



**DR HARPREET BHATIA**

### **Publications.**

#### **Psychological Test:**

- i. **Family Environment Scale** – Developed and standardized as part of the Ph. D. program.

#### **Chapters:**

- i. **Chadha, N.K. and Bhatia, H.** (2009). Networking and Co-ordination Between Criminal Justice Functionaries and NGOs in Welfare of Elderly People, In Chadha, N.K. (ed.) *Readings in Life-Long Learning*. Delhi Department of Adult Continuing Education and Extension, Delhi University.
- ii. **Harpreet Bhatia** (2009) *Lifelong Learning: Changing Perspectives*. In Chadha N.K. (ed) *Readings in Lifelong Learning* (Delhi University Press).
- iii. **Chadha, N.K. and Bhatia, H.** (2009). Physical Performance and daily Activities of Elderly in an Indian Urban Setting: A study. In N.K. Chadha (ed.) *Readings in Life –Long Learning*. Delhi: Department of Adult. Continuing Education and Extension, Delhi University
- iv. **Harpreet Bhatia & Daisy Sharma** “Positive Psychology” in Chadha N.K., Bhatia H., and Sharma D. (eds) *Perspectives in Positive Psychology*, Pinnacle Learning Pvt Ltd. (2011)
- v. **Harpreet Bhatia and Daisy Sharma** (2012). Social Influences and Conformity. In N.K. Chadha (ed) *Social Psychology*, Prentice-Hall (PHI), ISBN: 978-9350-59191-8
- vi. **Pritika Sejwal and Harpreet Bhatia** (2014). People with Passion can Change the World in *Career Development: Different Voices Different Choices* (Ed) Prof N.K. Chadha & Dr. Harpreet Bhatia, ISBN: 978-93-82110-24-8
- vii. **Payal Sharma and Harpreet Bhatia** (2014). Relationship Between Working Post Retirement, Wellbeing and Perceived Physical Health in *Career Development:*

*Different Voices Different Choices* (Ed) Prof N.K. Chadha & Dr. Harpreet Bhatia, 2014, ISBN: 978-93-82110-24-8

- viii. **Harpreet Bhatia and Daisy Sharma** (2014) Sensation and Perception in *The Psychological Realm: An Introduction* (Eds) N.K. Chadha & Salma Seth, Pinnacle Learning. ISBN: 978-81-9222-84-4-0
- ix. **Harpreet Bhatia** (2018). *Preparing for parenthood* in Misra A.K. & Chadha N.K. (eds) Art and Science of Parenting, pp 31-48, Gurugram, Haryana: A. K. Mishra's Art of Success Pvt Ltd. ISBN-978-81-937852-0-1
- x. **Harpreet Bhatia** (2018). *Understanding your school-going child* in Misra A.K. & Chadha N.K. Art and Science of Parenting, pp 99-130, Gurugram, Haryana: K. Mishra's Art of Success Pvt. Ltd. ISBN-978-81-937852-0-1

#### Articles:

- i. **Aastha Aghi & Harpreet Bhatia** Parenting Styles: Impact on Sibling Relationship and Rivalry, *Journal of Positive Psychology*, 2014, 3(2), 139-154
- ii. **Aastha Aghi & Harpreet Bhatia**, Movie Review: English Vinglish, *Journal of Positive Psychology*, 2014, 3(1), 128-130
- iii. **Kala, K., Goyal, S., Rana, S., & Bhatia, H.** (2018). Attitude change towards homosexuality post intervention. *International Journal of Indian Psychology*, 6(3), 27-34.
- iv. **Bansal, S., Kaushik, S., Chopra, M., Bhatia, H., & Rana, S.** (2018). Assessing stereotypes related to skin tone. *International Journal of Indian Psychology*, 6(3), 134-140.
- v. **Siksha Deepak, Harpreet Bhatia, & N.K. Chadha** (2019). A psychological study on the positive impacts of experiencing love. *International Journal of Social Sciences Review*, 7(3), 513-518
- vi. **Shweta Chaudhary & Harpreet Bhatia** (2019) Passion and its Outcomes: Implications on Positive Psychology. *IAHRW International Journal of Social Sciences Review*, 7(5-III), 1702-1705.

