

## Curriculum Vitae

### Poonam Phogat (PhD)



**Current Position:** Associate Professor, Department of Psychology,  
Gargi College

Email ID: [poonam.phogat@gargi.du.ac.in](mailto:poonam.phogat@gargi.du.ac.in)

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#### Education:

- **Ph.D.** (University of Delhi , 2012) in Social & Clinical Psychology. Dissertation: Developing an intervention programme of life skills for street children.
- **M.A-** University of Delhi , 2002, Specialization in Clinical Psychology.
- **B.A-** Gargi College, University of Delhi, 2000, Applied Psychology.

#### Clinical Training:

- One-year intensive training in treatment of Mental disorders in VIMHANS hospital, Delhi.
- Worked with Manas clinic in 2003-04.
- Worked with Sarthak NGO's Hope Helpline for counseling school students after their board results.

#### Research Interest:

- Areas of Clinical psychology, Health psychology, Social Psychology
- Evidence based, empirical research on mental disorders, counseling, CBT and therapy.

#### PhD Supervision:

1. Dr Rashi Ahuja, awarded Phd from Amity University.
2. Mr Bahniman Boruah pursuing Phd from University of Delhi.

#### Awards and Honors:

- Awarded the 'Vivekananda Best Paper award' at National Conference On Reconnaissance Of Resilience, Re-Emerging, Strengthening, Re-Building Of The Nation (ICCSR). Aditi Mahavidhyalaya, University Of Delhi, India
- Awarded Junior research fellowship for pursuing Phd.
- Awarded All India Post-Graduate Scholarship by UGC.

#### Employment:

- Associate Professor, Gargi College (2020-2023), Assistant Professor (2004-2007, 2009-2019).

- Assistant Professor (Adhoc) Vivekananda College, 2007-09.
- Guest faculty at Keshav Mahavidyalaya, University of Delhi
- Psychologist at PWMC, Greater Kailash, Delhi for counseling and workshops for schools and colleges.

## **Trainings**

Many workshops and Faculty training sessions attended on various topics of mental health and academic skills enhancement, pedagogy etc. Some of these are

- Completed 4-week U21 Mid-Career Researcher Programme (Sept-Oct 2022) conducted by Universitas 21 in partnership with Common Purpose.
- NEP-2020, New Trends in Higher Education, from 29 Aug- 4 Sept, 2022 TLC Ramanujan College, New Delhi
- Academic Research Writing, 4 June-10 June 2022, TLC Ramanujan College, New Delhi.
- Outcome based Education, 15 July-21 July,2021, TLC Ramanujan College, New Delhi.
- Advanced Pedagogical techniques, 30 June- 6 July, 2021, TLC Ramanujan College, New Delhi.
- One-week Online Faculty Development Program on “Research Methodology, Tools & Techniques”, 5 June -11th June 2020, ARSD College, University of Delhi, under PMMMNMTT scheme of MHRD, Govt of India.
- Successfully completed the 5th Refresher Course in Global Studies, Jawaharlal Nehru University, 5 March- 29th March, 2019 at UGC-HRDC J.N.U, Delhi.
- 2-week Faculty Development Program on Enhancing Psychological Skills for Teaching & Practice organized by Teaching learning Centre, Ramanujan College, University of Delhi (15th September-29th September 2020)
- One- week Gender Sensitization Course at HRDC, Jamia Millia Islamia University, New Delhi (25th July-31st July, 2018).
- Anti Plagiarism Workshop (facilitator, Dr. Ramesh Gaur, Director, Director, Library and Information at IGNSA) 13th March 2018.
- International Winter School & FDP on Evidence Synthesis of Qualitative and Mixed methods research at Jamia Millia Islamia, Delhi. (19 Feb-25 Feb 2018)), Indo-US 21st Century Knowledge Initiatives Project in Collaboration with Campbell Collaboration and Prayas Health.
- 3-day Expressive Arts Workshops organized by Department of Psychology, Gargi College (Facilitator Ms Manju Jain, Portland, USA) 24th,26th, 28th February 2018.
- Two-day Capacity Building Programme of ‘Mentoring the teacher mentors’ organized by IQAC, in collaboration with B. El Ed, Psychology, Philosophy departments, Gargi College, 19th & 20th January, 2018.
- One day ADHD Assessment Workshop, South Campus, Delhi University. 23rd September 2017.

