

## CURRICULUM VITAE



<b>Name</b>	<b>Dr. Deepti Hooda</b>
<b>Father's Name</b>	Sh. Shri Bhagwan Hooda
<b>Date of Birth</b>	17.9.1978
<b>Educational Qualification</b>	M.A. (Psychology), Ph.D.
<b>Present Employment</b>	<b>Professor,</b> Department of Psychology, M. D. University, Rohtak (Haryana).
<b>Residence Address</b>	3/9J, M.D. U Campus, Rohtak-124001 Mob:- <b>9416740136</b>
<b>E-mail address:</b>	<b>deepti.hooda17@gmail.com,</b> <b>deepti.hooda@mdurohtak.ac.in</b>

**Teaching Experience: 18 years**  
**Research Experience: 22 years**

**Research Area:** Health Psychology, Personality, Positive Psychology, Cognitive Psychology

### **Published Work:**

**Books (Edited) Published: 2**

**Papers Published in Journals and Edited books: 64**

**Journal: 1**

**Associate Editor,**

***Journal of Indian Health Psychology (JIHP)***

Publisher: Global Vision Publishing House, New Delhi

JIHP is a biannual International Peer Reviewed and Refereed Journal devoted to interdisciplinary research focusing on health and the Indian perspective on health.

**Paper presentations/ Lectures and Attended Conference / Seminar / Workshop: 102**

**Awards for Paper Presentations and Publications: 11**

**Dissertation / Thesis Supervised:** PhD Awarded: **5**, In Progress: **5**,  
M.Phil Awarded: **7**

**Membership of Academic/ Professional Bodies: 6** (American Psychological Association, International Association of Applied Psychology, Asia Pacific School Psychology Association, Indian Academy of Applied Psychology, Indian School Psychology Association and Haryana Psychological Association)

**Refresher/ Orientation/ Training courses: 5**

**Date of joining:** 19. 6. 2006 (K.U.K.)  
10. 11. 2008 (M.D.U.)

**Employment Details (in chronological order):**

Sr. No.	Name of Institution	Designation	From	To
(i)	Dept. of Psychology, Kurukshetra University	Asst.Prof.	19.6.2006	10.11.08
(ii)	Dept. of Psychology, M.D. University	Asst.Prof.	10.11.08	18.6.18
(iii)	Dept. of Psychology, M.D. University	Associate Prof.	19.6.2018	18.6.2021
(iv)	Dept. of Psychology, M.D. University	Professor	19.6.2021	Till date

**Project:**

**Positive Youth Development: A Catalyst for Social-Economic Change and Holistic Wellness** (Funded by CRSIS&EC, M.D.University, Rohtak, Haryana.)

**Publications**

**Books: 2**

1. Amrita Yadava, **Deepti Hooda** and NovRattan Sharma (2012). *Biopsychosocial Issues in Positive Health*, New Delhi: Global Vision Publishing House. ISBN: 978812204911
2. **Deepti Hooda** and NovRattan Sharma (2013). *Mental Health: Risks and Resources*, New Delhi: Global Vision Publishing House. ISBN: 978-81-8220-582-6

**Papers in Journals/ Books/ proceedings of the Conferences/ Newsletters/ Magazines: 58**

1. Nov Rattan Sharma, **Deepti Hooda** and Amrita Yadava (2004). Study of anger in relation to personality. In Rajbir Singh et al. (Ed.) *Psychology of Individual Differences*, (p.106-112) Delhi, Wisdom Publication.
2. Nov Rattan Sharma, Amrita Yadava and **Deepti Hooda** (2005). Effect of Yoga On Psycho-physical functions. *Journal of Indian Psychology*, 23, 37-42.
3. **Deepti Hooda**, NovRattan Sharma and Amrita Yadava (2008). Emotional Intelligence as a Predictor of Positive Health in Working Adults. *Journal of Indian Health Psychology*, 2, 196-207.
4. **Deepti Hooda**, NovRattan Sharma and Amrita Yadava (2008). Sex Differences in Intelligence among working Adults. *Global Journal of Business Management*, 2, 133-142.
5. **Deepti Hooda**, NovRattan Sharma and Amrita Yadava (2009). Social Intelligence as a predictor of Positive Psychological Health. *Journal of Indian Academy of Applied Psychology*, 35, 143-150.
6. **Deepti Hooda**, NovRattan Sharma and Amrita Yadava (2010). Intelligence as Contributor of Positive Health Across Gender. *Indian Social and Psychological Studies*, 3(2), 59-70.
7. Arun Kumar, Sujata and **Deepti Hooda** (2010). Relationship among Gratitude, Hope and Well-Being in Daily wages Labourers. *Journal of Indian Health Psychology*, 5, 122-132.
8. **Deepti Hooda**, Amrita Yadava and NovRattan Sharma. (2010). Development of Positive Psychological capital in Business Organisations. In: Nov Rattan Sharma and Amrita Yadava (Eds.). *Business Psychology* (pp. 333-380). New Delhi: Global Vision Publishing House.

