


### Curriculum Vitae Prof. Rekha Sapra

<b>Title</b>	Prof.	First Name	Rekha	Last name	Sapra	Photograph
<b>Designation</b>	Professor in Human Development and Family Empowerment (HDFE)					
<b>Address</b>	Bharati College, University of Delhi, C -4, Janakpuri, Delhi					
<b>Phone no. Office</b>						
<b>Residence</b>	+91 9899524108, +91 11 47567506					
<b>Email</b>	<a href="mailto:rekhasapra@gmail.com">rekhasapra@gmail.com</a>					
<b>Educational Qualifications</b>						
<b>Degree</b>	<b>Institution</b>					<b>Year</b>
PhD (Education)	Delhi University					1997
M.Phil. (Education)	Delhi University					1991
MSc. (Child Development)	Delhi University					1984
B.Sc.	Delhi University					1982
Any other qualification	NET (Education)					1984
<b>Career Profile</b>						
<ul style="list-style-type: none"> <li>• Officiating Principal, Bharati College (1.08.2020 – Continued)</li> <li>• Acting Principal, Bharati College (31.01.2020 - 31.07.2020)</li> <li>• Associate Professor, Bharati College (leave period: Aug 2018 - 26th Jan 2020) Level 13A (20.11.2005 - 30.01.2020)</li> <li>• Reader, Bharati College in pay band 4 (AGP – 9000/.) (1.11.1997 - 30.10.2005)</li> <li>• Senior Lecturer Permanent, Bharati College (1.11.1993 -30.10.1997)</li> <li>• Lecturer, Bharati College (18.12.1990 - 31.10.1993)</li> <li>• Lecturer, Temporary, Bharati College (1.11.1988 -17.12.1990)</li> </ul>						
<b>Administrative assignments</b>						
<ul style="list-style-type: none"> <li>• Officiating Principal, Bharati College</li> <li>• Acting Principal, Bharati College</li> </ul>						
<b>Area of Interest / Specialization</b>						
<ul style="list-style-type: none"> <li>• Cognition and Giftedness,</li> <li>• Social and Emotional Wellbeing</li> </ul>						
<b>Subjects taught</b>						
<ul style="list-style-type: none"> <li>• Introduction to Human development</li> </ul>						

- Empowerment of Women and children
- Policies and perspectives of early childhood care and education
- Child rights and gender empowerment (CRGE)

### Research Guidance

- MSc CFT, **Topic:** The impact of Covid19 lockdown on physical, socio-emotional & cognitive well-being of children between 6-11 age group

### Publications Profile

- Sapra, Rekha et.al (2021) Future Trajectories for children and adolescent in Digital age: in the face of COVID19 Challenge. Paper published in Sambodhi Journal, Vol. 44, January 2021, Impact factor 5.8, ISSN no. 2249-6661
- Sapra, Rekha et.al (2020) Bullying in learning space. Paper published in Journal of Interdisciplinary cycle research, Vol. 12, December 2020, 1269-1274. Impact factor 6.2, ISSN no. 0022-1945
- Sapra, Rekha et.al (2020) Bullying and its impact on the well-being of children: An exploration. Paper published in The International journal of analytical and experimental modal analysis, Vol. 12, December 2020, 399-409. Impact factor 6.3, ISSN no. 0886-9367
- Sapra, Rekha (2020) Resilience as a significant factor in child and adolescent health: Handbook on Child and Adolescent behaviour and health, Nova medicine and health, New York, ISBN: 978-1-53617-872-2
- Sapra, Rekha et.al (2020) Perception of youth about parenting styles. Paper published in International Journal of Science and Research, Vol. 9, Issue 5, May 2020, 714-719. Impact factor 7.58, ISSN no. 2319-7064
- Sapra, Rekha (2020) Parenting Children for Emotion Regulation and Resilience: A Review. Paper published in International Journal of Science and Research, Vol. 9, Issue 5, May 2020, 30-40. Impact factor 7.58, ISSN no. 2319-7064
- Sapra, Rekha (2019) Social & emotional skills as scaffold for mental well-being of children and adolescents: A construct in Indian Journal of Health and Wellbeing (IJHW), ISSN p-2229-5356 e-2321-3698, October 2019,10(10-12) p334-336
- Sapra, Rekha (2019) Social and emotional well-being on children: facilitating role of Bibliotherapy in International Journal of Science and Research (IJSR), Vol 8, issue 10, ISSN 2319-7064, October 2019, p-814-822
- Sapra, Rekha (2019) Social & emotional skills for Health Professionals in Indian Journal of Health and Wellbeing (IJHW), ISSN p-2229-5356 e-2321-3698, October 2019,10(10-12) p416-419
- Sapra, Rekha (2019) Social and Emotional learning in digital age: Future trajectories for children and adolescents in International Journal of Education and Management Studies, ISSN p-2231-5632-e-2321-3671, 2019, 9(4) p237-239
- Sapra, Rekha (2019) Conceptual Development: Implications for education in International Journal of Education and Management Studies, ISSN p-2231-5632- e-2321-3671, 2019,9(4) p296-297
- Sapra, Rekha (2019) Study to explore the role of narratives & bibliotherapy for social & emotional skill enhancement in children with ADHD in IAHRW International Journal of Social Sciences, ISSN 2347-3797, 2019,7(7-12) p2160-2167
- Sapra, Rekha (2019) Social & emotional competence in young children (6-10 years): A module in IAHRW International Journal of Social Sciences, ISSN 2347-3797, 2019, 7(7-12) p2205-2208
- Sapra, Rekha (2018) Developing decision making skills to enhance social skills in

