

NEERA PANT M.PHIL.; PH. D.



PERSONAL INFORMATION PROFILE

Business Address Department of Psychology,
Gargi College, University of Delhi,
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INDIA

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QUALIFICATIONS PROFILE

Primary Degree: Ph.D. (Psychology)
Date Awarded: 2004
Institution: Department of Psychology, University of Delhi, India
Dissertation Title: Development of Emotional Intelligence Scale in the Indian Cultural context.

Additional Qualifications: Master of Philosophy
Institution: Department of Psychology, University of Delhi, India
Dissertation Title: Executive Stress and its Correlates

Additional Qualifications: Master of Arts
Institution: Zakir Hussain College, University of Delhi, India
Specialty area: Organisational Behaviour

Additional Qualifications: Bachelor of Arts
Date Awarded: 1984
Institution: Indra Prastha College for Women, University of Delhi, India
Specialty area: Industrial & Organizational Psychology
Award: National Scholarship Scheme Award,(1984-85) Government of India

PROFESSIONAL EXPERIENCE

Gargi College, University of Delhi, Professor, Psychology,
New Delhi, India 2022-Present

Gargi College, University of Delhi, Associate Professor, Psychology
New Delhi, India 2004-2022

Gargi College, University of Delhi, Assistant Professor, Psychology
Delhi, India 1991-2004

PUBLICATIONS

A) BOOK CHAPTERS

1. Thomas T. & Pant N. (2016). Polycystic Ovary Syndrome (PCOS): A Review of empirical studies with suggested interventions. In N. Iqbal & S. Aleem (Eds.), *Psychological Issues and Interventions in Health and Well-being* (pp. 192-206). New Delhi, ND: Excel India Publishers. ISBN:988-93-85777-33-2
2. Pant, N. & Bhatia, S. (2011) eChapter: Report writing, Interviewing for a case study of an individual with crisis experience For B.A. (Programme) Application Course. Paper 18. *Life Crisis: Coping and Evolving ILL*, New Delhi
3. *Patterns of Coping with Stress among Street Children: Role of NGOs* (2002). *The child in the New Millennium*, New Delhi: Mosaic Books.
4. *Emotional Intelligence in children: A theoretical understanding of its practical implications.* (2002). *The child in the New Millennium*, New Delhi: Mosaic Books.
5. Pant, N (2009) Book Review: An insight into dementia care in India .*Psychological Studies*, Volume 54, Number 1, 80-81. SSN: 0033-2968 <https://www.springer.com/journal/12646/>

B) ARTICLES

1. Zehra, A., Sharma, S., Pant, N., & Chatterjee, S. (2022). Mental Health Literacy and Help-Seeking Attitudes in Young Women. *Indian Journal of Health & Wellbeing*, 13(4).
2. Campos, L., Dias, P., Costa, M., Rabin, L., Miles, R., Lestari, S., ... & Yu, L. (2022). Mental health literacy questionnaire-short version for adults (MHLq-SVa): validation study in China, India, Indonesia, Portugal, Thailand, and the United States. *BMC Psychiatry*, 22(1), 713.
3. Pant, N (2022) Hindi Adaptation of the Mental Health Literacy questionnaire (MHLq) for young adults. *Indian Journal of Health and Well-being* 2022, 13(2).
4. Pant, N & Banerjee, R (2022) A Systematic Review of the Impact of COVID-19 on Indian working professionals (Millennial and Gen Z), *International Advanced Research Journal in Science, Engineering and Technology*, Vol 9(5), 602-608, DOI: 10.17148/IARJSET.2022.9587
5. Pant, N. & Khan, S (2022) Understanding Work and Life Engagement of Professional Indian Millennials before and during COVID 19: A Qualitative Study, *International Journal of Multidisciplinary Educational Research* Volume: 11, Issue: 5(6) , May 2022 ,52-58,
6. Pant, N.(2022) Exploring a Peer-support group model of mental health for Indian college students, *International Journal of Scientific and Research Publications*, Volume 12, Issue 5, May 2022 89 ISSN 2250-3153 <http://www.ijsrp.org/research-paper-0522/ijsrp-p12513.pdf>
7. Pant, N., Jain, K.& Parul (2022). Exploring the impact of COVID-19 pandemic on Perceived Organizational Support of Indian professional millennials. *International Journal of Education and Management Studies*, 12(1), 67-73.
8. Banerjee, & Pant, N.(2022) Exploring Job Satisfaction and Workplace Challenges among Live-in Women Domestic Workers, *International Journal of Research and Analytical Reviews*,9(1),52-532.
9. Bhatia ,S., Pant, N., Chung, S., Kim, H. J., Ahn, M. H., Yeo, S., Lee, J., Kim, K., ... & Shin, Y. W. (2021). Development of the stress and anxiety to viral epidemics-9 (SAVE-9) scale for assessing work-related stress and anxiety in healthcare workers in response to viral epidemics, Hindi version, *Research Gate.net* <https://osf.io/gq7t4/DOI:10.13140/RG.2.210972.31364>
10. Khan, S. & Pant, N. (2019). Are millennials driving changes in the sports industry of modern India. *International journal of Physiology, Nutrition and Physical Education*, 4, 1008-1010.

