

RESUME

Name : Suneet Varma

Date of Birth : 23rd October, 1963.

Address : 3565, Sector D-3
Vasant Kunj
New Delhi-110070, India.
Ph : 91-11- 26134305
E-mail: forsuneet@gmail.com

Current Employment : At present, I am a Reader in the Department of Psychology, University of Delhi.

Educational Background :

<i>Examination</i>	<i>University/Board</i>	<i>Year of Completion</i>	<i>Division</i>
All India Senior School Examination (10 th grade)	Central Board of Secondary Education	1980	I
Pre-Engineering (12 th grade)	Punjab University	1983	I
B.A. Honours (Psychology)	University of Delhi	1987	I
M.A. (Applied Psychology)	University of Delhi South Campus	1991	I
National Education Test for eligibility for Lecturership	University Grants Commission	1992	Not applicable
Ph.D.	Barkatullah University Bhopal	1996	Not applicable

Details of Ph.D. Dissertation:

Carried out theoretical research on “The Scientific Paradigm in Psychology: Challenges and Possibilities” which critiqued the Logical Positivist paradigm in Psychology and reviewed the potency of the Cultural Psychology/Social Constructionist perspective as a viable alternative for doing a more meaningful and fruitful Psychology.

Nature of current teaching and research:

At present I am teaching the following courses: (i) Cultural Psychology, (ii) Philosophy of Psychology: An East-West perspective, (iii) Personality and Self, with a focus on perspectives emanating from Indian Psychology.

Seminars/workshops organized at Dept. of Psychology, University of Delhi:

1. Organized workshop on “Indian Psychology”, September 20, 2006. Resource Person: Dr. Ramesh Bijlani, formerly Professor of Physiology and Medicine, All India Institute of Medical Sciences, New Delhi.
2. Organized talk on “The U-Turn Theory: How the West Appropriates Indian Culture”, March 1, 2006. Resource Person: Mr. Rajiv Malhotra, Director, Infinity Foundation, New York.
3. Organized seminar/workshop on “The Psychological Significance of Sound: An Indian Perspective”, Feb. 8, 2006. Resource Person: Ms. Shruti, music and sound therapist & mathematician, New Delhi.
4. Organized seminar/workshop on “Psychology and Well-being: An Indian Perspective”, Dec 13, 2005. Resource Person: Dr. Alok Pandey, formerly a Professor of Psychiatry with the Indian Air Force.
5. Organized seminar/workshop on “Psychotherapy and Counseling: An Indian Perspective”, Feb 23, 2005. Resource Person: Dr. Alok Pandey, formerly a Professor of Psychiatry with the Indian Air Force.
6. Organized workshop on “Health Psychology: An Indian Perspective”, Feb 16, 2005. Resource Person: Dr. Ramesh Bijlani, Professor of Physiology and Medicine, All India Institute of Medical Sciences, New Delhi.
7. Organized seminar/workshop on “Indian contributions to Psychology and Education: An Applied Perspective”, Feb 14, 2005, in collaboration with Central Institute of Education, University of Delhi. Resource Persons: Dr. Matthijs Cornelissen, Dr. Neeltje Huppel - the former a psychiatrist by training, and the latter an educationist, both from the Netherlands with extensive contribution to the area of psychology and education.
8. I was one of the organizers of “National Conference on Indian Psychology, Yoga and Consciousness”, 10th-13th December, 2004, held at Pondicherry, India.
9. Organized seminar/workshop on “Psychotherapy: An integral model”, March 15, 2004. Resource Person: Dr. Alok Pandey.
10. Organized seminar/workshop on “Integral Psychology”, March 5-6, 2003. Resource Persons: Dr. Matthijs Cornelissen and Dr. Neeltje Huppel.
11. Organized seminar on an Integral Psychology titled “Ancient Futures: Looking Back to Move Ahead”, March, 4-5, 2002. Resource Persons: Dr. Matthijs Cornelissen, Dr. Alok Pandey, and Dr. Saumitra Basu, all psychiatrists by training.

Work and Related Experience:

1. Participated in a workshop on “Practical Approaches to Counselling” conducted by the Counselling Institute at YMCA, New Delhi (September, 1986).
2. Subsequent to attending a workshop on “Counselling and Personal Growth” conducted by Sandarshan (a voluntary organisation affiliated to Free Church of India, Delhi), I took up training and volunteer work in counselling (August-September, 1990).
3. Worked as a volunteer at the Queen Street Mental Health Centre, Toronto, Canada. Activities included providing counselling related support to patients and running the patients library (November, 1991 - February, 1992).
4. Worked as a Research Associate on the project - “The impact of TV Advertising on the Values, Attitudes and Aspirations of Children from Different Socio-Economic Groups in Delhi”. The

project was funded by the International Development Research Centre, Canada (October, 1992 - January, 1993).

5. Worked as a Research Associate in the Department of Psychology, Govt. Girls College, Bhopal, India, in a project sponsored by the Madhya Pradesh Council of Science and Technology (August, 1993 - March, 1994).

Awards/Fellowships:

“National Open Doctoral Fellowship” awarded by the Indian Council for Social Sciences Research during 1993-1994.

Details of Research Guidance:

- a) 4 M. Phil. degrees awarded.
- b) 1 Ph. D. degree awarded.
- c) 8 Ph. D. dissertations supervision in progress.

Positions Held:

- a) Treasurer of “National Academy of Psychology” (December 1998 – December 2000.
- b) Currently Assistant Editor of the journal, *Psychological Studies* (Jan 2000 -).

