “Cultural Committee”	Member	BRAC, DU	July 2019	June, 2020
4.		Part of the “Admission Committee”	Member	BRAC, DU	July 2019	June, 2020
5.		Part of the “Sports Committee”	Member	BRAC, DU	July 2019	June, 2020
1.	<u>2020 – 2021</u>	International Yoga Day	Coordinator	BRAC, DU	17 th June 2021	21 st June 2021
2.		Student Counselling	Member	BRAC, DU	July 2020	June 2021
3.		Organized as the Co – Convenor of the ceremony named “Azadi Ka Amrut Mohotsav”	Co – Convenor	BRAC, DU	11 th Febr uary, 2021	11 th Februa ry, 2021
1	<u>2021- 2022</u>	Student Counselling	Member	BRAC, DU	July 2021	June, 2022
2		Chaired a Paper Presentation Session at the National Conference on “Psychology and Its Role in Human and	Chairperson	BRAC, DU	18 th April , 2022	19 th April, 2022

		Societal development				
3		Part of the “Student council Advisory Committee”	Member	BRAC, DU	June, 2021	July, 2022
4		Part of the “Verification Committee”	Member	BRAC, DU	June, 2021	July, 2022
5		Part of the “Equal Opportunity committee”	Member	BRAC, DU	June, 2021	July, 2022
6		Part of the “Central Coordination Committee”.				
1		Student Counselling	Member	BRAC, DU	July 2022	June, 2023
2		Part of the “Magazine Committee”	Co – Convener	BRAC, DU	July, 2022	June, 2023
3		Part of the “Equal opportunity cell”	Member	BRAC, DU	July, 2022	June, 2023
4		Part of the “Yoga & Gym Committee”	Member	BRAC, DU	July, 2022	June, 2023
5		Part of the “Administrative Committee”	Member	BRAC, DU	July, 2022	June, 2023
6		Part of the Cultural Committee	Member	BRAC, DU	July, 2022	June, 2023
7		Part of the “Center for Skill Development”	Member	BRAC, DU	July, 2022	June, 2023
8	<u>2022 - 2023</u>	Part of the “Hostel Management” Committee	Member	BRAC, DU	July, 2022	June, 2023
9		Part of the “Admission Committee”	Member	BRAC, DU	July, 2022	June, 2023
1		Part of the “Attendance Committee”	Member	BRAC, DU	July, 2022	June, 2023

1	Part of the “Student Council Advisory Committee”	Member	BRAC, DU	July, 2022	June, 2023
1	Part of the “Anti Ragging Committee”	Member	BRAC, DU	July, 2022	June, 2023
1	Supervised project titled “An Indian Study to Explore International Gaps in International Relationship & their Impact on the Wellbeing of Gen Z” submitted by a student named “Jasmine Pawar” of B.A (Hons.) Applied Psychology		BRAC, DU	April 2023	January, 2023
1	Supervised project titled “A Psycho Social Study of Employee Assistance programs and Its Effectiveness on Employee Well – Being in it Sector of India” submitted by a student named “Sreeshti Sharma” of B.A (Hons.) Applied Psychology		BRAC, DU	April 2023	January, 2023
1	Have been appointed as “Teacher in Charge” for the cultural event of the college.	Teacher In Charge	BRAC, DU	31 st January, 2023	1 st February, 2023
1	The Setting of Question Paper for B.A (P) Psychology; AEEC: Psychology in Education ; UPC – 62116905 for the Semester exam of November & December – 3 rd & 5 th	Convenor	Department of Psychology, BRAC, DU		

		Semester				
1		Part of the Organizing committee for “World Environment Summit 2022”	Dr. Bhim Rao Ambedkar College	15 th October, 2022	16 th October, 2022	BRAC , University of Delhi.
1	<u>2023 - 2024</u>	Student Counselling	Member	BRAC, DU	July 2023	24 th Jan, 2023
2		Part of the “Magazine Committee”	Co – Convener	BRAC, DU	July, 2023	24 January, 2024
3		Part of the “Equal opportunity cell”	Member	BRAC, DU	July, 2023	24 January, 2024
4		Part of the “Yoga & Gym Committee”	Member	BRAC, DU	July, 2023	24 January, 2024
5		Part of the “Administrative Committee”	Member	BRAC, DU	July, 2023	24 January, 2024
6		Part of the “Decoration committee”	Member	BRAC, DU	July, 2023	24 January, 2024
7		Part of the “Fabric banner, reporting and Photography committee	Member	BRAC, DU	July, 2023	24 January, 2024
8		Counselling	Coordinator	MANASTHAL, Zakir Husain Delhi College, University of Delhi	25 th January, 2024	18 th May, 2024
9		Actively worked in the maintenance of Discipline during the	Member	ZHDC, University of Delhi	4 th May, 2024	4 th May, 2024