11. M, Megha., Zafar, M., Pant, N. (2017). Health Seeking Behaviours: Trends and Contributing Factors-A Review. *South-Asian Journal of Multidisciplinary Studies*, 4(5), 181-198.
12. Agarwal, S, Udgirkar N, & Pant N. (2017) Understanding the role of Emotional Intelligence and Karma-Yoga in Time Management skills of College Students. *Indian Journal of Psychology and Education*, 30-40.
13. Kapur, S. & Pant, N. (2014) Psychological Capital and Subjective Well-being: A Review' published in the *Journal of Humanities and Social Science Studies*, 3(3), page numbers: 35-45.
14. Kapur, S. & Pant, N. (2012) Karma-Yoga and Organizations, *Journal of Positive Psychology*, 1,2,6-22.
15. Pant, N. & Prakash, A.(2004) Multi-factor Emotional Intelligence Scale (MEIS) in India: An Evaluation, *Psychological Studies*, Volume 49, Number 2&3, 128-135.
16. Pant, N. & Bhardwaj G. (1992).Executive stress and its correlates. *Indian Journal of Industrial Relations*, Volume 27,Number 4,396-411 .
17. Broota, A., & Pant, N. (1989). Perceptual regression in schizophrenia. *Journal of Personality and Clinical Studies*, 5(1), 29–33.

PRESENTATIONS

1. Pant, N. (2022). Mental health Literacy and Help-seeking attitude at the National Conference on Psychology and its Role in Human and Societal Development organised by Dr.Bhim Rao Ambedkar ,College 18-19 April 2022
2. Khan, S. & Pant, N. (2019). Are millennials driving changes in the sports industry of modern Indian, presented at the Third National Conference on Latest Trends in Health and Physical Education held at GTB hospital and sponsored by UGC, New Delhi.
3. Khan, S. & Pant, N. (2019). Professional millennials Navigating Dual Careers and Marriage: A case study, presented at the XXIX Annual Convention & International Conference on Making Psychology Deliverable to Society organized by National Academy of Psychology (NAOP), India, Pondicherry.
4. Khan, S. & Pant, N. (2020). Non-Kashmiris Millennial's' Perspective on the Kashmir clampdown of 2019, presented at the International Conference on Perspectives on Peace and Sustainable Development in a World of Conflict organized by Vivekananda College, D.U, and sponsored by ICSSR, New Delhi.
5. Pant, N.(2018) Paper presented entitled "IZHAAR: An initiative for Mental Health Education amongst College Students," at the First National Conference on Mental Health Education on April 6-7, 2018,organised by NIMHANS, Bangalore.
6. Present the case study of "IZHAAR: Gargi's Mental Health Awareness Initiative", at the Open House on "Depression: let's talk" on 9th February 2018 by Children's First and the Department of Psychology, Gargi College, New Delhi.
7. Pant, N.(2017) Paper presents entitled "Positivity through Grit and Emotional Intelligence" for young professionals for the NGO, Plus Approach Foundation, 16th September, at SCOPE Convention Centre, New Delhi.
8. M. Megha, Zafar, M & Pant ,N (2016) Paper presented entitled "Health Care Seeking Behaviours: Contributing Factors- A Review at "International Conference on Psychosocial perspective on Health & Well-being" organized by the Department of Psychology, Jamia Millia Islamia, New Delhi.
9. Thomas, T. & Pant, N.(2016) Paper presented entitled "Polycystic Ovary Syndrome (PCOS): A Review of empirical studies with suggested interventions.", at the "International Conference on Psychosocial perspective on Health & Well-being" organized by the Department of Psychology, Jamia Millia Islamia, New Delhi.
10. Thomas, T, M. Megha & Pant, N.(2016) Paper presented entitled "Understanding environmental concerns and pro environmental behaviours amongst college students." at an International Seminar on "Indian Mind and Societal Concerns: An Interdisciplinary Dialogue" organized by Department of Psychology, Ramanujan College (University of Delhi) in association with National Academy of Psychology (NAOP), India.
11. Thomas, T Chawla, A & Pant, N.(2016) Paper presented entitled "Understanding Emotional Regulation and Emotional Wellbeing amongst the Indian youth", at a National Conference "Youth in Contemporary Society:

Issues and Challenges" organized by INPSYCH, The Psychology Society of Keshav Mahavidyalaya (University of Delhi).

