

# Revised Biodata



## Individual Faculty Profile

Name : Dr. Punam Midha

Desi : Professor

Dept : Psychology

### 1. Educational Qualifications

Degree	Year of passing	University/Institute
Ph.D	1992	MDU Rohtak
PG (MA, Psychology)	1985	" ", Gold Medalist
UG	1981	" "
Others (PG, MA English)	1983	" "

### 2. Career Profile

Designation	Institution served	Duration (from to )
Lecturer (part time )	Vaish Girls college ,Rtk	1985 - 1987
Lecturer (Regular)	MA CW Jhajjar	1987 - 1991
Lecturer (SG)	Uni/ Pt NRS Govt college ,Rtk	1991 - 2008
Ass. Professor	Psychology Dept MDU ,Rtk	2008 - Aug. 2012
Professor	Psychology Dept MDU ,Rtk	8.8.2012 - Till Date

Research Advisory

Ph.D. : 8 under supervision : 2awarded. : M.Phil: 11 completed,

### Papers published in National/ International Journals

1. Midha,P.,Yadava ,A. and Muhar , I.S. (1987) Effect of CXM on retention of an Active Avoidance Task. Indian Journal of Current Psychological Research , Vol 2 (No 1),15-18.
2. Malhotra , S and Midha,P. (2003). Effect of Novel Experience prior to / after training on retention of passive avoidance responses albino rats – Involvement an opioid system , Advances in Bioscience, 22(2)
3. Midha, P., and Malik, S. (2010).E-Health ; Changing Psycho-socio Dynamics. MDU Research Journal , Vol. 9 , No. 1, 87-94.
4. Midha, P., and Malik , s. (2010).Emotional Intelligence Among Professionals A cross- sectional Study . Maharishi Dayanand University Research Journal (Arts), Vol. 9, No 2, 39-50.

5. Midha, P., and Malik, S. (2011). Impact of oral Health on the quality of life in elderly with and without dentures , Journal of Indian health Psychology , Vol. 5 ,No. 2, 97-104.
6. Malik, S., Midha, P., Singh, T.(2011). Women's attitude towards Family Planning: A Study of incon-sistency between attitude and behavior. Indian Journal of Psychology and Education, Vol.1(2),57-66
7. Malik, S., Midha, P.(2011). A Content Analysis of Verbal Abstractions of Sir Chhotu Ram's Attitude Towards Females. Journal of People and Society of Haryana. Vol. 11(2), 61-64.
8. Midha, P., Malik, S., & Manjeet (2011). Impact of Psycho-socio Environment on the Adjustment of Institutionalized vs. Home Bound Elderly. Proceedings of National Seminar on Psychological Antecedents and Moderators of Environment by O.D.Sharma and Shailja Sharma (eds.),Tosham(Bhiwani).
9. Gupta, A.,Midha, P. , & Malik, S.,(2012). Attitude towards medication adherence in chronic patients.Indian Journal of Health and well-being Vol.3 (1), 80-84.
10. Midha, P.& Geetanjali(2012). Perceived Parenting style and its Relationship to Hope, Self-confidence and Inspiration in Adolescents. Youth and Positivism by Kamini C, Tanwer and Poonam Arora(eds),New Delhi: Excel India Publishers.
11. Midha, P. (2012) Changing Parent – Child Relationship. Diviner: A Research Journal of Humanities and Social Sciences, Vol. 9 .Issue 1, 161 -168.
12. Midha, P., Malik, S., & Rahar, P. (2012) Locus of Control Aggression and General Health among Ado-lescents: A Contemporary Study. Indian Journal of Psychology and Education, Vol. 2, Issue 2, 103 – 112
13. Midha, P., and Malik, S. (2012). Happiness Across the Life Span: A Cross – Sectional Study. Maharshi Dayanand University Research Journal [ Arts ] , Vol. 11 ; Issue 2 , 39 -46.
14. Midha, P., and Malik, S. (2012). Is Hope a Predictor of Academic Achievement? Maharshi Dayanand University Research Journal [Arts], Vol. 11, Issue 2, 51 -56.
15. Midha, P. (2013) Gender Equality and Equity. A Shukla (eds.) book entitled as Psyche of Indian Women. New Delhi: Concept Publishing Company Pvt. Ltd., 322-330.
16. Midha, P.(2013) Glass Ceiling. A. Shukla (eds.) book entitled as Psyche of Indian Women. New Delhi: Concept Publishing Company Pvt. Ltd., 235-248.
17. Midha,P., & Malhotra, S. (2013) Impact of Novel Experience on Brain Chemistry- A Study on Memory Process of Albino Rats., International Journal of Pharmacy, Biology and Medical Sciences. Vol. 2 (2), 6-15.
18. Midha, P., and Malik, S.( 2014 ). Gratitude as a Predictor of General Well-Being among Youth. Ma-harshi Dayanand University Research Journal (ARTS), Vol 13 (1), 89-94.
19. Midha, P., Malik, S, and Pinki . (2014 ). Emotional Intelligence As A Gateway To Happiness : A Study On Youth. Indian Journal of Psychological Science. Vol 5 (1), 72-77.
20. Rani, R., Midha, P.(2014).Does Resilience Enhance Life Satisfaction Among Teenagers ? IOSR(International Organization of Scientific Research)Journal of Humanities and Social Science,Vol 19(6) 16-19.
21. Midha, P. , and Geetanjali (2014) .Fathering vs mothering in fostering psychological strengths among adolescents.Indian Journal of Health and Well- Being ,Vol5 (6), 726-728.
22. Ritu, Shaym , R., and Midha, P. (2014). Maternal Employment and Anxiety: A Study of children of Employed vs Unemployed Mothers. Maharshi Dayanand University Research journal (ARTS),13 ( 2), 107 -112.
23. Midha,P., and Malik, S. (2015) Does Hearing Impairment Affect Quality of Life of Elederly.Indian Journal Of Gerontology, 29 (I) ,46-61.
24. Aggarwal ,S., and Midha, P. (2015). Unraveling Quality of Life through Self Evaluation. IOSR (International organization of Scientific Research) Journal of Humanities and Social science,Vol 20(3) ,36-40.

