

BIO-DATA

DR. NAVIN KUMAR

Professor, Department of Psychology

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Blog- <http://navinbrac.blogspot.in/>

AREAS OF INTEREST

- Media psychology
- Social psychology
- Qualitative research
- Indian psychology
- Positive psychology
- Criminal Psychology
- Counselling Psychology

TEACHING EXPERIENCE

- Twenty-five years of experience teaching Under Graduate, Post graduate and Ph.D. students at University of Delhi.

BOOKS PUBLISHED AND CHAPTERS

- Media Psychology: Exploration and Application (2020). Routledge (South Asian and International Edition), ISBN-10: 0367542331& ISBN-13: 978-0367542337, eBook ISBN: 9781003132059, 1st edition.
- Kumar, N . (2021). Counseling Psychology: Indian and Western Pathways. Cengage India. ISBN-13: 978-93-90555-54-3, ISBN -10:93-90555-54-X.
- Book on Criminal Psychology (2015). LexisNexis (A Division of REED ELSEVIER India Pvt. Ltd.). ISBN: 978-93-5143-423-8, 1st edition

- ❑ Contributed chapters in the Book on Secondary Course in psychology (2012), NIOS Secondary level, Govt. of India.
- ❑ Author of chapter on Adolescents and Digital World. Springer. ISBN 978-981-16-9880-4, eBook ISBN: 978-981-16-9881-1.
- ❑ Author of chapter on “Indian Approaches to Counselling” in IGNOU. <https://egyankosh.ac.in//handle/123456789/77480>.
- ❑ Author of chapter on “Counselling and Technology” in IGNOU. <http://egyankosh.ac.in//handle/123456789/77481>.
- ❑ Completed UGC e – PG Pathshala Project as Paper coordinator for the subject ‘Criminal Psychology’ (2017). National Law University, Dwarka.
- ❑ Author of chapter on Mass Media and Crime under UGC e – PG Pathshala Project (2017). <http://epgp.inflibnet.ac.in/Home/ViewSubject?catid=1608>
- ❑ Author of Chapter on ‘Social Media and Crime’ (Module 31) under UGC e- Pathshaala Project, 2017. <http://epgp.inflibnet.ac.in/Home/ViewSubject?catid=1608>
- ❑ Author of chapter on ‘Cyber Crime’ (Module 32) under UGC e – PG Pathshala Project (2017). <http://epgp.inflibnet.ac.in/Home/ViewSubject?catid=1608>
- ❑ Reviewed 5 chapters including 19 modules for the subject ‘Criminal Psychology’ under UGC e – Pathshala Project, National Law University, 2017.

ACADEMIC AFFILIATIONS

- ❑ Review Committee member, Sage Journal, 2018.
- ❑ Executive editor, Journal of Positive Psychology. (ISSN- 2249-6254)
- ❑ Executive editor, Academia: An international multi – disciplinary journal. (ISSN - 23950161)
- ❑ Member, Editorial Advisory Board, The Learning Curve, Psychology journal of Lady Shri Ram College. (ISSN – 2321 -7057)
- ❑ Life member NAOP
- ❑ Life member Indian Science Congress
- ❑ Life member Indian Association of positive psychology
- ❑ Life member Indian career development association
- ❑ Member Journal Review committee (Carmel College, Goa)
- ❑ Member Area advisory board (Amity University, Noida)
- ❑ Member expert committee of ICSSR.

MEMBER OF SELECTION AND EXPERT COMMITTEES

- ❑ Member Undergraduate Board of Studies (UGBOS), Ch. Devi Lal University, Sirsa, August 2020

