



## University Faculty Details Page on DU Web-site

Title	<b>Dr.</b>	First Name	<b>Swasti</b>	Last Name	<b>Shrimali Vohra</b>	Photograph
Designation	<b>Professor</b>					
Department	<b>Applied Psychology</b>					
Address (Campus)	<b>University of Delhi South campus, Benito Juarez Road, New Delhi: 110021.</b>					
(Residence)	<b>C-19 Anand Niketan, New Delhi-110021</b>					
Phone No (Campus)	<b>011-24111955/ 011- 24157280 / 011-24157275</b>					
(Residence) optional						
Mobile						
Fax						
Email	<b>swastiv@rediffmail.com</b>					
Web-Page						
Education: M.A, PhD., University of Delhi (All degrees have been authenticated by World Education Services, Ontario, Canada and equivalence established)						
Subject	Institution	Year	Details			
Doctorate	University of Delhi	1991	Thesis topic: Belief structure and Stress.			
M.A. Applied Psychology	University of Delhi	1987	Applied Psychology			
B.A. (Hons.) Psychology	University of Delhi	1985	Psychology			
Career Profile: Professor, Associate Professor, Senior Lecturer, Lecturer						
Organisation / Institution	Designation	Duration	Role			
Department of Applied Psychology, University of Delhi South Campus.	Professor	2014-Present	Teaching, research, training, Masters and Doctoral students, Project Director ICSSR and NCERT research projects.			
	Associate Professor	2000- 2013				
Department of Applied Psychology, University of Delhi South Campus.	Senior Lecturer	1994-2000	Teaching, research, training, Masters and Doctoral students.			
Department of Applied Psychology, University of Delhi South Campus.	Lecturer	1990-1994	Teaching & research supervision			
Department of Applied Psychology, Gargi College, University of Delhi	Lecturer	1989-1990	Teaching & research supervision			
Department of Psychology, Lady Shriram College,	Lecturer (ad hoc)	1987-1988	Teaching & research supervision			

University of Delhi			
<b>Research Interests / Specialization</b>			
<b>Social Psychology and Positive Psychology</b>			
<b>Teaching Experience (Subjects/Courses Taught)</b>			
<p>1987 to Present, over 27 years at University of Delhi, /over 26years at Postgraduate and Doctoral level.</p> <p><b>Theory</b></p> <ul style="list-style-type: none"> <li>▪ Social Psychology</li> <li>▪ Community Psychology</li> <li>▪ Action Research</li> <li>▪ Cross cultural Research</li> <li>▪ Group Dynamics</li> <li>▪ Counselling Psychology</li> <li>▪ Psychology of Peace and Happiness</li> </ul> <p><b>Practicum and Field training</b></p> <ul style="list-style-type: none"> <li>▪ Orientation to field training</li> <li>▪ Laboratory simulation exercises</li> <li>▪ Community interventions</li> <li>▪ Individual, group, family and marriage counselling.</li> <li>▪ School counselling</li> <li>▪ Designing interventions</li> <li>▪ Action research</li> </ul> <p><b>Research Supervision of Masters and Doctoral dissertations in Social and Positive Psychology</b></p>			
<b>Honors &amp; Awards</b>			
<ul style="list-style-type: none"> <li>• B. R. Gupta Distinguished Contribution Award for the best research paper in the Journal of Personality and Clinical studies entitled 'Effect of surgical stress on ego strength and perceived control', 1988.</li> </ul> <p>Invited as a visiting scholar to University of Pennsylvania, Philadelphia; 1988-89(National Science Foundation Fellowship, USA)</p> <p>Biographical profile published in 'Who's-Who in the World', 18<sup>th</sup> Edition, December 2000.</p> <ul style="list-style-type: none"> <li>• <b>Member Editorial Board of Journal of Small Group Research, USA since 2011.</b></li> </ul>			

