

**Dr. Nitin Kumar Verma (PhD)**

Assistant Professor

Department of Applied Psychology  
SPM College, University of Delhi

Email: [nitinverma@spm.du.ac.in](mailto:nitinverma@spm.du.ac.in),  
[nitinverma008@gmail.com](mailto:nitinverma008@gmail.com)

Contact No 09953668870

Date of birth: 15<sup>th</sup> May 1985



*Currently teaching as an assistant professor of the department of applied psychology, SPM College, University of Delhi since November 2023.*

**Educational Qualification**

Degree	Year	Subject	Department & University
Ph.D.	2011-2015	Psychology	Department of Psychology, University of Delhi
M.A.	2009	Psychology	Department of Psychology, University of Allahabad
B.A.	2006	Psychology, English, Economics	University of Allahabad

**Ph.D. Topic:** *Self-Construal and Religiosity: Implications for Well-Being.*

**Post-Doctoral Fellowship:** Post Doctorate Fellow of Department of Psychology, University of Delhi, funded by Indian Council of Social Science Research (ICSSR) New Delhi on the topic “*Living with uncertainty uncovering the dynamics of health and well-being*”.

Supervised more than 20 students of psychology for their master's dissertation in the area of Social Psychology at Indira Gandhi National Open University (IGNOU) New Delhi.

**Fellowship**

Indian Council of Social Science Research (ICSSR) Doctoral Fellowship 2012-13.

Indian Council of Social Science Research (ICSSR) Post-Doctoral Fellowship 2016-17.

**Membership: -**

Member, National Academy of Psychology (NAOP) INDIA since 2017.

**Resource Person:-**

- Effect of Covid 19 on Mental Health on 28 September 2020 organized by Field outreach Bureau, Jhansi, Ministry of Information and Broadcasting, Government of India.

- Covid 19 Don't Hesitate, Vaccinate on 28 June 2021 organised by Field outreach Bureau, Jhansi, Ministry of Information and Broadcasting, Government of India.
- Dated 28<sup>th</sup> December 2021 in short-Term Course on Anger Management in Private and Public Spheres. Delivered lecture on "*Role of Religiosity in Promotion of Social Well-being*". Organized by University Grant Commission Human Resource Development Center (HRDC) Doctor Harisingh Gaur Vishwavidyalay (A Central University) Sagar 470003 (MP) India.
- Dated 17<sup>th</sup> February 2022 in Refresher Course on Stress and Mental Health Issues in Present Time. Delivered lecture on "*Occupational Stress, Religiosity and Well-being in current Scenario*". Organized by University Grant Commission Human Resource Development Center (HRDC) Doctor Harisingh Gaur Vishwavidyalay (A Central University) Sagar 470003 (MP) India.

### **Work for Community and Society in Covid 19 Pandemic**

Work under the guidance of expert team of NIMHANS for outstanding contribution in Project SAMVEDNA tele counselling a unique initiative of National Commission for Protection of Child Rights (NCPCR) for providing psychological first-aid and emotional support to children affected during COVID 19 pandemic. Since 10<sup>th</sup> May 2021 to 18<sup>th</sup> July 2022.

### **Faculty Development Program (FDP)**

Attended Faculty Development Program (FDP) on Applied Psychological Perspectives of Wellbeing: Social Pact for Empowered Economic Development (S.P.E.E.D) from 22<sup>nd</sup> to 27<sup>th</sup> June 2020 at Amity University, Uttar Pradesh.

### **Work for Community and Society in COVID-19 Pandemic**

Work under the guidance of expert team of NIMHANS for outstanding contribution in Project SAMVEDNA tele counselling a unique initiative of National Commission for Protection of Child Rights (NCPCR) for providing psychological first-aid and emotional support to children affected during COVID 19 pandemic. Since 10<sup>th</sup> May 2021 to 18<sup>th</sup> July 2022.

**Award:** - Selected for Presentation of Durga Nand Sinha best Dissertation (PhD) Award 2017 in National Academy of Psychology (NAOP) conference 2017, IIT Kharagpur, West Bengal.

**Editor:**

"Associate Editor" of "*International Journal of Academic Research and Development*". ISSN: 2455-4197, University Grant Commission (UGC) Listed.

"Associate Editors" of "*International Journal of Multidisciplinary Research and Development*". ISSN Online: 2349-4182, ISSN Print: 2349-5979.

