

Curriculum Vitae

Vibhuti Mehta

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Educational Qualification

- **Ph.D. (Pursuing, 2022)**
Jindal Institute of Behavioral Sciences
O.P. Jindal Global University, Sonipat
- **M.A. Psychology (2020)**
Department of Psychology, University of Delhi (DU)
- **B.A. (H) Applied Psychology(2018)**
Gargi College, University of Delhi (DU)

Work Experience

- **Assistant Professor** (Psychology), Department of Psychology, Gargi College, University of Delhi (August 2021-present)
- **Guest Faculty** (Psychology), Department of Psychology, Zakir Husain Delhi College, University of Delhi. (February 2021- April 2021)
- **Counseling Psychologist** at Manas Foundation (Delhi Govt Child Care Institute) (September 2020- March 2021)

Papers taught (Theory & Practicals)

Managing Human Resources, Self & Personal Growth, Emotional Intelligence, Counseling Psychology, Health Psychology, Emotional Competence, Introduction to Psychology, Media Psychology, Applied Social Psychology, LifeSpan Development, Managing Stress, Industrial Organizational Psychology, Understanding Psychological disorders, Peace Psychology, Social and Group Processes, Developing Emotional Intelligence.

Achievements & Recognitions

- Qualified **UGC National Eligibility Test (2020)**
- **Best Paper Award** entitled 'Aligning Well-Being Interventions and Sustainable Development Goals : Towards a Conceptual Framework for Children in Street

Situations' at International Conference on Behavioural Sciences for Sustainable Development of Society (ICBSSDS) organized by the Department of Psychology, University Institute of Liberal Arts and Humanities, Chandigarh University on 23-24 June 2023.

- **Best Paper Award** entitled 'Academic performance and juvenile delinquency - understanding the blemishing effect' at the International Conference on Applied Forensic Psychology in Crime and Delinquency held on 31st March and 01st April 2023.
- **First position in the Poster Presentation** entitled 'Brand Perception: The Interplay of Demographics, Loyalty, Congruity and Brand Personality' at the 31st convention of National Academy of Psychology 2021-2022 organized by Indian Institute of Technology Bombay from 4-6 March, 2022.
- **Best Paper Award** entitled 'Graduates of India in the COVID-19 Era: Stress and Optimism related to Job-seeking' at Young Research Forum organized by Sociology Department, Kamla Nehru College on 29 September 2021.
- **Speaker** at the Mentoring the Teacher - Mentors: Capacity Building Programme held on 19th & 20th January 2018 at Gargi College, Delhi University, organized by Internal Quality Assurance Cell (IQAC) & sponsored by NAAC
- **Ranked 2nd** (with CGPA 8.23) in academics in Gargi College, Psychology Department in first year for the session 2015-16
- **Achievement for being an active and founding member of the Izhaar-Mental Health Initiative of Gargi College** from 2015-2018
- Active member of National Service Scheme (NSS) for the session 2016-17.

Conferences Paper Presentations

- Presented 'Aligning Well-Being Interventions and Sustainable Development Goals : Towards a Conceptual Framework for Children in Street Situations' at the International Conference on Behavioural Sciences for Sustainable Development of Society (ICBSSDS) organized by the Department of Psychology, University Institute of Liberal Arts and Humanities, Chandigarh University on 23-24 June 2023.
- Presented 'Academic performance and juvenile delinquency - understanding the blemishing effect' at the International Conference on Applied Forensic Psychology in Crime and Delinquency held on 31st March and 01st April 2023.
- Presented 'Brand Perception: The Interplay of Demographics, Loyalty, Congruity and Brand Personality' at the 31st convention of National Academy of Psychology, Indian Institute of Technology Bombay 4-6 March, 2022.
- Presented 'Graduates of India in the COVID-19 Era: Stress and Optimism related to Job-seeking' at Youth Research Forum 2021 at Sociology Department, Kamla Nehru

College, University of Delhi.

