

Curriculum Vitae



1. Name : Dr. Pragyendu
2. Date of Birth : 30th October 1977
3. Father's Name : Shri Narender Kumar Yaduvanshi
4. Correspondence Address : Dr. Pragyendu
Department of App. Psychology,
Sri Aurobindo College (Eve.)
Malviya Nagar.
5. Residential Address : 82, DDA Flats
Masjid Moth, Phase 2, Greater Kailash-part 3
New Delhi, Delhi 110048, India
6. Cell Phone : +91 9810606719
7. E Mail ID : pragyendu2009@yahoo.com
8. Current Profession : Associate Professor at
Department of Applied Psychology
Sri Aurobindo College, Malviya Nagar,
University of Delhi.
9. Teaching experience : **17 Years**

10. Details of Academic Qualifications:

Qualifications/ Degree	Subjects	University / Institution/ Board
B.A. (Hons.)	Psychology	Punjab University, Chandigarh
M.A.	Psychology	Delhi University, New Delhi
Ph.D.	Psychology	Delhi University, New Delhi
Topic:	<i>When do people volunteer? Exploring psycho-social determinants of volunteerism in everyday life.</i>	

11. Interest Area : *Volunteerism, Forgiveness, Trust, Gratitude, Helping Behaviour, Happiness and Counselling Psychology.*

Assignments:

1. Worked as Expert member of Psychology at Commission for Scientific and Technical Technology, MHRD, Govt. of India.
2. Involved in selection and recruitment process in Indian Oil, Govt. of India, since 2017.
3. Expert member for Area advisory board of psychology for Amity Institute Of Psychology And Applied Sciences.
4. Was involved in Standardize Marking Scheme in subject of Psychology, National Open School, NOIDA for Developing.
5. Nodal Officer for Submitting SSR NAAC report.
6. Member of International Association of Applied Psychology.
7. Adopted a village named Kalwari for Participatory Rural Appraisal Study in the field of mental health and started 24x7 online counseling programme for enhancing well-being of the villagers.
8. Conducted Participatory Rural Appraisal Study in Narayannagar Village, Nainital district 2015.
9. Organized Mental Health Awareness Programmes in Badshahpur Village, Haryana dated 14 October 2015.

Research Paper Published in Journals:

1. Pragyendu.(2021). Attitude Towards Technology Self Regulation And Social Well-being In Relation With Interpersonal Attraction. *Wesley an Journal of Research*. 0975-1386,4(V).
2. Pragyendu (2021). A correlation Study Between Type Of Identities and In group Ties, Centrality and Affect In The Context Of Religion. *Kala Sarover Journal*. 0975-4520,24, NO-1 (IV)
3. Pragyendu (2021). A Study Of Factors Affecting The Level Of Happiness Among Practitioners Of Yoga ,Aerobic and Walking During Carona Lockdown. *International Journal Of Research Granth aalayah*. 2394-3629, 9(3).
4. Pragyendu (2021). Corona Kaal mei Dhyan ke Bhawanatmak Laabh. *GyaanGarimaSindhu*. 2321-0443, 69.

5. Pragyendu.(2021). In Search Of Wellness : A Psychological Examination Of Nichiren Buddhism , Kala: *The Journal of Art History Congress*. ISSN0975-7945,27(1),(VIII).
6. Pragyendu (2020), Mental Health Awareness Through Movies: A Case Study.*Indian journal of Adult education*. 0019-5006, 4(V).
7. Pragyendu.(2020). Repercussions of Betrayal in Romantic Relationships. *Indian Journal of Psychological Science*,ISSN 0976-9218, V(7)
8. Pragyendu.(2019).Khushi Ki Kunji: AtmaJaagrukta. *GyaanGarimaSindhu*,ISSN 2321-0443,62,64-70,
9. Pragyendu.(2017).Moulding to perfection: time as a traveller. *Indian Journal of Psychology and Education* ISSN2231-1432,7(1),
10. Pragyendu.(2017).Psycho-Social Determinants of Obesity. *The International Journal of Indian Psychology*,ISSN 2348-5396
11. Pragyendu.(2017).Effect Of Prosocial Behavior On Happiness and Well-Being. *The International Journal of Indian Psychology*, ISSN 2348-5396
12. Pragyendu (2017). Antecedents Of Knowledge Sharing: An Exploration into the Study of the Relationship between Personality, Trust, Motivation and Knowledge Sharing. ISSN 2231-1432, 7(2).
13. Pragyendu (2017). Psychological Consequences of Unemployment: A Comparative Study of Employed and Unemployed Youths in Rural Areas. *International Journal of Research in Social Sciences*.
14. Pragyendu (2016).A comparative study of spiritual health across different professions. *Indian Journal of Applied Research*, ISSN - 2249-555X ,6(1), 339-343.
15. Pragyendu (2016). Understanding quality of life, trust and psychological well- being of Indian police personnel, *Indian Journal of Psychology and Education*, ISSN 22311432, 6(1), 97-106.
16. Pragyendu (2016). Gender , Education & Spiritual Health , *Indian Journal of Health and Well Being*, ISSN-2229-5356,7(2), 91-96.
17. Pragyendu() Research Paper published on “Role of Dogs in Life Satisfaction and Stress Reduction: A Comparative Study” in *IOSR Journal Of Humanities And Social Science*, ISSN 2279-0837, 21(2), 35-39.

