




Faculty Details Proforma

Title	Prof.	First Name	Pooja V.	Last Name	Anand	Photograph
Designation		Professor				
Address		Department of Psychology, Daulat Ram College, 4, Patel Marg, Maurice Nagar, Delhi-110007.				
Phone No. Office		011-27667650, 011-27667863				
Residence						
Mobile No.						
Email – ID		poojavanand@dr.du.ac.in				
Web Page						
Educational Qualification						
Degree		Institution			Year	
B.A. (<i>Topper in Psychology</i>)		Isabella Thoburn College, University of Lucknow, Lucknow			2001	
M.A. (<i>Gold medallist</i>)		University of Lucknow, Lucknow			2003	
PhD		University of Lucknow, Lucknow			2010	
Career Profile						
Assistant Professor – 2005 – 2010 Assistant Professor (Sr. Scales) – 2010 – 2018 Associate Professor – 2018 – 2021 Professor – 2021 onwards						
Administrative Assignments						
<ul style="list-style-type: none"> • Convenor, Women’s Development Cell, Daulat Ram College (2021-22, 2022-23) • Deputy Superintendent, 5 Entrance Exams (UG & PG), University of Delhi, June, 2016 (held at Daulat Ram College) • Observer, Adhoc teachers interviews (2014-15, 2015-16) • Convenor, Skill Development Programs (2015-16, 2016-17, 2018-19, 2019-20, 2020-21) • Teacher Incharge- 2008-09, 2014-15, 2019-20, 2023-24 • Convenor, Dramatics committee – 2006-07 • Co-convenor Dramatics committee – 2007-08 • Member, IQAC (2018-20) • Founder and Convenor, Positive Psychology Centre, Daulat Ram College (now Centre for Well-being and Flourishing) • Member, Core Admissions Committee (2017-18) • Member, Placement Committee (2015-16) • Co-convenor, Placement Committee (2017-18) • Convenor, Purchase committee (2008-09) • Member, Counselling Centre, Daulat Ram College (Since 2015) • Member, Teaching Programme Committee (2007-08, 2012-13, 2013-14, 2020-21) • Member, Students’ Amenities Committee (2016-17, 2021-22) • Member, Counselling Committee, DRC Quarantine Helpline during COVID19 (2020) 						

- Member, Help desk, Admission committee (2011-12)
- Member, Students' Advisory Board (2013-14)
- Member, BA Programme Committee (2007-08, and 2018-19)
- Member, Discipline committee (2007-08)
- Member, Purchase Committee- 2008-09, 2014-15, 2019-20, 2023-24
- Member, Extra Curricular Activities Committee (2006-07 & 2007-08)
- Library Incharge, Psychology department (2011-12, 2015-16, 2022-23)
- Member, Building and maintenance committee (2014-15, 2019-20)
- Association Incharge, Psychology department (2006-07, 2009-10)

Member of the following committees as Teacher Incharge, Psychology department, DRC (2008-09, 2014-15, 2019-20 and 2023-24):

- Admission committee for BA Hons admissions
- Timetable committee
- Purchase committee
- Prize committee
- Department Incharge for internal assessment
- Member, Building and maintenance committee

Areas of Interest / Specialization

- Positive Psychology
- Emotional Intelligence
- Educational Psychology
- Self and Personality
- Developmental Psychology
- Counselling Psychology

Subjects Taught

Positive Psychology (Theory and Practicals) - B.A. Hons Psychology
 Psychological Perspectives in Education (Theory and Practicals) - B.A. Hons Psychology
 Emotional Intelligence (SEC) - B.A. Hons Psychology
 Social Psychology (Theory and Practicals) - B.A. Hons & B.A. Prog. Psychology
 Developmental Psychology (Theory and Practicals) - B.A. Hons Psychology
 Counselling Psychology (Theory and Practicals) - B.A. Hons Psychology
 Psychology for Living - B.A. Prog. GE
 Organizational Behaviour - (Theory and Practicals) - B.A. Hons Psychology
 Human Resource Management - (Theory and Practicals) - B.A. Hons Psychology
 Media Psychology - (Theory and Practicals) - B.A. Hons Psychology
 Systems and theories in Psychology - B.A. Hons Psychology
 Psychological testing - (Theory and Practicals) - B.A. Hons Psychology
 Special practicals - B.A. Hons Psychology
 Research projects - (Theory and Practicals) - B.A. Hons Psychology

Research Guidance

- Supervisor - 4 PhD scholars enrolled in the Department of Psychology, University of Delhi (3 have been awarded)
- Advisor, 1 PhD student enrolled in the Department of Psychology, University of Delhi
- Advisor, 1 PhD student enrolled in the Department of Education, University of Delhi
- Supervised 9 projects of BA Hons Psychology IIIrd year

Publications Profile

Books and Journals:

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.