## **Books:**

- i. ***Be a Winner***, Chadha N.K, & Harpreet Bhatia Friends Publications (2006), ISBN-81-7216-181-6
- ii. ***Know Yourself***, Chadha N.K, & Harpreet Bhatia Friends Publications (2006), ISBN-81-7216-182-4
- iii. ***Perspectives in Positive Psychology*** (Eds) Chadha N.K, Harpreet Bhatia, Daisy Sharma, Pinnacle Learning Pvt Ltd. 2011 (ISBN – 978-81-92228419)
- iv. ***Career Development: Different Voices Different Choices*** (Eds) Prof N.K. Chadha & Dr. Harpreet Bhatia, The Readers Paradise, 2015 (ISBN – 978-93-82110-24-8)
- v. ***Counselling Skills: Knowing Self and Others*** Seth S., Bhatia H., & Chadha N.K. (2018), ISBN-978-93-85958-89-2

## 13. **Seminars and Conferences: As Organizer**

- a. **Convener** for National Conference – “Youth in Contemporary Society: Issues and Challenges” (28<sup>th</sup> – 29<sup>th</sup> March 2016)
- b. **Co-chairperson and Convener of Scientific Committee** for International Conference – “Positive Psychology: The Ripple Effect” (27<sup>th</sup> Feb – 1<sup>st</sup> Mar 2015)
- c. **Organizing Secretary and member Scientific Committee** for International conference – “The Colours of Career Development” (27<sup>th</sup> – 29<sup>th</sup> March 2013)
- d. **Chaired Scientific session:** “*Positive Psychology in Practice*” at National Conference of Indian Association of Positive Psychology (IAPP) held at Mumbai (6<sup>th</sup> – 8<sup>th</sup> Dec 2013)
- e. **Member of the Organizing Team** National Conference on “*Career Development: Preparing for the Road Ahead*” organized by India Career Development Association (ICDA) (26<sup>th</sup> – 27<sup>th</sup> May 2012).
- f. **Member of Organizing Committee** for International Conference – “Psychology in Contemporary Context: A Positivistic Approach” (21<sup>st</sup> – 22<sup>nd</sup> May 2011)

## **Seminars and Conferences: As Presenter**

- a) **Guest speaker** at Continuing Nursing Education held at College of Nursing, AFMC Pune (6<sup>th</sup> Sept 2006). **Topic:** *Human Relations in Health Care*
- b) “Vicissitudes of Violence: An Inter-disciplinary Conference on Conflict and Peace” organized by Indraprastha College for Women, Delhi University (16<sup>th</sup> to 17<sup>th</sup> Jan 2012). **Presentations:** (1) *Dealing with Aggression* (2) *Penalty for Rape: Best Punishment*
- c) National Conference on Career Development: Preparing for the Road Ahead organized by India Career Development Association (ICDA) (26<sup>th</sup> – 27<sup>th</sup> May 2012). Member of the Organizing Team; **Presentation:** *Youth and Resilience*
- d) International Conference by International Congress of Psychology at Cape Town, South Africa (23<sup>rd</sup> – 27<sup>th</sup> July 2012). **Presentations:** (1) *Need for Positive Psychology Today* (2) *Positive Psychology and Aging*
- e) National Paper Presentation Competition on Positive Psychology: From What’s Wrong to What’s Strong, organized by Positive Psychology Center, at Daulat Ram College, University of Delhi (1<sup>st</sup> Nov 2018). **Presentation:** *Relationship between Materialism, Life satisfaction, Happiness and Self-Esteem Among College Students*
- f) Second National Conference on Mental Health Education, MHECON2019- ‘Reporting Mental Health in Media: Words Matter’, organized by Department of Mental Health Education, at NIMHANS, Bangalore (23<sup>rd</sup> Feb 2019). **Presentation:** *Combating Stigma of Mental Illness using Video Intervention: An Experimental Study*
- g) National Conference Perspectives organized by Vivekananda College, University of Delhi and sponsored by ICSSR – Peace and Sustainable Development in a World of Conflict (13<sup>th</sup>-15<sup>th</sup> Feb 2020). **Presentation:** *Mass Rationalization and Terrorism*
- h) International Conference (Virtual) organized by Asia-Pacific Career Development Association (APCDA) (19<sup>th</sup>-29<sup>th</sup> May 2021). **Presentation:** *ANUBHAV: A Crossway of Knowledge Capitalization from Academia to Industry*

