

BIO-DATA



Name : **Dr. Sonia Malik**
Designation : **Professor**
Department : **Deptt. of Psychology, MDU, Rohtak**
E-Mail : **soniamalik286@gmail.com**
Teaching Experience : **31 years**
Area of Specialization : **Positive Psychology, Health and Sports Psychology**

A. Educational Qualification

Degree	Year of Passing	University/Institution
Ph.D	2003	M.D. University, Rohtak
M.Phil	1987	K.U, Kurukshetra
M.A.	1986	M.D. University, Rohtak
UG	1982	M.D. University, Rohtak
Others- M.A. (English)	1984	M.D. University, Rohtak

B. Career Profile

Designation	Institution Served	Duration	
		From	To
Lecturer	S.J.K. College, Kalanaur	1987	1991
Lecturer	University College, M.D.U. Rohtak	1991	2006
Lecturer	Pt. NRS Govt. College, Rohtak	2007	2008
Associate Professor	Psychology Department,	2008	2011

	M.D.University, Rohtak		
Professor	Psychology Department, M.D.University, Rohtak	2011	Till date

C. Research Advisory

	Ph.D	M.Phil
Number of students supervised	02(Ongoing)	05

D. Publications:

Published in refereed/peer Reviewed journals:

1. Sonia Malik and Rajbir Singh (2004). "Reliability and Validity: Psychometric Features of Verbal Measure of Time Orientation", Psychology of Individual Differences, Delhi: Wisdom Publication.
2. Midha, P. and Malik, S. (2010). E-Health: Changing Psycho-Socio Dynamics, M.D.U. Research Journal, Vol. 9 No. 1.
3. Midha, P. and Malik, S. (2010). Emotional Intelligence among Professional : A Cross-Sectional Study, M.D.U. Research Journal (Arts) , Vol. 9 No. 1.
4. 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.
5. Malik, S. and Midha, P. (2011). Women's attitude towards family planning: A study of inconsistency between attitude and behaviour. Indian Journal of Psychology and Education, Vol. 1, NO. 2.
6. 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.
7. 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).

8. 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.
9. Midha, P., Malik, S., & Rahar, P. (2012) Locus of Control Aggression and General Health among Adolescents: A Contemporary Study. *Indian Journal of Psychology and Education*, Vol. 2, Issue 2, 103 – 112
10. 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.
11. 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.
12. Midha, P., and Malik, S. (2014). Gratitude as a Predictor of General Well-Being among Youth. *Maharshi Dayanand University Research Journal (ARTS)*, Vol 13 (1), 89-94.
13. 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.
14. Midha, P., and Malik, S. (2015) Does Hearing Impairment Affect Quality of Life of Elderly. *Indian Journal Of Gerontology*, 29 (I), 46-61.
15. Kadyan, A. & Malik, S. (2017). Hardiness and Self Esteem among Female Wrestlers: A Correlational Study. *Indian Journal of Health and Wellbeing*, 8(11), 1370-1373.

Participation in Conferences/ Seminars/ Workshop

1. Attended Mid-Term CME – Indian Psychiatric Society (North-Zone) “Management of Depression” organized by Dr. Vidya Sagar, Department of Psychiatry, Pt. B.D.S. PGIMS, Rohtak.
2. Attended National Seminar on “Psychology and National Development”. Psychology Department, K.U. Kurukshetra held on 21-22 Dec. 1997.

3. Attended Panel Discussion on Promoting Well-Being : Challenges in the new Millennium, Psychology Department, M.D.U. Rohtak held on 19 Feb. 2002.
4. Attended National Seminar and 6th National Conference of Praachi, Presented a paper, "Measurement of Time Perspective : A Tryout on Self-Report Inventory. Psychology Department, M.D. University, Rohtak held on 11-12 Oct. 2002.
5. Participated in One Day Workshop on Course Program Curriculum Development, organized by Psychology Department, M.D. University, Rohtak on 17.01.2004.
6. Participated in ICSSR sponsored seminar on Substance Abuse/Misuse in North Western Region of India: Causes, consequences and remedies, organized by Psychology Department, M.D. University, Rohtak on 31st Jan. 2004.
7. Participated in 8th International and 39th National Conference of Indian Academy of Applied Psychology (IAAP) on Positive Health and Well-Being organized by Psychology Department, M.D. University, Rohtak on 15th -17th July 2004.
8. Participated in Seminar on Socio-Psychological Problems of Youth Prevention and Intervention organized by Departments of Psychology and Sociology, Govt. College Bahadurgarh.
9. Participated in National Seminar on Psychophysiology of Well-being Psychology Department, M.D. University, Rohtak on 28th to 29th March, 2006.
10. Participated in One Day Workshop on Projective Technique, Psychology Department, M.D. University, Rohtak on 31st March, 2007.,
11. Participated in National Seminar on Positive Perspective of Health and Individual Behaviour Psychology Department, M.D. University, Rohtak on 1st to 2nd Feb. 2008.
12. Participated as delegate in the Seminar on Haryana: Making Women Empowered held on 19th Nov. 2008 in Haryana Pavilion of Indian International Trade Fair (IITF), Pragati Maidan, New Delhi.
13. Participated in Sensitivity / Awareness/ Motivation Workshop on Capacity Building of Women Managers in Higher Educational Sponsored by University Grants Commission and organized by Bhagat Phool Singh Memorial Girls College, Khanpur Kalan (Sonapat) BPSM Vishwavidhyalaya, Khanpur Kalan, Sonapat (8.12.2008 to 12.12.2008).