		“Aadab Student’s Union fest”				
10		Actively worked in the maintenance of discipline and valedictory session in the science festival	Member	ZHDC, University of Delhi	4 th April, 2024	5 th April, 2024
11		Actively worked in the organizing committee and discipline committee during the MUN society function	Member	ZHDC, University of Delhi	6 th April, 2024	7 th April, 2024
		Actively involved as a Facilitator for the movie screening of “Dear Zindagi” for all the 3 rd year B.A.(H) and B.A.(P) students of psychology for practicum purpose	UG	Zakir Husain college, University of Delhi	11/03/24	11/03/24
		Actively involved as a Facilitator for the Seminar on Dementia to all the B.A.(H) and B.A.(P) students of psychology	UG	Zakir Husain college, University of Delhi	07/03/24	07/03/24

EXAMINATION DUTY DETAILS

S. No.	Year	Nature of Activity	Designation	Institution/Department	Period	
					From	To
1.	<u>2019 - 2020</u>	Examination Duty (Theory)	Evaluator	MIRANDA COLLEGE, DU	Jan, 2020	Jan, 2020
2.		Examination Duty (Practical)	Evaluator	BRAC, DU	December, 2019	January, 2020
1.		Examination Duty (theory)	Invigilator	BRAC, DU	11.12.2020	-
2.		Examination Duty (theory)	Invigilator	BRAC, DU	12.03.2021	-

3.	<u>2020 - 2021</u>	Evaluation Duty (theory)	Evaluator	University of Delhi	11.05.2020	-
4.		Evaluation Duty (theory)	Evaluator	University of Delhi	17.01.2020	-
5.		Examination and Evaluation Duty (practical)	Conducted the practical	BRAC, DU	November 2020	
6.		Examination and Evaluation Duty (practical)	Conducted the practical	BRAC , DU	March 2021	
7.		Evaluation Duty (theory)	Evaluator	BRAC, DU	June 2021	
1.	<u>2021 - 2022</u>	Evaluation Duty (Theory) – Open book Examination	Evaluator	BRAC, DU	November, 2021	December, 2021
2.		Evaluation Duty (Theory) – OBE – “Managing Stress”	Evaluator	BRAC, DU	Feb, 2022	Feb, 2022
3.		Examination Duty (Theory) - Morning	Invigilator	BRAC, DU	26.05.2022	26.05.2022
4.		Examination Duty (Theory) – Morning	Invigilator	BRAC, DU	30.05.2022	30.05.2022
5.		Examination Duty (Theory) – Morning	Invigilator	BRAC, DU	04.06.2022	04.06.2022
6.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	17.05.2022	17.05.2022
7.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	21.05.2022	21.05.2022
8.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	24.05.2022	24.05.2022
9.		Examination Duty (Theory) - Evening	Invigilator	BRAC, DU	25.05.2022	25.05.2022
10.		Examination Duty (Theory) -Evening	Invigilator	BRAC, DU	04.06.2022	04.06.2022
11.		The Setting of Question Paper for B.A (Hons) Psychology; GE 2:Psychology for Living; UPC –	Member	BRAC, DU	22 August , 2022	22 August, 2022

