

SAIFUR REHMAN FAROOQI, PhD

Assistant Professor, Blogger, Podcaster, TEDx Speaker

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Web:

<https://creators.spotify.com/pod/show/psychologysociety>

<http://lifeandpsychology.com>

<http://historyofpsychology.net>

<https://x.com/saiffarooqi>

<https://www.linkedin.com/in/saiffarooqi/>

<https://saif-farooqi.medium.com/>

EDUCATION

- Ph.D., Psychology, University of Delhi, New Delhi, India
• Title of Thesis - *Being in Intimate Relationships: Implications for Wellbeing*
 - Master of Arts, Psychology, University of Allahabad, Allahabad, India
 - Bachelor of Arts, Psychology, University of Allahabad, Allahabad, India
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AREAS OF INTEREST

Critical Thinking, History of Psychology, Philosophy of Psychology, Theoretical Psychology, Critical Psychology, Philosophy of Science, Loneliness/Alienation, Misinformation/Disinformation, Beliefs and Ideologies, Cyberspace/Social Media, Social and Interpersonal Relationships, and Personality and Individual Differences

WORK EXPERIENCE

- Assistant Professor, Department of Psychology, Faculty of Social Sciences, Jamia Millia Islamia (November 2022 - present)
- Assistant Professor, Vivekananda College, University of Delhi, Delhi (July 2014 – November 2022)
- Assistant Professor, Gargi College, University of Delhi, Delhi (July 2013 – April 2014)
- Guest Faculty, Gargi College, University of Delhi, Delhi (February 2013 – April 2013)
- Project Assistant, Department of Humanities and Social Sciences, Indian Institute of Technology Delhi, Delhi (October 2012 – December 2012)
Research Project: Relationship of Demographic Variables, Socio-Cultural Issues, and Selected Psychological Constructs with the Positive Mental Health of North Indian Adolescents (funded by Indian Council of Medical Research)
- Guest Faculty, Keshav Mahavidyalaya, University of Delhi, Delhi (August 2009 – April 2010)

- Research Associate, Institute of Psychological and Educational Measurement, Allahabad (May 2006 – November 2006)
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PAPERS TAUGHT

Systems in Psychology, Social Psychology, Cognitive Psychology, Current Paradigms in Organizational Behavior, Counseling Psychology, Basic Processes in Psychology, Neuropsychology, Research Methodology and Data Processing, Applied Social Psychology, Foundations of Industrial/Organizational Psychology, Health Psychology, Effective Leadership, Stress Management, Lifespan Development, Biopsychology, Cultural and Indigenous Psychology, Community Psychology

TEDx TALK

I am a one-time TEDx speaker. The title of my TEDx talk is "[How Does Social Media Help in Self-expression](https://youtu.be/-XWn-W2d4Mo?si=0ujaQ79YN3w5AW77)," in which I discuss how social media platforms can help with self-expression, especially for those who have difficulty expressing themselves in face-to-face interactions.

<https://youtu.be/-XWn-W2d4Mo?si=0ujaQ79YN3w5AW77>

INVITED LECTURES/WORKSHOPS CONDUCTED

- Special Lecture on '*Social Constructionism*' for the students of MA Semester I, Department of Psychology, Jamia Millia Islamia (November 2024)
- Lecture cum Workshop on '*Statistical Analysis using SPSS*', Department of Psychology, University of Delhi (North Campus) (18th March 2023)
- Lecture on '*The Idea of Success: Thinking Beyond the Socially Constructed View*' (Theme: Success is not Final, Failure is not Fatal), Inter-University Accelerator Center, New Delhi (17th March 2023)
- Lecture on '*Belongingness in Changing Times*' Instagram Live Session, New Lens Campaign, Sab Aware
- Workshop on '*Self-expression Using Social Media*', 2nd International Conference on Psychology, Counselling, and Education (ICPCE), University Malaysia Sabah, Kota Kinabalu, Malaysia
- Workshop on '*Leadership Skills*', Vivekananda College, University of Delhi
- Workshop on '*SPSS (Statistical Packages for Social Sciences)*', Manav Rachna International Institute of Research Studies (17th November & 8th December 2018)
- Workshop on '*SPSS (Statistical Packages for Social Sciences)*', Gargi College, University of Delhi (January 2018)
- Workshop on '*SPSS (Statistical Packages for Social Sciences)*', Delhi School of Economics, University of Delhi (November 2017)
- Lecture on *Parapsychology*, Life Sciences Society, Ramjas College, University of Delhi (March 2017)
- Workshop on '*Learning Statistics Through SPSS*', Department of Applied Psychology, University of Delhi, South Campus (October 2016)