18. Pragyendu (2015). Study of time orientation and well-being in old age. *International Journal of Indian Psychology*. ISSN 2348-5396, 2(2), 34-41.
19. Pragyendu (2015). Antecedents of internet addiction among college students in india. *International Journal of Global Education*. ISSN 2146-9296, 4(3), 1-10.
20. Pragyendu(2015).Well-being and its relation with time perspective and volunteerism. *Indian Journal of Psychology and Education*.ISSN 22311432, 5(1), 104-111.
21. Pragyendu (2015). A study of identity crisis and self monitoring in indianadolescents .*Journal of Indian Health Psychology* , ISSN: 0973-5755, 10(1) , 48-55.
22. Pragyendu (2015).A study of meaning in life, social well being and resilience among indigenous people. *Indian Journal of Applied Research*, ISSN - 2249-555X ,5(12), 201-206.
23. Pragyendu,(2015).Nature and dynamics of gift-giving in india: a study of gift-giving habits among youth in delhi.*Asian journal of Social Sciences and Humanities*, November 2015, Oyama , Japan, ISSN: 2186-8484, 4(4), 113-118.
24. Pragyendu (2015).North easterners in new delhi : a study of acculturation and racial discrimination. *International Journal of Economics and Social Sciences*. ISSN 2249-7382,5(10), 136-141.
25. Pragyendu (2015).Effect of time perspective on substance abuse. *International Journal of Indian Psychology*, 3(1), 55-64.
26. Pragyendu(2015) A correlational study of financial risk attitudes, investment behaviour and life satisfaction of middle class people” in *Indian Journal of Positive Psychology*, ISSN 2229-493, , 371-375
27. Pragyendu (2015) Hope , Optimism and Gratitude in Indian Police Force” , *The Indian Police Journal* , ISSN 0537-2429, 62(2), 179-191.
28. Pragyendu (2015). Effects of gratitude and trust in volunteerism on well-being. *Indian Journal of Psychological Science*, ISSN 0976 9218, 5(2), 46-54,
29. Pragyendu (2015).Future orientation as the mediator of life satisfaction and recruitment saving attitudes and retirement savings perception. *Indian Journal of Health and Well-being*, 6(5). ISSN-2229-5356, 471-474.
30. Pragyendu(2014).Volunteerism and forgiveness as a predictor of well-being.*IndianJournal of Psychological Science*, ISSN 0976 9218, 5(1) , 38-44.

31. Pragyendu (2015) A Correlational study of financial risk attitude, investment behaviour and life -satisfaction of middle -class people. *Indian Journal of Positive Psychology*. 2299 -4937, 6(4), 371-375.
32. Pragyendu (2015)-A study of identity crisis and self-monitoring in Indian adolescents. *Journal of Indian Health Psychology*. 0973 -5755,10(1), 48-55.
33. Pragyendu (2015). Antecedents of internet addiction among college students in India. *International Journal of Global Education*. 2146 -9296, 4(3), 1-10.
34. Pragyendu (2015) Future orientation as the mediator of life satisfaction and recruitment saving attitudes and retirement savings perception. *Indian Journal of health and well-being*. 2229 -5356, 6(5), 471-474.
35. Pragyendu (2015). Well -being and its relation with time perspective and volunteerism. *Indian journal of Psychology and Education*. 2231 -1432, 5(1),101-111.
36. Pragyendu (2014).Volunteerism and forgiveness as a predictor of wellbeing. *Indian Journal of Psychological Science*. 0976 – 9218, 5(1),38-44.
37. Pragyendu (2010).Changing organizational paradigm: opportunities and challenges. *Apeejay Business Review: A Journal for the Strategic Decision Making*, ISSN: 0974-1798, 11(1&2), 7-24.

Books Published:

Books:

- Environmental Psychology (2021), *Vikas Publication* ISBN NO-978-93-5453- 233-7.
- Glossary of Psychology (2019), published by *MHRD Commission for Scientific and Technical Terminology, Govt of India*.

