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Career Objective

To teach and do research on Subjective Well-Being and Positive Psychology, through which I aspire to empower individuals with the knowledge of self-awareness and the strength of self-assessment and reflection. This will enable individuals to lead happy, satisfied, and rewarding lives.

Focus Areas

- Teaching
 - Research
 - Assessment
 - Leadership Development
 - Positive Psychology Coaching
 - Capacity Building
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Work Experience

Positive Psychology Coach
Certified, Positive Acorn, USA
In-Training for ICF-ACC
(April 2022 – Till Present)

Associate Professor
Jindal Institute of Behavioural Sciences (JIBS)
OP Jindal Global University, Sonapat
(November 2022 – Till Present)

Associate Professor & Deputy Director, Centre for Leadership and Change
In-Charge, Capacity Building
Jindal Institute of Behavioural Sciences (JIBS)
OP Jindal Global University, Sonapat
(April 2020 – October 2022)

At JIBS, I am responsible for teaching Undergrads, Postgrads, and PhD along with doing research. In helping with the administration at JIBS, I have been a member of the JIBS PhD Committee and am involved in capacity building and training at the Institute; I had been *the Deputy Director of the Centre for Leadership and Change at the Institute* (until mid-September 2022); *a member of the University Student Disciplinary*

Committee (until January 2021); and a member of the sub-committee task force for the Centre for Wellness and Counselling Services (until July 2021).

Courses Taught: Happiness at Workplace, Humor as a Tool for Business Success, Business Psychology and Organizational Behaviour, The Psychology of Subjective Well-Being, Foundations of Qualitative Research Methods, and Research Methods to doctoral scholars.

Doctoral Research Guidance: I am the Supervisor for one and a Co-Supervisor for two Doctoral Candidates at JIBS.

Training: I am responsible for managing the training initiatives including management development programs, teacher training programs, the management consulting fundamentals course for students and JGU employees and Professional Development Programs for Executives and Govt. Officials like NHPC, CAG, Coal India, and NACIN. I have trained over 9100+ Teachers, Students, Government Officials, and Executives on topics like Understanding Stress, Stress Management, Performance Enhancement, Subjective Well-Being, Multiple Intelligence, Work-Life Balance, Happiness at Workplace, Humor for Business Success, Practical Positive Psychology – Developing Life Skills, Developing Empathy, Effective Decision Making, and Motivation at Workplace.

**Assistant Professor & Joint Director, Centre for Leadership and Change
In-Charge, Capacity Building
Jindal Institute of Behavioural Sciences (JIBS)
OP Jindal Global University, Sonapat
(April 2019 – March 2020)**

I was responsible for teaching Undergrads, Postgrads, and PhD along with doing research. In helping with the administration at JIBS, I was leading the capacity building and training vertical of the Institute. I was also the Deputy Director (faculty-in-charge) for the Centre for Leadership and Change at the Institute. Besides, I was a member of the University Student Discipline Committee, a Member of the JIBS PhD Committee, and a Faculty Coordinator for the University Management Festival ‘BizNest’ for 2020.

Courses Taught: Happiness at Workplace, Humor as a Tool for Business Success, Business Psychology and Organizational Behaviour, The Psychology of Subjective Well-Being, Foundations of Qualitative Research Methods, and Research Methods (Modules) to PhD Scholars.

**Assistant Professor & Deputy Director, Centre for Leadership and Change
In-Charge, Capacity Building
Jindal Institute of Behavioural Sciences (JIBS)
OP Jindal Global University, Sonapat
(December 2018 – March 2019)**

Teaching Undergrads and Postgrads along with doing research. Helping with the administration at JIBS, I was responsible for the Collaborations (both International as well as National) and Training Programs for the Institute. I was the Faculty In-Charge of the Centre for Leadership and Change at the Institute.

Associate Professor & Assistant Dean (Dean In-Charge), School of Humanities and Social Sciences, G.D. Goenka University, Gurgaon

(February 2017 – November 2018)

Heading the School of Humanities and Social Sciences at G.D. Goenka University, I was in charge of 23 Faculty and 1 School Coordinator. I was also responsible for all the day-to-day academic and administrative responsibilities of the School and also its international collaborations. We had 11 programs (both undergraduate and post-graduate) that were running in the disciplines of Psychology, Economics, English Literature, Political Science, Sociology, and Travel and Tourism along with a PhD Program in the disciplines as well. Apart from this, I taught courses in Psychology and was involved in research. I had been involved in other University level responsibilities, for example, being appointed as the Deputy Superintendent for conducting the Semester Examination.