9. Jayoti, Amrita Yadava and **Deepti Hooda** (2010). Study of Violence in Relation to Moral Disengagement and Guilt Reactions. In: Neelam Rathee (Ed). *Violence and Conflict Resolution* (pp. 131-142). New Delhi: Global Vision Publishing House.
10. **Deepti Hooda**, NovRattan Sharma and Amrita Yadava. (2011). Emotional Intelligence and Spiritual Health among Adults. *Journal of Indian Academy of Applied Psychology*. 37 (2),246-250.
11. **Deepti Hooda**, NovRattan Sharma and Amrita Yadava. (2011). Effect of Age, Gender and Marital status on Positive Subjective Experiences. *Indian Journal of Psychological Science*. 2 (1),1-9.
12. **Deepti Hooda**, NovRattan Sharma and Amrita Yadava. (2011). Level of Emotional Intelligence and Positive Health. *Psyber News*, 2 (4),147-153.
13. **Deepti Hooda** and NovRattan Sharma (2011). Positive Psychological Capital: Concept and Implications. News Letter Haryana Psychology Association, 4(1), 5-8.
14. Arun Kumar, Mandeep Sharma and **Deepti Hooda**. (2012). Perceived Parenting Style as a Predictor of Hope among Adolescents. *Journal of Indian Academy of Applied Psychology*, 38(1),174-178.
15. Amrita Yadava, **Deepti Hooda** and NovRattan Sharma (2012). Psychosocial Issues in Health and Illness. *Proceedings of National Seminar on Challenges in combating Diseases: cause to cure*, 311-320.
16. **Deepti Hooda**, NovRattan Sharma and Amrita Yadava (2012). Intelligence and Positive Health: A Critical Review. In: Amrita Yadava, Deepti Hooda and NovRattan Sharma (Eds). *Biopsychosocial Issues in Positive Health* (pp. 159-170). New Delhi: Global Vision Publishing House.
17. **Deepti Hooda**, Nov Rattan Sharma & Amrita Yadava (2013). Effect of Social Intelligence on Positive Living. *Journal of Positive Psychology*, 2 (1), 16-23.

18. Renu, NovRattan Sharma and **Deepti Hooda** (2013). Interpersonal Relationship and Positive Health. In Deepti Hooda and NovRattan Sharma (Eds.) *Mental Health: Risk and Resources* (pp 45-66) New Delhi: Global Vision Publishing House. ISBN 978-81-8220-582-6
19. Muni Ram, **Deepti Hooda** and Sushma Sharma (2013). Suicide: Interplay between Risk and Protective Factors. In Amrita Yadava and NovRattan Sharma (Eds) *Suicide: Attitude and Prevention* (pp-119-140). New Delhi: Global Vision Publishing House. ISBN 978-818220-583-3
20. Kadambari, Swati Singh and **Deepti Hooda** (2014). A study of correlation between Locus of Control and Adherence to Medication in Diabetes Type-2 patients. *Journal of Indian Health Psychology*, 9 (1), 121-128.
21. Pooja and **Deepti Hooda** (2015). Forgiveness and Wellbeing: An across Generation Study *Journal of Indian Health Psychology*, 9 (2), 1-12.
22. Pooja, **Deepti Hooda** and NovRattan Sharma. (2016) Across Generation Study of Subjective Wellbeing. *Journal of Indian Health Psychology*, 10 (2), 100-110.
23. Kadambari and **Deepti Hooda** (2016). Role of Self Efficacy and Locus of Control in Adherence to Medical Regime among Arthritis Patients. *Journal of Indian Health Psychology*, 11 (1), 73-84.
24. **Deepti Hooda**, NovRattan Sharma and Amrita Yadava (2016). Prosocial Behaviour and Wellbeing: An Analytical Review. In G. Venkatesh Kumar and NovRattan Sharma (Eds). *Behavioral Transformation in Applied Psychology* (pp 113-136). New Delhi: Global Vision Publishing House. ISBN 978-81-8220-658-8
25. Swati, **Deepti Hooda** and NovRattan Sharma (2016). Personality Facets as predictors of Forgiveness and Gratitude. In G. Venkatesh Kumar and NovRattan Sharma (Eds). *Experiential Applied Psychology* (pp 29-52). New Delhi: Global Vision Publishing House. ISBN 978-81-8220-708-0