Refresher Courses Attended:

- 1) “Refresher Course in Advanced Social Psychology”, UGC-Academic Staff College, Allahabad University, March 4-21, 2005.
- 2) “Recent Developments in Psychological Theory and Research Methods”, CPDHE, University of Delhi, April 17-May 7, 1997

Seminars/Conferences Attended:

1. World Association of Vedic Studies, Inc, 6th International Conference on “Vedic Ideas for Global Harmony and Peace in Modern Context”, 8–10 July, 2006, University Center, University of Houston, Houston. *Sri Aurobindo’s neo-Vedic synthesis for global harmony and peace: A new science of self, personality, and psychology.*
2. 5th International Conference on Integral Psychology, 1-5 July, 2006. Menla, NY. *Emotions and their transformation in Bhakti Yoga and Integral Yoga Psychology: Some bridges*
3. Holistic Paradigms in Psychology: Problems and Prospects, 10-11th, March, 2006, Zakir Husain College, Delhi. *One man’s quest for holism in psychology: An experiential account.*
4. National Conference on Indian Psychology, Yoga and Consciousness, 10th-13th December, 2004, Pondicherry. *One Self or many selves.*
5. National Seminar/Conference on Self and Personality in Yoga and Indian Psychology, December 9-10, 2003, Vishakhapatnam. *Self and personality from the perspective of Sri Aurobindo.*
6. 3rd International Conference on Integral Psychology, San Francisco, May 28- June 1, 2003. *From the self to the Self: An exposition on personality based on the works of Sri Aurobindo.*

7. National conference on Yoga and Indian Approaches to Psychology, Pondicherry, September 29 – October 1, 2002. *Psychology in India: Past trends and future possibilities*
 8. 6th International, 37th Annual Conference of IAAP and 3rd Pondicherry Psychology Association Conference, January, 5-7, 2002. Symposium along with Dr. Matthijs Cornelissen – *Ontological and Epistemological Issues in Psychology: An East-West Perspective*.
 9. 13th Annual Conference of National Academy of Psychology (NAOP), October 22-24, 2002, Kollam, Kerala. *Obstacles to the introduction of Indian Psychology in the academia*.
 10. 10th Annual Conference of National Academy of Psychology (NAOP), December 3-5, 1999, Department of Psychology, Lucknow University, Lucknow. *Whither psychology, whither new millennium*.
 11. Annual Seminar, 21-22 March, 1999, Department of Psychology, Centre for Advanced Studies, Allahabad University, Allahabad. *Ontological and epistemological foundations of methodology in the social sciences*.
 12. Annual Seminar, 26-27 April, 1998, Department of Psychology, Centre for Advanced Studies, Allahabad University, Allahabad. *Wholeness and fragmentation: Views from psychology*.
 13. National Seminar on “Culture and Psychology”, Department of Psychology, University of Delhi, 28-30 December, 1997. *Wittgenstein’s “forms of life” and the links between culture and psychology*.
 14. 8th Annual Conference of National Academy of Psychology (NAOP), December 18-20, 1997, Department of Psychology, Centre for Advanced Studies, Utkal University, Bhubaneswar. *Reflections on some contemporary ills plaguing psychology*.
 15. 7th Annual Conference of National Academy of Psychology (NAOP), December 13-15, 1996, Department of Psychology, Barkatullah University, Bhopal. *Hermeneutics and psychology*.
 16. National Seminar on “Quality of Life”, Department of Applied Psychology, University of Delhi South Campus, April, 1996. *Towards an indigenous framework for counselling and psychology*.
 17. 6th Annual Conference of National Academy of Psychology (NAOP), December 13-15, 1995, Department of Psychology, University of Gulbarga, Gulbarga (Karnataka). *Social constructionism as an alternative paradigm for psychology*.
- 5th Annual Conference of National Academy of Psychology (NAOP), December 21-23, 1994, Department of Psychology, Allahabad University, Allahabad. *Psychology as a human science*.

PUBLICATIONS

Cornelissen, M., Misra, G. & Varma S. (Eds.) (under publication). *Psychology: The Indian Contribution*.

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.

Priya, K. R., Singh, S., Dorabjee, J., Varma, S., & Samson, L. (2005). How effective are harm reduction programmes for drug users? Some insights from an evaluation of the programme at SHARAN (an NGO) in Delhi. *Journal of Health Management*, 7(2), 219-236.

Varma, S. (2004). Psychology in India: Past trends and future possibilities. In K. Joshi & M. Cornwellisen (Eds.), *Consciousness, Indian Psychology and Yoga*. Vol. XI, Part 3, History of Science, Philosophy and Culture in Indian Civilization, General Editor D.P. Chattopadhyaya. New Delhi: Centre for Studies in Civilizations.

Varma, S. (2003). Book Review: Kiran, S.K., *Psychology of Meditation* (2003). New Delhi: Concept Publishing Company. *Psychological Studies*, 48, 65-66.

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). The farther reaches of a new psychology. *Psychological Studies*, 47, 70-86.

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.

Kundan & Varma, S. (1999). Postmodernism and beyond: A meeting of East and West. *Indian Psychological Review*, 52-53, 58-72.

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.

Misra, G., Anand Prakash, & Varma, S. (1999). Psychology in India: Perceptions and perspectives. *Psychology and Developing Societies*, 99, 25-53.

Varma, S. (1995). Social constructionism: An alternative paradigm for psychology. *Indian Journal of Social Science*, 8, 35-58.

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.

Misra, G. & Varma, S. (1994). Social problems, psychology and social policy. *Journal of Indian Academy of Applied Psychology*, 20, 97-106.

I have also made contributions in terms of writing chapters and editing in the textbooks of Psychology brought out by National Council of Education Research and Training (grade 11) and National Institute of Open Schooling (grade 10).