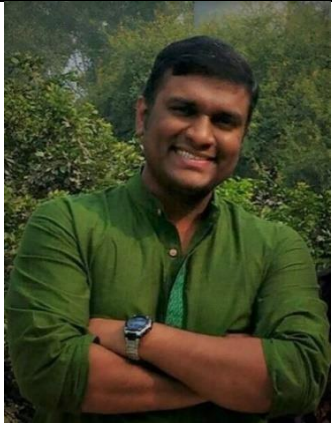


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Title	Dr.	First Name	Ankit	Last Name	Prakash	Photograph
Designation		Assistant Professor of Psychology				
Address ; Office		Department of Psychology, Aryabhata College, University of Delhi, Benito Juarez Marg, New Delhi- 110021				
Address ; Residence:		Vasant Kunj, New Delhi- 110070				
Phone No	Office	011-24110490				
	Residence					
Mobile		92XXXXXX2				
Email		ankitprakash@aryabhatacollege.ac.in				
Web-Page						
Educational Qualifications						
Degree		Institution			Year	
Ph.D		Jamia Millia Islamia			2011	
M.A		Jamia Millia Islamia			2008	
B.A		University of Delhi			2006	
Career Profile						
<ul style="list-style-type: none"> - Currently working as an Assistant Professor of Psychology at Aryabhata College since Aug, 2017. - Post Doctoral Fellow at Department of Psychology, Jamia Millia Islamia from Sep 2012-Aug 2017. - Research Associate at IIT, Delhi from Feb 2012 to June 2012. - Guest faculty at Ali Yavar Jung National Institute for the Hearing Handicapped for the session 2008-2009. 						
Administrative Assignments						
<ul style="list-style-type: none"> - Convenor, <i>Advanced Statistical Techniques Using Software Tools</i>, Syllabus Formulation, University of Delhi, 1 January 2025 - Member, <i>Yoga Psychology</i>, Syllabus Formulation, University of Delhi, 1 January 2025. - Convenor, Media Psychology paper to be taught under Department of Psychology, 						

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University of Delhi for the new UGCF under (National Education Policy) 2020 NEP.
- Liaison Officer , since 2023.
- Convenor of Art & Culture committee of the College.
- Member of Internal Complaint Committee (ICC) of the College.
- Member of Music Society and Photography Society of the college 2018-2023.
- Member of National Innovation and Startup Policy (NISP) Unit, Aryabhata College.
- Member of Alumni relation committee in the academic session 2020-2021.
- Member of Infrastructure Committee in Tahe academic session 2018-2019.

Areas of Interest / Specialization
Social Psychology, Statistics and Research Methods, Positive Psychology
Subjects Taught
Statistical Methods for Psychological Research, Psychological Research, Bio-Psychology, Positive Psychology and Social Psychology.
Research Guidance
Guided 8 Under graduate students of Aryabhata College
- Vrinda Goenka – <i>Tracing the Shadows: Exploring Intergenerational Trauma in the Second-Generation Women of Families Affected by the 1984 Anti-Sikh Riots.</i>
- Chanchal Gangwal – <i>A Study of Social Conformity and Online Vigilance Among College-Going Students.</i>
- Gopal Pushkar – <i>"We Obeyed, But Do You Obey?" An Analysis of Cross-Generational Differences in Obedience to Authority Between Generation X and Generation Z.</i>
- Aastha Rana – <i>Gender as a Moderator in the Relationship Between Nomophobia and Psychological Distress.</i>
- Sarbottam Raj – <i>The Impact of Climate Change Information on Happiness and Optimism of an Individual.</i>
- Raisha Bhatia – <i>A Study on the Relationship Between Relationship Status, Subjective</i>

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Well-Being, and Depressive Symptoms Among Young Adults.

- **Phalguni Soin** – *Understanding Helping Behaviour: Gender as a Moderator in the Relationship Between Prosocial Behaviour and Empathy.*
- **Kanak Shatadal** – *A Preliminary Pilot Study on Scale and Matrix Generation for Procrastination Among College Students and the Working Population in Metropolitan Areas.*

Guided 2 Post Graduation course Student of IGNOU and 2 are under-going.

Dissertation completed are:

- Internet Addiction Differences and Its Varying Impact on the Psychological Well-Being of the Youth and the Elderly of Delhi/Faridabad Region.
- Relationship Between Fear of Missing Out and Personality Among Adolescents.