### **Seminars and Conferences: As Participant**

- a) Attended the 7<sup>th</sup> Cognitive Behavior Therapy Conference – Embracing Differences, Celebrating Diversity (Virtual platform), on 5<sup>th</sup>-7<sup>th</sup> July 2021
- b) Participated in Virtual International Conference on Best Practices in Education and Training of Persons with Down Syndrome organized by Amity Institute of Behavioral Sciences, Amity University, UP, on 15<sup>th</sup>-16<sup>th</sup> April 2021

- c) Participated in National Conference “Explorations of Intimate Relations and Couples Therapy” organized by Indian Association for Family Therapy (IAFT) (6<sup>th</sup> – 7<sup>th</sup> Jan 2012)
- d) Attended National Seminar (6<sup>th</sup> HR Meet) – “Organization and Change: Leverage People, Processes and Technology” organized by Work Psychology and Human Resource Forum (WPHRF) (5<sup>th</sup> Sept 2010)
- e) Participated in national Seminar “Developing Work Force – Lifespan Approach to Career” organized by Adult, Continuing Education and Extension (13<sup>th</sup> – 14<sup>th</sup> March 2009)

### **Courses Completed**

- i. Orientation Course from CPDHE, University of Delhi, from 17<sup>th</sup> Dec 2012 to 14<sup>th</sup> Jan 2013
- ii. Refresher Course in Psychology (65<sup>th</sup> Psychology RC) from Panjabi University, Patiala, from 3<sup>rd</sup> to 23<sup>rd</sup> Oct 2018
- iii. **Psychological Assessment** organized by D’Sousa Foundation and Sion Hospital, Mumbai, 1<sup>st</sup>-30<sup>th</sup> June 2018
- iv. Refresher Course in Gender Studies (IDC) from CPDHE, University of Delhi from 15<sup>th</sup> Jan to 5<sup>th</sup> Feb 2019
- v. Short term online course on **Academic Writing** from the SWAYAM Portal.
- vi. Cognitive Behavior Therapy (CBT) in Management of OCD conducted by PsychoWaves Academy, Chandigarh, 1<sup>st</sup>-5<sup>th</sup> May 2020
- vii. NLP Subconscious Reprograming Master Practitioner Programing conducted by Neuro-linguistic Programing (NLP) Institute Turning Point, 11<sup>th</sup> May-19<sup>th</sup> June 2020
- viii. Advanced Qualitative Research Methods conducted by Swasti Institute for Learning & Development Ltd, Pune, 1<sup>st</sup>-11<sup>th</sup> June 2020
- ix. Faculty Development Program (FDP) on Developing Multimedia Enriched Powerful Presentations organized by GAD-TLC SGTB Khalsa College, University of Delhi, 11<sup>th</sup>-16<sup>th</sup> Aug 2020
- x. Faculty Development Program (FDP) on E-Content Development and Learning Management System organized by GAD-TLC SGTB Khalsa College, University of Delhi, 22<sup>nd</sup>-28<sup>th</sup> Aug 2020

- xi. Faculty Development Program (FDP) on Research Methodology organized by TLC-Ramanujan College, University of Delhi, 1<sup>st</sup>-15<sup>th</sup> Oct 2020
- xii. Faculty Development Program (FDP) on 21<sup>st</sup> Century Skills in Virtual Classrooms organized by GAD-TLC SGTB Khalsa College, University of Delhi, and RMC, University of Mumbai, 15<sup>th</sup>-19<sup>th</sup> Mar 2021
- xiii. Cognitive Behavior Therapy (CBT) for Depression, Anxiety, and Suicide Prevention organized by Beck Institute, USA and Swasti Institute for Learning & Development Ltd, Pune, 2<sup>nd</sup> Feb-4<sup>th</sup> Mar 2021
- xiv. Cognitive Behavior Therapy (CBT) for Personality Disorders organized by Beck Institute, USA and Swasti Institute for Learning & Development Ltd, Pune, 2<sup>nd</sup> Feb-4<sup>th</sup> Mar 2021