Research Articles:

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

Chapters 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. 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
6. 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
7. **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.
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.

Popular Articles in newspapers/magazines:

1. Anand, P.V. (2024, January). Self-development through emotional intelligence. In eimatters website, UK.
2. Anand, P.V. (2022, December). Peace is a ripple. In *Positive Living Newsletter* published by International Network on Personal Meaning, Canada. ISSN 1708-167X.
3. Anand, P.V. (2022). Encouraging positive mental health. In WICCI-Delhi Mental Health Council Magazine, January. Guest article column. ISBN: 9789777456784
4. 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, ISSN 1708-167X.
5. Anand, P.V. (2017). Emotional Intelligence: From Self-Competence and Social Competence to Self-Positive. In *Emotional Intelligence Magazine* (pp. 26-28) U.S.
6. Anand, P. V. (2015, May 26). Importance of EQ in day-to-day life. *The Free Press Journal*, Mumbai, p. 11.
7. Anand, P. V. (2015, June 02). Diagnosing Strengths and Virtues. *Millennium Post*, New Delhi, p. 09.

8. Anand, P. V. (2015, June 04). Manovigyaaan ke sahaare sudhaarein karmchaariyon ki dakshta. *Nai Duniya*, Indore, p. 08.
9. Anand, P. V. (2015, September 23). Why emotional intelligence matters. *The Tribune*.
10. Anand, P. V. (2015, November 18). MAGIK FOR Happiness. *The Millennium Post*, New Delhi, p. 9.

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

Conferences/Seminars/Courses organized:

1. Organized a talk on 'Careers in Psychology: Clinical and Counselling' under Alumni Connect Series in the Psychology department, Daulat Ram College, University of Delhi on 29th September, 2023.
2. Organized a talk on 'Careers in Psychology: Teaching and Research' under Alumni Connect Series in the Psychology department, Daulat Ram College, University of Delhi on 4th October, 2023.
3. 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.
4. Convenor, International Women's Day celebrations including National Conference (online) organized by the Women's Development Centre, Daulat Ram College on 24th March, 2023.
5. 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.
6. Convenor, 'Non-consensual image abuse' organized by the Women's Development Centre, Daulat Ram College on 11th November, 2022.
7. Convenor, 'Positive Conversations: Igniting the H.E.R.O within' organized by the Centre for Well-being and Flourishing on 29th September, 2022.
8. 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.
9. 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.
10. 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')
11. 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.
12. Convenor, 'Positive Conversations: Igniting the H.E.R.O within' organized by the Centre for Well-being and Flourishing on 15th September, 2021.
13. 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.
14. Convenor, 'Just a minute', a short video speech competition on 'Contribution of women freedom fighters to India's Independence struggle' on 18th August, 2021.

15. Convenor, Workshop on 'Resilience: Ordinary Magic' organized by the Positive Psychology Center on 26th March, 2021.
16. Convenor, Workshop on 'Resilience: Ordinary Magic' organized by the Positive Psychology Center on 18th April, 2022.
17. Convenor, 'Positive Conversations: Inspiring Youth Series' organized by the Positive Psychology Center on 31st October, 2019.
18. Convenor, one day workshop on 'Positive Self-Development' for DRC students organized by Positive Psychology Center, under IQAC, on 7th June, 2019.
19. Organizing Secretary of the first National Conference on 'Psychological Applications and Interventions: Reaching Out and Making a Difference' at Daulat Ram College, University of Delhi on 18th & 19th January, 2018.
20. Convenor, National Paper Presentation Competition on 'Positive Psychology: From What's Wrong To What's Strong' organized by Positive Psychology Center, under IQAC, on 1st November, 2018. (India's first such competition on Positive Psychology)
21. Convenor, Faculty Development Program on 'Positive Education: Developing Skills for Teaching, Learning and Well-being' organized by Positive Psychology Center, under IQAC, Daulat Ram College from 22nd-28th May, 2018.
22. Convener, Skill Development Courses in my College (2015-16, 2016-17, 2018-19, 2019-20). Under my convenorship three skill development courses were started in summer, 2015, 4 courses in winter, 2015, 6 courses in summer 2016, 3 courses in winter, 2016, 3 courses in summer, 2018, 4 in winter 2018, and five in summer, 2019 for various departments.
23. Course Coordinator, Skill Development Program on 'Self-Positive' organized by Positive Psychology Center, under IQAC, Daulat Ram College from 1st-7th June, 2018.
24. Course coordinator of the skill development course on "Self-enhancement skills" organized in June, 2015 at Daulat Ram College, University of Delhi.
25. Course coordinator of the skill development course on "Enhancing emotional intelligence skills" in December, 2015 at Daulat Ram College, University of Delhi.
26. Course coordinator of the skill development course on "Personality development" in in June, 2016 at Daulat Ram College, University of Delhi.