- Workshop on 'SPSS (Statistical Packages for Social Sciences)', Lady Shri Ram College for Women, University of Delhi, Delhi (September 2016)
 - Lecture on 'Obstacles to Satisfying Interpersonal Interactions', Manav Rachna International University, Faridabad (August 2015)
 - Lecture on 'Cyberdisinhibition: An Emerging Concept in Interpersonal Communication', Department of Philosophy, Jesus and Mary College, University of Delhi (Seminar: Idea of Development: Fact and Value – A Multidisciplinary Approach) (March 2014)
 - Workshop on 'Know Yourself and Choose A Career', Jagat Taran Golden Jubilee School, Allahabad (November 5, 2011). I conducted the workshop for the students of 12th standard.
 - Workshop on 'Know Yourself and Choose A Career', Delhi Public School (Rohini), New Delhi (December 20, 2010). I conducted the workshop for the students of 11th and 12th standard.
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PUBLICATIONS

Papers

- Hashim, M., Iqbal, N., Halligan, S. L., Alimoradi, Z., Pfaltz, M. C., Farooqi, S. R., Khan, I., Galan, C., & Vostanis, P. (2024). Association of Child Sexual Abuse with Adolescent's Psychopathology: A Systematic Review and Meta-Analysis, *Trauma, Violence, and Abuse*
- Ansari, S., Iqbal, N., Asif, R., Hashim, M. Farooqi, S. R., & Alimoradi, Z. (2024). Social Media and Wellbeing: A Systematic Review and Meta-Analysis, *Cyberpsychology, Behavior, and Social Networking*, 27 (10)
- Namrata & Farooqi, S. R. (2024). Mental Health During COVID-19: Understanding the Role of Stress and Resilience, *Journal of Positive Psychology and Wellbeing*, 8 (2)
- Farooqi, S. R. (2023). Interpersonal Relationships and Healthy Psychological Development, *International Journal of All Research Education and Scientific Methods*, 11 (4), 103-109
- Farooqi, S. R. (2021). Social Support in the Classroom: Being Sensitive to Introversion and Shyness, *International Journal of Education and Psychology in the Community*, 11 (1 & 2), 109 - 119
- Farooqi, S. R. & Yadav, N. (2019). The Emotionally Intelligent School Leader: Enhancing Adolescents' Social-Emotional Competence, *Psychreg Journal of Psychology*, 3 (3), 74 - 81
- Farooqi, S. R. (2014). Self and Wellbeing: Inherent Features of Intimate Relationships. *Journal of Positive Psychology Vol. 3 (2)*, 200 - 213
- Farooqi, S. R. (2014). The Construct of Relationship Quality. *Journal of Relationships Research*, 5, e2, 1 - 11 doi:10.1017/jrr.2014.2

Book Chapters

- Verma, S. K., Sharad, S., Gupta, I., Farooqi, S. R., Kapoor, C. P., & Kant, A. (2025). Roots Uprooted: The Loss of Home and Identity Among Tibetan Migrants in India, In Mittal, S. & Anshu, A. (Eds.). *Tibet in Exile: Politics, Psychology, and Culture of the Tibetan Diaspora* (Routledge)
- Namrata & Farooqi, S. R. (2020). Social Support and Mental Health in Times of COVID-19, *Pandemics 2020: Opportunities and Challenges*