Publications (LAST FIVE YEARS)			
<u>Books / Book Chapters</u>			
<u>Year of Publication</u>	<u>Title</u>	<u>Publisher</u>	<u>Co-Author</u>
2011	Psychological Turbulence In Relationships	icon Publications Pvt.Ltd, Delhi	Kailash.S
2011	Flourishing Positivity in Young Women- An Intervention Study.	LAP, LAMBERT,Germany	
2013	Performing Arts and Therapeutic Implications	Routledge	Bajaj, T
2015	Enhancing resilience among employees through emotional regulation.	Bloomsbury: India 306-318	Jaggi, M.B
<u>In Indexed/ Peer Reviewed Journals</u>			
<u>Year of Publication</u>	<u>Title</u>	<u>Journal/Book Chapter</u>	<u>Co-Author</u>
2015	<i>Enhancing resilience among employees through emotional regulation.</i>	Mind for Management, Bloomsbury: India. 306-318.	Jaggi, M.B
2015	<i>Nurturing post traumatic growth: Psychological underpinnings of Resilience.</i>	International Journal of Enhanced Research in Science, Technology and Engineering Vol 4;7: 330-337	Verma G
2015	<i>Belief healing: an approach to positive cognitive-behavioural psychology.</i>	Social sciences international journal: 2015, 1(1),	Arora, S.S
2015	<i>Search for meaning in life in middle aged homemakers and its impact on life satisfaction.</i>	Human Rights International Research Journal	Wani, M
2013	Transcending Negativity at Workplace: A study on women administrators in higher education	<i>Journal of Positive Psychology: 2013</i>	Kumar A
2012	Enhancing hope among disadvantaged girls in India	<i>Journal of Positive Psychology; 2012; 1:80-87</i>	Sethi, M
2011	Therapeutic implications of Dance	<i>Amity Journal of Applied Psychology, 2011; 2:54-68</i>	Bajaj T

## Total Publication Profile

### **Books**

1. Bajaj T and **Vohra S.S.** (2013) *Performing Arts and Therapeutic Implications*, Routledge Publications, U.K.
2. **Vohra, S.S.** (2011) *Flourishing Positivity in Young Women– An Interventions Study*. Lambert academic Publishing, Germany.
3. **Vohra, S.S.&Kailash.S.** (2011) *Psychology of Turbulence in Relationships: Research cases & Interventions*. icon Publications, Delhi.
4. **Vohra S.S.** (2006) *-Value Inculcation: A Path To Happiness*. icon Publications Pvt. Ltd, Delhi.
5. **Vohra S.S. &Rai N.** (2005) *- Groups that Work : Techniques and Interventions*. Ane Books, Delhi
6. **Vohra, S.S. (1985). *Khushboo Mittiki... A collection of Hindi poetry. Samskar Publications (New Delhi).***

### **Chapters**

1. Mathur, A., Vohra, S. S. (1997). Environmental pollution - awareness, attitudes and behavioralcommitment among youth in Environment and Behavior - challenges and possibilities. Editor Uday Jain. In *Perspectives on Environment and Behaviour*, 138-161.
2. Jaggi, M. B. &Vohra, S. S. (2015). *Enhancing resilience among employees through emotional regulation*. Mind for Management. Bloomsbury: India. 306-318.

