

DR. BHUMIKA KAPOOR

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CAREER OBJECTIVES

To contribute to academia by utilizing my understanding of psychology and research, and to mentor young individuals in meaningful ways towards realizing their potential.

EDUCATION

2008 - 2011

B.A. HONS. APPLIED PSYCHOLOGY, VIVEKANANDA COLLEGE,

UNIVERSITY OF DELHI

Percentage – 71.67%

2011 - 2013

MA. PSYCHOLOGY, DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF DELHI

Percentage – 72.71%

Undertook a Dissertation titled, ‘Understanding Adolescent Health Risk Behavior in Cultural Context’, for the partial fulfillment of the Masters’ Degree in Psychology, under the supervision of Prof. Girishwar Misra, University of Delhi.

Qualified the UGC NET for eligibility for Lectureship in the subject of Psychology (December, 2012).

PHD – DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF DELHI (2022)

Title of thesis – Exploring the Interplay between Globalization and Identity

Supervisor – Dr. Vanita Sondhi, Vivekananda College, University of Delhi

My PhD work is a qualitative exploration of the experiences of emerging adults from a metropolitan context of Delhi-NCR, living in a globalized society. Specifically, my thesis focused on uncovering participants’ subjective understanding and experiences of globalization, and its implications for the conceptualization of their identities.

EXPERIENCE

JANUARY, 2015 - PRESENT

ASSISTANT PROFESSOR, JESUS AND MARY COLLEGE, UNIVERSITY OF DELHI (GUEST FACULTY – JAN TO NOV 2015; AD-HOC – JAN 2016 ONWARDS)

Papers Taught

Introduction to Psychology (Theory & Practical), Psychology of Individual Differences (Theory & Practical), Social Psychology, Applied Social Psychology (Theory & Practical), Developmental Psychology (Theory & Practical), Industrial/Organizational Psychology, Understanding Human Resource and Practices (Theory & Practical), Emotional Intelligence, Psychology for Health and Wellbeing, Psychology at Work, Media Psychology, Foundations of Psychology (Theory & Practical), Making Decisions (For B.Voc. Healthcare Management and Retail Management & IT), & Project/Dissertation.

I've also taken practicals for Psychometry, Biopsychology, Community Psychology, and Psychological Perspectives in Education.

ACHIEVEMENTS

1. Winner of a national level article writing competition in the International Seminar on 'Value Based Life', organized by the Department of Culture, Government of Madhya Pradesh (17-19 April, 2015).
2. Awarded the ICSSR Doctoral Fellowship for the year 2014 - 2015.
3. Certificate of Merit for securing **1st Position** in Vivekananda College in **B.A. (H) Applied Psychology**, 2011.
4. Certificate of Merit for securing **1st Position** in **University of Delhi** in **B.A. (H) Applied Psychology**, for the Session 2009 - 10.

PUBLICATIONS

Research Papers:

1. Höltge, J., Theron, L., Cowden, R. G., Govender, K., Maximo, S. I., Carranza, J. S., ... & Ungar, M. (2021). A cross-country network analysis of adolescent resilience. *Journal of*

- Adolescent Health*, 68(3), 580-588.
2. Kapoor, B., (2017). Prevalence of health risk behaviors among adolescents in Delhi-NCR, India. *IAHRW International Journal of Social Sciences Review*, 5 (2), 245-248.
 3. Kapoor, B., & Tomar, A. (2017). Psychosocial implications of globalization: An opportunity-based perspective. *Indian Journal of Positive Psychology*, 8 (2), 196-199.
 4. Kapoor, S., Mehta, M., & Kapoor, B. (2017). Gender differences in subtypes of obsessive compulsive disorder. *Indian Journal of Health and Wellbeing*, 8 (6), 515-517.
 5. Kapoor, B., & Tomar, A. (2016). Exploring connections between students' psychological sense of school membership and their resilience, self-efficacy, and leadership skills. *Indian Journal of Positive Psychology*, 7 (1), 55-59.
 6. Tomar, A., & Kapoor, B. (2016). Women in Indian television soap operas: A continued captivity in stereotypes. *IAHRW International Journal of Social Sciences Review*, 4 (2), 225-228.