26. Poonam Devi, NovRattan Sharma and **Deepti Hooda** (2017). Subjective Vitality in Relation to Hope among Adolescent. *Journal of Indian Health Psychology*, 11 (2), 37-46.
27. Annu, **Deepti Hooda** and NovRattan Sharma (2017). Emotional Intelligence as predictor of Resilience. *Journal of Indian Health Psychology*, 11 (2), 81-88.
28. Kadambari, **Deepti Hooda** and NovRattan Sharma (2017). Social Support and Adherence to Medical Regime among Osteoarthritis Patients. *Stress Management Professional: An International Journal*, 5 (2), 18-24.
29. Pooja, **Deepti Hooda** and NovRattan Sharma (2018). Across Generation Study of Prosocial Behaviour and Empathy. *Indian Journal of Psychological Science*, 9 (2), 57-65.
30. Kadambari, **Deepti Hooda** & NovRattan Sharma (2018). Locus of Control, Self Efficacy and Adherence to Medical Regime in Diabetic Patients. *Journal of the Indian Academy of Applied Psychology*, 44(2), 227-237. (UGC Approved Journal UGC No 11057) ISSN 0019-4247(Referred and *Scopus* Indexed Journal)
- (*Prof. Anima Sen Award*- 2018: This paper was conferred as best paper published in *Journal of the Indian Academy of Applied Psychology during the year 2018*)
31. Preety, Anjali Malik, Sarvdeep Kohli & **Deepti Hooda** (2019). Self-worth and Psychological Wellbeing among young adults, *Indian Journal of Psychology and Education*, 9(1), 71-75. (UGC Approved Journal UGC No 48921) ISSN-2231-1432(Refereed and Peer Reviewed Journal)
32. Shilpa Kamboj, **Deepti Hooda**, Sarvdeep Kohli, & Anjali Malik, (2019). Coping strategies as predictors of mental health among chronic kidney patients, *International Journal of Social Sciences Review*, 7(1), 298-300. (UGC Approved Journal UGC No UGC No 41948)ISSN 2347-3797 (P) (Referred / Peer Reviewed Journal)
33. Jyoti, Sarvdeep Kohli, Anjali Malik & **Deepti Hooda**. (2019). Work related Flow as a correlate of Subjective Wellbeing among bank managers. *Behavioural Scientist*, 20 (1),

