




Faculty Details proforma for DU Web-site

Title	First Name	Last Name	Photograph
Designation	Associate Professor		
Address	C-204, Unesco Apartments 55, I.P. Extension Delhi – 110092		
Phone No Office	27666285, Ext: 30		
Residence	22247293		
Mobile	9999229676		
Email	forsuneet@gmail.com		
Web-Page	---		
Educational Qualifications			
Degree	Institution	Year	
All India Senior School Examination (10 th)	Central Board of Secondary Education	1980	
Pre-Engineering (12th)	Punjab University	1983	
B. A. (H) Psychology	University of Delhi	1987	
M. A. Applied Psychology	University of Delhi (South Campus)	1991	
NET & JRF	University Grants Commission	1992	
Career Profile			
2003 to Date: Associate Professor, University of Delhi 2000-2003: Senior Lecturer, University of Delhi 1994-1996: Lecturer (Ad-Hoc), Department of Applied Psychology, University of Delhi 1994: Lecturer (Temp.-2 months), Bhopal University			
Administrative Assignments			
1996-2003: Secretary, Department Council, University of Delhi 2005-2006: Member, Board of Research Studies,			

University of Delhi
2005-2007: Member, Committee of Courses,
University of Delhi
2010-2014: Secretary, Departmental Research
Committee, University of Delhi
2010-2015 : Seminar-In-Charge, Department of
Psychology, University of Delhi

Areas of Interest / Specialization

Indian Psychology; Emotions; Counseling Psychology; Personal Growth and Well-Being; Current Issues and Controversies in Research Methods, Culturally Appropriate Psychology; Philosophy of Psychology

Subjects Taught

Paper 107: Paradigms of Psychology
Paper 209: Evolution of Indian
Psychology
Paper 210: Counselling Psychology and
Personal Growth
Paper 301: Indian Psychology and its
Applications
Paper 314: Paradigms in Counselling
Psychology

Research Guidance

M. Phil. (Awarded):

1. University as a Learning Organization: A Psycho-Diagnostic Investigation—Devesh Nath Tripathi, Scientist C, Defense Institute of Psychological Research, Delhi
2. Psychological Effects of Emotional Abuse: An Exploratory Study - Shriti Saran, Assistant Professor, Amity University, Noida (U.P.).
3. Reconstructing Childhood in the Indian Context: A Qualitative Study - Shefali Mishra, Assistant Professor, Jesus and Mary College, New Delhi

Ph. D. (Awarded):

1. Psyche under Siege: A Study of Survivors of Domestic Violence - Fareha Fazl., Assistant Professor, Jazan University, Jazan, Saudi Arabia.
2. Cultural Construction of Parenting: The Indian Experience – Neeti Sachdeva
Assistant Professor, Jesus and Mary College, New Delhi
3. Role of Self Construal and Context in Value Preferences among Adolescents -Devesh Nath Tripathi, Scientist 'C', Defence Institute of Psychological Research, Delhi.
4. Human Experiences, Social Conditions and Creative Writing: A Dialectical Study - Shilpi Kukreja.
5. Sri Aurobindo's Theory of Human Development: A Metaphysical Study - Monica Gupta, Associate Professor, Gargi College, New Delhi.
6. Synthesis of Psychology in the Upanishads - Sang Lim Shin
7. Re-orienting Environmental Education: A Study Involving Indigenous Values and Practices - Shefali Mishra, Assistant Professor, Jesus and Mary College, New Delhi.

Publications Profile

Journal Articles:

Varma S. (2016). Non-violent ways of relating: Love, healing, and beyond. *Indian Journal Of Behavioural Sciences*, 1(1).

Varma S. (2014). Bhakti, unconditional love, and psychological healing. *Muses Love Journal*, Vol. 13. International Institute of Peace Studies and Global Philosophy. Aberdeen: Scotland.

Varma S. (2009). Bhakti and well-being: A psychologist's perspective. *Sutra*, 2(1), 36-43.

Varma, S. (2002). The farther reaches of a new psychology. *Psychological Studies*, 47, 70-86.

Kundan & Varma, S. (1999). Postmodernism and beyond: A meeting of East and West. *Indian Psychological Review*, 52-53, 58-72.