- 14.** Participated in Midterm CME organized by Indian Psychiatry Society, North Zone, Psychiatry Department of PGIMS, Rohtak (26th April 2009).
- 15.** Participated in Annual Conference of Haryana Psychiatric Society (21-22 Nov. Karnal).
- 16.** Participated in IV International Symposium on Cognition, stress and mental health organized by Psychology Department, Banaras Hindu University, Varanasi. Also presented Paper entitled, Does Intelligence Buffer Sunk Cost and this paper was adjudged best paper of the session. Also co-chaired one scientific session. (Dec. 14-16, 2009).
- 17.** Participated in two days National Seminar on Psychology: Trends and Directions, Organized by the Deptt. of Psychology, B.L.J.S. College Tosham, Bhiwani (22-23 Jan. 2010).
- 18.** Participated in One Day Workshop on “Experiential Training and Development organized by M.D. University, Rohtak (11.02.2010).
- 19.** Attended a National Seminar on “Gender Policy in India: Problems and Prospectus” organized by the Department of Public Administration, M.D. University, Rohtak (March 19, 2010).
- 20.** Attended a National Seminar on “Gender Equality and Economic development in India” organized by the Dept. of Economics M.D.U. Rohtak, on March 22-23, 2010
- 21.** 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).
- 22.** 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) and also was an Organizing Secretary of this Seminar.
- 23.** Attended First Mid-term CME on May 2,2010 on the topic “Genetic Counseling and Bioethics” organized by the Dept. of Psychiatry, Pt. B.D. Sharma P.G.M.I.S Rohtak.
- 24.** Presented a paper entitled, “Emotional intelligence among professionals: A 4 cross-sectional study” In the international conference on “Enhancing, Human Potential: Bio-psycho social Perspectives” at Punjab university Chandigarh (Nov 15-17,2010)
- 25.** Presented a paper entitled, “Women's gender consciousness: Impact on family planning attitude” in the National Seminar on Eliminating Daughters: Paradox of Development in India”, organized by Women's

- Studies Centre MDU, Rohtak (Dec. 15-16, 2010) Acted as a Rapporteur in the above said Seminar.
- 26.** Attended National Seminar on “Sir Chhotu Ram :Life and Achievements”, jointly organized by Centre for Haryana Studies & Sir Chhotu Ram Chair, MDU, Rohtak (Feb 7, 2011)
 - 27.** Participated in two days National Seminar on MNREGA Feb 22-23, 2011, organized by Dept of Public Administration , MDU, Rohtak
 - 28.** Presented a paper entitled. “Impact of Psycho-socio Environment on the Adjustment of Institutionalized vs. Home Bound Elderly”, National Seminar on “Psycho-social Antecedents and Moderators of Environment”, organized by Dept of Psychology, B L J S (PG) College Tosham, Bhiwani (March 10-12, 2011).
 - 29.** 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. Acted as a Rapporteur in the above said Seminar.
 - 30.** Participated in a workshop on Combating Stress on April 9, 2011, organized by Psychology Dept, MDU, Rohtak.
 - 31.** 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.
 - 32.** Attended 36th 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
 - 33.** 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
 - 34.** Attended National Seminar on Women, Society and State and presented two papers “Sex Composition of Family as a determinant in life satisfaction of mothers” and “Death Before Birth: A review of Paradoxical Fact.” Organized by Women’s Study center, MDU Rohtak on 9-10 Feb. 2012.

- 35.** 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.
- 36.** 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, Gurgaon on 24-25 March 2012, Also Chaired Academic Session.
- 37.** 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.
- 38.** Attended Regional Seminar, organized by Dept. of Public Administration MDU Rohtak on 21-22 March 2013.
- 39.** 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 Mahavidhyalaya Kurushetra.
- 40.** Presented two poster papers titled "Mental well-being by fostering PsyCap among employees" and "Mental Health of Slum Dwellers: The need for sensitization" in a 12th 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.
- 41.** Participated in a workshop on Fulfilling Aspirations: Transition from Academic to Professional Psychology on 8th Jan, 2014, organized by Dept. of Psychology, M.D.U. Rohtak.
- 42.** Participated in the workshop on "workplace sexual harassment of women" in Jan 24, 2014, organized by women's studies center M.D.U Rohtak.
- 43.** 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.

