

PROFESSOR (DR.) CHAVI BHARGAVA SHARMA

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PSYCHOLOGIST, PSYCHOTHERAPIST, MENTAL HEALTH AND WELLNESS CONSULTANT

Broad Functional Perspective: Institution Building & Educational Intrapreneur | Mental & Emotional Health and Wellness | Diversity & Cultural Studies | Behavioral & Social Research | Gender Studies | Psychometrics, Counselling & Academic Services | Nation Building & Social Responsibility | Women, Children, Youth & Yung Adults Empowerment | POCSO & POSH Certified Trainer

- **An accomplished visionary professional with over 3 decades** of experience in the various domains of Entrepreneurial Assignments, Operations Management, Psychological & Academic Services, Consultancy & Advisory Services and Team Building. Introduced skill based teaching and experiential learning like roleplays, psychodrama etc since 2004
- **As Executive Director & Dean**; possess practical approach spearhead the administrative activities entailing faculty training and upholding organizational objectives & aspirations in the institute; devising & instituting new courses/ curriculum, ameliorating revenues and innovating and developing new learning scaffolding techniques
- **Delivering excellence in conducting psychotherapy therapy; providing counselling services** to organizations, individuals & families; skills in treating individuals with emotional challenges, behavioural disorders, trauma impacted; leading teams in offering consultations and implementing individualized/group psychological treatments in-person and online mode
- **Conceptualized, devised & delivered various training programs and manuals**; conducted workshops, guidance & mentoring programs; mental health and education-based webinars; an exemplary communicator with proven skills in designing and conducting training programs geared towards optimizing knowledge and operational efficiencies
- **A leader and team player with excellence in mentoring a diverse group of professionals** & building effective working relationships across geographic and cultural borders

Founder and Director -Indic Center for Psychological Wellness and Holistic Health and Conversationists -Talking Cures

<https://www.facebook.com/conversationist.org>

<https://www.conversationist.org/>

https://instagram.com/conversationist_org?utm_medium=copy_link

<https://www.facebook.com/Indic-centre-for-psychological-wellness-Holistic-health-Pvt-Ltd-257531811688620>

Founder, Trustee & Executive Director – Foundation for Empowerment through Education, Learning, Inclusion and Training (FEELIT)

<https://www.facebook.com/pg/IndiaFEELIT/photos/>

Special Mentions

- **Institution Building & Edupreneurship:** As Educational Entrepreneur, successful setting up departments and various programmes from the ideation to concept planning, implementation and building educational institutions, such as the flagship departments of MBA, Psychology, Hotel Management, Psychology, Economics, Social Work, Political Science, Sociology, English, Journalism, and the new age and creative department of Liberal Arts and Social and Behavioural Sciences Faculty
 - Capacity Building of the Faculty, Students and Staff entailing Curriculum Development, Implementation, Research, Academic Delivery, Quality Assurance, Branding & Marketing
 - Worked on all the other requirements as per the UGC, AICTE and NAAC and Other Accreditations
 - Dexterously established and launched 21 programmes – BA, BSc, MA, MSc, PhD and Lifelong Learning
- **Capacity Building and Training:** Expertly, conducted several workshops for Children, Students, Teachers & Corporate Personnel in Psychological Skills, Emotional Skills, Behavioural Skills, Life Skills, Employability Skills, Counselling Skills and Domain Skills
 - Workshop for Govt. of Haryana, IdiscoverI, C-DAC, IBM, Times of India, All India Kho-Kho Association, Jaypee Group of Hotels, YMCA University, UGC, Haryana Police and Traffic Police, University of Delhi, and so on
- **Psychological Counselling, Psychotherapy, Mental Health and Wellness:** Holds the distinction of launching the Master's, Bachelor's and Ph.D. Programmes in Applied Psychology in Amity University and Manav Rachna International University
- **Founding Member of a start-up company** 'Indic Center for Psychological Wellness and Holistic Health' and its Counselling Vertical 'Conversationists - Talking Cures', strived to be a one-point answer to all mental health, wellness and illness needs
 - Conducted webinars and live sessions on various aspects of mental health like coping strategies for anxiety, suicidal ideation, depression and LGBTQ
- **Founder of a Trust in Mental Health & Wellness for Children and Youth** 'Foundation for Empowerment through Education, Learning, Inclusion and Training (FEELIT); provided mental health services to the rural, and semi urban and underprivileged and socially disadvantaged
- **First Wave of COVID-19:** Launched a 24X7 helpline 'Sathi' for online crisis counselling; extended support to the Delhi Govt. (DCPCR) for a similar intervention at a larger scale.
- **Psychologist with specialization in Socio-Clinical Psychology:** Worked in the area of mental, emotional and psychological health and wellness as a counsellor and psychotherapist during initial stages of career; worked with people with autism, anxiety disorders, depression and other everyday problems of living through counselling and therapy
 - Constructed a psychometric test based on Multiple Intelligence and Skill Sets for Career Choices 'Psychometric Profiling Test' for school students from VII to X