## **List of Publications: Swasti Shrimali Vohra**

### **Research Papers/Book Chapters/Conference Proceedings**

1. Verma G & Vohra S. S (2015). *Nurturing post traumatic growth: Psychological underpinnings of Resilience*. International J of Enhanced Research in Science, Technology and Engineering Vol 4;7: 330-337
2. Arora, S. S. & Vohra, S. S. (2015) *Belief healing: an approach to positive cognitive- behavioural psychology*. Social Sciences International Research Journal, 1(1), ISSN & ISBN: 978-93-84124-34-2.
3. Wani, M. & Vohra, S. S. (2015). *Search for meaning in life in middle aged homemakers and its impact on life satisfaction*. Human Rights International Research Journal. 3 (1), ISSN: 2320-6942.
4. Jaggi, M. B. & Vohra, S. S. (2015). *Enhancing resilience among employees through emotional regulation*. Mind for Management, Bloomsbury: India. 306-318.
5. Vohra S. S and Kumar A. (2013) *Transcending negativity at workplace: A study on women administrators in higher education*. *Journal of Positive Psychology*, 2: 172-189
6. Sethi M, Vohra S.S. (2012) *Enhancing hope among disadvantaged girls in India*. *Journal of Positive Psychology*; 1:80-87
7. Bajaj T, Vohra S.S. (2011) *Therapeutic implications of Dance*. *Amity Journal of Applied Psychology*, 2:54-68
8. Vohra S.S. (2008). *Strengthening the value of Forgiveness in school children*. *Journal of Value Education*, NCERT., 4, 1&2, 159-167.
9. Vohra S.S. (2006). *Sowing Seeds of Happiness through Value Inculcation in Adolescents*. *Psychological Studies*, 51, 2, 183-186.
10. Pall, S & Vohra S.S. (2006). *Convergence and Divergence in Employment Relationship*. *Journal of Research and Application in Clinical Psychology*, 9, i& ii, 35-50.
11. Gupta.T & Vohra S.S. (2005). *Parenting a child with Muscular Dystrophy: Perspectives, Experiences and feelings*. *PRASAR: Contemporary Journal of Population and adult education*. 1-2, 203-207.
12. Vohra, S.S (2004). *Enhancing positive mental health through value inculcation*. *Journal of Value Education*, NCERT., 1, 39-48.
13. Vohra S.S & Menon, M. (2004). *Issues of the small screen: a psychological exploration into the programmes, stereotypes, fantasies and ethical implications*. *Journal of the Indian Academy of Applied Psychology*, 28, 1-2, 163-169.
14. Vohra.S.S; 2004 *Enhancing Positive Mental Health through value inculcation*. *Journal of Value Education*, NCERT., 1, 39-48.
15. Khanna P, Vohra SS. (2003). *Psychological exploration of the relationship between emotional intelligence*

and job success in an IT company. *Journal of the Indian Academy of Applied Psychology*, 29, 1-2, 73-82.

16. Vira, A, Vohra S.S. (2002). A father daughter journey; triumphs and disappointments. *Journal of Research and Application in Clinical Psychology*, 5, i& ii, 45-54.
17. Vohra S.S. (2002). Evolution of group work: present scenario and historical antecedents. *Journal of Personality and Clinical Studies*, 18, 57-65.
18. Vohra S. S. (1999). An exploration into the soul and after-life beliefs of New Yorkers. *Journal of Research and Application in Clinical Psychology*, 1, ii, 1-9.
19. Schimar, R & Vohra S. S. (1998). A socio-psychological study of the job, family and social problems of Delhi Police Women. *Journal of Research and Application in Clinical Psychology*, 1, ii, 35-45.
20. Vohra S. S. & Chakravorty, S. (1998). Animism and after life beliefs - a psychological exploration. *Journal of research and application in Clinical Psychology*, 1, ii, 50-60.
21. Mathur, A., Vohra, S. S. (1997). Environmental pollution - awareness, attitudes and behavioral commitment among youth in Environment and Behavior - challenges and possibilities. Editor Uday Jain. In *Perspectives on Environment and Behaviour*, Pg. 138-161.
22. Vohra, S. S., & Broota, K. D. (1996). Beliefs and adaptation to a new culture - the case of Indian immigrants. *Journal of the Indian Academy of Applied Psychology*, 22, 1-2, 55-64.
23. Mathur, A., & Vohra, S. S. (1996). Environmental pollution - awareness, attitudes and behavioral commitment among youth. *Trends in Social Science Research*, 3, 1, 47-53.
24. Seth, G., & Vohra, S.S. (1995). Relevance of psychology in advertising and market research - a field study. *Trends in Social Science Research* .2, 129-132.
25. Seth, G., & Vohra, S. S. (1994). Marriage and family ethics in a transitional society - a psychological exploration. *Journal of the Indian Academy of Applied Psychology*, 20, 163-169.
26. Pall, S., & Vohra, S. S. (1993). Comparative profiles of consumer reactions to TV commercials, products and perceived user image for three cola brands. *Journal of the Indian Academy of Applied Psychology*, 18, 67-71.
27. Vohra, S. S., & Chadha, N. K. (1993). Critical patient - psychological assessment. *Journal of Community guidance and research*, 10, 77-82.
28. Vohra, S.S. (1992). Disclosure of terminal illness - reactions of the spouse. *Perspectives in Psychological Research*, 15, 18-22.
29. Seth, G., & Vohra, S.S. (1992). Psychologist as a practitioner - an exploration in the world of counseling. *Journal of Personality and Clinical Studies*, 8, 137-141.
30. Malhotra, P., & Vohra, S.S. (1991). Ethics and the mass media: a field study. *Journal of the Indian Academy of Applied Psychology*, 17, 21-29.
31. Shrimali, S., & Broota, K. D. (1989). Perception regarding the surgeon as a function of surgical stress.

