

Curriculum Vitae

Title	Dr.	First Name	Namita	Last Name	Aggarwal	Photograph
Designation	Assistant Professor					
Department	Applied Psychology					
Address (Campus)	Department of Applied Psychology, Shyama Prasad Mukherji College for Women, University of Delhi					
Phone Number(Campus)	-					
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Email	namita.tayal@spm.du.ac.in					
Education	Ph.D (Psychology)					
Subject	Institution	Details				
Ph.D. (Psychology)	Maharshi Dayanand University, Rohtak	Doctoral work titled 'Role of <i>Ahamkara</i> in Academic performance of school students' was successfully defended in 2022.				
M.A. (Psychology)	University of Delhi	1 st Division				
B.A. (Hons) Applied Psychology	University of Delhi	1 st Division				
Psychology	UGC	Cleared in 1 st Attempt				
Post Graduation Diploma in Guidance and Counseling	Jamia Millia Islamia University, Delhi	1 st Division				

Research Interests/ Specialization

Social Psychology, School Psychology, Indian Psychology

Teaching Experience

Working as Assistant Professor in Department of Applied Psychology, Shyama Prasad Mukherji College, University of Delhi from 2019 onwards.

Research Papers in Journals:

- **Tayal, N., & Sharma, N.R.** (2023). [Dwelling into the Role of Ahamkara in Academic Performance: A Qualitative Inquiry](#). *Qualitative Research in Education*, 12(2), 83-115. (Web of Science)
- **Anandani, A., Bhatia, A., & Tayal, N.** (2022). Exploring the role of Ahamkara in life satisfaction. *Journal of Applied research in Humanities, Language, and social sciences*, 1(2), 1-11.
- **Tayal, N., & Sharma, N.R.** (2022). Dynamics of *Ahamkara* in Academic Performance. *Naman*, 15(26), 172-184. (UGC care List)
- Sachdeva, V., **Tayal, N.**, & Yadav, V.P. (2021). Role of emotional labour in mental health. *International journal of Research in Human resource management*, 4(1), 7-12.
- Arora, A., Julka, S., Malhotra, K., **Tayal, N.**, & Yadav, V.P. (2022). Role of gender in socio-cultural attitude and physical anxiety towards appearance. *International journal of Applied Psychology*, 8(3), 468-472.
- **Tayal, N., & Sharma, N.R.** (2021). Rethinking the role of *Ahamkara* in Performance. *Education India Journal: A Quarterly Refereed Journal of Dialogues on Education*, 10(2), 442-453. (UGC Care list)
- **Tayal, N., & Sharma, N.R.** (2021). Establishing the role of *Ahamkara* in interpersonal relationships. *International Journal of Advanced Academic Studies* 3(4), 42-47.
- Kalra, R., **Tayal, N.**, & Yadav, V.P. (2021). Role of Gaming in stress: A qualitative Perspective. *Journal of Applied research in Humanities, Language, and social sciences*, 1(1), 55-76.
- **Tayal, N.**, Priya, M., & Sharma, N.R. (2020). Ahamkara and Health: An empirical review. *Journal of Indian Health Psychology*, 15(1), 1-13.
- **Tayal, N., & Sharma, N.R.** (2020). Comparative view of the eastern and western perspectives on the concept of Ahamkara/Ego. *International Journal of Indian Psychology*, 8(3), 961-966.
- **Tayal, N., & Prakash, A.** (2019). Understanding mental health in relation to organizational climate. *International Journal of Multidisciplinary Research and development*, 6(9), 80-87.
- **Tayal, N., & Yadav, V.P.** (2019). An exploratory study on conversational skills of

males with their spouses: A regional comparison. *International Journal of Applied research*, 5(9), 288-292.

- **Tayal, N.** (2019). Bhagavad Gita tenets in promotion of social Harmony. *International Journal of Advanced Educational Research*, 4(5), 70-73.
- **Tayal, N.** (2019). Strategies of preventing depressive thoughts: Through Reflection from Bhagavad Gita. *International Journal of applied research*, 5(10).

