


Title	Dr	First Name	Shivantika	Last Name	Sharad	Photograph
Designation	Associate Professor					
Address (Campus)	Vivekananda College, University of Delhi					
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Email	shivantikasharad@gmail.com shivantikasharad@vivekanand.du.ac.in					
Web-Page	linkedin.com/in/dr-shivantika-sharad-4b1302166 https://www.researchgate.net/profile/Shivantika-Sharad					
Educational Qualifications	M.A., PhD					
Degree	Institution				Year	
B.A(Hons.) Psychology	Daulat Ram College, DU				2001	
M.A. Psychology	Dept. of Psychology, DU				2003	
Ph.D. Personality and Self	Dept. of Psychology, DU (North Campus)				2013	
Career Profile						
Designation					Duration	
Assistant Professor (ad-hoc), Gargi College, DU					2004-'06	
Assistant Professor, Cluster Innovation Centre, DU					2012-2013 (on deputation)	
Assistant Professor, Vivekananda College, DU					2006-2019	
Associate Professor, Vivekananda College, D.U.					2019 -	
Administrative Assignments						
Subjects Taught:						
Systems and Schools of Psychology						
Research Methodology						
Counselling Psychology						
Organisational Behaviour						
Life Span Development						
Youth Psychology						
Research Guidance:						
- Master's Dissertation MPCE-026: Project in counselling from IGNOU, New Delhi.: 05						

- **PhD supervision:** 03 (ongoing) + 01 (degree awarded)
- **Guest Associate Editor** of a research topic in Frontiers in Pain Research.

Publications profile:

1. Co-author with Sorokowska, A., Kowal, M., Saluja, S. et al. (2023). Love and affectionate touch toward romantic partners all over the world. *Scientific Reports*, 13, 5497 (2023). <https://doi.org/10.1038/s41598-023-31502-1> ISSN 2045-2322)
2. Co-author with Sorokowski, P., Kowal, M., Sternberg, R.J. et al. (2023). Modernization, collectivism, and gender equality predict love experiences in 45 countries. *Scientific Reports*, 13(1), <https://doi.org/10.1038/s41598-022-26663-4>
3. Singh, T., Mittal, S. Sharad, S. et. al. (2022). The silver lining behind the dark cloud: Exploring the psychosocial factors impacting successful adaptation during the COVID-19 pandemic. *Journal of Pacific Rim Psychology*, 16 (04), 1-18 DOI: [10.1177/18344909221102207](https://doi.org/10.1177/18344909221102207)
4. Misra, G., Sharad, S., Chandra, N., & Misra, I. (2021). Reflections on Nurturing the Tree of Psychology in India In Girishwar Misra, Nilanjana Sanyal & Sonali De (Eds.) *Psychology in Modern India: Historical, Methodological and Future Perspectives*. New Delhi: Springer. ISBN 978-981-16-4704-8
5. Chanu, M.O. & Sharad, S. (2021). Inter Group Perception and Experience: Exploration in the Lives of Northeasterners NE in India. *Defence Life Science Journal*, 6(1) 20-29 DOI: 10.14429/dlsj.6.16657
6. Sharad, S. (In press). Emotional Creativity: Some Applied Concerns. In G. Misra & I. Misra (Eds.) *Emotions in the cultural context*. New Delhi: Springer
7. Sharad, S. (2022) Media and advertising (158-182) for IGNOU's undergraduate course on BPCG 174 "Psychology and Media" <http://egyankosh.ac.in/handle/123456789/79425>
8. Sharad, S. (2022). Negative Influence of Media (p. 133-157) for IGNOU's course on BPCG 174 Psychology and Media <http://egyankosh.ac.in/handle/123456789/79424> ISBN: 978-93-5568-360-01
9. Sharad, S. (2022). Positive Influence of Media (p. 105-132) for IGNOU's course on BPCG 174 Psychology and Media <http://egyankosh.ac.in/handle/123456789/79423>
10. Pathak, V. & Sharad, S. (2022) Parasocial relationships and gaming behaviour (p 63-83) IGNOU's course on BPCG 174 Psychology and Media <http://egyankosh.ac.in/handle/123456789/79419>
11. Sharad, S. (2022). Media and Psychology (p 36-59) IGNOU's course on BPCG 174 Psychology and Media <http://egyankosh.ac.in/handle/123456789/79405>
12. Sharad, S. (2022), Media and social media (p 15-35) IGNOU's course on BPCG 174 Psychology and Media
13. Sharad, S. (2021). Cognitive and Behavioral Approach (p 125-152). IGNOU's course on BPCE 145 Counselling Psychology, ISBN 978-93-91229-71-9

