




Faculty Details proforma for DU Web-site

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cc: director@ducc.du.ac.in)

Title	Dr.	First Name	Ritu	Last Name	Sharma	Photograph
Designation		Assistant Professor				
Address		130, Nirankari Colony, Delhi 110009				
Phone No	Office	011-27751317				
	Residence					
	Mobile	9811048267				
Email						
Web-Page		ritusharen@rediffmail.com				
Educational Qualifications						
Degree		Institution			Year	
Ph.D		University of Delhi			2010	
Master's of Philosophy, Psychology		Faculty of Arts, University of Delhi			1996	
Bachelor's of Philosophy, Psychology		Zakir Hussain College, University of Delhi			1994	
Career Profile						
<ul style="list-style-type: none"> Worked in FORE Institute of Management as a Research Associate for the ICSSR funded project on the topic "Motivational complexity of ecologically sustainable consumption." 2004-2005 Worked as Research Assistant in Psychology Department, University of Delhi in a Task force project of Indian Council of Medical Sciences (ICMR) in 2005 titled as 'Determinants of Functional Status of Elderly'. Worked as Senior Research Fellow in All India Institute of Medical Sciences (AIIMS) in a Task force project of Indian Council of Medical Sciences (ICMR) in 2007-2008 titled as 'Determinants of Functional Status of Elderly'. Taught as Assistant Professor (Ad-hoc) in Gargi College from August 2008- Dec 2008 						
Administrative Assignments						
Earned administrative experience by working in various committees in college such as-						

2009-10 worked as Co-convenor of Admission committee and Purchase committee, NCC Officer, Member of Cultural committee.

20010-11 worked as Convener Sports committee, Co-convenor Purchase committee, NCC Officer

2011-12 worked as Convener Computer lab, Convener Prize distribution committee

2012-13 worked as Convener Computer lab, Member Prize distribution committee

2013-14 worked as Convener Computer lab, Member laptop committee, Decision on Software purchase committee, Member Prize distribution committee

2014-15 worked as Member Dramatics committee, Member Gandhi study circle

2015-16 worked as member Skill development committee, Convener Water harvesting committee,

2016-2017 working as Convener website committee, TIC, Psychology Department

Areas of Interest / Specialization

Gerontology (Aging), Psychological Well-being, Mental health, Organization Behavior, Gender issues, Elder abuse, Long term care, Social Psychology

Subjects Taught

Research Methodology, Psychological well-being and distress, Social Psychology, Statistics, Psychological skills, General Psychology

Research Guidance

Supervised following doctoral thesis-

- “Stress management of soldiers deployed in international conflict mission”. Pacific Academy of Higher Education and Research University by Atanu Kumar Pattanaik.
- “Job involvement, work environment and organizational role stress in Delhi Police” by Pratima Sharma from Pacific Academy of Higher Education and Research University.

Projected headed at undergraduate level students 2014-15

1. Discrimination against women in Rural areas. *Annu, Sonica, Rashmi, Monica, Priyanka, Sangeeta, Alisha, Ritu Sharma*
2. Discrimination against women in Urban areas. *Megha, Akanksha, Ritu Sharma*
3. Importance of yoga in daily regime of people in rural Delhi. *Varsha Gautam, Ritu Sharma*
4. Self-efficacy among young college girls as a predictor of development in a society. *Monica, Sonia, Ritu Sharma*
5. Predictors of increasing preference for fast food among younger generations. *Neetu, Aarti, Saloni, Ritu Sharma*
6. Child sexual abuse: An emerging issue in contemporary society. *Bharti, Ritu, Ritu Sharma*
7. Level of stress among higher secondary students. *Parul, Parul, Jyoti, Ritu Sharma*
8. Predictors of elder abuse among institutionalized older people. *Deepa, Aarti, Ritu Sharma*