- One day faculty Development program on “eCognitio: An Innovative E-learning workshop promoting Student Participation and Collaborative Learning (23rd May 2016) at Kamala Nehru College, University of Delhi.

### Book Authored:

Psychology of Health and Well-Being, Arora, M, Sran, S, Phogat, P and Dhanda, D (2023). Book Age Publishers, Delhi.

### Publications:

1. Boruah, B., Phogat, P. and Singh, A. (Sept, 2023). Associations between Adolescent’s Interpersonal Relationships, Academic Achievement and Behavioral Problems: A cross-sectional study. Social Evolution and History. Uchitel Publishing. Scopus and Web of science Indexed. ISSN- 1681-4363.
2. Choudhary, G.S., Chaudhary, S and Phogat, P. (2023). Romantic relationships during Covid-19 Pandemic: Stressors, Dyadic Coping, and Conflict Resolution. Indian Journal of Psychiatric Nursing. 2023, 20 (1) 13- 20. ISSN: 2231 -1505. <https://www.ijpn.in/article.asp?issn=2231-1505;year=2023;volume=20;issue=1;page=13;epage=20;aulast=Choudhury>
3. Understanding resilience and subjective well-being among urban Indian Adolescents (June, 2023). Indian Journal of Positive Psychology. Vol.14, Issue 2, 125-129. ISSN-p-2229-4937. [https://iahrw.org/our-services/journals/indian-journal-of-positive-psychology/?5516\\_product\\_cat%5B0%5D=1349&5516\\_device=laptop&5516\\_filterd=true](https://iahrw.org/our-services/journals/indian-journal-of-positive-psychology/?5516_product_cat%5B0%5D=1349&5516_device=laptop&5516_filterd=true)
4. Phogat, P. & Verma, V. (2023). Efficacy of Mental Health Apps and Related Tools on social media: A Systematic Review of Researches: IAHRW International Journal of Social Sciences Review, 11(1), 98-103. ISSN-2347-3797.
5. Phogat, P., Chaudhary, S., Kaur, M and Kaur H. (Jan, 2023). Stress and challenges faced by high school teachers of private and govt schools of Delhi. Indian Journal of Psychology and Education, Vol.13 (1), pp.63-73. ISSN: 2231-1432. <http://www.ijpe.co.in/Articles.aspx>
6. Phogat, P. & Verma, V. (2023). Understanding Psycho-Social Factors In The Phenomenon Of Substance Abuse: Lived Experiences Of Recovering Addicts At Rehabilitation Facilities: *Journal Of Advance Research In Social Science*, 06(01), DOI: 10.46523/jarssc.06.01.01. ISSN: 2582-2004.
7. Phogat, P. & Verma, V. (2022). The Impact of Stereotypical Media Portrayals On The Urban LGBTQ+ Youth: A Qualitative Study Of Their Lived Experiences: *IAHRW International Journal Of Social Sciences*, 10(4), 473-477. ISSN: 2347-3797. <https://iahrw.org/product/the-impact-of-stereotypical-media-portrayals-on-the-urban-lgbtq-youth-a-qualitative-study-of-their-lived-experiences/>
8. Phogat,P, Yadav,A, and Kaur,M. (2022). Influence of Perceived Social Support on Binge Watching and Feelings Associated with it among Young Adults. Indian Journal of Health and Well-being 2022, 13(4), 533-537 <https://iahrw.org/our-services/journals/indian-journal-of-health-wellbeing/> . ISSN-p-2229-5356,e-2321-3698
9. Phogat, P and Singh,S. (Sept,2021). An exploratory study to assess the aggression & loneliness amongst college going Indian Youth. The International Journal of Indian Psychology, Vol 9 (3), pp:2110-2122.ISSN-p-2349-3429. <https://ijip.in/articles/an->

[exploratory-study-to-assess-the-aggression-and-loneliness-amongst-college-going-indian-youth/](#)

