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| Dr. Pratima Phone:9899170919 Email: pkaushik@jmc.du.ac.in  |
| **CAREER OBJECTIVES**A perspective educator with a solid record of accomplishment in attaining targets. With ten years of teaching and research experience in Higher education, both at public and private Universities, I intend to cultivate long-lasting relationships with students and staff to strengthen program success. I have a strong work ethic and commitment to excellence in teaching. I am committed to the interdisciplinary experimental research-based discovery of knowledge about the mind, brain, and behavior. My goal is to sensitize the masses about mental health and empower them to attain positive mental health through a holistic approach.**EXPERIENCE**NOVEMBER 2020 - PresentAssistant Professor, JEsus and Mary College, Delhi UniversityTeaching theory and practicum papers for Honors, Programme, and General Elective courses.Staff Adviser, Indian Cultural SocietyCourses taught: Introduction to Psychology, Foundations of Psychology, Psychology of Health and Wellbeing, Introduction to Social Psychology, Psychological Research, Statistical Methods, and Psychological Research, Developing Emotional Competence, Understanding Psychological Distress and Well-being.JANUARY 2020 – JULY 2020ADJUNCT FACULTY, AMBEDKAR UNIVERSITY, DELHI Courses taught: human cognition, understanding childhood, and psychology for IndiaAUGUST 2019 – DECEMBER 2019Assistant Professor (Guest), JAMIA MILLIA ISLAMIACourses taught: community psychology, cross-cultural psychology, systems of psychology, test construction, and social psychologyjANUARY 2018- JANUARY 2020Post-Doctoral Fellow from Department of Psychology, University of DelhiFunded by I.C.S.S.R. (15/01/2018- 14/01/2020).Title: "Self-Regulation and Resilience in Students with Learning Difficulty" under the mentorship of Prof. (Dr.) S.P.K. Jena, Dept. of Applied Psychology, Delhi University. (Research Experience).JANUARY 2019 – APRIL 2019Assistant Professor (Guest), DR. BHIM RAO AMBEDKAR COLLEGE, UNIVERSITY OF DELHICourses taught: Counselling Psychology and Industrial/Organizational Psychology.July 2012– DECEMBER 2017Assistant Professor, AMITY UNIVERSITY UTTAR PRADESHIn addition to teaching theory and practicum papers for Honours, and BA+MA integrated, M.Phil and Ph.D. courses, I have **supervised several dissertations at postgraduate levels and undergraduate thesis**, in the area of **clinical psychology, rehabilitation psychology, child and adolescent psychology**. I have also been involved in various administrative positions in Department of Psychology, such as Program Leader of BA+MA Clinical Psychology, Lab In-Charge, member of IQAC team, Member of Area Advisory Board and Board of Studies. |

**EDUCATION**

### OCTOBER 2012

### PhD Clinical Psychology, Department of Psychology, University of Delhi

Expressed Emotion, Quality of life, and Burden of Caregivers of Schizophrenia and Bipolar Affective Disorder

### decebber 2006

M.Sc. ClinicalPsychology Dev Sanskriti Vishwavidhyalaya, (Uttaranchal) (Gold Medalist)

**JULY 2003**

## B.Ed. Integrated Science and Home Science, Lady Irwin College, University of Delhi

**JULY 2002**

## B.Sc. Home Science, Institute of Home Econimics, University of Delhi

**PUBLICATIONS**

Kaushik, P., Jena, S.P.K. (2022). Effect of cognitive-behavioral intervention on electroencephalographic band powers of children with learning difficulty during eyes closed and eyes open conditions. *Arquivos de NeuroPsiquiatria*, *80(*3), 224-232.

Kaushik, P., Pandey, A. K. (2021). Effectiveness of Indian Lifestyle Practices in Managing the Effects of Home Confinement on School Going Children. *Journal of Psychosocial Research*, *16*(2), 307- 320.

Kaushik, P., Jena, S.P.K. (2021). Evaluation of P.E.A.B.L.S. for enhancing behavioral and cognitive skills among students with learning difficulty*. Education India: A Quarterly Refereed Journal of Dialogues on Education, 10 (*2), 126- 138.

Kaushik, P., Jena, S.P.K. (2021). Effect of cognitive-behavioral intervention on electroencephalographic band powers of children with learning difficulty during eyes closed and eyes open conditions. *Arquivos de Neuro-Psiquiatria*, *80(*4) (article in press).