children in Vaichariki International Research journal (peer reviewed), Vol 8, issue 1, ISSN 2249-8907, January 2018, p211-213

- Sapra, Rekha (2018) Concept of Emotional Competence: An Exploration in Annals of multidisciplinary research (peer reviewed), Vol 8, issue 1, ISSN 2249-8893, January 2018, p341-343
- Sapra Rekha Ed. (2018) Reflections: Skills for Social and Emotional Wellbeing Volume 2. Authors Press. ISBN:978-93-880088-08-2
- Sapra, Rekha Ed. (2018) Reflections: Skills for Social and Emotional Wellbeing. Authors Press. ISBN: 978-93-87651-24-1
- Sapra, Rekha (2018) Children's Voices: An Insight into the Identities of Children of Diaspora (pp41-50). In through the Diasporic Lens Vol 2 Edited by Nandini Sen. Authors Press, 2018
- The International Academic forum, The European Conference on Education 2016, ECE 2016 Conference Proceedings ([http://papers.iafor.org/wp-content/uploads/conference-proceedings/ECE/ECE2016\\_proceedings.pdf](http://papers.iafor.org/wp-content/uploads/conference-proceedings/ECE/ECE2016_proceedings.pdf)) Pgs 267 – 281, Title: Social Emotional Challenges and its Impact on Teaching and Learning
- Sapra, Rekha (2015) Intervention Strategies to Enhance Social Emotional Competence in Young Children. Submitted a major Research Project Funded by the University Grants Commission, New Delhi
- Sapra, Rekha (2014) Resilience and Social Emotional Competence as tools for Human Behaviour and Management Practice in Re-Visioning Business Management and Psychology Ecologies of Local and Global Contexts, ed. Sunil Kumar. Pp86-89. Wisdom Publications, New Delhi, India. ISBN: 978-93-81505-79-3
- Sapra, Rekha (2012) Social-Emotional Competence: A Powerful Silent tool of well-being and Success In Handbook of Management and Behavioural Science, Vol. VII eds Sunil Kumar, Shyam Lata Juyal, Prashant P. Deshpande and Rupali Kumar. Pp859-873. Wisdom Publications, New Delhi, India. ISBN: 978-93-81505-37-3
- Sapra, Rekha (2012) Nurturing the potential for advanced development: A case for identification of indicators of Giftedness In early childhood In Creative Engagements with Children: International Perspectives and Contexts, Ed Rachel Jacobs, 2012, Interdisciplinary Press, UK. ISBN: 978-1-84888-1-3
- Sapra, Rekha (2011) Concept Formation: A Linguistic Construct. In International Journal of Cross-interdisciplinary Subjects in Education, Vol 2, issue4 ISSN 20426364(online), December 2011, p502-509
- Sapra, Rekha (2011) Language Model for Teaching Science in Primary Grades in MERI Journal of Education, October 2011, issue 2. ISSN 0974-2085Published Management Education Research Institute, New Delhi.
- Sapra, Rekha (ed) (2010) Child Development: Issues and Concerns for the well-being of the Child. Vishwabharati publications New Delhi, India. ISBN: 81-8900091-8
- Sapra, Rekha (2008) Manav Vikas: Ek Parichay. Vishwabharati Publication, New Delhi, India. ISBN: 978-81-8997-35-7
- Sapra, Rekha Ed. (2008) Integrated Approach to Human Development. Vishwabharati Publications, New Delhi. ISBN :978-81-89917-30-2
- Sapra, Rekha (2005) Conceptual Development in Children. Satyam Publications, New Delhi, India ISBN -81-88134-21X
- Sapra, Rekha (2002) Underachievement in Gifted Children: Interventional Strategies p. 165-172 In The Child in the new Millennium Eds. Vimla Veeraraghawan, Shalini Singh, Kanika Khanelwal, Mosaic Books, New Delhi, India. ISBN 81-901297-1-6
- Sapra, Rekha (2001) Beyond Cognition: Implications for Education. Rajat