- 3-14. .(UGC Approved Journal UGC No 40778)(Indexed in Indian Education Abstracts, Indian Psychological Abstracts and Reviews. Indian Science Abstracts) ISSN-0972-5911
34. Rekha & **Deepti Hooda**. (2019). Effect of Eating Behaviour and BMI on Executive Functions among adolescents. *Journal of Indian Health Psychology*, 14 (1), 49-61. UGC Approved Journal UGC No 45251) ISSN- 0973-5755(International Peer Reviewed & Refereed Journal)
35. Priyanka Yadav & **Deepti Hooda**. (2020). Psychological Flexibility as predictor of Pain Resilience in Oestoarthritis patients. *Journal of Indian Health Psychology*, 14 (2), 30-42. ISSN- 0973-5755 (International Peer Reviewed & Refereed Journal)
36. Rekha & **Deepti Hooda**. (2020). Effect of Eating Behaviour and Body weight on Inhibition and Cognitive Flexibility among adolescents. *Journal of Indian Health Psychology*, 14 (2), 78-92. ISSN- 0973-5755(International Peer Reviewed & Refereed Journal)
37. Pooja, **Deepti Hooda**, Sarvdeep Kohli & Anjali Malik. (2020). Role of Moral Reasoning and Social Responsibility in Subjective Wellbeing. *Journal of Psychological Researches*, 64 (1&2), 68-74. ISSN 0022-3972 (Peer reviewed Journal)
38. Urmila Devi, **Deepti Hooda**. & NovRattan Sharma (2020). Parents' Executive Functions and Parenting Style as Predictors of Adolescents' Executive Functions. *Shodh Sarita*, 7(28), 44-50. (UGC CARE List Group I, Peer Reviewed & Refereed Journal)
39. Mohini, **Deepti Hooda** & NovRattan Sharma (2020). Love Attitudes, Friendship Dimensions as correlates of Health and Adjustment. *Journal of Health Studies*, 2(2), 12-36.(Online Peer Reviewed Open Access Journal)
40. **Deepti Hooda** & NovRattan Sharma (2020). Attitude towards COVID-19 and its Vaccination among students. *Indian Journal of Psychological Science*, 12 (2), 122-128. (UGC CARE listed Group I, Journal- Web of Science list) ISSN 0976 9218 (Peer Reviewed Journal)

41. Preety, Anjali Malik, Sarvdeep Kohli & **Deepti Hooda** (2021). Emotional Maturity as a predictor of Psychological Wellbeing among young adults. *Indian Journal of Psychology and Education*, 11(1), 89-92. ISSN-2231-1432 (Refereed and Peer Reviewed Journal )
42. **Deepti Hooda**, NovRattan Sharma & Amrita Yadava (2021). Cognitive Flexibility as predictor of Intolerance of Uncertainty, Worry and (Pro)Social Distancing compliance during COVID-19. *Social Action*, 71, 13-27. (UGC CARE listed Journal Group I) ISSN 0037-7627
43. Urmila Devi, Deepti Hooda. & NovRattan Sharma (2021). Role of Parents' Executive Functions in their Child Rearing Practices. *Journal of the Indian Academy of Applied Psychology*, 47(2), 294-300.
44. Priyanka Yadav & **Deepti Hooda** (2021). Pain Acceptance and Committed Action as predictors of Pain Coping Strategies in Osteoarthritis patients. *Journal of Indian Health Psychology*, 15 (2), 1-11. ISSN- 0973-5755 (International Peer Reviewed & Refereed Journal)
45. **Deepti Hooda** & NovRattan Sharma. (2021). Identification of predictors for COVID-19 vaccination Hesitancy. *Indian Journal of Clinical Psychology*, 48 (Special Issue on COVID 19), 36-43. ISSN 0303-2582 (UGC CARE List Group I)
46. Priyanka Yadav, **Deepti Hooda** & NovRattan Sharma (2022). Cognitive Defusion and Decentering as predictors of Pain Coping Strategies among Osteoarthritis Patients. *Journal of Indian Health Psychology*, 16 (1), 77-88. ISSN- 0973-5755 (International Peer Reviewed & Refereed Journal)
47. Geetanjali C. Achrekar; Kavita Batra; Yashashri Urankar; Ravi Batra; Naved Iqbal; Sabiha A. Choudhury; **Deepti Hooda**; Roohi Khan; Suraj Arora; Aditi Singh; Francesco Chirico; Manoj Sharma (2022). Assessing COVID-19 Booster Hesitancy and Its Correlates: An Early Evidence from India. *Vaccines*, 10 (7), 1048-1061. <https://doi.org/10.3390/vaccines10071048> (SCOPUS)



