

Curriculum Vitae

Current Position: Associate Professor, Department of Psychology, Gargi College, Siri Fort Road, University of Delhi, New Delhi-110049, India (2009-Present)

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Adjunct Assistant Professor, Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A. (2014- 2025)

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Citizenship: India

Education

Fulbright–Nehru Postdoctoral Fellow (Clinical Psychology), University of North Carolina at Chapel Hill, North Carolina, U.S.A. 2013-2014.

Ph.D. (JRF/SRF-Psycho-oncology), Dissertation: *Personality profile of cancer patients*. University of Lucknow, Lucknow, U.P., India. 2009.

M.A. (Psychology). Dissertation: *Personality profile of street beggars*. University of Lucknow, Lucknow, U.P., India. 2003.

Clinical Training

Extensively trained in CBT including at the Beck Institute of Cognitive Behaviour Therapy, Philadelphia, USA

Developmental psychopathology, mood disorders & evidence-based research & assessment at the MECCA Lab, Department of Psychology & Neuroscience, University of North Carolina at Chapel Hill, USA

Clinical assessment and therapy at Mental Health Consulting Services Inc., Ohio, USA

Doctoral training in psycho-oncological assessment, wellbeing in terminally ill patients and positive interventions.

Research Interest

-Mental Health & Wellbeing; evidence-based assessment & research; diversity issues and minority mental health; counselling and Cognitive Behaviour Therapy; Positive Psychology and its interventions, particularly wellbeing.

-Exploring radicalisation, fundamentalism and violent extremism in youths using an intersectional lens; interventions for awareness and wellbeing of incarcerated youths and prison personnel.

Awards & Honours

- Major Research Awards towards Policy Recommendations (*Rehnuma I & Rehnuma II*), Ministry of Home Affairs, Government of India (Oct.2021-March 2023). Worked as the Project Director of the two classified projects and trained a team of 6 researchers (1 Research Associate & 5 Research Assistants).

Rehnuma I- Exploring Radicalisation and Separatist Support for Khalistan in Punjab: A Mixed Method Study on Radicalisation for Policy Recommendation (Classified Project)

Rehnuma II- Exploring the Process of Radicalisation in Incarcerated Islamist Extremists: Inside And Outside the Prison for Policy Recommendation (Classified Project)

- Witkin-Okonji Travel Award for attending the 25th meeting of the International Association of Cross-Cultural Psychology to be held at Guelph, Canada (July 1st- 5th, 2018).
- Post Doc invite by Prof. Sheri Johnson to join her Lab at University of California, Berkeley, USA (2017-2018).
- Awarded Adjunct Assistant Professorship (June 2014- May 2025), Department of Psychology, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A.

- Witkin-Okonji Travel Award for attending the 23rd meeting of International Association of Cross-Cultural Psychology held at Nagoya, Japan (July 30th-3rd August, 2016).
- Fulbright-Nehru Postdoctoral Fellow (2013-2014) at the Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A.
- University Grants Commission (UGC, Government of India sponsored fellowship), Junior/Senior Research Fellowship (2005-2008), University of Lucknow, Lucknow, Uttar Pradesh, India.

Employment

Associate Professor (Applied Psychology), Gargi College, University of Delhi, New Delhi, India (August 2009- Present) and Teacher In-charge (15th July 2017- 24th Sept.2018 & 10th Aug.2020- 31st July 2021).

Adjunct Assistant Professor (June 2014- May 2025), Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A.

Postdoctoral Fellow (2013-2014), Department of Psychology, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A.

Consultant CBT Therapist, Family Resource Centre, Vasant Vihar, New Delhi, India (Nov.2011-Aug.2013).

Assistant Professor (Psychology), Jesus and Mary College, University of Delhi, Delhi, India (July 2010- Sept.2010).

Guest Faculty (Psychology). Department of Psychology. Kamla Nehru College, Delhi, India (Aug. 2009 March 2010).

Consultant Psychologist, Illumenta Corporation, Delhi, India (March. 2009 – July 2009).

Research Associate, Mental Health Consulting Services, Inc., Highland Heights, Ohio (U.S.A.). August 2009 –2014.

Guest Faculty (Forensic Psychology and Human Behaviour). Department of

Anthropology, University of Lucknow (2005-2006).

Guest Faculty (Counselling Psychology) Institute of Management Studies. University of Lucknow (2005-2006).

Selected Peer-Reviewed Research Publications (International & National) & Chapters in Edited Books

- Rizvi, S. H., & Chakraborty, S. (2025). Mental health in India: Current status, challenges and way forward. *Indian Journal of Health and Wellbeing*, 16(2-II), 458–465.
- Zehra, A. Sadhu, A., & Rizvi, S.H. (2025). Using an Intersectional Approach to Explore Mental Health Literacy, Help-Seeking Attitudes and Psychological Wellbeing of Women. *Journal of the Indian Academy of Applied Psychology*. Volume 51, Issue 1. Pages 644-655.
- Jaiswal, S., & Rizvi, S.H. (2024). Acceptance and Commitment Therapy for Body Image. *International Journal of All Research Education and Scientific Methods*. Vol. 12(6).
- Rizvi, S.H. (2022) Psychology of Gender Differences: Comparison in Cognitive Abilities and Career Related Processes. In M. Misra (Ed) *Psychology of Gender* (pp 196-216) Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/84909>
- Rizvi, S.H. (2022) Gender socialization and cultural differences in the construct of gender. In M. Misra (Ed) *Psychology of Gender* (pp 79-100) Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/84923>
- Gyamfi B., Ann Repp, A., Youngstrom, E., & Rizvi, S.H. (2021) Creativity and Mood Across Cultures: The Relationship Between Mood Disorders and Creativity in North American, South Korean and Indian University Students. *The Ronald E. McNair Research Journal*. (3),53-63. The University of Texas at Austin, USA.
- Rizvi, S. (2021) Cognitive Behaviour Therapy: The Evidence Based Approach. In N. Kumar (Ed) *Counselling Psychology: Indian and Western Pathways*. (pp 133-151) Cengage, New Delhi, India.
- Rizvi, S. (2021) Perspectives on Human Development I: Psychosocial and Psychodynamic; Developmental Task Theory. In M. Mishra (Ed) *Developmental*