- First to launch 'Sparsh' – annual mental health camps for the underprivileged from rural to urban areas and slums
- **Community Service and Institutional Social Responsibility:** Played a vital role in creating one of the leading philanthropist organisations of the city - 'Dr OP Bhalla Foundation' as Trustee & Member Secretary; *implemented many projects and schemes for nation building and community service which were unprecedented in their concept and implementation and tailor made to address various social issues*
- **Women and Gender Empowerment:** Successful in conducting more than 100 workshops and events related to Gender Sensitization and Women Empowerment for Students, Faculty, Administrative Staff and Corporate & Industry
 - Chairperson & Presiding Officer of the various committees viz. 'Prevention of Sexual Harassment', Women Cell, Women & Gender Sensitization Committee and Internal Complaints Committee
 - Panel of the Internal Complaints Committee of various corporates; took training sessions for them on gender sensitization, women and child protection policy
 - Led the committee that drafted the policy and made the handbook for gender policy and posh

Career Contour

Nov 2021 - Present: Step by Step School, NOIDA as Advisor, Counselling Department

Dec 2017 – Oct 2021: Manav Rachna International Institute of Research and Studies (A NAAC 'A' Accredited Deemed to be University), Faridabad, Haryana, formerly Manav Rachna International University as Executive Director and Dean, Faculty of Behavioural and Social Sciences (BA / BSc (Hons.), MA, PhD in Economics, PhD in Applied Psychology, Masters & PhD in Social Work, BA in Liberal Arts, BA (Hons.) in Sociology & Political Science, MA in Public Administration and Public Policy)

Sep 2008 - Dec 2017: Manav Rachna International University (A NAAC 'A' Accredited Deemed to be University), Faridabad, Haryana as Professor and Dean, Faculty of Management Studies (MBA General, MBA – Healthcare and BSc - Hospitality & Hotel Administration)

- **Assumed high-level strategic role as Founder Member;** stellar in developing and implementing policies, programs, curriculum activities & budgets in a manner that promotes the educational development of each student and professional development of each staff member
- Functioned as:
 - Part of the NAAC coordinating team of the University; managed criteria VII exclusively
 - Chairperson & Member of all the Committees, Cell and Other Body of Manav Rachna International University/Institute of Research and Studies since 2008- Board of Studies (BOS), Board of Faculty (BOF), Departmental Research Committee (DRC), Doctoral Research Board (DRB), IQAC, Academic Council, Discipline Committee, Anti Ragging Committee and Proctorial Board
 - Trustee & Secretary, Dr. OP Bhalla Foundation - A Philanthropy and Community Service Initiative (2014 – Till Date)
- Significant contributions towards setting up the Faculty of Management Studies, MRIU; pivotal in envisioning, conceptual planning & designing the MBA, MA Applied Psychology, B.Sc. - Hotel Management, E-MBA program and Other Doctoral Programs
- **Enduring Leadership Contributions:**
 - 2004: Introduced 'STEPPEs' Structured Training for Enhancing Personal Professional and Employability Skills' an experiential learning and behavioural skills training a mandatory credit-based part of all the programs
 - 2016: Swayam Siddha- Celebrating Being A Woman – An annual event in the month of March involving activities aimed at creating awareness around gender issues and empowering women
 - 2017: Launched the 'National Center for Excellence in Women Leadership'
 - 2015: Management Clinic, for helping alumni deal with the problems of the corporate world
 - 2014: Assessment Centre & Development Centre, a centre for undertaking assessment and development projects
 - 2013: STEPPEs – Structured Training for Enhancing Personal Professional and Employability Skills, a 120 hour programme across all 4 semesters
 - 2013: 4Tier Mentor –Mentee Program which has Peer, Alumni, Faculty and Industry Mentoring
 - 2013: 'Pathak' A Industry Mentorship program. It is a one day workshop in which students interact with various people from the corporate and get their guidance in learning various things about the corporate world.
 - 2012: 'Human Lab'- A Psychological Lab for psychometric assessment, evaluation and psychological services like counselling and therapy for various, mental, emotional, behavioural problems and issues
 - 2012: 'Ek Pehal' CSR initiative by Faculty of Management Studies in Collaboration with Haryana Police where every student puts in 100 hours of community service in the police stations
 - 2010: 'Udaan' A unique 20 day orientation program for the new students which the entire university implemented in all departments since 2018
 - 2010: 'Udyam' the entrepreneurship cell established at Faculty of Management Studies
 - 2009: 'Director of the day' an initiative taken every semester in which the students get a chance to be Director of the Day. Students are made in charge of the various administrative tasks of the department. The transformation in the students when occupying the seat of power is always amazing. Students realized the value of responsibility and decision making.
- **Trustee & Secretary, Dr. OP Bhalla Foundation, a Philanthropy and Community Service Initiative (2014 - Till Date)**
 - Created the objectives, policies, conceptualization, planning, implementation and execution of the various projects under the Foundation