Chapters in Edited Books:

1. .Pragyendu (2014). The effect of environmental involvement on well-being: an empirical study. In (ed.). *Psychological Well-being: The looming Crises*. ISBN 978-82-929260, 32-39.
2. .Pragyendu (2014). Altruism as a pro-social factor of well-being. In (ed.). *Perspectives of Health and Well-being in India* , ISBN 978-93-83842-93-3, 152-158.

3. Pragyendu (2013). Role of positive psychology in sports: A qualitative study in (ed.). *Role of physical activities and sports in Balancing education*” ISBN 978-81-7873-3056-3, February 2013, 85-88.
4. Pragyendu (2006). Rethinking, suffering and healing: some insights from Indian traditions. In (ed.). *Modern Psychology & Human Life*, RakhiPrakashan Agra 2006-7, ISBN 81-88890-63-4, 2006, 327-333.

Research Projects:

1. Psychometric Evaluation in Police Forces sponsored by *Bureau of Police Research and Development*. (M.H.A) **Total Amount- Two lakhs.** (Still going on)
2. Innovation Project sponsored by University of Delhi on topic “ Psychosocial Determinants of Sporting Culture in India” Year 2015-2016, **Total Amount – Five Lakhs.**
3. Innovation Project sponsored by University of Delhi on topic “psychosocial determinants of volunteerism in organizing mega sporting events, Year 2013-2014, **Total Amount –Three Lakhs .**
4. Innovation Project sponsored by University of Delhi on topic “psychological capital among sportspersons” year 2011-2012, **Total Amount --Ten Lakhs .**

Research Guidance:

Sno.	Title	Submitted/ Awarded	Year
1.	Social Diversity and Formation of Identity: Implication for Social Interaction	Submitted	2022
2.	Enhancing Social Emotional Competencies among Students	Ongoing	2021

National Seminars Organized:

1. Organized a national seminar on the topic “social harmony and well-being : issues and challenges dated 18th and 19th March ‘2016 sponsored by UGC and ICSSR.
2. Organized national seminar on the topic “social changes in contemporary India: psychological dimensions and social response” 21st and 22nd March ‘2014 sponsored by Northern Regional Centre of ICSSR.
3. Organized Project Review Seminar on “Psychological Capital among Sportspersons” 12th February 2012 sponsored by University of Delhi.

Papers presented in National/International Conferences / Seminars:

1. Paper presented on “**Role of PRA Approach in managing Covid-19 Pandemic in Rural India**” in National Webinar on “Psychological Factor in Sustainable Health and Well Being 2021
2. Paper presented on “**Psychophysiological correlates of gratitude and forgiveness**” in Department of Psychology, University of Delhi 28th -29th February 2020.
3. Paper presented on “*Evidence based emotional regulation in primary education: A study of Rural India*” in UGC and PHD Chambers of Commerce and Industry on 5th February, 2020
4. Paper presented on “*Positive Mental Health: An insight from ancient healing system*” in NACIACP on 25th -27th May, 2019.
5. Paper presented on “*Evidence based rural mental health program in a direction of sustainable development*” in Auropath, Sri Aurobindo Society on 14th December, 2019.
6. Paper presented on “*Psychological Capital as a predictor of employees well -being*” in PHD Chambers of Commerce and Industry on 23rd August, 2019.
7. Paper presented on “*Positive parenting: A study from Rural area*” in Psychological Science Congress on 18th-20th October, 2019.
8. Paper presented on “*Exploring Psycho-Social Determinants of Volunteerism in Everyday Life*” in 29th International Congress of Psychology held in **Montreal, Canada** from 26-30 June 2018.
9. Paper presented on “*Volunteerism as a predictor of well-being*” in Indian Psychological Science Congress.
10. Paper presented on “*PRA Approach for sustainable development*” in Centre for environment and economic development on 02-03 June, 2017.
11. Paper presented on “*Gratitude and forgiveness as a key to happiness*” in Psychological Science congress on 18th – 20th September, 2017.
12. Paper presented on “*Act of giving as a predictor of well-being*” in Psychological Science Congress on 28th – 30th September, 2016.

