




## Faculty Details Proforma For College Website



Title	DR.	First Name	RAJNI	Last Name	SAHNI	Photograph
<b>Designation</b>		<b>PROFESSOR</b>				
<b>Address</b>		4, Patel Marg, Maurice Nagar, University of Delhi, Delhi-110007.				
<b>Phone No. Office</b>						
<b>Residence</b>						
<b>Mobile No.</b>						
<b>Email - ID</b>		rajnisahni@dr.du.ac.in				
<b>Web Page</b>						
<b>Educational Qualification</b>						
<b>Degree</b>		<b>Institution</b>			<b>Year</b>	
B.A. HONS.PSYCHOLOGY		INDRAPRASTHA COLLEGE FOR WOMEN, UNIV.OF DELHI, DELHI.			1983	
M.A.PSYCHOLOGY		INDRAPRASTHA COLLEGE FOR WOMEN, DEPT. OF PSYCHOLOGY, UNIV. OF DELHI, DELHI.			1985	
M.PHIL. PSYCHOLOGY		DEPT. OF PSYCHOLOGY, UNIV. OF DELHI, DELHI.			1987	
Ph.D. PSYCHOLOGY		DEPT. OF PSYCHOLOGY, UNIV. OF DELHI, DELHI.			2006	
<b>Career Profile</b>						
	Professor	Daulat Ram College	November 2020 to Present		Permanent	
	Associate Professor	Daulat Ram College	2002 to November, 2020		Permanent	
	Assistant Professor	Daulat Ram College	1993-1995(with breaks) July,1996-30-04-2022		Adhoc Permanent	
	Assistant Professor	Gargi College	1995-1996		Temporary	
	Assistant Professor	Mata Sundri College	1992-1993(with break)		Adhoc	
	Assistant Professor	Indraprastha College	1987-1988		Temporary	
	Assistant Professor	Zakir Husain College	1986-1987(with break)		Adhoc	

## Administrative Assignments

Name of Institute	Designation	Time period	Experience
DRC	Coordinator, IQAC	May, 2022 to May,2024	2 years
DRC	Nodal Officer, VAC	August 2022 to July,2023	1 year
DRC	Convenor ICC	May, 2021 to Sept.,2024	3 years, 4 months
DRC	Member IQAC	July, 2020 to April, 2022	2 years
DRC	Secretary, Staff Council	Jan.,2020- to July,2022	2years, 6months
Univ. of Delhi	Member, Faculty of Arts-	2018- to Jan.2022	2+ years
IHBAS	Member, MPhil. Clinical Psychology Committee	2018- to Mar 2021	3+ years
DRC	Convenor, Mental health Centre (PRC)	2018 -to present	4+ years
DRC	Convenor, Counselling Centre	2018 onwards	4+ years
DRC	Co-convenor, International Conference of Psychology on Traditional Healing(ICSSR sponsored)	8-9, January 2019	
DRC	Co-convenor Admission Committee	2018-19	1 year
DRC	Member, ICC	2018-2019(for 3 yrs.), 2019- toApr2021.	3 years
DRC	Teacher-in-Charge, Dept of Psychology	1999-2000; 2005-2006; 2011-2012; 2018-2019; 2021-2022.	5 Years
DRC	Purchase Committee Convener	1999-2000;2018-19	2 years
DRC	ECA, Convener	2017-18	1 year
DRC	Dept Superintendant Exams	2017-18 Sem (Nov.-Dec.)	
DRC	BA Programme Committee Convener	2016-17	1 year
DRC	Teaching Programme Convener	2015-16	1 year
DRC	Spic Macay Society Convener	2014-16	2 years
DRC	Prize Committee Convener	2011-12	1 year
DRC	Women Development Cell-Convener	2010-11	1 year
DRC	GB teacher's representative	2003-2004	1 year
DRC	Co-convenor,TT Committee;  Time-Table with various Principals, Acting Principals & Vice Principals (Dr. Promilla Garg, Dr. Daya Agarwal, Dr. Sushma Tandon, Dr. Indu Gupta, Dr. Kanan Nanda)	2021-22	1 year

DRC	Convenor, Library Committee	2024-25	Present
DRC	Convenor, Western Dance & Music Society	2024-25	Present
Department of Psychology, University of Delhi	Member, Committee of Courses, DEPT. OF PSYCHOLOGY	2005-2008	3 Years