- Managed 20 projects in the community service and nation building initiative, the Foundation has also been responsible for training programs and organizing events for empowering the **faculty**, youth, young adults and children of the schools, universities and community
- **Key Projects:**
 - Adoption of Mohna Village and Girls School
 - Swacch Haryana Abhiyaan by adoption of Old Railway Station & Shiv Mandir for maintenance and cleanliness since 2014
 - Ek Muthi Daan - A Movement to ensure 'No One Sleeps Hungry', under this every month, supported various NGO's by donating grain, flour and rice to them on a monthly basis since 2014
 - Conducting mental health campaign and counselling sessions for slum children and children of remedial centres and remand homes since 2012
 - Blood Donation Camps since 2014
 - Dental & Physiotherapy Camps on weekly basis since 2014
 - Feasibility Study for Revival of the Badhkal Lake
 - Waste Management Projects
 - Installation of the Tallest Tiranga in the District Centre of Faridabad

Sep 2004 – Sep 2008: Amity University, Jaipur, Rajasthan as **Associate Professor and Deputy Director**

- Diligently, provided expert guidance that facilitates the professional growth of the staff and enhances the quality of the instructional program
- Imperative role in setting up and running the Amity Institute of Behavioural and Allied Sciences (AIBAS) with additional HR responsibilities; served as Founder Faculty & Deputy Director
 - Led, organized and managed Mega Events such as Amity Leadership Awards, Amity Yuva Shakti Mass Movement and Community service, Amity NGO Partnership Program and Institute Cultural Fest
 - Introduced and implemented a 50-hour Community service module for the students at Amity University, Rajasthan
- Actively involved in training, teaching and counselling MBA, BBA, B.Tech., B.Tech. Biotech, BHM, BJMC, MJMC Students in Behavioural and Interpersonal Skills and Self-Management and Organizational Behaviour
- Looked after recruitment and development of Faculty and Staff, Counseling, Psychometric Evaluation and other HR Functions for Students and Staff
- Worked in the capacity of:
 - Chairperson & Member of all the Committees, Cell and Other Body of Amity University, Rajasthan 2004-2008 Board of Studies (BOS), Board of Faculty (BOF), Departmental Research Committee (DRC), Doctoral Research Board (DRB), IQAC, Academic Council, Discipline Committee and Anti Ragging Committee
 - Chief Coordinator for Amity NGO Partnership Program, Amity Yuva Shakti Mass Movement and Community Service Initiative and Amity Corporate Social Responsibility Community Service
 - Chief Coordinator for the Cultural Events and Mega Events like Amity Leadership Awards
- Played a key role in Design and Development and Implementation of syllabus and courseware for Organizational Behaviour & Counselling Psychology, Behavioural Skills, Interpersonal Skills and Self-Management Skills

Initial Career Glimpse

1999 - 2004: Centre for the Study of Developing Societies, 29 Rajpur Road as **Research Associate on the Project 'Reconstructing Lives' under Professor Ashis Nandy**

World's largest study on genocide and on the partition of India and was conducted in three countries India, Bangladesh and Pakistan

1992 - 1999: Centre for the Study of Developing Societies, 29 Rajpur Road as **Research Assistant under Professor Ashis Nandy on various Projects like 'Study on the Sex Role Stereotype amongst Delhi University Students'**

1999 - 2008: Mayura School, (An Inclusive School), Jaipur as **Consultant Psychologist**

1992 - 1999: Centre for the Study of Developing Societies (CSDS), Delhi as **Research Assistant under Professor Ashis Nandy**

1990 - 1991: University of Delhi, New Delhi as **Lecturer at Lady Shri Ram College**