14. Sharad, S. (2021). Existential-humanistic Approach (p 106-124). IGNOU's course on BPCE 145 Counselling Psychology. IGNOU's course on BPCE 145 Counselling Psychology, ISBN 978-93-91229-71-9
15. Sharad, S. (2021). Psychodynamic Approach (p 79-105) IGNOU's course on BPCE 145 Counselling Psychology. IGNOU's course on BPCE 145 Counselling Psychology. IGNOU's course on BPCE 145 Counselling Psychology, ISBN 978-93-91229-71-9
16. Co-author in Sorokowska et al. 2021 Affective Interpersonal Touch in Close Relationships: A Cross-Cultural Perspective. *Personality and Social Psychology Bulletin* 47(12):014616722098837
DOI: 10.1177/0146167220988373
17. Co-author in Walter KV et al. 2021 Sex differences in human mate preferences vary across sex ratios. *Proceedings of the Royal Society B: Biological Sciences* 288: 20211115.
<https://doi.org/10.1098/rspb.2021.1115> (ISSN 0962-8452 (print) 1471-2954 (web))
18. Bhanot D, Singh T, Verma SK and Sharad, S. (2021) Stigma and Discrimination During COVID-19 Pandemic. *Front. Public Health* 8:577018. doi: 10.3389/fpubh.2020.577018 (ISSN 22962565)
19. Co-author with Sorokowski, P., Agnieszka Sorokowska, ... & Robert J. Sternberg (2021) Universality of the Triangular Theory of Love: Adaptation and Psychometric Properties of the Triangular Love Scale in 25 Countries, *The Journal of Sex Research*, 58:1, 106-115, DOI: 10.1080/00224499.2020.1787318 ISSN 0022-4499 (print); 1559-8519 (web)
20. Co-author with Kowal, M, Sorokowski, P., Sorokowska, A., Dobrowolska, M. ... Sharad, S., ... Zupancic, M. (2020). Reasons For Facebook Usage: Data from 46 Countries. *Frontiers in Psychology*,
<https://doi.org/10.3389/fpsyg.2020.00711>
21. Co-author with Walter K V, Conroy-Beam, D., Buss, D.M., Asao, K., Sorokowska, A., Sorokowski, P., ... Sharad, S., ... Amjad, N. (2020), Sex Differences in Mate Preferences Across 45 countries: A Large-Scale Replication, *Psychological Science*, 31(4), 408-423. doi: 10.1177/0956797620904154. Epub 2020 Mar 20. <https://journals.sagepub.com/eprint/8ZXW9DCZXKPRXEUXRRVG/full>
22. Co-author with Conroy-Beam, D., Buss, D.M., Asao, K., Sorokowska, A., Sorokowski, P., Aavik, T., ... Sharad, S., ... Anjum, A. (2019). Contrasting Computational Models of Mate Preference Integration Across 45 Countries. *Scientific Reports*, 9(1), 1-13. doi:10.1038/s41598-019-52748-8
23. Co-author with Conroy-Beam, D., Roney, J.R., Lukaszewski, A.W., Buss, D.M., Asao, K., Sorokowska, A., ... Sharad, S., ... Alm, C. (2019). Assortative Mating and the Evolution of Desirability Covariation, *Evolution and Human Behavior*, 40 (5), 479-491.
24. Shivantika Sharad and Girishwar Misra, (2019). Dynamics of Social Development and Engagement of Authentic Responsible Self. In Janak Pandey, Rashmi Kumar and Komilla Thapa (Eds.) *Psychological Perspectives on Diversity and Social Development* (2019) (pp. 181-200), Springer, Singapore. ISBN 1876-2018