**Areas of Interest in Teaching:**

- Clinical Psychology and Mental Health
- Cognitive Psychology
- Research Methodology
- Developmental Psychology

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**Subjects Taught**

S. No.	Course	Subject Taught	Semester	Year
1.	B.A. Hons Psychology	Understanding and Dealing with Psychological Disorders. Understanding Mental Disorders( Theory+ Practical)	IV, V, VI	II & III
2.	B.A. Hons Psychology	Developmental Psychology, Counselling	V, VI	III

**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
Ms. Bhawna Devi	Female	PhD	September 2008	Dr. Rajni Sahni	University of Delhi	Becoming a woman: exploration into the experience of menstruation amongst adolescent girls	Degree Awarded	2014
Ms. Komalpreet Kaur	Female	PhD	2010	Dr. Rajni Sahni	University of Delhi	The process of healing and well-being through Reiki in people with trait anxiety	Degree Awarded	2015

Ms. Deepika Srivastav	Female	PhD	11 <sup>th</sup> November 2013	Dr. Rajni Sahni	University of Delhi	Efficacy of depression, anxiety and well being of patients with Parkinson's disease	Degree Awarded	AUG,2021
Ms.Reema Gupta	Female	PhD	17 <sup>th</sup> November 2014	Dr. Rajni Sahni	University of Delhi	Effects of video behavior training on children with autism	Degree Awarded	OCT,2021
Ms. Shikha Golcha	Female	PhD	8 December 2016	Dr. Rajni Sahni	University of Delhi	Identity and social emotional faces of disabling caregiving of individuals with intellectual ability	Degree Awarded	Feb,2022
Ms. Shikha Yadav	Female	PhD	9 <sup>th</sup> December, 2017	Dr. Rajni Sahni & Dr. Harinder M.Sandhu	University of Delhi	Impact of teachers efficiency on students academic efficiency and its complication	Working on PhD work	NA
Ms. Harshita Mishra	Female	PhD	28 <sup>th</sup> December, 2018	Dr. Rajni Sahni	University of Delhi	Efficiency of visual perceptual skills training for improving academic performance in children with Dyslexia	Thesis submission	NA

Ms. Swati Hans	Female	PhD	February, 2021	Dr. Rajni Sahni	University of Delhi	A study on Self-harm behaviour amongst the youth & development of an intervention.	Working on PhD work	NA
Mr. Abhinav Singh	Male	PhD	Aug., 2023	Dr. Rajni Sahni	University of Delhi	Metarepresentational understanding of children in digital context.	Data collection stage.	NA

### Publications Profile

S.No.	Title of the Paper	Journal Name	Year	Vol.No.	PageNo.	ISSN No.	Authorship
1.	Lived experiences of individuals with suicidal behaviours. In U. Kumar (Ed.), Handbook of Suicide Prevention: Insights, Strategies and Approaches.	Springer Nature.	2025	In press	----	-----	Sahni R.
2.	An Investigation into Feasibility of Visual-spatial and Phonological Interventions in Children with Dyslexia.	Journal of Psychosocial Research. <a href="https://doi.org/10.32381/JPR.2024.19.02.5">https://doi.org/10.32381/JPR.2024.19.02.5</a>	2024	19(2)	243-251	0973-5410	One of two authors
3.	Non-suicidal self-injury among adolescents & young adults: Exploring the types & understanding of triggers & functions.	Indian Journal of Psychological Science.	July, 2023	16, no. 2	1-10	0976-9218	One of two authors
4.	Retirement's impact on quality of life & purpose in life.	Journal of Psychosocial Research	Jan-July, 2024	19	33-43	0973-5410	One of two authors

5.	The Efficacy of Cognitive Behaviour Therapy on Psychology Health among the Patients with Parkinson's Disease: A Qualitative Analysis.	Mind and Society	Sept,2022	11	67 - 73	2277-6907	One of three authors
6.	A Comparison of the perceived stress levels, well-being and coping strategies of unmarried and married dual earner females during the Covid-19 pandemic.	The International Journal of Indian Psychology	Jan-March 2022	10	1229 to 1242	2349-3429	Second Author
7.	A Survey on Stigma Related to Memory Health, and Prevalence of Depressive Symptoms among Private and Government Senior Secondary School Girls in Delhi	International Journal of Applied SocialScience	2020	7	484-494	2394-1405	One of the two authors
8.	Effect of Cognitive Behavior Therapy on Anxiety in Parkinson's Disease	Indian Journal of Psychology	2020		171-179	0253-7176,0975-1564	One of the two authors
9.	Use of Video Modeling in combination with Prompting and Reinforcement for Teaching Functional Play to Children with Autism	Muktshabd	2020	9	657-675	2347-3150	One of the two authors