1989 - 1990: University of Delhi, New Delhi as **Lecturer at Daulat Ram College**

Awards & Accolades

- V-WA 50 Recognition of Excellence for Outstanding Achievements and Exemplary Leadership in Academia 2021 by Vedic Women's Alliance and Western Digital
- Awarded (WISCOMP) Women in Security Conflict Management and Peace, Scholar of Peace Fellowship by the Dalai Lama Foundation for Universal Peace, Delhi, 2004-2005 (Research Grant Fellowship)
- Felicitated as Distinguished Alumni by Alma Mater Daulat Ram College, University of Delhi, 2015

- Fellow and Alumni of the Regional Center for Strategic Studies (RCSS), Colombo, 1998
- University Grants Commission (UGC) Research Scholar 1988

Authorship of Books, Psychometric Tests & Copyrights

- Journal of Liberal Arts and Sciences – Editor-in-Chief, published by Manav Rachna, 2021
- Heart in the Frozen City: Outpouring Books, New Delhi, 2019, Registration No. L-102431/2021; 23/04/2021
- Psychometric Profiling Test : Registration No: L-102771/2021, 03/05/2021 Chavi Bhargava Sharma and Umesh Dutta @Copyright
- Parenting: A blessed responsibility: In Art and Science of Parenting, Ed Mishra, A.K.& Chadha, N.K.; A.K. Mishra's Art of Success Pvt. Ltd., 2018
- Benefits of Good Parenting: In Art and Science of Parenting, Ed Mishra, A.K. & Chadha, N.K.; A.K. Mishra's Art of Success Pvt Ltd 2018
- History and Philosophy of Psychology: The Readers Paradise, New Delhi, 2015
- Dictionary of Terms in Tests, Measurement, Evaluation and Statistics: The Readers Paradise, New Delhi, 2015
- Between Two Worlds: Long Term Effects of Communal Violence on a Multi-religious, Marginalised, Threatened Community - A Cultural Psychological Analysis: WISCOMP Perspectives, Dalai Lama Foundation for Universal Peace, Delhi, 2006
- Partition Memories: Ed by Imtiaz Ahmed, Regional Center for Strategic Studies, Colombo, 2004
- History & Philosophy of Psychology - Course Code ABPG1203, by Acme Learning for Malaysian Open University (MOU) 2011
- Journal of Human and Work Management- Editor-in-Chief, (Bi-Annual Refereed Journal of FMS, Manav Rachna International University) ISSN No 2320-8384, from July 2013 -2020
- Thinking and Language: In textbook of Psychology by Dr Amit Abraham. Tata McGraw Hill, 2012
- The Love Nest in Chicken Soup for the Indian Romantic Soul; Westland Publication; 2010
- Sisters in Rhyme: A Book of Poems Sulekha Publications: Penguin and Sulekha Blogprint Initiative, 2008
- Editor in SIS Journal of Projective Psychology & Mental Health, ISSN 0971-6610 Abstracted in "APA"Psyc INFO Regd. No. 71632/99, RNI Delhi
- In the editorial board of Indian Journal of Psychology, published since 1926

Community and Social Service Involvement

- Trustee and Member Secretary since 2014: Dr. OP Bhalla Foundation – A Philanthropic Trust for the betterment of Society and Nation working extensively in the community development areas in Faridabad since 2014 under leadership
- Counselling/ Workshops on Emotional Intelligence, Resilience and Hope skills training of players in Kho-Kho National Camp
- Launching of an online Helpline 'SATHI' 2020 - A Crisis Intervention and Counselling Initiative for Psychological First Aid for Faridabad distt during the Lockdown
- Haryana Distt Coordinator of Environment Vertical of Siksha Sanskriti Uthan Nyas (SSUN) - 2020 onwards
- Adoption of Mohna Village and Girls school where skilling courses in computer literacy etc are since 2014
- Swacch Haryana Abhiyaan by adoption of the old railway station and Shiv Mandir and maintenance and cleanliness since 2014
- Ek Muthi Daan – No one sleeps hungry is an initiative where we have donated of rice, grains, flour every month since 2014 and supported various NGO's
- Launched 'Spارش' whereby we conducting mental health campaigns, camp,s and counselling sessions for slum children, children of remedial centres and remand homes and villages. The aim was to take mental health to every door and house
- Faridabad District Convener of Siksha mein Swatatta (Autonomy in Education) 2017, Siksha Sanskriti Uthan Nyas (SSUN)
- Trustee and Founder Member since 2013: Unfold Foundation – An NGO working towards betterment of preventive healthcare in India. Initiated by a group of health professionals, it aims at empowering youth.
- Family Counsellor since 2013: Haryana Women's Welfare Association (registered since 1993), Empowerment of Women
- Feasibility Study for Revival of the Badhkal Lake
- Waste Management Projects
- Installation of the Tall est Tiranga in the District Centre of Faridabad
- Blood Donation Camps
- Dental and Physiotherapy Camps Every Week are some of the activities undertaken by the foundation
- Gender and Women Empowerment
- Conducted around 100 workshops and events related to Gender Sensitization and Women Empowerment
- Gender Sensitization and Equity sessions with students in Orientation every year since 2008
- 'Swayamsiddha – Celebrating being a woman' on the occasion of Women's Day since 2016
- Workshops on Prevention of Sexual Harassment
- Awareness of Prevention of Sexual Harassment and Rights of Women
- Presiding Officer/ Chairperson of Various Committees for Empowerment of Women and All Genders:
- Chairperson – Prevention of Sexual Harassment Committee since 2009 to present
- Chairperson – Women Cell since 2009 to present
- Chairperson – Internal Complaints Committee since 2009 to present
- Chairperson – Women and Gender Sensitization Committee 2015 to present
- External Member of Internal Complaints Committee and POSH in Manav Rachna International Schools