- Farooqi, S. R. & Chadha, N. K. (2012). Relationship Quality: A Key Component of Emotional Wellbeing. In: N. K. Chadha, H. Bhatia, & D. Sharma (Eds.), *Perspectives in Positive Psychology*, New Delhi: Pinnacle Learning

Modules

Development of Psychological Thought, Bachelor of Arts, Indira Gandhi National Open University (IGNOU), New Delhi:

- Farooqi, S. R. (2021). Contributors to Early Modern Psychology – Hermann Helmholtz, Gustav Fechner, Wilhelm Wundt, William James, IGNOU. <http://egyankosh.ac.in/handle/123456789/72472>
- Farooqi, S. R. (2021). Associationism, IGNOU. <http://egyankosh.ac.in/handle/123456789/72477>
- Farooqi, S. R. (2021). Structuralism, IGNOU. <http://egyankosh.ac.in/handle/123456789/72479>
- Farooqi, S. R. (2021). Functionalism, IGNOU. <http://egyankosh.ac.in/handle/123456789/72480>
- Farooqi, S. R. (2021). Psychoanalysis, IGNOU. <http://egyankosh.ac.in/handle/123456789/72483>
- Farooqi, S. R. (2021). Behaviorism, IGNOU. <http://egyankosh.ac.in/handle/123456789/72487>
- Farooqi, S. R. (2021). Neo-Behaviorism, IGNOU. <http://egyankosh.ac.in/handle/123456789/72488>
- Farooqi, S. R. (2021). Humanistic-Existential Psychology, IGNOU. <http://egyankosh.ac.in/handle/123456789/72490>
- Farooqi, S. R. (2021). Current Trends in Psychology, IGNOU. <http://egyankosh.ac.in/handle/123456789/72495>
- Farooqi, S. R. (2021). Issues and Debates in Psychology, IGNOU. <http://egyankosh.ac.in/handle/123456789/72497>

Personality Theories, E-PG Pathshala (Paper No. 5)

- Malik, N. & Farooqi, S. R. Module No. 16: Ego Psychology: Anna Freud, H. Hartmann

Popular Articles

- Farooqi, S. (March 2022). The Need to Belong, The Shortform, <https://medium.com/the-shortform/the-need-to-belong-949effb3c5f5>
- Farooqi, S. (December 2021). Acknowledging the Idea of Individual Differences, The Shortform <https://medium.com/the-shortform/acknowledging-the-idea-of-individual-differences-ffcdfc46959b>
- Farooqi, S. (November 2021). Introversion, Extraversion, and Interpersonal Interactions, Personality NFT <https://blog.personalitynft.com/introversion-extraversion-and-interpersonal-interactions-a6e4d08e68e1>
- Farooqi, S. (November 2021). Mental Illness and Society, The Shortform <https://medium.com/the-shortform/mental-illness-and-society-c8e14407023c>
- Farooqi, S. (November 2021). Personality and Physical Health, Dancing Elephants Press <https://medium.com/dancing-elephants-press/personality-and-physical-health-f762385636e6>

- Farooqi, S. R. (March 2020). Social-Emotional Competence: An Essentiality Factor for Wellbeing, *The Progressive Teacher*, 6 (6)
 - Farooqi, S. R. (February 2014). Social Skills and Wellbeing at Work. *ChangingMinds.org*
 - Farooqi, S. R. (October 2013). The Social Aspect of Intelligence. *ChangingMinds.org*
 - Farooqi, S. R. (February 2013). Comic Book Heroes: Implications of Psychopathology. *SelfGrowth.com*
 - Farooqi, S. R. (January 2013). Overcoming Inferiority Complex. *ChangingMinds.org*
 - Farooqi, S. R. (June 2012). Emotional Hijacking: Causes, Consequences, and Prevention. *SelfGrowth.com*
 - Farooqi, S. R. (February 2012). Introverts Should be Left by Themselves. *SelfGrowth.com*
 - Farooqi, S. R. (November 2011). Loneliness: The Role that it May Play on a Student's Academic Performance. *SelfGrowth.com*
 - Farooqi, S. R. (January, 2011). Emotional Hijacking: The Trigger to an Unhealthy Mind. *PsyInsight*
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RESEARCH SUPERVISION

