




Faculty Details Proforma For College Web-site



Title	Dr.	First Name	Pooja V.	Last Name	Anand	Photograph
Designation		Associate Professor				
Address		J-173, DLF Capital Greens, Shivaji Marg, Moti Nagar, New Delhi – 110015.				
Phone No. Office		011-27667650				
Residence						
Mobile No.						
Email - ID		poojavanand@dr.du.ac.in				
Web Page						
Educational Qualification						
Degree	Institution				Year	
Research Degree (s) PhD	University of Lucknow, Lucknow				2010	
Master's Degree(s)	University of Lucknow, Lucknow				2003 (Gold medallist)	
Bachelor's Degree(s)	(Isabella Thoburn College) University of Lucknow, Lucknow				2001 (Topper in Psychology)	
NET-JRF	UGC				2003	
Career Profile						
S.No	Designation	Institution	Time Period	Nature of Appointment		
1.	Associate Professor	Daulat Ram College	04.09.2015 onwards	Permanent		
2.	Assistant Professor	Daulat Ram College	30.11.2005 – 04.09.2015	Permanent		
Administrative Assignments						
Name of Institute	Designation	Time period		Experience		
DRC	Founder and Convenor, Centre for Well-being and Flourishing	2018 onwards		5 years		
DRC	Member, Counselling Centre, Daulat Ram College	2015 onwards		8 years		
DRC	Convenor, Skill Development Programs	2015-2017, 2018-2021		5 years		
DRC	Convenor, Mentorship and Career Counselling Program	January, 2023 onwards		6 months		
DRC	Member, Discipline Committee	2007-08		1 year		

DRC	Convenor, Women's Development Cell	2021-22, 2022-23	2 years
DRC	Deputy Superintendent, 5 Entrance Exams (UG & PG), University of Delhi (held at Daulat Ram College)	June, 2016	2016
DRC	Observer, Adhoc teachers' interviews	2014-15, 2015-16	2 years
DRC	Member, Core Admissions Committee	2017-18	1 year
DRC	Member, Placement Committee	2015-16	1 year
DRC	Co-convenor, Placement Committee	2017-18	1 year
DRC	Member, Students' Amenities Committee	2016-17, 2021-22	2 years
DRC	Member, Help desk, Admission committee	2011-12	1 year
DRC	Member, Students' Advisory Board	2013-14	1 year
DRC	Library Incharge, Psychology department	2011-12, 2015-16, 2022-23	3 years
DRC	Member, B.A. Program Committee	2007-08, 2018-19	2 years
DRC	Teacher-in-Charge, Department of Psychology	2008-09, 2014-15, 2019-20, 2023-24	4 years
DRC	Member, IQAC	2018-20	2 years
DRC	Member, Counseling Committee, DRC Quarantine Helpline during COVID19, 2020	2020	3 months
DRC	Member, Admission committee for BA Hons. Admissions	2008-09, 2014-15, 2019-20, 2023-24	4 years
DRC	Member, Timetable committee	2008-09, 2014-15, 2019-20, 2023-24	4 years
DRC	Member, Purchase committee	2008-09, 2014-15, 2019-20, 2023-24	4 years
DRC	Convenor, Purchase committee	2008-09	1 year
DRC	Member, Prize committee	2008-09, 2014-15, 2019-20, 2023-24	4 years
DRC	Department In-charge for internal assessment	2008-09, 2014-15, 2019-20, 2023-24	4 years
DRC	Member, Teaching Program Committee	2007-08, 2012-13, 2013-14, 2020-21	4 years

Areas of Interest / Specialization

- Positive Psychology
- Emotional Intelligence
- Social Psychology
- Personality Psychology
- Counselling Psychology
- Educational Psychology
- Developmental Psychology