Publications, Delhi, India. ISBN-10:8187317973, ISBN-13: 978-8187317975

**Conference organisation / presentations (in the last three years)**

- Presented a paper ‘Bullying in learning space’ in the International Conference of learning (2020) conducted by Lady Irwin College, University of Delhi on 22<sup>nd</sup> December 2020
- Conducted workshops for Senior officials of SDMC, Society for All Round Development (SARD) staff and DIET representatives on 'Strategies and module for enhancing social and emotional competence in young children, December 2019
- Resource person for 3 day national level CRE workshop on ‘ Positive parenting: Exploring the abilities of children for wellbeing’ 4-6 November, 2019
- Presented a paper entitled ***Social and Emotional skills as scaffold for mental wellbeing of children and Adolescents*** at the 14<sup>th</sup> International Conference on Child and Adolescent Psychopathology 22<sup>nd</sup> -24<sup>th</sup> July 2019, Whitelands College, University of Roehampton, London
- Chaired a session on ***Psychological Intervention and General Psychopathology*** at the 14<sup>th</sup> International Conference on Child and Adolescent Psychopathology 22<sup>nd</sup> -24<sup>th</sup> July 2019, Whitelands College, University of Roehampton, London
- Coordinated with Beckmead School, Croydon, UK to develop intervention strategies for children with social and emotional challenges in March 2019.
- Invited as Resource person on “Social and emotional well-being” at Janki Devi Memorial College, University of Delhi on 15<sup>th</sup> January 2019.
- Impact of coping and resilience on learning, paper presented at the European Conference on Social Sciences, 6-7th July 2018, Brighton, UK
- Organized an International conference on Social and Emotional Wellbeing in February 2018 at Bharati College
- **Adapted and translated** ‘Super Skills for Life’ which is a resilience building programme for children and adolescents. Trained teachers in MCD schools in Delhi to enhance the mental wellbeing in young children.
- Conducted a workshop for the teachers and volunteers of Aashirwad, an NGO working for children with special needs. ‘Social and emotional skills for challenged children’ 24th November 2018.
- Invited as a subject Expert to Review lessons on Education for subject at senior Secondary Level, National Institute of Open School, Noida. 19-20 November, 2018
- ‘An Exploration into the Social – Emotional Skills for Health Care Providers’ presented a talk at AIIMS in the workshop on Humane Health Care organized for the Doctors, Nurses and other Health care providers. 15th-16th Nov 2018
- Chairperson for the session on ‘Early Childhood Education’ at the International Conference on Learning 2018, Lady Irwin College, Delhi University. 28-30 September 2018
- Delivered a talk on ‘Skills of Listening’ on the talk organized on the ‘International Listening Day’ organized at DRDO, 25th September 2018.
- Invited as an expert on Early childhood Education, at a workshop organized at Central Institute Of Education, 15th September 2018
- Conducted a workshop for teachers of Primary Grades: ‘Social and Emotional Skills for better school adjustment of children’. 1st September 2018, DAV School Dwarka
- ‘Developing psycho-social Skills for Health professionals’ presented a talk at AIIMS

in the CMET workshop. August 2018

- Conducted a workshop for the teachers and school counsellors 'Enhancing the Social and Emotional competencies of children with behavioural problems'. 25th August, 2018, DAV School Rohini.
- Didactic Mentor and Panellist for the seminar: An Interstate Metalanguage Disquisition organized by the Authors Group press. 12th August 2018, India International Centre, New Delhi.
- Collaboration with Nurture UK, an organisation dedicated to improving the mental health and wellbeing of children, to roll out a pan-India model for enhancing mental wellbeing of young children.
- Developed Intervention Strategies to Enhance Social Emotional Competence in Young Children as a part of a major Research Project Funded by the University Grants Commission, New Delhi
- Assessing stressors among young adults: A contribution towards building a stress free and youthful India, major Research Project Funded by the University Grants Commission, New Delhi, November 2016,
- Actively engaged with Society for All Round Development (SARDIndia.org), a non-profit organization in conducting training workshops for their child development professionals.
- Developed a module for enhancing social and emotional competence of young children.
- Chaired a session in the National Conference on "Migration and diaspora: Theories, cultures and literatures" organized by the department of English, Bharati College in collaboration with GRFDT, 24-25 March 2017, New Delhi, India
- Social Economical Skill Training as Tool to Handle Behavioural Problems in Early Childhood presented at the 11th International Conference on Child & Adolescent Psychopathology (ICCAP 2016) at the University of Roehampton, University of London, 18-20 July 2016, London, UK
- Social Emotional Challenges and its Impact on Teaching and Learning paper presented at the Fourth European Conference on Education, 2016, 29 June – 3 July 2016, Brighton, UK
- Invited as a subject Expert for the development of live audio program on 'Understanding development of children in the pre-school years, National Institute of Open School, Noida. January, 2016
- Resilience and Social-Emotional Competencies as tools for Human Behavior and management Practices Paper presented at the 12th ICMBS International conference on "Re-visioning Business Management and Psychology: Ecologies of Local and Global Contexts" organized by International society of Management and Behavioural Sciences, 2-3 August, 2014, Jaipur, India
- Nurturing the Potential for Advanced Development: A case for Reversing the Underachieving Behaviour; Paper presented at the international Conference on "Research in Education and Curriculum planning for Gifted Minds" organized by Jagdish Bose National Science Talent Search, Kolkata, 4-6 February, 2014
- Social-Emotional Competence: A powerful Silent tool of Well-Being and success; Paper presented at the 5th international conference organized by "International Society of Management and Behavioral Sciences" Haridwar, India, 23-24 June 2012
- Value based Education for Children 0-6 years: Implications for teacher Education; Paper presented at the National Seminar on Swami Vivekananda's Relevance to teacher Education, organized by "Ramakrishna Teacher Training Institute" 6 January

