


FACULTY DETAILS PROFORMA

Title	Dr.	First Name	Varsha	Last Name	Singh	Photograph
Designation	Assistant Professor					
Address ; Office	Dept. of Psychology, Aryabhata College, University of Delhi Benito Juarez Road, Delhi - 110021					
Address ; Residence:	Malviya Nagar, New Delhi					
Email	varsha@aryabhatacollege.ac.in					
Educational Qualifications						
Degree	Institution				Year	
Ph.D	University of Delhi				2023	
M.A	University of Delhi				2012	
B.A(hons.) Psychology	Applied	Gargi College, University of Delhi			2010	
Career Profile						
<p>Dr. Varsha Singh is a dedicated faculty member at Aryabhata College, University of Delhi, with over 8 years of teaching experience. Specializing in Developmental Psychology, Gender Psychology, and Research Methods, Dr. Singh has been a permanent faculty member since May 2023, following her extensive tenure at Kamala Nehru College and her work experience at Ganga Ram Hospital.</p> <p>Her enthusiasm for research is evident through her numerous publications in leading journals, exploring topics such as social media addiction, body image, and prosocial behavior. She has presented her work at esteemed conferences, including the International Congress of Psychology, showcasing her ability to articulate complex ideas and engage in critical academic discourse. Dr. Singh is deeply committed to academic excellence, guiding undergraduate research projects and contributing to syllabus development under the National Education Policy.</p> <p>Her hard work and dedication extend beyond the classroom, as she has taken on key administrative roles, including Co-Principal Investigator for the IKS Center and Co-Convenor for National seminars. With a strong foundation in the subject and psychological test construction, Dr. Singh is not only a passionate educator but also a critical thinker, continuously contributing to the advancement of psychological sciences.</p>						

FACULTY DETAILS PROFORMA

- Working as **Assistant Professor of Psychology at Aryabhata College**, University of Delhi since 16th August 2021
- Worked as **Assistant Professor of Psychology at Kamala Nehru College**, University of Delhi on Ad- hoc basis; from 4th January 2016 to 16th August 2021
- Internship as a **Child Psychologist at Sir Ganga Ram Hospital, New Delhi** for 2 months May – July 2011, Work involved assessment, diagnosis, counseling and treatment of children with developmental issues.

Administrative Assignments

- Co-Convener – NIRF Committee at Aryabhata College, University of Delhi
- Editor – 10th Annual Report, Aryabhata College, University of Delhi
- Member, AQAR -NAAC Assessment Review Committee
- Member, Gender sensitization committee
- Member, National Education Policy Implementation Committee
- Faculty coordinator, Nibs & Brushes – The fine arts and creative writing society
- Member, Sports Committee from June 2023 to January 2024
- Member, Website Committee from June 2023 to January 2024
- Member, Help Desk Committee for Admissions, July 2023
- Member, SSR Review Committee for NAAC Assessment (2021) at Aryabhata College, University of Delhi
- Criteria 3 (SSR) NAAC Committee – (Research, Innovation & *Extension activities*) for NAAC Assessment (2021) at Aryabhata College, University of Delhi
- Teacher coordinator for NSS at Aryabhata College, University of Delhi from Aug 2021- Sep 2022.
- Teacher coordinator for PICWIC – The Photography Society, from June 2021 – December 2021
- Member Disciple Committee from June 2023 to January 2024
- Served as Teacher member of college Proctorial board at Kamal Nehru College, University of Delhi from July 2017 to April 2021
- Served as Teacher member of the Film Society – Wide Angle at Kamala Nehru College, From July 2019 to April 2021
- Served as Department Association In-charge at Department of Psychology, Kamala Nehru College, University of Delhi from July 2017 to April 2019.

FACULTY DETAILS PROFORMA

<ul style="list-style-type: none">Served as Teacher member of college Environment society – Green Beans from July 2016 to Dec2017Held the position of General Secretary in the Student Council at Department of Psychology, University of Delhi, North Campus from March 2011 to March 2012.
Areas of Interest / Specialization
Developmental psychology, Psychology of Gender, Systems/Paradigms in Psychology and Research methods in psychology
Subjects Taught
➤ General Psychology, Developmental psychology, Development of Psychological Thought, Psychology at work, Psychological research, Counselling psychology, Experiments in psychology, Health psychology and Positive psychology
Research Guidance
➤ Supervised dissertations/Research project work for final year B.A Hons psychology student: <ul style="list-style-type: none">Nishita Alagh (2017) – <i>Talk isn't cheap: the relationship between interpersonal familial communication, communication apprehension and ego-identity development.</i>Rajeshwari Ravi (2018) - <i>Sukarma: An investigation into the external and internal influences of prosocial behavior'</i>Sanya Dhawan (2018)- <i>The fire inside you – journey of passionate work experiences and the impact on psychological well-being.</i>Poorvi Verma (2019) – <i>Toxic masculinity: Adherence to Traditional Masculinity and its impact on Role Stress and Psychological well-being</i>Kanika Sahni (2020) - <i>Bond or Bound? Understanding experiences of Emotional Labor among Women</i>Sarthak Paliwal (2022) - <i>Reading between the lines – Exploring Psychological and Emotional Effects of reading fiction on young-adults.</i>Atishya Dhankar (2023) – <i>On Life And Living - Exploration Of Meaning Making: A Qualitative Inquiry</i>Mihika Saxena (2023) – <i>Retirement: Adapting To The New Life: A Qualitative Study</i>Sukhnoor Kaur (2024) – <i>Self-Silencing among Emerging Adults: Influence of Family and Romantic Relationships</i>Avi Jain (2024) – <i>The Nexus of Father-Son Relationship and Gender Equity Perception</i>