		12115902 for the Semester exam of November & December – 1 st / 3 rd Semester				
12.		Examination Duty (Theory) - Morning	Invigilator	BRAC, DU	August , 2022	August, 2022
13.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	August , 2022	August, 2022
14.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	August , 2022	August, 2022
1.	<u>2022 - 2023</u>	Examination Duty (Theory) - Morning	Invigilator	BRAC, DU	09.12. 2022	09.12.2 022
2.		Examination Duty (Theory) – Morning	Invigilator	BRAC, DU	29.12. 2022	29.12.2 022
3.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	12.12. 2022	12.12.2 022
4.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	22.12. 2022	22.12.2 022
5.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	28.12. 2022	28.12.2 022
6.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	31.12. 2022	31.12.2 022
7.		Examination Duty (Theory) - Morning	Invigilator	BRAC, DU	10.03. 2023	10.03.2 023
8.		Examination Duty (Theory) - Morning	Invigilator	BRAC, DU	13.03. 2023	13.03.2 023
9.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	09.03. 2023	09.03.2 023
10.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	13.03. 2023	13.03.2 023
11.		Examination Duty (Practical)	Invigilator	BRAC, DU	Januar y, 2023	April, 2023
12.		Examination Duty (Practical)	Invigilator	BRAC, DU	21.11. 2022	21.11.2 022
13.		Examination Duty (Practical)	Invigilator	BRAC, DU	06.05. 2023	06.05.2 023
14.		Examination Duty (Practical)	Invigilator	BRAC, DU	08.05. 2023	08.05.2 023
15.		Evaluation Duty (Theory)	Evaluator	University of Delhi, Aryabhata	10.01. 2023	10.01.2 023
16.		Evaluation Duty (Theory)	Evaluator	University of Delhi, Aryabhata	10.06. 2023	10.06.2 023

17.	Appointed as Internal Examiner for conduction of practical Examination for B.A for the paper “VAC”. – Sem – 1 st	Internal Examiner	Department of Psychology, BRAC, DU	25.02.2023	25.02.2023
18.	Appointed as Internal Examiner for conduction of practical Examination for B.A (P) for the paper “SEC”. – Sem – 1 st	Internal Examiner	Department of Psychology, BRAC, DU	26.02.2023	26.02.2023
19.	Appointed as External Examiner for conduction of practical Examination for B.A (P) for the paper “Statistical Method & Psychological Research”. – Sem – 4 th	External Examiner	Department of Psychology, BRAC, DU	04.05.2023	04.05.2023
20.	Appointed as Internal Examiner for conduction of practical Examination for B.A (P) for the paper “Life Span Development” – Sem- 5 th	Internal Examiner	Department of Psychology, BRAC, DU	18.11.2022	18.11.2022
21.	Appointed as Internal Examiner for conduction of practical Examination for B.A (P) for the paper “Introduction to Social Psychology” – Sem- 2 nd	Internal Examiner	Department of Psychology, BRAC, DU	10.06.2023	10.06.2023

22.	The Setting of Question Paper for B.A (Hons) Psychology; GE :Psychology for Living; UPC – 12115902 for the Semester exam of August – 2 nd Semester	Member	Department of Psychology, BRAC, DU		
23.	The Setting of Question Paper for B.A (Hons) Psychology; SEC :Communication Competence; UPC – 12113402 for the Semester exam of August – 4 th Semester	Member	Department of Psychology, BRAC, DU		
24.	The Setting of Question Paper for B.A (P) Psychology; AEEC: Psychology in Education ; UPC – 62116905 for the Semester exam of November & December – 3 rd & 5 th Semester	Convenor	Department of Psychology, BRAC, DU		
25.	The Setting of Question Paper for B.A (Hons) Psychology; SEC 1; “Stress Management”. UPC – 12113301 for the Semester exam of November & December – 1 st /3 rd Semester	Member	Department of Psychology, Faculty of Arts, University of Delhi		
26.	The Setting of Question Paper for B.A (P)	Convenor	Department of Psychology, Faculty of Arts, University of Delhi		

		Psychology; AEEC: PSY -P-05: Managing Human Resources; UPC – 62116904 for the Semester exam of May & June, 2023				
27.		The Setting of Question Paper for B.A (P) Psychology; GE- PSY-P-03: Self and Personal Growth; UPC – 62116901 for the Semester exam of May & June, 2023	Member	Department of Psychology, Faculty of Arts, University of Delhi		
28.		The Setting of Question Paper for B.A (Hons.) Applied Psychology; DSE3: Environmental Psychology (LOCF) ; UPC – 62116904 for the Semester exam of May & June – 3 rd & 5 th Semester	Member	Department of Psychology, Faculty of Arts, University of Delhi		
29.		The Setting of Question Paper for B.A (Hons) Psychology; DSE: Psychology at Work (LOCF) ; UPC – 62116908 for the Semester exam of May & June – 4 th Semester.	Member	Department of Psychology, Faculty of Arts, University of Delhi		
1.		Examination Duty (Theory) - Morning	Invigilator	BRAC, DU	21.12. 2023	21.12.2 023
2.		Examination Duty (Theory) – Morning	Invigilator	BRAC, DU	28.12. 2023	28.12.2 023
3.		Examination Duty	Invigilator	BRAC, DU	29.12.	29.12.2

