

Perspectives of Successful Ageing

Dr. Sarabjit Kaur Sran is an Assistant professor at MSC, University of Delhi. She has completed her Ph.D. from the department of Psychology, University of Delhi. Her fields of specialization are Clinical Psychology, Developmental Psychology and Gerontology. Her fields of interest include Health Psychology, Counselling and Positive Psychology. She has to her credit several publications. She has presented a number of papers both in National and International Conferences, Seminars and workshops. Recently, she was the convener of the National conference funded by UGC on "Perspectives of Successful ageing" held on 23rd & 24th September 2016 in which more than 350 students and delegates participated and above 100 research papers were presented. She supervised many post-graduate research projects. She is supervising Ph.D. research in Psychology as well. She is passionate about guiding students regarding their academic, personal and emotional problems. She is a life member of many reputed associations like the India Career Development Association (ICDA) and Indian Association of Positive Psychology (IAPP). She has successfully completed academic project by HRD ministry "e-Pathshala" that developed e-contents of Paper "Clinical Psychology" for post graduate students. She was the content writer of four modules of paper "Criminal Psychology" with the project entitled "e-PG Pathshala". Content creation for Post graduation students. She was also the content reviewer of another four modules of the same paper in the National Law University Delhi. She has authored book "Psychology of health and well-being" based on the Generic Elective course of Delhi University. Along with teaching, she has also handled the administrative work of the college, as a Bursar for two years.

Dr. Pooja Wadhawan is an Assistant professor in Mata Sundri College, Delhi University, in the Department of Psychology since November 2006. Her interest lies in addressing the issues related to clinical psychology, by understanding the effects of positive environment, family support and their future growth. She has presented papers in National and International conferences in areas of mental health and positive psychology. She has also published number of papers in National journals. Her contribution can also be seen in the areas of corporate counselling for different companies such as Bharti Airtel, Wipro and Erickson. She has also done a project in collaboration with university of Delhi that is an innovation project. At present she has developed e-content for the paper on cognitive psychology to help PG students for higher education. She is also member of various bodies like Career Development Association (ICDA) and Indian Association of Positive Psychology (IAPP).

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