Courses Taught: Psychological Testing, Subjective Well-Being, Foundations of Psychology, and Research Methodology (both at the Postgraduate and PhD levels).

Independent Researcher

(July 2015 – January 2017)

- Psychometric Consultancy for a Start-Up: Help them build their Assessment Tool (November 2016)
- Conducted a 2-Days workshop on “Optimizing Subjective Well-Being and Clarity” at Jawaharlal Nehru University, Delhi, India (October 2016)
- Designed a workshop on “Subjective Well-Being: Concept and Strategies to optimize SWB Levels (October 2016)
- Conducted an orientation workshop on “Subjective Well-Being” at Jawaharlal Nehru University, Delhi, India (January 2016)
- Guided an MS Intern in Public Administration from Harvard Kennedy School for his project on SWB and Learning outcomes (July 2015)
- Helped an IIT Delhi (NRCVEE) Research Scholar (July-December, 2015)

Assistant Professor, School of Inspired Leadership, Gurgaon

(January 2015 – June 2015)

I had a three-fold role to play at SOIL – teacher, researcher, and consultant. I was engaged in the capacity of teaching a course to MBA students on Applied Research Methods, internal mentorship of nine students (identifying their developmental areas and facilitating their development), facilitating research activities and leading a happiness project (psychometric).

Senior Associate–Decision Solutions, Infosys Leadership Institute, Infosys Limited

(October 2012 – October 2014)

I was part of the Infosys Leadership Institute (ILI) team which offers a wide variety of individual and organizational interventions, right from assessments to organizational

development initiatives, to ensure that organization has a pool of successful and ready leaders to build tomorrow's enterprise.

Visiting Faculty, Amrita University

(August 2010 – August 2012)

I taught MBA-MS (University at Buffalo, NY) & PhD students. (Courses Taught - “*Research Methodology*” and a self-designed course “*Understanding Subjective Well-Being for Effective Work Relationships*”).

Principal Investigator for a Happiness Project at MindTree Ltd., Bangalore

(September 2010 – July 2011)

The objective of the project was to do a workforce happiness profiling and identify happy and satisfied employees. Post identification, interventions were to be implemented to move the less happy employee quadrant to happier ones.

Teaching Assistant (TA), Indian Institute of Technology Bombay

(July 2002 to July 2007)

The Teaching Assistance includes teaching and assessment of students in courses like Introduction to Psychology.

Developing an Aptitude Test for SAP professionals at Reliance Industries Limited (May 2003)

This test comprised an analytical test and a soft skills test.

Education and Qualifications

- PhD, Psychology, Indian Institute of Technology - Bombay, Mumbai, 2010
- M.A., Psychology, M.L.S. University, Udaipur, 2001 (Gold Medal)
- B.A., Psychology, Geography & English Literature, M.L.S. University, Udaipur, 1999 (Silver Medal)
- Qualified UGC-NET, (December 2000)
- Certified Positive Psychology Coach, Positive Acorn, USA (February 2022 under Dr. Robert Biswas-Diener)

Projects And Dissertations

- ***Identification of Ultra High Potentials at the Middle Levels***

This project was conceptualized to identify the high potential for future leaders at job levels 4, 5 and 6 within Infosys. The identification process was proposed to include nominations and assessments. Once identified, these high potentials would be subjected to developmental interventions.

- ***Leadership Today Series***

This was a high-profile series where Senior Infosys Leaders (including erstwhile Executive Council and Board Members, Infosys Ltd.) shared their leadership journey with the rest of Infosys through interviews. These interviews were done in collaboration with InfyTv and aimed at inspiring a new generation of transformational agents who strongly believe in Infosys again - to understand the mental model of what it is that translates leadership to the success of Infosys and motivate to bring in the best of what is in them.