44. Presented a paper titled Emotional Intelligence as a gateway to Happiness: A study on Youth, in 1st International and 3rd Indian Psychological Science Congress, Feb 24-25, 2014, organized by National Association of Psychological Science- India held at P.G. Govt. College, Chandigarh.
45. Presented a paper titled Is self-esteem-A gender specific? in a national seminar on Community and New Generation, March 24, 2014 organized by Dept. of Psychology, BLJS College, Tosham.
46. Participated on a workshop on Story Telling: A qualitative research organized by Psychology Dept. M.D.U Rohtak on 25.3.14
47. Attended a workshop on Hypnosis: A therapeutic and wellness tool, March 27, 2014, organized by Dept. of Psychology, M.D.U. Rohtak.
48. Participated in a National seminar on Sir Chhotu Ram: Life and Ideology, on Nov. 22, 2014 organized by center for Haryana studies and Chhotu Ram chair.
49. 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 organized by Indian association of positive psychology and Manav Rachna International University on 27 Feb- 1st march 2015
50. 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 organized by Dept. of Sociology M.D.U Rohtak.
51. 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.
52. Chaired a technical session on 3rd Sept. 2016, at Amity International Tourism and Hospitality Conference on "Advances In Tourism, Hospitality And Aviation: Global viz- a- viz Indian Perspective: vision 2020".
53. Presented a paper entitled as "Estimating happiness and subjective well-being through self-esteem: A study on rural adolescents" in a 3rd International and 5th Indian Psychological Science Congress held at P.G. Govt. College, Chandigarh during 28-30 Sept.2016.

54. Participated in a one day workshop on “Qualitative Analysis: A Community Perspective” organized by Dept. Of Psychology, M.D.U, Rohtak on 10th November, 2016.
55. 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.
56. Attended a workshop on “Coping Health Issues “, organized by Women’s Studies Centre at M.D.U., Rohtak on 23rd Feb, 2017.
57. Participated in National Symposium on Interdisciplinary Discourse in Social Science, organized by faculty of social sciences, M.D.U., Rohtak on March 22, 2017.
58. Participated as a member in the symposium organized by Dean, Social Sciences on the topic “Inter Disciplinary Discourse In Social Sciences” on 23rd March, 2017, M.D.U., Rohtak.
59. Attended a workshop on “Sexual Harassment of Women at Workplace”, organized by Women’s Studies Centre on 28th March, 2017.
60. 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.
61. Participated in Health Awareness and Psycho- education programme organized by Department of Psychology on the occasion of World Health Day on the theme- “Depression: Let’s Talk” on 7th April, 2017.
62. Acted as resource person in the 80th Orientation Programme organized by UGC- human Resource Centre, Kurukshetra University, Kurukshetra on 26th May, 2017.
63. Attended a seminar on the “Relevance of Integral Humanism in Contemporary Times” in commemoration of birth century of Pt. Deen Dayal Upadhyay organized by M.D.U. Rohtak on 20th Sept., 2017.

Major Activities (Conference/Seminar/Workshop) Organized/ Invited guest lectures

- Organizing Secretary in National Seminar on Positive Psychology and Health: Interventions and Strategies from March, 28-29, 2010
- Acted as resource person by giving extension lecture at CPDHE, Delhi Univ. on the topic 'Gender sensitization' and 'Personality Development' on 5th Dec, 2015.
- Acted as resource person in 4th refresher course on research and teaching methodology (2nd Dec- 22nd Dec, 2015). On the topic 'Immune Power Personality Traits' and 'Life Skill Development' on 11th Dec, 2015.
- Acted as external examiner to take practical exam of M.A. Psychology at Central University of Haryana, Mahendargarh, Haryana, on 14th Dec, 2015.
- Acted as resource person at Vaish Mahavidyalaya, Rohtak, on Sadbhavana Divas, on 15th march, 2016.
- Acted as resource person at Himachal Pradesh Univ. on "Deen Dayal Upadhyay Kaushal Kendra " national seminar on 29th – 30th March, 2016.
- Acted as resource person on the topic "our well-being and power immune personality traits" at Central University Of Haryana, Mahendargarh on 31st March, 2016.
- Acted as resource person at CPDHE, Delhi Univ. on 7th, 14th 22nd June, 2016 and delivered extension lectures.
- Acted as judge in the event – poster and slogan competition (Azadi k 70 varsh) organized by Environmental Science department on 16th Aug, 2016.
- Acted as subject expert in selection committee at Central University Haryana, Mahendragarh for the post of lecturer/ associate professor/ professor (contractual basis) on 5th sep., 2016.
- Acted as resource person and delivered extension lecture at IHTM, M.D.U, Rohtak on the topic "Health, Hygiene and Positivity" on 14th Sept. 2016.
- Acted as resource person and delivered extension lecture at DAV College, Yamuna Nagar on the topic "Hardy Personality Traits: Case Studies" 16th Sept.2016
- Acted as judge in "kavita, declamation and slogan writing" programme organized by Department of Hindi, M.D.U., Rohtak on 22nd Sept., 2016.