- ❑ Member Board of Studies [B.A(H) Psychology and M.A Psychology] IILM University, Gurugram since 2021.
- ❑ Member of curriculum committee, National Institute of Open schooling (NIOS).
- ❑ Member of M. Phil. Clinical Psychology Committee, Institute of Human Behaviour and Allied Sciences (IBHAS).
- ❑ Member Board of Research studies Manav Rachna University, Faridabad, Haryana since 2021.
- ❑ Member **Postgraduate Board of Research Studies (PGBORS)**, Department of Psychology, Chaudhary Ranbir Singh University, Jind, Haryana.
- ❑ Member DRC (Departmental research committee) Amity University, Noida.
- ❑ Member of UGC Learning Outcome based Curriculum Framework (LOCF) for psychology, 2018.
- ❑ Member of board of studies, School of law, governance and citizenship, Ambedkar University, Delhi.
- ❑ Member of Group Discussion Board for Selection of Senior Officer (P&A) at Solar Energy Corporation of India, 2016.
- ❑ Course Coordinator for Refresher Course titled “Psychology, Counselling and Social Work organized by UGC-ASC, September 2012-October 2012
- ❑ Deputy Convener for Refresher course titled “Indian Psychology Emerging Perspectives” organized by University of Delhi, November 2010- December 2011.
- ❑ Teacher’s Representative on the Governing Body under the category of 10 years, appointed by Vice chancellor of University of Delhi, 2009.
- ❑ Member Research Monitoring Committee of a research project between J.N.U. and Border Security Force (BSF) on Reason’s and ramifications of stress among B.S.F. Personnel, 2009
- ❑ Member of selection committees as an expert in psychology in different Maharatna and Navratna PSUs and government organizations for the selection of executive trainees for more than 20 years. PSU include NTPC, GAIL, Indian Oil Corporation and organizations like CRPF, ITBP, SSB, BCPL, Solar Energy Corporation of India, Infosys and HURL.

JOURNAL PUBLICATIONS

Total 26 Journal publications.

1. Singh, s., mahapatra, d. M., & kumar, d. N. Organizational Culture And Empowering Leadership In Relation With Psychological Contract Fulfilment. *International Journal of Early childhood special education(INJ-JECSE)*. DOI: 10.9756/INTJECSE/VI415.242 ISSN:1308-5581 Vol 14, Issue 05 2022.
2. Singh, S., Mahapatra, M., & Kumar, N. (2022).Empowering leadership and Organizational culture: Collective influence on Employee Flourishing. *International Journal of Health Science, 6(S1)*, 2983-2993. <https://doi.org/10.53730/ijhs.v6nS1.5112> (Scopus indexed journal)

3. Psychological Study of evaluating the Impact of Online learning on Students and Teachers published in the International Journal of Engineering Applied Sciences and Technology 2021, Vol. 6 (8), ISSN 2455-2143, pp 139-146. Akansha Rajkhowa and Dr. Navin Kumar.
4. Evidence of Shabad Kirtan Meditation Practice to Enrich Wisdom published in Turkish Journal of Physiotherapy and Rehabilitation 2021), 32 (3) ISSN 2651-4451 | e-ISSN 2651-446X. Kulpreet Kaur, Rita Kumar, Abha Singh & Navin Kumar. (Scopus indexed journal)
5. Indian Migrant Workers' Experience During the Covid 19 Pandemic Nationwide Lockdown published in Journal of Asian and African Studies (2021), vol 56 (6), 1-21. ISSN: 00219096. Navin Kumar, Hyacinth Udah, Abraham Francis, Sanchita Singh & Anica Wilson. (Sage Publication)
6. Yoga Nidra's Efficacy on Enhancing Wisdom published in *Psychology and Education* (2021), vol 58(2), 10140-10148. ISSN: 0033-3077. Kulpreet Kaur, Rita Kumar, Abha Singh & Navin Kumar (Scopus indexed journal)
7. "Usage of Social Media and Symptoms of Attention Deficit Hyperactivity Disorder (ADHD): A cross sectional study" published in *Psychology and Education* (2021), vol 58(4), 879-887. ISSN: 0033-3077. Siddharth Sagar & Navin Kumar.
8. "Adulthood is hard: Towards theorising the process of Identity Development of Women during the Transition Phase from Adolescence to Adulthood" published in International Journal of Social Science, 8(10-12), 413-419. ISSN: 2347-3797. Nisha & Dr Navin Kumar.
9. "Empowering leadership and Organizational Culture in Relation with Employee Well-being" published in *International Journal of Psychosocial Rehabilitation*, Vol 24, Issue 06, and January 2020. ISSN: 1475-7192. Simran Singh, Dr Mamta Mahapatra & Dr. Navin Kumar (2020)(Scopus indexed journal).
10. Bullying and its Effect on Psychological Health: Challenges and Prevention. *Journal of Advance Research in Dynamical & Control Systems*, 11(8). ISSN: 19403-023X. Anshika Puri, Dr Neelam Pandey, Dr Navin Kumar & Dr Sakshi Mehrotra (2019) (Scopus indexed journal).
11. The Role of Detachment in a Fulfilling Marriage: Anasaktias a Predictor of Marital Quality and Meaning in Life in Indian Couples. *Journal of Advance Research in Dynamical & Control Systems*, 11(7). ISSN: 1943-023X. Garima Tuli, Dr Priyanka Tiwari, Dr Navin Kumar & Dr Sakshi Mehrotra (2019). (Scopus indexed journal)