10. Ahuja, R, Kumar. R and Phogat, P. (2021). Adverse effects of social media addiction on life effectiveness of adolescents: An approach towards mental health and mood modifications Journal of Pharmaceutical research International, Vol, 33, Issue 52-A, 206 -22, 2456-9119. <https://journaljpri.com/index.php/J PRI/article/view/4354>
11. Ahuja, R, Kumar. R and Phogat, P. (2021). Screen time for children and adolescents during the COVID 19: Is your kid investing more energy gazing at a screen. Turkish Journal of Computer and Mathematics Education, Vo 1.1 2 No .8, pp-2862-2864.
12. Grit and Sense of Duty: Understanding the lives of Indian civil servants during the Covid-19 pandemic. Journal of Advance Research in Science and Social science (JARSSC), Volume 05, Issue 01, pp 24- 38, ISSN- 2582-2004. <http://jarssc.com/attachments/Grit-and-Sense-of-Duty-Understanding-the-Lives-of-Indian-Civil-Servants-During-the-Covid-19-Pandemic-Poonam-Phogat.pdf>
13. Phogat, P, Sharma, R, Grewal, S and Malik,A. (2020). The overlapping principles of Bhagvad Gita and contemporary psychotherapies. The International Journal of Indian Psychology. Vol. 08, pp. 2348-5396. <https://ijip.in/articles/the-overlapping-principles-of-bhagavat-gita-and-contemporary-psychotherapies/>
14. Phogat, P (2016). A study the coping resources of cancer patients in comparison with healthy adults. Journal of Positive Psychology. Vol 2 , 2, 210-217. Pp-2249-6254.
15. Phogat, P and Misra, G. (2005). Exploring People's views on Human nature. Applied and Community Psychology Conference proceedings, Srivastava (Ed). Delhi: Sarup & Sons. Vol 1, 1430149.
16. Tucker & Phogat (2009) Perceptions of work, stress and coping among street children". In Clinical Child Psychology, Shyam & Khan (eds). New Delhi: Kaplaz Publishers.
17. Tucker, Tucker & Phogat (2002) .Effectiveness of Participatory techniques with street children' in The Child in the New Millennium, Veeraraghavan, Singh & Khandelwal (Eds.) Mosaic books, Delhi.

### Chapters in Books:

1. "Life and career progression" (2023) in Women at work: a holistic outlook, by Kumar, N and Srivastava, N (Eds.). Global Vision Publication House, Delhi. ISSN-978-93-90423-18-7
2. Discerning Crime: Psychological, Forensic & Legal Aspects (2023) in Digital Media, Cybercrime and Pandemic by Kumar, N and Srivastava, N (Eds.). Asian Press Books., Delhi. ISSN- 78-81-960868-0-0
3. Unit 8: Counselling Skills and techniques II (Music therapy, Art therapy and Play therapy). For Block 3: Counselling Skills and Techniques, IGNOU (2021), UG. <https://egyankosh.ac.in/handle/123456789/77470>
4. Unit 9: Counselling Skills and Techniques III (Dance/Movement therapy and Drama therapy). For Block 3: Counselling Skills and Techniques, IGNOU (2021), UG. <https://egyankosh.ac.in/handle/123456789/77471>
5. Unit 8: Counselling Skills and techniques II (Music therapy, Art therapy and Play therapy). For Block 3: Counselling Skills and Techniques, IGNOU (2021), UG. <https://egyankosh.ac.in/bitstream/123456789/77468/1/Block-3.pdf>

### **E-Content for MHRD's E-PG Pathshala:**

1. E-PG Pathshala, 5 Chapters in four-quadrant format for Indian Psychology paper. PSY\_P6\_M22 to PSY\_P6\_M26 (2017).
2. E-PG Pathshala , 2 chapter in four quadrant format for Clinical Psychology paper, PSY\_p15\_M29 to M30 (2017).
3. E-PG Pathshala, 2 chapters in four-quadrant format for Qualitative Research, PSY\_P8\_M9 TO PSY\_P8\_M10 (2017).
4. E-PG Pathshala 4 chapters in four-quadrant format for Counseling paper. PSY\_P13\_M19 TO M24 (2017).
5. "Sensing and Perceiving" (Unit 2-Lesson 2), Cognitive Psychology, Under-graduate course in Psychology, SOL, DU.
6. "Introduction to Social Psychology" (Unit 1- lesson 1), Social Psychology, Under-graduate course in Psychology, SOL, DU.
7. "Self & Identity", (Unit 2: lesson 2), Social Psychology, Under-graduate course in Psychology, SOL, DU.
8. "Social Cognition" (Unit 3: lesson 3), Social Psychology, Under-graduate course in Psychology, SOL, DU.
9. "Attitudes" (Unit 3: Lesson 4), Social Psychology, Under-graduate course in Psychology, SOL, DU.
10. "Central Tendency", (Unit 2-Lesson 2), Statistical Methods and Psychological Research, Under-graduate course in Psychology, SOL, DU.
11. "Standard Scores" (Unit 3-Lesson 3), Statistical Methods and Psychological research, Under-graduate course in Psychology, SOL, DU.
12. "Group Processes and Decision-Making", (Unit 4: lesson 4), Social Behaviour and Group Processes, Under-graduate course in Psychology, SOL, DU.
13. "Introduction to Hypothesis Testing" (Unit 1: lesson 1), Inferential Statistics, Under-graduate course in Psychology, SOL, DU.
14. "Hypothesis testing for two independent means" (Unit2: lesson 2), Inferential Statistics, Under-graduate course in Psychology, SOL, DU.
15. "ANOVA and Chi-square Inferential Statistics", (Unit 3: Lesson 3), Under-graduate course in Psychology, SOL, DU.

