

Prof Sangeeta Bhatia

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Profile

Professor, Department of Psychology : w.e.f 18th July 2018

Associate Professor : 2002- 2018

Assistant Professor: 1991 to 2002

Education

- Ph. D. (University of Delhi) 2000
- M.Phil (Punjab University) 1985
- M.A. - Psychology (G.N.D. University, Amritsar) 1982
- B.Sc. Hons (University of Delhi) 1980

Experience

Teaching: 32 years, permanent in Gargi College since 6th September 1991
Along with teaching undergraduate students, also participated in syllabus revision, creating new frameworks for practicums, and organizing fieldwork.

Mentor and supervisor of research projects for students

Administrative Experience:

- Principal (Offg.) : August 2022 to present
- Teacher In-Charge: 2022 January to present; 2009-2011, 1995-1996
- Psychology Association In-charge 2000-2001; 2011-2013
- Convener students Society - Glass Eye 2014-2017
- Deputy Superintendent Examinations for college (2012)
- Deputy Superintendent Examinations for the department (2016)
- Admissions convener: Gargi College (1995)
- Admissions convener: Department of Psychology (2009-2011)

Research Areas

Developmental Psychology, Health and Well-Being, Issues and Interventions in Adolescence, Aging, Resilience, Neuropsychology

Research Projects:

- **Senior Research Fellow:** ICSSR 2017-2019 (Lien from College) TOPIC: The Social World of Adolescents: Cognitions of High-Risk Behaviors & Mitigating Effects of Mindfulness
- **Post-Doctoral Fellow** under UGC Major Research Project (2003-2006), University of Delhi
- **UGC Research Grant (Minor)** 1999-2001 TOPIC: Psychosocial & Health Status of caregivers of patients with Parkinson's Disease
- **Ph. D Supervisor:** Doctoral students (University of Delhi), 1 Awarded, 1 submitted, 2 in progress
- **Development of Intervention Programs** based on a survey of Learning Problems of Urban Slum MCD Primary school Children. NCERT, 1992
- **Supervised Research Projects** for BA (Hons) students in the areas of coping with cancer, gender differences in depression, Adolescent values and drug abuse, mental health and sexual identity, Identity in Kashmiri Migrants, Moral development in children

Orientation Programme/Refresher Courses/Faculty Development Program

- **Enhancing Psychological Skills**, Ramanujan College University of Delhi, October 2020.
- **Mentoring the teacher mentors.** NAAC sponsored a national seminar of capacity building. Gargi College, 19th -20th January 2018
- **Role of eTechnology in Academic Research & Teaching/Learning Interactions.** Gargi College, 8th -9th December 2011.
- **ICT Workshop for Capacity Building of Delhi University Faculty.** ILLL, University of Delhi. 12th -16th April 2010
- **Recent Developments in Psychological Theory & Research Methods.** CPDHE Refresher course, University of Delhi. 17th April -17th May 1997
- **Personal Awareness & Personal Growth.** Subject-specific CPDHE Orientation program, University of Delhi. 4th -31st March 1992.

Conferences

Invited Chair, Speaker and Panelist:

- **Mental Health Access Summit (MHFI)** October 7th, 2020. Talk on - Old Age in the New Age. (Invited Panelist)
- **The Mindfulness Conference**, Slovenia, 29th August 2020. Talk on- Emotional self-regulation & well-being in challenging times. (Keynote speaker)
- **National seminar on health & well-being: Reflecting on dominant practices & emerging challenges**, 29th February 2020. (Chair) session on Youth & Adolescent well-being: Challenges & Aspirations

- **International Conference on Mindfulness**, Podcetrtek, Slovenia, 3rd-5th October 2019. Our brain in Mindfulness: Roadmap for a journey within. (Keynote address).
- **Integrating Traditional Indian Healing Practices with Contemporary Western Health System**, 9th January 2019. (Chair), session on Religion, Spirituality, & Mental Health
- Conducted a workshop for international participants: **The way to Mindfulness is through our hearts: Understanding the Why, What and How**. Podcetrtek, Slovenia, 3rd October 2019.
- **Towards Building Inclusive Societies**: International Convention of NAOP, 19th-21st December 2018. (Chair) Session: General Psychology
- **Building Resilience: Pathways to a stronger self**. (Resource person) Conducted workshop at the pre-Conference on NAOP Convention, New Delhi, 17th Dec 2018.
- **12th Biennial Conference for the Society for Community Research & Action** (APA Div), Montclair, NJ (USA). (Invited panelist): Community Psychology in India: Global perspectives, 18th -21st June 2009
- **Pathways to Resilience**: An International Conference Resilience Research Centre, Dalhousie University, Halifax, Canada, June 15th -17th, 2005 (Invited presenter) paper on Resilience and coping with disabilities.
- **International Conference of the International Society for Critical Health Psychology**, New Zealand. 10th -12th April, 2003. Round table symposium (invited panelist) on Health Psychology: Perspectives from India.