25. Rekha, Midha, P., and Rani, R. (2014). Adjustment :An Indicator of well-being among Young Adults. *Journal of Indian Health Psychology*, Vol 9(!), 71-77.
26. Budhiraja,A., and Midha, P. (2015). Hope and spirituality as portals to subjective well-being among geriatrics. *Indian Journal of Positive Psychology*,Vol 6 (2), 175-177.
27. Rani, R., & Midha, P. ( OCT, 2015). Role of psychosocial environmental support for building virtues among adolescents. *Maharshi Dayanand University Research Journal (Arts) ( ISSN 0972-706X)*, 14 (2),(in press).
28. Rekha, & Midha, P. (Dec, 2015). Life style as a mirror of well-being:A study on youth. *International Journal Of Social Sciences Review ( ISSN-2347-3797)*,3 (4), 508-510.
29. Alka, & Midha, P. (Dec, 2015). Employment: An Indicator of self-esteem among women. *Indian Journal of Positive Psychology (ISSN- p-2229-4937, e-2321-368X)* 6 (4), 451-452.
30. Aggarwal, S., & Midha, P. (2016) . Are cognitive states gender specific in predicting quality of life among youth? *International Journal of Social Sciences Review (ISSN2347-3797)*. 4 (1), 22-26.
31. Pinky, & Midha, P. (2016). Quality of life of hearing impaired elderly:A need of psycho – education. *IOSR(International Journal of Scientific Research ) Journal of Humanities & Social Sciences( e ISSN:2279-0837 ,p ISSN: 2279-0845 )*,21 (7), 19 -24
32. Budhiraja, A., and Midha, P.(2017).Buffering Power Of Spirituality Against Death Anxiety. *The International Journal Of Indian Psychology , 4 (2),NO 94, 59-65, ISSN:2348-5396 (e), ISSN:2349-3429(p).Average IF : 6.91,Indexed;Google Books, iTunes, Google Play.*
33. Budhiraja, A. , and Midha, P.(2017).Does Gender Affect Well-Being Of Elderly ?.*The International Journal of Indian Psychology, 4 (2) No95,72-81,ISSN:2348-5396(e) ISSN:2349-3429(p),Average IF;6.9, Indexed: Google Books, iTunes, Google Play.*
34. Kumar, A., and Midha, P. (2017).Attitudes Towards Inclusive Education Among School Teachers: A Comparative Study. *The International Journal Of Indian Psychology, 4(2) NO 95,52-60, ISSN 2348-5396(e), ISSN:2349-3429(p), Average IF:6.9,Indexed:Google Books, iTunes, Google Play.*
35. Rani, R., Midha, P., and Budhiraja, A.(2017).Strengths Among Contemporary Teenagers: A Comparative Study. *The International Journal of Indian Psychology, 4(2) No96, 130-141, ISSN: 2348-5396 (e), ISSN: 2349-3429(p), Average IF: 6.9, Indexed: Google Books, iTunes, Google Play.*
36. Aggarwal, S., and Midha, P. (2017). Personal Strivings as Markers of Adolescents' Quality Of Life: A Gender Based Study. *The International Journal Of Indian Psychology ,4(3),no 99, 62-70, ISSN 2348-5396, (e), ISSN 2349-3429(p),IF:3.3 (IBI, Mysore),Indexed: Google Books, iTunes, Google Play.*
37. Aggarwal, S., and Midha, P. (2017). Acknowledgement of self as an Intrinsic source of Happiness among youth. *Indian Psychological Review, 88, (4), 157-164. ISSN:0019-6215.*
38. Midha, P., Budhiraja, A., and Sachdev, D. (2017). Can internet usage bring happiness: A study on teenagers?. *International Journal of Social Sciences Review, 5(4), 672-674. ISSN:2347-3797.*
39. Budhiraja, A.,Midha, P., and Sachdev, D. (2017).A study of empathy- sympathy among digital natives in contemporary network society.*International Journal of Social Sciences Review. 5 (4),686-688, ISSN: 2347-3797.*

