




Faculty Details Proforma

Title	DR.	First Name	SANDHYARANI	Last Name	HAWBAM	Photograph
Designation		Assistant Professor				
Address		Daulat Ram College, 4 Patel Marg, Maurice Nagar, Delhi 110007				
Phone No. Office						
Residence						
Mobile No.						
Email – ID		sandhyahawbam@dr.du.ac.in				
Web Page						
Educational Qualification						
Degree		Institution			Year	
PhD		Department of Psychology, University of Delhi			2019	
Masters of Arts, Psychology		Department of Psychology, University of Delhi			2011	
Bachelor of Arts, Applied Psychology		Sri Aurobindo College, University of Delhi			2009	
Career Profile						
Assistant Professor (Permanent), Department of Psychology, Daulat Ram College, University of Delhi, 2017 till yet Assistant Professor (Ad-Hoc), Department of Psychology, Daulat Ram College, University of Delhi, 2013-2017						
Administrative Assignments						
Teacher In charge 2024-25 BA Program Committee 2024-25 (BA program admission) Coordinator, Centre for Happiness, 2024-25 Course Coordination, Add-on certificate course ‘The Science and Practice of Happiness’ 2024-2025 Course Coordination, Skill Development Program, ITC tools, September 2024-2025						
Areas of Interest / Specialization						
Cognitive Psychology, Developmental Psychology, Applied Social Psychology and Clinical Psychology						

Subjects Taught

Psychology of Individual Differences, Emergence and Growth in Psychology, Health and Wellbeing, Development of Psychological Thoughts, Applications of Social Psychology, Fundamentals of Psychology, Foundations of Psychology, Developmental Psychology, Statistical Methods and Psychological Testing

Research Guidance

B.A. Hons Psychology, Daulat Ram College, University of Delhi

M.A. Psychology IGNOU

Publications Profile

Books

- Authored a book titled 'Cognitive Training for Children at Risk of Dyslexia' (2022)
- Co-edited a book titled "Dynamics of Social Inclusion in the Northeastern States of India" (2022)

Chapters in book

- A Study of Cultural Intersection among the Northeastern Students Living in Delhi. Dynamics of Social Inclusion in the Northeastern States of India.

Research Articles

- Perceived Stress and Psychological Health of North Eastern Students in Delhi. International Journal of Research Culture Society, 2022 Vol 06. ISSN: 2456-6683
- Critical Aspects of Attachment Style in Determining Empathy. International Journal of All Research Education and Scientific Methods. 2022 Vol 10. ISSN: 2455-6211
- Relationship Between Prosocialness, Affect, and Mental Wellbeing. Journal of Emerging Technologies and Innovative Research. 2022, Vol 9. ISSN-2349-5162
- Body Image Affect Life Satisfaction among Young Females. International Journal of All Research Education and Scientific Methods. 2021 Vol 9. ISSN: 2455-6211
- Cognitive Benefits of Mindfulness Meditation among Adolescents. International Journal of Humanities and Social Science Invention, 2021, Vol 10. ISSN (e): 2319-7722, ISSN (p): 2319-7714
- Imposter Phenomenon: Gender differences and Role of Family Environment. The International Journal Research Publication's Research Journal of Social science & Management. 2018 Vol 8e-2251 1571
- Working Memory Predicts Reading Skills of Children at Risk of Dyslexia. The International Journal of Indian Psychology, 2017, Vol 4p. ISSN2349-3429 e2348-5396
- Relation of Happiness and Coping Strategies among Adolescents and Adults. Indian Journal of Positive Psychology, 2014 Vol 5 p2229 -4937 e2321- 368X
- Successful Ageing through the Eyes of Manipuri Elders. Indian Journal of Health and Wellbeing p-2229

Conference Organization / Presentation

- Paper presented at National conference on 'Women's Well-being and Flourishing' Women Development Cell, Daulat ram College, 2022
- Paper presented at National Seminar on Migration of youth from Northeast India to urban metro, Centre of Northeast India, 2019, Maharaja Agrasan College, Delhi
- Paper presented at National seminar on Psychology of National Integration, 2019, Shyama Prasad Mukharjee College, Delhi
- Paper presented at National conference on Food and Culture of Northeast- Solution to substantial Development, 2019, Vivekananda College, Delhi
- Paper presented at International Conference on Integrating Traditional Healing Practices with Contemporary Western Health System, 2019, Daulat Ram College, Delhi
- Paper presented at International Conference on Integrating Traditional Healing Practices with Contemporary Western Health System, 2019, Daulat Ram College, Delhi
- Paper presented at National conference on Application of Psychology: Reaching Out and Making a Difference, 2018, Daulat Ram College, Delhi
- Poster presented at International Conference on Cognitive Behavioral Intervention, 2017, IACBT and IACP, 2017
- Paper presented at International Conference on Cognitive Behavioral Intervention, 2015, AIIMS, Delhi
- Paper presented at National conference on Social Change in contemporary India: Psychological Dimensions and Social Response, Sri Aurobindo College, Delhi.

Research Projects (Major Grants/Research Collaboration)

Awards and Distinctions

Association with Professional Bodies

Lesson Writer, Psychology Course at Senior Secondary Level, National Institute of Open School (NIOS), MHRD.
Member, National Academy of Psychology (NAOP)

Other Activities

- Course Coordinator, Add on Certificate Course “The Science and Practice of Happiness” 31st August, 2024-31st March 2025.

- Attended a three months online certificate course on ‘The Science of Happiness’ by Flourishing Centre, New York (June 2024-Sept 2024)
- Attended an NEP 2020 Orientation and Sensitization Programme at MMTTC, Shri Ram College of Commerce (5th – 14th June, 2024)
- Attended a Refresher course at Ramanujan College, sponsored by DU and MHRD (21st Dec, 2020-3rd Jan, 2021)