- *Psychology*. (pp 34-53). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79113>
- Rizvi S. (2021) Perspectives on Human Development II: Cognitive Perspective. In M.Mishra (Ed) *Developmental Psychology*. (pp 54-81). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79117>.
- Rizvi S. (2021) Perspectives on Human Development III- Humanistic; Ethological & Evolutionary; Bioecological and Life Course Theory. In M.Mishra (Ed) *Developmental Psychology*. (pp 82- 106). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79118>
- Rizvi S. (2021) Domains of Human Development- Moral and Social Development. In M.Mishra (Ed) *Developmental Psychology*. (pp 226-253). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79127>
- Rizvi S. (2021) Domains of Human Development-Emotional Development and
- Emotional Relationships. In M.Mishra (Ed) *Developmental Psychology*. (pp 254-277). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79128>
- Rizvi S. (2021) Domains of Human Development -Development of Self, Identity and Gender. In M.Mishra (Ed) *Developmental Psychology*.(pp 278-305). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79129>
- Utreja, D., & Rizvi, S.H. (2020) Anger in Anxiety Disorders: A Review. *Journal of Psychiatry and Psychological Research*.3(5):239-242
- Yadav, R., & Rizvi, S.H. (2019) Rorschach Profile and Comparative Analysis of Anxiety in the Transgender 'Hijra' Community. *Journal of Community Guidance and Research*, 36 (02).
- Utreja, D., & Rizvi, S.H. (2019) Exploring the relationship between state, trait anger and anxiety in anxiety disorder patients. *The International Journal of Indian Psychology*, 7(1).
- Youngstrom, E. A., Egerton, G., Genzlinger, J., Freeman, L. K., Rizvi, S. H., & Van Meter, A., (2018). Meta-Analysis of the Discriminative Validity of the Bipolar Spectrum Diagnostic Scale in Adults. *Psychological Bulletin*. 144(3), 315-342. doi:<http://dx.doi.org/10.1037/bul000137>

- Salcedo, S., Rizvi, S. H., Freeman, L. K., Youngstrom, J.K., Findling, R. L. & Youngstrom, E.A. (2018). Testing the diagnostic efficiency of CBCL subscales for psychosis: Achenbach Versus Lengua Subscale. *European Journal of Child and Adolescent Psychiatry*. doi: 10.1007/s00787-018-1140-1
- Rizvi, S. H., Salcedo, S., Youngstrom, E. A., Freeman, L. K., Gadow, K. D., Fristad, M. A., Birmaher, B., Kowatch, R. A., Horwitz, S. M., Frazier, T. W., Arnold, L. E., Taylor, H. G., & Findling, R. L. (2018). Diagnostic Accuracy of the CASI-4R Psychosis Subscale for Children Evaluated in Pediatric Outpatient Clinics. *Journal of Clinical, Child and Adolescent Psychology*. DOI: 10.1080/15374416.2017.1410824
- Rizvi, S.H., Ong, M.L., & Youngstrom, E.A. (2014). Bipolar Disorder in Children and Adolescents: An Update on Diagnosis. *Clinical Practice*, 11(6), 665-676.
- Misra, R.K., & Rizvi, S.H. (2012). Clinical psychology in India: A Meta Analytic Review. *International Journal of Psychological Studies*, 4 (4), 18-26.
- Rizvi, S.H., & Bhatnagar, P. (2009). Psychodynamics of a cancer patient. *Journal of Community Guidance and Research*, 26, 216- 225.

Peer Reviewed Conference Presentations (National & International)

- Chakraborty, S. & Rizvi, S.H. (2025, February). Understanding the Role of Internet in Radicalisation: Insights from an Empirical Study in India. [Paper presentation].34th Convention of the National Academy of Psychology (NAOP), Christ University, Delhi NCR, India.
- Madhok, K., & Rizvi, S.H. (2025, March). Systematic Review of Non-suicidal Self-Injury in India [Paper presentation]. 10th World Congress of Women's Mental Health, NIMHANS, Bengaluru, India.
- Kaur, A., Grewal, M. & Rizvi, S.H. (2025, February). _Voices from the Margins: Lived Experiences of Dementia Caregivers. [Poster presentation].34th Convention of the National Academy of Psychology (NAOP), Christ University, Delhi NCR, India.
- Chakraborty, S. & Rizvi, S.H. (2024, December). Is Investigating Online Radicalisation relevant or redundant? A Review [Paper presentation] Manoprabha – 3rd International Virtual Conference in Psychology, Shri Vaishnav Institute of Social Sciences, Humanities & Arts, Indore, India.

