

		<p>their families” (2009)</p> <ul style="list-style-type: none"> • Research on “coping resources of cancer patients in comparison with healthy adults” (2005) • Research on “the relation between well-being and adjustment inn college students” (2005). • Research on “type of social support and well-being of college students” (2006). • Research assistant on a major UGC project on street children by Dr.Tucker in 2004. • “Understanding Human Nature” in collaboration with Prof. Girishwar Misra in 2002. • “Effectiveness of participatory techniques with street children for planning health intervention programs” with Dr.Tucker in 1997. 	
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Publication/s with ISSN/ISBN No.	
Journals	<ul style="list-style-type: none"> • Paper Published entitled, “A study of coping resources of cancer patients in comparison with healthy adults” in Journal of Positive Psychology, July 2013, Vol.2, No.2, pp. 210-217. • Phogat, P (2010) “Compassion for healing and happiness”. Psyinsight, Vol.1, Issue1, August 2010. • Tucker & Phogat (2009) Perceptions of work, stress and coping among street children”. In Clinical Child Psychology , Shyam & khan (eds). New Delhi: Kaplaz Publishers. • “Understanding human nature” in Applied and Community Psychology: Trends and Directions (2005). Srivstava (Ed). Delhi: Sarup & Sons. • Tucker, Tucker & Phogat (2002) .Effcetiveness of Participatory techniques with street children’ in The Child in the New Millennium, Veeraraghavan, Singh & Khnadelwal (Eds.) Mosaic books, Delhi.
E journals	

Publication/s		
Books Written	Chapters Written	Books/Chapters Edited

Conference/Symposia/Workshops Attended /Organised				
Faculty	International level	National level	State level	Colleg e Level
Attended				

Presented papers	<ol style="list-style-type: none"> 1. Paper Presented at 1st International and 3rd Indian Psychological Science Congress held at Chandigarh on 24-25th Feb, 2014, "Meta-analysis of various aspects influencing social harmony: a comparative study". 2. Paper Presented at 1st International and 3rd Indian Psychological Science Congress held at Chandigarh on 24-25th Feb, 2014, "Comparison of the private, semi-private and government Old Age Homes in Delhi". 3. Paper Presented at 1st International and 3rd Indian Psychological Science Congress held at Chandigarh on 24-25th Feb, 2014, "Understanding the effect of post-retirement coping strategies on retiree's depression and happiness levels". 4. Paper presented, "A study of correlation between choice of career and personality traits using Neo-five factor inventory" at International Conference on Careers by Indian Career Development Association, 27-29th March 2013, Delhi. 5. Paper presented, "Relation between work-family conflict and job satisfaction among working women" at International Conference on Careers by Indian Career Development Association, 27-29th March 2013, Delhi. 6. Paper presented, " Understanding the effects of interpersonal violence on children" at International Seminar on Psychology of Trauma: women and children in conflict" at Jamia Millia Islamia. 7. Presented paper entitled "The coping resources of cancer patients in comparison with healthy adults" at an International Conference on Positivism held at Amity University, Jaipur, 6-8 Aug, 2012. 	<ol style="list-style-type: none"> 1. Paper entitled, "understanding the social realities of street children" at National Seminar on Social Representations of Identity in India: An Interdisciplinary Dialogue, at I.I.T., Delhi, India.in March, 2013 2. Presented paper entitled "Understanding the factors influencing women's career choices" at National conference on Career Development 26-27thMay, 2012 at University of Delhi. 3. Presented the following papers at the 2nd Indian Psychological Science Congress on 5-6th October, 2012 at Chandigarh- Comparison of health status and life satisfaction of Sports and non-sports students of Delhi University by Phogat, Gupta & Sardana. 4. Presented the following papers at the 2nd Indian Psychological Science Congress on 5-6th October, 2012 at Chandigarh - Relation between problem-solving and anxiety in adolescents by Phogat, Rastogi & Gaur. 5. Presented the following papers at the 2nd Indian Psychological Science Congress on 5-6th October, 2012 at Chandigarh- Experimental research on accuracy of eye witness memory by Phogat, Sondhi & Pachau. 6. Paper entitled, "meeting challenges of the changing workforce at higher level educational institutions" at National Seminar on Organization and Change by Work Psychology & Human Resources forum on 5th September, 2010 at Delhi University. 7. Paper entitled, "Emotional & physical maltreatment faced by street children and its effect on psychological characteristics" at National Seminar –"Patterns of emotionality in children: Issues and challenges" at RBS College of Education, Rewari, 30 & 31st March, 2010. 8. Paper entitled, "Studying the coping resources of cancer patients in comparison with healthy adults" at National Seminar –"Positive Psychology & Health" at MDU, Rohtak, 28-29th March, 2010. 9. Paper entitled, " The positive effects of 	
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	<p>8. Paper entitled, "Achieving well-being treading the Indian path and cultivating compassion" at International Conference of Applied Psychology on 25-25th Feb, 2012.</p> <p>9. Paper presented entitled, "Compassion as a means of healing and elevating suffering and achieving happiness" at International Conference on Positive Psychology at Amity University, Jaipur, 6-8 Aug, 2010.</p> <p>10. Paper entitled, "exploring people's views on human nature" at International Conference on Applied and Community Psychology: trends and directions, 26-28 Feb, 2005.</p>	<p>continued employment on retired individuals: a case study" at National Seminar –"Developing Work Force- Life Span Approach to Career" at Deptt of Adult & Continuing Education & Extension, Delhi University, 13 & 14th March, 2009.</p> <p>10. Paper entitled-"The relation between type of social support and well-being" at National Seminar –"Psycho-physiology of well-being" at Maharsihi Dayanand Uiversity,Rohtak, 28-29th March 2006.</p> <p>11. Paper entitled-"The relation between well-being and adjustment in college students" at National Seminar –"Psycho-physiology of well-being" at Maharsihi Dayanand Uiversity,Rohtak, 28-29th March 2006.</p> <p>12. Paper entitled-"The role of physical activity in the well-being of adolescent girls" at National Seminar –"Psycho-physiology of well-being" at Maharsihi Dayanand Uiversity,Rohtak, 28-29th March 2006.</p> <p>13. Paper entitled, "Perceptions of work, stress and coping among street children" at Conference of Indian Academy of Applied Psychology (IAAP) on Positive Health and well-being at MDU,Rohtak, july15-17, 2004.</p> <p>14. Paper entitled, "Effectiveness of participatory techniques with street children" at National Conference on "The Child in the new Millennium" at Delhi University, 1999.</p>		
Workshop attended		<p>1. Workshop on "Adolescents in Indian Family: issues & interventions" by Indian Association for Family Therapy (IAFT) on 19th Sept, 2009.</p> <p>2. Workshop on "Autism- Play Therapy and Communication" conducted on 16th Feb, 2002 at Delhi.</p> <p>3. Workshop on "Self & Communication" in Gargi College, Dec 21-22, 1999.</p> <p>3. Workshop on "Operation Hope" by Saathak, NGO, Delhi in 1998.</p>		
Resource Persons	Chaired a technical session at the 1 st International and 3 rd Indian Psychological Science Congress at Chandigarh, 2014.	Chaired a scientific session at 2 nd Indian Psychological Science Congress on 5-6 th October, 2012 at Chandigarh		
Organiser	-	Part of the organizing committee of National conference on Career Development 26-27 th May,		

