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### Educational Qualification (M.Phil.; Ph.D.)

Degree	Institution	Year	Research topic
M.Phil.	University of Delhi	1991	An Empirical Study of the Psycho-Social Characteristics of 25 Drug Peddlers Convicted Under the N.D.P.S Act,1985
Ph.D.	University of Delhi	1997	Post Treatment Adjustment Problems and Relapse in Drug Addiction: An Empirical Study

### Career Profile

- Joined Gargi college as an Ad-Hoc Lecturer - 1996
- Permanent Position as Lecturer- 1998
- Senior Lecturer- 2001
- Reader-2006
- Associate Professor 2009- 2022
- Professor- 2022-Present

### Research Interest

My interest primarily lies in the area of Clinical, Counselling and Positive Psychology. Recently, I have started researching how spirituality adds a valuable dimension to education in young adults in terms of life skills and further hope to empirically study the impact of spirituality in enhancing the wellbeing of young adults and buffering the bearing of mental health issues.

## Professional Trainings & Skill Upgradation

- Orientation programme conducted by Academic Staff College, Jamia Millia Islamia, New Delhi from Aug 25 to Sep 22, 1999.
- UGC sponsored Refresher course in Anthropology conducted by CPDHE, University of Delhi from Sep 22 to Oct 14, 2003.
- UGC sponsored Refresher course in Psychology conducted by CPDHE, University of Delhi from Nov 2 to Nov 24, 2003.
- Certificate Course on Holistic Well Being organized by the Department of Psychology, University of Delhi, Aug.2023-March 2024
- Certificate Course on Research Skills organized by the Department of Psychology, University of Delhi, Oct 2023-March 2024
- Training in 2 days workshop in 'MS EXCEL' held in Ga4gi college ,University of Delhi,Jan.2024
- 3 months Certificate Course on "Fostering Mental Health and Wellbeing" organized by Ananda- The Wellbeing Centre, Gargi College, University of Delhi, 2023.
- FDP on Training in 'R' held in Gargi College, University of Delhi, 2023.
- Training in QPR Suicide Prevention Programme held in Gargi College, University of Delhi, Aug.2023.
- Training in Digital Teaching Course, organized by ICT Academy, Gargi College, University of Delhi, 2020.
- Training in Enhancing Psychological Skills for Teaching & Practice, organized by Teaching Learning Centre, Ramanujan College, University of Delhi, 2020.
- Training in ICT Enabled Teaching Learning, organized by Teaching Learning Centre Ramanujan College and Janki Devi Memorial College, University of Delhi, 2020.
- Training in ICT Tools for E- Content Development, organized by Women's Christian College, Chennai, 2020.
- Skill Based Teacher's Training in ICT, IPR and Research, organized by Teaching Learning Centre, Ramanujan College, University of Delhi, 2018.
- National training workshop on Academic Leadership, organized by Guru Angad Dev Teaching Learning Centre of MHRD, SGTB Khalsa College, University of Delhi, 2018.
- Faculty Empowerment Workshop on "National Workshop on Presentation and Writer's Tools for New Age Teaching" organized by Guru Angad Dev Teaching Learning Centre of MHRD, SGTB Khalsa College, University of Delhi, 2018.
- Anti Plagiarism Workshop (facilitator, Dr. Ramesh Gaur, Director, Director, Library and Information at IGNCA) 13th March 2018.
- Training in Research Methodology Course in Social Sciences, conducted by Council for Social Development, New Delhi, 2018.
- 3 day Expressive Arts Workshops organized by Department of Psychology, Gargi College (facilitator Ms.Manju Jain, Porteland, USA) February, 2018 & 2019.

- 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. September, 2017.
- International training programme on 'Positive Psychotherapy, Trans Cultural Therapy and Psychosomatic Medicine', organized by European Federation of the Centre for Positive Psychology, 2004.
- Training Workshop on 'Transactional Analysis, organized at Gargi College, 1999.