		(Theory) – Morning			2023	023
4.	<u>2023 - 2024</u>	Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	20.12.2023	20.12.2023
5.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	21.12.2023	21.12.2023
6.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	22.12.2023	22.12.2023
7.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	28.12.2023	28.12.2023
8.		Examination Duty (Theory) - Morning	Invigilator	BRAC, DU	01.01.2024	01.01.2024
9.		Examination Duty (Theory) – Morning	Invigilator	BRAC, DU	03.01.2024	03.01.2024
10.		Examination Duty (Theory) – Morning	Invigilator	BRAC, DU	05.01.2024	05.01.2024
11.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	01.01.2024	01.01.2024
12.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	03.01.2024	03.01.2024
13.		Examination Duty (Theory) – Evening	Invigilator	BRAC, DU	05.01.2024	05.01.2024
14.		Evaluation Duty (Theory)	Evaluator	University of Delhi	06.01.2024	06.01.2024
15.		Evaluation Duty (Theory)	Evaluator	University of Delhi	15.01.2024	15.01.2024
16.		Appointed as Internal Examiner for conduction of practical Examination for B.A (P) for the paper “Understanding Mental Disorder”. – Sem – 3 rd	Internal Examiner	Department of Psychology, BRAC, DU	13.12.2023	13.12.2023
17.		Appointed as Internal Examiner for conduction of practical Examination for B.A (Hons.) for the paper “Living in Media World”. – Sem – 5 th	Internal Examiner	Department of Psychology, BRAC, DU	15.12.2023	15.12.2023
18.		Appointed as	Internal	Department of Psychology,	16.12.	16.12.2

		Internal Examiner for conduction of practical Examination for B.A (Hons) for the paper “Psychology of Positive Living” – Sem – 3 rd	Examiner	BRAC, DU	2023	023
19.		Appointed as Internal Examiner for conduction of practical Examination for B.A (P) for the paper “Life Span Development”. – Sem – 5 th	Internal Examiner	Department of Psychology, BRAC, DU	19.12.2023	19.12.2023
20.		The Setting of Question Paper for B.A (Hons) Psychology; GE 2:Psychology for Living; UPC – 12115902 for the Semester exam of November & December – 1 st / 3 rd Semester	Convenor	Department of Psychology, Faculty of Arts, University of Delhi		
21.		The Setting of Question Paper for B.A (Hons) Psychology; GE 3; “Abnormal Psychology”. UPC – 12115915 for the Semester exam of November & December – 1 st / 3 rd Semester	Member	Department of Psychology, Faculty of Arts, University of Delhi		
22.		The Setting of Question Paper for B.A (Hons) Applied Psychology; SEC 1; “Stress	Member	Department of Psychology, Faculty of Arts, University of Delhi		

		Management”. UPC – 12113301 for the Semester exam of November & December – 3 rd Semester				
23.		Appointed as Internal & External Examiner in the month of December for conduction of practical Examination for Skill Enhancement Course (SEC) – Personality Development and Communication and Value Addition Course (VAC) – Emotional Intelligence	Internal & External Examiner	Department of Psychology, Faculty of Arts, University of Delhi		
24.		Appointed as an External Examiner for conduction of Practical Examination for B.A.(H) for the paper Social Psychology, UPC-2112101202	External Examiner	Department of Psychology, Bharti College, University of Delhi	16/05/2 4	16/05/24
25.		Appointed as an External Examiner for conduction of Practical Examination for B.A.(P) for the paper Introduction to Social Psychology, UPC - 2112201201	External Examiner	Department of Psychology, Gargi College, University of Delhi	10/05/2 4	10/05/24
26.		Appointed as an Internal Examiner for conduction of Practical Examination for B.A.(P) for the paper Introduction to Social Psychology, UPC - 2112201201	Internal Examiner	Department of Psychology, Zakir Husain Delhi College, University of Delhi	12/05/2 4	12/05/24
27.		Appointed as an Internal Examiner for conduction of	Internal Examiner	Department of Psychology, Zakir Husain Delhi College, University of Delhi	13/05/2 4	13/05/24

