

## Faculty Details proforma for DU Web-site



Title	Dr.	First Name	Sunet	Last Name	Varma	Photograph
Designation		Associate Professor				
Address		E-912, Jal Vayu Towers Sector 47 Noida – 201303				
Phone No Office		27666285, Ext: 30				
Residence		---				
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<b>Educational Qualifications</b>						
<b>Degree</b>		<b>Institution</b>			<b>Year</b>	
All India Senior School Examination (10 <sup>th</sup> )		Central Board of Secondary Education			1980	
Pre-Engineering (12th)		Punjab University			1983	
B. A. (H) Psychology		University of Delhi			1987	
M. A. Applied Psychology		University of Delhi (South Campus)			1991	
NET & JRF		University Grants Commission			1992	
<b>Career Profile</b>						
2003 to Date: Associate Professor, University of Delhi 2000-2003: Senior Lecturer, University of Delhi 1994-1996: Lecturer (Ad-Hoc), Department of Applied Psychology, University of Delhi 1994: Lecturer (Temp.-2 months), Bhopal University						
<b>Administrative Assignments</b>						
1996-2003: Secretary, Department Council, University of Delhi 2005-2006: Member, Board of Research Studies, University of Delhi 2005-2007: Member, Committee of Courses, University of Delhi 2010-2014: Secretary, Departmental Research Committee, University of Delhi 2010-2015 : Seminar-In-Charge, Department of Psychology, University of Delhi 2017- : Member, Departmental Research Committee, University of Delhi						

Areas of Interest / Specialization
Indian Psychology; Emotions; Counseling Psychology; Personal Growth and Well-Being; Current Issues and Controversies in Research Methods, Culturally Appropriate Psychology; Philosophy of Psychology
Subjects Taught
Paradigms of Psychology Evolution of Indian Psychology Counseling Psychology and Personal Growth Indian Psychology and its Applications Paradigms in Counseling Psychology
Research Guidance
<p><b><u>M. Phil. (Awarded):</u></b></p> <ol style="list-style-type: none"> <li>1. University as a Learning Organization: A Psycho-Diagnostic Investigation—Devesh Nath Tripathi, Scientist C, Defense Institute of Psychological Research, Delhi</li> <li>2. Psychological Effects of Emotional Abuse: An Exploratory Study - Shriti Saran, Assistant Professor, Amity University, Noida (U.P.).</li> <li>3. Reconstructing Childhood in the Indian Context: A Qualitative Study - Shefali Mishra, Assistant Professor, Jesus and Mary College, New Delhi</li> </ol> <p><b><u>Ph. D. (Awarded):</u></b></p> <ol style="list-style-type: none"> <li>1. Psyche under Siege: A Study of Survivors of Domestic Violence - Fareha Fazl., Assistant Professor, Jazan University, Jazan, Saudi Arabia.</li> <li>2. Cultural Construction of Parenting: The Indian Experience – Neeti Sachdeva Assistant Professor, Jesus and Mary College, New Delhi</li> <li>3. Role of Self Construal and Context in Value Preferences among Adolescents -Devesh Nath Tripathi, Scientist 'C', Defence Institute of Psychological Research, Delhi.</li> <li>4. Human Experiences, Social Conditions and Creative Writing: A Dialectical Study - Shilpi Kukreja.</li> <li>5. Sri Aurobindo’s Theory of Human Development: A Metaphysical Study - Monica Gupta, Associate Professor, Gargi College, New Delhi.</li> <li>6. Synthesis of Psychology in the Upanishads - Sang Lim Shin</li> <li>7. Re-orienting Environmental Education: A Study Involving Indigenous Values and Practices - Shefali Mishra, Assistant Professor, Jesus and Mary College, New Delhi.</li> </ol>
Publications Profile
<p><b><u>Journal Articles:</u></b></p> <p>Varma S. (2014). Bhakti, unconditional love, and psychological healing. Muses Love Journal, Vol. 13. International Institute of Peace Studies and Global Philosophy. Aberdeen: Scotland.</p>

Varma S. (2009). Bhakti and well-being: A psychologist's perspective. *Sutra*, 2(1), 36-43.  
Varma, S. (2002). The farther reaches of a new psychology. *Psychological Studies*, 47, 70-86.  
Kundan & Varma, S. (1999). Postmodernism and beyond: A meeting of East and West. *Indian Psychological Review*, 52-53, 58-72.  
Varma, S. (1995). Social constructionism: An alternative paradigm for psychology. *Indian Journal of Social Science*, 8, 35-58.