### Awards & Distinctions

- Awarded **Government of India Fellowship for doctoral work from Bureau of Police Research and Development, Ministry of Home Affairs, Government of India** (1992-1993)
- **ICSSR funded research project** entitled "Understanding Spirituality in Higher Education and Enhancing Spiritual Being in College Campuses" (2014-15).
- Pant, P. (2022). Fostering Spirituality in Higher Education: The Need of the Hour. Paper presented at the National Seminar on Vishva Guru Bharat: Exploring the Glorious Past, Promising Present and the Future Roadmap, 23-24 March, 2022. **Best Paper Award.**
- **Awarded Anima Sen Memorial Award** 2003 for the research paper - *A comparative study of the non-institutionalized and institutionalized elderly on some psycho-social dimensions. Disability and Impairment, 17, 5-16.*
- **Research Associate** for the project *Research Trends and Indigenization of Educational Psychology in India: Analysis of Journal Articles and Reports*, from 1996-1997, Department of Educational Psychology, NCERT.

### Administrative Roles & Responsibilities

- Teacher-in-Charge- 1999-2001; 2011-2013; 2022 till Present
- IQAC member- 2016-2023
- ICC Presiding Officer-2020-2023
- NSS Programme Officer-1998-2001, 2003-2005, 2009-2014, 2017-18
- Nodal Officer-Swacchh Bharat Abhiyaan – 2018-2019
- Deputy Superintendent of Examinations-2009-2010
- Union Advisorship-2005 -2008-2009
- College Admission Convenor- 2017-2018

- Teacher Representative in GB-2008-2009
- University of Delhi Covid Helpline member -2020-21
- Covid Task Force member (Gargi College)- 2020-21
- Psychology Association In charge- 2013-14
- Path Finder Award committee member- 2009-2015
- Equal Opportunity Cell member-2020-22
- Student Mentor- 2019 till present.

### Peer Reviewed Publications

- Pant, P. (2022). Effect of Campus Environment on College Students' Spiritual Health. *Journal of the Indian Academy of Applied Psychology*,48,5-14.
- Pant, P. (2021). Qualitative Impact of Spirituality in Higher Education. *The International Journal of Indian Psychology*,9,912-923.
- Pant, P. (2020). Perspective on Romantic Love following Romantic Heartbreak. *Recent Advances in Psychology* 7(1-2), 9-19.
- Zafar, M., Megha, M. and Pant, P. (2018). Evolution of Psychotherapy: An overview of the Western and Indian context. *Indian Journal of Psychology and Education*, 18(1), 169-178.
- Menon, M. and Pant, P. (2015). Are contingencies of self-worth associated with body images in Indian and British women? *Psychological Studies*.  
<https://doi.org/10.1007/s12646-014-0296-0>
- Menon, M. & Pant, P. (2007). Body Image and Adjustment in Indian Women. *Psychological Studies*, 52, 332-338.
- Pant, P. & Dwivedi, P. (2006). A Study of the Psycho-Social Functioning of Indian Gay Youth: An Empirical Endeavour. *Indian Psychological Review*,66(4), 211-220.
- Pant, P. & Roy, S. (2006). An Empirical Study of the Psycho-Social Functioning of Married Women Working in Call Centers. *Behavioural Scientist*,7,3-9.
- Pant, P.& Priyanka. (2006). Substance Abuse Among Street Children: An Empirical Study of Certain Psychological Dimensions Disabilities and Impairments, 20, 28-36.
- Pant, P.& Priyanka. (2005). Substance Abuse Among Street Children: Its Relation to Gender and Risk-Taking Behaviour. *Indian Psychological Review*, 64(2), 71-80.
- Pant, P. & Sharma, S. (2005). Understanding the Psychological Functioning of the Victims of Child Sexual Abuse: An Empirical Endeavour. *Indian Psychological Review*, 64(3),153-162.