- Currently supervising 2 PhD Dissertation
 - Supervised more than 10 Master's Dissertations
 - Supervised more than 25 Bachelor's Dissertations
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PAPERS PRESENTED

- Farooqi, S. R. (2024). *Capitalism and Alienation: Making Sense of the Loneliness Epidemic*, 6th International Interdisciplinary Conference on Loneliness, Poland (Online)
- Sethi, V. & Farooqi, S. R. (2024). *Exploring the Concept of Loneliness: An Existential Lense*, International Conference on Holistic Health: Exploring Interconnected Realms of Wellbeing, SGT University
- Farooqi, S. R. (2024). *Critical Thinking and Education: Ideas and Challenges*, 44th Annual International Conference on Critical Thinking, Foundation for Critical Thinking, Santa Barbara, California, USA (online)
- Farooqi, S. R. (2021). *Loneliness as a Predictor of Social Anxiety and Depression among High and Low Distressed Individuals*, 3rd International Interdisciplinary Conference on Loneliness, Poland (Online)
- Farooqi, S. R. (2019). *Enhancing Self-awareness: Focusing on Self-aspects*, 2nd International Conference on Psychology, Counselling, and Education (ICPCE), University Malaysia Sabah, Kota Kinabalu, Malaysia
- Akhauri, S. & Farooqi, S. R. (2018). *Loneliness in Emerging Adulthood: A Multi-perspective Study*, 28th Annual Convention of National Academy of Psychology (NAOP), University of Delhi, New Delhi
- Sahni, S. & Farooqi, S. R. (2018). *Sombre Desires and Wild Restraints: Sexual Fantasies in Young Adulthood*, 28th Annual Convention of National Academy of Psychology (NAOP), University of Delhi, New Delhi
- Farooqi, S. R. (2016). *Cohabitation – Marginal or Identical to Marriage: Differences in Scandinavian and Asian Countries*, 25th Convention of National Academy of Psychology (NAOP), University of Allahabad, Allahabad
- Farooqi, S. R. (2015). *Enhancing Social Support in the Classroom: Underlying Issues*, International Psychology Conference Dubai (IPCD), Heriot-Watt University (Dubai Campus), Dubai

- Farooqi, S. R. (2015). *Forgiveness in Interpersonal Relationships*, Positive Psychology: The Ripple Effect, IAPP, Faridabad
 - Farooqi, S. R. (2014). *Relationship Quality in Romantic Relationships and Cross-sex Friendship*, XXIVth Annual Convention of National Academy of Psychology, Bhopal
 - Farooqi, S. R. (2014). *School Leadership: Enhancing Social and Emotional Competence in Students*, School Leadership: Policy, Practice and Research, NUEPA/UKEIRI, Delhi
 - Farooqi, S. R. (2014). *Cyberdishibition: An Emerging Concept in Interpersonal Communication*, Jesus and Mary College, University of Delhi, Delhi
 - Farooqi, S. R. (2013). *Self-realization and Career Development*, The Colors of Career Development, ICDA, Faridabad
 - Farooqi, S. R. (2013). *Mental Health Factors Associated with the Social Self*, 39th National Annual Conference of Clinical Psychologists, AIIMS, New Delhi
 - Farooqi, S. R. (2012). *Reflection of Cultural Change through Architecture in the Indian State of Uttar Pradesh*, XXIInd Annual Convention of National Academy of Psychology, Bangalore
 - Farooqi, S. R. (2012). *Perceived Relationship Quality, Facets of Self, and Emotional Wellbeing: A Study of People in a Romantic Relationship*, 2nd Indian Psychological Science Congress, Chandigarh
 - Farooqi, S. R. & Chadha, N. K. (2011). *Relationship Quality: A Key Component of Emotional Wellbeing*, Psychology in Contemporary Context: A Positivistic Approach, New Delhi
 - Farooqi, S. R. (2010). *Learning Social and Emotional Competence in Schools: Advantages and Implications*, XXth Annual Convention of National Academy of Psychology, New Delhi
 - Farooqi, S. R. (2010). *Emotional Intelligence at Workplace*, 6th Annual HR Meet, New Delhi
 - Farooqi, S. R. & Singh, P. (2009). *Reactions to Transgressions: Role of Victim-Transgressor Relationship, Attribution of Intent, and Apology by the Transgressor*, 8th Biennial Conference of the Asian Association of Social Psychology, IIT Delhi, New Delhi
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ORGANIZATION OF CONFERENCES/SEMINARS/WEBINARS/WORKSHOPS