### **Books:**

Varma, S (Ed.)(2020). *Integral Psychology: Writings of Indra Sen*. Pondicherry: Sri Aurobindo Ashram Press.  
Cornelissen, M., Misra, G. & Varma S. (Eds.)(2014). *Foundations and Applications of Indian Psychology*. New Delhi: Pearson.

### **Book Chapters:**

Varma S. (2017). Non-violent ways of relating: Love, healing, and beyond. In W. Shukla [Ed.], *Annals of Hindi Studies*. New Delhi: JBS Publications India  
Varma, S. (2013). Emotions and their transformation: An Indian Perspective. A. Choudary and B.K. Vinaychandra (Eds.) *Perspectives on Indian Psychology*. Bangalore: Jain University Press.  
Varma, S. (2012). Sri Aurobindo's neo-Vedic synthesis for global harmony and peace: A new science of self, personality, and psychology. In B.L. Singh et al. (Eds.), *Global Harmony and Peace*. New Delhi: D.K. Printworld (P) Ltd. in collaboration with World Association for Vedic Studies, USA.  
Varma, S. (2005). From the self to the Self: An exposition on personality based on the works of Sri Aurobindo. In K.R. Rao & S.M. Bhatt (Eds.), *Towards a Spiritual Psychology*. New Delhi: Samvad.  
Varma, S. (2004). Psychology in India: Past trends and future possibilities. In K. Joshi & M. Cornelissen (Eds.), *Consciousness, Indian Psychology and Yoga*. Vol. XI, Part 3, (pp. 224-237). *History of Science, Philosophy and Culture in Indian Civilization*, General Editor D.P. Cattopadhyaya. New Delhi: Centre for Studies in Civilizations.  
Misra, G., Srivastava, A., & Varma, S. (2003). Going beyond the model of economic man: An indigenous perspective on happiness. In N. K. Ambasth (Ed.), *Enterprising community education* (pp. 493-514). New Delhi: National School of Open Schooling.  
Varma, S. (2002). Demystifying scientism in mainstream psychology. In G. Misra & A.K. Mohanty (Eds.), *Perspectives on Indigenous Psychology*, (pp. 37-66). New Delhi: Concept.  
Misra, G., & Varma, S. (1999). Introduction: Perspectives on stress and health. In G. Misra (Ed.), *Stress and Health*, New Delhi: Concept.  
Singh, T., Tripathi, K.N., Varma, S. & Misra, R.C. (1999). Concepts of health in four systems of medicine: Some policy implications. In G. Misra (Ed.), *Stress and Health*, New Delhi: Concept.

### **Book Reviews:**

Varma, S. (2003). Book Review: Kiran, S.K., *Psychology of Meditation* (2003). New Delhi: Concept Publishing Company. *Psychological Studies*, 48, 65-66.  
Jain, U. & Varma, S. (1994). Book Review: Parangimalil, B.J. (1990). *Towards integral holism in psychology*, New Delhi: Inter-India Publications. *Indian Journal of Philosophy*, XII, 182-185.

Publications in the Last one year
Varma, S (Ed.)(2020). Integral Psychology: Writings of Indra Sen. Pondicherry: Sri Aurobindo Ashram Press.
Conference Organization/ Presentations (in the last three years)
International Seminar on —Indian Culture and Psychology: A Consciousness Perspectives, March 22-27, 2018.
Research Projects (Major Grants/Research Collaboration)
Awards and Distinctions
“National Open Doctoral Fellowship” awarded by the Indian Council for Social Sciences Research, 1993-1994. “Ashram Research Scholarship”. Sri Aurobindo Ashram, Pondicherry, 2002.
Association With Professional Bodies
Life Member of National Academy of Psychology (NAOP)
Other Activities
Organized:  International Seminar on —Indian Culture and Psychology: A Consciousness Perspectives, March 22-27, 2018.  International Seminar on —Indian Culture, Psychology, and the Global Civilization: Emerging Perspectivesl, March 22-25, 2013.  Workshop to commemorate ten years of Indian Psychology at University of Delhi titled —Indian Psychology: Theory and Applicationsl, January 20-21, 2012.  National Conference on "Individual and Collective Transformation: Insights from Indian Psychology" during February 4-7, 2011.

**Dr. Suneet Varma**