Publications Profile

- Soin, P., **Prakash, A.**, Dar, K., & Iqbal, N. (2022). Understanding helping behaviour: Gender as a Moderator in the relationship between Prosocial Behaviour and Empathy. *Journal of the Indian Academy of Applied Psychology*, 48(2), 251-258.

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- Dar, K. Iqbal, N., **Prakash, A.**, & Paul, M. (2018) PTSD and depression in adult survivors of flood fury in Kashmir: The payoffs of social support. *Psychiatry Research*, 261, 449-455.
- Iqbal, N., Singh, A., & **Prakash, A.** (2015). Effect of dynamic meditation on the realization of transpersonal self. *Journal of Transpersonal Research*, 7(2), 199-208.
- **Prakash, A.**, Aleem, A., Bano, S., & Iqbal, N. (2014). Psychological hardiness & spirituality among physically challenged adolescents. *Disabilities and Impairments*, 28(2), 95-105.
- **Prakash, A.**, and Hussain, A. (2014). Spirituality and Mental Health among Physically Challenged Adolescents. *Studies in Spiritual Psychology*, 1, 98-108.
- **Prakash, A.**, Aleem, S., Bano, S. & Iqbal, N. (2013). Stress and Psychological hardiness of Parents of physically challenged children. *Journal of Indian Health Psychology*, 8 (1), 103-113.
- **Prakash, A.**, and Hussain, A. (2012). Sense of Humor and Mental Health among Orthopedically Challenged Adolescents. *Handbook of Management and Behavioral Sciences*, 6, 115-123.

Conference/ Seminar Organization/ Presentations

- **Participant**, Two-Day State Level Conference on Elderly Well-being in India, Central University of Haryana, 24 and 25 March 2025.
- **Resource Person**, *Research Methodology*, Seminar, Aditi Mahavidyalaya, 21 March 2025
- **Member of Organizing Committee**, *Mental Health and Well-Being in Higher Education Institutions*, Refresher Course, University of Delhi, 10–24 March 2025.
- **Participant**, *Social Identities in a Changing World*, Panel Discussion, IIT Delhi, 8 March 2025.
- **Convenor**, *Discipline Formation in Decolonized India*, Two-Day National Seminar (Sponsored by ICSSR), Aryabhata College, 25 and 27 February 2025.
- **Participant**, *Ageing in Digital Era: Navigating Social Changes and Beyond*, Two-Day

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National Conference, Vivekanand College, 30 September 2024.

- Delivered a Lecture on the Topic “Psychology of Music” in a programme organised by Indian Music Therapy Association in collaboration with Department of Psychology on 7 April 2024.
- **Resource Person**, in a Webinar on “Harmony at Work” organised by the International Services Department of Rotaract Club of Delhi University, South campus on 21 Nov 2023.
- **Resource Person**, Department of Adult continuing education and extension, University of Delhi to deliver a lecture on the topic “Stress Management” on 16th Aug 2023.
- **Resource Person**, “Social- Emotional Learning, Exam, Stress, Bullying, Self Awareness and Self-Control. Creating Safe space between teacher and students for effective online teaching” in workshop on Safety and security measure at CRC, Tigaon, Haryana on 24th Jan, 2022.
- Participated in the National Webinar entitled “Preventing Plagiarism: Producing Quality Research” organized by IQAC, Janki Devi Memorial College on 25th April, 2020.
- Participated in a International conference titled “Human Rights: National and International Issues and Challenges” organized by Shaikshik Foundation in association with Deshbandhu College, University of Delhi and Dr. Ambedkar International Centre, New Delhi on 22-23 Feb, 2020.