FACULTY DETAILS PROFORMA

Publications Profile

➤ **Book/Chapters**

Gupta, N and Singh, V.(2022) ‘Improvisation in Indian classical Music, flow and Music Therapy. In Sinha. M and Jagwani. P(Eds.) Vishwa Guru Bharat (pp. 36-46). Aryabhata College.

➤ **Published research articles/papers**

Gupta, M; Bhushan, R and Singh, V (2022). To study relationship between Social Media Addiction, Self-esteem and Fear of Missing Out, *The International Journal of Indian Psychology*, 10(2). 1446-1455.

Das, A; Arora, D and Singh, V (2019). Hope and personality: OCEAN of hopeful thinking, *International Journal of Social Sciences Review*, 7(6). 1116-1120.

Ravi, R and Singh, V. (2019). ‘Sukarma: An investigation into the external and internal influences of prosocial behavior’, *International Journal of Social Sciences Review*, 7(5): 898-904.

Singh, V; Nayak, G; Rajeshwari. R and Dhawan, S (2018). ‘Don’t let media bully your body: Using positive media images to change body image perception’, *International Journal of Social Sciences Review*, 6(4): 653-658

Singh, V and Goyal, P. (2017). ‘Ways of being Happy: Discerning the sources of happiness among young adults and adults’, *Indian Journal of Positive Psychology*, 8(2): 208-213

Singh, V and Bharadwaj, I. (2018) ‘Embodying good moral women: psychological burdens lived by women in India’, *International Journal of Social Sciences Review*, 6(3): 467-471

Singh, V. (2017) ‘Social Support and Quality of life among Elderly’, *International journal for innovative Research in Multidisciplinary Field*, 1(2): 1-7.

Singh, V. (2017) ‘Motivation through envy and jealousy: Analyzing narratives from Mahabharata’, *International Journal of Current Research*, 9(3): 47981-47984.

Singh, V. (2016) ‘Can Forgiveness Help in Dealing with Anger? Exploring the Relationship’, *Sciences Studies*, 5(4): 1-8.

Conference Organization/ Presentations

- **Organizing committee Member** for International Seminar on Gandhi and his Critics: A contemporary discourse held at Aryabhata College, University of Delhi from 2-4 October 2023
- **Co-convener for ICSSR National Seminar on Vishwa Guru Bharat: Use of Indian Knowledge in Developing interventions and Innovations for Contemporary World** held at Aryabhata College, University of Dehi from 13-14 December 2022

FACULTY DETAILS PROFORMA

Paper Presentations

Paradoxes in Identity Assertion: Indian Women Experience – presented at 33rd International Congress of Psychology on Psychology for the Future: Together in Hope held at Prague, Czech Republic from 21-26 July 2024.

I Read; Therefore I am – Psychosocial Impact of Reading Fiction on Young Adults – presented at National Conference on Psychology and its Role in Human and Societal Development by Department of Psychology, BRA College, University of Delhi April 2022

Avidya to Moksha: Learning from Yogic and Vedantic Approaches – presented at National Seminar on Vishwa Guru Bharat: Use of Indian Knowledge in Developing interventions and Innovations for Contemporary World held at Aryabhata College, University of Dehi from 13-14 December 2022

Negotiating Identity within Marital context: women experiences – presented at National Seminar on emerging forms of vulnerabilities, dialogues, discourses and debates by Department of Psychology, University of Delhi in 2017

Challenges and negotiation of identity among women within marital context – presented the same at symposium in Annual Convention of National Academy of Psychology (NAOP) India in December 2014.

Dynamics of Corruption: Indian Experiences – presented the same at symposium in Annual Convention of National Academy of Psychology (NAOP) India in December 2012.

Emotions as a motivating factor for achievement: Analyzing from Mahabharat's Perspective – Presented and won 3rd prize for the same paper at National Conference held by Department of Psychology, University of Delhi on Individual and Collective transformation insights from Indian Psychology in 2011.