Presentation of oral papers at National and International Conferences::

- **Media Literacy: Relevance & Implications for Adolescents**. 56th National & 25th International Conference of Indian Academy of Applied Psychology (IAAP), Patiala, 18-20 February 2021.
- **Successful Ageing: Processes & Dynamics of aging through the lens of an older adult**. 56th National & 25th IAAP Conference, Patiala, 18-20 February 2021
- **Depression in older adults: Understanding ego integrity through Narrative & Life Review**. 56th National & 25th Conference of the IAAP, Patiala, 18-20 February 2021
- **Identification & Interventions for Children with Dyslexia: Experiences of Parents & School Counsellors**. National Conference of the Association of Rehabilitation Psychologists & Professionals, January 19-22, 2021
- **Living with Dyslexia: Exploring the perspectives of children**. XXIX Annual Convention of National Academy of Psychology, Pondicherry, 20th -22nd December 2019.
- **Determining the effectiveness of Mindfulness for reducing aggression in young children**. Integrating Traditional Indian Healing Practices with Complementary Western Health Systems. Daulat Ram College, University of Delhi, 8th & 9th January 2019.
- **Adolescents Risky Behaviors: Classroom as context for interventions to enhance self regulation**. The IAFOR Conference, Hong Kong, 20th-22nd October 2018.

- **Risk behaviors in Adolescence: Understanding & Bringing Change.** EHPS Health Psychology across the Lifespan. Galway, Ireland. 21st -25th August 2018.
- **Psycho-social functioning in children with Dyslexia: Implications for Interventions.** International Conference on Learning, Department of Education, University of Delhi, 28th-30th September 2018.
- **The show must go on, towards an evolving theory of visual hallucinations & visual perception. Neuropsychiatry: A Global Approach.** NIMHANS International Knowledge Enclave. 15th-18th February 2018.
- **Identifying Issues & Challenges of Children with Dyslexia.** 27th Annual Conference of NAOP, IIT Kharagpur, 22nd -24th December 2017.
- **School based counseling: The other service.** National Seminar on Emerging Forms of Vulnerabilities: Dialogues, Discourses, Debates. University of Delhi, 9th -19th March, 2017.
- **Effects of Mindfulness Meditation in Executive Cognitive Functions & Risk-Taking Behaviors of Adolescents.** Indian Association of CBT & AIIMS, New Delhi, International Conference, 6th March, 2017
- **Counseling in Schools: Integrated or Separated in the workplace?** 26th Annual Conference of the NAOP, IIT Chennai, 29th-31st December 2016.
- **Ageing & Ageism: The relationship with Body Image.** National Conference on Perspectives of Successful Aging, UGC Seminar, Mata Sundari College University of Delhi. 23rd-24th September 2016.
- **Understanding virtual communities: Social Media use in Urban Youth & its Psychosocial correlates.** World Association of Social Psychiatry, London, UK. 13th-15th November 2014.
- **Sibling relationships in Adolescence: Self-Esteem & Well-Being.** International Conference on Mind & Culture. 20th Annual Convention of NAOP, JNU New Delhi. 12th-15th December 2010.
- **Adolescent girls identity & sexual awareness.** International Conference on Mind & Culture. NAOP, JNU New Delhi. 12th-15th December 2010.
- **Life Satisfaction & values in retired women.** 107th APA Convention, Boston, USA, 20th-24th August 1999.
- **Drug Abuse in Adolescents in relation to their Values & perceived Family Environment.** International Conference on Health & Culture in Adolescence, Jerusalem, Israel. 24th - 27th November 1996.
- **Adjustment to Cancer in relation to coping styles & locus of control.** 8th National Conference of Behavioral Medicine Society of India, New Delhi. 26th-27th November 1993.
- **Altruism & Personality.** 73rd Indian Science Congress, New Delhi. 2nd -3rd January 1986.

- **Exceptional children & their psychomotor performance.** 10th National Seminar on Mental Retardation, Chandigarh. November 1985.
- **Personality Characteristics & Psychomotor performance in different professions.** 72nd Indian Science Congress, Lucknow. 3rd-8th January 1985.

Workshops attended

- Qualitative analysis and understanding contexts. IPPA pre-conference, Los Angeles, USA., 2015
- Pathways to Resilience: Understanding at-risk populations, International Resilience Consortium, Halifax, Dalhousie University, Nova scotia, Canada. June 2005 (Sponsored for travel & stay).
- The Family: Culture & Psychological Functioning. Advanced Research Training Seminar, ICAP, *Singapore 4th -6th July 2002 (Sponsored by ICAP).
- Multiple Regression. (APA pre-Convention, *Boston 1990) (UGC Sponsored)
- Research Methodology & SPSS, 27th -28th April 2017, the University of Delhi (attendance Sponsored by ICSSR)
- H-Index, organized by Gargi College, August 2017
- Webinars and online Workshops on ICT Tools and pedagogies; Enhancing quality & visibility of research output of faculty & researchers; Recording Links, Virtual pedagogy: Tools, Techniques & Debates; Virtual Class Tools: Google Classroom; Google Meet & YouTube, and related Webinars on Faculty Development (May-September 2020) organized by Gargi College to enhance skills based on digital literacy.