## **Participation in Conference, Seminars & Workshops**

Attended National Symposium on Recent advances in biosciences and presented a paper entitled “A novel experience and retention- involvement of an opioid system, Held at MDU Rohtak by Biosciences Dept. on 3-5 Nov., 1995.

Attended a Midterm CME on Management of depression, organized by Indian Psychiatric Society, (North zone), Organised by Psychiatry Dept., PGIMS Rohtak on June 1996.

Attended a National Seminar on Environmental Psychology and presented a paper entitled "Environmental Manipulations- An extrinsic variable in memory modulation. Organised by Psychology Dept. 24-26 Oct., 1997.

Attended a national seminar on psychology and national development on 21-22 Dec. 1997, organized by Dept of Psychology K. U. K.

Attended national seminar on Promoting Well-being: Challenges in the new millennium, Organised by Psychology Dept, M.D.U., Rohtak., on 19 Feb 2002.

Attended National Seminar on Individual differences and behaviour, presented a paper entitled "Study of vocational interest amongst college student organised by Psychology Dept. Rohtak, on 11-12 Oct. 2002.

Attended a state level orientation program for psychology teachers, Organised by Psychology Dept. MDU Rohtak on 14 Feb. 2003.

Attended a state level workshop on Course program curriculum workshop, Organised by Psychology Dept. MDU Rohtak on 17 Jan. 2004.

Attended a National Seminar on Substance Abuse/misused in north-western region of India: Causes, Consequences and Remedies and presented a paper "Effect of opiate in memory modulation, organised by Psychology Dept. MDU Rohtak on 31 Jan. 2004.

Attended National Seminar on Positive health and wellbeing, Organised by Psychology Dept. MDU Rohtak on 15-17 July 2004.

Attended a national Seminar on Socio-psychological problems of youth prevention and intervention organised by Govt. College ,Bahadurgarh , on 22-23 Dec. 2004

Attended National Seminar on Psycho-physiology of Well-being organised by Psychology Dept. MDU Rohtak on 28-29 March 2006.

Attended state level workshop on projective technique, Organised by Psychology Dept. MDU Rohtak on 31 march 2007.

Attended National Seminar on Positive Perspective on health and individual behaviour organised by Psychology Dept. MDU Rohtak on 1-2 Feb. 2008.

Participated in Annual Conference of Haryana Psychiatric Society (21-22 Nov. 2009,Karnal).

Presented a paper entitled " A comparative study of self esteem of employed/unemployed women" in HEC, Haryana sponsored two days National seminar on Psychology : Trends and directions, organized by the Dept. of Psychology, B.L.J.S. College, Tosham( Bhiwani,22-23 Jan ,2010).

Participated in one day Workshop on " Experiential Training and Development" on 11/02/2010, organized by M.D.U. Rohtak.

Attended a National Seminar on "Gender policy in India: Problems and Prospectus" organized by the Dept. of Public Administration M.D.U. Rohtak on March 19, 2010.