*Journal of Personality and Clinical Studies*, 5, 211-215.

32. Shrimali, S., &Broota, K. D. (1988). Effect of surgical stress on ego strength and perceived control. *Journal of Personality and Clinical Studies*, 4, 17-21 (Awarded as the best article published).
33. Shrimali, S., &Broota, K. D. (1987). Effect of surgical stress on belief in god and superstition: an in-situ investigation. *Journal of Personality and Clinical Studies*, 3, 135-138.

## Conference Presentations

1. University of Pennsylvania, Philadelphia. Delivered a lecture on *Hindu belief system*, 1988.
2. University of Delhi. Presented the lead paper at a three day seminar on 'Professional training for psychologists' entitled *Professional training for social psychologists*, 1990.
3. Vohra SS, Broota KD. (1992)- *Belief structure and stress across two cultures*. Presented on behalf of the authors at the 25th International Congress of Psychology, Brussels 1992.
4. Society for Cross Cultural Research, Santa Fe, New Mexico. '*Hindu concept of Karma as justice*' presented by Prof. A. Pepitone on behalf of SS Vohra, 1994.
5. Participated and concluded seminar on '*Quality of Life in Changing Indian Socio-cultural milieu*', April 1996.
6. Presented a paper on '*Children as consumers: insights and implications*' at a national level conference on 'The child in the new millennium: Socio-psychological perspectives.' Delhi University Dec 1999.
7. Presented an analysis of the *Group Formation, Process, and Effectiveness* at the Refresher Course conducted by the CPDHE, Nov 2000. Also attended the same three-week course from Nov 6-26<sup>th</sup>, 2000.
8. Paper entitled – *Single but attached – a study of women's experiences in romantic relationships using social constructivist and attachment perspectives*. Accepted for presentation at the International Conference for Cross Cultural Psychology, San Jose, California, 18-22 Feb 2004.
9. Presented a lecture followed by workshop on: *Group Interventions* at the Refresher Course conducted by the CPDHE, Jan 2006.
10. Workshop conducted on '*Training the mind: Experiential exercises in contemplation, forgiveness and anger management*' under the 'Management development training programme for Assistant registrars of IIT Delhi June 2006.
11. Paper presented on my behalf at the 2<sup>nd</sup> Applied Positive Psychology Conference, University of Warwick, U.K. April 2009.
12. Two workshops conducted on "Empowering the self" and on "Perceptual – Cognitive Transformation" at a National Level Conference organized by the National University of Educational Planning & Administration (NUEPA). The participants included women administrators at top positions in higher education. New Delhi. December 2011.
13. Enhancing resilience among employees through emotion regulation. Paper presented at the School of Management Studies, Guru Govind Singh Indraprastha University, New Delhi. Nov-2014.
14. Pain, A. & Vohra, S.S. (2015). *Loneliness and despair: understanding its causes and implication of psychotherapeutic interventions in present society*. 4<sup>th</sup> Annual International Conference on Cognitive and Behavioral Psychology (CBP 2015). Singapore, 9-10 Feb 2015.
15. Kaul, S. & Vohra, S.S (2015). *Emerging from loneliness and despair*. 4<sup>th</sup> Annual International Conference on Cognitive and Behavioral Psychology (CBP 2015). Singapore, 9- 10 Feb 2015
16. Kaul S and Vohra S S (2016)Developing interventions to enhance hope, optimism and subjective well being in adolescents. International Convention of National Academy of Psychology (NAOP), Feb 2016, Poster