Research & Publications

Google Scholar Link: <https://scholar.google.com/citations?hl=en&authuser=1&user=ZgSydYcAAAAJ>

SSRN Profile: psychologistchavi@gmail.com

Research Gate Profile: Dean.fbss@mriu.edu.in

- 2021: Case Report: Rehabilitation Post Brain Stroke Vinita Berry & Dr. Chavi Bhargava Sharma. Anvesak ISSN : 0378 – 4568 UGC Care Group 1 Journal Vol. 51, No.2(I) July – December 2021, 96-108
- 2021: Building a 'Mental Health' Literate Nation – Chavi Bhargava Sharma in the Daily Guardian, <https://epaper.thedailyguardian.com/Home/ShareArticle?OrgId=178a5dcb9d2&imageview=0>
- 2021: Sundaresan, J.P.V and Sharma, C.B (2021) Exploring Different facets of subjective wellbeing- A conceptual review. Turkish Journal of Qualitative Inquiry (TOJQI), Vol 12, 7 2012; 4434-4442
- 2021: Sundaresan, J.P.V and Sharma, C.B (2021) Emotional Intelligence and the workplace -an increased importance during covid times. Turkish Journal of Physiotherapy and Rehabilitation; 32(3) ISSN 2652-4451, e-ISSN 2651-446X , p 13585-13593 www.turkjphysiotherrehabil.org
- 2021: Impact of Interdisciplinary interventions in a 9 year old male child with Autism Spectrum Disorder Vinita Berry and Dr. Chavi Bhargava Sharma; Advances in Autism (Emerald Publishing Limited) 2021 2056-3868 <https://www.emerald.com/insight/content/doi/10.1108/AIA-06-2020-0041/full/html>
- 2019: Some Lessons in Clinical Psychology, Swati Sharma & Dr Chavi Bhargava Sharma; Indian Journal of Psychology, 0019-5553
- 2019: Opportunities and Challenges-A Review of Indian Aviation Industry Growth, Manoj Gupta, Dr Chavi Bhargava Sharma, Dr Narain Gupta; Online Published, 20th Jun 2019
- 2017: Indian Aviation Market Dynamics-A Study of Major Initiatives of National Civil Aviation Policy 2016, Manoj Gupta, Dr Chavi Bhargava Sharma, Dr Narain Gupta; Academic Social Research, Vol 3, (3), 2017, 146-148
- 2017: Opportunities and Challenges-A Review of Indian Aviation Industry Growth, Manoj Gupta, Dr Chavi Bhargava Sharma, Dr Narain Gupta; International Journal of Research in Social Sciences, Vol 7, (9), 2017, 843-846
- 2017: Global Aviation-Economic Impact and Sustainable Growth, Manoj Gupta, Dr Chavi Bhargava Sharma, Dr Narain Gupta; South Asian Journal of Multidisciplinary Studies, Vol 3,(7) 2017, 12-15
- 2017: Concept Note: Career Transition and Emotional Intelligence at Workplace; Nupur Gosain¹, Dr. Chavi B. Sharma², Dr. N.K Chadha³; Imperial Journal of multidisciplinary Research, Vol-3, (2), 665-670
- 2016: Exploring the Factors for Mid-Career Transition: A Qualitative Review, Nupur Gosain¹, Dr. Chavi B. Sharma², Dr. N.K Chadha³ ; International Journal of Multidisciplinary Research Review ; Vol. 1, Issue 21, Pg. 1-6
- 2016: Should you be emotionally intelligent in the Workplace?, Nupur Gosain¹, Dr. Chavi B. Sharma², Dr. N.K Chadha³; Online International Interdisciplinary Research Journal, Volume-VI, Nov 2016 Special Issue (2) Pg. 82-87
- 2016: Leadership Styles- The current Leadership of Syria, Abdul Rahman Alnassan and Chavi Bhargava Sharma, <http://journalijcar.org/issues/leadership-styles-current-leadership-syria>
- 2016: Leadership Styles: A Case Study of Syria, Abdul Rahman Alnassan and Dr Chavi Bhargava Sharma, Scholars Journal of Arts, Humanities and Social Sciences, 2016; 4(4A):340-346.
- 2015: Management in Islam in Conference Proceedings of National Seminar on Roots of Indian Management organized by Rajarshi School of Management and Technology
- An Open Letter to the Finance Minister: published in economic times in June 2013
- History & Philosophy of Psychology - Course Code ABPG1203, by Acme Learning for Malaysian Open University (MOU) 2011
- Work Place Abuse: Beware of the Silent Killer, Business Manager, Vol. 9, No 2, Aug 2006
- Helping Children Cope with Anger in Parenting Magazine; 1998
- Its Smart to Feel: Rediscovering Emotions in Yourself and Your Child Journal, Psychological Foundations, 2003, Dec
- 1947: Surviving a Genocidal Partition, Journal, Psychological Foundations. 2002, Dec
- 1947: A Division of India / A Partition of Self, RCSS Publication, 2001
- Looking at Ourselves - Not Them - Journal of Federation for the Welfare of the Mentally Retarded Publication Newsletter, 1991
- Autism: Related Issues and Controversies - Handbook of Psychology, Ed by Chadha, N.K ; Nath, S. 1991
- Autism - A Case Study Approach, Journal of Disabilities and Impairments, vol 4(1), pp 31-39, Nov 1990