Understanding the relation between cognitive development and fears – Presented at International Conference held by NAOP on Mind, Culture and Human activities in 2010

Research Projects (Major Grants/Research Collaboration)

Co-Principal Investigator for IKS Center, Ministry of Education, Government of India at Aryabhata College, University of Delhi (2023-25)

Awards and Distinctions

- **Junior research fellow (JRF) Rajiv Gandhi National Fellowship 2013** – Doctoral fellowship.

Association with Professional Bodies

Lifetime Member for National Academy of Psychology (NAOP), India

FACULTY DETAILS PROFORMA

Other Activities

- Completed NEP 2020 Orientation & Sensitization Programme under Malviya Mission Teacher Training Programme of UGC organized by Sri Guru Tegh Bahadur Khalsa College, University of Delhi from 14-24th May 2024
- Attended International Conference of Positive Psychology on “Positive Psychology in Action” organized by National Positive Psychology Association held from 19-20 April 2024
- Review Committee for Self-Learning Material, under NEP UGCF for School of Open Learning (SOL), University of Delhi
- Attended Inaugural ceremony of faculty induction programme – NEP 2020: Pedagogical Imperatives of Higher education organized by University of Delhi on December 1st 2023.
- Recorded a podcast for spreading awareness among youth on mental health with Dhairyia Mohla on Spotify on the topic ‘Exploring Passion and Purpose’
- Guest Faculty for SOL center at Aryabhata College in Department of Psychology October 2023- November 2023
- Review member of peer reviewed journal “The Learning Curve” (ISSN 2321- 7057) published by Department of Psychology, Lady Sri Ram College for Women, University of Delhi.
- Conducted Workshop on ‘Leadership’ with graduate students at B.R Ambedkar College, University of Delhi on 1st April 2023.
- Conducted workshop on ‘Persuasive techniques and Appeals in Advertising’ with graduate students at B.R Ambedkar College, University of Delhi on 28th October 2023.
- Invited as Panelist for ‘Conscious Conversations: Unpacking the layers of Intersectionality in Mental Health’ organized by Psychcentral on 14th Oct 2023.
- Convener and Member for syllabus formulation UGCF-NEP curriculum, University of Delhi for courses – Foundations of Developmental Psychology, Personality Psychology, Essentials of Media Psychology and Psychology of Relationships.
- Completed two week- refresher course on ‘Advanced Research Methodology’ from 22 May-5 June 2023 organized by TLC, Ramanujan College, under the aegis of PMMMMNMTT.
- Completed four week – faculty induction programme for ‘Faculty in Universities/Colleges/Institutes of Higher Education’ from 22 June to 21 July, 2023 organized by TLC, Ramanujan College, under the aegis of PMMMMNMTT.

FACULTY DETAILS PROFORMA

- Co-chaired scientific sessions on Happiness & Well-Being and Mental health at 27th International and 58th National Conference on Psychology and Technology: Shaping the World organized by Indian Academy of Applied Psychology (IAAP) at Vigyan Bhawan from 15-17 February 2023.
- Attended one day Online Workshop on NEP-2020, Implementation Plan: Strategic Action Plan and Goals on the Theme “Multidisciplinary and Holistic Education” Organized by CPDHE (UGC- HRDC), University of Delhi, Delhi. On 29th July 2022.
- Interviewed and quoted by Daily National Newspaper Amar Ujala on topics – loneliness in relationships, anger management & its regulation and harmful effects of virtual platforms & the internet.
- Interviewed and quoted by Cityspidey, News online portal for their article titled “Orange the world: End Violence against Women Now” published on November 25,2021.
- Facilitated session ‘Portrayal of mental health on cinema’, movie screening followed by discussion during mental health awareness week 2021 at Aryabhata College
- Completed Online Certificate course on Psychological first aid offered by John Hopkins University in September 2020.
- Completed Online one-week Faculty Development Program on Emotional Intelligence conducted by Kamala Nehru college, University of Delhi
- Attended one day workshop on positive psychology at work: turning good into great work by Prof. N.K Chaddha at Mananv Rachna University in March 2015.
- Attended one day workshop on software for qualitative research NVivo held at Dept. of Management sciences, IIT Delhi, in March 2015.
- Conducted a workshop on pedagogical strategies with Teachers at Akshar Pratishtan School, Vasant Kunj, New Delhi in September 2014.
- Participated in 1-day Neuro-Cognitive Computerized Assessment and Neurofeedback-Biofeedback workshop organized by Human Karigar Pvt. Ltd. In January 2012.
- Participated in the Annual Conference on ‘Adolescents in Indian Family: issues & interventions’ organized by IAFT in 2009.
- Participated in the Seminar on ‘Individual well-being and Life style’ held by Kamala Nehru College, University of Delhi in 2009.