

DR. SURBHI



- Assistant Professor, Member of Counseling and Mental Health Awareness Cell, Department of Applied Psychology, Ramanujan College, University of Delhi, Kalkaji, New Delhi-110019
- Academic Counselor at IGNOU

- PhD in Cultural Cognition (2025)
- Qualified NET-Lectureship (2014)
- Diploma in Community Mental Health for Psychologists from NIMHANS Digital Academy, Bangalore (2021)
- Post- Graduation: M.A. Psychology, Faculty of Arts (North Campus), Department of Psychology, University of Delhi (2015)
- Graduation: B.A. (Hons.) Applied Psychology, Vivekananda College, University of Delhi (2013)

Contact info

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AREAS OF INTEREST:

Neuropsychology, Cognitive Psychology, Clinical Psychology, Counseling Psychology, Research Methods

SUBJECTS TAUGHT:

Biopsychology, Counseling Psychology, Systems in Psychology, Stress Management, Research Methods, Group Processes, Understanding Psychological Disorders

CONFERENCES-SEMINARS PRESENTATIONS AND PARTICIPATIONS

- (September 2019) Presented Research Paper on *“Impact of Eco-Cultural Context on Self-Remembering”* at Seminar on Globalization, Diversity and Equality: Challenges for Indian Society” at Ramanujan College, University of Delhi, Delhi
- (December 2018) Presented Research Paper on *“Self-Remembering in Everyday Lives”* at National Academy of Psychology at University of Delhi, Delhi
- (December 2018) Presented Research Paper on *“Perspectives on Euthanasia and Living Will”* at National Academy of Psychology at University of Delhi, Delhi
- (February 2017) Presented Research Paper on *“Movie Analysis for Understanding Sports Psychology in India”* at International Conference of Indian Academy of Applied Psychology at University of Rajasthan

- (September 2016) Presented Poster on “*Values and Beliefs among the generations*” at National Conference at Mata Sundri College for Women, University of Delhi
- (September 2016) Presented Research Paper on “*Intergenerational Conflict and Stress*” at National Conference at Mata Sundri College for Women, University of Delhi
- (April 2016) Presented Research Paper on “*Social Representation of God in Hinduism*” at International Conference at Ramanujan College, University of Delhi

PUBLICATIONS

- Chapter on “*Ethical Issues and Concerns*” published in the course book on - Rehabilitation Assessment and Counseling (MPC-073)- 978-93-6106-293-3, IGNOU (September, 2024)
- Surbhi. Self-Remembering in Everyday Lives. International Journal of Innovative Research of Science, Engineering and Technology. Volume 13, Issue 10 (October, 2024)
- Chapter on “*Understanding Emotions: The Received View*” in Emotions in Cultural Context. Springer. ISBN 978-3-031-46348-8 ISBN 978-3-031-46349-5 (eBook) <https://doi.org/10.1007/978-3-031-46349-5> (May, 2023)
- Kumar A., Misra I, Surbhi. Hemispheric Lateralization for Processing Emotional Stroop Like Task Among Right and Non- Right Handers. Journal of Positive School Psychology. Volume 6, Issue 8. Page No. 3515- 3525 (August,2022)
- Tiwari D.N, Kumar Ashwini, Surbhi, Nayan R., Pandey A.R. Primed Orientation (Self and Other) and Life Satisfaction: Examining Coping Strategies as the Mediator and Education as the Moderator across Indo-Pakistan Border. Journal of Positive School Psychology. Volume 6. Issue 6. Page no. 10243-10255. 2022 (August, 2022)
- Yadav N, Kumar Ashwini & Surbhi. Comprehending Psychological Impact on Students During Lockdown. Bulletin of Environment, Pharmacology and Life Sciences (Special Issue) 2022. Volume 1 (April,2022)
- Surbhi, A. Kumar & N. Yadav. Hidden Power of Being Simple: Learnings During Covid 19. Vidyabharati International Interdisciplinary Research Journal (Special Issue) Part 9. Page No. 1276. ISSN No. 2319-4979 (September,2021)
- Surbhi, N. Yadav & A. Kumar. Orientation towards Environmental Change and its relation with Mental Health during Covid-19 Pandemic. Turkish Online Journal of Qualitative Inquiry. Volume 12. issue 01, January 2021, 218-237 (January,2021)
- Chapter on “*An Exploratory Study to Analyze the Impact of COVID-19 on the Daily Lives of People: A Focus Group Discussion*” in Health Informatics and Technological Solutions for Coronavirus (Covid-19). Taylor and Francis Group. ISBN: 9780367704179 (hbk) ISBN: 9780367751210 (pbk) ISBN: 9781003161066 (ebk) (June,2021)
- Chapter on “*Stress and Stress Management*” in the book “*Guidance and Counseling*”. ISBN NO. 978-81-945153-4-0
- Tamanna Tiwari, Suniti, Ashapurna Das & Surbhi. *Perspective on Euthanasia and Living Will*. Journal of the Gujarat Research Society. Volume 21 Issue 10
- Tamanna Tiwari, Suniti, Ashapurna Das & Surbhi. *Euthanasia: Review*. Think India Journal . ISSN: 0971-1260
- Chapter on “*Participatory Role of Teacher in Special Education*” in the book “*Special Education: Issues and Challenges*” ISBN NO. : 978-81-942110-4-4