12. Pant, N.(2016) Talk delivered on "Psychology: An Indian Experience" at Shri Ram College of Commerce for the students from Wisconsin ,USA and SRCC under the Indo-US Collaborative Exchange Program 2016 organised by the Office of International Programs, SRCC ,on the 15th January.
13. Pant, N. (2015) Paper presented entitled, "Strategies on positive ageing focusing on emotional health" at the 3rd International Congress on Gerontology and Geriatric Medicine (ICGGM 2015), 27th, to 29th November 2015, organised by All India Institute of Medical Sciences (AIIMS)& University College of Medical Sciences (UCMS), New Delhi.
14. Pant, N.(2015) Fourth Annual Stanford Psychology One Conference held on July 16th and 17th, 2015 at Stanford University, presented a paper on "Incorporating Cultural Diversity in the Teaching of Introductory Psychology."
15. Agarwal, S, Udgirkar N, & Pant N. (2015) Understanding the role of Emotional Intelligence and Karma-Yoga in Time Management skills of College Students . Paper presented at the 1st International Conference organised by Indian Association of Positive Psychology on 27th February to 1st March 2015
16. Kapur, S. & Pant, N. (2015) Enhancing organizational performance: a positive psychological perspective . Paper presented at the 1st International Conference organised by Indian Association of Positive Psychology on 27th February to 1st March 2015

TRAINER FOR WORKSHOPS

1. Resource person for "Interpersonal Relationship: understanding each other better" a workshop for teachers of Delhi Public School International, Junior branch, R.K.Puram, New Delhi on 23rd March 2022.
2. Panellist for Webinar on: "Different strokes: Sculpting the New Contours of Psychology in the Post Pandemic World" on 12th March 2022, Organised by Lady Shri Ram College for Women, University of Delhi for its Annual Academic Conference, 'Zeitgeist', 2022.
3. Resource person for "Communication Skills" a webinar held at Kamala Nehru Kanya Mahavidyalay, Balaghat, M.P. organised by MPHEQIP and QLC of the college on 7th March 2022..
4. Panellist for Webinar on: "Your Mind Matters the Most" on 15th July, 2021, for Sannam S4, the India chapter of Global Leadership League, New Delhi
5. Panellist for Webinar on : "Building Positive Mental Health during Crisis"" on 21st May, 2021 for National Accreditation Board for Hospitals & Healthcare Providers ,Quality Council of India, New Delhi.
6. Resource person for "Strategies to take care of our Mental Health" in a webinar for the International Mental Health Fair 2021 organised by *Psychologists Magazine* on 23rd March 2021.
<https://www.youtube.com/watch?v=A5rzNDkHg2s&t=318s>
7. Resource person for "Mental Well-being during Covid-19" in a webinar titled" Current Scenario : Physical, Mental and Social Health" organised by IQAC, Govt. Kamla Nehru Girls College, Balaghat (M.P.) on 17th February 2021.
8. Resource person for "Qualitative Methods" in a One week (1-02-2021 to 7-02-2021) National workshop on Research Methodology organised by Govt. Auto Girls P.G. College of Excellence, IQAC ,Sagar(M.P.) on 4th February 2021.
9. Moderator for Mental Health Foundation (India), in association with All India Institute of Medical Sciences (AIIMS, New Delhi), first Mental Health Access Summit on "Mental Health Access within the Corporate Sector" on 4th October 2020.
10. Judge for poster presentations and a member of the organising committee of the International E-Conference "NeuroEunoia 2020: A Neuroscience Affair" held on 16th -17th October 2020 hosted by Gargi College, under the aegis of IQAC.
11. Session Chair for Confederation of Indian Industry (CII) IWN , "Lifestyle & Wellness Summit :a Virtual Conference on Lifestyle Management – Redefining Health & Wellness" on 10th December, 2020.