- *Co-Organizing Secretary*, National Conference, Psychology in a Globalized World, Department of Psychology, Jamia Millia Islamia (2025)
- *Convener*, Webinar, Child Sexual Abuse: Myths and Realities, Department of Applied Psychology, Vivekananda College, University of Delhi (2022)
- *Convener*, Webinar, Psychology and the Media: Societal and Cultural Implications, Department of Applied Psychology, Vivekananda College, University of Delhi (2021)
- *Member*, Organizing Committee, International Conference on *Perspectives of Peace and Sustainable Development in a World of Conflict*, Vivekananda College, University of Delhi (2020)
- *Convener*, Parapsychology Event, Department of Applied Psychology, Vivekananda College, University of Delhi (2018)
- *Convener*, Paper Reading Competition, Psychology in an Urban Setting: Applications and Practices, Department of Applied Psychology, Vivekananda College, University of Delhi (2016)

- *Member*, Scientific, Souvenir, and IT Management Committees, 1st International Conference of Positive Psychology (Positive Psychology: The Ripple Effect), organized by the Indian Association of Positive Psychology (IAPP) (2015)
 - *Member*, Registration Committee, International Conference on Psychology in Contemporary Context: A Positivistic Approach, Delhi (May 2011).
 - *Member*, Registration Committee, 6th Annual HR Meet, Delhi (September, 2010).
 - *Member*, Organizing Committee, Workshop on *Role of Assessment in Academic Achievement* at the Institute of Psychological and Educational Measurement, Allahabad (2006)
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SCIENTIFIC SESSIONS CHAIRED

- Scientific Session at International Conference on Holistic Health: Exploring Interconnected Realms of Wellbeing, SGT University (September 2024)
 - Scientific Session on *The Spirit of Cultivating Inner Peace and Managing Conflicts*, International Conference on Perspectives on Peace and Sustainable Development in a World of Conflict, Vivekananda College, University of Delhi (2020)
 - Scientific Session on *Health Psychology, General Psychology, and School Psychology*, 28th Annual Convention of National Academy of Psychology (NAOP), University of Delhi (2018)
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EXPERT/ADVISOR

- Expert, *Curriculum Review Workshop, Certificate Course on Cross-Cultural Psychology (International Association for Cross-Cultural Psychology)*, Department of Applied Psychology, Vivekananda College, University of Delhi (October 2024)
 - Expert, *Validation of Conformity Scale*, which is part of an undergraduate project, at San Carlos University, Cebu, Philippines (2017)
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ADMINISTRATIVE RESPONSIBILITIES

Current Responsibilities

- NEP Co-ordinator, IQAC Nodal Officer, and Time-table In-charge, Department of Psychology, Jamia Millia Islamia

Previous Responsibilities

- Have been involved in preparing syllabus for various undergraduate courses of BA (Hons.) Applied Psychology, NEP, University of Delhi
 - Have been a member of the Internal Quality Assurance Cell (IQAC), Ethical Clearance Committee, Counseling Cell, Publication Committee, Placement Cell, and Alumni Committee, at Vivekananda College, University of Delhi
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MEMBERSHIP IN ORGANIZATIONS