- Chapter on *“Cognizance of Language and its Components: Listening, Understanding, Speaking, Reading and Writing Skill”* in the book *“Pedagogy of English”* ISBN No.: 978-81-940502-9-2
- Shikha Golcha & Surbhi (2019). *Movie Analysis for Understanding Sports Psychology in India*. International Journal of Research and Analytical Reviews
- Surbhi, Nirupama Yadav & Dr. Ashwini Kumar (2019). *Role of God and Religion in Healing in Post-Disaster Settings*. International Journal of Scientific Research and Reviews

TEACHING EXPERIENCE

- (July 2023- Present) Working as Permanent Faculty as *Assistant Professor* at Department of Applied Psychology, Ramanujan College, University of Delhi
- (January 2017- Present) Working as *Academic Counselor* at Indira Gandhi National Open University, Delhi
- (August 2021- December 2021) Worked as *Guest Lecturer* at Deen Dayal Kaushal Kendra, Ramanujan College, University of Delhi
- (January 2019- July 2023) Working as *Assistant Professor (Adhoc)* at Department of Applied Psychology, Ramanujan College, University of Delhi
- (August 2017- July 2019) Worked as *Counseling Psychologist* at Ramanujan College, University of Delhi
- (July 2017- November 2018) Worked as *Guest Lecturer* at Department of Applied Psychology, Ramanujan College, University of Delhi
- (July 2018- December 2018) Worked as *Guest Lecturer* at Deen Dayal Kaushal Kendra, Ramanujan College, University of Delhi
- (January 2018- April 2018) Worked as *Guest Lecturer* at Department of Psychology, Rajguru College of Applied Sciences, University of Delhi
- (September 2016 – November 2016) Worked as *Guest Lecturer* at Department of Psychology, Jesus and Mary College, University of Delhi
- (January 2016- April 2016) Worked as *Guest Lecturer* at Department of Applied Psychology, Ramanujan College, University of Delhi

WORKING EXPERIENCE (APART FROM TEACHING)

- Invited as a Guest Speaker at New Horizon Public School for a session with educators on *“Building Happy, Inclusive & Emotionally Safe Classrooms”* (May 2026)
- Chaired scientific session at the 1st International Conference on Integrating Sciences and Social Sciences, centered on the theme *Bridging Scientific Innovation and Social Transformation for a Sustainable Future* (April 2026)
- Supervised 12 dissertations for students enrolled in the M.A. Psychology programme, Indira Gandhi National Open University (IGNOU).