- Jaiswal, S. & Rizvi, S.H. (2024, April) *Exploring Body Image Issues and Its impact on Quality of Life among College Students of Delhi-NCR*. [Paper presentation]. 2nd International Conference on Positive Psychology by National Positive Psychology Association (NPPA). **(Best Paper Award)**
- Kaur, A., Grewal, M. & Rizvi, S.H. (2024, March) *Understanding Caregiver Burden and its Impact on Care Recipient's Well-being: A Literature Review*. National Conference on Empowering the Golden Years: A Comprehensive Dialogue on Elderly Issues. Organized By Ananda- The Wellbeing Centre of Gargi College, University of Delhi. **(Best Poster Award- III Position)**
- Saini, S & Rizvi, S.H. (2023, November) *Will I Ever Belong? "-Narratives of Female North-Eastern Students in Delhi* at the National Seminar of Psychological Research organized by the Department of Psychology & IQAC-LSR at Lady Shri Ram College For Women. **(Best Paper Award- II Position)**
- Verma, V., & Rizvi, S. (2023, February). *Exploring Body Shape, Mood Sates and Quality of Life: Preliminary Report* [Poster presentation]. 27th International and 58th National Conference of Indian Association of Applied Psychology 2023: New Delhi, India. **(Best Poster Award).**
- Jaiswal, S., & Rizvi, S. (2023, February). *Acceptance and Commitment Therapy for Body Image Issues & Disorders: A Review*. [Paper presentation]. NACIACP 2023: SGT University, Gurgaon, India.
- Madhok, K., & Rizvi, S. (2023, February). *Non-suicidal self- injury: A review across the last decade* [Paper presentation]. NACIACP 2023: SGT University, Gurgaon, India.
- Zehra, A., Sandhu, A., & Rizvi, S.H. (2022, April) Using an intersectional approach to explore the psychological wellbeing of women in Jammu & Kashmir. Paper presented National Conference on Psychology and its Role in Human and Societal Development, Dr. Bhim Rao Ambedkar College (University of Delhi), India
- Zehra, A., Sandhu, A., & Rizvi, S.H. (2022, March) Using an intersectional approach to explore mental health literacy, help seeking attitudes and psychological wellbeing of women in Jammu & Kashmir. Paper presented at the 31st Convention of National Academy of Psychology, IIT, Mumbai, India.
- Arora, M. & Rizvi, S. H. (2022, March) I Am What I think: Exploring Automatic

thoughts and mood states in young adults. Paper presented at the 31st Convention of National Academy of Psychology (NAOP), IIT Mumbai, India.

- Jaiswal, S & Rizvi, S.H. (2022, March) Effectiveness of Acceptance and Commitment Therapy for Body Image related Issues: A Review. Paper presented at the 31st Convention of National Academy of Psychology (NAOP), IIT, Mumbai, India.
- Zehra, A., Sandhu, A., & Rizvi, S.H. (2022, January) Mental Health Literacy, help seeking attitudes and psychological wellbeing of women in Kashmir. Paper presented at 57th National and 26th International Conference of Indian Academy of Applied Psychology, Mizoram, India.
- Agarwal, M., & Rizvi, S.H. (2021, October) Exploring the gaps in training and guidelines for LGBTQIA+ affirmative mental health practices in India. Paper presented at International Conference on ‘Towards Gender Equality: Overpowering Structural Barriers and Reclaiming Agency, Jagran Lakeview University, India. **(Best Paper Award)**.
- Singh, R., & Rizvi, S.H. (2020, August); *The Nature of Self-Injurious Thoughts and Behaviours in Youths using DSM-5*; The Society of Clinical Child & Adolescent Psychology (Division 53), American Psychological Association Convention, Washington D.C., USA.
- Nilafdeen, A., & Rizvi, S.H. (2020, February) *Understanding Peace & Conflict- A Qualitative Inquiry Across Four South Asian Nations*; International Conference on Perspectives on Peace & Sustainable Development in a World of Conflict. Vivekananda College, University of Delhi, New Delhi, India.
- Algul N., Rizvi, S.H. & Chakravorty, S. (2019, December) Exploring Perfectionism, depression & anxiety in Indian & Turkish Youths: 29th Annual Convention of National Academy of Psychology (NAOP), India & International Conference on ‘Making Psychology Deliverable to the Society; Paper Presentation; Puducherry, India.
- Chakravorty, S., & Rizvi, S.H. (2019, December) Exploring music, creativity and mood states: Preliminary findings; 29th Annual Convention of National Academy of Psychology (NAOP), India & International Conference on ‘Making Psychology Deliverable to the Society; Poster Presentation; Puducherry, India.
- Singh, R., & Rizvi, S.H. (2019, October); Exploring the Nature of Non-Suicidal

- Self-Injury (NSSI) using DSM-5; The 6th International and 8th National Psychological Society Congress; Paper Presentation; Chandigarh, India.
- Singh, R., & Rizvi, S.H. (2019, October); Exploring the Nature of Self-Injurious Thoughts and Behaviours; 5th International Conference of Indian Academy of Health Psychology; Paper Presentation; Varanasi, India.
- Nanda, S., & Rizvi, S.H. (2019, October); Exploring Gender Differences in Sensation Seeking Behaviours; The 6th International and 8th National Psychological Society Congress; Paper Presentation; Chandigarh, India.
- Karaca, S., Algul, N., Kaila, G., & Rizvi, S.H. (2018, July) Self-Compassion and Life Satisfaction across Cultures: Comparing Indian and Turkish Youths. Paper presented at the 24th International Conference of the International Association of Cross-Cultural Psychology, Guelph, Canada.
- Thakur, A., Kabra, T., Kundu, B. & Rizvi, S. H. (2017, December). *Exploring social media usage, narcissism, and self-esteem in youths*. Paper presented at the 27th Annual Conference of National Academy of Psychology (NAOP), IIT Kharagpur, West Bengal, India.
- Rizvi, S.H. (2017, November). *Clinical correlates of delusional ideation: Distress, conviction & preoccupation*. Paper presented at 3rd International Conference of Indian Academy of Health Psychology (ICIAHP), Lucknow. Uttar Pradesh, India.
- Krishna, M., & Rizvi, S.H. (2017, November). *Depression, resilience and coping mechanisms in college students*. Paper presented at 3rd International Conference of Indian Academy of Health Psychology (ICIAHP), Lucknow, Uttar Pradesh, India.
- Kabra, T., Thakur, A., Kundu, B. & Rizvi, S. H. (2017, November). *Self- esteem and social media usage: A study of youths from urban cities*. Paper presented at 3rd International Conference of Indian Academy of Health Psychology (ICIAHP), Lucknow. Uttar Pradesh, India
- Salcedo, S., Rizvi, S. H., Youngstrom, E. A., Freeman, L. K., Gadow, K. D., Fristad, M. A., Birmaher, B., Kowatch, R. A., Horwitz, S. M., Frazier, T. W., Arnold, L. E., Taylor, H. G., & Findling, R. L. (2017, November). *Diagnostic accuracy of the CASI-4R Psychosis subscale in pediatric outpatient clinics*. Poster presented at the 51st Annual Meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA,

U.S.A.