10.	The adaptive coping by caregivers of individuals with mental illness	International journal of applied socialsciences	2019	6	147-153	2394-1405	One of the two authors
11.	Assessing Social Skills of Children diagnosed with autism spectrum disorders in India: A pilot study	Journal of Clinical and Diagnostic Research	2019	13	12-15	ISSN - 0975-709X	One of the two authors
12.	Mental health of the primary caregivers of children with intellectual disability.	Delhi Psychiatry Journal	2017	20	28-35	0971-9571	One of the two authors
13.	Girl Interrupted (1999): Movie Review	Journal of Positive Psychology	2014	-	225-229	2249-6254	One of the two authors
14.	Experiences of Menarche and Menstruation among Adolescent Girls	International Congress of Applied Psychology Sovenir, France, Paris	2014	-			One of the three authors
15.	Comparison of Working women and homemakers on stress, depression, and self-esteem	Journal of Personality and ClinicalStudies	2005	21	169-175	0970-1206	First Author
16.	Memory Deficits in Dyslexic Children	Journal of the Indian Academy of Applied Psychology	1994	20	139-143	ISSN0019-4247	First Author
17.	Spatial and Linguistic Abilities in Dyslexic Children	Journal of Personality and ClinicalStudies	1993	9	55-58	0970-1206	First Author

### Conference Organization / Presentation (in the last three years)

1.	Gender Studies	Daulat Ram College, University of Delhi	20 <sup>th</sup> Dec, 2021	Resource Person & Co-convenor	Gender Studies	
2.	Women Development Cell	WDC, Rajdhani College, University of Delhi	05 <sup>th</sup> Oct, 2021	Invited Lecture	Conflict and its Resolutions	

3.	Capacity Building Program for Non-teaching employees of college	Psychology Resource Centre & IQAC, DRC	13 <sup>th</sup> -20 <sup>th</sup> December 2021	Resource Person & Convenor	Impact of Physical and Mental Health on Well-being	
4.	National Paper Presentation Seminar on relevance of psychological and	Dept. of Psychology & IQAC Mata Sundri College,	08 <sup>th</sup> Jan 2022	Paper Presentation	A Comparative relationship of the perceived stress levels and well-being of unmarried and married	1

	interdisciplinary practices for societal and global challenges	University of Delhi			dual earner females during Covid-19 pandemic	
5.	Anandshala: ALAP (Research for Resurgence Foundation)	AICTE, New Delhi	13-14 Sep, 2022	Attended	ALAP: NEP Implementation Pathway Services	
6.	27 <sup>th</sup> International and 58 <sup>th</sup> National Conference, Vigyan Bhawan.	Dept. of Psychology, University of Delhi & Indian Academy of Applied Psychology	15-17 Feb, 2023	Paper Presentation	Subjective well-being among parents and caregivers of children with special needs.	1
7.	Training programme for defence scientists across the nation	Defence institute of Psychological Research (Govt. of India, DRDO), Delhi.	9/06/2023	Resource Person	Reflecting on healthy & unhealthy coping skills	2 hours
8.	Training of service officers in counselling.	Defence institute of Psychological Research (Govt. of India, DRDO), Delhi	6/12/2023	Resource Person	Markers & indicators of psychological distress.	2 hours
9.	Training of service officers in counselling.	Defence institute of Psychological Research (Govt. of India, DRDO), Delhi	9/12/2024	Resource Person	Markers & indicators of psychological distress.	3 hrs.

#### Association with Professional Bodies

**Other Activities**

- Member Advisory Board Journal of Psycho Social Research – Prints Publications Pvt. Ltd., New Delhi.
- Expert Subject Member– National Commission for Women, Delhi.
- External Examiner of the Research Plan Presentation - Department of Humanities, School of Humanities and Social Sciences, Sharda University.

S. No.	Type of Membership	Organization	Year of Membership (Start Date)
1.	Member(Past)	Interview Board : DSSSB, Govt. of Delhi.	
2.	Member (Past)	M. Phil. Clinical Psychology Committee, IHBAS, Delhi	2018- 2021

RAJNI SAHNI

17<sup>TH</sup>JANUARY,

2025.