		Practical Examination for B.A.(H) for the paper Social Psychology, UPC - 2112101202				
28.		Appointed as an Internal Examiner for conduction of Practical Examination for B.A.(P) for the paper Applications of Social Psychology, UPC-2112201202	Internal Examiner	Department of Psychology, Zakir Husain Delhi College, University of Delhi	14/05/24	14/05/24
29.		Supervised Dissertation of B.A.(H) Psychology, DSC-PSY-06:Project/Dissertation , UPC-12117911 for Ms. Lipakshi Badhwal (2024) Project entitled " <i>Examining the impact of idealized beauty standards on college age women's self esteem and happiness level</i> "	Supervisor	Department of Psychology, Zakir Husain Delhi College, University of Delhi	January 2024	May 2024
30.		Supervised Dissertation of B.A.(H) Psychology, DSC-PSY-06:Project/Dissertation , UPC-12117911 for Ms. Dorothea Hazarika(2024) Project entitled " <i>Exploring attitudes and perceptions of older generations towards counseling:A cross generational comparative study</i> "	Supervisor	Department of Psychology, Zakir Husain Delhi College, University of Delhi	January 2024	May 2024
31.		Practical Examination for Semester Examination	Invigilator	Department of Psychology, Zakir Husain Delhi College, University of Delhi	15/05/24	15/05/24

32.	Practical Examination for Semester Examination	Invigilator	Department of Psychology, Zakir Husain Delhi College, University of Delhi	17/05/24	17/05/24
33.	Regular and SOL Examination Duty for semester examination	Invigilator	Zakir Husain Delhi College, University of Delhi	21/05/24	4/06/24
34.	SOL Examination Duty for semester examination	Invigilator	Zakir Husain Delhi College, University of Delhi	11/02/24	11/02/24
35.	Answer Script evaluation, UPC-2112101202 (Social Psychology)	Evaluator	Evaluation Centre, Aryabhata college, University of Delhi	10/06/24	24/06/24
36.	Answer Script evaluation, UPC-2112201201 (Introduction to Social Psychology)	Evaluator	Evaluation Centre, Aryabhata college, University of Delhi	12/06/24	12/06/24
37.	The setting of Question Paper for B.A(P) Psychology; DSC: Applications of Social Psychology; UPC – 2112201202 for the semester exam of May June 2024	Convenor	Department of Psychology, Faculty of Arts, Extension Building, University of Delhi		

Areas of Interest / Specialization

Abnormal Psychology, Social Psychology and Counselling Psychology

Subjects Taught

S. No.	Year	Respective Semester	Course/ paper	Level (PG/UG)
1.	<u>2019 - 2020</u>	2020, 4 th Semester	B.A (P), “Introduction to Social Psychology”	UG
2.		2020, 2 nd Semester	B.A (Hons.), “GE”	UG
3.		2020, 4 th Semester	B.A (P), “Statistics”	UG
1.		2020, 5 th Sem	B.A. (P), “Managing Stress”	UG

2.	<u>2020 - 2021</u>	2020 , 3 rd Sem	B.A. (H), “ Stress Management”	UG
3.		2020, 1 st Sem	B.A. (H), “Applied Social Psychology”	UG
4.		2020, 5 th Sem	B.A. (P), “Statistical Methods and Research Analysis”	UG
5.		2020, 1 st Sem	B.A. (P), “Foundation of Psychology “	UG
6.		2021, 6 th Sem	B.A. (P), “ Application of Social Psychology”	UG
7.		2021, 4 th Sem	B.A.(H), “ Communication Competence”	UG
8.		2021, 4 th Sem	B.A. (P), “Managing HR”	UG
9.		2021 , 6 th Sem	B.A. (H), “Psychology at Work”	UG
10.		2021, 2 nd Sem	B.A. (P), “Introduction to Social Psychology”	UG
1	<u>2021 - 2022</u>	2021, 5 th Semester	B.A (P), “Managing Stress”	UG
1.		2021, 3 rd Semester	B.A (Hons.) “Stress Management”	UG
2.		2021, 3 rd Semester	B.A (P), “Understanding Psychological Disorder”	UG
3.		2021, 5 th semester	B.A (P), “Understanding Mental Disorder”	UG
4.		2021, 1 st Semester	B.A (P), “Foundation of Psychology”	UG
5.		2022, 2 nd Semester	B.A (Hons.), “Communication Competence”	UG
6.		2022, 4 th Semester	B.A (P), “Statical Method & Psychological Research”	UG
7.		2022, 6 th Semester	B.A (P), “Application of Social Psychology”	UG
8.	2022, 2 nd Semester	B.A (P), “Introduction of Social Psychology”	UG	

