



**O.P. JINDAL GLOBAL**  
INSTITUTION OF EMINENCE DEEMED TO BE  
**UNIVERSITY**  
A Private University Promoting Public Service



**JINDAL INSTITUTE OF  
BEHAVIOURAL SCIENCES**

# Jindal Institute of Behavioural Sciences

*cordially invites you to the*

## COMMENCEMENT LECTURE

*For the FOURTH COHORT of*  
**M.A./M.Sc. Applied Psychology**  
&  
*THIRD COHORT of*  
**M.Sc. Psycho-Social Rehabilitation**



**Prof. (Dr.) Pooja V. Anand**

Professor, Department of Psychology,  
Daulat Ram College, University of Delhi

*On the theme:*

**Building  
Resilience Amidst  
Uncertainty and  
Challenges**



**MONDAY**  
**11<sup>th</sup> AUGUST 2025**



**3:00 PM - 4:30 PM**



**GLOBAL AUDITORIUM, 1<sup>ST</sup> FLOOR,  
RATAN JINDAL ACADEMIC BLOCK (T3)**

*RSVP: Mr. Leander Cooke, [leander.cooke@jgu.edu.in](mailto:leander.cooke@jgu.edu.in), +91 7419613536*

# PROGRAMME



**3:00 PM - 3:10 PM**

Welcome Address



**PROF. (DR.) PULKIT KHANNA**

Dean,  
Jindal Institute of Behavioural Sciences (JIBS),  
O. P. Jindal Global University



**3:10 PM - 3:20 PM**

Introduction to JGU



**PROF. (DR.) UPASANA MAHANTA**

Dean,  
Admissions and Outreach,  
O.P. Jindal Global University



**3:20 PM - 3:25 PM**

Overview of Programmes  
at JIBS



**DR. VASUNDHARAA S. NAIR**

Assistant Professor & Assistant Dean  
(Academic Affairs), Jindal Institute of Behavioural  
Sciences (JIBS), O. P. Jindal Global University



**3:25 PM - 4:25 PM**

Commencement Lecture &  
Interaction



**PROF. (DR.) POOJA V. ANAND**

Professor,  
Department of Psychology,  
Daulat Ram College, University of Delhi



**4:25 PM - 4:30 PM**

Vote of Thanks



**PROF. MANEKA NAIR SASTHARAM**

Associate Professor & Vice Dean (Student Affairs),  
Jindal Institute of Behavioural Sciences (JIBS),  
O. P. Jindal Global University

## Short bio of Speaker:

Prof. (Dr.) Pooja V. Anand is a Professor at the Department of Psychology, Daulat Ram College, University of Delhi. She has been teaching Psychology for more than nineteen years at the undergraduate level. She is a gold medallist in M.A. Psychology. She is an Honorary Senior Fellow at Melbourne Graduate School of Education, University of Melbourne, Australia, Founder and Convenor of India's first Positive Psychology Center (now Centre for Well-being and Flourishing) at Daulat Ram College. She is the author of the book "Emotional Intelligence-Journey to Self-Positive" published in 2017, has co-edited the book Applications of Psychology – Reaching Out and Making a Difference in 2018 and has been the guest co-editor for the Indian Journal of School Health and Well-being, 2019, authored many book chapters, published many research articles in scientific journals, written many articles on emotional intelligence, and other positive psychology topics in newsletters and magazines of international repute.

Prof. Pooja Anand is a member of the prestigious Consortium for Research on Emotional Intelligence in Organizations. She has translated the Satisfaction with Life Scale and the Flourishing Scale in Hindi. She is guiding many PhD scholars enrolled at the Department of Psychology, University of Delhi. She has also been a guest in many podcasts such as by Indiatimes, and has been invited for talks and workshops at many prestigious national and international forums (including World Congress on Positive Psychology in Melbourne in July, 2019, Psychology department, University of Delhi, Delhi School of Economics, Fortis Hospital, WICCI-DMHC, LSR College, IP College, Gargi College, Ramanujan College, Bharti College, Ramjas College, BHU, Amity University, Christ University, NAOP Conference, GETI, Rajiv Gandhi Cancer Institute among many others) and has presented papers at various national and international conferences. She won the 'Best Faculty Award in Psychology' by the Centre for Professional Advancement in 2021, Influencer Woman Award in education by Anuragyaam Foundation on International Women's Day, 2023, and the first prize for the best paper presentation at the International Conference on Public Health, Delhi (2016), has been a feature person in the newsletter of International Network of Personal Meaning, Canada. Prof. Pooja Anand has been a Member of the Core Committee for formulating the syllabus for the Choice Based Credit System for B.A. Hons Psychology, B.A. Hons Applied Psychology, and B.A. Program in Psychology taught at all central universities in India from 2015-2022, a member of the esteemed project sponsored by the Ministry of Human Resource Development and University Grants Commission, India called E-pathshala for post graduate courses in which she was the coordinator and author for modules for the 'Social psychology' paper and co-coordinator and author for many modules for the 'Positive psychology' paper. She regularly facilitates free workshops for students, faculty members, and non-teaching staff for enhancing their strengths and well-being. As the Convenor for Skill Development Programs in her college for many years, she started many Skill Development Programs in various disciplines over the years which have been highly successful, Convenor of the Women's Development Cell, Daulat Ram College for two years. She created and started the Mentorship and Career Counselling Program at Daulat Ram College, University of Delhi.



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