- ***Development of a Leadership Development Plan (LDP) Module***

The Leader Tool at the Infosys Leadership Institute is an end-to-end internal assessment tool. I have worked with the information systems (IS) team toward the development of the LDP Module (providing requirements, arranging UAT sessions, conducting meetings, reviewing, and providing inputs). This module helps the Leaders to plan and track their leadership development for aspirational next positions.

- ***Research Project on Understanding Innovation Culture at Infosys***

I co-mentored the Instep Research Interns at Infosys on this research project. My role included reviewing and giving input on the framework of the project, helping the interns with the research design and methodology and reviewing and helping to finalize the recommendations based on the research outcomes.

- ***Anchoring Virtual Offerings***

This includes vendor management, working with senior leadership and preparing offerings like podcasts, e-courses and webinars.

- ***360 Degree Assessments for Senior Roles***

This included designing and finalizing the assessment and report template; launching and monitoring the 360; analyzing data; communicating of the report and helping with the LDP.

- ***Evaluation Format for Interventions at ILI***

The aim here was to propose a best-in-class evaluation process for interventions at ILI. This included comparisons within existing models and my recommendation for the appropriate model for the unit.

- ***Program Evaluation***

To analyze the feedback obtained on workshops conducted using Rasch Measurement and prepare a report on its impact.

- ***Blog Writing (Thought Leadership)***

- ✓ The Beauty of Cultural Diversity (ISQOLS, March 2017)
- ✓ Psychological Capital as the key to dealing with Change (Infosys, March 2014)
- ✓ Authentic Leadership and its relevance in the Infosys Context (Infosys, March 2014)
- ✓ Flow: an Important Construct of a Happy and Successful Work Life (Infosys, September 2013)
- ✓ The Outlier, the Average and Implication for Leadership (Infosys, August 2013)
- ✓ Be your own Leader: Understand Subjective Well-Being and Live a Meaningful Life! (Infosys, March 2013)
- ✓ Leading a Rewarding Life - Strategies to Optimize Subjective Well-Being (Infosys, March 2013)

Doctoral Dissertation: Subjective Well-Being in the Indian Context: Concept, Measure and Index (2010)

The term subjective well-being (SWB) refers to people's evaluations of their lives - including cognitive judgments and affective evaluations. There has not been a systematic study to understand the concept in the Indian context. The objectives of this study were: to explore the factors that determine SWB amongst Indians, conceptualize the concept and identify domains enhancing or reducing SWB; develop and standardize a measure to map individual well-being and propose an index for SWB. This research aimed to enable individuals to understand themselves better and contribute to their social well-being.

Articles on this research have appeared in Hindustan Times (30 May 2010: HT Bombay Edition) and India Today (14 June 2010); this research has been cited in scientific papers by Prof. Rohit Parikh and Prof. Yoshiaki Takahashi among a few others, and research papers based on this work have been presented and selected in various international conferences of repute (including ones with keynote speakers such as Prof. Martin Seligman and Prof. Csikszentmihalyi).

Master's Dissertation: A Study of Emotional Quotient among Adolescents (2001)

This study measures the emotional expressions and maturity levels of male and female adolescent students along with the degree of their emotional quotient. An Emotional Expression Scale was developed to meet the research purpose.

Areas of Interest

- Social Development Indices
- Positive Psychology
- Subjective Well-Being/Happiness
- Quality of Life
- Assessment and Psychometrics

- Leadership
- Positive Organizational Behaviour (esp. Psychological Capital)
- Positive Psychology Coaching and Coaching Psychology

Dissertation Supervision

- **Ms. Latika Tandon** (Doctoral Dissertation | Her work is completed and at the writing stage) as *Supervisor* on the thesis titled “Conceptualising Leadership Agility in the Indian Banking Sector”.
- **Ms. Rita Iorbo** (Doctoral Dissertation | Submitted: April 2023 | Defended: 31 May 2023) as *Co-Supervisor* on the thesis titled “Internal Displacement in Nigeria: Exploring the Challenges of the United Nations Guiding Principles, Social Inclusion and Psychosocial Issues”.
- **Ms. Megha Yadav** as *Co-Supervisor*. Her Synopsis proposal has been accepted and is beginning her data collection now.