Publications Profile

PUBLICATIONS IN PEER REVIEWED INTERNATIONAL JOURNALS

1. Sharma, R. (2016). Intergenerational learning. *Gerontology & Geriatric Research*. Austin Publishing group. Open access, May 17, 2016 Vol 2(2). id 1012
<http://austinpublishinggroup.com/gerontology/online-first.php>
2. Sharma, R. & Dey, A. B. (2015). Healthy Aging - A social responsibility. *Central Asian Journal of Medical Sciences and Education*, Vol 1(1) (October –December 2015). ISSN 2412-3684
3. Sharma, R (2014). Effectiveness of life style interventions as self-help technique to enhance psychological well-being of institutionalized and non-institutionalized senior citizens. *Journal of Gerontology and Geriatric Research*. 3(5); 189. Doi: 10.4172/2167-7182.1000189.
<http://www.omicsgroup.org/journals/ArchiveJGGR/jggr-archive.php?month=December&year=2014>

4. Sharma, R (2013). Social support as a mental health indicator and its influence on IADL of the community dwelling senior citizens in Delhi. *International journal of stress management and allied sciences*. Vol. 2(1), 34-37. ISSN : 2278 – 7771
5. Chadha, N.K., Sharma, R., Bir, P., Garg, S (2013). Emotional intelligence, spiritual intelligence, leadership and burnout: interface with age. *International journal of stress management and allied sciences*. Vol. 2(1), 12-16. ISSN : 2278 – 7771
6. Sharma, R (2010). Sensitization towards the needs of children. *Journal of Asiaia Sports for All*. Vol. 10(1), 95-115

PUBLICATIONS IN PEER REVIEWED NATIONAL JOURNALS

1. Marwaha, E.B. & Sharma, R (2015). Prevalence of eating disorders in Indian female weightlifter: a psychological perspective. *Indian Journal of Psychology and Education*, July 2015, Vol. 5, No. 2, pp 1-8. ISSN 2231-1432
2. Sharma, R. & Chadha, N.K. (2006). Self-rated mental health of the elderly on their Life Satisfaction. *Indian journal of gerontology*. Vol. 20(4), 389-404. ISSN 0971-4189 P.R. No. 17985/69
[www.gerontologyindia.com/downloads/ijg-20\(4\).doc](http://www.gerontologyindia.com/downloads/ijg-20(4).doc)
3. Chadha, N.K., Majumdar, P., Chao, D. and Sharma, R. (2006). Psychological health of the elderly: Age and Gender issues. *Aging and society: critical issues in gerontology*. Vol. 1. p, 35-50. ISSN: 0971-8060
4. Chadha, N.K., Chao, D., Majumdar, P and Sharma, R (2006). Marital status and leisure activities among the elderly. *Help Age India: Research and development journal*. Vol. 12 no.3 October 2006, p. 8-13. ISSN: 0972-0227
5. Chadha, N.K and Sharma, R (2006). Life in cities issues and challenges. *Shelter- A Hudco-Hsmi Publication*. Vol. 9(3), pp 44-49. ISSN: 2347-4912
6. Chadha, N.K and Sharma, R (2006). "The Elderly in Asia: Impact of Urbanization and Migration". *Shelter (special issue)- A Hudco-Hsmi Publication*. Vol. 9(4). December 2006, p. 21-27. ISSN: 2347-4912

Conference Organization/ Presentations (in the last three years)