12. Understanding the Difficulties of Leading Through Experiential Exercise, published in *Scholarly Research Journal for Interdisciplinary Studies*, Vol 4, issue 31. ISSN: 2454-342x. Anand Shankar, Nistha Jain & Dr Navin Kumar. (2017)
13. “An Experiential study on Negotiation: Exploring communication and related factors”, published in *Veethika*, 3(2), Apr – Jun, 2017. ISSN: 2278- 8808. Anand Shankar, Nistha Jain & Dr Navin Kumar. (2017)
14. Reciprocal Altruism and psychological sources of will and its impact on military psychology”, published in *IAHRW International Journal of Social Sciences Reviews*. June 2017. 145-147. ISSN -2347-3797. UGC No- 41948. Dr. Navin Kumar. (2017)
15. Exploring the Role of Spirituality on the Work Efficiency of Individuals: An Inside Perspective from Srimad Bhagvad Gita. *Journal of Centre for Reforms, Development and Justice*, 4(3). 29-41.ISSN -2250-3412. July-Sept 2016.Dr Navin Kumar. (2016).\
16. Counseling for community wellbeing and happiness”. *Indian Journal of Health and Wellbeing*. June 2017, 492-497. ISSN – 222-9-5356, Online ISSN- 2321-3698. Impact factor -0.47. UGC No- 42787. Dr Navin Kumar, Himanshi Bhati and Vandita Sharma. (2017)
17. Narula, A., Mahapatra M., & & kumar, d. N. Investigating compensatory health belief associated with self-efficacy in adolescents diagnosed with polycystic ovary syndrome . *International Journal of Early childhood special education (INT-JECSE)*.ISSN:1308-5581
18. “Self – esteem and its impact on performance”, published in *Indian Journal of Positive Psychology*. June 2017, 142-147. ISSN-2229-4937. UGC No- 42790. Dr Navin Kumar. (2017).
19. “A Critical analysis of social justice, collective identity, prejudice and stereotype: social and psychological perspective of the works of Dr. B. R. Ambedkar”, published in *The Journal of Psyber News*, Vol 7, number 1& 2. ISSN- 09760709. UGC affiliation no-4439. Dr Navin Kumar. (2016).
20. Exploring the Realm of Positive Psychology and the Workplace with a Glimpse of Eastern Perspective. *International Journal on Spirituality and Organization Leadership*. Dec 2015. 99-124. ISSN -2320-222X. Dr. Navin Kumar. (2015).
21. “Understanding role expectations and role strain across three generations and its impact on well-being in a joint family and nuclear family: An Indian study”. *Journal of Positive Psychology (JPP)*, Vol 3(2).ISSN- 2249-6254. Dr. Navin Kumar. (2015).

22. “Unravelling the sources and remedies of examination stress among Indian school children”. *Journal discussant*, 1 (2).19-24, ISSN-2250-3412. UGC No- 63668. July 2012. Dr. Navin Kumar. (2012)
23. “Social and Cultural Influences of Academic Success and its Impact on Life Satisfaction: An Indian Scenario”. *Journal of Positive Psychology (JPP)*, I (2). 88 – 92.ISSN- 2249-6254.Dr. Navin Kumar. (2012).
24. Exploring the psychology of lesser privileged. *The discussant*. 35-41.April 2014. ISSN-2250-3412. UGC No- 63668. Dr Navin Kumar. (2014)
25. Internet mediated communication and its impact on psycho-social capital”. *The discussant*, 2(1). 41-45. January- March 2014.ISSN-2250-3412. UGC No- 63668. Dr Navin Kumar. (2014).
26. “Role of innovativeness and critical thinking in individual and organizational context”. *The discussant*, 1(2) .62-69. April 2013. ISSN-2250-3412. UGC No- 63668. Dr. Navin Kumar. (2013)
27. “Quality of Work life as a Predictor of Psychological well-being of police Employees”. *Indian Journal of Positive Psychology*, 3(4). December 2012. ISSN- 2229-4937. UGC No- 42790. Rekha Rani, Navin Kumar, Renu Rastogi & Pooja Garg. (2012).