- Rizvi, S. H., & Misra, R.K. (2016, August). Delusional ideations in Indian females: preliminary findings. Paper presented at the 23rd annual meeting of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
- Rizvi, S. H. (2016, August). Virtual reality exposure therapy: a case report from India. Poster presented at the 23rd annual meeting of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
- Rizvi, S. H., Freeman, L. K., & Youngstrom, E.A. (2014, November). Testing the diagnostic efficiency of CBCL subscales for psychosis: Achenbach Versus Lengua Subscale. Poster presented at the annual meeting of ABCT, Philadelphia, PA, U.S.A.
- Rizvi, S.H., Van Meter, A., Youngstrom, J.K., Feeny, N., & Youngstrom, E.A. (2014, November). Creativity, mood and psychosis: A study of Korean Youths. Poster presented at the annual meeting of ABCT, Bipolar Special Interest Group, Philadelphia, PA, U.S.A.
- Genzlinger, J., Rizvi, S. H., Bourne, K. B., Freeman, L. K., Egerton, G., Van Meter, A., & Youngstrom, E. A. (2014, November). Meta-Analysis of the Discriminative Validity of the Bipolar Spectrum Diagnostic Scale in Adults. Poster presented at the annual meeting of ABCT, Philadelphia, PA, U.S.A.
- Egerton, G., Genzlinger, J., Bourne, K., Freeman, L., Min, H., Rizvi, S.H, Ford, G., Van Meter, A., & Youngstrom, E. (2014, November) The Diagnostic Efficiency of Hypomanic Checklist-32 for Identifying Bipolar Disorder in an International Population of Adults: Meta-Analysis. Poster presented at the annual meeting of ABCT, Philadelphia, PA, U.S.A.
- Rizvi, S.H., Youngstrom, E.A., Freeman, L.K., Fristad, M.A., Birmaher, B., Robert A. Kowatch, R.A., Horwitz, S.M., Frazier, T.F., Arnold, L.E., Hudson Taylor, H., & Findling, R.L. (2014, October). Diagnostic efficiency of the CASI-4 psychosis subscale in the LAMS study: A ROC analysis. Poster presented at the annual meeting of the American Academy of Child and Adolescent Psychiatry (AACAP) at San Diego, California, U.S.A.
- Rizvi, S.H., Youngstrom, E.A., Freeman, L.K., Fristad, M.A., Birmaher, B., Robert A. Kowatch, R.A., Horwitz, S.M., Frazier, T.F., Arnold, L.E., Hudson Taylor, H., &

Findling, R.L. (2014, October). Diagnostic efficiency of the CASI-4 for identifying psychotic conditions in paediatric outpatient clinics. Poster presented at National Conference in Clinical Child and Adolescent Psychology (NCCCAP), Lawrence, Kansas, U.S.A.

- Rizvi, S. H., Freeman, L. K., & Youngstrom, E.A. (2014, August). Potential Psychotic Symptom Dimensions in Paediatric Outpatients: Exploratory factor analysis. Poster presented at the APA Convention, Washington, D.C., U.S.A.
- Rizvi, S. H., Freeman, L. K., & Youngstrom, E.A. (2014, April). Correlates of Potential Psychotic Symptom Dimensions in Paediatric Outpatients. Poster presented at the annual meeting of the North Carolina Psychological Association (NCPA), Charlotte, NC, U.S.A.
- Rizvi, S. H., Freeman, L. K., & Youngstrom, E.A. (2014, April). Using Achenbach Versus Lengua CBCL Subscale to Screen for Psychotic symptoms in Paediatric Sample. Poster presented at the annual meeting of the North Carolina Psychological Association (NCPA), Charlotte, NC, U.S.A.
- Genzlinger, J., Rizvi, S. H., Bourne, K. B., Freeman, L. K., Egerton, G., Van Meter, A., & Youngstrom, E. A. (2014, April). Meta-Analysis of the Discriminative Validity of the Bipolar Spectrum Diagnostic Scale in Adults. Poster presented at the annual meeting of the North Carolina Psychological Association (NCPA), Charlotte, NC, U.S.A.
- Egerton, G., Genzlinger, J., Bourne, K., Freeman, L., Min, H., Rizvi, S.H., Ford, G., Van Meter, A., & Youngstrom, E. (2014, April) Meta-Analysis of the Diagnostic Efficiency of the Hypomanic Checklist-32 for Identifying Bipolar Disorder in an International Population of Adults. Poster presented at the annual meeting of the North Carolina Psychological Association (NCPA), Charlotte, NC, U.S.A.
- Rizvi, S.H. (2013, March). Behind the veil: demystifying the identity of Muslim women. Paper presented at National Seminar on Social Representations of Identity in India: An Interdisciplinary Dialogue, at I.I.T., Delhi, India.
- Rizvi, S.H. & Bhatnagar, P. (2013, February). Emotional holding in cancer patients: A phenomenological approach. Paper presented at National Conference on Mental Health and Wellbeing, organized by IGNOU, New Delhi, India.
- Rizvi, S.H. & Bhatnagar, P. (2013, December). Experiential world of cancer patients as

explored in representative literature. Paper presented at the National Conference of Indian Association of Positive Psychology, (IAPP), Varanasi, UP, India.

- Rizvi, S.H. (2012, May). Using virtual reality exposure therapy for social phobia: A case report. Paper presented at National Conference of India Career Development Association, New Delhi, India.
- Chakravorty, S. & Rizvi, S.H. (2012, May). Work, women and quality of life. Paper presented at National Conference of India Career Development Association, New Delhi, India.
- Rizvi, S.H., Srivastava, A., & Bhatnagar, P. (2007, July). Mental health scenario in Uttar Pradesh. 2007. Poster session. International Conference of Psychology. NIMHANS, Bengaluru, India.
- Rizvi, S.H., Srivastava, A., & Bhatnagar, P. (2006, December) Media and relationships: A CBT perspective. Paper presented at the Indian Science Congress, Lucknow, UP, India.
- Rizvi, S.H. & Bhatnagar, P. (2005, December). Psychodynamics of a cancer patient: An object relations perspective. Paper presented at the National Academy of Applied Psychology, Kanpur, UP, India.