1.	<u>2022 - 2023</u>	2022, 3 rd Semester	B.A (P), “UPD”	UG
2.		2022, 3 rd Semester	B.A (Hons.), “Stress Management”	UG
3.		2022, 3 rd Semester	B.A (P), “Psychology in education”	UG
4.		2022, 3 rd Semester	B.A (P), “UPD”	UG
5.		2022, 3 rd Semester	B.A (P), “UPD”	UG
6.		2023, 2 th Semester	B.A (P), “Minor”	UG
7.		2023, 6 th Semester	B.A (P), “SEC”	UG
8.		2023, 4 th Semester	B.A (P), “GE”	UG
9.		2023, 6 th Semester	B.A (P), “LSD”	UG
1.	<u>2023 - 2024</u>	2023, 5 th Semester	B.A (P), “Psychology for Living”	UG
2.		2023, 3 rd Semester	B.A (P), “Understanding Mental Disorder”	UG
3.		2023, 5 th Semester	B.A (P), “Managing Stress ”	UG
4.		2023, 5 th Semester	B.A (P), “Life Span Development”	UG
5.		2023, 6 th Semester	B.A (P), “Psychology at Work”	UG
6.		2023, 6 th Semester	B.A (P), “Psychology at Work”	UG
7.		2023, 6 th Semester	B.A (P), “Application of Social Psychology”	UG
8.		2023, 6 th Semester	B.A (P), “Counseling Psychology”	UG
9.		2 nd Semester, 2024	B.A (H), Social Psychology	U.G
10.		2 nd Semester	B.A (P), Introduction on to social Psychology	U.G
11.		2 nd Semester, 2024	B.A (P), Application to social Psychology	U.G
12.		6 th Semester, 2024	B.A (H)/DSE – PSY-06: Project/Dissertation. (12117911), (theory) (2 students)	U.G

Research Guidance

Undergraduate Research Project Guidance :

- 1) Supervised Dorothi Hazarika (May 2024) Dissertation entitled Examining Contrasting Views on Mental Health Counselling Services : Mature Adults vs. Younger Adults.
- 2) Supervised Lipakshi Badhwal (May 2024) Dissertation entitled Examining the impact of Idealized Beauty Standards on self esteem and happiness of college going students of Delhi and NCR.
- 3) Supervised (2023) Jasmine Pawar Project entitled An Indian study to explore intergenerational gaps in interpersonal relationships and their impact on the well-being of Gen Z.
- 4) Supervised (2023) Sreeshti Sharma Project entitled A Psycho-social study of employee assistance programs and its effectiveness on employee well-being in IT sector of India

Publications Profile

S. No.	ACADMEMIC YEAR	Title of the Paper	Journal Name	Year	Vol. No.	Page No.	ISSN No.
1.	<u>2019 - 2020</u>	Indian Approaches to Stress Management	Psycho-Lingua	January , 2020	50(1)	79	0377-3132
2.	<u>2019</u>	Psychological Contribution of early (British) Associationism	Indian Journal of Psycho metry and education	Jan 2019	50(1)	7-13	0378-1003
3.	<u>2020</u>	How age and workplace environment linked with guilt proneness among both pre and early adolescents	Behavi oural Scientis t	Aug 2020	21 (2)	137-142	0972-5911
4.	<u>2019</u>	Fear vs. Assertion values and associated	AIMS journal of	JAN 2019	4 (2)	182-192	23956852

		value conflicts: A study of Adolescent children of employed and unemployed mothers	Management				
--	--	---	------------	--	--	--	--

Conference Organization/ Presentations (in the last five years)

