


Title	Dr.	First Name	Benkat Krishna	Last Name	Bharti	Photograph
Designation	Assistant Professor					
Address (Campus)	Department of Applied Psychology, Vivekananda College, University of Delhi 110095					
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Educational Qualifications	Ph.D. in Psychology from Banaras Hindu University					
Degree	Institution			Year		
Ph.D. in Psychology	Banaras Hindu University, Varanasi – 221005 (U.P), India			2020		
Career Profile						
Designation				Duration		
Assistant Professor (Guest), Patna University				01/07/2022 to 30/05/2023		
Assistant Professor (Guest), Patna University				01/07/2023 to 11/11/2023		
Assistant Professor, Vivekananda College, Delhi University				November, 14 th 2023- continue		
Administrative Assignments						
Member, IQAC, Vivekananda College, University of Delhi						
Member, Counselling Cell, Vivekananda College, University of Delhi						
Subjects Taught						
Systems and Schools of Psychology, Research Methodology, Statistics, Social psychology, General Psychology						
Research Guidance:						
Undergraduate Project Guidance ‘04’						
Publications profile:						
1. Singh, T., Mittal, S., Sharad, S., Bhanot, D., Das, S., Varma, R., ... & Bharti, B. K. (2022). The silver lining behind the dark cloud: Exploring the psycho-social factors impacting successful adaptation during the COVID-19 pandemic. <i>Journal of Pacific Rim Psychology</i> , 16, 18344909221102207.						
2. Bharti.B.K., Singh.T & Verma. K.K. Development and Standardization of Religious spiritual Practices Scale Submitted to Journal: Frontiers in Psychology Manuscript ID: 737802 Received on: 07 Jul 2021 under final review.						

3. Bharti.B.K., & Verma. K.K. (2018). Influence of the Religion and Religious Practices on Health and Subjective Well-being: A Review: Wesleyan Journal of Research, Vol 13 No 45 (December 2020), 96-103.(0975-1386)
4. Bharti.B.K (2018). Bhagwat Gita as a valuable resource for dealing with mental health problems. Psybernews: International Psychology Research Journal, 9(1), 69-77. (09760709)
5. Bharti.B.K., Singh. R. (2018). Evaluating the content validity index of spiritual practices questionnaire. IAHRW International Journal of Social Sciences Review, 2018, 6(4), 517-524. (2347-3797)
6. Bharti.B.K., & Verma. K.K. (2018). Qualities of a Spiritual person and spiritual living. Indian Journal of Positive Psychology, 9(1), 117-120. (P-2229-4937, e-2321-368X)
7. Bharti. B.K. (2017).Prolonged deprivation among unemployed youth: An empirical Study with reference to Bihar India. Scholars Journal of Arts, Humanities and Social Sciences,5(1), 15-19. (E-2347-5374, P-2347-9493)
8. Bharti. B.K. (2017). A study of mental health among teaching & non-teaching employees of Patna University India. Scholars Journal of Arts, Humanities and Social Sciences, 5(2), 95-101. (E- 2347-5374, P-2347-9493)
9. Bharti. B.K. (2017). Job involvement and work motivation: A study of male and female teachers of CBSE affiliated +2 schools with reference to Patna. International Journal of Human Resource & Industrial Research, 4(1), 9-23. (E- 2349 –3593, P-2349 –4816)
10. Bharti. B.K., et al.; (2016). Occupational stress towards organizational change- A study of government boys +2 school teachers working in Delhi and New Delhi. Saudi Journal of Humanities and Social Sciences, 1 (4), 148-155. (E-2415-6248, P- 2415-6256)
11. Bharti. B.K. (2016). Extent of perceived organizational commitment among private and government high school teachers. International Journal of Human Resource & Industrial Research, 3(6), 1-12. (E- 2349 –3593, P-2349 –4816)
12. Bharti. B.K. (2009).Personal space in relation to some psychological correlates. Gujrat Journal of Psychology &Education, 1(1), 59-62.
13. Bharti. B.K. (2008).Effect of deprivation on aggression anxiety and adjustment. ANUSHILANA: Research journal of Indian culture, Social and philosophical Stream, 8(1), (0973-8762)
14. Bharti. B.K. (2008). Effect of socio-economics deprivation and gender on cognitive style. ANUSHILANA: Research journal of Indian culture, Social and philosophical Stream, 8(2), (0973-8762)

15. Bharti. B.K. (2008). Effect of ordinal position on alienation. Prospective In Psychological Research, 31 (2), 17-21. (0978-1562)
16. Bharti. B.K. (2007). Effect of some Psycho-social correlates on cognitive differentiation. Prospective In Psychological Research, 30 (2) 49-51. (0971-1562)
17. Bharti. B.K., et al.; (2007). A comparative study of university teachers and bureaucrats in relation to stress management. Magadha Journal of Psychology, 6(3), 24-29.

