

CURRICULUM VITAE

Dr. SHWETA CHAUDHARY

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1. Secondary and Senior Secondary from CBSE Board, New Green Field School, New Delhi.
2. B.A(Honors) Psychology, Kamla Nehru College, University of Delhi.
3. M.A Psychology, Department of Psychology ,North Campus, University of Delhi.
4. Post Graduate Diploma in Guidance and Counseling, NCERT.
5. Qualified UGC NET.
6. Ph.D Psychology, University of Delhi

Professional Experience

- Currently serving Gargi College as Assistant Professor in the Department of Applied Psychology since (January 2018)
- Served as external supervisor to Trainees of Diploma course in Guidance and Counseling, NCERT
- Supervised Psychology researches for M.A projects in Ignou
- Supervising undergraduate students for conducting research in the field of psychology

Administrative Assignments

- Teacher mentor, Izhaar, Gargi College Mental Health Initiative in 2018-19- till present
- Member Library Committee of the Department of Psychology of Gargi College, 2019-20- till present
- Teacher mentor, Gargi Psychology Association 2019-20
- Member of NAAC Steering Committee, Gargi College, 2020-21
- Association In-charge, Gargi College Psychology Association 2022-23

Areas of Interest

Positive Psychology
Neuropsychology

Counseling Psychology
Indian Psychology
Health Psychology
Applied Social Psychology
Industrial / Organizational Psychology

Subjects Taught

- ● Industrial and Organizational Psychology
- ● Research Methodology and Data Processing in Psychology
- ● Applied Social Psychology
- ● Youth Psychology
- ● Foundations of Psychology
- ● Developing Emotional Competence
- ● Making Decisions
- ● Intergroup Relations
- Managing Human Resources

Conferences and Workshops

- Successfully completed with grade 'A' One-Week Online National Faculty Development Program "*Communication, Creative writing and Personality Development*" jointly organized by University of Delhi and Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) of Ministry of Education.
- Presented paper in the ICSSR Sponsored Two-Day International Multidimensional Conference on "Revisiting Wellbeing: Perspectives, Challenges, and the Road Ahead", under the aegis of DU Centenary Celebration, held on February 1-2, 2023 on topic "*Influence of Family Environment and Personality on Emotional Intelligence of Young Adults*"
- Presented paper in the International conference on Environment and Sustainable Development- Interdisciplinary Trends and Practices held on 16 December 2022 on the topic "*Assessing The Relationship Between Sense Of Coherence And Health-Promoting Behaviors In Adolescents: A Correlational Study On Urban Students*"
- Completed faculty Development Program on "*Outcome Based Education*" Organized by Department of Psychology, Ramanujan College, University of Delhi, 2021

- Completed Faculty Development Program on *Enhancing Psychological Skills For Teaching and Practice* Organized by Department of Psychology, Ramanujan College, University of Delhi, 2020.
- Presented paper at National Association of Psychology (NAOP) titled “*Lockdown due to Covid-19 pandemic and its effects on stress, conflicts, and coping styles in close interpersonal relationships*”
- Certified Completion of foundation course for *International Certified Career Coach Program* (Foundation level-1) , 2019
- Participated in two day intensive hands on *Training in Transactional Analysis Gestalt Work* organized by Department of Psychology, Keshav Mahavidyalaya, University of Delhi , held on 22nd and 23 August 2019
- Participated in National Workshop on *Stress Management and Emotional Intelligence in Teaching learning Environment*, Organized by Guru Angad Dev Teaching learning Center of MHRD, UNiversity of Delhi, 2019
- Participated in Mentoring the Teacher-Mentor: *Capacity Building Programme* organized by IQAC of Gargi College , University of Delhi, January, 2018
- Participated in *Expressive Arts Workshop* Organized by Gargi College, University of Delhi
- Attended *National Multidisciplinary Conference on Emerging Trends in Tertiary Education: Assessing Challenges and Possibilities* organized by Gargi College , University of Delhi.
- Participated in First international and third National Conference on *Positive Psychology: The Ripple Effect* organized by Indian Association of Positive Psychology & Manav Rachna International University, March 2015
- Attended workshop series on Adult Mental Health Issues on *Understanding Personality Disorders*, VIMHANS. 2011
- Successfully completed *Cognitive Behavioral Therapy Course* by Department of Mental Health & Behavioral Sciences Max Healthcare organized at Kamla Nehru College, University of Delhi, 2009.

Recent Publications

- **Chaudhary, S. & Bhatia, H.**(2019) Passion & its Outcomes: Implications on positive psychology International Journal of Social Sciences Review , 7,5-III 1702-1705.
- **Chaudhary S. & Gupta B.**(2021). Capital Punishment in India: A Public Perception. International Journal of Indian Psychology, 9 (4), 2272-2296. DIP:18.01.213.20210904, DOI:10.25215 /0904 .213
- **Chaudhary S., Pandey D. & Parul** (2021). Exploring the Relationship between Attachment Styles, Personality Traits and Fear of Missing Out. International Journal of Indian

- **Chaudhary S.**, Jain K., Agarwal M. & Bajaj V. (2022). Maladaptive Daydreaming Among the Indian Youth: A Qualitative and Quantitative Analysis . International Journal of Indian Psychology, 10(1), 301-329 DIP:18.01.027.20221001, DOI :10.25215/1001.27
- **Chaudhary, S.**, Chandra, A., Bharadwaj, I. & Kapoor, D.(2023). The Impact of Parental Chronic Illness on Children:Experiences of Young Adults.International Journal of Indian Psychology,11(2), 297 4-2984. DIP:18.01.292.2023 1102 , DOI:10.25215/1102.292
- **Chaudhary, S.**,Goswami, S.,& Rai,S.(2023). Influence of Family Environment on Emotional Intelligence and Personality of Young Adults :International Journal of Research and Analytical Reviews
- Choudhury, SG., **Chaudhary S**, Phogat P. Romantic relationships during the COVID-19 pandemic: Stressors, dyadic coping, and conflict resolution. Indian J Psy Nsg 2023;20:13-20.
- Phogat., P, **Chaudhary, S.**,Kaur, M., & Kaur, H(2023). Stress and Challenges Faced by High School Teachers of Private and Government Schools of Delhi: Indian Journal of Psychology and Education. Vol 13 No.1 pp 63–73.