12. Trainer on “Stress and its Management” for Inspectors and SI’s at the Police Training Centre, Rajender Nagar Police Station, New Delhi, December, 2019.
13. Speaker at the closure session of Peer Mentoring Training, 24th March 2018, at St. Mary's School Auditorium, organised by Children’s First, New Delhi
14. Trainer for a Workshop on “Women and Positivity” for working women, for the NGO, Plus Approach Foundation, 16th October, 2016, at the Delhi Flying Club.
15. Session Chair at “University & College Counselling Services in India”, held on 7th June 2016 at the India International Centre, New Delhi, for the NGO, Expressions India.

RESEARCH EXPERIENCE

1. Successfully supervised a Doctoral Thesis on “Enhancing Organizational Performance: A Positive Psychological Perspective” for the Department of Psychology, University of Delhi. 2013.
2. Successfully supervised a Doctoral Thesis on “The Professional Millennials and their Work and Life Engagement” for the Department of Psychology, University of Delhi. 2023
3. Peer reviewer for the journal Psychological Studies, Sage. Springer.

TRAINING UNDERTAKEN

1. Successfully completed the online mental health training “Be There’s 5 Golden Rules” conducted by Jack.org and Born This way Foundation on 10th March 2022.
2. Successfully attended the webinar on, “Understanding Plagiarism Detection Software Original” organized by University of Delhi in Association With eGalactic Pune on 28th January 2022.
3. Successfully completed the online mental health training” Risk Factors for Alcohol and Other Drug Use: Implications for Prevention” conducted by Generation Next a health promotion charity based in Australia, 24th January 2022
4. Successfully completed the “The Digital Teacher: Course Facilitator” training conducted by UNESCO, Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP) 6th September 2021.
5. Successfully completed the workshop on “Learn to use Mendeley Software: To Manage your References and Citations” organized by Faculty Development Cell in association with Internal Quality Assurance Cell on 29th May 2021, DAV Institute of Management, Faridabad.
6. Successfully attended National Positive Psychology Association webinar by Dr. Pulkit Khanna on 'Strength & Self Care during the Pandemic - Lessons from Positive Psychology' on 27th May, 2021.
7. Successfully completed the “Digital Teacher-An online course on Digital Pedagogy” training conducted by UNESCO, Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP) from 26th April 2021 to 31st May 2021.
8. Successfully completed the AICTE Training And Learning (ATAL) Academy Online Elementary FDP on "Structural equation modelling" from 17th May 2021 to 21st May 2021 at Manipal Institute of Management.
9. Successfully completed the Rational Emotive Behaviour Therapy (Basic + Advance)training programme from 11th to 27th February 2021 conducted by Your Dost Academy with training by Dr. Debbie Joffe Ellis, Psychologist ,USA.
10. Successfully completed One week(1st February 2021 to 7th February 2021) National workshop on Research Methodology organised by Govt. Auto. Girls P.G. College of Excellence, IQAC, Sagar (M.P.).
11. Successfully completed course on “Practical Tips for Internet Safety” an online course conducted by Generation Next a health promotion charity based in Australia, 14th January 2021.
12. Successfully completed Faculty Development Programme, “Mentor Orientation Training Programme” from 4th to 13th January, 2021 organised by National Institute of Technical Teachers' Training & Research, Bhopal, Ministry of Education, Government of India ,under the Mentorship Mission, NEP 2020.

13. Successfully completed course on “Managing Emotions in Times of Uncertainty & Stress” an online non-credit course authorized by Yale University and offered through Coursera 31st December 2020
14. Successfully completed ” QPR Gatekeeper Training ” on suicide prevention conducted by QPR Institute, USA on 4th December,2020.
15. Successfully completed course on “Psychological First Aid” an online non-credit course authorized by Johns Hopkins University and offered through Coursera ,13th November, 2020.
16. Successfully trained in the National Virtual Workshop on “Create Your Own Garden” organized by Garden Committee, Gargi College, University of Delhi, New Delhi from 5th to 7th November, 2020.
17. Successfully completed two week Yoga M Foundation course with Bharat Yoga Vidya Kendra, Certified by Ministry of Ayush, from 21st September, 2020 to 3rd October, 2020
18. Successfully completed with Grade A+, Faculty Development Program from 15th September to 29th September 2020 on “Enhancing Psychological skills for teaching and practice”, organised by Ramanujan College, University of Delhi under the aegis of the Ministry of Human Resource Development, Pandit Madan Mohan Malviya National Mission on Teachers and Teaching.
19. Successfully completed course on” Self-care in times of Covid19 pandemic” on 5th June 2020 conducted by World Happiness Academy and Indian Institute of Technology, Kharagpur 1st, 3rd and 5th, June 2020