S. No	Year	Details	Place	Period		Sponsoring/Organising Agency
				From	To	
1.	<u>2020 - 2021</u>	Member of organizing committee of International Yoga Day	BRAC, DU	17 th June 2021	21 st June 2021	Yoga Committee, BRAC, DU
		Organized as the Co – Convenor of the ceremony named “Azadi Ka Amrut Mohotsav”	Online	11 th February, 2021	11 th February, 2021	BRAC, DU
1.		Organized National Conference on “Psychology and Its Role in Human and Societal development	BRAC, University of Delhi	18 th April, 2022	19 th April, 2022	BRAC, University of Delhi
2.		Organized Post Conference Workshop for	BRAC, University of Delhi	20 th April, 2022	20 th April, 2022	BRAC, University of Delhi

	<u>2021 - 2022</u>	National Conference on “Psychology and Its Role in Human and Societal development				
3.		Chaired a Paper Presentation Session at the National Conference on “Psychology and Its Role in Human and Societal development	BRAC, DU	18 th April, 2022	19 th April, 2022	BRAC, University of Delhi
1.	<u>2022 - 2023</u>	Organized the Workshop on “Stress Management”.	Dr. Bhim Rao Ambedkar College	3 rd November, 2022	3 rd November, 2022	BRAC, University of Delhi.
2.		Organized the workshop on “Emotional Intelligence”	Dr. Bhim Rao Ambedkar College	25 th January, 2023	25 th January, 2023	BRAC, University of Delhi.
3.		Part of the Organizing committee	Dr. Bhim Rao	15 th October, 2022	16 th October, 2022	BRAC, University of Delhi.

		for “World Environment Summit 2022”	Ambedkar College			
4.		Organized a workshop on “Mind Ki Care” during Suicide Prevention Week	Dr. Bhim Rao Ambedkar College	14 th September, 2022	14 th September, 2022	Counseling Committee, Dr. Bhim Rao Ambedkar College, DU
		Actively participated in a National Seminar on “Relevance of Pandit Deen Dayal Upadhyaya’s Philosophy in Contemporary India”	Delhi	10/04/24	10/04/24	Pandit Deen Dayal Upadhyaya Study Circle, National Democratic Front, University of Delhi in collaboration with Deen Dayal Upadhyaya College, University of Delhi
	Presented Paper on the topic “Indian Approaches to Stress Management” which got published in the journal titled “Psycho-Lingua” Vol. 50 (1), UGC Approved Journal, ISSN: 0377-3132	Agra	January, 2020	January, 2020	<u>2019 -2020</u>	Bhargava Periodicals
	Participated in the “International Day of Yoga” organized on the theme “Ghar Ghar Me Yog”	Online	21 st June, 2020	21 st June, 2020		BRAC, DU

Online Teaching Learning for College Teachers and Students	Online Mode - Delhi	7 th August 2020	9 th August 2020			Bhim Rao Ambedkar College
					<u>2020 - 2021</u>	
Webinar on Gender Sensitization	Online Mode - Delhi	6 th August 2020				BRAC, DU
National Level Online Workshop	Online Mode-Delhi	6 th July 2020	12 th July 2020			National Psychological Corporation, Agra (UP) in collaboration with Central University of HP (Dharmshala)
					<u>2021 - 2022</u>	
Participated in One day Sensitization Workshop on “Transgender Act, 2019 & Transgender Rules, 2020.	Dr. Bhim Rao Ambedkar College	29 th November, 2022	29 th November, 2022			National Institute of Social Defence, MoSJE, GOI, Department of Adult, Continuing Education & Extension in collaboration with BRAC,

						University of Delhi.
	Participated in the Workshop on “Stress Management”.	Dr. Bhim Rao Ambedkar College	3 rd November, 2022	3 rd November, 2022		BRAC, University of Delhi.
	Participated in the “Mass Youth Cultural Festival” Under the District Level Yuva Utsav 2023 Program	Dr. Bhim Rao Ambedkar College	14 th June, 2023	14 th June, 2023		Nehru Yuva Kendra in collaboration with BRAC, University of Delhi
	Organized the workshop on “Emotional Intelligence”	Dr. Bhim Rao Ambedkar College	25 th January, 2023	25 th January, 2023	<u>2022 -2023</u>	BRAC, University of Delhi.
	Participated in the 27 th International & 58 th National conference on “Psychology & Technology: Shaping the World”	Vigyan Bhawan, New Delhi	15 th February, 2023	17 th February, 2023	<u>2022 -2023</u>	Department of Psychology, University of Delhi & Indian Institute of Psychology.