Kaushik, P., Jena, S.P.K. (2021). Self-regulation learning strategies and academic performance in students with learning difficulty. *International Journal of Behavioural Science*. 14(4), 172-177. ISSN 2322-1194 doi: 10.30491/ijbs.2020.212964.1180

Pratima, Jena, S.P.K. (2019). Academic, self-regulation and resilience skills improvement with P.E.A.B.L.S. intervention in students with learning difficulty. *Perspectives in Social Work, 34*(3), 33- 57. ISSN 0974-5114. (U.G.C. Approved under Social Sciences Sr. No. 222).

Pratima (2019). Childhood adversities and learning difficulty in school children: Role of resilience and self-regulation. *International Journal of Social Sciences*. Vol.4(3), 498-503. ISSN No. 2347-3797. UGC Approved Journal No.- 41948 & NAAS rating 2.72.

Wadhwa, A., Prasun, M., Kaushik, P. (2018). Time management and Quality life among college students. *Stress Management Processional International Journal.* Vol 6(1), 19-24. ISSN- 23479124. U.G.C. Approved Journal No.:42941, Cosmos Impact Factor 2015: 3.569.

Verma, K., Kaushik, P. (2017). Social appearance anxiety and fear of negative evaluation in college-going students with acne vulgaris*. International Journal of Psychology and Psychiatry*. Vol 5(2), 63-75. DoI No: 10.5958/2320-6233.2017.00011.6 ISSN (online)- 2320-6233.

Koshy, S., Kaushik, P. (2017). Psycho-social Correlates and predictors of Quality of Life Among Victims of Domestic Violence. International Journal of Social Sciences, Vol. VI (1), pp. 41-52., DOI: 10.20472/SS2017.6.1.004

Koshy, S., Kaushik, P. (2017). Correlates and Predictors of Quality of Life among Victims of Domestic Violence. *Indian Journal of Social Research.* 58(1), 33-41 ISSN (Print): 0019-5626. NAAS Rating: 3.00 (2017) General Impact Factor: 2.9132 (2016). (U.G.C. Approved journal).

Vats, D., Kaushik, P. (2016). Meta-cognitive awareness and personality as predictors of creativity among young adults. *Journal of Contemporary Psychological Research*. 3(2), 30-40. ISSN 2349-5642(Print).

Ahuja, K., Kaushik, P. (2016). Burnout and Coping Strategies in Patients with Diabetes and Hypertension. *European Academic Research*. IV (3). 3013-3030. Impact Factor: 3.4546. ISSN 2286-4822.

Pratima (2015). Quality of Life in Schizophrenia and Bipolar Affective Disorder. *International Journal of Indian Psychology. 3(1)10:* 78-92. ISSN 2349-3429. Impact factor: 5.10.

Tandon, R., Kaushik, P. (2015). Quality of Life and Interpersonal Communication among Nursing Professionals. *International Journal of Nursing Education and Research. 3(3):* (109- 113). ISSN: 2347-8640

Pratima (2015). Emotional Intelligence and Perceived Parental Support as Predictors of Happiness Among Young Adults. *Society and Politics, 5(.1),* (26-32). ISSN- 2248-9479

Pratima (2015). Effectiveness of Naad Yoga Therapy for Neurosis Management. *International Journal of Physical and Social Sciences. 5 (6),* (224-230). ISSN: 2249-5894

Kaushik, P., Kaushik, R. (2015). Cognitive Behavioural Interventions in the Management of Borderline Personality Disorder with the History of Sexual Abuse: Case Studies. *Delhi Psychiatry Journal. 18:(2),* 389-395. ISSN 0971-9571.

Pratima; Jena, S.P.K. (2015). Living with Schizophrenia: An Indian Experience. *International Journal of Social Science and Linguistics, 5, (1),* 14-23. ISSN- 2249-2984

Pratima; Jena, S.P.K. (2015). Experience of Burden among the Caregivers of People with Severe Mental Illness: Effects on General Well-Being, Appreciation and Perceived Severity. *International Journal of Psychiatry and Psychology. 14, (2),* 211- 219. ISSN: 2320-6233

Pratima, Bhatia, M.S.; Jena, S.P.K. (2013). Burden and Quality of Life in Spouses of Schizophrenic and Bipolar Patients. *Delhi Psychiatry Journal, 16 :( 1),* 83-89. ISSN 0971-9571

Pratima, Bhatia, M.S. (2012). Expressed Emotion Research in Severe Mental Illness. *Delhi Psychiatry Journal, 15 (1),* 32-40.ISSN 0971-9571

Pratima, Bhatia, M.S. (2011). Caregiver burden in severe mental illness. *Delhi Psychiatric Journal, 14, (2),* 211- 219. ISSN 0971-9571

Pratima (2009). Personality profile of orphan and non-orphan adolescents. *Dev Sanskriti Journal; 5&6, (5)*, 195- 201. (ISSN 2279-0578).