Subjects Taught				
S.No	Course	Subject Taught	Semester	Year
1.	B.A. Hons Psychology	Positive Psychology	V	III(H)
2.	B.A. Hons Psychology	Social Psychology	III	II(H)
3.	B.A. Hons Psychology	Emotional intelligence	IV	II(H)
4.	B.A. Hons Psychology	Counselling Psychology	VI	III(H)
5.	B.A. Hons Psychology	Organizational Behaviour	VI	III(H)
6.	B.A. Hons Psychology	Human Resource Management	V	III(H)
7.	B.A. Hons Psychology	Psychological Perspectives in Education	VI	III(H)
8.	B.A. Hons Psychology	Developmental Psychology	V	III(H)

Research Guidance								
Name of student	Gender	Degree for which guidance given	Date of Registration	Supervisor/ Co-Supervisor	University	Title of Thesis	Date of submission of thesis	Date of Award of Degree
Priyanka Sain	Female	PhD	20-11-14	Supervisor	University of Delhi	Psychological Capital and its correlates: A study of Managers and their subordinates	31-10-18	18.03.20
Indrani Regon	Female	Ph.D	14-12-2015	Supervisor	University of Delhi	Enhancing emotional intelligence: An intervention-based study among school students With Learning Disabilities	29.12.21	28.07.22
Akshay Johri	Male	PhD	03/01/2018	Supervisor	University of Delhi	Subjective well-being of Indian millennials	NA	NA
Tanu Agarwal	Female	PhD	18.08.2020	Supervisor	University of Delhi	Body positivity and well-being	NA	NA

Nishtha	Female	PhD	15.07.21	Advisor	Dept of Psychology, University of Delhi	Relationship between interpersonal expectations, interpersonal beliefs, and subjective well-being	NA	NA
Ranjana	Female	PhD	03.02.2020	Advisor	Dept. of Education University of Delhi	Construction of Masculinities in boys with physical disabilities	NA	NA

Publications Profile

Books and Journals published:

1. Anand, P. V. (2017). *Emotional Intelligence - Journey to Self-Positive*. New Delhi: The Readers Paradise. ISBN: 978-93-85958-62-5.
2. Kapur, P. & Anand, P. V. (2018). *Applications of Psychology – Reaching Out and Making a Difference*. New Delhi: Excel India Publishers. (Co-editor). ISBN: 978-93-86724-38-0
3. Guest Co-editor, Indian Journal of School Health and Well-being, ISSN 2349-5464 January-April 2019, Vol.5 Issue 1.

Chapters published in edited books:

1. Anand, P. V. & Aggarwal, V. (2018). Strengths Based Interventions: Implications for Enhancing Happiness and Self-Esteem. In P. Kapur & P.V. Anand (Eds.), *Applications of Psychology – Reaching Out and Making a Difference* (pp. 3–10). New Delhi: Excel India Publishers. ISBN: 978-93-86724-38-0
2. Regon, I. & Anand, P. V. (2018). Emotional Intelligence, Well-Being, Self-Esteem and Hope: An Intervention-Based Study on School Children. In P. Kapur & P.V. Anand (Eds.), *Applications of Psychology – Reaching Out and Making a Difference* (pp. 11–17). New Delhi: Excel India Publishers. ISBN: 978-93-86724-38-0
3. Singhal, P., Palawat, M. & Anand, P. V. (2018). Emotional Intelligence and Yoga-Meditation Training: Implications for Happiness and Stress Management. In P. Kapur & P.V. Anand (Eds.), *Applications of Psychology – Reaching Out and Making a Difference* (pp. 18–28). New Delhi: Excel India Publishers. ISBN: 978-93-86724-38-0
4. Choudhary, A., Choudhary, M. & Anand, P. V. (2018). Effects of Optimism, Hope and Love of learning Intervention Programs on Self-concept and Self-esteem of Children Belonging to Low Socio-economic Status. In P. Kapur & P.V. Anand (Eds.), *Applications of Psychology – Reaching Out and Making a Difference* (pp. 211–218). New Delhi: Excel India Publishers. ISBN: 978-93-86724-38-0