Professional Affiliations/Memberships

- COVID counselling helpline team member, University of Delhi (2020-2022).
- COVID counselling helpline team member, Gargi College, University of Delhi (2020- 2022).
- Member of International Association of Cross-Cultural Psychology (Membership No: 5037).
- Member of the American Psychological Association (Membership No: 28683107).
- Member National Positive Psychology Association
- Member of the International Fulbright Alumni Association.
- Member of the Society for a Science of Clinical Psychology, U.S.A.
- Member of the Review Board to the 3rd International Conference on Human Behaviour and Development Issues, Lucknow, India (2016).

- Member of Scientific Committee for ICDA's National Conference, on *Career Development: Preparing for the Road Ahead* (May 2012)
- Ad hoc reviewer for the international peer-reviewed journal *Psychological Assessment* (Published by APA; Impact Factor-2.99)
- Reviewer for the peer-reviewed journal-*Journal of Human Behaviour and Development Issues* (ISSN 2349-8366)

Additional Training

- One day, Neurocognition Workshop organised by Rekhi Foundation in collaboration with Chandigarh University (May 2025).
- Organised and attended National Conference on Prioritizing Mental Health: Creating Better Living (October 2024).
- Certificate Course in Holistic Wellbeing (8 modules) Organized by Department of Psychology, Gargi College, University of Delhi (October-March, 2023-2024).
- Certificate Course in Research Skills (6 modules) Organized by Department of Psychology, Gargi College, University of Delhi (October-March, 2023-2024).
- 3 Months Certificate Course in Fostering Mental Health and Wellbeing. Organized by Ananda, the Wellbeing Centre of Gargi College, University of Delhi (September-November, 2023).
- Participated in a 2-day Faculty Development Program on Getting Started with R, Organized by Gargi College, University of Delhi (August 2023)
- NVIVO qualitative data Analysis (February 2022)
- 1 week Faculty Development Program on ICT Based Learning and Developing MOOCs for Teaching Process in Higher Education organized by Teaching learning Centre, Ramanujan College, University of Delhi (29th December 2020- 4th January 2021).
- 2-week Faculty Development Program on Enhancing Psychological Skills for Teaching & Practice organized by Teaching learning Centre, Ramanujan College, University of Delhi (15th September-29th September 2020)
- 1 week Certificate Course on Digital teaching Techniques, organized by ICT Academy (29th June-4th July 2020)

- 1 week Faculty Development Program on Research Methodology organized by Amity University, Lucknow (3rd June to 9th June 2020)
- 1 week Gender Sensitization Course at HRDC, Jamia Millia Islamia University, New Delhi (25th July-31st July, 2018)
- 3 weeks Refresher Course at CPDHE, Delhi University (28th November-18th December, 2017).
- 4 weeks Orientation Course at HRDC, Lucknow University (1st December- 30th December, 2016).
- Anti Plagiarism Workshop (facilitator, Dr. Ramesh Gaur, Director, Director, Library and Information at IGNCIA) 13th March 2018.
- 3-day Expressive Arts Workshops organized by Department of Psychology, Gargi College (facilitator Ms. Manju Jain, Portland, USA), 24th, 26th, 28th February 2018.
- 2 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.
- 1 day ADHD Assessment Workshop, South Campus, University of Delhi. New Delhi. (September 2017).
- Teaching Cultural Psychology: Course Design and Learning Activities, Nagoya, Japan (July, 2016)
- Cognitive Behavior Therapy. Training conducted by Aaron & Judith Beck, Philadelphia, U.S.A. (July 2011).
- Cognitive Behavior Therapy. Conducted by Michael Townend, BABCP;
- Accredited CBT Therapist of England. Delhi (Oct. 2010).
- Virtual Reality Therapy. Conducted by the New Delhi-based office of Illumenta Corporation of North Carolina, U.S.A. in NOIDA (March-July, 2009)
- Dialectical Behavior Therapy. Conducted by R.K. Misra, D.Phil., Psychologist/ President Mental Health Consulting Services, Inc., Ohio, U.S.A. (Dec 2006).
- Rorschach Test workshop (Lerner's Object Relations Perspective). Conducted by Swasti-Society for mental health and counselling, Lucknow, India (Dec 2006).
- Cognitive Behaviour Therapy. Trainer-Ms. Sanjeeta Kundu, Consultant Clinical Psychologist, Max Hospital, New Delhi, India (Aug, 2005).
- Assessment and treatment of anxiety disorders. Conducted by R.K. Misra, D.Phil.,

- Psychologist/President Mental Health Consulting Services, Inc., Ohio, U.S.A. (Nov, 2002).
- Understanding and helping intellectually challenged children. Conducted by R.K. Misra, D.Phil., Psychologist/ President Mental Health Consulting Services, Inc., Ohio, U.S.A. (Nov, 2002).
 - Understanding and managing relationships. Conducted by R.K. Misra, D.Phil., Psychologist /President Mental Health Consulting Services, Inc., Ohio, U.S.A. (Nov., 2003).
 - Mental health problems and therapeutic interventions. Conducted by R.K. Misra, D.Phil., Psychologist/President Mental Health Consulting Services, Inc., Ohio, U.S.A. (Oct., 2004).