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

1. Bharti. B.K., (2023) The influence of Religious spiritual practices on Spiritual well- Being. In The Two days National conferences on “Women’s Health and Well Being” Organized by the Department of Psychology, Central University Of Haryana, Mahendragarh- Haryana in collaboration with National Academy of Psychology (NAOP) held during October 12-13, 2023.
2. Bharti. B.K., Singh. T. (2020). Spiritual well-being among Devotees of three religious group: A Positive Psychological Perspective. In National Seminar on Modern Perspectives of Positive Psychology and Health Management of India sponsored by Department of Higher Education Government of Uttar Pradesh, Organized by Department of Psychology Feroze Gandhi college, Rae Bareli, India during February 7-8, 2020.
3. Bharti. B.K., Singh. T. (2019). Influence of Religious faith and Gender on Spiritual well-being and Its Dimension. In 29 Annual Convention of National Academy of Psychology, India organized by Department of Applied Psychology, Pondicherry University, Pondicherry during December 20-22, 2019.
4. Bharti. B.K., Singh. T. (2019). Development and Standardization of Religious Belief and Religious Practices Scale. IN UGC Sponsored National seminar on Psychology of National Integration, organized by Department of Applied Psychology, Shyama Prasad Mukherji College for Woman, University of Delhi, India during July 30-31, 2019.
5. Bharti. B.K., Singh. T. (2019). Relationship between spiritual intelligence and hope among aspirant of civil service examination. In 5Th International conference of Indian Academy Health Psychology, organized by Department of Psychology, M.G. Kashi Vidyapith, Varanasi. India during October 20-22, 2019.

Research Projects (Major Grants/Research Collaboration)

Awards and Distinctions:

- 2nd position in Post-Graduation (Patna university, Patna).
- Qualified NET in Psychology.
- Best paper award in 2023 The two-day national conferences on “women’s health and well-being,” organized by the Department of Psychology, Central

University of Haryana, Mahendragarh, Haryana, in collaboration with the National Academy of Psychology (NAOP), were held on October 12 and 13, 2023.

Other Activities

- Attended 7 days' self-financed workshop on "Qualitative Research Methods in Social Science", Motilal Nehru National Institute of Technology Allahabad, Department of Humanities and Social sciences. (June 11 to June 17, 2018).
- Attended 2 days' National Workshop on "Research Methodology for Social sciences; Organized by: Department of Psychology, Patna College, Patna University, Patna, In association With Indian Academy of Health Psychology.(September 27 to September 28, 2019)

Book Chapter

- Tiwari. M, Singh. T, Arya. YK, Bharti. BK, Mandal. SP (2021). *Adaptability in Crisis; A Psychological Perspective* Kumud Publication Delhi.
- Bhanot. D, Verma. SK, Sharad. S, Bharti. BK, Singh. T, Mittal. S, Tushir. B (2025). *The Social Psychology of COVID-19 Stigma*. In *Mental, Emotional and Behavioural Needs of the General Population Following COVID-19 in India*, pp. 114–134. Routledge. ISBN: 9781032748429 (hbk), 9781032748436 (pbk), 9781003471189 (ebk). DOI: 10.4324/9781003471189
- Mittal. S, Singh. T, Kaur. H, Varma. R, Das. S, Arya. YK, Verma. SK, Sharad. S, Bhanot. D, Merwal. U, Jaiswal. A, Bharti. BK, Tushir. B (2025). *Impact of COVID-19 and Social Distancing Measures on Married Women: A Qualitative Enquiry*. In *Mental, Emotional, and Behavioural Health Needs of Specific Populations Following COVID-19 in India*, pp. 43–60. Routledge, 1st Edition. ISBN (eBook): 9781003517313. DOI: 10.4324/9781003517313