Consultancy & Trainings

- 2020-2021: Conducted 30 webinars and online trainings, sessions and workshops on mental health
- 2020: Counselling & workshops on Emotional Intelligence, Resilience & Hope Skills Training of players in Kho-Kho National Camp
- 2018-19: Conducted a survey of the infrastructural and development needs of 176 government schools of Faridabad for the Faridabad Education Council, a public private partnership between Govt of Haryana, Manav Rachna Vidyantriksha and Dr OP Bhalla Foundation
- 2018: Track Chair in The 8th PRME (Principles for Responsible Management- an Initiative of the UN Global Compact) Asia Forum - Sustainable Futures Partnering in Responsible Management Education
- 2018: Panellist in National Conference on 'Psychological Applications and Interventions: Reaching Out and Making a Difference' Organized by Dept of Psychology, Daulat Ram College, University of Delhi. 18th and 19th Jan 2018
- 2016, 2017: Conducted workshops for the top Management Vice President, Directors, Head Chef etc of Jaypee Group on Stress Management, Emotional Intelligence
- 2016, 2017: Conducted employability skills training workshops for School of Open Learning, Delhi University, Delhi
- 2016: Conducted a one-day Faculty Development Training on the Case Study Method for MBA faculty of DAV College

- 2015: Conducted a survey of the infrastructural and development needs of 23 government schools for the NGO 'Navchetna' for Adoption
- 2015: Resource Person for Faculty Development Program of UGC for three days in YMCA University, Faridabad
- 2014: Survey conducted for Haryana Police on 10,000 women on the Project Title "Building a Safe City for Women"
- 2014: Survey conducted for FOGSI on 600 adolescents on the Project Title "Reproductive Health Amongst Adolescents"
- 2014: Reviewer for the ePathshala – Psychology (Developmental and Social Psychology)
- 2014: Consultant and on the Advisory Board of Mindler. Lead the team for the Personality vertical of the Mindler test
- 2010: Training on Gender Sensitivity and Cultural Sensitivity for Police Personnel and Traffic Police Personnel of Haryana for the Common Wealth Games 2010
- 2011-2013: Consultancy in CSR project with Haryana Police 'Ek Pahal' on governance, and traffic rules awareness campaign
- 2012: Set up the 'Human Lab'/Counselling Cell, a center for psychometric assessment, evaluation, training and consultancy in Faculty of Management Studies, Manav Rachna International University
- 2011: Conducted a workshop for Faculty of Manav Rachna College of Engineering, MDU University on pedagogy 'Using the Role Play in the Classroom'
- 2010: Training on Gender Sensitivity and Cultural Sensitivity for Police Personnel and Traffic Police Personnel of Haryana for the Common Wealth Games 2010
- 2008: Present Consultancy for psychological and behavioural problems for FSIA, Faridabad Small Scale Industries Association
- 2006-2007: 40 hours Training in Behavioural and Counselling Skills and Special Education for Teachers and Professionals at Idiscoveri, Delhi
- 2001: Field Report on the Gujarat Earthquake 2001
- 1999-2002: Resource Person/ Consultant with Times of India's 'Newspaper in Education' Program and conducted capacity training workshops for principals and teachers and trainings in behavioural, emotional and social skills for children from Standard I to XII