Papers presented in conferences:

1. Mentored a 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.
2. Presented a paper on '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. Presented a paper on '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.
4. Presented a paper on 'Correlates and Predictors of Positive Mental Health' at the First International Conference of Positive Psychology organized by NPPA on 3-4th March, 2023.

5. Presented a paper on ‘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.
6. Presented a paper on ‘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.
7. Presented a paper on ‘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.
8. Invited as a speaker at a symposium on ‘Positive Universities Across the Globe’ at the Sixth World Congress on Positive Psychology organized by International Positive Psychology Association from 18-21 July, 2019 at Melbourne, Australia.
9. Paper titled “Unhappiness in the age of abundance: towards a new model of Meaning” presented at the 2nd International Workshop on Happiness and Wellbeing - the Road Beyond from 4th - 6th April, 2019 organized by Rekhi Centre for Excellence, IIT, Kharagpur.
10. Paper titled “Social Media, Relationships and the Networked Generation: A face-off or an Interfaced Connection” presented at the 2nd International Workshop on Happiness and Wellbeing - the Road Beyond from 4th - 6th April, 2019 organized by Rekhi Centre for Excellence, IIT, Kharagpur (With Preksha Kansal and Deisha Sethi).
11. Paper titled “Capitalizing on the strengths of older people: lessons for positive youth development” presented at the Fourth International Congress on Gerontology and Geriatric Medicine on 15th & 16th November, 2018 organized by Asia Pacific Geriatric Medicine Network at AIIMS, New Delhi.
12. Paper titled “Strengths Based Interventions: Implications for Enhancing Happiness and Self-Esteem.” presented at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference on 18th & 19th January, 2018 organized by Daulat Ram College, University of Delhi. (First and Principal author)
13. Paper titled “Emotional Intelligence, Well-Being, Self-Esteem and Hope: An Intervention-Based Study on School Children” presented at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference on 18th & 19th January, 2018 organized by Daulat Ram College, University of Delhi. (Second author, supervisor).
14. Paper titled “Emotional Intelligence and Yoga-Meditation Training: Implications for Happiness and Stress Management” presented at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference on 18th & 19th January, 2018 organized by Daulat Ram College, University of Delhi. (Third author, supervisor)
15. Paper titled “Effects of Optimism, Hope and Love of learning Intervention Programs on Self-concept and Self-esteem of Children Belonging to Low Socio-economic Status” presented at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference on 18th & 19th January, 2018 organized by Daulat Ram College, University of Delhi. (Third author, supervisor)
16. Anand, P.V. (2017, March). *Positive Psychology at Work: The Role of Emotional Intelligence, Work Engagement, and Job Satisfaction in Subjective Well-Being*. Paper presented at the Second International Conference on Health and well-being, organized by Jamia Millia Islamia, New Delhi.