Attended a National Seminar on “ Gender Equality and Economic development in India” on March 22-23, 2010 organized by the Dept. of Economics M.D.U. Rohtak.

Presented a paper entitled “ E-Health : Changing Psycho-Socio Dynamics” in a National Seminar on health and its dynamic: State Market and Society organized by the Dept. of Sociology, M.D.U. Rohtak. (March 26-27,2010)

Presented a paper entitled “ Impact of Oral Health on the Quality of Life in Elderly” in a in a National Seminar on Positive Psychology and Health: Interventions and Strategies organized by the Dept. of Psychology, M.D.U. Rohtak. (March 28-29,2010) Also Co-Chaired two Scientific Sessions in this Seminar.

Attended First Mid-term CME on May 2,2010 on the topic “ Genetic Counselling and Bio-ethics” organized by the Dept. of Psychiatry, Pt. B.D. Sharma P.G.M.I.S Rohtak.

Attended International Conference on Human Potential: Bio Psychosocial Perspective and presented a paper entitled “Emotional Intelligence among Professionals: A Cross-Sectional Study” Organaised by Punjab University Chandigarh on 15-17 Nov. 2010.

Attended National Seminar on Eliminating daughters: Paradox of development in India and presented a paper entitled Women’s Gender Consciousness: impact on Family Planning Attitude, Organized by Women’s Study center MDU Rohtak on 15-16 Dec. 2010.

Attended National Seminar on Psycho-Social Antecedents and moderators of environment and presented a paper, “Impact of Psycho-Socio Environment on the Adjustment on Institutionalized vs Home Bound Elderly, Organized by Dept. of Psychology, B.L.J.S College, Tosham (Bhiwani) on 10-12 March 2011.

Attended National Seminar on Community Health Psychology: Research and Application and presented two papers as 1.) “Perception of mediational Adherence in Chronic Patients: A Comparative study.” And another paper 2.) “Quality of Hearing Impaired Elderly: Need for Community Interventions”, Organized by Psychology Dept. MDU Rohtak, On 26-27 March 2011

Attended International Conference on Positivism: Path to success, Satisfaction and Bliss and Presented a paper “Happiness Across the lifespan: A cross Sectional Study, Organized by Amity University Jaipur on 6-8 Aug. 2011.

Attended 36<sup>th</sup> Annual Conference of Indian Psychiatric Society North-Zone and Presented Two poster papers 1.) Positive Psychological States as Enhancers of Mental Health: A comparative Review and 2.) Socio-Cultural Determinants of Aggression/Violence: A Comparative Review, Organized by Psychiatry Dept. PGIMS Rohtak on 24-25 Sept. 2011

Attended International Conference on Recent Advances in Cognition and Health, Presented Two Papers 1.) Impact of Novel Experience on the brain chemistry on Albino Rats.

2.) Locus Of Control, Aggression and general health among adolescents: A contemporary Study.

Organized by Dept. Of Psychology B.H.U, Varanasi on 23-24 Jan. 2012

Attended National Seminar on Women, Society and State and presented two papers

1.) “Sex Composition of Family as a determinant in life satisfaction of mothers”

2.) “Death Before Birth: A review of Paradoxical Fact.”

Organized by Women's Study center, MDU Rohtak on 9-10 Feb. 2012.

Attended National Seminar development and Social transformation, presented a paper entitled, "A comparative study of Self Vs Fate oriented behavioral approach among adolescents: A need for cognitive Restructuring, Organized by Dept. of Sociology MDU Rohtak on 24-25 Feb. 2012.

Attended National seminar on Emerging Issues Work-stress and Well-being, Presented a paper, "Stress in the contemporary society: A Need for management", Organized by Dept. of Psychology, Pt J.L.N. Govt. Faridabad on 16-17 March 2012.

Attended International Conference on Youth and Positivism, Presented two papers 1.) "Is Hope a predictor of academic achievement?". 2.) "Perceived Parenting Style and its relationship to Hope, Self-confidence and Inspiration in adolescents.", Organized by Amity University Manesar Gurugram on 24-25 March 2012, Also Chaired Academic Session.

Attended Second Indian Psychological Science Congress on Psychological Well-Being: Building Bridges for tomorrow and presented two papers 1.) Gratitude as a Predictor as a predictor of general well-being among youth. 2.) Happiness of men and women across life-cycle: A comparative study on Organized by Psychology Dept. PG Govt. College Chandigarh on 5-6 Oct., 2012.