RESEARCH EXPERIENCE

- Completed a collaborative learning project of Delhi Police, 2018- 2019.
- Completed ICSSR major research project as Project Director titled “Personality Trait Structure and Taxonomy of Hindi Speaking Indians: A Psycho lexical Approach” (2013-2015).
- Completed a Major Research Project of U.G.C. on the topic “Employability of Vocational Education Students.” As an Investigator.
- Completed innovative research project, “Growing under the shadow of Media: Explorations into family lives & Psychosocial well-being”, as main investigator from Delhi University (2012-2013).

RESEARCH SUPERVISION

- Total **23 Ph.D. scholars** under his supervision from Delhi University, Jamia Millia Islamia, and Amity University.
- **12 Ph.D. awarded** out of which 7 Ph.D. awarded from Delhi University, one from Jamia and four from Amity University and one from Aligarh Muslim University, and **13 Ph.Ds. ongoing.**

13 Ph.D.'s Awarded

1. PhD awarded under my sole supervision on the topic “A Psycho- Social Study of Mass Media Process and Its Impact on Well- Being” of researcher Sunil Gupta (2012) from University of Delhi.
2. Ph.D. awarded under my sole supervision on the topic “A psycho – social Study of Virtual Reality & Actual Reality and its impact on Well- Being” of Researcher Ravi Bhusan (2012), University of Delhi. July 2019.
3. Ph.D. awarded under my sole supervision on the topic “An Exploration into Online Prosocial Behavior: A study of Help Giving and Moral Courage among Social Media Users” by researcher Swati Saharan (2014), University of Delhi. September 2021.
4. Ph.D. Awarded on the topic “Emerging Adulthood” by the researcher Nisha under my supervision, (2016), University of Delhi. November 2021
5. Ph.D. Awarded under my sole supervision on the topic “A Psycho- Social Study of Media Ecology: An Exploration into Self- Concept and Personality development of Children” by researcher Priyam Sharma, 2016, University of Delhi. October 2021
6. Ph.D. awarded on the topic “A Psycho-Social study of Social Media Users on Self and Well Being of Indian Youth” by the researcher Anand Shankar, (2014), University of Delhi. on November 2021.
7. Ph.D. awarded on 29th April 2022 of Siddharth Sagar on the topic of “An exploration into excessive use of social media and symptoms of psychiatry disorder”, University of Delhi, 2019 on 29th April 2022.
8. Ph.D. awarded as Co-Guide on the topic “Life orientation, work environment and organizational justice as predictor of organizational commitment” of the researcher Shivangi Kaul, Amity University, Noida.
9. Ph.D. awarded as Co – Guide on the topic “Impact of Bullying on Adolescents: Unravelling the psyche of victims of Bullying” of researcher Bushra Faraz (2013), Jamia Millia Islamia. November 2020.

10. Ph.D. awarded as co guide on the topic “Marital Adjustment and quality of life among single career and double career working couples” of researcher Ishita Mukerji (2013), Amity University, Noida.
11. Ph.D. awarded as co guide on the topic “Anasakti and Forgiveness as Predictors of Marital Quality and Meaning in Life” of researcher Garima Tuli, Amity University. July 2021
12. Ph.D. awarded under my co-supervision on the topic “Empathy and Resilience management of Bullying behaviour of Adolescents” of researcher Anshika Puri, Amity University.
13. Ph.D. awarded under my Co-supervision on the topic “Indian positive psychological interventions for wisdom and Resilience” of the researcher Kulpreet Kaur, Amity University, Noida. September 2022