**BOOKS/ BOOK CHAPTERS:**

Kaushik, P. (2021). Guided intervention: A mind-body intervention. In Bharadwaj, A.K. (Ed.) Mind-Body Practices. Crossbill Publishing Co. Pp. No. 163-186. ISBN-978-93-82297-64-2.

Kaushik, P. (2018). Comorbidity of Medical and Psychiatric Disorders in Geriatric Population: Treatment and Care. In Prasad, V.; Akbar, S. (Ed.) Handbook of research on Geriatric Health, Treatment, and Care. I.G.I. Global (formerly Idea Group Inc.) - U.S.A. P-142. Pp. No- 448-474. ISBN-13: 9781522534808.

Kaushik, R., Kaushik, P. (2018). Brain Aging and Cognitive Impairment. In Prasad, V.; Akbar, S. (Ed.) Handbook of research on Geriatric Health, Treatment, and Care. I.G.I. Global (formerly Idea Group Inc.) - U.S.A. P-142. Pp. No- 153-173. ISBN-13: 9781522534808.

Kaushik, P. (2018). Promoting Successful Positive Aging across the Health Continuum: A Holistic Approach. In Prasad, V.; Akbar, S. (Ed.) Handbook of research on Geriatric Health, Treatment, and Care. I.G.I. Global (formerly Idea Group Inc.) - U.S.A. P-142. Pp. No- 48-67. ISBN-13: 9781522534808.

Kaushik, P., Singh, T.B. (2016). Predictors of Expressed Emotion, Caregiver's Burden and Quality of Life in Chronic Mental illness. In Prasad, V.P. (Ed.) Chronic Mental Illness and the Changing Scope of Intervention Strategies, Diagnosis, and Treatment. I.G.I. Global (formerly Idea Group Inc.) - U.S.A. P-142. Pp. No- 144-164. ISBN-10: 1522505199.

Kaushik, P., Garg, A. (2016). Mindfulness and Metacognitive Awareness among University Students. In Aleem, S., Iqbal, N. (Ed) Positive Vistas on Health and Well-Being. *Excel India Publishers.* Pp 105-113. ISBN No. 978-9-385-77734-9. (Conference proceeding).

Kaushik, P. (2015) Expressed Emotion, Quality of Life and Burden of Caregivers: A Study of Schizophrenia and Bipolar Affective Disorder in Indian Context. *Lambert Academic Publishers, Germany*. ISBN No. 978-3659-80166-2.

Pratima. (2014). Mental Health in Patients with severe mental illness and their caregivers. In Patra, S. (Ed) In Perspectives on Mental Health & Well-being in Indian Context. *Earth Vision Publications*. Pp 73- 106.

**PRESENTATIONS**

**International**

Kaushik, P (2022). Cave Syndrome: A Psychological State During Covid-19 Pandemic. Presented paper in 31st Convention of National Academy of Psychology 2021-2022 (4- 6 March 2022) organized by Psychophysiology Laboratory, Department of Humanities and Social Sciences, IIT Bombay.

Kaushik, P (2016). Psychological Distress and Perceived Social Support as a Predictor of Quality of Life in Caregivers of Psychiatric Cancer Patients. Presented in 3rd International & 5th Indian Psychological Science Congress (28- 30 September 2016) organized by National Association of Association Science- India, Hosted by: Dept. of Psychology, P.G. Government College, Chandigarh.

Kaushik, P (2016). Selfie Addiction and Its Effects Among Young Generation: Review of Literature. Presented in the International Seminar on "Indian Mind and Societal Concerns: An Interdisciplinary Dialogue" (2-3 April 2016) organized by Department of Psychology Ramanujan College (University of Delhi) in association with National Academy of Psychology (N.A.O.P.), India.

Kaushik, P (2016). Metacognitive Awareness and Mindfulness among University Students. Presented in International Conference On Psycho Social Perspectives On Health & Well Being (1st March- 2nd March 2016) at Jamia Millia Islamia, Delhi.

Kaushik, P (2015). Effectiveness of Naad Yoga Therapy for Neurosis Management. Presented in International conference on positive Psychology: The Ripple Effect (27th February- 1st March 2015) at Manav Rachna International University, Faridabad, Haryana.