Invited as Resource Person/Talks/Workshops/Panel Discussions

- Invited education expert for Administrative and Management Committee Meeting for Army Public School, Noida, UP (March 2025)
- Invited Chairperson for Scientific Session at the 34th Convention of National Academy of Psychology (NAOP), Christ University, Delhi NCR, India (February 2025)
- Invited Chairperson for Scientific Session at the National Conference on Psychology in a Globalized World organised by the Jamia Milia Islamia University, New Delhi, India (February 2025)
- Invited Expert for campus recruitment drive for recruitment of Civil Engineers & Chartered Accountants (All India Selection Panel), Indian Oil (September 2024)
- Invited as a Resource Person to Judge at the President AWWA Rolling Trophy Ethics Bowl 2024, organized by Army Wives Welfare Association (August 2024)
- Invited as a Resource Person for conducting a session on *Prison Based Radicalization in Incarcerated Islamists in Tihar* for senior IPS Officers by the Ministry of Home Affairs, Government of India (July 2024)
- Invited Expert for conducting the Orientation Program for parents on Positive Parenting at Army Public School, Noida (April 2024)
- Invited Expert for campus recruitment drive for recruitment of Management Executives

(All India Selection Panel), Indian Oil (February 2024)

- Invited consultant for Sensitization Training of Prison Personnel at Tihar Prison Complex, New Delhi (February 2024)
- Session Chair for National Conference on Challenging Emotions in Today's World: Mechanism, Challenges and Solutions, Neuroscience and Psychology, (Series VIII) Organized by Tibet House, The Cultural Centre of His Holiness the Dalai Lama, New Delhi. (September 2023).
- Invited Speaker for National Conference on Challenging Emotions in Today's World: Mechanism, Challenges and Solutions, Neuroscience and Psychology, (Series VIII) Organized by Tibet House, The Cultural Centre of His Holiness the Dalai Lama, New Delhi. (September 2023).
- Invited Expert for campus recruitment drive for Engineers through GATE 2023(All India Selection Panel), Indian Oil, New Delhi (October 2023)
- Invited Expert for the development of 'Wellbeing Module' for newly recruited Officers, under the Centre of Excellence (COE), CRPF Academy, Gurugram (September 2023)
- Invited Expert for campus recruitment drive for Chartered Accountants (All India Selection Panel), Indian Oil, New Delhi (August 2023)
- Invited Expert for conducting workshop on Internal Security at CISS, under Centre of Excellence (COE), CRPF Academy, Gurugram. (July 2023)
- Invited expert for Keynote Lecture on 'Embracing your wellbeing: A conversation with doctoral students' at National Institute of Educational Planning and Administration (NIEPA), New Delhi. (July 2023).
- Invited expert for the Campus recruitment of CMA graduates for Indian Oil, New Delhi, India. (April 2023).
- Invited expert for developing Wellbeing Module for CRPF Officers, CRPF Academy, Gurugram (Aug 2023).
- Core Working Committee Member of the 27th International and 58th National Conference of Indian Association of Applied Psychology 2023: New Delhi, India. (February 2023).
- Invited to chair the scientific session on Impulsive responses to Emotion: A Novel Computerized Approach to Treatment by Prof. Sheri Johnson, Professor, Department of Psychology, Berkeley, University of California. 27th International and 58th National

Conference of the Indian Association of Applied Psychology 2023: New Delhi, India. (February 2023).

- Invited to chair the scientific session, Ethical considerations and dilemmas 27th International and 58th National Conference of the Indian Association of Applied Psychology 2023: New Delhi, India. (February 2023).
- Invited expert for a workshop on 'Radicalisation and Deradicalisation' for senior Officers from CRPF, ITBP, Police at the CRPF Academy Gurugram (February 2023).
- Invited expert for examining doctoral synopsis on 'Psychological risk factors in adolescent mental health: Assessment and Intervention' for Christ University, Delhi-NCR Campus. (February 2023).
- Invited expert for a workshop on 'Keeping the Inner Child Alive' for students of Mata Sundari College, University of Delhi. (November 2022).
- Invited expert for evaluating field visit for undergraduate course at the Department of Psychology, Jamia Milia Islamia University, New Delhi. (November 2022)
- Invited speaker -"All of who I am"- Starting Conversations Within the Intersectionality Framework- Annual Festival, Organized by Quilluminati, The English Creative Writing Society of Gargi College (November 2022).
- Invited expert to chair a global online session for Genpact on 'Incorporating Wellness Wheel into our Wellness' (September 2022)
- Invited expert for recruitment of Officers through GATE 2022, by Indian Oil, New Delhi (September, 2022; October 2022)
- Invited resource person for a Global Townhall for Genpact on Mental health awareness and creating an empathic culture, organised by *Pre2Doc* for Genpact, London, UK (May 2022)
- Invited resource person for a Talk show on child and adolescent mental health *Doordarshan* (Urdu) (May 2022).
- Invited resource person for a Talk show on career options in psychology by *Doordarshan* (Urdu) (April 2022).
- Invited resource person for a workshop on emotional intelligence by DAV College, Faridabad (February 2022).
- Invited resource person for a talk on women empowerment by Iran Cultural House, New Delhi (February 2022).

