




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 Vishnudyutya Kumar	Last Name Punj	Photograph
Designation	Assistant Professor		
Address	Correspondence Address: C/o Mr. Chater Singh, H. No.:5/10, Swarg Ashram, Near Premanand Chowk, Kingsway Camp, Delhi - 110009. Address C/o Ms Meenakhsi, Plot No. - 9F & 9G, Kh. No. - 171, 1st Floor, Street No.-3, Wazirabad Extension, Near Kalighat, Delhi - 110084		
Phone Number	Office	NA	
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	Mobile	+91 8527414234	
Email Id	vkpunj[at]zh[dot]du[dot]ac[dot]in dyutya[dot]psychologist[at]gmail[dot]com		
Web Page	NA		
Educational Qualification			
Degree	Institution	Year	
Ph. D	University of Delhi	2023	
M. Phil. Rehabilitation Psychology	National Institute for the Mentally Handicapped (NIMH), Secunderabad, Osmania University, Hyderabad	2009	
M.A. Applied Psychology	Department of Applied Psychology, Veer Bahadur Singh Purvanchal University, Jaunpur, Uttar Pradesh	2006	
B.A.	St. Andrews College, Gorakhpur, DDU	2004	

	Gorakhpur University, Gorakhpur, Uttar Pradesh	
NET	UGC	2012

Career Profile

Assistant Professor 24/01/2024 to date
Department of Psychology, Zakir Hussain Delhi College (University of Delhi), Jawahar Lal Nehru Marg, New Delhi-110002; for teaching undergraduate students of Psychology.

Assistant Professor (Ad-hoc) 16/08/2017 to 22/01/2024
Department of Psychology, Zakir Hussain Delhi College (University of Delhi), Jawahar Lal Nehru Marg, New Delhi-110002; for teaching undergraduate students of Psychology.

Academic Counsellor (IGNOU) 07/04/2013 to till date
Vision Institute of Advanced Studies, Plot No. 4, Pocket A-1, Sector 8, Rohini, Delhi- 85; for teaching students of BA and MA in Psychology.

Guest Lecturer 03/02/2017 to 26/04/2017
Department of Psychology, Zakir Hussain Delhi College (University of Delhi), Jawahar Lal Nehru Marg, New Delhi-110002.

Guest Lecturer 24/10/2016 to 12/11/2016
Department of Psychology, Zakir Hussain Delhi College (University of Delhi), Jawahar Lal Nehru Marg, New Delhi-110002.

Academic Counsellor (IGNOU) 30/03/2013 to 31/12/2013
Vision Institute of Advanced Studies, Plot No. 4, Pocket A-1, Sector 8, Rohini, Delhi- 85; for teaching students of Post Graduate Diploma in Rehabilitation Psychology (Distance and Regular Mode)

Faculty cum Rehabilitation Psychologist Nov 2010- July 2013
Vision Institute of Advanced Studies, Plot No. 4, Pocket A-1, Sector 8, Rohini, Delhi- 85; for Diploma courses in collaboration with Indira Gandhi National Open University, Jamia Millia Islamia and Maharishi Dayanand University.

Others Qualifications:

1. Participated and completed a Two-week Online Refresher Course (IDC) on “Indian Knowledge Tradition, Ethics and Human Values” jointly offered by Zakir Husain Delhi College (Morning), University of Delhi in collaboration with UGC – Malaviya Mission Teacher Training Centre, Jawaharlal Nehru University, New Delhi from 21st January 2025 – 4th February 2025.
2. Participated and completed the One Week International Faculty Development Programme “Faculty Development Program on Free Publication of Manuscripts in Peer-Reviewed International Journal (FDP PMR 2024)” in Virtual mode Organized by the Eudoxia Research University, ERU - USA, Eudoxia Research Centre, ERC - India & European International Research Council of Eudoxia from 14 June 2024 – 22 June 2024.
3. Participated and completed the Three Days International Virtual Workshop on “Developing Research Skills, Publication Skills and Teaching Skills in the Age of

Artificial Intelligence” Jointly Organized by Lavender Literary Club, Cape Comorin Trust, India and Malaysian Industrial Relations & Human Resource Association (MIRHA), Malaysia from 05 June 2024 – 07 June 2024.