- Acted as resource person and delivered extension lecture at UGC-ASC-BPSMV-Khanpur on the topic “Hardy Personality Traits that keeps us well” and “Personality Development” on 16th Nov. 2016
- Co-Convener of Food Court Committee and Stage Management at Tagore Auditorium during 21st National Youth Festival held at MDU, Campus from 12-16 Jan. 2017.
- Acted as chair person in technical session-I on 6th Feb., 2017, in the National Seminar organized by department of Economics, M.D.U. Rohtak.
- Organised Psy Circle activity as incharge on 8-03-17 to celebrate International Women Day
- Acted as resource person and delivered extension lecture at Central University Manipur (Imphal) on the topic “Positive Thinking and Personality Development” on 10-03-17.
- Delivered Extension Lecture at Economics Department, MDU on the topic “Psychological Capital and Personality Development” on 27-03-17.
- Acted as resource person in the inaugural ceremony of first National Conference and 8th Indian Hospitality Congress at Sanskriti Univ., Mathura, U.P. on the topic “Understanding Psychology of a Tourist, its application in the area of Tourism” on 5-6th April, 2017.
- Acted as Hospitality Convener in the 16th Convocation of MDU on 23-04-17
- Acted as resource person in the International Conference on “Sustainable Entrepreneurship Development Practicies in Tourism and Hospitality Sector in the Himalayan States” on 28th – 30th April, 2017 with the topic of extension lecture as “ Guests Perception and Satisfaction: an Insight into Tourist Psychology”.
- Delivered Extension Lecture at Graphic ERA University, organized by department of social studies and humanities, Dehradun on the topic “Personality Traits and Wellness” on 29th April, 2017
- Member of Alumni Association (MDU) Committee on 7-05-17.

- Attended meeting as a member of board of studies of department of social studies and humanities, Graphic Era Univ., Deharadun on 14th July, 2017 and delivered extension lecture on Stress Management on 15th July, 2017 at the above mentioned Univ.
- Acted as an invited member in the panel discussion on Current Women Issues on 12th Sept., 2017 organized by Women Cell of Pandit NRS Govt. College, Rohtak.
- Acted as a resource person in one day International Conference on Valmiki's Ramayana organized by Valmiki Chair, M.D.U. Rohtak, on 18th Sept., 2017.
- Acted as judge in the Poster, slogan and collage competition organized by Women Study Centre on 19th Sept., 2017.
- Delivered an extension lecture as a resource person at Dronacharya Govt. College, Gurgaon, organized by Women Cell of the college on 13th October, 2017.
- Acted as Resource person and deliver extension lecture in Management Studies Department of H.N. Bahuguna University, Shrinagar, Garhwal (UK) on 17 Nov. 2017
- Acted as Keynote speaker in the 3rd International conference on "Development aspect in tourism sector" organized by Subharti University, Meerut on 2 Dec., 2017.
- Evaluated Project Work of participants of Refresher Course and Winter School at CPDHE, Delhi University on 14 Dec., 2017.
- Acted as Resource person at DAV College for Girls at Yamuna Nagar on 13th January, 2018 and delivered extension lecture on the Topic "Life Skills Development and Healthy Coping."
- Acted as Judge to assess Poster and Collage Competition organized by Environment Sustainability Management Cell, MDU, Rohtak on 6th Feb., 2018.
- Coordinated Sports activity "Fun Olympic" under the aegis of Psy Circle, Psychology Department, MDU, Rohtak on 8th Feb., 2018

Membership of Professional Associations

- Haryana Psychological Association (LM)

Administrative Positions Held:

- Director, UCS, MDU (From Sept. 2015 -Aug. 2016)
- Member, Executive Committee Alumni Association, MDU (From Feb.2014-till date)
- Member UMC, MDU (From April 2015- April 2016)
- Convener Hospitality in Convocation (April 23, 2016)
- Convener Hospitality in National Youth Festival (Jan.2017)
- Convener Hospitality in Convocation (Feb13, 2018)