SEMINARS, CONFERENCES & WORKSHOPS ORGANIZED/ CONDUCTED

- Organized 'International Congress of Gerontology and Geriatric Medicine' (ICGGM2015) as Joint Organizing Secretary. It was held on 27th – 29th November 2015 at Indian Islamic Cultural Centre, New Delhi, India. Around 110 International and more than 300 National professionals from different areas working with aged people participated in this congress.
- Organized and conducted a workshop on 'Living happily with infirmity' along with Professor Sue C. Jacobs., Professor, School of Applied Health and Educational Psychology, Oklahoma States University, USA on 26th November in All India Institute of Medical Sciences (AIIMS). The workshop was given to heterogeneous group of people from business, nurses, doctors, engineers, students of different age groups.
- A workshop was organized on Consumer rights on 30th October 2015 in Aditi Mahavidyalya, University of Delhi. The purpose was to spread awareness on for responsible consumer behavior and understand the importance and power of bill in the generation of black money. Intergenerational bonding was also promoted through this project by giving workshops to young college students and then empowering older generation through them. It's a joint awareness campaign run by young and old generation for the benefit of the nation. Professor Sue C. Jacobs, Advocate Ashoka Jain, Dr Abha Mathur, Dr Rekha Dayal were the eminent speakers who enlightened the audience with their knowledge. I also disseminated the information on psychological aspects of consumer behavior.
- Organized a workshop on 'Healthy Aging' at Gandhi Smriti, Raj Ghat, New Delhi on 17th January 2016 for older people and general public from all fields in collaboration with Healthy Aging India an NGO. Honorable Home Minister Mr. Raj Nath Singh graced the event with his motivational speech, Prof Mishra (Director AIIMS), Prof A. B. Dey (Head, Deptt of Geriatrics, AIIMS).
- Organized a workshop on consumer awareness and health care of elderly in Aditi Mahavidyalya on 29th January 2016 for older people and students of Aditi Mahavidyalya. Honorable Minister of food & Supply, Environment & Forest and Election Mr Imran, Hussain graced the event and launched the flyer on Consumer Rights for spreading information in general public. Expert on consumer rights from Supreme Court Advocate Ms. Ankita Chaudhary, Faculty from Geriatric Department of AIIMS, and Secretary Healthy Aging India Mr. Hersh Verdhan Ojha empowered the students with their knowledge and experience.
- As a co-convener of the Gandhi Study committee a National Seminar on 'Gandhi Ka Chintan:

Samaj Nirman Aur Rastra Nirman' was organized on 22nd November 2014. Academicians, Journalist, Research scholars and college students shared their thoughts through their researches on various facets of Gandhi.

- A Workshop on Stress Management was organized in the premises of college for students and faculty.
- Attended three-day sensitization course on Substance Abuse from 31st March, 2007 to 2nd April, 2007 sponsored by National Institute of Social Defense (NISD), Ministry of Social Justice & Empowerment, Government of India.
- Attended the "International Seminar on Science and Spirituality in Yoga, Consciousness Studies and Indian Psychology". Organized by Department of Psychology, Delhi University on 27-29 January 2007, at the Shri Aorbindo Ashram, New Delhi.
- Member of the organizing committee of the 3rd National Convention on "Resourceful Humans: a New Mantra Management" Organized by the Work Psychology and Human Resource Forum on 26th February 2006, at the Indian Habitat Centre New Delhi.
- Attended the National conference on "Life span development- Multidisciplinary perspective" organized by AASTHA, an (NGO), at University of Delhi held on 5th -6th November 2005
- Attended the IVth International Congress on "Women Work and Health" at Ashoka Hotel, New Delhi held on 27th -30th November 2005.
- Member of the organizing committee of the 2nd National Convention on "Human Resource Management: an Indian Touch to the Western Concepts" Organized by the Work Psychology and Human Resource Forum on 5th March 2005, at the Indian Habitat Centre New Delhi.
- Attended the National Conference on "Recent Trends in Human Resource Development" organized by the Department of Psychology, Delhi University, Delhi 11007, on the 13th to 15th of November, 1996.

PAPERS PRESENTED- INTERNATIONAL CONFERENCES

1. A paper was presented in an International Congress of Gerontology and Geriatric Medicine held on 27th- 29th November 2015 at Indian Islamic Cultural Centre, New Delhi on 'Elder abuse : causes and prevention'.
2. A presentation was made in "28th International Congress of Applied Psychology 2014" The title

of the paper is “Influence of bio-psychosocial and cultural on lifestyle interventions as determinant of psychological well-being” in Paris on 12th July 2014.

3. A paper was presented in the symposium of “Applied Gero-psychology” of ‘International Congress of Applied Psychology 2014’. The topic is “Relationship and attachment with relevant others is a determinant of positive mental health in twilight years” in Paris on 12th July 2014.
4. A paper on “Self rated mental health and life satisfaction as the predictors of successful aging” was presented in ‘International Congress on Gerontology and Geriatric Medicine 2009’ organized by All India Institute of Medical Sciences and Indian Academy of Geriatrics on 26th, 27th 28th Feb. 2009 at AIIMS.
5. A paper on “*Functionality among older people*” was presented in International seminar “Gerontology: A global concern” organized by Department of Adult, Continuing Education & Extension, University of Delhi on 29th Feb. & 1st March 2008 at University of Delhi.