**Workshop**

1. Organizing a workshop of SPSS (Statistical Package for Social Sciences), on 8<sup>th</sup> September 2012. Department of Psychology, Daulat Ram College University of Delhi, Delhi.
2. Organizing a workshop of SPSS (Statistical Package for Social Sciences), on 16<sup>th</sup> August 2013. Department of Psychology, Daulat Ram College University of Delhi, Delhi.
3. Organizing a workshop of SPSS (Statistical Package for Social Sciences), on 26 September 2013. Department of Psychology, Daulat Ram College University of Delhi, Delhi.
4. Organizing a workshop of SPSS (Statistical Package for Social Sciences), on 7<sup>th</sup> to 8<sup>th</sup> October 2014. Department of Psychology, Shyama Prasad Mukhargee College, University of Delhi, Delhi.
5. Organizing a workshop of SPSS (Statistical Package for Social Sciences), on 2ed to 5th December 2015. Department of Psychology, Daulat Ram College University of Delhi, Delhi.

**Teaching as a guest and Ad-hoc faculty**

- 1 Taught as a guest faculty in the Department of Applied Psychology, Sri Aurobindo College (Evening), University of Delhi, Delhi. 23 March 2016 to 27 April 2016.
- 2 Taught as a guest faculty in the Department of Applied Psychology, Sri Aurobindo College (Evening), University of Delhi, Delhi. 30 January 2017 to 24 April 2017.
- 3 Taught as a guest faculty in the Department of Applied Psychology, Sri Aurobindo College (Evening), University of Delhi, Delhi. 26 July 2017 to 16 November 2017.
- 4 Taught as a guest faculty in the Department of Psychology, Zakir Husain Delhi College, University of Delhi, Delhi, 16 August 2017 to 24 April 2018.

5 Teaching as an Assistant Professor (Ad-hoc) in department of Psychology, Bharati College, University of Delhi Since July 2018 to October 2023.

#### **Work Experience:-**

1. Worked as a field investigator and scale construction, administration and data collection in an UK- India collaborative project on “*The psychological experience and consequences of collective participation*” in Prayag Magh Mela, Allahabad, UP, 2010.
2. Worked in ICSSR (Indian Council of Social Science Research) Project as a Research Assistant in the project titled as “*Religion, Identity-Formation and Well-Being: A Multicentric Social Psychological Exploration*” with Principal Investigator Dr. Preeti Kapur, Daulat Ram College University of Delhi, Delhi.15th August 2010 to 31st August 2011.
3. Worked in ICSSR (Indian Council of Social Science Research) Project as a Research Associate in the project titled as “*Religion, Identity-Formation and Well-Being: A Multicentric Social Psychological Exploration*” with Principal Investigator Dr. Preeti Kapur, Daulat Ram College, University of Delhi, Delhi.15th August 2010 to 1<sup>st</sup> September to 31<sup>st</sup> December.
4. Worked in INMAS DRDO (Institute of Nuclear Medicine & Applied Science Defense Research & Development Organization) Project where I framed Norms-Formation and Data entry for the development of a model named as “*Cognitive Assessment and Enhancement Using Video Games and virtual Reality among Adults*” with Principal Investigator Dr. Preeti Kapur Daulat Ram College, University of Delhi, Delhi.1st August 2011 to 31<sup>st</sup> July 2012.
5. Internship with Dr. Natasha Khullar Kumar on “*Mental ill peasant in Medanta Clinic Andrews Gang*” New Delhi 110049.1<sup>st</sup> July 2011 to 31<sup>st</sup> June 2012.
6. Worked in ICSSR (Indian Council of Social Science Research) Project as Statistical Investigator in the project titled as “*Higher Education for Civic Learning and Democratic Engagement: A Study of Diversity and Discrimination in Higher Education Institute*” with Zakir Husain Delhi College, University of Delhi, and Central for Policy Research in Higher Education National University of Education Planning and Administration New Delhi. 1<sup>st</sup> July 2015 to 31<sup>st</sup> December 2015.
7. Worked as a Junior Consultant in “Central for Policy Research in Higher Education” National University of Education Planning and Administration New Delhi. 23<sup>ed</sup> March 2016 to 30<sup>th</sup> November 2016.