- Invited resource person for a talk on Suicide Prevention Babasaheb Bhim Rao Ambedkar College, University of Delhi (September 2021).
- Invited resource person for workshop on Cognitive Behaviour Therapy by Ramanujan College, University of Delhi (February 2021).
- Invited expert for recruitment for *Hindustan Urvarak and Rasayan Limited* (Organized by Abcissa HR Consulting, New Delhi- February 2021).
- Invited resource person for workshop on Cognitive Behaviour Therapy by Association of Rehabilitation Psychologists, India (January 2021).
- Invited expert for Wellness Workshops at Grant Thornton Bharat, India- organized by Pre2Doc Life Inc., New Delhi (November-February 2020- 2021)
- Invited to Chair the session on Mental Health Access within the Indian Education System, organized by Mental Health Foundation India, in association with All India Institute of medical Sciences, New Delhi (October 2020).
- Invited expert for recruitment at NTPC Limited, India (August 2020).
- Invited resource person for Faculty Development Program (*Cognitive Behavioural Interventions for Self Help* at Teaching Learning Centre Ramanujan College, University of Delhi (Sept. 2020).
- Invited resource person for Workshop on *Adapting to the New Normal: Fostering Resilience in Virtual Campuses*. Christ (Deemed to be University) Noida, India (July 2020).
- Invited lecture on *Happiness & Creativity* (ELA Foundation, Lucknow, India (June 2020)
- Invited Expert for primetime show on *Adolescent mental health during COVID 19* .for Loksabha TV 22/07/2020
- Invited resource person for Workshop on *Meta-Analysis Method*. Organized by *Swasti Institute for Learning & Development* Pvt. Ltd., Pune, India (July 2020)
- Invited to Chair the sessions at National Conference on Understanding Psychology and its Practice: Eastern & Western Perspectives Organized by Tibet House: Cultural Centre of His Holiness the Dalai Lama, New Delhi (February 2020)
- Workshop on *Dealing with Trauma and the process of healing*, Organized by Centre for Political Studies, Jawahar Lal Nehru University, New Delhi, India (February 2020)
- Workshop on *Stress Management*. Organized by *Navdrishti, B.A .Program Association*,

Gargi College, University of Delhi (2019)

- Invited to Chair scientific paper presentation sessions at National Seminar on *Psychology of National Integration*. Organized by Shyama Prasad Mukherjee College, University of Delhi (July 2019).
- Invited to Chair scientific paper presentation sessions at the International Conference on *Integrating Traditional Indian Healing Practices with Contemporary Western Health System*. Organized by Daulat Ram College, University of Delhi. (January 2019).
- Workshop on *I was, I am, & I will be: Cultivating resilience and personal growth!* Organized by Daulat Ram College, University of Delhi, New Delhi. (May, 2018).
- Invited expert for Pre-Departure Orientation Session for (2016-2017) Fulbright grantees organized by United States India Education Foundation (USIEF), New Delhi, India, 2016.
- Invited panellist for *Life on a US Campus* at the Pre-Departure Orientation Session for (2016-2017)
- Fulbright grantees organized by United States India Education Foundation (USIEF), New Delhi, India, 2016.
- Member of Selection Committee for United States India Education Foundation (USIEF) Alumni Awards Competition (2014-2015), New Delhi, India, 2015.
- Several workshops for University of Delhi students on *Verbal and Nonverbal Communication, emotions and motivation* (between 2010-2014)
- Discussant for panel on *Work Ethics* at National Conference, on *Career Development: Preparing for the Road Ahead* (May, 2012)
- Workshop on: *Positive attitude and motivation for adolescents*. Organized by ICDA at Jesus and Mary College, New Delhi (May 2011)
- Workshop on Effective communication skills for school teachers. Modern School Dwarka, New Delhi, India (June 2009)
- Workshop and evaluation of *Social anxiety and stage fright* at JCB, Faridabad organized by Illumenta India Pvt. Ltd (June 2008)
- Workshop and evaluation of *Social anxiety and stage fright* at Power Grid Corporation, Gurgaon organized by Illumenta India Pvt.Ltd (June 2008)
- Workshop and evaluation of *Social anxiety, inhibition and stage fright* at IFFCO,

Gurgaon organized by Illumenta India Pvt. Ltd (June 2008)

- Workshop and evaluation of *Social anxiety and stage fright* at JCB, Faridabad organized by Illumenta India Pvt. Ltd (June 2008)
- Workshop and evaluation of *Social anxiety and stage fright* at Maruti India Pvt. Ltd., Manesar, Haryana organized by Illumenta India Pvt. Ltd (June, 2008)
- Workshop on *Gender Sensitization* at *Judges Training and Research Institute*, Gomti Nagar, Lucknow (November 2007)
- Workshop on *Managing stress, anxiety and emotions* at *Judges Training and Research Institute*, Gomti Nagar, Lucknow (September 2006)

College and Community Services

- Nodal Officer, Mind Lab, Department of Psychology, Gargi College, University of Delhi- In collaboration with Rekhi Foundation for the Science of Happiness (August 2024-Present)
- Course Co-ordinator Mind Lab's Summer School Fostering Positive Communities (Offline mode) (7th-29th July, 2025).
- Nodal Officer for Memorandum of Understanding between Gargi College & Institute of Human Behaviour and Allied Sciences for all the collective endeavours (IHBAS, February 2023- Present)
- Course Co-ordinator (July 2023-present) Certificate Course on Fostering Mental Health and Wellbeing (A seminal initiative for community members to enhance their mental health and wellbeing)
- Website Committee Convener (July, 2023-present) (The College Website Committee manages and updates the websites from time to time, including latest information, events, feedback, useful links related to institutional distinctiveness and progression etc.)
- Ananda-Gargi Centre for Wellbeing Core Committee Member (June, 2023- present) The Wellbeing Centre translates Gargi's vision for holistic health and development into practice by implementing small initiatives to foster the wellbeing of all community members.
- Prospectus & Annual Report Committee Co-Convener (June 2023- present)

- IRIS -Photography Society Member (June 2023- present)
- National Service Scheme (N.S.S.) Program Officer- July 2019-July 2021 (N.S.S. deals with community service and inculcating a sense of social responsibility and commitment towards community building in college-going youths).
- Member Website Committee 2018-June, 2023 (The College Website Committee manages and updates the websites from time to time, including latest information, updates, events, useful links etc.)
- Psychology Association In-charge, 2019-2020 (Psychology *Association* is a student-association organization that is responsible for bridging the gap between theoretical and applied psychology by arranging seminars, talks, discussions, debates, and publishing regular newsletters).
- National Service Scheme, (N.S.S) Editor.2018-2019 (N.S.S. deals with community service and inculcating a sense of social responsibility in youths).
- National Cadet Corps, (N.C.C.) Officer-2011-July, 2013 (N.C.C. National Cadet Corps is a ‘Tri-Services Organization’ comprising the Army, Navy and Air Force, engaged in grooming the youth – ‘The Leaders of Tomorrow’ – into disciplined and patriotic citizens).
- National Service Scheme, (N.S.S) N.G.O. Coordinator. 2011-2013 (N.S.S. deals with community service and inculcating a sense of social responsibility in youths).
- Psychology Association, ‘*Nafsiyaat’s*’ Convener. 2011-2012 & 2011 -2013 (*Nafsiyaat* our departmental Psychology Association is responsible for bridging the gap between theoretical and applied psychology by arranging seminars, talks, discussions, debates, movie screenings and publishing newsletter.