- **Chaired Scientific Session at SAMAVESHAN: Navigating Disability – Psychological and Interdisciplinary Perspectives for Inclusive Futures during the Academic Conclave at Manav Rachna University (February 2026)**
- **Recorded five video lectures for SWAYAM course titled “Foundations of Psychology” in January and February 2026**
- **Invited for lecture on “Overview of Different Fields of Counselling” for a session on 27th December 2025 at the Internship Programme at the Lakshmibai College Counselling Cell, University of Delhi**
- **Invited as an expert for making question paper of End Semester Examination of North East Christian University, Nagaland (28th October , 2025)**
- **Invited as Resource Person for CRE Programme titled “Child and Adolescent Psychology: Navigating the Complexities of Development” (28th August, 2025)**
- **Invited as Guest Speaker for topic on “Introduction to CBT Tools for Emotional Awareness” for a session on 1st August 2025 at the Add on Psychosocial and Emotional Counselling Certificate Training Course organized by Lakshmibai College, University of Delhi**
- **Invited as Guest Speaker for topic on “Introduction to CBT Tools for Emotional Awareness” for a session on 1st August 2025 at the Add on Psychosocial and Emotional Counselling Certificate Training Course organized by Lakshmibai College, University of Delhi**
- **Invited as an Expert for the demonstration Class/Subject Interview Committee for the post of Psychology Teacher at DAV School, Vikas Puri, New Delhi (17th April, 2025)**
- **Chaired a Scientific Session of Paper Presentation in Two Day National Seminar on “Bhartiya Bhashayen: Navonmeshi Chintan aur Vyavhar”**
- **Was part of Course Designing of Paper “Essential Therapeutic Skills”, “Technique Based Counselling Skills”, “Psychopathology”, “Treatment of Psychological Disorders”, “Culture, Mental Health and Psychopathology”**
- **Invited as an Expert for Design/Review Syllabus for recruitment exam by CEPTAM, DRDO (14th April 2024)**
- **Invited as a resource person for UGC-MMTTP Sponsored Online NEP Orientation and Sensitization Programme at Ramanujan College, University of Delhi on 14th August 2024**
- **Worked at NTA (National Testing Agency) as part of a confidential task (17& 19 May 2024)**

- Invited as a resource person for UGC-MMTTP Sponsored Online NEP Orientation and Sensitization Programme at Ramanujan College, University of Delhi on 20th July 2024
- Invited as Guest Speaker for topic on “Scope of Counseling” for a session on 28th June 2024 at the Add on Certificate Training Course in Guidance and Counseling organized by Lakshmibai College, University of Delhi
- Chaired a Scientific Session in International Conference on Emerging Trends in Psychological Interventions: Future Aspects and Challenges (14th-16th November, 2023)
- Invited as Guest Speaker for topic “Mental Health: Let’s do it” for a session on 9 June 2023 at the Add on Certificate Training Course in Guidance and Counseling organized by Lakshmibai College, University of Delhi
- Recorded three video lectures for SWAYAM course titled “Counseling Psychology” in December 2022
- Invited as Guest Speaker for topic “Move for Mental Health” for a session on 29 October 2022 organized by Jindal Global Business School
- Invited as Guest Speaker for topic “ Need for Mental Health” for a session on 20th October 2022 for a project of TISS
- Invited as Guest Speaker for topic on “Mental Health Awareness” for a session on 15th July 2022 organized by Department of Commerce, Ramanujan College, University of Delhi
- Invited for lecture on “Scope of Counseling” for a session on 9 June 2022 at the Add on Certificate Training Course in Guidance and Counseling organized by Lakshmibai College, University of Delhi
- Invited as Resource Person by Sushant University to speak on topic “Mental Health in Times of Covid 19 and beyond” on (July 15, 2021)
- (May 2017- June 2017) *Internship* at Department of Psychiatry and Drug De- Addiction Center, Lady Hardinge Medical College & Smt. S.K. Hospital, New Delhi
- (October 2015 - January 2016) *Research Assistant* at Project “Social Networks affect human pair choice in different populations” at Department of Experimental Psychology, Oxford University
- (September 2015- February 2016) Worked as *Counselor* at Hope Network and www.LocalOye.com
- (June 2014 – August 2014) Worked as *Intern* in National Mission On Education(NMEI) and University Grants Commission(UGC) Project