- National Academy of Psychology (NAOP)

- Society for the Teaching of Psychology (STP), APA Division 2
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ADVANCED TRAINING/SHORT-TERM COURSES

- One Week Online Workshop on Bibliometric, Systematic Literature Review, Meta-analysis, and Qualitative Research, Human Behavtics Pvt Ltd (12 July 2024 to 17 July 2024)
 - NEP Orientation and Sensitization Program, Malviya Mission Teacher Training Program (MM-TTP), UGC, MMTTC, Jamia Millia Islamia, New Delhi (19 February 2024 to 28 February 2024)
 - 14th Online One-Month Faculty Induction Program, UGC-HRD, Jamia Millia Islamia, New Delhi (1 September 2023 to 30 September 2023)
 - UGC Sponsored Online Refresher Course on Gender Studies (Interdisciplinary), Human Resource Development Center, Jamia Millia Islamia, New Delhi (29 December 2022 to 11 January 2023)
 - Critical Thinking, Udemy (Instructor: Prof. Stephen Law, Oxford University)
 - Introduction to Nietzsche (Online) (6 days), Philosophy Break
 - Basics of Philosophy (Online) (3 days), Philosophy Break
 - *Advanced Research Methods* (Online) (One week), JVA Edutech, 2020
 - *Structural Equation Modeling & Social Network Analysis* (5 Days), Goa University, 2019
 - Faculty Development Program on *Teaching and Research Innovation in Psychology* (14 to 20 March 2017), Indraprastha College for Women, University of Delhi, Delhi
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PODCAST

Psychology, Critical Thinking, and Society (<https://creators.spotify.com/pod/show/psychologysociety>)

I talk about psychology and critical thinking. The podcast is about how psychology can help in enhancing critical thinking, and the role of psychology and critical thinking in the understanding of relevant societal issues. The podcast also delves into the philosophical, psychological, and scientific roots of critical thinking

BLOGS

- **Life and Psychology** (www.lifeandpsychology.com): I write about various psychological issues, on my blog. The articles on this blog belong to a wide range of topics such as Personality and Individual Differences, Mental Health, Relationships, Feelings and Emotions, Communication, Cyberspace, Society and Culture, Education, and Lifestyles
Facebook Page of the blog – www.facebook.com/LifeAndPsychology
 - **History of Psychology** (www.historyofpsychology.net): I write about the historical and philosophical roots of ideas and perspectives that have emerged in psychology. It gives an understanding of the origins of theories, perspectives, ideas, schools, and concepts, which provides a basis for psychology that is studied in today's time. It is a bridge between the past and the contemporary
Facebook Page of the blog – www.facebook.com/HistoryOfPsychology
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INSTAGRAM PAGE

PsychWord (www.instagram.com/psych.word)

I share brief and simple definitions/descriptions of psychology-related words, concepts, or terms, on my Page.

The purpose of the page is to give impetus and further explore and learn psychological concepts