4. Participated and completed the One Week International Faculty Development Programme on “Academic Writing and Research (Multidisciplinary)” in Virtual mode Organized by the Andhra Loyola Institute of Engineering and Technology, Andhra Pradesh, India, in collaboration with Office of Internationalization, Minando State University - Sulu, Philippines, in association with Cape Comerin Trust, Tamilnadu, India from 25 May 2024 – 31st May 2024.
5. Participated and completed One Month Online “Induction Training/ Orientation Programme for Faculty in Universities/ Colleges/ Institutions of Higher Education” under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching Scheme of the Ministry of Education from 27 March – to 23 April 2024 offered by Teaching Learning Centre, Ramanujan College, University of Delhi.
6. Participated and completed One Week Online Faculty Development Programme on “NEP-2020, Orientation & Sensitization Programme” under the Malaviya Mission Teacher Training Programme (MM-TTP) of the University Grants Commission (UGC) Organized by the Centre for Professional Development in Higher Education (UGC-MMTTC), University of Delhi from 20th February 2024 – 29th February 2024.
7. One week Online National Faculty Development Programme on E-Contents and ITC Tools for Innovative and Effective Teaching & Learning Process organised by Roorkee College of Management & Computer Applications, Roorkee, Uttarakhand. Visual Note Taking organised by Chemistry Department, Zakir Husain Delhi College in collaboration with Internal Quality Assurance Cell in online mode.
8. Attended and completed a certificate course online on COVID – 19: Operational Planning Guideline and COVID – 19 Partners Platform to support country preparedness and responses organised by World Health Organizations in 2020.
9. Attended and completed a certificate course online on Competency Based Learning: Introduction, World Health Organizations in 2020.
10. Attended and completed a certificate course online on COVID – 19 – Awareness and Management, Medvarsity in 2020.
11. Attended and completed a certificate course online on nCOVID – 19 – Awareness and Prevention Programme, Apollo MedSkills, in 2020.
12. Completed certificate course in, Rural Development, IGNOU, in Distance Mode in 2008.
13. Completed certificate course in, HIV and Family Education, IGNOU in Distance Mode in 2008.

Seminars/Conferences/ Workshops Organized/Attended

1. Actively participated in national webinar on Teacher’s e-Kit: A Four quadrant Approach for Development of OERs for Higher Education organised by Guru Angad Dev Teaching Learning Centre, Sri Guru Tegh Bahadur Khalsa College, University of Delhi, under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) of Ministry of Education.
2. Actively participated in webinar titled Gaining Proficiency in Online Admission Procedures and Redressal of Students Grievances organised by Internal Quality Assurance Cell (IQAC), Janaki Devi Memorial College, University of Delhi
3. Actively participated in webinar titled Discover Emerald resources for your academic excellence and research organised by Emerald Publishing
4. Actively participated and attended the webinar on Understanding Plagiarism Detection Software Ouriginal organised by University of Delhi in association with

eGalactic, Pune

5. Actively participated in 7th session of the Distinguished Gandhi Lecture Series on the Theme Moral Cruelty: Gandhi, Dignity and Resentment organised by Gandhi Study Circle, Zakir Hussain Delhi College (University of Delhi)
6. Actively participated in Suicide Prevention: Stay Connected Stay Alive Webinar organised by Association of Rehabilitation Psychologists – India (ARPI)
7. Actively participated in State Level Webinar on Parents as Equal Partners in the Intervention Process, organised by Vision Institute of Advanced Studies, Rohini, New Delhi
8. Actively participated in a panel discussion on Children with Special Needs: Therapies and Rehabilitation, organised by Community Psychology Association of India
9. Actively attended 3G International Psychology Conference organised by 3G School of Psychology
10. Actively participated in National Level Online Quiz on Autism Awareness (Online mode) Composite Regional Centre for Skill Development, organised by Rehabilitation and Empowerment of Persons with Disability, Davangere, Karnataka.
11. Actively participated in COVID – 19 Awareness Quiz Competition, organised by Guru Nanak Khalsa College, University of Delhi
12. Genesis-Neurogen, Delhi, World Disability Day Celebration, Participant
13. Association of Rehabilitation Professional and Parents in association with National Institute for Empowerment of Persons with Multiple Disabilities, Behaviour and Sensory Perspective of Autism, Participant
14. Vision Institute for Advanced Studies in collaboration with Rehabilitation Council of India, In- Service training and Sensitization Programme, Participant
15. Skill Council for Persons with Disability, International Seminar on Autism, Skill Training for Persons with Autism- A way Forward, Participant
16. Association of Rehabilitation Professional and Parents in association with Pt. Deendayal Upadhyaya National Institute for Physical Disabilities, Inclusive Education – Opportunities and Challenges in India, Participant
17. Actively Participated in National convention of School Counsellors on Sexual Behaviour of School Children in Changing Socio-Cultural Environment organised by Institute of Counsellor Training Research and Consultancy, Delhi.
18. Actively participated in National Seminar on Aging Workforce is a Resource- We can no Longer Afford to waste organised by Department of Applied Psychology, University of Delhi, South Campus.
19. Indian Association of Rehabilitation Professional, National Rehabilitation Science Congress, Right Based Inclusive Society for Persons with Disability – Challenges and Strategies
20. Actively participated in national seminar on Adolescent Behaviour: Nature and Dynamism, organised by St. Andrews College, Gorakhpur.
21. Actively participated in national conference on youth participation and Psycho-Social Dimension of Gender Justice, jointly organised by MASVAW, Lucknow and Dept. of Applied Psychology V.B.S. Purvanchal University, Jaunpur.
22. Actively participated in NGO Conference and National Seminar on Rural Development, organised by Dept. of Applied Psychology V.B.S. Purvanchal University, Jaunpur.
23. Actively participated in national seminar on World Trade Organization and Entrepreneurship Development organised Dept. of Business Economics, V.B.S. Purvanchal University, Jaunpur.

