

Curriculum Vitae

1. Name : Prof. Mahesh Kumar Darolia
2. Date of Birth : 30th July 1968
3. Father's Name : Shri Wazir Singh
4. Correspondence Address : Dr. Mahesh Kumar Darolia
Department of App. Psychology,
Sri Aurobindo College (Eve.)
Malviya Nagar
New Delhi -17
5. Cell Phone : +919650589914
6. E Mail ID : daroliamahesh@gmail.com
7. Current Profession : Professor,
Department of Applied Psychology,
Sri Aurobindo College (Eve.), Malviya Nagar,
University of Delhi
8. Academic Qualifications : M.A. (Psychology), M.Phil.Ph.D.
9. Teaching experience : **27 Years**



10. Details of Academic Qualifications :

Qualifications/ Degree	Completion Year/	Subjects	University / Institution/ Board
B.A.	1987	English ,Sanskrit, Geography Psychology	MDU , Rohtak
M.A.	1989	Psychology	MDU , Rohtak
M.Phil.	1990	Psychology	MDU , Rohtak
Ph.D.	1993	Psychology	MDU , Rohtak

11. Subject : Psychology
12. Ph.D. Topic : Mnemoactive Effect of Glucose

13. Field of Specialization : HR, Clinical and physiological psychology

Publication of Research Papers: Journals / Edited Books:

1. Darolia, M.K., Yadava, A. & Malhotra, S. (1993). Effects of epinephrine on learning under anesthesia. *Journal of the Indian Academy of Applied Psychology*, ISSN-0019-4247, 19 (1 & 2), 47-51.
2. Darolia, M.K., Yadava, A. & Sharma, N.R. (1998). Caloric intake, blood protein levels and memory. *The Indian Journal of Nutrition and Dietetics*, ISSN-002-3174, 35, 163-165
3. Darolia, M.K., Yadava, A. & Sharma, N.R. (2000). Age related mnemoactive effect on glucose. *Indian Journal of Gerontology*, ISSN: 0971-4189, 14 (3), 104-108.
4. Yadava, A., Darolia, M.K. & Sharma, N.R. (2013). Dose dependent mnemoactive effect of glucose. *Indian Journal of Psychological Issues*, 11(1), 79-83.
5. Pragyendu, Darolia, M.K., Chaudhary, V. & Mehra, T. (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, 85-88.
6. Darolia, M.K., Pragyendu, Kala, I. & Sneha (2014). Volunteerism and forgiveness as a predictor of well-being. *Indian Journal of Psychological Science*, 5(1), ISSN 0976 9218, 5(1), 38-44.
7. Darolia, M.K., Talan, A., Raza, M.A. & Dar, S.A. (2014). Altruistic love and helping attitude in promoting well being: the mediating role of life satisfaction. In (ed.). *Perspectives of Health and Well-being in India*, ISBN C, 152.
8. Rawat, L., Pragyendu, Darolia, M.K. & Bharti, S. (2015). A study of identity crisis and self monitoring in Indian adolescents. *Journal of Indian Health Psychology*, ISSN: 0973-5755, 10(1), 48-55.
9. Pragyendu, Darolia, M.K., Tiwari, G. & Sharma, S. (2015). Well-being and its relation with time perspective and volunteerism. *Indian Journal of Psychology and Education*. 5 (1), ISSN 22311432, 5(1), 104.
10. Pragyendu, Darolia, M.K., Kochar, A. & Raza, M.A. (2015). Effects of gratitude and trust in volunteerism on well-being. *Indian Journal of Psychological Science*, ISSN 0976 9218, 5(2), 46-54

11. Sharma, S.K., Pragyednu, Darolia, M.K.&Kathuria, S.K. (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.
12. Sharma,S.K., Pragyendu, Darolia,M.K. (2016). Psychological Consequences of Unemployment: A Comparative Study of Employed and Unemployed Youths in Rural Areas, ISSN-0976 9218, 7(1), 54-59.
13. Darolia , M.K., et. al. (2017). Psychosocial determinants of obesity . *The International Journal of Indian Psychology* , 4(4), ISSN 23449-3429.

Papers presented in National/International Conferences / Seminars:

1. Paper presented on “ **To Be or Not To Be :The Role of Insecurity in Enabling Conforming Behaviour in Peer Relations**” in 2nd International & 4thIndian 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. Paper presented on “**Effects of wellbeing and future orientation on retirement saving attitudes and retirement saving perception**” in 1stInternational and third Indian Psychology Science Congress organized by NAPS FROM 24TH-25TH February, 2014.
7. 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.