5. **Anand, P. V.**, Singh, V. & Basu, A. (2016). Emotional intelligence and optimism: Understanding the relationship with health behaviours. In *Positive Vistas on Health and Well-Being* edited by Aleem, S. & Iqbal, N. pp. 212-222. Excel India Publishers, New Delhi, India. ISBN: 978-93-85777-34-9
6. Regon, I. & **Anand, P.V.** (2017). *A Study on the Relationship Between Academic Achievement Motivation, Altruism And Subjective Well-Being Among School Students*. In *Interdisciplinary perspectives on Health and Well-Being* edited by Aleem, S. Suri, S. & Osmany, M., pp. 74-81. ISBN: 978-93-86256-63-8
7. Basu, A., Singh, V. & **Anand, P. V.** (2017). *Emotional Intelligence and Happiness: Does Profession Make a Difference?* In *Interdisciplinary perspectives on Health and Well-Being* edited by Aleem, S. Suri, S. & Osmany, M., pp. 28-40. ISBN: 978-93-86256-63-8
8. Anand, P. V. (2015). Career self-efficacy and career related behaviours. In *Career Development: Different Voices, Different Choices* (pp. 81-99). New Delhi: The Readers Paradise. ISBN: 978-93-82110-24-8
9. Anand, P. V. (2014). Intelligence. In *The Psychological Realm: An Introduction*. (pp. 472-525). New Delhi: Pinnacle Learning. ISBN: 978-81-9222-84-4-0.
10. Bora, D. & **Anand, P. V.** (2015). *The effect of emotional intelligence on self-esteem and adjustment among adolescents*. (Conference proceedings of the Annual InSPA International Conference organized by the Department of Psychology, Guwahati University & Psychologists' Association of North East India (PANEI)), Pp. 302-315. ISBN: 81-87299-101-X.

Research Articles published:

1. Johri, A. & **Anand, P.V.** (2022). Life Satisfaction and Well-Being at the Intersections of Caste and Gender in India. *Psychological Studies*, 67, 317-331. ISSN: 0974-9861(E), 0033-2968(P)
2. Misurya, P., Udgirkar, N. Shukla, V. & **Anand, P.V.** (2022). Self-compassion and post-traumatic growth: The mediating role of psychological flexibility. *Psychreg Journal of Psychology*, 6(2), 113-134. ISSN: 2515-138X
3. Anand, P.V. (2022). New models of meaning in life, happiness, and well-being: SARRThAC and SARRThAC PLUS. *International Journal of Existential Positive Psychology*, 11 (2), 1-13. ISSN – 1708-1696.
4. **Anand, P. V.** & Sharma, S. (2022). Understanding meaning in life, meaningful work and happiness: a qualitative study on doctors. *International Journal of Advance Research and Innovative Ideas in Education*, 8(1), 129-140. ISSN(O)-2395-4396.
5. Anand, P.V. (2021). Significance of Emotional Intelligence in Coping with Suffering. *Indian Journal of Positive Psychology*, 12(4), 309-313. ISSN-p-2229-4937, e-2321-368X
6. Regon, I. & **Anand, P. V.** (2021). A correlational study of emotional intelligence and other positive psychological constructs among students with learning disabilities. *International Journal of Advance Research and Innovative Ideas in Education*, 7(6), 1318-1325. ISSN(O)-2395-4396.
7. Anand, P.V. (2021). COVID-19 pandemic and mental health issues in children: Role of positive psychology and emotional intelligence. *Children First: Journal on Children's Lives*, 1, 1, 128-134. ISSN: 2583-3073.