Achievements and Honours

- Course proposal on **Personal Well-Being Interventions** has been accepted to be offered as a Certification Course by the **International Society for Quality-of-Life Studies and Management Institute for Quality-of-Life Studies, USA**.
- Highlighted as the “Member of the Month” in the monthly newsletter of the International Society for Quality-of-Life Studies (March 2021)
- Selected for an “Early Career Researcher Educational Grant” of 500 Euro at the 15th annual meeting of the International Society for Quality-of-Life Studies in Innsbruck (September 2017)
- Doctoral Dissertation shortlisted for the Best Dissertation Award by the International Society for Quality-of-Life Studies (ISQOLS, 2012)
- Have made presentations to the then Chairman & M.D., Infosys Limited - Mr. S.D. Shibulal (March 2013) and the Co-Chairman, Infosys Limited - Mr. S. Gopalakrishnan (November 2012 and February 2013)
- IIT Bombay Teaching Assistantship (2002 to 2007)
- IRCC, IITB Scholarship (2009)
- Recipient of Scholarships from HG Ambani Public Charitable Trust (2006 & 2007) and Sir Dorabji Tata Trust (2007) for presentation at International Conferences
- Recipient of “Late Dr. M. K. Singhvi 1953-2001” Gold Medal in M.A. Psychology, 2001
- Appointed as Students’ Councilor for Hostel-11, IIT, Bombay, (January 2004 – April 2005)
- Elected as Secretary in the Hostel Council, IIT, Bombay (Jan. 2003 - Jan. 2004)

- Appointed as President of Psycho Study Club, M.L.S. University, Udaipur, (2000-2001)

Invited Sessions: FDPs/Expert Talks/Guest Lectures

- Invited as an **Expert Speaker** for a session on “**Subjective Well-Being: Interventions for a Rewarding Life**” as part of a One-Day Workshop on “**Mental Health and Well-Being**” organized by **Amity Centre for Guidance and Counselling**, Amity University, Noida on Wednesday, 26 April 2023.
- Invited as an **Expert Speaker** for the inaugural session on “Understanding and Managing Stress” at **Transformatory Research Collaborative** (a research-based organization), for their series of lectures on 3 March 2023.
- Invited as a **Panellist** for a Panel Discussion on “Are we facing a parenting crisis in the digital age?” in the **91st Rajagiri Round Table Conference** held on the topic, “Right to Quality Parenting- Questions on AI-Driven Parenting” on 15th February 2022.
- Invited and delivered a 3-Hour **Workshop** as a **Resource Person** on “Subjective Well-Being: Concepts and Interventions” organised by the Department of Psychology, Mohanlal Sukhadia University, Udaipur (State University) under RUSA 2.0 on 21 January 2023.
- Invited as a **Panellist** for a Panel Discussion on “How to help children reacclimate to social settings and academic rigor” in an **online Conference on Parenting ‘Vatsalyam 2022’** on the theme “Parenting – post-COVID era” on 4 December 2022.
- Invited as an **Expert Speaker** for a session on “Subjective Well-Being: The Science of Happiness” at the **School of Education, Rishihood University**, Sonapat on 25 November 2022.
- Invited for a **Guest Lecture** on “Approaches to Qualitative Research and Analysis” for Masters and Doctoral Students of the **School of Public Policy** at **IIT Delhi** on 9 November 2022.
- Invited as an **Expert Speaker** for a session on "From Distress to Well-Being: Insights from Positive Psychology" organized as part of an **International Symposium** on "Humanising Medical Practices; Indigenous, Interdependent and Cross-Cultural Insights " by the **National Institute of Advanced Studies Consciousness Study Program (NIAS CSP)**, Bangalore on 28 July 2022 (28-29 July 2022).
- Invited as a **Resource Person** for a session on "Ensuring Quality in Qualitative Research" organized as a 5-Day **Faculty Development Program** on "Tools and Techniques in Qualitative Research" by UPES, Dehradun (held between 21-25 June 2022) on 25 June 2022.
- Invited as an **Expert** to conduct a session on “Role and Importance of Positive Education” for a **Faculty Development Program (FDP)** held between 3 February 2022 to 9 February 2022 on the theme “Recent advancements and emerging technologies in the area of education and research” at IIMT College of Management, Greater Noida on 5 Feb 2022.