Kaushik, P (2015). Cognitive Behavior therapy for the Management of Borderline Personality Disorder with the History of Sexual Abuse. Presented at International conference organized by AIIMS-2015, 28th- 4th March 2015.

**National**

Pratima (2018). Strategies to manage students with learning difficulty into mainstream education. Oral paper presentation in 28th Congress of National Academy of Psychology on "Towards Building Inclusive Society" organized by the Department of Applied Psychology, Ramanujan College (University of Delhi), at University of Delhi, New Delhi during 19- 21 December 2018.

Pratima (2018). Childhood Adversities and Learning Difficulty in School Going Children – Role of Resilience and Self-Regulation. Presented in Ist National Conclave attended on "Psychological Trauma, Child Protection, and Mental Illness: Directions in Research, Training, and Service Provisions" held from 27-28 March 2018 organized by A.I.I.M.S., Delhi. Received best paper presentation award.

**SEMINARS, WORKSHOPS AND CONFERENCES**

Pratima (2020). Attended webinar on 15th July 2020 on topic "Religion, Society and Religious Conflict in India" by Prof. Sudhir Kakkar, organized by the Counselling Center and Department of Psychology, Bharti College, University of Delhi.

Pratima (2019). Attended HUSS-UKIERI Workshop on Structural Equation Modelling on 13th- 14th April 2019 at I.R.D. Conference Room, Main Building, I.I.T. Delhi, New Delhi.

Pratima (2019). Attended workshop on Minds, Brain, and Technology, Organized at the Department of Humanities and Social Science, I.I.T. Delhi on 30th March 2019.

Pratima (2018) 28th Congress of National Academy of Psychology on "Towards Building Inclusive Society" organized by the Department of Applied Psychology, Ramanujan College (University of Delhi), at University of Delhi, New Delhi during 19- 21 December 2018.

Pratima (2018). Attended training program on Capacity Building in Survey Research Methodology from 8-10 October 2018 conducted by ICMR-NIMS, Delhi.

Pratima (2018). National Conclave attended "Psychological Trauma, Child Protection, and Mental Illness: Directions in Research, Training, and Service Provisions" held from 27-28 March 2018, organized by A.I.I.M.S., Delhi.

**PARTICIPATION IN FDPS**

Pratima (2022). Attended one-week F.D.P on "Academic Research Writing." Online Mode -Teaching Learning Centre, Ramanujan College, University of Delhi in collaboration with Shaheed Bhagat Singh College (E), University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT) of Ministry of Education from 31/12/2021- 06/01/2022.

Pratima (2021). Attended a two-week F.D.P./Refresher Course on "Emerging Accessible Technologies for Teachers in Higher Education." Certificate No. GAD-TLC/21- 22/OFDP41/OB/162. Online Mode Maitreyi College, University of Delhi and Guru Angad Dev Teaching Learning Centre, S.G.T.B. Khalsa College, the University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT) of Ministry of Education from 20/03/2021- 03/04/2021.

Pratima (2021). Two-week F.D.P./Refresher Course In Psychology. Online Mode Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry Of Education Pandit Madan Mohan Malaviya National Mission On Teachers And Teaching In Collaboration With Center For Psycho-Social Resource Development And Training, Ramanujan College from 12/04/2021- 26/04/2021.

Pratima (2020). Attended Faculty Development Program on Applied Psychological Perspectives of Well-being: (SPEED) from 22/06/2020- 27/06/2020, organized by A.I.P.S., Amity University Uttar Pradesh.

**AWARDS AND ACHIEVEMENTS**

March 2018- Best Paper award at Ist National Conclave attended on "Psychological Trauma, Child Protection, and Mental Illness: Directions in Research, Training, and Service Provisions, AIIMS.

December 2006- Gold medalist in Post-Graduation

**SKILLS AND INTERESTS**

Proficient in Psychological Assessment, Psychotherapies, and Relaxation therapies (Yoga Nidra, Biofeedback training, Jacobson Relaxation training).

Electroencephalography (E.E.G.) data acquisition and analysis through E.E.G.L.A.B. toolbox (M.A.T.L.A.B.)

Proficient in statistical analysis through S.P.S.S.

Proficient in using R- Console, J.A.S.P., and S.E.M. for advanced statistical analysis.

**DECLARATION**

I hereby declare that the details and information given above are complete and true to the best of my knowledge.

**Dr. Pratima**