- Pant, P. & Bagrodia, P. (2003). An Empirical Study of Coping Resources and Self Esteem of Male and Female Drug Addicts and Suggestions for Comprehensive gender Sensitive Treatment. *Indian Journal of Psychological Issues*,11,61-69.
- Pant, P. (2003). Empowerment of Women Through Times: A Comparative Study of Non- Working Women of Two Different Age Groups on Various psychological dimensions. *Behavioural Scientist*,4,47-55.
- Pant, P. (2003). A Comparative Study of the Non- institutionalized Elderly and Institutionalized Elderly on some Psychosocial Dimensions. *Disabilities and Impairments*, 17,5-16.
- Pant, P. & Bagrodia, P. (2003). A Comparative Study of Male and Female Drug Addicts on Various Psycho-Social Factors. *Social Science International*,19, 65-72.
- Pant, P. & Sharma, P. (2002). An Empirical Study of The Psycho- Socio- Cultural Factors Related to the Phenomenon of Child Sexual Abuse. *Journal of Research and Applications in Clinical Psychology*,5,15-25.
- Pant, P. & Dwivedi, P. (2002). Psycho-Socio- Cultural factors Affecting the Psycho-Social Functioning of Homosexual Individuals. *Indian Psychological review*, 58 & 59,102-113.
- Sen, A. & Pande, P. (1994). Personal and familial antecedents of drug peddling: an empirical Study. *Social Science International*, 10, 35-50.
- Sen, A. & Pande, P. (1993). Perception of the Drug Peddlers: Role Identification, Role Norms and Their General Approach Towards Life. *Social Science International*,9,61-71.

### **Publications-Books and Chapters**

- Sen, A.K. & Pande, P. (eds.) (1998). *Current Issues in Cognitive Psychology*. Campus Publishers.
- Pant, P. (2013). Value Orientation to Higher Education: Perception to Reality. In M. Ramachandran (ed.), *Quest for Excellence: Policy and Practice of Undergraduate Education*, (pp.53-71), Wordsworth India.
- Authored Courses in Basic Competencies, School of Vocational Studies and Training. *Personality Development*. IGNOU,2011.
- Authored Courses in Basic Competencies, School of Vocational Studies and Training. *Management Skills*. IGNOU, 2011.
- Mohan, S. & Pant, P. (2007). An Empirical Study of Social Support and Well- Being among the Elderly. In R. Singh & R. Shyam (eds.), *Psychology of Well- Being*, (pp.31-36), Global Vision Publishing House.

- Kapoor, S. & Pant, P. (2007). Fear of Sexual Abuse of Daughters among Indian Mothers. In R. Singh & R. Shyam (eds.), *Psychology of Well- Being* (pp.109-118), Global Vision Publishing House.
- Mitra, S. & Pant, P. (2007). Psychological Well- Being among the Inmates of Central Tihar Jail, New Delhi: An Exploratory Endeavour. In R. Singh & R. Shyam (eds.), *Psychology of Well- Being* (pp.161-176), Global Vision Publishing House.
- Bhatia, A. & Pant, P. (2007). An Empirical Study Comparing the Quality of Life of Adolescents Suffering from Epileptic and Non-Epileptic Seizures. In R. Singh & R. Shyam (eds.), *Psychology of Well- Being* (pp.285-294) , Global Vision Publishing House.
- Pande, P. & Sen, A. (2007). Relapse in Drug Addiction: A Cognitive Appraisal. In A.K. Sen & P. Pande (eds.), *Current Issues in Cognitive Psychology* (pp.122-133), Campus Publishers.
- Pande, P. (1994). Right to be Human: A Critical Evaluation of Women’s Rights in India. National Seminar, Unnao.
- Pande, P. (1993). Drug Peddling in India: A Psychological Perspective. National Conference organized under the auspice of Indian Psychological Association, Delhi.