24. Actively participated in IP awareness/ Training programme under the National Intellectual Property Awareness Mission organised by Intellectual Property Office, India, (Online Mode)
25. Centre for Professional Development in Higher Education, UGC-Human Resource Development Centre, University of Delhi, Workshop on How, What and Where to Publish Research Articles, Participant
26. Vision Institute of Advanced Studies, Delhi, Workshop on Art of Being Happy, Participant
27. S. D. Public School, New Delhi, Workshop on Disability Awareness Programme, Participant
28. Institute of Counsellor Training Research and Consultancy, Delhi, Workshop on Introduction to Guidance and Counselling, Participant
29. Professional Assistant for National Developing Assets, Nagpur, CRE Programme, Classroom Management, Participant
30. S. D. Public School, New Delhi, Workshop on Management and Intervention of Children with Special Needs, Participant
31. Prestige Institute of Management, Gwalior, Research Methodology workshop, Participant
32. JK Padampat Singhanian Institute of Management & Technology, Gurgaon, workshop on Excellence in Higher Education in India: Managing Expansion, Access, Quality and Finance, Participant
33. JK Padampat Singhanian Institute of Management & Technology, Gurgaon, Research Methodology workshop, Participant
34. Institute of Nutrition and Health Psychology, Trivandrum, Nutritional Therapy for Mind and Brain workshop, Participant
35. Osmania University, Hyderabad, Data Analysis workshop, Participant
36. Sri Ramachandra University, Chennai, Psychological Research: Questionnaire Development and Application of Statistical Tools workshop, Participant
37. V.B.S. Purvanchal University, Jaunpur, Research Methodology and Multivariate Analysis in Psychological Research workshop, Participant
38. V.B.S. Purvanchal University, Biofeedback and Stress Management workshop, Participant

As Resource Person:

1. *Screening Procedure for Early Identification of Intellectual Disability*, S.M. Rehabilitation & Research Centre, Narnaul, Haryana
2. *Assessment and Diagnosis of Autism Spectrum Disorder*, Viklang Punarvas Kendra, Rajapur, Rohini, Delhi
3. *Introduction and Challenges in Inclusive Education*, Vision Institute of Advanced Studies, New Delhi
4. *Promotion of Mental Health of School Students*, Govt. P.G. College, Bhiwani, Haryana
5. *Community-Based Rehabilitation and Advocacy*, Vision Institute of Applied Studies, Faridabad, Haryana
6. *Skills for counselling parents of students with Special needs*, Vision Institute of Advanced Studies, New Delhi
7. *Psychological Assessment Camp*, Government Ayurvedic College & Hospital, Patna, Bihar

Visiting expert through the Rehabilitation Council of India

1. Visited as Joint Inspector at Composite Regional Centre, Rajnandgaon, Old Hospital Campus, Rajnandgoan, Chhattisgarh on 5th May 2017.
2. Visited as Joint Inspector at School of Studies in Psychology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh on 4th May 2017.
3. Visited as Joint Inspector at Adarsh Rehabilitation Centre for the Mentally and Physically Handicapped Children, Loaru Road, Uttam Nagar, Bhiwani on 25th April 2017.
4. Visited as Joint Inspector at S S College, Bhopal, Salaiya, Sunkhendi, Via Danis Kunj, Kolar Road, Bhopal -M.P. on 4th March 2017.