Conferences/Courses Organized

- Convener- National Workshop on Expressive Arts Therapy, Department of Psychology, Gargi College, University of Delhi (February 2025)
- Seminar on World Mental Health Day- Organizing Committee Member, Research and Development Cell, Gargi College, University of Delhi. (October 2024)
- Co-convener-National Conference of Empowering the Golden Years, organized by Ananda - The Wellbeing Centre, Gargi College, University of Delhi (March 2024).

- Convener- 3 Months Certificate Course on Fostering Mental Health and Wellbeing, organized by Ananda- The Wellbeing Centre of Gargi College, University of Delhi (September-November, 2023).
- Core Working Committee Member of the 27th International and 58th National Conference of the Indian Association of Applied Psychology 2023: New Delhi, India. (February 2023).
- Wellbeing Series – Pioneering Virtual Lectures During COVID, organized by Department of Psychology, Gargi College, University of Delhi (April 2020)
- Two-day Capacity Building Programme- *Mentoring the Teacher Mentors* organized by IQAC, in collaboration with B. El Ed, Psychology, Philosophy departments, Gargi College, University of Delhi (January 2018).
- Core Working Committee Member National Conference on *Career Development: Preparing for the Road Ahead*, Organized by ICDA, New Delhi (May, 2012)
- Expressive Arts Workshop Series for students by Manju Jain and Aslam Khader from The Creative Pause, Portland, USA (2018-2023)

Teaching Experience (Courses)

- 2024-2025 - Psychology of Positive Living, Positive Psychology, Emotional Intelligence, Understanding Mental Disorders, Approaches to Counselling, Contemporary Therapeutic Approaches, Gender Identity Challenges, Negotiating Intimate Relationships, Emotional Intelligence, Psychology of Relationships (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)
- 2023-2024- Psychology of Positive Living, Biopsychology, Youth Psychology, Media Psychology, Positive Psychology, Developmental Psychology, Approaches to Counselling (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)
- 2022-2023- Life Span Development, Counselling Psychology, Understanding Psychological Disorders (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)
- 2020-2022- Life Span Development, Counselling Psychology, Understanding

Psychological Disorders & Peace Psychology (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)

- 2020- PhD course work classes at Department of Psychology, University of Delhi, New Delhi (Evidence Based Practices in Mental Health & Assessment; Narrative Analysis)
- 2017-2019- Clinical Psychology, Life Span Development, Understanding Psychological Distress and Wellbeing (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)
- 2014-2017- Clinical Psychology, Counselling Psychology, Development of Psychological Thought (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)
- 2011-2013- Counselling Psychology, Psychological Distress and Wellbeing, Industrial and Organizational Psychology (Undergraduate Applied Psychology Honours and Pass Course, Department of Psychology, Gargi College, University of Delhi, India)
- 2010-2011- Systems and Theories in Psychology (Undergraduate Psychology Honours Course, Department of Psychology, Jesus and Mary College, University of Delhi, India)
- 2009-2010- Psychological Distress and Wellbeing, Systems of Psychology, Industrial and Organizational Psychology (Undergraduate Applied Psychology Honours and Pass Course, Department of Psychology, Gargi College, University of Delhi, India)
- 2009-2010- Systems and Theories in Psychology (Undergraduate Psychology Honours Course, Department of Psychology, Kamla Nehru College, University of Delhi, India).
- 2006-2008- Social Psychology and Practicum (Psychology Honours and Pass course, Department of Psychology, Lucknow University, U.P., India).
- 2005-2006- Abnormal Psychology and Forensic Psychology (P.G.D.F.P, Department of Anthropology, Lucknow University, U.P., India).
- 2005-2006 Counselling and Guidance (Sem. VI, MBA, Institute of Management Studies, Lucknow University, U.P., India).

PhD Supervision/Advisor (2020- present)

Research scholar-Ms. Soni Jaiswal

(Department of Psychology, University of Delhi)

Research area- Prevalence of Body Image Dissatisfaction & Efficacy of Acceptance

and Commitment Therapy-based intervention for body dissatisfaction in youths in Delhi-NCR.

Research scholar Ms. Kriti Madhok

(Department of Psychology, University of Delhi)

Research Area- Non-Suicidal Self Injury: Unfolding the Stories Within

Research scholar Ms. Saswati Bhattacharya (Advisor)

(Department of Psychology, University of Delhi)

Research Area- Exploring Successful Ageing.

Other Achievements & Interests

Active participation in the Annual Events at College:

- Winner Academic Staff 21-Day Fitness Challenge (individual event) organized by the Department of Physical Education and Sports Sciences (Feb 2025)
- Winner Academic Staff Throw Ball Match (team event), Spin Annual Sports Meet at Gargi College, University of Delhi (2023-2024)
- Participated in the first Academic Staff March Past Contingent- Spin Annual Sports Meet at Gargi College, University of Delhi (2023-2024)
- Winner Academic Staff Rangoli Making Contest (team event) – Organized by NSS as part of Zistatva, Gargi College, University of Delhi (2022-2023)
- Winner Academic Staff Outdoor Tic Tac Toe (team event), Spin Annual Sports Meet at Gargi College, University of Delhi (2018-2019)
- Winner Academic Staff Blast Off Spin (team event), Annual Sports Meet at Gargi College, University of Delhi (2018-2019)

Language Proficiency Hindi, Urdu and English