17. Regon, I. & Anand, P.V. (2017, March). A Study on the Relationship Between Academic Achievement Motivation, Altruism And Subjective Well-Being Among School Students. Paper presented at the Second International Conference on Health and well-being, organized by Jamia Millia Islamia, New Delhi.
18. Basu, A., Singh, V. & Anand, P. V. (2017, March). *Emotional Intelligence and Happiness: Does Profession Make a Difference?* Paper presented at the Second International Conference on Health and well-being, organized by Jamia Millia Islamia, New Delhi.
19. Anand, P. V. & Marwaha, R. (2016, January). *Self-efficacy and lifestyle patterns: Finding the link*. Paper presented at International Conference on Public Health organized by Daulat Ram College, University of Delhi and Krishi Sanskriti, Delhi. (**Won the First prize for the best paper presentation for the session**).
20. Anand, P. V., Singh, V. & Basu, A. (2016, March). *Emotional intelligence and optimism: Understanding the relationship with health behaviours*. Paper presented at International Conference on Health and well-being organized by Jamia Millia Islamia, New Delhi.
21. Anand, P. V. (2015, February). *Happiness in young adults: The role of gratitude, emotional intelligence, and forgiveness*. Paper presented at 3rd National and First International Conference of Positive Psychology organized by the Indian Association of Positive Psychology at Manav Rachna International University, Faridabad.
22. Bora, D. & Anand, P. V. (2015, February). *Leadership style, emotional intelligence and emotional creativity: a study on school and college principals*. Paper presented at 3rd National and First International Conference of Positive Psychology organized by the Indian Association of Positive Psychology at Manav Rachna International University, Faridabad.
23. Kaur, J. & Anand, P. V. (2015, February). *Subjective well-being: relationship with organizational commitment, job satisfaction, work engagement and emotional intelligence*. Paper presented at 3rd National and First International Conference of Positive Psychology organized by the Indian Association of Positive Psychology at Manav Rachna International University, Faridabad.
24. Bora, D. & Anand, P. V. (2014, November). *The effect of emotional intelligence on self-esteem and adjustment among adolescents*. Paper presented at the Annual InSPA International Conference organized by the Department of Psychology, Guwahati University & Psychologists' Association of North East India (PANEI).
25. Anand, P. V. (2013, March). *Career self-efficacy: Applying self-efficacy theory to career related behaviours*. Paper presented at the International Conference on 'The Colours of career development organized by India Career Development Association at Manav Rachna International University, Faridabad from 27th – 29th March.
26. Anand, P. V. (2010, March). *Working with Emotional Intelligence: Controlling Aggression and Violence and Promoting Well Being*. Paper presented at the National Seminar on Aggression and Violence: Challenges for Social Well Being organized by the Department of Psychology, Jamia Millia Islamia University, New Delhi.
27. Anand, P. V. (2005, December). *Creating a New Civilization through Emotional Intelligence*. Paper presented at the 29th Indian Social Science Congress at Lucknow organized by the University of Lucknow, Lucknow.
28. Anand, P. V. (2005, March). *Problem Solving and Emotional Intelligence: Correlates of Self Efficacy*. Paper presented at the 6th Regional Conference of PhD Scholars organized by the G.B. Pant Social Science Institute, Allahabad.

29. Anand, P. V. (2008, March). Presented a paper titled “Emotional intelligence and gender” in the Refresher Course in Women Studies organized by CPDHE, ILL, University of Delhi from 07.03.08 to 29.03.08 (3 weeks) sponsored by UGC.
30. Anand, P. V. (2008, December). Presented a paper titled “Overview of assessment techniques in emotional intelligence” in the Refresher Course in Psychology organized by CPDHE, ILL, University of Delhi from 26.11.08 to 18.12.08 (3 weeks) sponsored by UGC.
31. Anand, P. V. (2008, June). Presented a paper titled “How you think is how you feel” in the Orientation course organized by CPDHE, ILL, University of Delhi from 06.05.08 to 03.06.08 (4 weeks) sponsored by UGC.

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.
2. Invited to chair the session on “Positive Psychology” at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference, 18-19 January, 2018 organized by Daulat Ram College, University of Delhi
3. Invited to chair the session on “Psychology at the Workplace” at the First National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference, 18-19 January, 2018 organized by Daulat Ram College, University of Delhi
4. Invited to chair a session on ‘Religion, Spirituality and Mental Health’ in the International Conference on ‘Integrating Traditional Indian Healing Practices with Contemporary Western Health System’ organized by Department of Psychology, Daulat Ram College, University of Delhi, 8th-9th January, 2019.
5. Invited as Chairperson for scientific session in the National Conference on “Perspectives of successful ageing” at Matasundari College, University of Delhi, September, 2016.
6. Invited as a judge for Case study competition at the “National Positive Psychology Symposium” organized by Lady Sri Ram College, University of Delhi, 2016.
7. Invited as a judge for paper presentation competition at the organized by Indraprastha College for Women, University of Delhi, 2016.

Research Projects (Major Grants/Research Collaboration)

Awards and Distinctions

- Influencer Woman Award on the occasion of International Women’s Day on 8th March, 2023 by Anuragya Foundation, New Delhi.
- ‘Best Faculty Award in Psychology, 2021’ from Centre for Professional Advancement on the eve of Teacher’s Day, 2021.
- First prize for the best paper presentation in a scientific Session for the paper titled “Self-efficacy and lifestyle patterns: Finding the link” in the International Conference on Public Health in January, 2016 organized by Daulat Ram College and Krishi Sanskriti.
- Junior Research Fellowship, University Grants Commission
- Gold Medal, M.A. Psychology
- Certificate of Merit for scoring highest marks in Psychology in B.A.