12 Ph.D.’s undergoing in my Supervision

1. Supervising Ph.D. under my sole supervision work on the topic “A psychological Study of Adolescents Social Media Usage and Dependency: Examining the role of Spiritual Interventions” of researcher Avani Ratan, 6th December, 2021 Delhi University.
2. Supervising Ph.D work on the topic “ Cyber-ecosystems and Alienation: Psychosocial Implications for Adolescents and Young-adults”, 6th December, 2021 work of Olivia Kakati from Delhi University.
3. Supervising Ph.D. work on the topic “Understanding Family Dynamics and Internet Addiction Amongst the Indian Adolescents” of researcher Vimanshi Solanki, 2019.
4. Supervising Ph.D. work under my sole supervision on the topic “A study of Problematic internet and self-esteem among adolescents: An exploration into the impact of Sahaja Yoga Meditation ” of researcher Sanchita Singh, University of Delhi, 2019.
5. Supervising Ph.D. work as co-supervisor on the topic “A Psychosocial Study of organizational culture and Empowering leadership: Evaluating its impact on Psychosocial Wellbeing” of researcher Simran Singh, 2019, University Enorlment No.- A1508117002.
6. Supervising Ph.D. work as co-guide on the topic “The effect of Mindfulness integrated Cognitive Behavioural Therapy on Emotional Regulation and Impulsivity among

Adolescents” of researcher Santwana Mani, 2018, Amity University, Enrolment No.- A1508118002.

7. Supervising Ph.D work as co-guide on the topic “Job satisfaction and Organizational Citizenship Behaviour: An Empirical Study at Higher Education Institute” of the candidate Upendra Kumar at Faculty of Management Studies, AIMA- Aligarh Muslim University since 2021.
8. Supervising Ph.D work on the topic “A Psychological Study of Problematic Internet Use: Evaluating its Impact on Self-esteem and Social Connectedness among Young Adults” of researcher Akshita, Amity University, Enrolment No- A1508120004.
9. Supervising Ph.D work on the topic “Development of Self-help Guide for Management of Psychological Distress in Polycystic Ovary Syndrome”, of the researcher Ashima Narula, Enrolment no. - A1508119003
10. Supervising Ph.D work on the topic “The Effect of MiCBT on Emotion-regulation and Impulsivity among Adolescents”, of the researcher Sana Kapur, Enrolment No- A1508118002.
11. Supervising P.hD work of simrat at Amity University as co-guide on the topic “ Effect of resilience-based intervention on self-concept, cognitive flexibility, gratitude and guilt among adolescents”.
12. Supervising P.h.D work of Saumya at Amity University as a co-guide on the topic “ Parenting is the new Millenium:Explorations and model construction from a psycho-social perspective”.

GUEST/ VISITING FACULTY

1. I.I.T Delhi
2. National Law University, Delhi
3. I.I.T Roorkee
4. Banaras Hindu University, Varanasi
5. I.I.M, Lucknow
6. Department of Psychology, Delhi University
7. South Campus, Delhi University
8. North Campus, Delhi University
9. Manav Rachana University, Faridabad
10. Amity University, Noida
11. Jind University, Harayana
12. Indian Institute of Foreign trade
13. National Institute of Fashion Technology, Hauz Khas, Delhi

CONFERENCES AND INVITED TALKS

ORGANIZATIONS

Power grid, A.G.M, D.G.M

- Media origins of stress, Karna theory of creativity and Psycho-social wellbeing: An indian perspective- 6-18 August 2022.
- Stress and time management -8-20 July 2022.
- Media addiction and management - 26th March 2022.

J.C.U Australia

- Online education and its implications on higher education students in India-6th July, 2022.

RAF academy for the public under MEout to asst and deputy commandants C.R.P.F

- Mob psychology-15th July,2022

Delhi Police Academy, Rajendra, New Delhi

- Stress and time management to the Inspectors- 21st July 2022.

CISF Academy Delhi

- CISF officers at Mahipalpur-11th April 2022.

IIT Patna in ICSSR Lecture Series

- Media Society and Culture -12th November 2021.

Faculty Development Programme at Ramanujan

- Psychological Impact of Covid-19- 6th November 2021.