25. Chanu, M. O. & Sharad, S. Contesting Identities of North Easterners in Delhi: Perspective of Self and Others. In Sonia Mehta and Anna Senrunga (Eds.) North East India: Exploring Philosophy, Culture and Environmental Sustainability (2019) (pp. 119-126), Krishi Sanskriti Publications ISBN 978-93-85822-90-2
26. Written 2 Chapters for IGNOU study material for undergraduate course in Psychology on Youth Psychology (2019): (1) Youth: Concept and identity (2) Developmental Aspects of youth (Part of the course on BPCG 172: Youth, Gender and Identity of B.A. Hons Psychology Semester II) ISBN 978-93-5568-206-2
27. Saurabh Raj, Swati Akshay Sachdeva, Rubina Jha, Shivantika Sharad, Tushar Singh, Yogesh Kumar Arya and Sunil K. Verma (2019). Effectiveness of Mindfulness based Cognitive Behaviour Therapy on Life Satisfaction, and Life Orientation of Adolescents with Depression and Suicidal Ideation. Asian Journal of Psychiatry, 39, 58-62. ISSN 1876-2018
28. Content writer in UGC e-Pathshala (Criminology) – a MHRD project under its National Mission on Education through ICT and have contributed 3 modules (Introduction to Criminology, Ethical Issues in Criminal Behaviour, Criminology in Indian Context) for the paper Criminal Psychology for post graduate course. <https://epgp.inflibnet.ac.in/ahl.php?csmo=1608> (MOOC Development: all 4 quadrants) (2017)
29. Girishwar Misra and Shivantika Sharad, The Search for Authentic Self: A Key Concern of Indian Psychology. In B.Sambasiva Prasad (Ed.) Consciousness, Gandhi and Yoga: Interdisciplinary East-West Odyssey of K. Ramakrishna Rao (2013) (pp. 140-176). GITAM University Press & D.K. Printworld. ISBN 13:978-81-246-0715-2
30. Shivantika Sharad and Girishwar Misra, Living Truthfully: Gandhi's Search for the Essence of Humanity, GITAM Journal of Gandhian Studies, 2013, Volume 2 (2), 104-129. ISSN 2249-2240
31. Shivantika Sharad, Being an authentic self: Some insights from the lives of Sri Aurobindo and Mahatma Gandhi. In R. M. Matthijs Cornelissen, Girishwar Misra and Suneet Varma (Eds.) Foundations on Indian Psychology Volume 1: Theories and Concepts (2011) (pp. 223-245). Pearson: New Delhi. ISBN 978-81-317-3084-3
32. Girishwar Misra and Shivantika Sharad, Authenticity: A Key to Positivity in Life. In A.K. Chauhan & S.S. Nathawat (Eds.), New Facets of Positivism (2011) (pp. 3-24). New Delhi: Macmillan. ISBN 978-0230-32342-1
33. Shivantika Sharad, Book review of 'Bridging East-West Psychology and Counselling: Exploring the work of Pittu Laungani (Eds. Roy Moodley, Aanchal Rai and Waseem Alladin, 2010, New Delhi: Sage)' in Psychological Studies (Journal of the National Academy of Psychology, India), Volume 56 (4), Oct.–Dec. 2011, 419-420. ISSN 0033-2968
34. Shivantika Sharad, Authenticity and the idea of worthy life: Educational implications. In D.K. Bhattacharjee, Anjum Sibia, Prabhat K. Mishra and Sushma Gulati (Eds.) Psychology and Education: Indian Perspectives (2010) (pp. 337-350). NCERT: New Delhi. ISBN 978-93-5007-017-8
35. Shivantika Sharad, Book review of "Colors of Truth: Religion, Self and Emotions: Perspectives of Hinduism, Buddhism, Jainism, Zoroastrianism, Islam, Sikhism and Contemporary Psychology (Sonali Bhatt Marwaha, Concept Publishing Co.)" in Psychological Studies (Journal of the National Academy of Psychology, India), Volume 51, Number 4, 329-330, 2006 ISSN 0033-2968

36. Shivantika Sharad, Girishwar Misra and Nandita Babu, Authenticity and its Implications in the context of teaching-learning. In Journal of Indian Psychology, Volume 24, Nos. 1 & 2, 2006, 52-64, Andhra University Press & Publications, Vishakhapatnam. ISSN 0972-5431
37. Shivantika Sharad, "Rethinking the Identity of Psychology: Consciousness, Indian Psychology and Yoga" in Psychological Studies (Journal of the National Academy of Psychology, India), Volume 50, Number 2, 2005, 73-77. ISSN 0033-2968
38. Shivantika Sharad, Book review of 'Examining Adolescent leisure time across cultures: Developmental opportunities and risks (Eds. Suman Verma and Reed Larson)' in Psychological Studies (Journal of the National Academy of Psychology, India), Volume 49, Number 4, Oct. 2004, 291-293, ISSN 0033-2968

Conference organization/Presentations (in the last three years):