## **Seminar/Conferences/Workshops**

1. Participated and presented paper, titled “*Social Well-Being Among different Religious community*” at an International Conference on 3<sup>rd</sup> International Conference on Positivism foundation for human Dimension 6<sup>th</sup> - 8<sup>th</sup> August 2012 organized by Amity Institute of Behavioural & Applied Sciences, Amity University Jaipur, Rajasthan.
2. Participated and presented paper, titled “*Impact of Religiosity on Social Well-Being amongst Religious Communities in Indian Context*” at a National Conference of Positive Behaviour: Prospective & Application 21<sup>st</sup>-22<sup>nd</sup> September, 2012 organized by Department of Applied Psychology (School of Physical, Chemical & Applied Science) Pondicherry University Pondicherry- 605014.
3. Attended a popular lecture series on “*Many Stories – Many Worlds: Oral Narratives and Cultural Communication in India*” delivered by Prof. Aditya Malik (University of Canterbury, New Zealand), On Wednesday 7 November, 2012 at 3.30 pm at the Conference Centre, University of Delhi.
4. Participated in a DST funded project "Language, Emotion and Culture" at IIT Delhi. The workshop was conducted by Dr. Sonya Sachdeva, North-western University at the Department of Humanities and Social Sciences, IIT Delhi Date and Time: 23 November 2012.
5. Participated in a Workshop on “*Information literacy and competency*” on 18<sup>th</sup> January, 2013- in the discipline of Social Sciences and Arts & Humanities Organized by Delhi University Library System University of Delhi, Delhi – 110007.
6. Attended a 2 day workshop on 1st and 2nd February 2013 on “*Discourse Analysis practical exposure to the technique*” Organized by Prof. Nandita Babu, in Department of Psychology, University of Delhi.
7. Participated in workshop on qualitative research on 23rd and 24th February 2013, as part of the ICSSR sponsored project " *Shared spaces: Exploring the barriers, boundaries and bridges in contemporary India*". Department of Humanities and Social Sciences Indian Institute of Technology Delhi, Hauz Khas, New Delhi- 110016 India.
8. Attended a Seminar on “*Social Representations of Identity in India: An Inter disciplinary Dialogue*” from 18<sup>th</sup> -19<sup>th</sup> March 2013, Organized by Department of Humanities and Social Sciences, Indian Institute of Technology Delhi, New Delhi-110016, India.

9. Participated in International Seminar on “*Indian Culture, Psychology and the Global Civilization: Emerging Perspectives*”, Organized by the Department of Psychology, University of Delhi on March 22-25, 2013.
10. Attended and participated “Certified professional in simulation games & Exercise” conducted by EMPI’s Udai Pareek HR-LABS, from May 08-10, 2013 at EMPI Business School Campus, New Delhi.
11. Participated and presented a paper on *Health and Social Well-being among Different faith group in India* from January 23ed -25<sup>th</sup> 2014 in 2ed International Conference on Recent Advances in Cognition and Health SPA-DRS-1 Department of Psychology, Banaras Hindu University Varanasi-221005.
12. Presented a paper on “*Impact of Daily Spiritual Experience and Values and Beliefs on Social Well-being among Different Religious Communities*” from March 21st -22ed 2014 in national seminar on Social Change in Contemporary India : Psychological Dimension and Social Response with National academy of Psychology (NAOP) in Sri Aurobindo College (Evening ) University of Delhi.
13. Participated a workshop on “*living happy with Infirmities*” held during the 3ed International Congress on Gerontology and Geriatric Medicine (ICGM) 26-29 November 2015 New Delhi.
14. Participated in “*International South Asian Conference on Social Policy in Higher Education: Challenge and Possibilities*” on 19<sup>th</sup> to 21<sup>st</sup> November 2015 in Department of Education, (Central Institute of Education) University of Delhi, Delhi.
15. Participated in a workshop on “*Basic of Stock Market and Investment*” in Sri Aurobindo College (Evening) Malviya Nagar Delhi, 110017, dated on 20<sup>th</sup> April 2017.
16. Participated in a workshop on “*Research Methodology and Data Analysis Using SPSS*” in Sri Aurobindo College (Evening) Malviya Nagar Delhi, 110017, dated on 1<sup>st</sup> and 2ed May, 2017.
17. Participated and presented a paper on “*Effects of Hope, Resilience, Wellbeing and Satisfaction on Performance of Pistol Shooters*” from 18 to 20 September 2017 in 4<sup>th</sup> International and 6<sup>th</sup> Indian Psychological science congress on the theme of Psychological Wellbeing: Reflections across the Culture, Department of Psychology, Punjab University Chandigarh.