Conferences Organized and Papers Presented

- Convener of 'National Conference on Autonomy of Education' in association with Siksha Sanskriti Uthan Nyaas, on 1st and 2nd April 2017
- Organized 'Swayamsiddha' 2016, 2017 – Celebrating Being a Woman in association with Sindhu Srijan, an event which has eminent people from various spheres of life empower the youth both men and women through training workshops on issues of Gender Sensitivity, Safety and Legal Rights
- Asia Pacific Career Development Association (APCDA) Conference on "Workforce of the Future", Tokyo, Japan, 15th Sep. to 17th Sep. 2015 (Presented a Paper)
- Indian Association of Positive Psychology (IAPP) & MRIU, International and National Conference on "Positive Psychology: The Ripple Effect", Faridabad, Haryana, 27th Feb to 1st Mar 2015 (Chaired Sessions)
- North Zone Yuva Fogsis 2014 (Fogsis Youth Health Mela) organized by Faridabad Obstetric & Gynaecological Society & MRIU, 11th April 2014 (Chaired Sessions)
- International Conference on Colors of Career Development at Manav Rachna International University jointly with India Career Development Association (ICDA) R/S Foundation, Maryland, USA & National Career Development Association (NCDA), USA, 27th to 29th March, 2013 (Resource Person)
- National Seminar on Aging Workforce, Applied Psychology Unit, University of Delhi, South Campus, 1st and 2nd March, 2014 (Speaker and Moderator for Panel Discussion)
- 2nd Workshop Institution Building: Creating an Institution of Excellence, 26th to 28th October 2012, Department of Management Studies, IIT Delhi, India (Presented a paper)
- National Conference on "Challenges & Opportunities of Work Ethics in National Building", 4th to 6th October 2012, St. John's College, Agra, India (Resource Person)
- Workshop on 'Role of Business School in Shaping Enterprise Social Responsibility in MSME's', a UNIDO Project, Manav Rachna International University, Oct 2008
- Workshop on 'Public Private Partnership: The Way Ahead', by Government of Rajasthan, Department of Education, 2007
- International Conference on Peace and Conflict Resolution in the Indian Perspective, Subodh Jain Post Graduate College, Jaipur Jan 4-6 2007
- International Conference of Applied Psychology, International Girl's College, Jaipur 2006
- International Conference on Applied and Community Psychology held in Haridwar, Feb 2005
- Workshops on 'Reconstructing Lives: A Study of the Mass Violence in South Asia in 1946-1948' held in Udaipur; 2000
- Workshops on 'Reconstructing Lives: A Study of the Mass Violence in South Asia in 1946-1948' held in Delhi in CSDS, 2000
- Workshops on 'Reconstructing Lives: A Study of the Mass Violence in South Asia in 1946-1948' held in Delhi in CSDS, 2001
- Workshops on 'Reconstructing Lives: A Study of the Mass Violence in South Asia in 1946-1948' held in Delhi in CSDS, 2002
- Workshop on Peace and Conflict Resolution held by WISCOMP, Dalai Lama Foundation for Universal Peace, 2005, 2006
- UGC Sponsored Seminar on Community Perspective and Behavioral Problems held in Jhunjhunu, Raj; July 2005
- Workshop on 'Trauma' conducted by Rahi Foundation in Delhi, Jan 2003
- Workshops on 'Communities in Interaction; Ajmer as a paradigm for Religious Tolerance' held in Jaipur, 2000-2001
- South Asia Facing the New Millennium. Ahungalla, Sri Lanka Sep 21-23, 1999, Conference of the Alumni of the RCSS Summer Workshop in association with Stimson Institute of Defense Studies and Analysis, Washington; Washington Institute of Defense Studies, Washington