ACADEMIC WORK

- (March 2026) Organized National Conference on “Mind, Culture and Change through the lens of Indian Knowledge System
- (August 2025) Organized Faculty Development Programme on “Indian Knowledge System: Focussing on Philosophy, Science, Technology and Traditional Medicine”
- (May 2025) Organized Faculty Development Programme on “Indian Knowledge System”
- (April 2025) Organized Faculty Development Programme on “Research Methodology & Data Analytics: Tools for Skilled India”
- (March 2025) Organized Two Day National Seminar on “Bhartiya Bhashayen: Navonmeshi Chintan aur Vyavhar”
- (March 2025) Organized Refresher Course on Mental Health & Wellbeing in Higher Education Institutions: A Step Towards Viksit Bharat
- (August 2020) Organized Webinar on “Enhancing Psychological Skills for Teaching and Practice”
- (May 2020) Organized Webinar on “*Stress Management during Quarantine*”, Student Welfare Committee, Ramanujan College, University of Delhi
- (October 2019) Organized “*Mental Health Awareness Campaign for Suicide Prevention*” for students of Ramanujan College, University of Delhi
- (September 2019) Organized National Seminar on “*Globalization, Diversity and Equality: Challenges for Indian Society*”, Ramanujan College, University of Delhi
- (December 2018) Worked as part of Organizing Committee in “*National Academy of Psychology*” 2019 organized by Department of Applied Psychology, Ramanujan College, University of Delhi
- (April 2016) Organized International Conference on “*Indian Mind and Societal Concerns: An Interdisciplinary Dialogue*”, Ramanujan College, University of Delhi

ACHIEVEMENTS

- Participated in NEP 2020 Orientation and Sensitization Programme by MM-TTC: Ramanujan College, University of Delhi and Delhi School of Professional Studies and Research (DSPSR) (March, 2026)
- Completed Faculty Development Programme on “Data Analytical Tools for Research” organized by Internal Quality Assurance Cell (IQAC), Ramanujan College, University of Delhi (January, 2026)
- Participated in NEP 2020 Orientation and Sensitization Programme by MM-TTC: Ramanujan College, University of Delhi and Institute of Technology and Science (ITS), Mohannagar, Ghaziabad (January, 2026)
- Completed Faculty Development Programme on “Online Refresher Course in Psychology” organized by Teaching Learning Center and Center for Psycho-Social Resource Development and Training, Ramanujan College, University of Delhi (April, 2021)
- Attended workshop on “Coding Qualitative Data using NVivo” (July, 2020)
- Participated in Online Interactive Training Webinar on “Cognitive Behavioral Therapy :Applied in Indian Settings” (May 2020)
- Completed Beginners Level in “*Drawing and Doodle Analysis*” by Posity (May 2020)

- Participated in Live webinar on *“Understanding Tele-Counseling”* by Department of Psychology, Patrician College of Arts and Science, Tamil Nadu (May, 2020)
- Completed Faculty Development Programme on *“Managing Online Classes and Co-Creating MOOCs”* organized by Ramanujan College, University of Delhi, Delhi (May, 2020)
- Completed WHO Certification for *“COVID- 19: Operational Planning Guidelines and COVID-19 Partners Platform to support Country Preparedness and response”* (May, 2020)
- Completed Faculty Development Programme on *“Teachers, Teaching, and Taught: Discovering new Meanings, Relationships, and Purpose”* organized by Ramanujan College, University of Delhi, Delhi (January, 2020)
- Participated in workshop on *“Methodology for Doing Indian Psychological Research”* (3rd-4th June, 2019)
- Completed *“Level one – An introduction to Clinical Hypnosis”* certified by California Hypnosis Institute, California, USA (June 11, 2017)
- Completed workshop on *“Scale Construction”* (1st -3rd December, 2016)
- Completed workshop for *“Individual & Couples Therapy”* after Discovery of an Affair (September 30th- October 1st, 2016)
- Completed workshop on *“Emotionally Focused Therapy with Individuals & Couples”* (September 16th-17th, 2016)
- Recipient of *“University Post Graduate Scholarship”* (2013-2015)
- 3rd *POSITION HOLDER* in *“University of Delhi”*(2010-2013)
- 1st *POSITION HOLDER* in *“Vivekananda College, University of Delhi”* consecutively for two years(2011-2013)
- Won *SECOND POSITION* in Power Point Presentation Competition in Vivekananda College, UNIVERSITY OF DELHI” (2013)
- Recipient of *“GEETIKA NAGPAL KHURANA SCHOLARSHIP”* and *“NAMAN AHLUWALIA SCHOLARSHIP”* for academic excellence (2012-2013)
- Won first position in English POETRY in Vivekananda College, University of Delhi” (2012)
- Scored Highest Marks in *“ENTREPRENEURSHIP”* in 12th board examination (2010)

PERSONAL WORK

- Working as Freelance Speaker at Myndkare (June,2021)
- Found *“Psych.Oasis”* as an initiative towards Career Counseling and Mental Health Awareness (May, 2020)