13. Paper presented on "*Effect of family environment on rejection sensitivity of mental health*" in JMI university on 01-02 March, 2016.
14. Paper presented on "*Forgiveness as a predictor of well-being in romantic relationship*" in Indian Psychological Congress 08-09 October, 2015
15. Paper presented on "*Psycho Social Determinants of Obesity*" in 2nd International & 4th Indian Psychological Science Congress on "*Psychological Well Being; The Concerns & Development*" organized by Department of Psychology, P.G. Govt. College , Sector -46, Chandigarh from 8-9 October 2015.
16. Paper presented on "*Volunteerism and its impact on forgiveness as a behaviour going hand in hand*" in Indian Psychological Congress on 24th -25th February, 2014.
17. Paper presented on "*Career development and transitions of sports persons*" in International conference of The Colours Of Career Development organized by Indian Career Development Association on 27-29th March, 2013.
18. Paper presented on "*Altruistic Love and Helping Attitude in Promoting Well-Being*" in "*National Seminar on Health and well-Being*" organized by Department of Psychology , Jamia Millia Islamia, New Delhi. From 12-13 November 2014.
19. Paper presented on "*Altruism as a Pro-Social Factor affecting well-being*" in *National Seminar on Health and well-Being*" organized by Department of Psychology , Jamia Millia Islamia, New Delhi. From 12-13 November 2014.
20. Paper presented on "*Forgiveness and attachment styles as correlates of subjective well-being among under-graduate students of Delhi University*" in *National Seminar on Health and well-Being*" organized by Department of Psychology, Jamia Millia Islamia, New Delhi from 12-13 November 2014.
21. Paper presented on "*Role of Giving in Interpersonal Relationships in determining Time Perspective and well-being*" in *National Seminar on Health and well-Being*" organized by Department of Psychology , Jamia Millia Islamia, New Delhi. From 12-13 November 2014.
22. Paper presented on "*Aggression in Teenagers*" in "*National Seminar on Agression and Violence*" organized by Department of Psychology, Jamia Millia Islamia, New Delhi. From 17-18 march 2014.
23. Paper presented on "*Effects of well being and future orientation on retirement saving attitudes and retirement saving perception*" in Ist International and third Indian Psychology Science Congress organized by NAPS FROM 24TH-25TH February, 2014.
24. Paper presented on "*Career development and transitions of sports persons*" in International conference of The Colours Of Career Development organized by Indian Career Development Association from 27-29 March, 2013.
25. Paper presented on "*Trauma in children from a Positive Psychology Perspective*" in "*Inter-National Seminar on Psychology of Trauma*" organized by Department of Psychology , Jamia Millia Islamia, New Delhi. From 13-14 March 2013.
26. Paper presented on "*Positive Psychology: treating, insurgency, induced trauma in children*" in "*International seminar on Psychology of Trauma: Women and Children in Violent Conflict*" organized by Department of Psychology , Jamia Millia Islamia, New Delhi. From 13-14 March 2013.

27. Paper presented on "*Civic management and psychosocial well-being among aged*" in National Seminar on "Aging Workforce is a Resource." Organized by Dept. of Psychology University of Delhi ,South Campus from 1st to 2nd march 2013
28. Paper Presented on "*Role of positive Psychology in sports*" and session chaired in national conference on "*Role of Physical Activities & Sport in Balancing Education*" organized by IGIPSS from 15th-16th February, 2013.
29. Attended The Academic Congress on "*Enabling the Young: redefining education*" organized by University of Delhi, from 6-7 September 2012.
30. Paper presented on "*Effect of Cinema on Behavior and Various Social Aspect*" in the National Seminar on Media-Mediated Realities and its Impact on Psycho-Social Well Being organized by Bhim Rao Ambedkar College, University of Delhi held on 13th April, 2013
31. Paper presented on "*Study of Time Perspective, Happiness and Well-being*" in National Conference on Career Development: Preparing for the Road Ahead organized by ICDA from 26-27 May, 2012
32. Paper presented on "*Impact of Vipassana Mediation of Stress and Psychological Well-being of Police Personnel in Kashmir*" in National Seminar on Emerging Issues in Work, Stress and Well-being organized by Pt. J.L.N. Govt. College, Faridabad from 16-17 March, 2012
33. Paper Presented on "*Effect of Cinema on Behavior and Various Social Aspects*" in National Seminar on "Media-Mediated Realities"
34. Attended inter-national conference on "*Psychology in Contemporary context*" organized by ICDA and WPHRF, from 21-22 May 2011.
35. Paper Presented on "*Changing Organizational Paradigm*" in the 3rd National Conference on Contemporary Management Research organized by Apeejay School of Management, New Delhi held on 14th May, 2010
36. Paper presented on "*Aggression in Teenagers: Measures to control aggression and enhancing well-being*" in JMI university on 17th -18th March, 2010.
37. Paper presented on "*Happiness, Spirituality and Physical Health*" in National Seminar on Positive Psychology and Health: Interventions and Strategies organized by The Department of Psychology, Maharshi Dayanand University, Rohtak from 28-29 March, 2010.
38. Paper presented on "*Emotional Maturity and Adjustment in ADHD children*" in the National Seminar on Higher Education: Beyond Empty Promises organized by Government College of Education, Bhiwani from 17-18 February, 2010
39. Paper presented on "*Women's Empowerment: A Psychological Perspective*" in the National Seminar on "Psychology: Trends and Directions" organized by Department of Psychology, B.L.J.S. College, Tosham (Bhiwani) from 22-23 January, 2010.