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

Other Activities

- Honorary Senior Fellow at the Melbourne Graduate School of Education, University of Melbourne, Melbourne, Australia.
- Founder and Convenor, India's first Positive Psychology Center at Daulat Ram College, University of Delhi (now Centre for Well-being and Flourishing).
- Created and started the Mentorship and Career Counselling Program at Daulat Ram College, University of Delhi, applicable from January, 2023.
- Feature person in the newsletter (October, 2020) published by International Network on Personal Meaning, Canada.

Curriculum Development

- 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 since 2015.
- Member of the esteemed project sponsored by the Ministry of Human Resource Development and University Grants Commission, India called E-pathshala for post graduate courses in which I was the coordinator and author for 38 modules for the 'Social psychology' paper and co-coordinator and author for 27 modules for the 'Positive psychology' paper. The modules are prepared with state-of-the-art technology. I have also done the audio and video recording for the same. The syllabi for the two papers were also prepared by me.
- Convenor, NEP syllabus formulation for Positive Psychology core paper, B.A.Hons Psychology and B.A Program 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
- Invited as expert for undergraduate and post-graduate syllabus formulation at Manav Rachna International University, Faridabad.
- Member of the restructuring of the B.A (Hons) Psychology Syllabus (Semester Mode) at the University of Delhi for Emergence and growth of psychology paper, Health Psychology paper and Psychology for living paper. (2010-11)
- Member of the restructuring of the undergraduate courses (four-year program) at the University of Delhi for various papers: Social Psychology, practicum based on social psychology, applied social psychology, practicum based on applied social psychology, development of psychological thought, living in a media world, youth and identity etc. (2012-13)

Invited workshops/ lectures

1. Invited as a guest speaker for the podcast on 'Emotional Intelligence' by Indiatimes, interview released on 29th August, 2024.
2. Invited as a resource person for a talk on 'Mirror, media and me: Reflecting on media's impact on body image' at the Annual academic event organized by Psychology Department, Lady Shri Ram College on 8th April, 2024.
3. Invited as a resource person for a session on 'Enhancing well-being among the youth' by Psychology department, Gargi College, University of Delhi on 7th November, 2023.
4. Invited as a resource person for a session on 'Making work more meaningful' for non-teaching staff of Daulat Ram College, University of Delhi on 27th July, 2023.
5. Invited as a resource person for a session on 'Making work more meaningful' for non-teaching staff of Daulat Ram College, University of Delhi on 11th March, 2023.
6. 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.
7. Invited as a speaker on 'Importance of emotional intelligence in relationships' organized by Psychology department, Ramanujan College, University of Delhi on 30th November, 2022.
8. Conducted a workshop on 'Resilience' for students of Daulat Ram College under Centre for Well-being and Flourishing on 18th April, 2022.
9. 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.
10. 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.
11. 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.
12. 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.
13. 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.
14. 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.
15. Invited as a speaker on 'Future ambition and growth, A focus towards living a life' on the occasion of World Cancer Day by the Rajiv Gandhi Cancer Institute and Research Centre on 4th February, 2021.
16. Invited as a speaker in the seminar on 'Emotional intelligence and interpersonal relationships' for PhD scholars at the Department of Psychology, University of Delhi on November, 2020.
17. Invited as a speaker in the seminar on 'Emotional intelligence' for PhD scholars at the Department of Psychology, University of Delhi on 7th October, 2020.
18. Invited as a resource person in the Faculty Development Program for the session on 'Qualities of Emotionally intelligent teachers' organized by Teaching and Learning Centre, Ramanujan College, University of Delhi, September, 2020.