#### Peer Reviewed Conference Presentations

- Malik, A., Singh, S.& Pant, P. (2023). *Inclusivity, Equity and the National Education Policy (2020): Understanding and Evaluating the Experiences of Persons with Disabilities in an Indian Educational Institution*. Paper presented in the NIEPA sponsored National Conference on “National Education Policy 2020: Perspectives, Challenges and Way Forward”, Gargi College, University of Delhi.
- Trehan, K., Tiwari, A.& Pant, P. (2023). *Assessing the Impact of India's National Education Policy (NEP) 2020: A Student-Centric Perspective on Preparedness for the 21st Century*. Paper presented in the NIEPA sponsored National Conference on “National Education Policy 2020: Perspectives, Challenges and Way Forward”, Gargi College, University of Delhi.
- Barman, I., Chauhan, P.& Pant, P. (2023). *Understanding Spirituality & Spiritual Well - Being: Students’ Perspective*. Paper presented in the ICSSR Sponsored Two-Day International Multidimensional Conference on "Revisiting Wellbeing: Perspectives, Challenges, and the Road Ahead", Gargi College, University of Delhi
- Bharadwaj, I., Shibli, T.& Pant, P. (2023). *The Wellbeing of Undergraduate Students of the LGBTQIA+ Community*. Paper presented in the ICSSR Sponsored Two-Day International Multidimensional Conference on "Revisiting Wellbeing: Perspectives, Challenges, and the Road Ahead”, Gargi College, University of Delhi.

- Goswami, K., Tewari, A.& Pant. P. (2023).*Understanding Peer Perception of International Students as a Determinant of their Social and Emotional Wellbeing*. Paper presented in the ICSSR Sponsored Two-Day International Multidimensional Conference on "Revisiting Wellbeing: Perspectives, Challenges, and the Road Ahead", Gargi College, University of Delhi
- Kawatra, D., Narang, R.& Pant, P. (2023). *Effects of Gamification in mHealth Apps on Wellbeing*. Paper presented in the ICSSR Sponsored Two-Day International Multidimensional Conference on "Revisiting Wellbeing: Perspectives, Challenges, and the Road Ahead", Gargi College, University of Delhi
- Pant, P. (2022). *Fostering Spirituality in Higher Education: The Need of the Hour*. Paper presented at the National Seminar organized by Shaheed Rajguru College of Applied Sciences for Women, University of Delhi in association with ICSSR SHoDH.
- Bharadwaj,I., Shibli,T. & Pant,P. (2022). *Understanding the Challenges of Undergraduate students belonging to the LGBTQAI+ Community*. Paper Presented at the National Conference organized by the Department of Psychology, Dr. Bhim Rao Ambedkar College, University of Delhi.
- Garg, J., Verma,V.& Pant,P. (2022). *Assessing the Impact of Covid-19 on Life - Orientation of College Students*. Paper presented at the National Conference organized by the Department of Psychology, Dr. Bhim Rao Ambedkar College, University of Delhi.
- Goswami, K., Tewari, A. & Pant, P. (2022). *Understanding Challenges and Adjustment of International Students to College Life*. Paper presented at the National Conference organized by the Department of Psychology, Dr. Bhim Rao Ambedkar College, University of Delhi. Pant, P. (2020). *Understanding the Role of Spirituality y in Higher Education*. Paper presented in ICSSR sponsored International Conference on "Perspective on Peace and Sustainable Development in a World of Conflict", Vivekanand College, University of Delhi.
- Krishnan, M. and Pant, P. (2018). *Understanding factors contributing to depression in older adults*. Paper presented at the National conference on Psychological applications and interventions: Reaching out and making a difference, University of Delhi.
- Trisha, T. and Pant, P. (2015). *Exploring variations in the understanding of happiness across different age groups*. Paper presented at the 1st International Conference organized by Indian Association of Positive Psychology.

### Conference Organization

- Co-convenor of the National Conference on "Empowering the Golden Years: A Comprehensive Dialogue on Elderly issues" 2024, sponsored by the National Institute of



Social Defence and The Rekhi Foundation for Happiness organized at Gargi College, University of Delhi.