WORKSHOPS ATTENDED

1. Participated in the NPPA webinar by Mrs. Salony Priya on 'Emotional Resilience in Pandemic Times' on 13th August 2021, organised by National Positive Psychology Association, IIT, New Delhi.
2. Participated in Avalamb – A week-long #MarathonWebinars, 24 sessions spread over 6 days by SHARP (School Health Annual Report Programme) NGO 3rd -8th May 2021.
3. Participated in The Virtual Victoria - India EdTech Innovation Exchange Programme held on 7th May 2021 Organised by India Didactics Association.
4. Participated in the International Education and Skills Summit -TIESS Virtual 2021 from 27th to 30th January 2021 Organised by India Didactics Association.
5. Successfully Participated in the Workshop for Building the Social and Emotional competence of teachers on 11th December 2020, conducted by UNESCO, Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP).
6. Successfully participated in the National Webinar on International Yoga Day, organized by Gargi College under the aegis of IQAC on 21st June, 2020.
7. Participated in the webinar on Understanding and Mentoring Young People organised by IQAC, Jesus and Mary College, University of Delhi, India on 23rd June, 2020.
8. Participated in the webinar on "Pursuing Wellness and Health: Issues and Challenges" organized by the Department of Psychology, Mata Sundri College For Women, University of Delhi, 23rd July 2020
9. “Neuro Eunoia 2020: A Neuroscience Affair” an International Conference held on 16-17th October 2020 hosted by Gargi College, under the aegis of IQAC ,University of Delhi.
10. Participated in the interdisciplinary webinar series ”Writing as an Enabling Cognitive Activity” organized by the Departments of Elementary Education, Philosophy and English, Gargi College, University of Delhi, under the aegis of IQAC, Gargi College held in November-December 2020.
11. Participated in National Webinar Organized by Department of Physical Education and Sports Sciences on “Staying Centred with Meditation and Pranayam” held on 23rd May 2020.

CURRICULUM DEVELOPMENT

1. Convener for Core paper Semester 2 “Foundations of Intelligence, Personality and Affect”(2022-23.)Applied Psychology Honours : UG Curriculum development as per NEP 2020 .
2. Member for Core Paper Semester 5 “Organizational Psychology “(2023-24) Applied Psychology Honours : UG Curriculum development as per NEP 2020 .

3. Member for Discipline Specific Paper Semester 5 "Learning and Innovations in Organizations " (2023-24)
Applied Psychology Honours : UG Curriculum development as per NEP 2020 .
4. Member for Discipline Specific Paper Semester 6 "Organizational Change and Development " (2023-24)
Applied Psychology Honours : UG Curriculum development as per NEP 2020 .
5. Core Member: UG Curriculum Revision Committee for B.A. (Hons.) Applied Psychology (2019) Appointed by
Head of Department.

CO-CURRICULAR ACTIVITIES

1. Mentor and founding member, *Izhaar* ,Gargi College Mental Health Awareness initiative since 2015 to
present.
2. Member Research Development Committee, 2023
3. Advisory Board member, 2023, ICSSR sponsored two day International Multidimensional Conference on
"Revisiting well-being: Perspectives, Challenges and the road ahead"
4. Organising Committee member and Judge for Posters in "Neuro Eunoia 2020: A Neuroscience Affair" an
International Conference held on 16-17 October 2020 hosted by Gargi College, under the aegis of IQAC,
University of Delhi.
5. Member Committee of Courses Psychology from 2018-2020, 2002-2004.
6. Teacher-In Charge Department of Psychology, 2018-2020
7. Core Member of the University of Delhi, Curriculum Revision Committee 2019 for the entire Under Graduate
syllabus of Applied Psychology Honours applicable from academic session 2019.
8. Convenor of Psychology Association, Gargi College, 2015-16
9. Convener of IRIS, Photography Society, Gargi College, 2012-2018
10. Convenor of the Gargi College Prize Committee, 2006-2016

GRANTS RECEIVED

1. UGC Travel Grant For Stanford University USA ,Fourth Annual Stanford Psychology One Conference. 2015.
2. UGC Minor Project Grant For PhD. 1999

MEMBERSHIP

1. Member of the, Australian & New Zealand Mental Health Association, Member Number: 9691
2. Member of the, International Association of Applied Psychology (IAAP),USA, Member Number: 6061.
3. Member of the, National Positive Psychology Association, India, Member Number: 190
4. Member Representative from Colleges, Faculty of Arts, University of Delhi, May, 2023