Acted as a Joint Secretary of Workshop on Promoting Community Health and Well-being: Sharing Field Research and Experiences, 15-16th Sept. 2012.

Attended International Conference and presented a paper, "Effect of Corruption on the psyche of person, Organized my Dept. of Economics, MDU Rohtak on 19-20 March 2013.

Attended Regional Seminar, organized by Dept. of Public Administration MDU Rohtak on 21-22 March 2013.

*Presented a paper entitled Social intelligence among contemporary youth: A need of community based intervention in a national seminar on "Problems and challenges to counseling in present social scenario". October 19, 2013 organized by Dayanand Mahila Mahavishvidhyalaya Kurushetra.*

*Coordinated 1 day experiential workshop on cognitive behavior therapy March 18 ,2013 by Department of Psychology M.D.U Rohtak.*

*Presented a poster paper title "Mental well-being by fostering PsyCap among employees in a 12<sup>th</sup> annual conference India Psychiatry society north zone Haryana branch on promoting mental health 30 Nov. -1 Dec. 2013 organized by Department of Psychiatry Pt. B.D sharma P.G.I.M.S Rohtak.*

*Presented a poster paper titled as Mental Health of Slum Dwellers: The need for sensitization in a 12<sup>th</sup> Annual conference: Indian Psychiatric Society-North Zone Haryana Branch on Promoting Mental Health 30<sup>th</sup> Nov-1<sup>st</sup> Dec,2013, organized by Dept. of Psychiatry Pt. B.D.Sharma PGIMS, Rohtak.*

*Presented a paper titled Life Style as predictor of health and well-being among young adults in a 12<sup>th</sup> annual conference India Psychiatry society north zone Haryana branch on promoting mental health 30 Nov. -1 Dec. 2013 organized by Department of Psychiatry P.T B.D sharma PG.I.M.S Rohtak.*

*Participated in a workshop on Fulfilling Aspirations: Transition from Academic to Professional Psychology on 8<sup>th</sup> Jan, 2014, organized by Dept. of Psychology, M.D.U. Rohtak.*

*Participated in the workshop on "workplace sexual harassment of women" in Jan 24, 2014, organized by women's studies center M.D.U Rohtak.*

*Presented a Paper titled Job: A Boon or Bane in Marital Adjustment of Females in National Seminar on Gender Inequality and Violence against in North West India Feb 7-8, 2014, organized by Women's Studies center, M.D.U., Rohtak.*

*Presented a paper titled Unwelcome Sexual Behavior at Corporate World: A Critical Review in National Seminar on Gender Inequality and Violence against Women in North West India Feb 7-8, 2014, organized by Women's studies Centre, M.D.U., and Rohtak. Also chaired a session of above mentioned seminar.*

*Presented a paper titled Emotional Intelligence as a gateway to Happiness: A study on Youth, in 1<sup>st</sup> International and 3<sup>rd</sup> Indian Psychological Science Congress, Feb 24-25, 2014, organized by National Association of Psychological Science- India held at P.G. Govt. College, Chandigarh.*

*Presented a paper titled Adjustment: A Key resource of well-being among young adults, in 1<sup>st</sup> International and 3<sup>rd</sup> Indian Psychological Science Congress, Feb 24-25, 2014, organized by National Association of Psychological Science- India held at P.G. Govt. College, Chandigarh.*

*Presented a paper titled Emotional maturity of superordinate and subordinate female professionals; A comparative Study, in a 1st International and 3<sup>rd</sup> Indian Psychological Science Congress, Feb 24-25, 2014, organized by National Association of Psychological Science- India held at P.G. Govt. College, Chandigarh.*

*Presented a paper titled Resilience as a correlate of life satisfaction among teenagers ; A contemporary study, in a 1st International and 3<sup>rd</sup> Indian Psychological Science Congress, Feb 24-25,2014,organized by National Association of Psychological Science- India, held at P.G. Govt. College, Chandigarh.*

*Presented a paper titled mother and Father Employment: Does Cause of Behavioral Problems among Youngster? in a national seminar on Society in Contemporary India: Psychological and Social Response, March 21-22, 2014, organized by Dept. of Psychological Science, National Academy of Psychology, held at Aurobindo College (evening) University of Delhi.*