### **Conference organizing member:**

1. Aditi Mahavidyalaya, DU, 2023, 2-day conference (organizing committee member) 19 Jan -20 Jan 2023, Sponsored by ICSSR.
2. *Neuroeunoia*- Brain Awareness Program, Gargi College (Co-convenor), Gargi College, University of Delhi, 7 Oct-10 Oct 22. Sponsored by Indian Academy of Neuroscience Delhi-NCR chapter.
3. Revisiting Well Being, by Gargi College, University of Delhi, (organizing committee member), 1 Feb-2 Feb 2023, Sponsored by ICSSR.
4. Psychology and Technology, Vigyan Bhawan from 15 Feb -17 Feb 2023 in collaboration of IAAP and DU. Private conference

### **Peer Reviewed Conference Presentations (National & International)**

1. Poster presentation (online) at APA 2023 Convention on Impact of Adolescent's Academic Stress, Behavior and Emotional problems on Interpersonal relationships.

2. Paper titled, "Assessing the Relationship Between Authenticity, Life Satisfaction and Meaning Of Well-Being In Young University Students" presented at International Multidimensional Conference On Revisiting Well-Being: Perspectives, Challenges And The Road Ahead (ICCSR), 2023, Gargi College, University of Delhi, India.
3. Paper titled, "Assessing Addictive Personality Traits And Psychosocial Barriers To Drug Abuse In Lower-Middle SES Individuals: A Qualitative Study Exploring Experiences At Rehabilitation Facility" presented at National Conference On Reconnaissance Of Resilience, Re-Emerging, Strengthening, Re-Building Of The Nation (ICCSR), 2023, Aditi Mahavidhyalaya, University of Delhi, India.
4. Paper titled, "Stereotypes in Association with the LGBTQ", 1st International Virtual Conference Community; (2022), MANOPRABHA; Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore, India.
5. Paper titled, "Efficacy Of Mental Health Apps: A Review Of Systematic Researches" presented at International conference on Psychosocial Implications In Health & Well-being: Looking Beyond The Boundaries. Universiti Teknologi, Malaysia & SGT University, Gurugram, India.
6. Paper titled, "Understanding Psycho-Social Factors in The Phenomenon Of Substance Abuse" presented at 4th International Conference on Developing New India Through Science, Social Science, Humanities & Research. 2023, IMHRC, Nischay Hospital, Lucknow, Uttar Pradesh, India.
7. Presented a poster, "Experimental research on accuracy of eye witness testimony", International E-Conference entitled, "NeuroEunoia 2020: A Neuroscience Affair" hosted by Gargi College, University of Delhi. 16-17 Oct 2020.
8. Presented a paper in National Webinar on Managing the Post Covid-19 pandemic: Global and Local Challenges and opportunities for India. Chaudhary Bansi Lal University, Bhiwani Haryana & Society for Social Empowerment, New Delhi.
9. Paper presented titled, " An exploratory study of social media usage by female young adults in urban setting", National Seminar on "Health and well-being: Reflecting on dominant practices and emerging challenges, Dept. of Psychology , University of Delhi. 28-29 Feb 2020.
10. Presented a paper titled, "Psychosocial issues of Mentally disabled women", Two day National Seminar on Disability, Women and Human Rights in India by Society for social Empowerment, in association with Dyal Singh College. 27-28 November, 2019
11. Paper presented titled, " An exploratory study of social media usage by female young adults in urban setting", National Seminar on "Health and well-being: Reflecting on dominant practices and emerging challenges, Dept. of Psychology , University of Delhi, 28-29 Feb 2020.
12. Paper presented, "Exploring Mental Health Literacy across age and gender", 6th International & 8th Indian Psychological Science Congress, National Association of Psychological Science-India and Panjab University, Chandigarh India. October 18-20, 2019.
13. Paper presented "Exploring the effect of parenting styles on aggression in adolescents", National Association of Psychological Science-India and Panjab University, Chandigarh India. October 18-20, 2019.
14. Paper presented, titled, "Comparison of Mental Health of Young College Students practicing yoga regularly with those not practicing it", International Conference on