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- Participated in a International conference titled “Bhartiya Women: Past, Present and Future” organized by Shaikshik Foundation in association with Aryabhata College, University of Delhi on 23-24 Feb, 2019.
- Participated in a International conference titled “Vasudhaiva Kutumbakam” organized by Shaikshik Foundation in association with Aryabhata College, University of Delhi on 24-25 Feb, 2018.
- Volunteered in the Organization of the International Conference on “Health and Well Being: An Interdisciplinary Inquiry” held during 22-23- March 2017 organized by Department of Psychology, Jamia Millia Islamia.
- Presented a paper on the title “Spirituality and Atheism” in the National Conference on Spirituality in Practice organized by Department of Psychology, Aligarh Muslim University on November 18-20, 2016.
- Presented a paper titled “Efficacy of Life Skills Training” in a National Seminar on Crime Against Women organized by Department of Psychology, Digambar Jain College, Baraut on 1st-2nd Nov, 2015.
- Presented a paper titled “Stereotype Threat among Scheduled Caste Students” in an International Conference organized by Department of Psychology, P.G. Govt College, Sector-46, Chandigarh on October 8th-9th, 2015.
- Presented a paper on the topic “Positive Effect of Spirituality on Youth” in a National Seminar organized by BLJS College, Tosham on 24-25 March-2014.
- Presented a paper titled “Quality of Life and Well-Being of Care givers of Cancer & Alzheimer Patients” in an International Conference organized by Department of Psychology, P.G. Govt College, Sector-46, Chandigarh on 24th-25th Feb, 2014.
- Presented a paper entitled “Insecurity and Mental Health among Physically Challenged Adolescents” in a National Seminar on Self and Emotions in Social Contexts organized on 6th-8th April, 2013 at Department of Psychology, Kumaun University Campus, Almora.
- Presented a paper “Psychological Hardiness and Spirituality among Physically Challenged Adolescents” in National Seminar on Spiritual Psychology: Recent Trends in Research, Theory, Practice & Training organized by Department of Psychology on March 23-25, 2013.
- Participated and presented a Paper on “Stress and Psychological Hardiness among physically challenged adolescents” in First International Conference on Early Childhood Development: Small steps to Bright Future organized by Center for Early Childhood Development and Research (CECDR), Jamia Millia Islamia during March 21-22, 2013.

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- Presented a paper entitled “Psychological Hardiness and Mental Health Among Orthopedically Challenged Adolescents” in a National Seminar on Stress and its Management organized by Department of Psychology, Ismail National Mahila P.G. College, Meerut on 20th & 21st Nov, 2012).
- Presented a paper in National Seminar on “Psychological Interventions for Social Well Being” held at Digamber Jain College, Baraut (Uttar Pradesh) held on 27th-28th Sep, 2012 on the topic Ways of Coping in caregivers of Heart Cancer and H.I.V patients.
- Presented a paper on the topic “Sense of Humor and Mental Health among Orthopedically Challenged Adolescents” in an International conference on Management and Behavioral sciences organized by Society of management and behavioral sciences at Jodhpur on 25th February 2012.
- Presented a paper entitled “Spirituality and Mental Health among Physically Challenged Adolescents” at a National Seminar on Spiritual Psychology organized by Department of Psychology, Aligarh Muslim University (28-30 Oct, 2010)
- Assisted in Organizing the “8th Biennial Conference of Asian Association of Social Psychology” organized by IIT Delhi and NAOP on 11-14 December, 2009.
- Participated in 11th International conference of IAAP on “Applied Psychology for a peaceful World” organized by Department of Psychology, Jamia Millia Islamia (15th-17th Feb, 2007).

Workshop Organization/Participation

- **Participant**, *Development of Certificate Course on Cross-Cultural Psychology*, Review Workshop, Vivekanand College, 25 October 2024
- **Participant**, *Qualitative & Quantitative Data Analysis*, Workshop, Mata Sundari College, 21–27 September 2024.
- **Resource Person**, Workshop on the topic “Research Proposal Writing” at Department of Psychology, Aryabhata College on 20 Sep 2023.
- **Resource Person**, workshop on SPSS at Aryabhata College on 21st of April, 2023.
- **Participant**, “One Week Online International Workshop on Statistical Data Analysis using SPSS” jointly organized by Aryabhata Institute of Academic and Research, Lucknow & Science Tech Institute, Lucknow during May 21-27, 2022.
- **Participant**, Workshop on “Attention Deficit & Hyperactive Disorder” held on 23rd September 2017 organized by Applied Psychology Unit , University of Delhi, South

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Campus in association with Pearson Academy India.

- **Member of Organizing Committee** of 15 days workshop on Research Methodology in Social Sciences organized during 12th March to 26th March, 2015 under the Capacity Building Programme for Faculty in Social Sciences sponsored by Indian Council of Social Science Research.
- Participated in a “Workshop on Research Methods” organized by Department of Humanities and Social Sciences, I.I.T Delhi held on 23rd Nov, 2012.
- Attended 12 days workshop on Research Methodology from 28-04-2006 to 08-05-2006 organized by Department of Adult Continuing Education and Extension, University of Delhi.