18. Participated in a workshop on “*Grounded Theory a Qualitative Research Method*” from December 21<sup>st</sup> before Annual Conference of National academy of Psychology (NAOP) in Department of Humanities and Social Science, Indian Institute of Technology (IIT) Kharagpur.
19. Participated and presented a paper on “*Impact of Daily Spiritual Experience and Private Religious Practices on Social Well-being among Different Religious Communities*” from December 22ed -24<sup>th</sup> 2017 in 27<sup>th</sup> Annual Conference of National academy of Psychology (NAOP) in Department of Humanities and Social Science, Indian Institute of Technology (IIT) Kharagpur.

## **Publications**

### **Book**

Kapur, P., Misra G., & Verma, N. K. (2022). *Psychological Perspectives on Identity, Religion and Well-being: Empirical Findings from India*. Singapore: Springer Nature Singapore.

### **Research Papers**

1. Verma, N.K. (2015). Role of Health in Promotion of well-being: current perspective. *Panei Newsletters 1(1)*.7-8.
2. Verma, N. K. & Misra, G. (2015) Exploring Religious and Spiritual Experiences across Various Faith Groups in India. *Indian Journal of Social Science Researches (IJSSR)*, 12(1&2). ISSN 0974-9837.
3. Verma, N.K. (2016). Role of emotion regulating strategies over health. *Indian Journal of Behavioral Science*, 1(1), 9-24. E-ISSN-2455-6599
4. Verma, N.K. & Kumar, S. (2016). Role of Health and emotions in Promotion of Well-being: Current thoughts in Indian Perspective *Indian Journal of Health & Well-being*, 7(8), 881-844. ISSN-p-2229-5356, e-2321-3698.
5. Verma, N.K. & Misra, G. (2016). Impact of daily spiritual experiences and private religious practices on social well-being among different religious community. *India Journal of Positive Psychology*, 7(3), 318-324. ISSN-p-2229-4937 e-2321-368X.
6. Verma, N.K. (2017). Academic Stress: An overview in Current Scenario. *Panei Newsletters 3(2)*.1-6.

7. Verma, N.K. (2017). Health and social well-being among different religious community in Indian prospective. *International Journal of Applied Research*, 3(6), 313 -317. ISSN Online: 2394-5869. ISSN Print: 2394-7500
8. Verma, N.K. (2017). Nature of relationship between self-construal, health and well-being among Hindu participants. *International Journal of Multidisciplinary Research and Development*, 4(6), 208-215. Online ISSN: 2349-4182, Print ISSN: 2349-5979
9. Raj, D., & Verma, N. K. (2017). Life satisfaction and mental status of research scholars in research institute: A comparative study of TISS and IIPS. *The International Journal of Indian Psychology*. 4(4). ISSN 2348-5396 (e) | ISSN: 2349-3429 (p) DIP: 18.01.073/20170404 DOI: 10.25215/0404.073 <http://www.ijip.in> July-September, 2017
10. Verma, N.K., Misra, I., & Misra G. (2018). Impact of spiritual experiences and religious beliefs on well-being among religious communities in India. "JIGYASA" *An Interdisciplinary Refereed Research Journal*. 11(2). ISSN 0974 – 7648.
11. Arora, A., Sharma, P., & Verma N. K. (2021) Pattern of psychological distress and well-being among adults in relation to gender during COVID-19 Pandemic. *Homoeopathic Links International Journals for Classical Homoeopathy*, 34(4). ISSN 1019-2050.

**Area of Specialization and Interest:-**

- Social Psychology
- Organizational Psychology
- Clinical Psychology
- Social change and Development
- Testing behaviors and Skill

**Subject Taught:-**

Organizational Behaviour, Human Resource Management, Social Psychology, Applied Social Psychology, Positive Psychology, Statistical Method for Psychological Research I & II, Psychological Research and SPSS

**Declaration**

I hereby declare that the above information in this resume is true to the best of my knowledge and belief

(Dr. Nitin Kumar Verma)

Place: New Delhi