- Sports Psychology & Yogic Sciences, organized by Dept of Physical Education and Sports and IQAC, Dr Ambedkar College, Nagpur, 16-17 Feb 2019.
15. Paper presented, titled, "Understanding the role of negative emotions on athlete's performance", International Conference on Sports Psychology & Yogic Sciences, organized by Dept of Physical Education and Sports and IQAC, Dr Ambedkar College, Nagpur, 16-17 Feb 2019.
  16. Presented Paper titled, "Understanding patterns of internet addiction and life satisfaction in older adults", 5th International and 7th Indian Psychological Science Congress, Punjab University, October 26-28, 2018.
  17. Presented Paper titled, "Sexual exploitation through the internet and cyber crime", 5th International and 7th Indian Psychological Science Congress, October 26-28, 2018.
  18. Presented Paper titled, "Analysis of effects of Social Media", 5th International and 7th Indian Psychological Science Congress, October 26-28, 2018.
  19. Paper presented titled, " Attribution Style and Self Efficacy in Cancer Patients", International Conference on Psychology, Health & Medicine, at Amity University, Rajasthan. 2-4 Feb, 2018.
  20. Paper presented titled, " Psychological Impact of Trauma on Young children, International Conference on Psychology, Health & Medicine, at Amity University, Rajasthan. 2-4 Feb, 2018
  21. Paper presented titled, "Lifestyle patterns and mental health of Traffic police personnel", International Conference on Psychology, Health & Medicine, at Amity University, Rajasthan. 2-4 Feb, 2018.
  22. Paper presented titled, "Importance of Humour and Laughter in promoting health and well-being at workplace", International Conference on Psychology, Health & Medicine, at Amity University, Rajasthan., 2-4 Feb, 2018
  23. Paper presented titled, "The role of self-efficacy and causal attribution in Holistic Treatment of heart patients", International Conference on Psychology, Health & Medicine, at Amity University, Rajasthan., 2-4 Feb, 2018.
  24. Paper presented, titled, "Effects of mental well-being of children facing armed conflict: A systemic review", 4th International and 6th Indian Psychological Congress at Chandigarh. 18-20 Sept 2017.
  25. Paper presented, titled, "Understanding the well-being of Traffic Police Personnel", 4th International and 6th Indian Psychological Congress at Chandigarh. 18-20 Sept 2017.
  26. Paper presented, titled, "The overlapping principles of the Bhagwat Gita and Contemporary Psychotherapies", 4th International and 6th Indian Psychological Congress at Chandigarh. 18-20 Sept 2017.
  27. Presented paper entitled, "Exploring the factors involved in the use of social networking sites and its impact on human", National Seminar on social change in contemporary India: Psychological Dimensions and Social Response, at Sri Aurobindo College (evening), University of Delhi. 21-22 March , 2014.
  28. Presented paper entitled "Comparison of Old age homes in Delhi", 1st International and 3rd Indian Psychological Science congress at Chandigarh, 24-25th Feb 2014.
  29. Presented paper entitled "Meta-analysis of various aspects influencing social harmony"
  30. Presented paper entitled "Understanding the effect of post-retirement coping strategies on retiree's depression happiness levels" at 1st International and 3rd Indian Psychological Science congress at Chandigarh, 24-25th Feb 2014.