FDP and Short Term Course Organization/ Participation

- Completed the **NEP 2020 Orientation & Sensitization Programme** (Programme Code: MMC-138-2024-JUNE-A-01830) in online mode under Malaviya Mission Teacher Training Programme (MMTTP) of Ministry of Education, Government of India organized by Malaviya Mission Teacher Training Centre, Shri Ram College of Commerce (MMTTC, SRCC) from **5-June-24 to 14-June-24**
- Completed **One-Month Online National Faculty Induction Programme/Orientation Course** organized by Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) of Ministry of Education from **20 June – 19 July 2023**.
- Completed Online **two-week Interdisciplinary refresher course** in “Advanced Research Methodology” organised by Teaching learning centre Ramnujan college from 22 May-05 June 2023.
- Attended one Week Online Faculty Development Program on Advanced Research Methodology Applicable in New Education Policy during June 22-28, 2022, jointly organized by Digvijay Nath Post Graduate College, Gorakhpur and Science Tech Institute, Lucknow.
- Attended Faculty development program on Manuscript Peer Review Process organized by Indian Statistical Institute, Kolkata, on 19th-20th January, 2022.
- Attended the Short-Term Course on “The Psychology of Groups, Influence and Power” under Continuing Education Program held from 8th January to 12th January 2018 at I.I.T. Delhi.

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- Attended “Five Day Counselling Skills for Street Educators” from 05-06-2006 to 09-06-2006 organized by Department of Adult, Continuing Education and Extension, University of Delhi.
- Completed Short-term Course in Counselling and Guidance conducted by Department of Adult, Continuing Education and Extension, University of Delhi from 20-10-2005 to 25-02-2006.

Sessions chaired in seminars/conferences:

- Chaired the session at the National Symposium “Psychosocial Perspectives in Education: An Exploration through Action Research and Grounded Theory Research” Held at CIE, Department of Education, University of Delhi on 6th March 2018.
- Chaired a Scientific session in the International Conference on “Health and Well Being: An Interdisciplinary Inquiry” held at Jamia Millia Islamia during 22-23 March, 2017.

Research Projects (Major Grants/Research Collaboration)

- **Project Director**, *Mental Health and Well-Being of Elderly in Haryana*, ICSSR Minor Project Grant, ICSSR, 1 March 2025.
- **Research associate**, on the ICSSR Project “Shared Spaces: Exploring the boundaries, Bridges and Barriers in Contemporary India from 15th Feb 2012 to 15th June 2012 at Department of Humanities and Social Sciences, IIT Delhi.

Awards and Distinctions

- Awarded Post Doctoral Fellowship by UGC in September 2012
- Rajiv Gandhi Fellowship by UGC during Ph.D
- Secured First position in DCAC Cup 2005 (cricket tournament)

Association With Professional Bodies

- Member of National Academy of Psychology (NAOP)

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Technical Expertise

- Familiar with common operating systems, SPSS, AMOS, MAXQDA softwares.

Personal Details

Nationality : Indian

Marital Status: Married

Additional Information

- Part of Psycho-Social Helpdesk for Students and Faculties of the College at Aryabhatta College during 2021-2022 session.
- Part of Counselling and Guidance Telephonic services during COVID-19 phase on Stress Management, Mental Health & Lifelong Learning Courses, run by Department of Adult Continuing Education & Extension, University of Delhi in 2021-2022 session.
- Participated in a 3 Km Marathon organized by Department of Physical Education, Aryabhatta College in 2019-2020 session.
- Volunteered in a project at Escorts Health Institute and Research Center on the battery of Neuropsychiatric assessment for the employees of Municipal Corporation of Delhi from 01-05-2009 to 21-05-2009.

- Volunteered in a field work and support in Street Children Project run by Ganga Social Foundation during Graduation.
- Attended a short-term course titled “Five-day Counselling Skills for Street Educators” organized by Department of Adult Continuing Education and Extension during 05-06-2006 to 09-06-2006. The course included interactive sessions, field visits and group discussion.
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Dr. Ankit Prakash