- Invited as a **Resource Person** for a session on "Introduction to Research Methods" organized as a 5-Day **Faculty Development Program** on "Research and Publication in High Impact Journals" by United World School of Law, Karnavati University, Gandhinagar on 19 January 2022.
- Invited **Subject Matter Expert (Psychology)** in the **Academic Council Meeting** of IILM University, Gurgaon on 23 December 2021.
- Invited **Subject Matter Expert (Psychology)** in the **Academic Council Meeting** of IILM University, Gurgaon on 20 April 2021.
- Invited for an **Expert Talk** on "Subjective Well-Being Interventions for a Rewarding Life" for Tata Trent Employees on 24 February 2021.
- Invited as a **Resource Person** during a one-month **Faculty Induction Program**, 'Guru-Dakshta' conducted by the **UGC-HRD Centre**, Guru Nanak Dev University, Amritsar on "Research, Professional Development, and Academic Leadership" on 22 December 2020.
- Invited as a **Resource Person** during a one-month **Faculty Induction Program**, 'Guru-Dakshta' conducted by the **UGC-HRD Centre**, Guru Nanak Dev University, Amritsar on "Personal-Emotional Development and Counselling" on 21 December 2020.
- Invited as a **Resource Person** for a lecture on "Theoretical and Conceptual Frameworks in Social Science Research" for the PhD Scholars for their course work at Gujarat National Law University on 23 November 2020.
- Invited for an **Expert Talk** on "Understanding Subjective Well-Being for Effective Relationships" at the Department of Chemical Sciences at IKGPTU, Kapurthala on 11 November 2020.
- Invited for an **Expert Talk** on a **Webinar Panel** on "Overcoming the Challenges of a Virtual University: A Discussion to promote a Safe and Sustainable Learning Environment" by the **Centre for Social Action (CSA)**, School of Law, Christ (deemed to be) University, Bangalore October 14, 2020.
- Invited as a **Resource Person** during a one-month **Faculty Induction Program**, 'Guru-Dakshta' conducted by the **UGC-HRD Centre**, Guru Nanak Dev University, Amritsar on "Research, Professional Development, and Academic Leadership" on 25 September 2020.
- Invited as a **Resource Person** during a one-month **Faculty Induction Program**, 'Guru-Dakshta' conducted by the **UGC-HRD Centre**, Guru Nanak Dev University, Amritsar on "Personal-Emotional Development and Counselling" on 23 September 2020.
- Invited to deliver a **Webinar** on "Happiness at Workplace" for Business Administration scholars of Sagar Group of Institutions (SIRT Bhopal Campus) on 25 July 2020.
- Invited to deliver a Webinar on "Ensuring Quality in Qualitative Research" as a **Resource Person** for a **Faculty Development Program** on "Online Teaching and Learning Pedagogy, and Research Methodology" for Sagar Group of Institutions (SAGE Group - MBA Program) on 30 June 2020.

- Invited to deliver a **session** on “Understanding Subjective Well-Being in helping Victims cope with Trauma” in a **one-day Workshop** on ‘Emerging Perspectives in Victimology in South-East Asia’ for Center of Victimology and Psychological Studies, Jindal Institute of Behavioral Sciences, OP Jindal Global University (February 2019)
- Invited as a **Resource Person** for a **Faculty Development Program (FDP)**, “Emerging Trends in Teaching, Research, and Publishing” Organized by GD Goenka University, Gurugram (July 2018)
- Invited as a **Resource Person for a Workshop** on “Behaviour Therapies: Methods and Assessment”, Citizen Hospital (May 2018)
- Invited **Panelist** for the session on “Psychosocial Rehabilitation” at the Society for Rural Mental Health, Mid-Term CME (April 2018)
- Invited as a **Resource Person** to deliver a talk on “Mixed-Methods Research” for Research Scholars at Faculty of Education, **Jamia Milia Islamia University**, New Delhi (July 2015)
- Invited to deliver an **Expert Talk** on “Role of Positive Psychology in Education” in S.S. College of Education, Umarda, Udaipur, Rajasthan (November 2011)
- Invited to deliver an **Expert Talk** on “Emerging Field of Positive Psychology” in Govt. Meera Girls’ College, Udaipur, Rajasthan (November 2011)

Training

Have conducted around 66 sessions and trained around 9120 plus Teacher Educators (Principals, Vice Principals, Teachers), Students, Government Officials, and Executives on topics like Understanding Stress, Stress Management, Performance Enhancement, Subjective Well-Being, Multiple Intelligence, Work-Life Balance, Motivation at Workplace, Using Humor for Success, Happiness at Workplace, Practical Positive Psychology – Developing Life Skills, Developing Empathy, and Effective Decision Making.

