

# **Dr Sangeeta Bhatia**

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## **Profile**

Associate Professor: 2002 to present

Education: Research Degrees:

~ Ph. D (University of Delhi) 2000

~M.Phil (Punjab University) 1985

## **Papers taught**

B.A. Honours and B.A. Program: Life-Span Development; Health Psychology; Understanding Psychology; Living in the Media World, Practicum & Field Work based on Theory papers

## **Research Areas**

Life-Span development, Health and Well-Being, Issues and Interventions in Adolescence, Issues in Ageing, Resilience, Neuropsychology, Interventions for individuals with special needs

## **Experience**

Teaching: 30 years, permanent in Gargi College since 6th September 1991

Along with teaching undergraduate students, have participated in syllabus revision, creating new frameworks for practicums, organising field work.

Mentor and supervisor of research projects for students: Key Areas - Coping with cancer, drug abuse in adolescents, life satisfaction amongst the retired, moral development in children, family relationships, Positive psychology

Administrative experience: Teacher In-Charge 2009-2011, 1995-1996 Psychology Association In-charge 2011-2013

Convener students Society - Glass Eye 2014-2017

Deputy Superintendent examinations for College (2012) and the department (2016), Admissions convener : College (1995) and Department of Psychology (2009-2011)

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## RESEARCH PROJECTS

~**Senior Research Fellow:** ICSSR 2017-2019

TOPIC: The Social World of Adolescents: Cognitions of High Risk Behaviours & Mitigating Effects of Mindfulness

~**Post-Doctoral Research** funded by UGC under the Major Research Project Grant (2003-2006), University of Delhi

TOPIC: Understanding Resilience in Individuals with Disabilities

~**UGC Research Project** (Minor grant) 1999-2001

TOPIC: Psychosocial & Health Status of caregivers of patients with Parkinson's Disease

~**Ph.D Supervisor:** Doctoral students (University of Delhi), Awarded 2, in progress 3.

~**Development of Intervention Programs** based on survey of Learning Problems of Urban Slum MCD Primary school Children. NCERT, 1992

~**Supervision of 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, media literacy

## CHAPTERS IN EDITED BOOKS

~ Mental Health & Community Psychology in India (2012). *In, Community Psychology & the Socio-Economics 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. ILLL, **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 new syllabus. **NCERT**, 1993

~*Psychology: Popular Psychology Series.* **NCERT**, 1992

## RESEARCH PUBLICATIONS

### International Journals:

~Adolescents' Risk-Behaviours & 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 Counsellor 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.

~Psychosocial functioning in children with dyslexia: Perspectives from parents, counsellors & teachers (Bajaj, D. & **Bhatia, S.** 2019).. International Journal of Disability, CBR & Inclusive Development, 30(4), 49-76.

~ The impact of coping strategies of cancer caregivers on psychological outcomes: An integrative review ( Texeira, R., Allison., **Bhatia, S.** et al., 2018). Psychological Research & Behaviour 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 Neuro-Rehabilitation, 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, 10910, 27-37

## **National Journals**

~ Emotional & behavioural difficulties in adolescents during COVID-19: Implications for planning community based interventions. (**Bhatia, S. & Seth, S.**, 2021). Indian Journal of Youth & Adolescent Health (in Press)

~Relationship between ageist attitudes and body image in women. (**Bhatia, S. & Ananya, S.** 2021). Journal of Humanities & Social Sciences Studies, Vol. 3 (2), 11-17.

~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(20), 87-90

~Intelligence, Sex & Psychomotor Performance (Mohan, J. & **Bhatia, S.**, 1985). Indian Psychological Review, 28, 1-6.

## **CONFERENCES: Invited Chair, Speaker and Panelist**

~National Virtual Conference of the Association of Rehabilitation Psychologists & Professionals, India (AARP), January 22nd, 2021. *Mental Health & Rehabilitation : Bridging the Gap across the Lifespan* (Invited Speaker).

~ 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, 3-5th 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, 19-21December, 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*, 18-21June, 2009

~Pathways to Resilience: An International Conference Resilience Research Centre, Dalhousie University, Halifax , Canada , June 15-17, 2005 (Invited presenter) paper on *Resilience and coping with disabilities*.

~International Conference of the International Society for Critical Health Psychology, New Zealand. 10-12 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 raging 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, 20-22 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 Behaviours: Classroom as context for interventions to enhance self-regulation.* The IAFOR Conference, Hong Kong, 20th-22nd October 2018

*~Risk behaviours in Adolescence: Understanding & Bringing Change.* EHPS Health Psychology across the Lifespan. Galway, Ireland. 21-25th August, 2018.

*~Psycho-social functioning in children with Dyslexia: Implications for Interventions.* International Conference on Learning, Department of Education, University of Delhi, 28-30th 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, 22-24th December 2017.

*~School based counselling: 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 Behaviours of Adolescents.* Indian Association of CBT & AIIMS, New Delhi, International Conference, 6th March, 2017

*~Counselling in Schools: Integrated or Separated in the workplace?* 26th Annual Conference of the NAOP, IIT Chennai, 29-31 December, 2016

*~Ageing & Ageism: The relationship with Body Image.* National Conference on Perspectives of Successful Ageing, UGC Seminar, Mata Sundari College, University of Delhi. 23-24September, 2016.

*~Understanding virtual communities : Social Media use in Urban Youth & its Psychosocial correlates.* World Association of Social Psychiatry, London, UK. 13-15th 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 Dec., 2010

~*Life Satisfaction & values in retired women*. 107th APA Convention, Boston, USA. August 20-24th

~*Drug Abuse in Adolescents in relation to their Values & perceived Family Environment*. International Conference on Health & Culture in Adolescence, Jerusalem, Israel. 24-27th November, 1996

~*Adjustment to Cancer in relation to coping styles & locus of control*. 8th National Conference of Behavioural Medicine Society of India, New Delhi. 26-27th November, 1993

~*Altruism & Personality*. 73rd Indian Science Congress, New Delhi. 2-3rd 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. 3-8th January 1985.

## **Membership- 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)

## **WORKSHOPS attended**

Research Methodology & SPSS, 27-28th April 2017, University of Delhi (participation funded by ICSSR)

H-Index, organised by Gargi College, August 2017

\*The Fragmented Self. University of Delhi - Indraprastha College, October 30-31, 2017.

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 4-6th July, 2002 (Sponsored by ICAP)

\*Multiple Regression. (APA pre Convention, \*Boston 1990 ) (UGC Sponsored)

\* *International/Sponsored*

**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) organised by Gargi College to enhance skills based on digital literacy

## **Faculty Development Programs**

~ *Enhancing Psychological Skills* , Ramanujan College University of Delhi, October 2020.

~*Mentoring the teacher mentors*. NAAC sponsored national seminar of capacity building. Gargi College, 19th-20th January, 2018

~*Role of eTechnology in Academic Research & Teaching/Learning Interactions*. Gargi College, 8-9th 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. March 4th-31st, 1992.