PAPERS PRESENTED- NATIONAL CONFERENCES

1. A paper on “*Comparison of various psychological and functional indicators of elderly females on their marital status*” was presented in a National Seminar on “Self-identity and well- being” organized by Zakir Hussain College, University of Delhi on 5th and 6th March, 2007.
2. A paper on “*Influence of self-rated mental health on the life satisfaction of the elderly*” was presented in a National Seminar on “Psychophysiology of Well-Being” organized by Department of Psychology, Maharshi Dayanand University, Rohtak Haryana on the 28th of March, 2006.

Research Projects (Major Grants/Research Collaboration)

- Innovation project of Delhi University AMV-303 (2015-16) “Psychological commercial and legal fight of aged consumers: a self-help group technique” funded by University of Delhi.
- Successfully completed Innovation project of Delhi University AMV-202 (2014-15) “Nutrition and Psychosocial Status of Rural Elderly Population of Delhi” funded by University of Delhi.

Awards and Distinctions

A partial scholarship from International Institute on Ageing, United Nations-Malta for International Training Program on “Health promotion, quality of life & wellbeing” will be held on 4th -15th May, Malta.

Association With Professional Bodies

- Working as Capacity Building Officer in National Aids Control Organization (NACO).
- Life member, Indian Association of Positive Psychology (IAPP).
- Life member, India Career Development Association (ICDA).
- Member, International Association of Applied Psychology (IAAP).
- Life member, Indian Association of Gerontology (IAG).
- Recognized PhD supervisor of Pacific University (PAHER)
- Editorial board member International Journal Gerontology and Geriatric Research

Other Activities

EXPERIENCE AS A TRAINER

- Contributed in development of the courseware and conducted sessions of 60 hours course of Personality development at Institute of Life Long Learning (ILLL), University of Delhi from January 31- March 08, 2009.
- Contributed in development of the courseware and conducted of sessions of 60 hours course of Personality development at Institute of Life Long Learning (ILLL), University of Delhi from September-December, 2009.
- Contributed in development of the courseware and conducted of sessions of 60 hours course of Personality development at Institute of Life Long Learning (ILLL), University of Delhi from December- March, 20010.
- Imparted training on “*Sensitization towards the needs of children*” was given in an “International Workshop on Health & Physical Education” on 26th June 2009 to the primary teachers of nine DAV schools. It is organized by Kulachi Hansraj Model School.
- Conducted a two day workshop on “Personality Development” was given to the students of

“Chandra Arya School”, East of Kailash on 16th & 17th June 2009.

- Organized a workshop on stress management for students in college campus.

CHAPTER IN A BOOK

- A chapter of “Mental health issues of senior citizens in Indian context” in the book titled as ‘Issues and concerns of elderly people in India’. Book age publication. Pp 111-116. ISBN 978-93-83281-51-0.
- Wrote Five modules of Cross Cultural Psychology in e-pathshala (e-learning) project of UGC
 - Communication in organizations,
 - Decision making,
 - Organizational development,
 - Organizational conflict,
 - Work values and commitment
- Wrote Five modules of Gerontology in e-pathshala (e-learning) project of Ministry of Human Resource Development
 - Understanding aging
 - Needs of Elderly persons
 - Demography of Aging
 - Concept of disability in aging
 - Factors affecting health of elderly
 - Slowing of aging process: Role of exercise and nutrition
- A chapter in the book ‘Geriatric Research & Gerontology’ titled as “Health and Long Term Care of Older Persons in India” designed & printed by BUKPRINT, Delhi.

Dr. Ritu Sharma

Signature of Faculty Member

- You are also requested to also give your complete resume as a DOC or PDF file to be attached as a link on your faculty page.