2012

- Nurturing the Potential of Children during Early Childhood; Paper presented at the National Conference on “Sustainable development: A collective Vision” Organized by Institute of Home Economics, University of Delhi. October 2011
- Nurturing the Potential for Advanced Development: A Case for identification of indicators of Giftedness in Early Childhood. Presented at Oxford University, UK 4-6 July 2011
- Story Telling to Enhance Social Emotional Well Being in Children: An Indian Perspective. Paper presented at Manchester University organized by the “European Network for Social and Emotional Competence in Children” 29 June-3 July 2011
- Chaired session on ‘Engineering and Science Education at the Canada International Conference; April 2011
- Language Model for teaching Science in Primary Grades; Presented at ‘Canada international Conference on Education’ April 2011, Toronto. Canada
- Juvenile Delinquency: Socio-Psychological Perspective, Paper presented at National Conference organized by Kalidas Academy of Fine arts, Bharati College, December 2002
- Child labour: A Humanized approach; Presentation at Delhi University seminar on National Social Service Scheme, Shyama Prasad Mukherjee College, April 5, 1999
- Underachievement in Gifted Children; Paper presented at the Conference on ‘Contemporary and emerging challenges in Health Psychology’ organized by South Asia Association of Psychologists Feb 26-28, 1999.
- Underachievement in gifted children: interventional strategies; Paper presented at the national Conference on ‘The child in the new Millennium: Socio-psychological perspective’
- Management of Gifted Children: presented at ‘National Conference on Human Behavior and Management Practices’
- Cognition an integrated grasp of learning; paper presented at the national conference on perspectives on cognitive development. 3-4 February 1996, Faculty of Education, Delhi University.

#### **Research Projects (Major grant / research collaborations)**

- Intervention Strategies to Enhance Social Emotional Competence in Young Children by University Grants Commission, New Delhi
- Assessing stressors among young adults: A contribution towards building a stress free and youthful India by University of Delhi
- Addressing societal gender, geographic location, religious and caste discrimination through developing a life & employment skills course & accompanying social marketing campaign by Newcastle University & De Montfort University

#### **Awards and Distinctions**

- Awarded Teachers Day Award by Navdrishti Times
- Awarded the 'Atal National Award' by Indraprastha Sanjeevni NGO, 2019
- Honoured with Jagmohan Krishna Nyas Award by Balkanji Bari International for her Contributions to the field of Early Childhood Education in 2011
- Awarded the ‘meritorious Teacher Award’ by the Government of NCT of Delhi for the year 2013-14

#### **Association with Professional bodies**

- Member Editorial Board for the Indian Journal of Health and Well-being, September 2019-2021

- Member Advisory Board for the Aashirwad Foundation of India (Aashirwad Special Education School), New Delhi
- Member Editorial Review Board for the International Academic Forum ( IAFOR) - IAFOR Journal of Language Learning
- Reviewer for Sociology Study (ISSN 2159-5526) a professional journal published across the United States by David Publishing Company, U.S.A.
- Referee for MERI Journal of Education, a national Journal in Education
- Actively involved in Review and Research for the articles on various national and International journals
- Associated with Research Foundation (International) as a coordinator on their advisory committee. It is a 45 year old organization engaged in research, socio-cultural and value based education.
- Associated with Shiksha Bhawan an NGO working in the field of Early Education. Developed innovative strategies for early childhood education which have been incorporated in their Teacher Training Program
- ENSEC (European Network for Social and Emotional Competence)
- ARNEC – Asia Pacific Regional Network for Early Childhood
- Psycho-linguistic Association of India
- Indian Psychometric and Educational Research Association
- Member, Panel of Reviewers for the International Journal of Nurture in Education
- Invited to be on the editorial board of the Asia-Pacific Journal of Teaching for Higher Education

Signature of Faculty Member