Participation in International Conferences/Workshops:

- Presented a paper on 'Working shifts and its association with bedtime procrastination' at National Seminar titled 'Indian Knowledge System: A dialogue with time' organized by Shyama Prasad Mukherji College, University of Delhi on 23th -24th February, 2023.
- Presented a paper on 'Examining the effect of parenting styles in the formation of sense of self' at National Conference on Psychology and its role in Human and Societal development organized by Dr. Bhim Rao Ambedkar College, University of Delhi on 18th-19th April 2022.
- Presented a paper on 'The effect of Attachment styles on sense of self: A Quantitative Enquiry' at National Conference on Psychology and its role in Human and Societal development organized by Dr. Bhim Rao Ambedkar College, University of Delhi on 18th-18th April 2022.
- Presented a paper on 'Exploring the role of *ahamkara* in life satisfaction' at UGC Sponsored national seminar organized by Shyama Prasad Mukherji College for Women, University of Delhi, on 03-04-2022.
- Participated and presented a paper on 'Establishing the role of *Ahamkara* in interpersonal relationships' at International seminar organized by Department of Psychology, Chaudhary Bansilal University, Bhiwani on 20-21 November, 2021.
- Presented a paper on 'Rethinking the role of *ahamkara* in performance' at International Congress of Stress, performance and wellness conducted from 17th -19th December 2021.
- Participated and presented a paper on 'Psychological Aspects in Pilot Training: Cognition and Human Factors' at 56th National and 25th International conference of Indian Academy of Applied Psychology (IAAP) organized by department of Psychology, Punjabi University, Patiala from 18-20th February, 2021.
- Participated and presented a paper on 'Ahamkara and its implications for health' at ICSPW on 11-12 December 2020.
- Participated and presented a paper on 'Role of Gender in socio-cultural attitude and physical anxiety towards appearance' at 7th International and 9th Indian Psychological science congress in 2020.
- Participated and presented a paper on 'A comparative view of eastern and

western perspective on the concept of Ahamkara/Ego' at National Seminar organized by the Department of Psychology, University of Delhi in 2020.

- Participated and presented a paper on 'Understanding the relationship between Religiosity and Pro-social behavior amongst youth' at International conference organized by Shyama Prasad Mukherji College, University of Delhi in 2019.
- Participated and presented a Poster on 'Strategies to overcome depressive thoughts: Through reflections from Bhagavat Gita' at 6th International & 8th Indian Psychological Science Congress organized by National Association Of psychological Sciences with Punjab University, Chandigarh in 2019.
- Participated and Presented a paper on 'Understanding Mental Health in relation to organizational climate' at '*53rd National & 22nd International Conference of Indian Academy Applied Psychology*' organized by Kurukshetra university, Kurukshetra in 2019.
- Participated and presented a paper on 'Role of Bhagavat Gita tenets in promotion of social harmony' at UGC Sponsored National Seminar on Psychology of National Integration organized by Shyama Prasad Mukherji College for Women, University of Delhi in 2019.
- Participated and presented a paper titled 'An Exploratory research on conversational skills of males with their spouses: A Regional Comparative perspective' in International seminar on 'Indian mind and societal concerns: An interdisciplinary dialogue' in 2016.

Guest Speaker/ Panelist/Workshop:

- Conducted a workshop on 'The art and Science of qualitative analysis' at Department of Psychology, Dr. Bhim Rao Ambedkar College, University of Delhi on 23rd November 2023.
- Guest speaker in the webinar entitled 'Mental health during COVID-19 Pandemic' organized by Ministry of Information and Broadcasting, Government of India on 28.09.2020.
- Guest speaker in the webinar entitled 'Break the stigma' on the occasion of World mental health day organized by Rotract club of Delhi Royals on 10.10.2020.

Refresher course/ Faculty Development Program:

- Successfully completed two weeks faculty development programme on 'India Knowledge

system: A multidimensional legacy' organized by teaching learning centre of Ramanujan College in collaboration with Shyama Prasad Mukherji College for women, university of Delhi from 13th July -27th July 2023.

- Successfully completed 2 Weeks refresher course on 'Data Analysis with statistical Methods' organized by Ramanujan College, University of Delhi in association with Indian Accounting Association from 21.12.2020-03.01.2021.
- Successfully completed 7 Days National Faculty Development Programme on 'Emerging Trends of Pedagogy in Language, Literature and Social Sciences' organized by Ramanujan College and SPMC, University of Delhi from 13.07.2020-19.07.2020.
- Participated in Faculty Training Program on 'Microsoft Teams' organized by Shyama Prasad Mukherji College For Women, University of Delhi on 30-31.08.2020.

Other Responsibilities:

- Organizing committee member of Academic and cultural program 'Celebrating Indo- French Relations in the wake of India's G20 Presidency' organized by Cultural Council, University of Delhi on September 26, 2023.
- Actively Contributed in the Counseling Help Desk organized by Shyama Prasad Mukherji College, University of Delhi during Pandemic in 2020
- Organizing committee member of an International conference 'In dialogue with Mahatma Gandhi' organizing by Shyama Prasad Mukherji College, University of Delhi- 2019.
- Core Committee member of Psychology Association (SPANDAN) 2013-2016.