*Presented a paper titled Life Style as a Pillar of Adjustment in a National seminar on Society in Contemporary India: Psychological and Social Response, March 21-22, 2014, organized by Dept. of Psychological Science, National Academy of Psychology, held at Aurobindo College (evening) University Of Delhi.*

*Presented a paper titled Is self-esteem-A gender specific? in a national seminar on Community and New Generation, March 24, 2014 organised by Dept. of Psychology of Bljs College Tosham.*

*Presented a paper titled Confinement in Networking World: An impact on Psyche of adolescents/ young adults in a National seminar on Community and New Generation, March 24, 2014, organised by Dept. of Psychology of Bljs College Tosham.*

*Presented a paper titled "Mother's job – A cause of anxiety among adolescents, in a National seminar on Community and New Generation, March 24, 2014 organised by Dept. of Psychology of Bljs College Tosham. Also chaired a session thereof.*

*Participated on a workshop on story telling: A qualitative research organised by Psychology Dept. M.D.U Rohtak. On 25.3.14*

*Attended a workshop on Hypnosis: A therapeutic and wellness tool, March 27, 2014, organised by Dept. of Psychology, M.D.U. Rohtak.*

*Presented a paper entitled as " Unwelcome Sexual Behaviour at Corporate World: A Critical Review in a National Seminar on "Gender Inequality and Violence against Women in North- West India" organized by Women*

*Studies Centre held at M.D.U. Rohtak, on Feb 7-8, 2014.*

*Chaired one scientific session of above mentioned seminar.*

Presented four papers (1) Emotional Intelligence As A Gateway To Happiness:A Study on Youth ( 2) Adjustment: A key resource of well- being among young adults. (3) Emotional maturity of superordinate and subordinate female professionals: A comparative study. (4) Resilience as a correlate of life satisfaction among teenagers: A contemporary study .,in 1<sup>ST</sup> International and 3<sup>RD</sup> Indian Psychological Science Congress ,organized by NAPS at P.G. Govt. College, Chandigarh, Feb 24-25,2014.

Participated in a work shop on workplace sexual harassment of women organised by Women's study center held at MDU Rohtak on 24 January 2014

Presented a paper entitled Job: A Boon or Bane in marital adjustment of females, Organised by women study center at MDU Rohtak, Feb 7-8, 2014

Presented two papers (1) "Lifestyle as a pillar of adjustment", (2) Mother and Father Employment-Does Cause Behavior Problems Among Youngsters in a national seminar on social change in contemporary India : Psychological dimensions and social response, organized by dept. of Psychological science, National Academy of Psychology (NAOP) at Sri Aurobindo college (evening) D.U on March 21-22,2014.

Presented three papers (1) Is Self Esteem: A Gender Specific, (2) Confinement In E-Networking World: An impact on Psyche of adolescents/young adults, (3) Mother's Job: A Cause of Anxiety among adolescents in a national seminar on community and new generation, Dept. of Psychology BLJS College Tosham, 24-25 March 2014

Presented a paper, "Is glass ceiling a reality or a myth?" in a national seminar on social transformation forcing inclusive development, 13-14 March 2015 organised by Dept. of Sociology M.D.U Rohtak.

Participated in a national seminar on Sir Chhotu Ram: Life and Ideology, on Nov. 22, 2014 organised by center for Haryana studies and Chhotu Ram chairs.

Presented two papers (1) Self Efficacy as a correlate of hope and resilience among elderly. (2) Impact of socio-economic status on happiness among youth, in first international 3rd national conference on positive psychology: The Ripple Effect organised by Indian association of positive psychology and Manav Rachna International University on 27 Feb- 1st march 2015

Also chaired one technical section in above mentioned conference

Attended 2 days NAAC sponsored work shop on quality assurance and accreditation 19-20 March 2015

Attended National Seminar on Positive Psychology and Well-being and presented a paper entitled "Is happiness embedded in self- esteem A study on rural school children ", organized by Dept. of Psychology. Govt. National College Sirsa on 6.3.2016.

Acted as a chair person in National Seminar on Positive Psychology and Well-being at Govt. National College Sirsa, on 6/ 3/ 2016.

Participated in one-day workshop on All India Survey on Higher Education conducted by AISHE Cell of M.D.U., Rohtak, held on 20<sup>th</sup> Nov. 2015.

Presented a paper entitled as "Estimating happiness and subjective well-being through self-esteem : A study on rural adolescents" in a 3<sup>rd</sup> International and 5<sup>th</sup> Indian Psychological Science Congress held at P.G.Govt. College, Chandigarh during 28-30 Sept.2016.