Administrative Assignments

1. Board member for paper setting for various papers of B.A. (H) Psychology/ B.A. (Programme), (theory and practicum) for semester mode for CBCS/LOCF and NEP, University of Delhi
2. Convener for the paper setting for various papers of B.A. (Programme), for semester mode for CBCS/LOCF and NEP, University of Delhi
3. Member, Syllabus Restructuring Committee, National Education Policy of India (NEP 2020) Four Year Undergraduate Program for B.A. (Hons.) and B. A. Programme-Psychology (NEP: UGCF), in Psychology in the following papers:
 - a) DSE – 6 - Psychology of Disability (Theory + Tutorials)
 - b) DSE – 7 - Essentials of Media Psychology (Theory + Tutorials)
 - c) GE – 20 - Disability and Rehabilitation (Theory + Tutorials)
 - d) DSC – 10 - Perspectives in Mental and Behavioural Disorders (Theory + Practicum)
 - e) DSC – 4 - Psychological Research: Paradigms, Approaches and Methods (Theory + Practicum)
4. Member, Discipline Committee of MUN Society functions held from 6 & 7 April, 2024
5. Coordinator for the event “Upcycling” with the theme: Sustainability, organized during the “ऋग्विद्या”, Science Festival, 2024 under the aegis of “Viksit Bharat Abhiyan”
6. Member of the Sports Advisory Board

Areas of Interest / Specialization

Disability, Intellectual Disability, Biopsychology, Psychological Research, Statistical Methods

Subjects Taught

Psychology for Living, Managing Stress, Psychology of Disability, Biopsychology, Life Span Development, Human Resource Management, Managing Human Resources, Statistical Methods and Psychological Research, Statistic Methods for Psychological Research-II, Understanding and dealing with Psychological Disorder, Foundations of Psychology, General Psychology, Introduction to Social Psychology, Applications of Social Psychology, Understanding Psychological Distress and Well-being, Introduction to Psychology, Foundations of Cognitive Psychology, Psychology for Health and Wellbeing, Psychology of Individual Differences, Psychological Research, Emotional Intelligence.

Research Guidance

Undergraduate Research Project Guidance:

1. Supervised Ms Anshika Antil (2024) Project entitled *Attachment Styles and Perceived Stress Levels of College Going Students.*
2. Supervised Mr Ankush Ujjainwal (2024) Project entitled *Cognitive Failure and Psychological Capital among Undergraduate Students of University of Delhi.*
3. Supervised Mr Priyanshu Narayan (2024) Project entitled *Internalised Homophobia, Guilt and Shame: A Correlational Study.*
4. Supervised Ms Yashasvi Agarwal (2024) Project entitled *Social Media Addiction and Psychological Capital among College Going Students of Delhi - NCR.*
5. Supervised Ms Varsitha KR (2024) Project entitled *Unwanted Thought Control and Psychological Capital among University Going Students.*
6. Supervised Ms Lakshita (2024) Project entitled *Sleep Quality and Psychological Capital among University Going Students.*
7. Supervised Ms. Harsshita (2023) Project entitled *College Adjustment and Family Environment among fresher college going students of University of Delhi.*
8. Supervised Ms. Kashish Gumber (2023) Project entitled *Perfectionism and Academic Procrastination Among College Going Students.*
9. Supervised Ms. Shruti (2023) Project entitled *Achievement motivation and Psychological well-being among undergraduate college students.*
10. Supervised Ms. Tushita K. Chhetri (2023) Project entitled *Parenting Styles and Social Justice Commitment in College Students: A Correlational Study.*
11. Supervised Ms. Aarya Tyagi (2023) Project entitled *Social Anxiety and Academic Procrastination Among College-Going Students.*

Post-graduate Research Project Guidance of IGNOU:

1. Supervised Ms Razia Sultana (2022) Project entitled *Quality of Life and Self-Esteem of Students with and without Physical Disability: A Comparative Study.*
2. Supervised Ms Shivani (2021) Project entitled *A Comparative Study of Personality Structure and Study Habits of Government and Private School Students.*
3. Supervised Ms Sonam Marwah (2021) Project entitled *A Study to the Relationship Between Self-Confidence of Students with their Parent Involvement.*
4. Supervised Ms Sumitra (2021) Project entitled *A Study on Self Esteem among Teachers from Government and Private School with relation to their Motivation.*
5. Supervised Ms Nidhi Sharma (2021) Project entitled *Comparative Study of Death Anxiety among Older Adults with and without Diabetes Mellitus.*
6. Supervised Ms Sunita (2021) Project entitled *A comparative study of anxiety, depression and stress in mother of children with learning disability and without learning disability.*
7. Supervised Ms Ruchika (2020) Project entitled *Mental Health in relation to Emotional Intelligence of Adolescents in Delhi.*
8. Supervised Ms Gethu Dhawan (2020) Project entitled *Effect of Expressive Art Therapy on Socialization and Communication Skills Among Students with Intellectually Disability.*
9. Supervised Ms Aastha Malik (2019) Project entitled *Impact of Dance Movement Therapy on Well- being and Aggression of Adolescents with Visual Impairment.*
10. Supervised Ms Neelam (2019) Project entitled *Comparative study of emotional Intelligence & Quality of Life of Alcoholics.*