### **Workshops attended**

- i. Research Methodologies Workshop (Conducted by Adult, Continuing Education and ICSSR) – 1<sup>st</sup> to 12<sup>th</sup> Nov 2007
- ii. Research Methodologies Workshop (Conducted by Adult, Continuing Education and ICSSR) – 1<sup>st</sup> to 12<sup>th</sup> Nov 2008
- iii. ICT Workshop for Capacity Building of Delhi University Faculty (Tier II) – 18<sup>th</sup> to 21<sup>st</sup> Jan 2010
- iv. Certification Workshop on *Emotional Intelligence and Emotional Skill Assessment Process (ESAP)* organized by Forum for Emotional Intelligence Learning (FEIL) – 23<sup>rd</sup> and 24<sup>th</sup> Sept 2011
- v. Two-day workshop on *Basic ICT Skills for Educators (e-Content Development and Assessment tools)* by Guru Angad Dev Teaching Learning Centre, PMMMNMTT, MHRD, Govt. of India on 20<sup>th</sup> and 21<sup>st</sup> Jan 2017
- vi. Workshop – *Case History and Mental Status Examination* conducted by D’Sousa Foundation and Sion Hospital, Mumbai on 27<sup>th</sup> June 2018
- vii. Two-day workshop – *Perspectives in Educational Psychology* at Central Institute of Education (CIE), University of Delhi, on 11<sup>th</sup>-12<sup>th</sup> Jan 2019

- viii. Workshop – ***CBT & REBT*** conducted by Morphic Minds on 27<sup>th</sup> Sept 2019
- ix. ***Training of Master Trainer*** (ToMT) organized by Chanakya Academy with MEPSC (Management, Entrepreneurship, and Professional Skills Council), under NSDC (National Skills Development Corporation) on 14<sup>th</sup>-16<sup>th</sup> Nov 2019
- x. Workshop – ***Advanced Excel*** conducted by Swasti Institute for Learning & Development Ltd, Pune, 24<sup>th</sup>-25<sup>th</sup> April 2020
- xi. Workshop – ***Research Methodology: Data Analysis using SPSS*** conducted by RVTEK Technologies Pvt Ltd on 23<sup>rd</sup>-25<sup>th</sup> May 2020
- xii. Workshop – ***Action Research*** conducted by Swasti Institute for Learning & Development Ltd, Pune, 13<sup>th</sup>-14<sup>th</sup> July 2020
- xiii. Workshop – ***Fundamentals of DBT*** (Dialectical Behavior Therapy) conducted by NIMHANS, Bangalore and PsychoWaves Academy, Chandigarh, on 25<sup>th</sup>-26<sup>th</sup> July 2020
- xiv. Workshop – ***Online Teaching-Learning using LMS Moodle*** organized by GAD-TLC SGTB Khalsa College, University of Delhi, on 17<sup>th</sup>-18<sup>th</sup> July 2020
- xv. Workshop – ***Dementia Care-A Multidisciplinary Approach*** organized by Cadabam Institutions and Pearson Clinical Assessments, on 19<sup>th</sup> Dec 2020
- xvi. CRE Training Program – ***Professional Ethics in Practice of Rehabilitation Education*** organized by NIEPID, Kolkata on 22<sup>nd</sup>-23<sup>rd</sup> Dec 2020
- xvii. CRE Training Program – ***Psychological Wellbeing of Parents having Children with Intellectual Disability*** organized by NIEPID, Kolkata on 28<sup>th</sup>-29<sup>th</sup> Dec 2020
- xviii. CRE Training Program – ***Music Therapy for Children with Disabilities*** organized by NIEPID (Divyangjun), Kolkata on 11<sup>th</sup>-12<sup>th</sup> Jan 2021
- xix. Short-term Training Program – ***Application of Technology in Education and Training*** organized by NIEPID (Divyangjun), Noida on 4<sup>th</sup>-5<sup>th</sup> Jan 2021