- Presented 'Understanding the wellbeing of Traffic Police Personnel' at 4th International and 6th Indian Psychological Science Congress 18th September, 2017.
- Presented 'Role of Brand in Determining Self – Esteem and Subjective Well being' at Psychological Science Congress 28-30th September 2016.
- Presented 'Sufism: Finding The Meaning of Life' at National Seminar on Social Harmony And Well-being: Issues and Challenges, 18 & 19th March,2016
- Presented 'Coming to Terms with Gender Inequality: Feminism' at Psychological Science Congress- 8th & 9th October 2015.
- Successfully completed Dissertation 'The Well Being of the LGBT Community of India: Self Concept and Life Satisfaction' in the session 2017-18

Research Guidance

- Supervised Ms. Kiran Goswami for the paper titled 'Academic performance and juvenile delinquency - understanding the blemishing effect' (2023)
- Supervised Ms. Dishti Kawatra, Ms. Pragya Mehra, Ms. Siddhida Pathak for Gargi Pathfinder research project titled 'COVID-19 & Online Learning: Resilience, Academic Stress & Academic Satisfaction amongst Indian College Students (2023)
- Supervised Ms. Simran Katoch for a paper titled 'Brand Perception: The Interplay of Demographics, Loyalty, Congruity and Brand Personality' (2022).
- Supervised Ms. Poorvi Sethi for a paper titled ' Mincing Media: A Comparative Analysis of Media Influence on the Body Image of Young Males and Females. (2022).

Publications

- Sethi P. & Mehta V. (2022). Mincing Media: A Comparative Analysis of Media Influence on the Body Image of Young Males and Females. International Journal of Indian Psychology, 10(1), 143-155. DIP:18.01.014.20221001, DOI:10.25215/1001.014

Workshops/Conferences attended

- 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.
- 'Awareness of mental health' A Seminar at Moolchand medcity on 16th of March, 2016
- Appreciation and Merit of completing the course 'Life is a Game, Play it', a course in Holistic Life Management through Sri Sathya Sai Human Values Programme.
- Workshop at the Indian International Center organized by Expression India on 'University & College Counseling services in India – The emerging needs and challenges of good practices' on 7th June 2016.
- Workshop on 'Psychoanalysis' conducted at Amity Institute of Psychology and Applied Sciences (AIPS), 17th February 2017.

- Workshop on ‘Teaching-Bridging the Gap’ organized at Indian Institute of Technology, Delhi (IITD) by Teach For India on 22nd January 2017
- ‘Expressive Arts Workshop’ by Ms. Manju Jain on 24th February 2017.

Internships/Trainings

- One week faculty development Program on "Basics of Research and Issues in plagiarism (An Interdisciplinary Approach)" organized by Guru Angad Dev Teaching Learning Centre, under P MMMNMTT, Ministry of Education, Government of India and Department of Business Economics, SGTB Khalsa College, University of Delhi. (31st May- 5th June, 2022)
- Two-Week Refresher Course on "Managing Online Classes & Co- creating MOOCS 23.0" organized by Teaching learning Centre, Ramanujan College, University of Delhi. (7-21 February, 2023)
- Certificate of ‘Mental Health Training of Be There’ on 10th March 2022.
- Certificate of course completion of ‘QPR Suicide Prevention Gatekeeper Program’ on 13th September 2021.
- Intern at Vidyasagar Institute of Mental Health and Neuro and Allied Sciences (VIMHANS) (1 month), Autism Center for Excellence (ACE) (1 month), The Mind Tree (10 days), Center for Equity Studies Rainbow Homes- Association for Rural and Urban Needy (2 months), Unique Education Welfare Center (7 months)

Administrative roles

- Association- Teacher Incharge of Gargi Psychology Association for the year 2022-23
- Member Library Committee of the Department of Psychology of Gargi College, 2021- present
- Member National Service Scheme of Gargi College for the session 2022-23
- Member Placement cell of Gargi College for the session 2022- till present
- Teacher mentor Izhaar, The Mental Health Initiative of Gargi College- 2021- present