- Chaired a technical session on 'Skill/Startup and Policy Making' during the National Conference on 'National Education Policy 2020: Perspectives, Challenges and Way Forward' organized by Gargi College, University of Delhi on Nov.3-4,2023
- Convenor of FDP on 'Stress Management',20<sup>th</sup>-22<sup>nd</sup> June,2022, Gargi College, University of Delhi.
- Organized the first of the lecture series on 'Exchanging Ideas' under Vidya Vistaar Scheme of University of Delhi,16th June, 2022.
- Session coordinator of conference on "Conflict to Convergence: Building Holistic Perspective", Gargi College, University of Delhi.
- Co-convenor of National conference on 'Mentoring the Teacher Mentor'2018, Gargi College, University of Delhi.

### Undergraduate Research Supervision

- The Relevance of Social-Emotional Learning as a part of the Mainstream School Curriculum
- The Well Being of the LGBT Community of India: Self Concept and Life Satisfaction
- Understanding Motivation Behind Volunteerism
- Understanding the Role of Support Groups in Drug Relapse Prevention
- Exploring Gender Differences and The Relationship Between the Tendency to Forgive, Levels of Happiness and Psychological Well-Being
- Understanding the Perception of Beauty Among the Sighted and Visually Impaired
- To study the Family Environment and self-image of people living in slums
- A Comparative Study of Self Esteem and Quality Of Life among Working And Non-Working Women

### Community Outreach

As NSS programme Officer for more than 15 years, have engaged in active participation in community outreach and community service and organized the following:

- Village Integrated Programme at Shahpur Jat Village.
  - Door to door cleanliness awareness drive
  - Nukkad Natak on various social and community issues
  - Swacchta Abhiyaan
  - 'Say No to Plastic' drive
- As Nodal Officer for Swacchh Bharat Abhiyaan under MHRD, organized one month summer internship programme for students in 2 urban villages namely Chilla Gaon and Maidangari. Community service activities included street drains cleaning, transportation



of the waste, awareness rallies, wall painting, teaching children, compost pit making etc.

- Blood donation camps in collaboration with government hospitals such as AIIMS, LNJP, Red Cross
- Newspaper donation drive for 'Family of Disabled', that generates employment for disabled through making paper bags.
- Clothes donation drive for 'Goonj'
- Tree plantation drives and pulse polio immunization drive.
- Vidya Jyoti programme as part of Delhi Government's 'Mission Buniyaad' in SDMC School at Madanpur Khadar
- Diwali NGO Mela, to celebrate the spirit of kindness and humanity, and to honour it, various NGOs are invited to set up stalls in the college and sell their handmade products in a bid to raise funds.
- Children's Day with differently abled students by inviting and sharing some happy time with children from 2 special schools namely TAMANNA and MUSKAAN
- Friendship Day to spread happiness among institutionalized elderly where elderly people from two old age homes, ARADHNA and SANDHYA are invited annually to college as guests.
- "Daan Utsav-JOY OF GIVING WEEK" to bring smiles on the face of the less fortunate.
- Organized 'Wellness Series' to combat COVID
- Covid Task Force and helpline member
- Breast Cancer Awareness programme
- Regularly organized series of 9 Holistic Life Management workshops to develop life skills and promote mental, emotional and spiritual growth of students, focusing on vital areas such as key to relationships, managing time, stress and negativity, leadership and team skills, personality development and interfaith unity. The workshops culminated with community service where students go to Cheshire Home- an institution for the destitute, and spend a day with the inmates and organize cultural programme for them.
- As member of Ananda: The Well-Being Centre of Gargi College organized the following: Series of Holistic Life Skills Workshops and Cheshire Home Seva for Ananda interns, Yoga Workshops, Wellbeing Lecture Series, Skill Building Hands-on Workshops from in-house resources, Nature Walk, Community Outreach Programs, Internship programme for Students of Gargi, Workshops and Empowerment programs under the Har Ghar Dhyani Initiative of the University of Delhi.