19. Invited as a speaker on 'Counselling for adolescents' at the Seven Days International webinar on 'Understanding Counselling for Specific Populations organized by Vasanta College for Women, Banaras Hindu University & BPCA, 7th June, 2020.
20. Invited as a speaker at a symposium on 'Positive Universities Across the Globe' at the Sixth World Congress on Positive Psychology organized by International Positive Psychology Association from 18-21 July, 2019 at Melbourne, Australia.
21. Invited to give a plenary talk on 'Social Emotional Learning: Essential for Building Psychosocial Well-being' at the Third Annual Psychology Conference organized by Department of Mental Health and Behavioral Sciences, Fortis, at Fortis Memorial Research Institute. Gurgaon on 14th September, 2019.
22. Invited to conduct a one day workshop on 'Developing Self-Positive: Utilizing one's strengths to strengthen others' for College teachers organized by the Psychology Resource Centre, Daulat Ram College under IQAC on 31st May, 2019.
23. Conducted a one day workshop on 'Positive Self-Development: Skills for Self and Societal Well-being' for College students organized by the Positive Psychology Center, Daulat Ram College under IQAC on 7th June, 2019.
24. Invited as a resource person for a session on 'Enhancing Psychological capital for promoting Well-being' in the Value Education Program organized by Department of Psychology, Daulat Ram College, on 27th August, 2019.
25. Invited to deliver a talk on 'Emotional Intelligence and Communication Skills' in the Science Film Festival organized by the Zoology department, Ramjas College, University of Delhi, August 28th, 2018.
26. Invited as a speaker on panel discussion on 'Regaining Personal Control: The circuit of Hope, Optimism and Gratitude' in the Mental Health Awareness Week organized by the Psychology department, Lady Sri Ram College, University of Delhi, September, 27th, 2018.
27. Invited to conduct a workshop on 'Enhancing Happiness and Well-being: The Role of Positive Psychological Interventions' in the Faculty Development Program on Positive Education at Daulat Ram College, University of Delhi, May 23rd, 2018.
28. Invited to conduct a workshop on 'Being Emotionally Intelligent' in the Faculty Development Program on Positive Education at Daulat Ram College, University of Delhi, May 24th, 2018.
29. Invited to conduct a workshop on 'Developing Strengths for Happiness and Well-Being' in the Skill Development Program on 'Self-Positive' at Daulat Ram College, University of Delhi, June 1st, 2018.
30. Invited to conduct a workshop on 'Being Emotionally Intelligent' in the Skill Development Program on 'Self-Positive' at Daulat Ram College, University of Delhi, June 4th, 2018.
31. Invited to conduct a workshop on 'Enhancing Happiness and Well-Being' for undergraduate students by the Psychology Resource Centre at Daulat Ram College, University of Delhi, 11th April, 2018.
32. Invited to deliver a lecture on 'Importance of Personality Testing in Industry' by Department of Commerce, Delhi School of Economics, University of Delhi on 21st September, 2017.
33. Invited to conduct a workshop on "Developing EQ" in the "Personality, Employability and Skills Development" for the Below Poverty Level (BPL) students by the School of Open Learning, University of Delhi on 16th April, 2017.
34. Invited to give a lecture on 'Positive Psychological Interventions for Enhancing Happiness and Well-being' in the Skill Development Program on Lifestyle Management at Daulat Ram College, University of Delhi, July, 2017.
35. Invited to conduct a workshop on "Enhancing Hope and Positive Thinking" by the Psychology Resource Centre, Daulat Ram College, 18th September, 2017.
36. Invited to conduct a workshop on "Developing EQ" in the training programme on "Personality, Employability and Skills Development" for the students of School of Open Learning, University of Delhi, July 3rd, 2016.

37. Invited to conduct a workshop on “Enhancing Emotional Quotient” in the skill development course on “Self-enhancement skills” on June 8th, 2015 at Daulat Ram College, University of Delhi.
38. Invited to conduct a workshop on “Positive thinking skills” in the skill development course on “Self-enhancement skills” in June 12th, 2015 at Daulat Ram College, University of Delhi.
39. Invited to conduct a workshop on “Intrapersonal Understanding” in the skill development course on “Enhancing emotional skills” on December 15th, 2015 at Daulat Ram College, University of Delhi.
40. Invited to conduct a workshop on “Interpersonal Management” in the skill development course on “Enhancing emotional skills” in December, 2015 at Daulat Ram College, University of Delhi.
41. Invited to conduct a workshop on “Developing Emotional skills” in the skill development course on “Personality Development” in June 7th, 2016 at Daulat Ram College, University of Delhi.
42. Invited to conduct a workshop on “Positive Thinking” in the skill development course on “Personality Development” in June 13th, 2016 at Daulat Ram College, University of Delhi.
43. Invited to conduct a lecture and workshop on “Holistic Education” in the Value Engagement course on at Daulat Ram College, University of Delhi, 7th October, 2015.
44. Invited to deliver a lecture on “Healthy Lifestyle choices” at the NSS Function of Daulat Ram College, University of Delhi, on 21st December, 2012.
45. Invited to deliver a lecture on “Freudian Psychoanalysis” by the English Department, Daulat Ram College, University of Delhi, on 13th February, 2015.