presentation

#### Public Service / University Service / Consulting Activity

1. Rehabilitation work at AIIMS, Spinal Cord Injury Hospital, Spastic Society of Northern India. American Red Cross and Sahara.
2. Community Intervention – Center for Community Medicine at AIIMS. Started adult education classes and Balwari program. *Gram VikasAvamSamajBadlaw*, Commonwealth Human Rights Initiative.
3. Individual, Family and Group counselling – placement agencies include Saarthak, ParivarSevaSanstha, Shakshi, Uraan , Police women’s cell, Cansupport.
4. Adolescent counselling – Shri Ram School, UrviVikramTrust,Laxman Public School, BalBharti Public school, Roots outdoor education.,Deepalaya, iDiscovery, BalBharti Public School.
5. Organizational setting – Siemens, Tata consultancy services, Crompton Greaves and HCL Technologies.
6. Consumer behavior – Indian Marketing Research Bureau (IMRB), Path Finders, Indica Research, Research International, AC Nielsen ORG- MARG.
7. Member Board of Studies EMPI Business, School, New Delhi.
8. Consultant MGRM, Research & Development Wing accredited by Min. of Science & Technology, Govt. Of India.
9. Member course committee Gautam Buddha University.
10. Member M.Phil Committee (IHBAS)

#### Professional Societies Memberships

##### **International**

1. American Psychological Association (APA)
2. International Association for Cross Cultural Psychology, USA (IACCP)
3. Society for Cross Cultural Research, USA (SCCR)
4. Associate Fellow, Albert Ellis Institute, NY (USA)
5. Society of the advancement of Field Theory, USA (SAFT)
6. Center For Creative Leadership, San Diego. (USA)
7. European Network for Positive Psychology.

##### **National**

8. Indian Academy of Applied Psychology (IAAP)
9. Delhi Association of Clinical Psychologists (DACP)
10. National Academy of Psychology, India (NAOP)

#### Projects (Major Grants / Collaborations)

1. Indian Council of Social Science Research, Doctoral Fellowship to work on 'Effect of surgical stress on perceptual - cognitive and belief structure', 1988.
2. National Science Foundation travel grant to work on India - US cooperative research program at University of Pennsylvania, Philadelphia with Prof. Albert Pepitone, 1988.
3. University Grants Commission grant under Department for special assistance scheme for research project entitled ' A study of religious beliefs among scheduled caste community women', 1992.
4. Institute for Rational Emotive and Behavioral Therapy, New York, NY Summer Fellowship for Primary and Advanced certificates in REBT, 1993.
5. Center for Creative Leadership, San Diego training in 'Leader Lab', 1993.
6. Postgraduate Center for Mental Health, New York, NY course fee waiver for training in Psychoanalytic Group Psychotherapy, 1993-1995.
7. Postgraduate Center for Mental Health, New York, NY course fee waiver for training in Couples and Family Psychotherapy, 1994-1995.
8. NCERT Research Grant for project entitled – Facilitating Mental Health Through Value Inculcation, 2004-2005.
9. ICSSR Research Grant for project entitled – Flourishing positivity in young women. 2007-2008.
10. ICSSR Funded Research project – Supervision of Post Doctoral work entitled – Efficacy of Psychosocial interventions for children with celiac disease and their primary care takers. Post Doctoral Fellow Dr Sadaf Hameed.