Varma, S. (1995). Social constructionism: An alternative paradigm for psychology. *Indian Journal of Social Science*, 8, 35-58.

Books:

Varma, S (Ed.)(in press). *Integral Psychology: Writings of Indra Sen*. Pondicherry: Sri Aurobindo Ashram Press.

Cornelissen, M., Misra, G. & Varma S. (Eds.)(2014). *Foundations and Applications of Indian Psychology*. New Delhi: Pearson.

Book Chapters:

Varma, S. (2013). Emotions and their transformation: An Indian Perspective. A. Choudary and B.K. Vinayachandra (eds.) *Perspectives on Indian Psychology*. Bangalore: Jain University Press.

Varma, S. (2012). Sri Aurobindo's neo-Vedic synthesis for global harmony and peace: A new science of self, personality, and psychology. In B.L. Singh et al. (Eds.), *Global Harmony and Peace*. New Delhi: D.K. Printworld (P) Ltd. in collaboration with World Association for Vedic Studies, USA.

Varma, S. (2005). From the self to the Self: An exposition on personality based on the works of Sri Aurobindo. In K.R. Rao & S.M. Bhatt (Eds.), *Towards a Spiritual Psychology*. New Delhi: Samvad.

Varma, S. (2004). Psychology in India: Past trends and future possibilities. In K. Joshi & M. Cornelissen (Eds.), *Consciousness, Indian Psychology and Yoga*. Vol. XI, Part 3, (pp. 224-237). *History of Science, Philosophy and Culture in Indian Civilization*, General Editor D.P. Chattopadhyaya. New Delhi: Centre for Studies in Civilizations.

Misra, G., Srivastava, A., & Varma, S. (2003). Going beyond the model of economic man: An indigenous perspective on happiness. In N. K. Ambasth (Ed.), *Enterprising community education* (pp. 493-514). New Delhi: National School of Open Schooling.

Varma, S. (2002). Demystifying scientism in mainstream psychology. In G. Misra & A.K. Mohanty (Eds.), *Perspectives on Indigenous Psychology*, (pp. 37-66). New Delhi: Concept.

Misra, G., & Varma, S. (1999). Introduction: Perspectives on stress and health. In G. Misra (Ed.), *Stress and Health*, New Delhi: Concept.

Singh, T., Tripathi, K.N., Varma, S. & Misra, R.C. (1999). Concepts of health in four systems of medicine: Some policy implications. In G. Misra (Ed.), *Stress and Health*, New Delhi: Concept.

Book Reviews:

Varma, S. (2003). Book Review: Kiran, S.K., *Psychology of Meditation* (2003). New Delhi: Concept

Publishing Company. Psychological Studies, 48, 65-66.
Jain, U. & Varma, S. (1994). Book Review: Parangimalil, B.J. (1990). Towards integral holism in psychology, New Delhi: Inter-India Publications. Indian Journal of Philosophy, XII ,182-185.

Presentations: International (in the last three years)

Invited Lectures, California Institute of Integral Studies, San Francisco, USA, July 6-7, 2016.
Emotions and their transformation: An Indian Perspective.

Invited Plenary Address, Integral Yoga Retreat, Greenville, SC, USA, June 22-26, 2016. *Music and Psychic Transformation.*

Invited Keynote Address, "9th International Congress for Psychotherapy/Asian Chapter", Tehran, Iran, May 18-20, 2016. *Spirituality and Psychotherapy.*

Research Projects (Major Grants/Research Collaboration)

Awards and Distinctions

“National Open Doctoral Fellowship” awarded by the Indian Council for Social Sciences Research, 1993-1994.

“Ashram Research Scholarship”. Sri Aurobindo Ashram, Pondicherry, 2002.

Association With Professional Bodies

Life Member of National Academy of Psychology (NAOP)

Other Activities: Seminar/Conferences organized (in last three years)

International Seminar on —Indian Culture, Psychology, and the Global Civilization: Emerging Perspectives, March 22-25, 2013.

Workshop to commemorate ten years of Indian Psychology at University of Delhi titled —Indian Psychology: Theory and Applications, January 20-21, 2012.

National Conference on "Individual and Collective Transformation: Insights from Indian Psychology" during February 4-7, 2011.