8. 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.
9. 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.
10. 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 IGIPESS from 15th-16th February, 2013.
11. 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
12. Paper Presented on “ **Effect of Cinema on Behavior and Various Social Aspects**” in National Seminar on “**Media-Mediated Realities**”
13. Attended inter-national conference on “*Psychology in Contemporary context*” organized by ICDA and WPHRF, from 21-22 May 2011.
14. 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

Session Chaired in National/International Conferences / Seminars:

1. Chaired scientific session in 45th National Annual Conference of Indian Association of Clinical Psychologists entitled “Enhancing Mental Health: Exploring New Dimension” organized by IACP, India, held at NIEPVD, Dehradun on 25-27 May 2019.
2. Chaired scientific session in National Conference entitled “Psychology of National Integration” organized by Shyama Prasad Mukherjee College, University of Delhi on 30-31st July 2019.
3. Chaired scientific session in International conference held on 18- 20 October 2019, Department of Psychology, Panjab University Chandigarh.
4. Chaired scientific session in an International Conference entitled “In Dialogue with mahatma Gandhi” organized by Shyama Prasad Mukherjee College, University of Delhi on 08-9th November 2019.
5. Attended Faculty Faculty Development Programme on “MOOCs, E-Content Development & Research Methodology” organized by Mahatma Hansraj Faculty Development Centre (MHRFDC), Hansraj College in collaboration with Aurobindo College (Evening), University of Delhi sponsored by MHRD, Govt. of India from 16th – 22nd November, 2019.

6. Attended National Seminar on Health and Wellbeing organized by Department of Psychology, University of Delhi dated 28- 29th February 2020.
7. Chaired scientific session in International conference held on 18-20 September 2017 Department of Psychology, Panjab University, Chandigarh.
8. Attended National Seminar on Ethics in Psychological Research” organized by Department of Psychology, University of Delhi dated 16th March 2019.
9. Session Chaired in National Seminar on “*Social Change in Contemporary India : Psychological Dimensions and Social Response*” organized by Department of Psychology, Sri Aurobindo College (Eve.), University of Delhi from 21st March -22nd March 2014.
10. Session Chaired 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.
11. Session Chaired in International Conference on “*Psychosocial Perspectives on Health and Well Being*” organized by Department of Psychology, Jamia Milia Islamia, New Delhi from 1-2 March 2016.
12. Session Chaired in 3rd International & 5th Indian Psychological Science Congress organized by Department of Psychology , P.G. Govt. College , Sector -46, Chandigarh from 28-30 September 2016.

Academic Projects:

1. Innovation Project sponsored by University of Delhi on topic “psychological capital among sportspersons” ,Year 2011-2012, **Total Amount --TEN LAKH**
2. Innovation Project sponsored by University of Delhi on topic “psychosocial determinants of volunteerism in organizing mega sporting events, Year 2013-2014,**Total Amount –THREE LAKH .**
3. Innovation Project sponsored by University of Delhi on topic “ Psychosocial Determinants of Sporting Culture in India” Year 2015-2016, **Total Amount – FIVE LAKH**

National Seminars Organized:

1. Organized Project Review Seminar on “Psychological Capital among Sportspersons” 12th February 2012 sponsored by University of Delhi.
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 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

Assignment outside Delhi University:

1. 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
2. Conducted two days Participatory Rural Appraisal Study in Narayannagar Village of Nainital District during 21-22 March 2015
3. Along with 3rd Year students, organized three Awareness Generation Programmes in Badshahpur Village, Haryana dated 14 October 2015.
4. Worked with IOCL as an expert member.

Conducted Workshop:

1. One day workshop on “Effective Management of Emotional Problems among Adolescence”, New Horizon School Nizamuddin Delhi, 2015.

Other Academic Duties/ Roles :

1. Convener , Student Advisory Committee , Sri Aurobindo College (Eve.)
2. Convener, Placement Cell, Sri Aurobindo College (Eve.)
3. Member , Discipline Committee , Sri Aurobindo College (Eve.)
4. Member, Tour Excursion Committee , Sri Aurobindo College (Eve.)
5. Member, Finance Committee, Sri Aurobindo College (Eve.)
6. Member, Infrastructure Committee , Sri Aurobindo College (Eve.)
7. Member, Guidance and Counseling Cell, Sri Aurobindo College (Eve.)

Experience of Guiding Research: Graduate Dissertations

1. The effect of Health Locus of Control on Hope , Optimism and Psychological Well Being among Youth 2015
2. Inter Relationship of Hope , Optimism and Gratitude and Their Impact on Indian Police force 2015
3. Gratitude and Forgiveness as Predictors of Psychological Well Being of Ex-Partners in Romantic Relationship,2015
4. Forgiveness , Social Well Being and Emotions among Adolescence of Private and Government School, 2014
5. Social Networking and Narcissism among College Students , 2014
6. To Explore the Psychological Factors Behind the Motives of Graffiti Artists in India, 2014.
7. Volunteerism and its Effect on social Well Being, 2014.
8. Anger, Tridosh their Relationship and Effectiveness of Yogic Techniques on their Management, 2004.
9. Leadership Style and Conflict Style, 2004.

References

1. Prof. Radhey Shyam
Dept. of Psychology
MDU, Rohtak,
Haryana

2. Prof. Amrita Yadava
Dept. of Psychology
MDU, Rohtak,
Haryana