Presented a paper entitled as "Spirituality as an antidote to death anxiety: A study on elderly", in a 3<sup>rd</sup> International and 5<sup>th</sup> Indian Psychological Science Congress held at P.G.Govt. College, Chandigarh during 28-30 Sept.2016.

Presented a paper as entitled as Profile of strengths of Adolescents: A gender based study , in a National Conference organized by Chaudhry Ranbir Singh Institute of Social and Economic Change ,M.D.U., Rohtak during 6-7 Oct, 2016.

Presented a paper entitled as " Gender as a determinant of well-being: A study on geriatrics" in a National Conference organized by Chaudhry Ranbir Singh Institute of Social and Economic Change ,M.D.U., Rohtak during 6-7 Oct, 2016.

Participated in a one day workshop on "Qualitative Analysis: A Communitive Perspective" organized by Dept. Of Psychology , M.D.U, Rohtak on 10/11/2016.

Presented a paper entitled as "Buffering effect of self efficacy against academic stress in an International Conference on youth and well-being, organized by Dept. of Applied Psychology, G.J.U.S.T., Hisar and Community Psychology Association of India during 11-12 Nov., 2016.

Presented a paper entitled as "Does employment affect resilience among employed vs unemployed women", in an International Conference on youth and well-being, organized by Dept. of Applied Psychology, G.J.U.S.T., Hisar and Community Psychology Association of India during 11-12 Nov., 2016.

Attended a workshop on "Coping Health Issues ", organized by Women's Studies Centre at M.D.U.,Rohtak on 23rd Feb, 2017.

Participated in one day workshop conducted by AISHE cell of M.D.U. ,Rohtak on All India Survey on Higher Education on 17<sup>th</sup> March,2017.

Participated in National Symposium on Interdisciplinary Discourse in Social Science, organized by faculty of social sciences, M.D.U., Rohtak on March 22, 2017.

Presented a paper entitled as "Spirituality as a ray of hope among elderly" in a National Seminar on Health Promoting Lifestyle", organized by Psychology Dept. of S.J.K. college, Kalanaur on March25,2017. Chaired a technical session in above seminar.

Attended a workshop on "Sexual Harassment of Women at Workplace", organized by Women's Studies Centre on 28<sup>th</sup> March, 2017.

Presented a paper entitled as "The role of Personality Traits in Drug Addiction" in a National Seminar on "Drug Addiction and Alcoholism: Issues & Challenges in North- West Region", organized by the Dept. of Sociology, M.D.U., Rohtak on 29-30 March,2017.

Co-chaired a technical session in above mentioned National Seminar

Presented a paper entitled as "Does Internet Usage Enhance Self-esteem?", in a National Conference on Digital India: Prospects & Challenges, organized by IMSAR, M.D.U, Rohtak on 28<sup>th</sup> March, 2017.

Attended and presented two papers entitled as (1) "Is happiness Embedded in Internet Usage " and (2)

Does internet connectivity lead to psychological disconnectivity? In Two Days Interdisciplinary International Conference on Role of Digitalization in Sustainable Development: A Global Perspective, Organized by the Dept. of Education, M.D.U, Rohtak on 16-17<sup>th</sup> Sept., 2017.

Attended a seminar on Relevance of Integral Humanism in Contemporary Times, organized by M.D.U, Rohtak on 20<sup>th</sup> Sep.,2017.

Attended a workshop on Actors and Emotions: A Psychological Perspective, organized by the Dept. of Psychology, M.D.U, Rohtak on 31<sup>st</sup> Oct., 2017.

Any other information, if any.;

Book Reviewed: Positive Psychology by Sunil Kumar and S.B. Yadav, Edited Book, Journal of Indian Health Psychology (2012), Vol6(2).

Mental Health : Risk and Resources in general on Indian Health Psychology, (2013) Vol. 8(1).

Life Member of Haryana Psychological Association.

Member of UG and PG board, faculty of social sciences, academic council.

IQAC Incharge .

Counselor of Elderly people, frequently deliver extension lectures in various colleges.

Actively Performing Exam Duties, Paper settings and paper checking.

Actively Participating in making of syllabi.

Actively Involved in delivering extension lectures and acting as a judge in psycho exhibitions.

Actively participating in youth festival duties

Actively participating in youth festival duties.