8. Anand, P.V. (2020). Enhancing Happiness: The Role of Gratitude Interventions. *Indian Journal of Psychology and Education*, 10(1), 58-66. ISSN No. 2231-1432.
9. Anand, P.V. (2019). Emotional Intelligence and Positive Education: Preparing Students for a Better Tomorrow. *New Directions for Teaching and Learning*, 2019 (160), 107-116. ISSN No. 1536-0768. (Wiley publications)
10. Sethi, D., Kansal, P., & Anand, P.V. (2019). Decoding Happiness: The role of Life Satisfaction, Emotional Intelligence, and Hope. *Indian Journal of School Health & Well-being*, 5 (1), 46-59. ISSN:2349-5464
11. Marwaha, R., & Anand, P.V. (2019). Understanding Happiness, Meaning in life, Hope and Resilience Amongst Youngsters With and Without Visual Impairment: A Comparative Study. *Indian Journal of School Health & Well-being*, 5 (1), 46-59. ISSN:2349-5464
12. Anand, P.V. (2019). Occupational Stress: Relationship with Emotional Intelligence and Coping Self-efficacy. *Journal of Organisation and Human Behaviour*, 8 (1), 33-39. ISSN:2277-3274
13. Sain, P. & Anand, P.V. (2018). Understanding psychological capital and subjective well-being at the workplace. *International Journal of Social Sciences Review*, 6 (7), 1343-1345. ISSN:2347-3797
14. Chib, M. & Anand, P.V. (2018). Understanding the impact of culture on job satisfaction, work motivation, work engagement, affect balance, emotional intelligence and happiness. *International Journal of Social Sciences Review*, 6 (10), 1991-2001. ISSN:2347-3797
15. Anand, P. V. (2016). Attitude towards homosexuality: A survey based study. *Journal of Psychosocial Research*, 11(1), 157-166. ISSN: 0973-5410
16. Anand, P. V. (2015). Enhancing emotional intelligence: An intervention based study. *Journal of Positive Psychology*, 4 (1), 5-16. ISSN-2249- 6254
17. Anand, P. V. & Singh, S. (2015). Religious orientation, self-esteem, and happiness among undergraduate students. *Indian Journal of Positive Psychology*, 6 (4), 349-355.
18. Anand, P. V. (2013). Aging and emotional intelligence. *Indian Journal of Health and Well-being*, 4 (9), 1760-1763. ISSN-2229-4937
19. Anand, P. V. & Kumar, Y. (2013). Subjective well-being of performing artists and its relationship with self-efficacy. *Indian Journal of Positive Psychology*, 4 (2), 235-243. ISSN-2229-4937
20. Anand, P. V. (2013). Emotional intelligence and self-efficacy as predictors of life satisfaction among undergraduate students. *Journal of Positive Psychology*, 2 (1), 34-49. ISSN-2249-6254
21. Anand, P. V. & Marwaha, R. (2016). *Self-efficacy and lifestyle patterns: Finding the link*. (Conference proceedings, International Conference on Public Health: Issues, challenges, opportunities, prevention, awareness organized by Daulat Ram College, University of Delhi and Krishi Sanskriti, Delhi), Vol. 1, 76-81. ISBN:978-93-85822-10-0

Popular Articles published in newspapers/magazines:

1. Anand, P.V. (2022, December). Peace is a ripple. In *Positive Living Newsletter* published by International Network on Personal Meaning, Canada.
2. Anand, P.V. (2022). Encouraging positive mental health. In *WICCI-Delhi Mental Health Council Magazine*, January. Guest article column. ISBN: 9789777456784

3. Anand, P.V. (2021). Groundbreaking perspective provides a simple yet meaningful solution to suffering brought about by the pandemic. In *Positive Living Newsletter* published by International Network on Personal Meaning, Canada.