Research Publications

- Adolescents' Risk-Behaviors & Expressive Arts Therapy as an Intervention (Bhatia, S. & Sharma, P., 2020). *International Journal of Multidisciplinary Educational Research*, 9(9), 82-102.
- Psychosocial functioning in children with dyslexia: Perspectives from parents (Bajaj, D. & Bhatia, S., 2019). *Counsellors, & Teachers. Disability, CBR & Inclusive Development*, 30(4), 221-242
- School Counselor role: Perspectives from the field (Bagrodia, P. & Bhatia, S., 2019). *International Journal of Social Sciences*, 7(4), 789-794.
- Healing the body and the mind: The way forward (Bhatia, S., 2019). *International Journal of Social Sciences Review*, 7(6-1), 2347-3797
- The impact of coping strategies of cancer caregivers on psychological outcomes: An integrative review (Texeira, R., Allison., Bhatia, S. et al., 2018). *Psychological Research & Behavior Management*, 11, 207-215.
- Home, Hearth & Hope: Psychosocial dimensions of an internally displaced person experience in Kashmiri migrants (Raina, S. & Bhatia, S., 2018). *International Journal of Indian Psychology*, 6, 11-48.

- Impairments in Activities of Daily Living in Parkinson's disease: Implications for Management (Gupta, A. & Bhatia, S., 2003). *International Journal of NeuroRehabilitation*, 18(30), 209-214.
- Depression in Parkinson's Disease (Bhatia, S., 2000). *Clinical Gerontologist*, 22, 59-70.
- Psychosocial Functioning in patients with Parkinson's Disease (Gupta, A. & Bhatia, S., 2000). *Parkinsonism & Related Disorders*, 6, 185-190.
- Drug Abuse in Adolescence in relation to their values & perceived family environment (Bhatia, S., 1998). *International Journal of Adolescent Medicine & Health*, 10(10), 27-37.
- Promoting resiliency in families of individuals with disabilities: Role of coping resources, family support, social participation & perceived burden (Bhatia, S., 2018). *Indian Journal of Health & Well-Being*, 9, 599-608
- Exploring perspectives on the hiring of school counsellors: From direction to directive (Bagrodia, P. & Bhatia, S., 2017). *Psychological Studies*, 62(4), 428-34.
- Gender differences in Depressive symptoms: The role of daily hassles, coping styles, social support & personal mastery (Bhatia, S. & Dey, S., 2011). *Journal of the Indian Academy of Applied Psychology*, 37, 86-97.
- Adolescent self-esteem, attachment and loneliness (Dhal, A., Bhatia, S. et al., 2007). *Journal of the Indian Association of Child Adolescent Mental Health*, 3(3), 61-63.
- Assessment of Burden experienced by caregivers of patients suffering from schizophrenia (Bhatia, S., Tucker, V. & Kapoor, G., 2003). *Journal of Personality & Clinical Studies*, 19, 77-88.
- Life satisfaction & values in retired women (Bhatia, S., 2002). *Indian Journal of Gerontology*, 16(298-311).
- Altruistic behaviour of engineers & teachers in relation to their personality (Mohan, J. & Bhatia, S., 1987). *Indian Journal of Applied Psychology*, 24(2), 87-90.
- Intelligence, Sex & Psychomotor Performance (Mohan, J. & Bhatia, S., 1985). *Indian Psychological Review*, 28, 1-6.

Chapters in Edited Books

- Mental Health & Community Psychology in India (2012). In, *Community Psychology & the Socioeconomics of Mental Distress: International Perspectives*. Walker, C., Johnson, K., Cunningham, L. (Eds), 2012, Palgrave Macmillan/UK
- History & Theory of Community Psychology in India: An International Perspective (2007). In *International Community Psychology: History & Theories*. Reich, S., Riemer, M., Prilleltensky, I., Montero, M. (Eds), Springer/NY
- Life Crises Coping & Evolving (Bhatia, S. & Pant, N. 2011), eChapter for BA (Program. Foundation Course in Psychology. ILLI, University of Delhi
- Psychology for C.B.S.E, Chapter in Textbook for Class XII. NCERT, 2002 ~
- Manual of Psychology for Plus Two, based on the new syllabus. NCERT, 1993

- Psychology: Popular Psychology Series. NCERT, 1992

Membership in Professional Bodies

- American Psychological Association
- International Positive Psychology Association
- International Academic Forum of Research in Education (IAFOR)
- Indian Applied Psychology Association
- National Association of Psychology
- Member/Advisor, International Council of Psychologists, 2006-2007

Reviewer

- Psychological Studies
- IAFOR Journals on Education (SCOPUS)