ACHIEVEMENTS AND RECOGNITIONS

- One-time TEDx Speaker (April 2023)
- Qualified National Eligibility Test (UGC NET, November 2012)
- My blog *Life And Psychology* (<http://lifeandpsychology.com>) has got more than 8 lakh views and has got visitors from over 150 countries, so far.
- The article on my blog, titled "Gordon Allport and Sigmund Freud: The Unlikely Connection of Psychoanalysis with the Trait Approach to Personality" has been listed as one of the sources for studying Introduction to Social Psychology, on the German website of Springer <http://lehrbuch-psychologie.springer.com/content/kapitel-1-einf%c3%bchrung-die-sozialpsychologie-links?fbclid=IwAR3XkmQBO9OSDyLPj0ILief0Jfx62x1U9R-CRxjJChXOzjbRTYoDoFpefs>
- The article of my blog titled "Alien Abduction Or False Memory Syndrome?" (<http://www.lifeandpsychology.com/.../alien-abduction-or...>) has been referenced in an article published on an Australian website (<https://theconversation.com/some-scientific-explanations-for-alien-abduction-that-arent-so-out-of-this-world-71255?>)
- The article of my blog titled "Emotional Hijacking: The Trigger to an Unhealthy Mind" (<http://www.lifeandpsychology.com/2008/11/emotional-hijacking.html>) got cited by an academic publication by the Canadian Center of Science and Education
- All three parts of the article "The Intellectual Heir to Sigmund Freud" from my blog *Life And Psychology* was featured on the website InternationalPsychoanalysis.net. The website is about a wide range of information about psychoanalysis. The Editor-in-Chief of the website Arnold Richards, MD is a training and supervising consultant at the New York Psychoanalytic Institute and former Editor of the Journal of American Psychoanalytic Association
- Article from my blog titled, "Inferiority and Inferiority Complex" was mentioned by the French Wikipedia page of inferiority complex (http://fr.wikipedia.org/wiki/Complexe_d'inf%C3%A9riorit%C3%A9) as one of their references
- Article on my blog titled, "Alien Abduction or False Memory Syndrome?" has been used as one of the references on the highly popular website 'abovetopsecret.com', which is the internet's largest discussion board about conspiracies and paranormal activity.
- Received travel grant from the University of Delhi to present papers at the International Congress of Psychology, held in Cape Town, South Africa, July 2012
- Received travel grant from the Indian Council for Social Sciences Research (ICSSR) to present the International Congress of Psychology, held in Cape Town, South Africa, July 2012

SEMINARS/CONFERENCES ATTENDED

- 6th International Interdisciplinary Conference on Loneliness, Poland (Online), 2024
- Seminar on *Cultural Insights: Beyond East and West* by Prof. Shibonu Kitayama (University of Michigan, USA), Jamia Millia Islamia, New Delhi, 2024
- International Conference on *Holistic Health: Exploring Interconnected Realms of Wellbeing*, SGT University, 2024
- 44th Annual International Conference on Critical Thinking, Foundation for Critical Thinking, Santa Barbara, California, USA (online), 2024
- 3rd International Interdisciplinary Conference on Loneliness, Poland (online), 2021
- International Conference on *Perspectives of Peace and Sustainable Development in a World of Conflict*, Vivekananda College, University of Delhi, 2020
- 2nd International Conference on Psychology, Counselling, and Education (ICPCE), University Malaysia Sabah, Kota Kinabalu, Malaysia, 2019
- 28th Annual Convention of National Academy of Psychology, University of Delhi, New Delhi, 2018
- 25th Annual Convention of National Academy of Psychology, University of Allahabad, Allahabad, 2016
- International Psychology Conference Dubai (IPCD), Heriot-Watt University (Dubai Campus), Dubai, 2015
- *Positive Psychology: The Ripple Effect*, IAPP, Faridabad, 2015
- 24th Annual Convention of National Academy of Psychology, Bhopal, 2014
- International Seminar on *School Leadership: Policy, Practice, and Research*, NUEPA/UKAIRI, Delhi, 2014
- Seminar on *Idea of Development: Fact and Value – A Multidisciplinary Approach*, Jesus and Mary College, University of Delhi, Delhi, 2014
- *The Colours of Career Development*, India Career Development Association, Faridabad, 2013
- 39th National Annual Conference of Clinical Psychologists (Theme: Evidence-Based Psychological Formulation and Therapy), Delhi, 2013
- 22nd Annual Convention of National Academy of Psychology, Bangalore, 2012
- 2nd Indian Psychological Science Congress (Theme: Psychological Wellbeing: Building Bridges for Tomorrow), National Association of Psychological Science, Chandigarh, 2012
- Conference on *Intimate Relationships and Family Therapy*, Indian Association for Family Therapy, Delhi, 2012
- Conference on *Social Justice and Human Development*, Department of Psychology, University of Allahabad, Allahabad, 2011
- Seminar on *Interaction Guidance for High-Risk Families*, Department of Psychology, University of Delhi, Delhi, 2011
- Seminar on *Approaches to Risk and Resilience*, Department of Psychology, University of Delhi, Delhi 2011
- Conference on *Psychology in Contemporary Context: A Positivist Approach*, Delhi, 2011
- XXth Annual Convention of National Academy of Psychology (Theme of the Conference – Mind, Culture, and Human Activities: Psychological Sciences in Twenty-First Century), Delhi, 2010