- Regular Professional Development Programs for NHPC, Coal India, CAG, NACIN, and many more.
- Faculty Coordinator, 5-Day Certificate Course on Management Consulting Fundamentals (Designing and Implementation).

Serving on Industry Research Committee

- Invited to and serving on Board as a Social Scientist for ongoing Stem Cell Research for Datt Mediproducts Pvt. Ltd., Sohna, Haryana since 2018.
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Publications

- Sharma, T., Bhatnagar, T., & Kalra, D. (2022). Mainstreaming Sustainability Education: A Case from Architecture Education in India. *Sambhāsan quarterly*, 3(1), 196-222. ISSN Number: 2583-1496 :: Sambhasan.
- Sahni, S. P., Bhatnagar, T., & Gupta, P. G. (2022). *Spirituality and Management: from Models to Applications (Edited)*. Springer Nature, Singapore.
- Bhatnagar, T. (2010). *Subjective Well-Being in the Indian Context: Concept, Measure and Index*. Indian Institute of Technology, Bombay (India), ProQuest Dissertations Publishing, 2010. 28720816.
- Chouhan V. L. and Bhatnagar T. (2003). Assessing Emotional Maturity, Emotional Expression and Emotional Quotient of Adolescent Male and Female Students, *Journal of Community Guidance and Research*, 20, 157-167.
- Bhatnagar, T. Subjective Well-Being in the Indian Context: Concept, Measure, and Index – my single-authored Book Proposal accepted by Springer. The manuscript is under review.
- Tandon L., Bhatnagar, T., & Sharma, S. Leadership Agility in the Context of Organizational Agility – A Systematic Literature Review. Manuscript under review with Management Review Quarterly, Springer.

Review

- Ad-Hoc reviewer for Psychological Studies (a peer-reviewed, indexed Springer journal | details can be provided if required)
- A book manuscript (one part) on Happiness and Well-Being for Sage (November 2020)
- Submitted review comments to Editor-in-Chief for a manuscript for Applied Research in Quality-of-Life (a peer-reviewed, indexed Springer journal) (January 2020)
- Evaluated an M.Phil. Thesis for the Dept. of Educational Studies, Jamia Milia Islamia University, New Delhi (October 2018)
- A manuscript for SAGE Open (a peer-reviewed open access journal for the social and behavioural sciences and humanities; www.sageopen.com; April 2018)

Conference Chair

- Conference Chair, 1st International Conference on Liberal Arts and Social Sciences, “Rethinking Progress in Global South: Continuity and Contestations”, School of Humanities and Social Science, GD Goenka University (16-18 April 2018)

- Organizing Faculty, TEDx GD Goenka University, The Butterfly Effect (April 2018)
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Conference Reviewer

- Appointed as Reviewer for the 2015 IMRA-IIM Bangalore International Conference
 - Appointed as Reviewer for the 3rd Conference of Indian Academy of Management held at IIM Ahmedabad (12-14 December 2013)
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Conference Organization

- Organizing Team, Conference on Spirituality and Management 2020: From Models to Applications, Center for Leadership and Change, OP JGU (March 2020)
 - Organizing Member for the First International Association of Young Psychologists (IAYP) Annual Conference on Emerging Trends in Behavioral Sciences, JIBS, OPJGU (January 2020)
 - Organizing Member for the VIII International Conference on Emerging Paradigms in Victimology, Center for Victimology and Psychological Studies, JIBS, OPJGU (October 2019)
 - Core Committee Member for the XVI National Association of Psychology Conference (December 2006), held at IIT Bombay
 - Organizing Committee Member of the First International Conference on Logic and its Relationship with other Disciplines held at IIT Bombay (January 2005)
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Conference Session Chair

