



## MANAV RACHNA UNIVERSITY, FARIDABAD

Sector 43, Aravalli Hills, Manav Rachna Campus Rd, Faridabad, Haryana 121004

### Dr. Swati

**Designation:** Assistant Professor

**Qualifications:** Ph.D. (Applied Psychology)

**Email :**swati.fbss@mriu.edu.in

**Experience:** 2+ Years of teaching experience



**Research Interest:** Applied Psychology, counseling psychology, positive psychology, Media Psychology and Indian Psychology

### Journal Publication Details:

- 1) swati saharan, Impact of Social Media on Well being: An exploration of the Relational, Emotional and Self-representational stressor associated with social media use, International Journal of Research and Culture Society, 1(6), 2017.

### Conference Details:

1. Presented a paper titled "Digital Altruism: An exploration into digital technology driven altruism" 27th Annual conference of National Academy of Psychology (NAOP), 2017.
2. Presented paper titled "Social Media use and its effects on well being", International conference on Positive Psychology, 2015

### Research Supervised (PhD):

1. Sadaa Pandoyi (as co supervisor) on Gratitude Intervention for Patients with Lung Cancer, 2021 (Ongoing)

### Administrative Responsibilities

1. Member Board of Studies
2. Member Departmental Research Committee
3. Examination Coordinator for Department of Applied Psychology

**FDP Attended**

1. One week Faculty Development Program on “ Psychological Skills for Effective Teaching and Learning” organized by Teaching Learning center Ramanujan College Delhi University under the Ministry of Education sponsored Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) scheme 6th -12th January 2022.
2. Design e course with Canvas LMS for 21st century Learner organized by Center for Academic Leadership, Manav Rachna University, 27th August-1stb october 2020
3. Productivity Enhancement Through Meditation, organized by Atal Academy sponsored at Jaipur Engineering College and Research Center, 24th-28th May 2020.

**Expert Talk Delivered**

1. Topic titled “ Self awareness and Self control” with CRC Govt. Sr. secondary School Panhera Khurd, Haryana, 24th January 2022.
2. Topic titled “ Negligence and Well being” with ITC Infotech, November 2021
3. expert lecture on Mental Health with Akosmd, September 2021
4. Topic titled “Coping with Anxiety”, Paxcura Maximus Healthcare, October 2020.
5. Topic Titled “Stress Management”, Manav Rachna International School, May 2020.

**Workshop**

1. Workshop on Resilience and Optimism with Kho Kho players at National Kho Kho Camp, MRIIRS, 17th January-16th February 2021.

**Events Organized**

1. Organized workshops and Psychometric assessments for Kho Kho players at National Kho Kho Camp, MRIIRS, 17th January-16th February 2021.

**Volunteer Work**

1. Mental Health expert for Saathi Crisis Intervention helpline during covid, Dr O P Bhalla Foundation.