Ramanujan College in association with Ministry of Education

- Online Refresher Course in Psychology- 12th-26th April,2021.

PGDAV college in collaboration with the Ministry of Education

- Women Identity, Media and Globalization- 1st February 2021.

Zimbabwe Police Force at CRPF Training Centre, Meerut.

- “Mob Psychology during Riots”**- 6th March 2020.

Human Resource Management students (PG) at Delhi School of Economics, New Delhi,

- “Karma and Creativity”**- 5th March 2020.

RS Jind University

<input type="checkbox"/> Clinical Psychology: Issues and Challenges-4th March 2020.
Aryabhata College, University of Delhi. <input type="checkbox"/> Positive Psychology-24th February 2020. <input type="checkbox"/> Indian Psychology: Historical and Contemporary Relevance-17th February 2020.
SAR college of B. Ed. <input type="checkbox"/> Social media-14 th July 2019.
Periyar Tiger Reserve Park, Kerala Forest Department. <input type="checkbox"/> Social Media: Impact on Human Behavior & Society- 20 th June 2019.
Lady Shri Ram college (LSR), University of Delhi. <input type="checkbox"/> Pedagogical practices: challenges and opportunities- 14 th February 2019.
The Institute of Wood Science & Technology (IWST), Bengaluru. <input type="checkbox"/> Work- life balance and its impact on life satisfaction- 7 th January 2019.
Chaudhary Ranbir Singh University, Jind. <input type="checkbox"/> Technological development and human values- 5th January 2019.
Hindu PG College, Moradabad. <input type="checkbox"/> Women Empowerment- 15th December 2018.
Indian Academy of Health Psychology, Nasik. <input type="checkbox"/> Mass Media & Health - Psycho social Implications- 23rd November 2018.
Vishwa Yuva Kendra organized under the aegis of Bachpan Bachao Andolan, Chankaypuri, NewDelhi <input type="checkbox"/> Technological development- 20th November 2018.
Aryabhata College, New Delhi. <input type="checkbox"/> Social Media: Psychosocial implications on youth- 17 th September 2018.
Amity University, New Delhi. <input type="checkbox"/> Environment Psychology- 3 rd August, 2018.
Nehru Memorial Museum and Library <input type="checkbox"/> Social Media: Social and Psychological Scenarios- 9 th April 2018.

<https://www.youtube.com/watch?v=qjbt6OoLWIU&t=20s>.

J. K. Laxmipati University, Jaipur.

- **Psychological capital efficacy and its impact on organizational citizenship behaviour-** 2nd April 2018.

Institute of Wood Science and Technology

- **Mindfulness and its impact on performance-** 9th January 2018.

UP police, at Girls inter –college, Gautama Buddha Nagar

- **“Women Empowerment”**, Women Safety- 10th December 2017.

Christ University Bangalore.

- **Crime and Youth-** 30th November 2017.

Lady Shri Ram College, University of Delhi,

- **Criminal Psychology-** 8th September 2017.

IIT Delhi

- **Intelligence concept and its application-**10th November 2017.

ICPAS 2016.

- **Positive schooling-** 16th January 2016.

Delhi University Academic congress.

- **Role of critical thinking and innovativeness in the individual and organizational context-** 6th September 2012.

IISMAAS at JNU

- **“Psychological Impact of urbanism on Well Being-** 20th April 2011.

IIIrd H.R. meet organized by work psychology and human resource forum.

- **“Motivation and Human Research: Resourceful human’s new mantra- 26th February 2006.**

CONFERENCES

6th International Conference of Indian Academy of Health Psychology (ICIAHP),

- Invited as chairperson for a scientific session-26th-28th November 2021.

National Seminar at Amity University, Noida.

- **Positive childhood and Positive Parenting-13th October 2019.**

National Seminar- Ramanujan College.

- **Implications of Social media technology-20th September, 2019.**

AGI conference, AIIMS, Delhi.

- Psychosocial wellness of aged persons from an intergenerational perspective-17th August 2019.

National Seminar held at Shyama Prasad Mukherji College for Women, Delhi.

- Social Media and National Integration-31st July 2019

International Conference of Gerontology and Geriatric Medicine, AIIMS, NewDelhi.