11. Supervised Ms Ritu Rani (2018) Project entitled *Anxiety and Emotional Maturity of adolescents in Government and private schools: A comparative study.*
12. Supervised Ms Priti Devi (2018) Project entitled *A study of emotional maturity self-concept and academic performance among senior secondary school students.*
13. Supervised Dr (Ms) Pooja Narula Goel (2018) Project entitled *The effect of emotional intelligence on learning style of adolescent students in the government schools of Delhi city.*
14. Supervised Ms Anupama Jain (2018) Project entitled *A comparative study on relationship of emotional intelligence and marital satisfaction among married and separated people of Delhi/ NCR.*
15. Supervised Ms Mamata (2018) Project entitled *Life satisfaction and adjustment among married couples in Delhi NCR region.*
16. Supervised Mr. Vinod Kumar (2018) Project entitled *Relationship between Identity mobile phone addiction and depression among Delhi College Students.*
17. Supervised Ms Meenakshi (2017) Project entitled *A study of relationship between Identity processing style and Psychosocial well-being among Emerging Adulthood.*
18. Supervised Mrs Shrulekha (2017) Project entitled *Comparative study of stress among working and non-working women in Rural and Urban Areas of North-West Delhi.*
19. Supervised Ms Meenakshi Girdhar (2017) Project entitled *Correlates of parenting style locus of control and problem-solving appraisal in adolescent.*
20. Supervised Ms Akriti Lazpal (2017) Project entitled *To study the relationship between job satisfaction and perceived organizational support among employees working in school.*
21. Supervised Ms Shruti Sharma (2017) Project entitled *Influence of Personality and Intelligence on the Examination Stress among School Children of City South West Delhi.*
22. Supervised Ms Nazneen (2017) Project entitled *A study of Coping Strategies and Quality of Life Among the Spouses of Patients with Alcohol Dependents.*
23. Supervised Ms Sadisha Alagh (2013) Project entitled *Family Environment, Child Abuse and Psychosocial Development.*

Publications Profile in APA Format

Punj, V. K., & Singh, S. (2018). Adaptive behaviour of Persons with Intellectual Disability and their Parents Quality of Community Life: A domain correlation study. *Journal of Personality and Clinical Studies*, 27, 65-76.

Punj, V. K., & Arya, S. (2012). *Mental retardation and adaptive behaviour: Mental Retardation and Quality of Community Life of Their Parents*. Germany: Lap Lambert Academic Publ.

Mathur, G., Mittal, M., Punj, V.K. & Pathak, P. (2015). *Psychological Climate and Student Attitude toward Learning: A Study of Higher Education*. In Bhakar, S.S. & Bhakar, S. (Eds.), *A Procedural Guide to Write a Research Paper* (pp. 165-174). Gwalior, Prestige Institute of Management.

Conference Organization/ Presentations (in the last five years)

NA
Research Projects (Major Grants/Research Collaboration)
NA
Awards and Distinctions
NA
Association With Professional Bodies
<ol style="list-style-type: none"> 1. Registered as Rehabilitation Psychologist u/s 19 of Rehabilitation Council India Act 1992 and registration no is CRR No. – A 14759. 2. Association of Rehabilitation Professionals and Parents, Life Membership 3. Association of Rehabilitation Psychologist – India, Life Membership 4. International Association of Holistic Psychology, Life membership
Other Activities
<ol style="list-style-type: none"> 1. Awarded with a Certificate of Honor, for the commitment to uplift every child without any discrimination by ASGS dreamBIGwelfare 2. Awarded with Certificates of Participation from World Book of Record for participating in India’s Largest Psychology Virtual Conference – 2021, World Book of Record, London, by 3G School of Psychology 3. Awarded with volunteer certificate for working towards 3G International Psychology Conference by 3G School of Psychology 4. Vision Institute of Advanced Studies, New Delhi, for the valued services to the institute in the field of Disability Rehabilitation. 5. SD Public School, Pitampura, International Day of Yoga, for attending Yoga camp toward the promotion, development, commitment and upliftment of Yoga organised by Yoga Federation of India. 6. National Institute of Mentally Handicapped, Secunderabad, for volunteering for the event Disability Sensitization.