Book Chapters:

1. Developed a module on 'Networking' as part of a DoPT assignment on developing modules on behavioral competencies for Assistant Section Officers, GOI under *Mission Karmyogi* [under publication].
2. Kapoor, B. (2022). Unit-7: Social learning theory and social role theory. In *Psychology of Gender (BPCG-176)* (pp. 149–163). Indira Gandhi National Open University, New Delhi.
3. Kapoor, B. (2022). Unit-8: Expectation states theory and gender schema theory. In *Psychology of Gender (BPCG-176)* (pp. 164–176). Indira Gandhi National Open University, New Delhi.
4. Kapoor, B. (2021). Unit 5: Stages in lifespan development. In *Developmental Psychology (BPCC-109)* (pp. 107–135). Indira Gandhi National Open University, New Delhi.
5. Kapoor, B. (2021). Unit 12: Social structure and development in the Indian context. In *Developmental Psychology (BPCC-109)* (pp. 306–322). Indira Gandhi National Open University, New Delhi.
6. Kapoor, B. (2021). Unit 14: Prosocial tendencies and antisocial behaviour in childhood. In *Developmental Psychology (BPCC-109)* (pp. 351–374). Indira Gandhi National Open University, New Delhi.

Other Publications:

1. Contributed an article, 'The View from the Other Side' for the 'Talk to Teachers' section of EducationMatters@ETMA e-Magazine, Vol. 3, No. 1, March, 2015, page 5.
2. Contributed an article, 'Peer Education: An Effective Mechanism for Assisting Adolescents' for the 'Innovative Learning Techniques' section of EducationMatters@ETMA e-Magazine, Vol. 2, No. 2, November 2014, 23-24.
3. Contributed an article, 'Innovation in Value Education' for the 'Classroom Innovations' section of ETMA e-Magazine, Vol. 1, No. 4, February 2014, 34-35.
4. Contributed an article, 'New Direction' for the 'Students Speak' section of EducationMatters@ETMA e-Magazine, Vol. 1, No. 2, August 2013.

Research Supervision:

1. Supervised a B.A. (Hons) DSE Project/Dissertation for Ms. Tejasvi Rajesh titled, "I am a proper woman now": Exploring the Socio-Cultural and Existential Domains in Mothering' (2022).
2. Supervised a B.A. (Hons) DSE Project/Dissertation for Ms. Tanya Antony titled, 'Portraits of Life after Loss: Understanding People's Experiences of Parental Loss' (2020).
3. Supervised a B.A. (Hons) DSE Project/Dissertation for Ms. Sharin D'souza titled, 'The Peculiar Patriarchy and the Ramifications of Womanhood: Understanding Experiences of Agency in Indian Women' (2018).

PAPER PRESENTATIONS

1. Delivered a presentation as an Invited Young Scientist Speaker on the topic, 'Predicting Intention to Perform Pro-environmental Behavior amidst Covid-19 Using the Theory of Planned Behavior', at the International Conference on People, Environment, Science & Pandemic: "वसुधैव कुटुम्बकम्", jointly organized by Research Cell, Community Engagement & Outreach Cell and Department of Environmental Sciences, Bhagini Nivedita College, University of Delhi from June 5 – 7, 2020.
2. Presented a paper titled, 'Exploring the Interplay between Globalization and Identity', at the International Conference on 'Perspectives on Peace and Sustainable Development in a World of Conflict' organized by Vivekananda College, University of Delhi on 14th February, 2020.
3. Presented a paper titled, 'Understanding People's Experiences of Globalization: A Qualitative

Study’ in the UGC Sponsored Two Days National Seminar on “Globalization, Diversity and Equality: Challenges for Indian Society”, organized by Ramanujan College, University of Delhi on 21st September, 2019.

4. Presented a paper titled, ‘Understanding Globalization and its Implications for Identity’ in the 27th National Academy of Psychology (NAOP), India conference jointly organized by Indian Institute of Technology, Kharagpur held during December 22-24, 2017.
5. Presented a paper titled, ‘Women on Indian Television: A Continued Captivity in Stereotypes’ in the Scientific Session of 24th Annual Convention of National Academy of Psychology (NAOP), India jointly organized by IIFM and NITTTR, Bhopal held during December 12-14, 2014.