E- Modules (65 e-pathshala modules for M.A Psychology) published on <http://epgp.inflibnet.ac.in>

CURRICULUM DEVELOPMENT (MODULES PUBLISHED)

[\(E-pathshala project sponsored by the Ministry of HRD and UGC\)](#)

Positive Psychology Paper: Co-coordinator and author for 27 modules as mentioned below:

Serial No.	Module Name
1	Positive Psychology: An Introduction: Part I
2	Positive Psychology: An Introduction: Part II
3	Perspectives on Positive Psychology: Western and Eastern
4	Character, Strengths, and Virtues
5	Happiness and Well-Being Part I
6	Happiness and Well-Being Part II
7	Happiness and Well-Being Part III
8	Positive Affect and Positive Emotions
9	Emotional Intelligence
10	Emotional Creativity
11	Resilience
12	Self-efficacy
13	Optimism
14	Hope
15	Wisdom
16	Flow
17	Authenticity
18	Compassion
19	Empathy and Altruism
20	Love and Flourishing Relationships
21	Religion and Spirituality
22	Benefit Finding and Benefit Reminding
23	Talking or Writing about Emotional Experiences
24	Positive Health
25	Positive Psychology at Work
26	Positive Psychology and Disability
27	Positive Communities

Social Psychology: Coordinator and author for 38 modules

Serial No.	Module Name
1	Growth of Social Psychology as a Modern Discipline
2	Social Construction
3	Social Representation
4	Discursive Psychology
5	Social Exchange
6	Social Comparison
7	Symbolic Interactionism
8	Socio-biology
9	Self-Knowledge
10	Self-Regulation
11	Self-Esteem
12	Self-Serving Bias
13	Self-Presentation
14	Social Identity
15	Culture and Self-construal
16	Attribution
17	Impression Formation and Management
18	Interpersonal Attraction
19	Close Relationships
20	Prosocial Behavior
21	Aggression and Violence
22	Communication
23	Stereotypes, Prejudice, and Discrimination
24	Conformity, Compliance, and Obedience
25	Attitudes
26	Persuasion
27	Social Performance
28	Group Decision Making
29	Intergroup Conflict
30	Negotiation and Peace Making
31	Introduction to Applied Social Psychology
32	Gender Issues

33	Environmental Issues
34	Crowd and Social Movements
35	Social Psychology and Work
36	Social Psychology and Health and Well-being
37	Social Psychology and the Legal System
38	Disadvantage and Deprivation

Conference Organization / Presentation (in the last three years)

1. Mentored a students' symposium in which **five papers** were presented: Methods and strategies for gender equality in online education; The impact of disparity in access to resources on student academic stress levels; Emotional aspects of student engagement in online learning; Challenges women educationists face in work-life balance at the National Conference in the International Women's Day celebrations organized by the Women's Development Cell, Daulat Ram College on 24th March, 2023. (Second author, Supervisor)
2. 'Shift in financial power dynamics and use of digital financial services in the matrilineal state of Meghalaya' at the National Conference in the International Women's Day celebrations organized by the Women's Development Cell, Daulat Ram College on 24th March, 2023. (Second author, Supervisor)
3. 'Post-traumatic Growth, Meaning Making, and Resilience among Individuals with Acquired Disabilities' at the First International Conference of Positive Psychology organized by NPPA on 3-4th March, 2023. (Second author, Supervisor)
4. 'Correlates and Predictors of Positive Mental Health' at the First International Conference of Positive Psychology organized by NPPA on 3-4th March, 2023. (Second author, Supervisor)
5. 'Exploring the relationship between resilience and well-being' at the 32nd Annual Convention of the National Academy of Psychology organized by NAOP at Ahmedabad University on 3-5th March, 2023. (Second author, Supervisor)
6. 'Relationship among social media use, happiness, loneliness, and academic performance in young adults' at the International Conference organized by the Indian Academy of Applied Psychology in association with department of Psychology, University of Delhi, on 17th February, 2023. (Third author, Supervisor)
7. 'Coping with suffering through emotional intelligence' at the 11th Biennial International Meaning Conference organized by International Network on Personal Meaning, Canada from 6-8 August, 2021. (Single author)

Organizing Conferences/Seminars/Courses:

1. Convenor, Panel discussion on 'College stands with women empowerment' organized by the Women's Development Centre in collaboration with Group of intellectuals and academicians (GIA), Daulat Ram College on 11th April, 2023.
2. Convenor, International Women's Day celebrations including National Conference (online) organized by the Women's Development Centre, Daulat Ram College on 24th March, 2023.
3. Convenor, Health Awareness talk and health check-up camp in collaboration with Action Medical Institute organized by the Women's Development Centre, Daulat Ram College on 1st February, 2023.