31. Paper presented, titled, “Effects of Interpersonal Violence on Children” at International Seminar on Psychology of Trauma: Women and Children in Violent Conflict” at Jamia Millia Islamia, 13-14 March 2013.
32. Paper presented, titled “Relation between work-family conflict and job satisfaction among working women”, International Conference “The colours of Career Development” at Manav Rachna International University, 27-29th March, 2013.
33. Paper presented, titled “Correlation between choice of career and personality traits using neo-five factor inventory”, International Conference “The Colours of Career Development”, at Manav Rachna International University. 27-29th March, 2013.
34. Paper presented, titled “A comparative study of life satisfaction and loneliness in old me and women staying with their families”, Indian Psychological Science Congress on Health Psychology and Rehabilitation: The Crisis among Youth and Aged, 12-13 Oct 2011.,
35. Paper presented, titled, “Understanding the factors influencing women’s career choices” at National Conference on Career Development: Preparing for the road ahead”, Indian career Development Association and Indian Association of Positive Psychology, 26-27 May 2012.
36. Paper presented, Titled “ to study the coping resources of cancer patients in comparison with healthy adults”, International conference on Positivism: foundation for Human Dimension, 6-8 Aug 2012, Amity University , Rajasthan, India.
37. Paper presented titled, “Compassion as a means of healing and elevating pain and enhancing happiness” at International Conference on Positive psychology, Aug 6-8, 2010 at Amity University, Jaipur.
38. Paper presented titled, “Meeting challenges of the changing workforce at higher level educational institutions”, at National Seminar 6th HR meet- Organization and Change: Leverage people, processes technology” Organized by Work Psychology and Human Resources Forum at and Delhi University, 5th Sept 2010.

**Resource Person/Chairperson/panel discussions.TV shows:**

1. Motivational workshop on “Moving beyond Failures” for Scientist staff at Inter-University Accelerator Centre on 17.3.23.
2. Workshop on ‘Soft skills and Stress management’ at Delhi Police Academy, Jharoda Kalan, Delhi, 2023 for training Delhi Police staff for G20 Summit.
3. Active participation in TV panel discussions on news shows on Zee News, P7, News Nation etc.
4. Resource person for an online workshop on ‘Mentoring’ at Vivekananda College, University of Delhi on 16th April, 2021.
5. Resource person for the topic of Teacher-mentor relationship, 5-day Faculty Enrichment Program on Research Methodology, Statistical analysis & Mentorship at NREC College, Khurja, UP on 22-26 March, 2021.
6. Resource person for the topic “Enhancing Emotional Intelligence and Building Resilience” for One-week Online FDP on Multidisciplinary skills for the faculties of Higher Education, conducted by Veer Savarkar Govt College, under Madhya Pradesh on 23rd March 2021.
7. Resource person for National webinar on “Indian culture and society in the times of Covid-19: future directions”, Jagjiwan College, Gaya, Bihar.



8. Resource person for National webinar on “Effective Communication for Successful career”, Shaheed Dalbir Singh Govt College, Haryana. 18th May 2020
9. Workshop on Stress management for Delhi Police Officers at Special Training Cell, Delhi Police on 11.12.2020, 30.01.2020, 17.02.2020 and 03.03.2020.
10. Participated as an expert in “Two days Consultative meet on Library facilities in Indian Undergraduate college & its impact on Students’ Academic Performance” at Dept of Higher and Professional Education, National Institute of Educational Planning and Administration at National Institute of Educational Planning and Administration, New Delhi, on June 27-28,2019.
11. Chaired a session at 5th International and 7<sup>th</sup> Indian Psychological Science Congress, at Chandigarh, Punjab, October 26-28, 2018.
12. Co-chaired a scientific session on the theme “Health, Wellness and Disability”, at International Conference on Psychology, Health & Medicine, at Amity University, Rajasthan, 2-4 Feb, 2018.
13. Chaired a scientific session at 4th International and 6th Indian Psychological Congress, 18-20 Sept 2017 at Chandigarh.
14. Chaired a session at National level seminar on Advances in Applied Psychology, by DAV College, Chandigarh, on March 18-19, 2017.

#### **Professional Affiliations/Memberships**

Member, American Psychological Association (APA), USA.

Member, National Association of Psychology (NAOP), India

Life time Member of India Career Development Association (ICDA), New Delhi, India.

Life time Member Indian Association of Applied Psychology (IAAP), New Delhi, India.

Life time Member, Indian Association of Positive Psychology (IAPP), New Delhi, India.

Member of Scientific Committee for ICDA’s National Conference, on Career Development: Preparing for the Road Ahead (May, 2012).

Reviewer, ATSK Journal of Psychology, ISSN: 2709-5436

Reviewer, Journal of Pharmaceutical Research International (cert. SDI/PR/Cert/71040/Poo)