SEMINARS, WORKSHOPS, AND CONFERENCES

1. Participated in the 31st Convention of National Academy of Psychology 2021-2022 on "Psychology and Social Justice at the time of Covid-19 Pandemic: The State, Community, and Individual Perspectives", organized by NAOP with IIT Bombay on 5th March, 2022.
2. Participated in ‘Trauma Response 3.0 – Fight/Flight or ___?’, A Knowledge-Based Training Program organized by Unbottle Emotions from 26th February 2022 – 6th March 2022.
3. Participated in an orientation program on the topic, “Prevention and Management of Mental Health Problems in Higher Education Institutions”, organized by Institute of Counsellor Training Research and Consultancy (ICTRC) on 2nd February, 2022.
4. Attended 4 Workshops on the topic, “Advanced Qualitative Research Methods in Psychology (AQRMP)”, organized jointly by National Academy of Psychology and Jawaharlal Nehru University between 23rd October 2021 – 1st November 2021.
5. Completed a Six Weeks Online Research Methodology Workshop, organized by Council for Social Development, New Delhi between 4th April 2021 – 14th May, 2021.
6. Completed Three days hands-on Online Workshop on the topic, “SPSS Applications in Data Analysis”, on 18th, 19th & 24th June 2020, organized by the Education Committee of PhD Chamber of Commerce and Industry, New Delhi.
7. Part of the organizing team for the Webinar on the topic – “In a relationship... with the screen!”. Speaker – Prof. Aseem Shrivastava, Faculty Member, Ashoka University.
8. Part of the organizing committee for the UGC Sponsored National Seminar on the topic, “The Unconscious Communication in Psychoanalysis”, at Jesus and Mary College, University of Delhi held on 22nd January, 2020.

9. Participated in the Pre-Conference Workshop – “Grounded Theory Method in Psychology”, organized by the National Academy of Psychology (NAOP) India at IIT, Kharagpur (21st December, 2017).
10. Participated in the Pre-Conference Workshop – “Globalization and Well-Being: Sustainable Research in a Changing World”, organized by the National Academy of Psychology (NAOP) India at IIFM, Bhopal (11th December, 2014).
11. Participated in the Workshop on the topic, “Information Literacy and Competency” organized by Delhi University Library System, University of Delhi, on 5th December 2014.
12. Participated in the Author Workshop conducted by Elsevier in association with University of Delhi on 22nd September, 2014.
13. Attended the International Seminar on Indian Psychology organized by the Department of Psychology, University of Delhi (March 22-25, 2013).
14. Certificate of Participation in “Interactive Session with Dr. Sudhir Kakar” at Vivekananda College, University of Delhi, 2011.

PARTICIPATION IN FACULTY DEVELOPMENT PROGRAMS

1. Participated in a five-day FDP on "Qualitative Research", between 11th - 15th July 2022, organized by Jesus and Mary College, University of Delhi in collaboration with Knowledge Whiteboard.
2. Participated in Two-week “Online Refresher Course in Psychology” between 12th April 2021 – 26 April 2021, organized by Ramanujan College, University of Delhi, under the aegis of Ministry of Education (PMMMNMTT).
3. Participated in Two-Weeks FDP on “Enhancing Psychological Skills for Teaching & Practice”, between September 15 - September 29, 2020, organized by Ramanujan College, University of Delhi, under the aegis of Ministry of Human Resource Development (PMMMNMTT).
4. Participated in One-Week Online FDP on "ICT Enhanced Teaching Learning and Creating MOOCs" between August 18 - August 25, 2020, organized by Ramanujan College and Shivaji College, University of Delhi, under the aegis of Ministry of Human Resource Development (PMMMNMTT).
5. Participation in FDP on “Online Teaching Tools”, organized by IQAC, Jesus and Mary College on 24th – 25th July, 2020.
6. Faculty Development Program on “Reimagining Academic Leadership – Redefining the Role

of Teacher and Academic Excellence in the Era of Disruption” on 16th December, 2019 at Jesus and Mary College, University of Delhi.

7. Participation in FDP on “Creative Use of Technology in Education” (Level - advanced), organized by IQAC, Jesus and Mary College on 9th May, 2017.

OTHER ACTIVITIES

1. Conducted a session on the topic, ‘Theoretical Perspectives and Methodology of Qualitative Research’ for Research Bootcamp - Discover 2.0: Intricacies of Psychological Inquiry, organized by You're Wonderful Project on 6th September, 2021.
2. Lecture on Perspectives from Psychology in Understanding Crime, at Faculty of Law, University of Law, University of Delhi on 10th November, 2018.
3. Conducted a workshop on Positive Classroom Environment with teachers from Ryan International School, Noida Extension on 27th June, 2017.

MEMBERSHIP OF IMPORTANT BODIES

Member, National Academy of Psychology (NAOP)

SKILLS AND INTERESTS

1. Passionate about teaching, mentoring and research (quantitative and qualitative).
2. Advanced proficiency in MS Office, & SPSS.
3. Basic level proficiency in R.
4. Interested in literature, writing, and sketching.

DECLARATION

I hereby declare that the above-mentioned information is correct up to my knowledge and I bear the responsibility for the correctness of the same.