4. Convenor, 'Non-consensual image abuse' organized by the Women's Development Centre, Daulat Ram College on 11th November, 2022.
5. Convenor, 'Positive Conversations: Igniting the H.E.R.O within' organized by the Centre for Well-being and Flourishing on 29th September, 2022.
6. Convenor, talk on 'Role of women in nation building' organized by Pragati, Women's Development Cell (WDC) of Daulat Ram College on 7th September, 2022 under the Azadi ka Amrut Mahotsava.
7. Convenor, 'World Mental Health Day celebrations' organized by Pragati, Women's Development Cell (WDC) of Daulat Ram College on the theme 'Enhancing mental health and well-being in women' on 31st October, 2022.
8. Convenor, 'International Women's Day' organized by Pragati, Women's Development Cell (WDC) of Daulat Ram College on 8th March, 2022. (including Convenor National Conference on 'Women's Well-being and Flourishing')
9. Convenor, talk on "Women's Well-being" by Ms. Sue Langley organized by Pragati, Women's Development Cell (WDC) of Daulat Ram College on 6th October, 2021 on the event of World Mental Health Day.
10. Convenor, 'Positive Conversations: Igniting the H.E.R.O within' organized by the Centre for Well-being and Flourishing on 15th September, 2021.
11. Convenor, Seminar on "Women's Roles and Challenges During the Covid-19 Pandemic" organized by Pragati, Women's Development Cell (WDC) of Daulat Ram College on 22nd September, 2021.
12. Convenor, 'Just a minute', a short video speech competition on 'Contribution of women freedom fighters to India's Independence struggle' on 18th August, 2021.
13. Convenor, Workshop on 'Resilience: Ordinary Magic' organized by the Positive Psychology Center on 26th March, 2021.

Research Projects (Major Grants/Research Collaboration)

Awards and Distinctions

- Honorary Senior Fellow at the Melbourne Graduate School of Education, University of Melbourne, Melbourne, Australia.
- Influencer Woman Award on the occasion of International Women's Day on 8th March, 2023 by Anuragyan Foundation, New Delhi.
- 'Best Faculty Award in Psychology, 2021' from Centre for Professional Advancement on the eve of Teacher's Day, 2021.
- Feature person in the newsletter (October, 2020) published by International Network on Personal Meaning, Canada.
- Member of the Core Committee for formulating the syllabus for the Choice Based Credit System for B.A Hons Psychology, B.A Hons Applied Psychology, and BA Program in Psychology taught at all central universities in India from 2015 - 2022.

Association with Professional Bodies

- Member, Consortium for Research on Emotional Intelligence in Organizations
- Member, International Positive Psychology Association
- Member, International Network on Personal Meaning

- Member, International Association of Applied Psychology
- Member, Indian Association of Positive Psychology
- Member, India Career Development Association

Other Activities

Syllabus formulation

- Convenor, NEP syllabus formulation for Positive Psychology core paper, B.A.Hons Psychology, Semester IV
- Convenor, NEP syllabus formulation for Educational psychology DSE paper, B.A.Hons Psychology, Semester VI
- Convenor, NEP syllabus formulation for Educational psychology DSE paper, B.A.Program Psychology, Semester VI

Chairing sessions/ judge

1. Invited as a judge for online international paper presentation competition organized by City Montessori School, Indira Nagar Branch, Lucknow on 7th April, 2022.