- 6th Annual HR Meet (Theme: Organization and Change: People, Leverage, Processes, and Technology), Work Psychology and Human Resource Forum, Delhi, 2010
 - Symposium on *Culture and Cognition: A Developmental Perspective*, Department of Psychology, University of Delhi, Delhi, 2010
 - 8th Biennial Conference of Asian Association of Social Psychology (Theme: Identity, Multiculturalism and Changing Societies: Challenges for Social Psychology in and about Asia), Delhi, 2009
 - Seminar on *Journeys in Becoming an Effective Counselor*, Department of Psychology, University of Delhi, Delhi, 2009
 - Seminar on *Resilience and Creativity amidst Adversity and Suffering*, Department of Psychology, University of Delhi, Delhi, 2009
 - Symposium on *Enhancing Quality of Research and Teaching in Humanities and Social Sciences*, University of Allahabad, Allahabad, 2008
 - Seminar on *Youth and Identity*, Department of Psychology, University of Allahabad, Allahabad, 2004
 - Seminar on *PASS Model of Intelligence*, Department of Psychology, University of Allahabad, Allahabad, 2004
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WORKSHOPS ATTENDED

- *Mentoring the Teacher-Mentors: Capacity Building Program (2 Days)*, Gargi College, University of Delhi, 2018
- *Biological Signals in Cognitive and Psychophysiology*, Gentech Marketing & Distribution Pvt. Ltd., AIIMS, New Delhi, 2016
- *Globalization and Wellbeing: Sustainable Research in a Changing World*, National Academy of Psychology, Bhopal, 2014
- *Research Methods*, Department of Humanities and Social Sciences, Indian Institute of Technology, Delhi 2012
- *From the 'Whys' to the 'Hows' of Teaching Communication, Addressing Challenging Behaviors, and Structured Teaching*, The National Centre for Autism, Action for Autism, Delhi, 2011
- *Dialectical Behavior Therapy (DBT)*, National Post Graduate College, Lucknow, 2010
- *Structural Equation Modeling (Advanced Research Training)*, National Academy of Psychology, Delhi, 2010
- *Cognitive Behavior Therapy: Clinical Practices and Applications in India*, SHAPES, Delhi, 2010
- *Understanding and Teaching Children with Autism Spectrum Disorder*, The National Centre for Autism, Action For Autism, Delhi, 2010
- *Role of Assessment on Academic Achievement*, Institute of Psychological and Educational Measurement, Allahabad, 2006
- *Developing Counseling Skills*, Department of Psychology, University of Allahabad, Allahabad, 2005
- *Counseling Skills*, Department of Psychology, University of Allahabad, Allahabad, 2005
- *Gender and Health*, Department of Psychology, University of Allahabad, Allahabad, 2005
- *Causes and Prevention of Suicide*, Department of Psychology, University of Allahabad, Allahabad, 2005

- *Holistic Approach to Health*, Department of Psychology, University of Allahabad, Allahabad, 2005
 - *Some Projective Techniques Used In Psychology*, Department of Psychology, University of Allahabad, Allahabad, 2004
 - *Planning and Organizing Counseling Services in the Community*, Department of Psychology, University of Allahabad, Allahabad, 2004
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LANGUAGES KNOWN

- English
- Urdu
- Hindi