- **Aging as a Dialectic of loss & gain- 16th November 2018.**

ICSSR sponsored National seminar Aligarh Muslim University, Aligarh.

- Role of Skill India in Promoting Self – Employment: Prospects and challenges- 10th March 2018.

International conference Bharti College, New Delhi

- **Media and Family well-being- 21st February 2018.**

National seminar at IIT Delhi.

- **Towards a psychology of social change- 13th January 2018.**

International Conference on Health Psychology Lucknow - 13th November 2017.

International Conference at Lucknow University.

- **Role of Ethics in governance-** 8th April 2017.

International conference on psychology of health and well-being.

- **An interdisciplinary perspective on health and well-being-** 23rd March 2017.

National Seminar on Positive Psychology, Amity University, Noida.

- **Positive Psychology-** 21st March 2017.

National Conference at Mata Sundri College, University of Delhi.

- **Successful Aging-** 23rd September 2016.

International seminar on Indian minds and societal concerns

- **Mass media and positive social engagement-** 3rd April 2016.

National Seminar in Gorakhpur university.

- **Adolescents challenges and Remedies from Social Psychological & Cultural Perspective-** 15th January 2015.

National conference at Carmel College, Goa.

- **Exploring the realms of positive psychology and the workplace: An eastern psychology perspective-** 9th January 2015.

National seminar at ARSD college, University of Delhi.

- Employee engagement and organizational transformation-** 25th March 2015.

International conference on psychology.

- Values, strengths, human development and functioning-** 25th September 2014.

International congress of applied Psychology in Paris, France

- Understanding role expectations and role strain across three generations and its impact on well-being in a joint family and nuclear family: An Indian Study-** 11th July 2014.

National Seminar on positive psychology.

- Positive psychology-** 20th January 2014.

2nd National conference organized by IAPP, Maniben Nanawati College, Mumbai.

- Positivity at the workplace-** 7th December 2013.

International conference organized by ICAD and NCDA (USA), Manav Rachna University, Faridabad.

- Career Counselling-** 27th March 2013.

National conference organized by department of applied psychology south campus.

- “Role of mass media and its implications for aging work force”-** 1st March 2013.

First conference of Indian association of positive psychology.

- Positive Psychology-** 24th December 2012.

International Conference on positivism, amity University, Jaipur.

- **Role of Social and Cultural influences on Academic success and its impact on life satisfaction-** 7th August 2012.

National conference organized by ICAD and Indian Association of Positive Psychology.

- **Unravelling the sources and remedies of examination stress among Indian School Children-** 26th May 2012.

International conference on human rights at Delhi University

- **“Psychological perspective of human rights”-** 23rd December 2012.

International conference on Psychology in contemporary context: A Positivistic approach.

- **Psychology in contemporary context-** 21st May 2011.

International Conference on advances in Military Psychology organized by Defence Institute of Psychology Research under ministry of Defence.

- **“Reciprocal Altruism & Will Power”-** 12th March 2011.

National Conference of W.P.H.R.F. at Delhi University conference centre.

- **“ABC of managing organizations by Values-** 5th September 2010.

NAOP Conference, Bangalore University.

- **“Antisocial, Unsocial and Prosocial Effects of Media Content-** 6th March 2010.

National seminar organized by Deshbandhu College at India International Centre, Delhi.

- **A critical understanding of ethical leadership from historical and contemporary perspective-** 16th February 2010.

International Conference on Biodiversity, environment and Sustainability Challenges for Future at S.S.N college, University of Delhi.

- **“Environment and Behaviour”-** 5th September 2008.

International Seminar on Gerontology: A global concern.

- **“Media portrayal of the aged”-** 1st March 2008.

National Seminar at Bhim Rao Ambedkar College, University of Delhi.

- **“A Critical Analysis of Social Justice, Collective Identity, Marginality and Importance of Dr.B.R. Ambedkar-** 26th September 2008.

GYNAE PAEDIACON: A national conference.

- **“Psychology of Parenting”-** 14th October 2007.

National Seminar on Economy & Entrepreneurship at V.B.S. Purvanchal University, Jaunpur.