Staff Development Programmes: Attended and Organised

Refresher Courses / Orientation Programmes	1. Refresher course from CPDHE, University of Delhi, 2008
HRD Programmes	1. Currently working on the project "e-pathshaala" as content writer for subject of Clinical Psychology and Perspectives on Self.
UGC- Faculty Improvement programmes	
Staff training by University/other Institutions	11. Attended two days orientation programme in "Role of e-technology in Research and Teaching- Learning instructions" held at Gargi College. 12.
Faculty Exchange Programmes	
Summer/ Winter School Workshops	
Any Other	

Areas of Interest

Academic	Clinical Psychology, Community Psychology, Social Psychology and Counselling Psychology
Non Academic	National Social Service, Sports

- Participation in Curriculum Restructuring-

1. Convenor of committee on paper on Research Methods and Data Processing for Four Year Undergraduate Program (FYUP), Delhi University (2012-2013).
2. Committee member for course formulation in Clinical Psychology, Counselling Psychology, Community Psychology for FYUP at Delhi University (Session 2012-2013).

- Corporate Participation at the College Level-

1. National Service Scheme, (N.S.S)-Active member in organizing NSS programmes in college and Editor of its Annual Magazine- "Savera". 2011-2014 (N.S.S. deals with community service and inculcating a sense of social responsibility in our youth).
2. Workload committee- Active member of College's workload committee 2013-14
3. Quizzitto- Member of Quiz society of Gargi College 2012-13.

- Corporate Participation at the Departmental Level-

1. Teacher-in-Charge – since April 2013 until March 2015.
2. Admission committee of the department – conducting admissions from 2010-13.
3. Laboratory committee of the college 2010-2013.

- Members of Professional Association/s-
 1. Life time Member of India Career Development Association since 2012.
 2. Life time member of Indian Academy of Positive Psychology since 2012.
- Consultancy / Expert on committees
 1. On the panel of IGNOU as External Examiner of MAPC Course.
 2. On the interview panel of Service Selection Board, Ministry of Home Affairs in 2010 as a psychologist.
 3. On the panel on NTPC for selection of Engineers as a psychologist for selection through group discussion.
- Awards and Scholarships-
 1. Junior Research Fellowship from 2003-2005 from UGC.
 2. All India Post Graduate Scholarship for the year 2000-2001 by University of Delhi.
- Any Other- Appeared as expert in the area of Clinical and Social Psychology for various live telecast programs at IBN7, P7 and Nation News, Zee News, Aaj Tak, News Nation and Sahara Samay.