	“Participated in Open House Forum” on the occasion of Mental Health”	Offline	10 th October, 2020	10 th October, 2020	<u>2021 - 2022</u>	BRAC, DU
	Participated in 2 days National conference on “The Role of Psychology in Meeting Burning Problems of today” and also presented paper titled	HIBS Campus, Sikandra, AGRA - 282007	16 th April, 2022	17 th April, 2022		

“To find out the Anxiety Levels in students of age group 18-21 during Covid-19, due to online Classes.						
--	--	--	--	--	--	--

Participated in the “World Environment Summit 2021” and has presented the paper titled “Effects of Environment on Mental Health”.	Offline	1 st October 2021,2021	3 rd October, 2021	<u>2021 - 2022</u>	Guru Angad Dev Teaching Learning Center
---	---------	-----------------------------------	-------------------------------	---------------------------	---

Research Projects (Major Grants/Research Collaboration)

S.No.	Year	Title	Period		Major/Minor	Sponsoring/ Funding Agency
			From	To		
1.	2022	Home Environment and well being of adolescent students at senior secondary level: a correlational study in west Delhi	2020	ongoing	Minor	IGNOU
2.	1998	Child Labour Project	Jan 1997	Jan 1998	Major	All India Trade Union Congress
3.	1994	WHO Project	April 1994	August 1994	Major	WHO

Awards and Distinctions

S. No.	Details	Place	Period		Year	Sponsoring/ Organizing Agency
			From	To		
	Participated and obtained “Grade A+” in the Faculty Development Program titled “Developing Positive Mental Health for Teaching-Learning Environment.”	Online	25 th January, 2022	31 st January, 2022	<u>2021 - 2022</u>	Indian Psychometrics & Educational Research Association (IPERA), Patna in collaboration with Harprasad Institute of Behavioral Studies (HIBS), AGRA.
	Appointed as the coordinator for syllabus upgradation, for the course “Foundations of Psychology” for “B.A (Hons.) Applied Psychology”	Offline	March 28, 2022	March 28, 2022	<u>2022</u>	Environment and Social Development Association (ESDA) Delhi
	Won National Award in the National Conference on “Recent Changes in Social Perspectives” and presented paper entitled “Role of Psychologists in Solving Various Social Problems & Issues”.	HIBS Campus , Sikandra, AGRA - 282007	22 nd Decem ber, 2022	23 rd December, 2022		IPERA in collaboration with HIBS

Association With Professional Bodies

- 1) Life Time Member of Delhi University Women’s Association (Regd)
- 2) Faculty Member of The Indian Science Congress Association

- 3) Member of Council of behavioral Scientists
- 4) Member of Editorial Committee of Voice of Research
- 5) Part of the Working committee of Psycholinguistic association of India
- 6) Life Member of the Environment & Social Development Association

Other Activities

Online meeting for syllabus Up-gradation to discuss the implementation of the paper DSC: Understanding Mental Disorder to be taught in the “BA Prog. 3 rd Semester”, BA Hons. 4 th Semester & BA Hons. (Applied) 5 th Semester.	Online Mode – Delhi	21 st August, 2023 &	25 th August, 2023	<u>2023 - 2024</u>	Dr Bhim Rao Ambedkar College, University of Delhi.
Have Completed the NEP 2020 Orientation & Sensitization Programme under the Malaviya Mission Teacher Training Programme (MM-TTP) of UGC	University of Delhi	20 th Feb’24	29 th Feb’24		Centre for Professional Development in Higher Education (UGC-MMTTC), University of Delhi
Have completed a 4-week faculty Induction Training /Orientation Programme for Faculty in University/College/Institutions of Higher Education under the aegis of Pandit Madan	University of Delhi	27 th March’ 24	23 rd April’24	<u>2023 - 2024</u>	Teaching Learning Centre, Ramanujan college, University of Delhi

Mohan Malviya National Mission on Teachers and Teaching Scheme of the Ministry of Education						
	Faculty Development Programme	Online Mode – Delhi	27 th July 2020	31 st July 2020		Sanatan Dharma College, Ambala Cantt in collaboration with MHRD
	Online Refresher Course	Online Mode – Delhi	12 th April 2021	26 th April 2021		Ramanujan College