- Session Chair for a parallel session on “Dynamics of Interpersonal Relationships” at the first Annual Conference of the International Association of Young Psychologists (IAYP) held at O.P. Jindal Global University, India during 15-17 January 2020
 - Session Chair for the Parallel Session on “Well-Being around the World II” at the XVII International Society for Quality-of-Life Studies (ISQOLS) Annual Conference in Granada, Spain held during 4-7 September 2019
 - Chaired a session on “Cognitive Behaviour Therapy” at the 42nd Annual IPS-NZ conference held at Lady Hardinge Medical College (October 2017)
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Conference Presentations

- Presented a paper entitled “Subjective Well-Being of the Middle Aged Indians” at the XVII International Society for Quality-of-Life Studies (ISQOLS) Annual Conference in Granada, Spain held during 4-7 September 2019

- Presentation on “Understanding Subjective Well-Being: Unleashing your Inner Strength” in the panel session entitled “Mental Health and Subjective Well Being: Towards Building the Quality of Life” at the Academic Council of United Nations System Annual Conference in Stellenbosch University, Stellenbosch, South Africa held during 19-21 June 2019
 - Presented paper entitled, “Demographic Variables, Subjective Well-Being and Satisfaction with Life: A Case from India” at the ISQOLS Annual Conference held in Innsbruck, Austria, September 2017
 - Presented paper entitled, "Subjective Well-Being Measure and Index: Implications for Social Development Policy Makers " at the ISQOLS Annual Conference held in Seoul, South Korea, August 2016
 - Presented paper entitled “Gender Differences in Subjective Well-Being” in the Symposia session “Understanding Gender Issues in Social Psychology” at the XXIV Annual NAOP Conference, Bhopal, December 2014
 - Presented paper entitled “Subjective Well-Being in the Indian Context: Concept, Measure and Index” in the D.S. Sinha Best Dissertation Section at the XXIII Annual NAOP Conference, Rourkela, December 2013
 - Presented paper entitled “Exploring the Determinants of Subjective Well-Being in the Indian Context” at the International Society for Quality-of-Life Studies Conference, Bangkok, December 2010
 - Presented paper entitled “Exploring the Determinants of Subjective Well-Being: A Study of Children in India”, at the Inaugural Conference of the International Society of Child Indicators, Chicago, June 2007
 - Presented paper entitled “Exploring the Determinants of Subjective Well-Being: A Study of Elderly People in India” at the XVI Annual NAOP Conference, IIT Bombay, December 2006
 - Presented paper entitled “Exploring the Determinants of Subjective Well-Being: A Study of Urban and Rural India” at the 6th Biennial Conference of SPSSI (Div. IX of APA), Long Beach, California, June 2006
 - Attended Virtual Conference of the International Society for Quality-of-Life Studies (ISQOLS) on Quality of Life and Adaptation in a Virulent World (24-28 August 2021)
 - Attended an International Conference on Impact of Globalization at School of Management, IIT-Bombay, (January 2003)
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Workshop Conducted

- Invited and delivered a 3-Hour **Workshop** as a **Resource Person** on “Subjective Well-Being: Concepts and Interventions” organised by the Department of Psychology, Mohanlal Sukhadia University, Udaipur (State University) under RUSA 2.0 on 21 January 2023.
- Conducted a Pre-Conference Workshop on ‘Subjective Well-Being: Enhancing Mental Health’ at the first Annual Conference of the International Association

of Young Psychologists held at O.P. Jindal Global University, India during 15-17 January 2020

- Moderator for an FDP on Teaching Skills (December 2017)
 - Conducted a 2-Day Workshop on “Fundamentals of Research Methods – Brushing up Concepts” at GD Goenka University (April 2017)
 - Conducted a 2-Day Workshop on “Optimizing Subjective Well-Being and Clarity” at Jawaharlal Nehru University, Delhi, India (October 2016)
 - Conducted an orientation workshop on “Subjective Well-Being” at Jawaharlal Nehru University, Delhi, India (January 2016)
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Workshop Participation