- **“Psychological aspect of leadership”-** 22nd April 2006

National Seminar on Rural Marketing Issues and Challenges in WTO Era, at VBS Purvanchal University, Jaunpur

- **“Organizational Culture”-** 23rd September 2005.

WEBINAR

- Delivered a talk on “ Mob Psychology “ in RAF induction training for officers, Vedvyaspuri, Meerut, UP, 8th June 2022.
- Delivered a talk on “ Understanding stress, symptoms, effect, types, and causes of stress, dealing with stress, learning self-relaxation techniques” organized by the office of the director, Delhi police academy, Rajender Nagar, New Delhi, 21st June 2022
- Delivered a talk on “Identify time eaters time stealer, how to control leakage pilferage, wastage of time. How to manage time effectively and productively “ organized by the office of the director, Delhi police academy, Rajender Nagar, New Delhi, 21st June 2022
- Delivered a talk on “Psychology and Media: Societal and Cultural Implications” organized by Vivekananda College, University of Delhi, 19th April 2021.
- Delivered a talk on “Mental Well Being” at virtual interactive session organized by Gargi College, 6th March 2021
- Delivered a talk at Webinar on “Fostering Mental Health” organized by Post Graduate Department of Psychology, C. M. College, LMU, Darbhanga, Bihar, 16th- 19th September 2020.
- Delivered a talk at “International Webinar on Mental Hygiene and Healthy Lifestyle” organized by Athiya Eshonaa: An organization for sociocultural research in collaboration with Library and Information Sciences Professional Association Assam (LISPA), 8th August 2020.
- Delivered a talk at International Webinar on “strategical framework for post Covid-19 education” at Shaheed Bhagat Singh College of Education, in collaboration with the council of teacher education foundations, 12th July 2020.
- Delivered a talk on “Understanding the Dynamics of Suffering and Healing” at the Induction Program organized by Ramanujan College, DU, 8th July 2020.
- Delivered a talk on “Bhagavad Gita and Counselling”, at National Webinar on Counselling: A Bhagvad Gita Perspective at Central University of Haryana, 24th June 2020.
- Webinar on “Mental Health during Lockdown”, at Manav Rachna International Institutes of Research and Studies, Faridabad, 15th May 2020.

PAPERS TAUGHT

- Special lectures on qualitative research methods to Ph.D. scholars of 2018 batch during course work, National Law University, New Delhi.
- Pre Ph.D. Course work on Research Methods, 2016- 17 & 2017-18, 2018-19, 2019-20, 2020-21 and continued, Department of Psychology, University of Delhi.
- M.A. (Previous and Final) students of south-campus, University of Delhi, 2009-2013.
- M.Com. Students of University of Delhi, South Campus, 1999- 2001.
- B.A. (Hons.) Applied Psychology, Dr. B R Ambedkar College, University of Delhi, 2006 onwards continued.

OTHER SIGNIFICANT ACHIEVEMENTS

- Felicitated by Delhi Police Department for working on “Collaborative Learning Project of Delhi Police” at Delhi police training centre, 13th March 2019.
- Evaluated several research projects of Ph.Ds. and major projects from ICSSR.
- Peer- Reviewed many research articles for many leading publishers.

- Regular participation as an expert in field of psychology on leading News channels across India.
<https://www.youtube.com/watch?v=eCVoNUaKL4c>.
<https://www.youtube.com/watch?v=eRzJPJUKZBE>.
<https://www.youtube.com/watch?v=vWTWnCJ1SI0>.
<https://www.youtube.com/watch?v=YZvg6H-gJqU>.
<https://www.youtube.com/watch?v=ewdDhJQ-DiM>.
https://www.youtube.com/watch?v=1oF_QMsv4pc.
- Expert views regularly published in national dailies
- Motivational talk and workshops in various schools of Delhi NCR
- UGC C.E.C. lectures in Psychology:
<https://www.youtube.com/watch?v=lgWifrS9rgU>
<https://www.youtube.com/watch?v=nRNiP0r54MA>
<https://www.youtube.com/watch?v=hZZvtSnmUmQ>
<https://www.youtube.com/watch?v=mW0Q1giMkpQ>

Date:

Sign: _____

(Dr. Navin Kumar)