- Resource Person for an online workshop on Indian Psychology organized by Twashtri on 9th July, 2023.
- Resource Person for a workshop on "Mental Health and Wellness" for in-service and pre-service teachers organized by the B.Ed. Division, SCERT, New Delhi on 2nd June 2023
- Resource Person for a workshop on Counseling Skills at Ramanujan College, University of Delhi on 4th March 2023
- Invited lecture on Youth Mental Wellbeing organized by Chisem Foundation and Central Tibetan Administration Mental Health Desk on 26th June 2022 at Majnu ka Tila, New Delhi.
- Invited Lecture on "Developing Research Skills-A Comparative understanding of Quantitative Qualitative Research" in a Webinar organized by IQAC, Vivekananda College and UNIVERSITY OF BURAIMI, OMAN on 25th Nov 2021.
- Delivered a talk on "Student Mental wellbeing and performance" in a Webinar organized by Hopequre Wellness Solutions Private Ltd, New Delhi on 10th June 2020.
- Co-presented a paper titled, "From Polarization to positive confluence in Cross Racial Friendships: Narratives from NE Students in Delhi" in a 3-day international conference on Perspectives on Peace and Sustainable development in a world of conflict, Vivekananda College (13th – 15th Feb 2020)
- Organizer of a 3-day international conference on Perspectives on Peace and Sustainable development world of conflict, Vivekananda College (13th – 15th Feb 2020)
- Organized an international webinar on "Socio-Psychological Effects of COVID-19" on May 5th 2020.

Research Projects (Major Grants/Research Collaboration)

1. Innovation project of University of Delhi titled, "The Grass is not always Greener on the other side: A study on Male Marginalization and Victimization" Project Code VC-301 (Grant sanctioned 3.5 lakhs) in collaboration with Dr Sunil Verma (Dept. of Applied Psychology) and Mr Mukesh Burnwal (Dept. of Hindi). 2015-16
2. A cross-cultural research project which is a global survey being conducted across 65 countries on different issues like sexual morality, daily life touch, creativity, love, use of facebook by Agnieszka Sorokowska and Piotr Sorokowski of Institute of Psychology, University of Wroclaw, Poland; David Buss of University of Texas at Austin, Ilona Croy of University of Dresden, Germany; Dan Conroy-Beam and Kelly Asao of University of Texas at Austin,, Maciej Karwowski of Academy of Special Education in Warsaw, Poland.
3. Received a grant of 1 lakh for a research project entitled "Understanding authenticity: Psychometric Validation of a tool of authenticity" for individual faculty member under R & D Programme of University of

Awards and Distinctions:

- Selected (amongst top 5 doctoral works) for participating in Prof Durganand Sinha Dissertation Award for best thesis at XXIV Annual Convention of the National Academy of Psychology (NAOP) India, and presented my doctoral work titled, "The Experience and Correlates of Authenticity" at NITTTR and IIFM, Bhopal (December 2014)
- Received international travel grant for College teachers (8th April 2011) from University of Delhi.
- Selected for I.C.S.S.R. sponsored 'Centrally Administered Doctoral Fellowship (open category)' for the year 2004-2005.
- Received University Post Graduate Scholarship during 2001-2003 from the University of Delhi.
- Received Silver Jubilee Merit Scholarship for 2 years consecutively (1999-2001) in Daulat Ram College for securing positions in the University.
- Received a number of prizes and certificates of merit in Daulat Ram College for securing first position in the college and 1st and 2nd position in the University in B.A (Hons) Examinations.

Other Activities:

1. Video recordings of 5 modules on different approaches of Counseling as part of SWAYAM'S course BPCE 145 on Counseling Psychology of IGNOU
<https://www.youtube.com/watch?v=feUzo2um6Ts>
2. Member, UGC constituted Expert Committee for Learning Outcomes based Curriculum Framework (LOCF) for Psychology Undergraduate Programme, 2018 and helped draft the curriculum framework.
https://www.ugc.ac.in/pdfnews/7715506_LOCF-Psychology_Report.pdf
3. Content writer in UGC e-Pathshala (Criminology) – a MHRD project under its National Mission on Education through ICT and have contributed 3 modules (Introduction to Criminology, Ethical Issues in Criminal **Behaviour, Criminology in Indian Context**) for the paper **Criminal Psychology** (2017).
<https://epgp.inflibnet.ac.in/ahl.php?csrno=1608>
4. Core Committee member of National aptitude test committee, a Ministry of Human Resource Development Project facilitated by the CBSE, for developing an aptitude test at the national level under the chairmanship of Prof. Anand Prakash, University of Delhi and developed the prototype of an Aptitude Test
5. Executive Council Member, National Academy of Psychology (NAOP), India (2020-2021)
6. Reviewer, "The Learning Curve" Annual Academic National Journal published by Department of Psychology, Lady Sri Ram College, University of Delhi
<https://lsr.edu.in/wp-content/uploads/2020/07/The-Learning-Curve-2020.pdf>
7. Selection Committee Member: Appointed as an expert psychologist in the selection panel of Executive Indian Oil Corporation at IIPM, Gurgaon (2016 onwards)