- ISQOLS Certification: “A Crash Course on the Psychology of Well-Being and Quality of Life”, Pre-Conference Workshop at the International Society for Quality-of-Life Studies Conference, Seoul, (September 2017)
 - ISQOLS Certification: “Community Quality-of-Life Indicators Specialist”, Pre-Conference Workshop at the International Society for Quality-of-Life Studies Conference, Seoul, (August 2016)
 - “The Principles of Persuasion (Pop) Workshop”, Infosys Leadership Institute, (March 2013)
 - “Humor Workshop”, Infosys Leadership Institute, (October 2012)
 - “Cross-Cultural and Change Management and Leadership Transition”, Executive Development Program at Amrita School of Business, Bengaluru, (March 2011)
 - “Getting Your Research Published in the Best Journals Possible”, Pre-Conference Workshop at the International Society for Quality-of-Life Studies Conference, Bangkok, (December 2010)
 - “Planning and Implementing Community Indicators Project”, Pre-Conference Workshop at the International Society for Quality-of-Life Studies Conference, Bangkok, (December 2010)
 - “Advanced Social Psychology Research Refresher Course, AU, Allahabad, (March 2005)
 - “Ethics in Planning and Policy Making”, IIT-Bombay, (January 2003)
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Certifications

- Currently undergoing the International Coaching Federation Accreditation process
 - Completed an Online Certificate Course on Coursera "Learning to Teach Online" by The University of New South Wales with 98% (August 2020)
 - Caliper Accredited Practitioner (March 2015)
 - Practical Rasch Measurement (5 Credit | Statistics.com | November 2013)
 - Many-Facet Rasch Measurement (5 Credit | Statistics.com | September 2013)
 - Modelling in R (5 Credit | Statistics.com | April 2013)
 - Introduction to R: Statistical Analysis (5 Credit | Statistics.com | February 2013)
 - Visualization in R with ggplot 2 (5 Credit | Statistics.com | February 2013)
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Memberships

- Member, American Psychological Association (APA – Member ID C2103017408)
- Member, International Society for Quality-of-Life Studies (ISQOLS)

Member of the International Positive Psychology Association (IPPA) and Institutional Member of Academic Council of the United Nations (ACUNS) in the past

Skills

- **Computer Skills:** OPERATING SYSTEM: Windows, Linux, iOS
 - **Language Skills:** English and Hindi (read, write and speak): Good written, verbal and interpersonal communication skills
 - **Software and Programs:** SPSS, AMOS, Winsteps, Facets (Rasch Measurement), R, and Nvivo
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Personal Details

■ Gender: Female ■ Marital Status: Married ■ Date of Birth: 28:03:1978

Other Interests

I enjoy reading classics and writing poetry and stories. Music is my hobby and singing is my interest. I have actively participated in several Debates, Extempore, Poetry, and Essay Writing Competitions. I have also organized and compeered cultural programs at the Institution and University levels.

Web Links where my Research is mentioned

Links:

[https://books.google.co.in/books?id=OnIeiWWAfpkC&pg=PA30&lpg=PA30&dq=tithi+
bhatnagar&source=bl&ots=-9zT_GVVvk&sig=Ty3FUUqLtpWsNuQPpA-
62TIIa8&hl=en&sa=X&ved=0ahUKEwjX86SonvTaAhXGRY8KHas3AAQQ6AEIY
zAO#v=onepage&q=tithi%20bhatnagar&f=false](https://books.google.co.in/books?id=OnIeiWWAfpkC&pg=PA30&lpg=PA30&dq=tithi+bhatnagar&source=bl&ots=-9zT_GVVvk&sig=Ty3FUUqLtpWsNuQPpA-62TIIa8&hl=en&sa=X&ved=0ahUKEwjX86SonvTaAhXGRY8KHas3AAQQ6AEIYZAO#v=onepage&q=tithi%20bhatnagar&f=false)

[http://www.isqols.org/membership-overview/member-highlights/september-2016-
member-highlight-tithi-bhatnagar/](http://www.isqols.org/membership-overview/member-highlights/september-2016-member-highlight-tithi-bhatnagar/)

[https://www.hindustantimes.com/mumbai/not-happy-with-life-half-of-indians-are-
not/story-2OpJTVEfhVd3nNOMZBIaEO.html](https://www.hindustantimes.com/mumbai/not-happy-with-life-half-of-indians-are-not/story-2OpJTVEfhVd3nNOMZBIaEO.html)

<https://www.indiatoday.in/magazine/radar/story/20100614-sad-case-743107-2010-06-04>

https://www.jica.go.jp/jica-ri/_archived/event/assets/20121017_OECD_India_JICA_RI.pdf
(Referred to in the above PPT)

References can be provided as required.