Invited workshops/ lectures

1. Invited as a resource person for a session on 'Making work more meaningful' in the Capacity Building Program for non-teaching staff of Daulat Ram College, University of Delhi on 11th March, 2023.
2. Keynote speaker on 'Enhancing mental health and well-being' in the ICSSR sponsored National Conference organized by Aditi Mahavidyalaya, University of Delhi on 20th January, 2023.
3. Invited as a speaker on 'Importance of emotional intelligence in relationships' organized by Psychology department, Ramanujan College, University of Delhi on 30th November, 2022.
4. Conducted a workshop on 'Resilience' for students of Daulat Ram College under Centre for Well-being and Flourishing on 18th April, 2022.
5. Invited as a speaker on 'Leading a meaningful life: Individual and societal well-being' at the First anniversary special opening event of the WICCI- Delhi Mental Health Council on 7th May, 2022. (online)
6. Invited as a resource person for a session on 'Happiness and well-being' for non-teaching staff of Daulat Ram College, University of Delhi on 16th December, 2021.
7. Invited as a resource person for a webinar on 'Enhancing well-being through positive psychology interventions' on the occasion of World Mental Health Day under IQAC by Genesis, the Life Science Society of Ramjas College, University of Delhi on 9th October, 2021. (online)
8. Invited as a speaker in the panel discussion on 'My piggybank of Hope: A conversation about positivity and possibilities' organized by Mental health First aid, India on World Suicide Prevention Day on 10th September, 2021. (online)

9. Conducted a workshop on 'Emotional intelligence' at the 11th Biennial International Meaning Conference organized by International Network on Personal Meaning, Canada from 6-8 August, 2021. (online)
10. Invited as a speaker on 'Managing grief and loss: Path to Resilience' organized by Community Outreach Program and Psychology Department, Indraprastha College for Women, University of Delhi on 15th June, 2021. (online)

EDUCATIONAL AND TRAINING ACTIVITIES

1. Participated in the workshop for the teaching of the Value Added Course on 'Emotional Intelligence' in NEP organized by University of Delhi at Teaching Learning Centre, Hansraj College on 21st October, 2022.
2. Participated in the international webinar on 'Growing during the Pandemic: What we can learn from the New Science of Flourishing and Suffering' by Dr. Paul T.P. Wong organized by INPM, Canada on 30th July, 2020.
3. Participated in the international webinar on 'Growing during the Pandemic: Why is Viktor Frankl's cure essential for overcoming Covid-19?' by Dr. Paul T.P. Wong organized by INPM, Canada on 30th July, 2020.
4. Participated in the webinar on 'Trait emotional intelligence and resilience at the time of Covid-19' by Prof. K.V. Petrides, University College, London organized by BEC-DOMS, Bagalkot, Karnataka on 23rd July, 2020.
5. Participated in the three-day Faculty Development Program on 'Empowering Teaching-Learning Process using Google Classroom and other ICT tools: A Comprehensive Practical Approach' organized by Commerce Department, under IQAC, Daulat Ram College, University of Delhi, 21st-23rd July, 2020
6. Participated in the educational activity titled 'COVID-19 and Mental Health: Caring for the Public and Ourselves' organized by the American Psychiatric Association, June, 9, 2020. (online)
7. Participated in the webinar on 'Strengthening Student Support and Progression' by Dr Namita Rajput organized by Keshav Mahavidyalaya and Aurobindo College (Evening) on 21st April, 2020.
8. Participated in the webinar on 'Art and Science of Mentoring' by Dr Pratibha Jolly organized by Physics Department, Daulat Ram College under IQAC on June 1st, 2020.
9. Participated in the webinar on 'Helping people matter: Strategies for improving well-being in the Covid-19 era' by Prof. Issac Prillentsky organized by Psychology Department, Gargi College, University of Delhi on May 20th, 2020.