- Workshop on 'Life History Construction and Mass Violence in South Asia', held in Kathmandu, Nepal, June 23-26, 1999 by Centre for the Study of Developing Societies 29, Rajpur Road, Delhi
- Saadat Hasan Manto Lecture Series, Center for the Study of Developing Societies, 29 Rajpur Road, Delhi, 2000, 2001, 2002, 2003

Ph.D. Guidance

- On the Panel of Examiners for Evaluation of Ph.D. Thesis of University of Delhi, IGNOU
- Guided more than 100 thesis in Partial Fulfilment for the MBA, MA Applied Psychology and PhD C
- 6 PhD completed
- Presently, guiding 8 students for PhD in Management and Psychology

Professional Memberships in Committees & Boards

- Founder and Director of a Start-up - Indic Centre for Psychological Wellness and Holistic Health Pvt. Ltd. 2019
- Founder and Director – Conversationists – Talking Cures (A Mental Health Initiative) 2019
- Director - Me and My Human
- Founder and Trustee – Foundation for Empowerment through Education, Learning, Inclusion and Training
- Associate Editor in SIS Journal of Projective Psychology & Mental Health, ISSN 0971-6610 Abstracted in "APA" Psyc INFO Regd. No. 71632/99, RNI Delhi
- In the editorial Board of Indian Journal of Psychology, published since 1926
- Siksha Sanskriti Uthan Nyas – 2020 Onwards – Convenor Haryana District for Environment Vertical
- Siksha Sanskriti Uthan Nyas – 2016 Onwards - Faridabad District Convenor of Siksha mein Swatata (Autonomy in Education)
- Chairperson of the Women Wing of the Faridabad Environment Protection Chapter (FEPC) of Haryana Environment Protection Foundation (HEPF), headed by Shri Gopal Arya – National Coordinator of Environment Protection, Deen Dayal Upadhaya Research Institute, New Delhi
- Member and Chairperson – Mahila Shakti vertical of Haryana Environment Protection Foundation (HEPF), Faridabad Environment Protection Chapter (FEPC) in 2018
- Member, Internal Complaints Committee, Adventz Corporate Office, (A Subsidy of Aditya Birla Group) Delhi in 2015
- Chairperson, Women Cell, Manav Rachna International University in 2009
- Chairperson, Internal Complaints Committee, Manav Rachna International University in 2009
- Member, Board of Management, Manav Rachna International Schools, 2009
- Chairperson (BOF) of Behavioral and Social Sciences, 2017
- Chairperson (BOF) of Management, 2009-2017
- Chairperson, Committee Against Sexual Harassment, Manav Rachna International University, 2009
- Member, Internal Complaints Committee, Adventz Corporate Office, Gurgaon
- Member APA –American Psychological Association ID C2103546966
- Member and Country Head North India (APCDA) Asia Pacific Career Development Association, 2019
- Member, Board of Management, Manav Rachna International Institute of Research and Studies, 2009- 2017
- Member – Faridabad Education Council (FEC)
- Advisor – Centre for Research and Advocacy for Child Rights & Persons with Disability (CRACR & PD)
- Trustee – Unfold Foundation
- Life member of Indian Association of Positive Psychology and Member Advisory Committee
- Member of ICDA (India Career Development Association)
- Alumni of Regional Centre for Strategic Studies, Colombo
- Life Member of Association of Applied Psychology
- Member of Asian Association of Social Psychology
- Member of Solution Exchange: A UN Team Initiative
- Member of Faridabad Small Industries Association

Scholastics Portfolio

Ph.D. – Psychology | Punjab University, Chandigarh in 1998

Under the supervision of Professor Ashis Nandy, Centre for the Study of Developing Societies (CSDS), Delhi and Professor Jitendar Mohan on 'Autistic Processes – A Study of Its Individual and Social Characteristics'

M.A. – Psychology | Indraprastha College, University of Delhi with 1st Division, III Position in 1988

Specialization in Clinical Psychology and III Position

Dissertation on 'Autism – A Case Study Approach'

B.A. (Honours) – Psychology | Daulat Ram College, University of Delhi with 1st Division in 1986

Professional Certifications:

- International Certified Career Coach (ICCC) 2018 from Mindler
- Certified LGBTQIA ++ Counsellor
- Certified Crisis and First Aid Counsellor

- Certifications in Complementary/Alternative Medicine -Reiki, Pranic Healing, Past Life Regression, Hooponopono, Chakra Healing, Hypnotherapy, Graphology and Visualization Techniques (1995)

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