## **RESEARCH, CONFERENCES, COURSES AND TRAINING PROGRAMS ABROAD**

### **Research**

1. Indo - US Research. Was invited by Prof. A. Pepitone, University of Pennsylvania, Philadelphia to work on a cross cultural research project on stress and belief systems, 1988.
2. Postdoctoral Research on 'Animistic and after life beliefs of New Yorkers', 1993-1995.

### **Conferences**

1. 101st Annual convention of American Psychologists Association at Toronto, Canada, 1993.
2. Society for the advancement of field theory (SAFT), seminar on inter-group relations and conflict, University of Pennsylvania, Philadelphia, 1993.
3. Fordham University, conference on Multi-cultural evaluation and Psychological assessment in education, 1993.
4. University of Pennsylvania, Philadelphia conference of International Professionals Women's Group, 1988

### **Courses and Training:**

1. Postgraduate Center for Mental Health, New York, NY.
  - Family and Couples therapy 1994 -1995 (one year)
  - Analytic group therapy 1993-1995 (two years)
  - Workshop on Impact of gender on the practice of group therapy, 1994
2. Institute for Rational Emotive and Behavioral Therapy
  - Summer fellowship -Primary and Advanced certificates in REBT, 1993 (one month)
  - Post summer fellowship training in REBT, 1993 (both conducted under Drs. Albert Ellis and Ray Diguisepe, six months)
3. Ackerman Institute for Family Therapy, New York, 1995
  - Family Therapy
4. Center for Creative Leadership, San Diego, California, 1993 Leader lab (six months)

5. Fordham University, New York, NY, 1993

- Working with groups (six months)
- Pre practicum on groups (six months)
- Race and multicultural education in American Society (six months)

6. SAKHI, South Asian Women organization against domestic violence, New York, NY, 1993

Advocacy training for counseling battered women (six weeks)

7. University of Pennsylvania, Philadelphia, 1988

- Social Psychology (six months)
- Advanced seminar on belief systems (six months)

8. Annenberg School of Communication, Philadelphia, 1988

- Methods of film analysis (six months)
- Video laboratory (six months)

**TRAINING PROGRAMS IN INDIA**

1. Stress Relief and Intensive Healing, 1999, New Delhi

2. Center for Transactional Analysis, 1993

- Script analysis

3. Indian Society for Applied Behavioral Science, 1993

- Group identification

4. Sandershan - Institute for Counseling and Personal Growth, 1993

- Counseling skills and interpersonal effectiveness

5. Society of Clinical Psychologists, 1993

- Workshop on Mental health and hypnosis

6. Center for Applied Behavioral Science and Action Research, 1991

- Workshop on Family and marriage counseling skills

7. Computer Center, Delhi University, 1990

- Computers in social science research

8. Delhi University, 1990

- Orientation to field training
- Training in individual and community mental health

9. Sandershan - Institute for Counseling and Personal Growth, 1990

- Counseling skills

10. Informatics computer systems, 1984

- Computer concepts in programming in BASIC (one month)

**SERVICES AND POSTS HELD**

1. Reader-in charge of the Unit of Applied Psychology, South Delhi Campus for period of two years w.e.f. 28.09.2004.
2. Principal Investigator, N.C.E.R.T. Research Project 2004-05
3. Program coordinator, Women Study Center (UDSC) 2006-2008
4. Expert in selection committee for appointment of lecturers JMC 2006, 2013
5. Project Director, ICSSR research Project 2007-2008.
6. Member Editorial Board of Journal of Small Group Research, USA (Since 2011)