**Projects guided at undergraduate level**

- a) Self-concept and Emotional Intelligence among the Institutionalized Children from Delhi and Assam (2008 – 2009)
- b) Post-retirement Working as a Dimension of Positivity: A Comparative study between Rural and Urban Elderly (2011 – 2012)
- c) Personality Traits and Attachment Styles: A Comparative Study of Individuals with and without Suicide Ideation (2011 – 2012)
- d) Impact on Caregivers of Alzheimer’s Patients: An Exploratory Study (2012 – 2013)
- e) Intergenerational Relationships: Impact on Attachment and Adjustment of Adolescents (2012 – 2013)
- f) Social Competence and Wellbeing among Children with and without Learning Disabilities: A Comparative Study (2013 – 2014)
- g) Self-Efficacy and Anxiety as a function of Locus of Control: An Exploratory Study across Age and Gender (2013 – 2014)
- h) Attitude Towards Homosexuality across Generations: A Gender Comparison Study (2014 – 2015)
- i) Components of Love and Relationship Satisfaction: An Exploratory Research across Gender (2014 – 2015)
- j) Body Acceptance in relation to Sociocultural Influences, Fear of Negative Evaluation, Body Mass Index and Self-Esteem: A Study across Genders (2014 – 2015)

15. **Dissertation guided at Post-graduate level**

- a) Impact of Socio-economic strata and Family Environment on the levels of Anxiety and Self-esteem of Govt and Private School students (2014)
- b) Relationship of Emotional Intelligence and Subjective Wellbeing with Adjustment of Senior Secondary School Children (2019)
- c) Problematic Internet Usage and Loneliness among High School Students (2020)

16. **Ph. D Thesis**

- a) **Supervisor** for PhD thesis “Explorations into the Experiences of Love in Young Adults”
- b) **Supervisor** for PhD thesis “Passion and its effects: An empirical study”
- c) **Supervisor** for PhD thesis “Construction of an Emotional Intelligence Scale to assess the Behavioural aspects of Work Environment”
- d) **Supervisor** for PhD thesis “Improving Subjective Wellbeing of Elderly through Mindfulness based Cognitive Therapy (MBCT) and Cognitive Behavior Therapy”
- e) **Advisor** for PhD thesis “Parent-Child Appraisal and Impact of Child’s Career



Undertaken on their Quality of Life at Various Stages of Career Journey”

- f) **Advisor** for PhD thesis “A Study to Explore the influences of Psychological Capital and Emotional Intelligence of Managers on Subordinate’s Attitude, Behavior and Performance”

17. **Additional Information**

- a) Registered with Rehabilitation Council of India (RCI). (Registration no: **A00350**)
- b) Awarded **Junior Research Fellowship (JRF)** during Ph. D.
- c) Coordinator and content writer for Paper *Psycho-gerontology* for MOOCS for SWAYAM portal
- d) Co-Coordinator and content writer for Paper *Counselling Psychology* for MOOCS for SWAYAM portal
- e) Life member of **Indian Academy of Applied Psychology**.
- f) Life member of **Indian Science congress**. (Registration No: **L2624**)
- g) Founder member of **Indian Association for Positive Psychology (IAPP)**
- h) Founder Member of **India Career Development Association (ICDA)**
- i) Member of **American Psychological Association (APA)** (Membership No: **32686391**)
- j) Member of **Asia-Pacific Career Development Association (APCDA)** (Membership No: **29528043**)
- k) Co-editor of **Journal of Positive Psychology (JPP)**
- l) Part of the team for **Personality Development Programs** organized at ILLL and SOL
- m) Part of Mental Health Counseling Team, University of Delhi – for counseling of students

during the COVID-19 pandemic

- n) Part of I-CAN Wellness Team, SAMVEDNA, NCPCR (National Commission for Protection of Child Rights), Delhi – for counseling of children during the COVID-19 pandemic