48. Mohini, **Deepti Hooda** & NovRattan Sharma (2022). Role of Mood States in Adjustment of adolescent. *Journal of the Indian Academy of Applied Psychology*, 48 (2), 323-329. (ISSN: 0019-4247)
49. Sonika & **Deepti Hooda** (2023). Difficulties in Emotional Regulation and Eating Behaviour. *Journal of Indian Health Psychology*, 17 (1), 1-13. ISSN- 0973-5755 (International Peer Reviewed & Refereed Journal)
50. Kalpana, **Deepti Hooda** & NovRattan Sharma (2023). Role of self-control, aggression and cognitive distortion in criminal behaviour. *Journal of Indian Health Psychology*, 17 (1), 40-49. ISSN- 0973-5755 (International Peer Reviewed & Refereed Journal)
51. Pooja & **Deepti Hooda** (2023). Role of Environmental Attitude in Pro-Environmental Behaviour. *Journal of Indian Health Psychology*, 17 (1), 82-90. ISSN- 0973-5755 (International Peer Reviewed & Refereed Journal)
52. **Deepti Hooda** (2023). Role of Positive Youth Development in Happiness and Flourishing. *International Journal of Statistics and Reliability Engineering*, 10 (S-I), pp. 260-265, 2023 (ISSN(P): 2350-0174 ; ISSN(O):2456-2378) (UGC CARE List Group I)
53. Kalpana, **Deepti Hooda** and NovRattan Sharma (2023). Cognitive Failure in relation to Personality: Analysing the Moderating Role of Mindfulness. *Journal of the Indian Academy of Applied Psychology*, 49 (2), 174-183. (UGC CARE List Group I) (ISSN: 0019-4247)
54. **Deepti Hooda** (2023). Gender Differences in the Indices of Positive Youth Development and Happiness. *Indian Journal of Psychological Science*, 16 (2), 33-42. (UGC CARE List Group II- Web of Science)
55. **Deepti Hooda** (2024). Sense of community and civic engagement as a function of positive youth development. *Journal of the Indian Academy of Applied Psychology*, 50 (1), 24-31. (UGC CARE List Group I)

56. Pooja and **Deepti Hooda (2024)**. Place attachment as a predictor of pro-environmental behaviour. *Journal of Indian Health Psychology*, 18 (1), 1-10. ISSN- 0973-5755 (International Peer Reviewed & Refereed Journal)
57. Sonika and **Deepti Hooda (2024)**. Affect and eating behaviour among youth: A correlational study. *Journal of Indian Health Psychology*, 18 (1), 1-10. ISSN- 0973-5755 (International Peer Reviewed & Refereed Journal)
58. Surbhi, NovRattan Sharma and **Deepti Hooda (2024)**. Living in harmony: Prakriti's Role in Cultivating Positive Health. *The International Journal of Indian Psychology*, 12 (2), 1523-1533.
59. Surbhi, NovRattan Sharma and **Deepti Hooda (2024)**. Influence Triguna Prakriti (Sattva, Rajas and Tamas) on measures of positive health. *Madhya Pradesh Journal of Social Sciences*, 29 (1), 903-915. (UGC CARE List Group I)
60. Michelle M. Narsi and **Deepti hooda (2024)**. Psychologically Rich Life and Personality: A Correlational Study. *Journal of the Indian Academy of Applied Psychology*, 50 (September Special Issue), 57-61. (UGC CARE List Group I)
61. Surbhi, NovRattan Sharma and **Deepti Hooda (2024)**. The Role of Tridosha Prakriti on Psychological Wellbeing: Insights for Personalized Health Interventions. *Journal of the Indian Academy of Applied Psychology*, 50 (September Special Issue), 491-500. (UGC CARE List Group I)
62. *Urmila Devi and Deepti Hooda (2024)*. Role of Metacognition Awareness in Academic Procastination. *INSPA Journal of Applied and School Psychology*, VI (1), 163-170. UGC CARE List Group I)
63. Kadambri, Lakshita and **Deepti Hooda (2024)**. Perceived Resource Support for Chronic Illness Management: A Comparative study of Diabetic and Arthritis patients. *Journal of Indian Health Psychology*, 18 (2), 27-36. ISSN- 0973-5755 (International Peer Reviewed & Refereed Journal)
64. Michelle M. Narsi and **Deepti hooda (2024)**. Good Life: A Cross-Cultural Exploration of Happiness, Meaning In Life and Psychologically Rich Life. *Journal of Indian Health*

*Psychology*, 18 (2), 63-76. ISSN- 0973-5755 (International Peer Reviewed & Refereed Journal)

**Awards:-**

1. **Best paper award** for paper in 2nd International conference on Recent Advances in Cognition and Health held in the Department of Psychology, Banaras Hindu University, Varanasi from January 23-25, 2014.
2. **Prof. Deepak Bhatt Award** for Best Paper during the IAAP International Conference from 1st -3rd March, 2014 held at GLS campus, Ellis Bridge, Ahmedabad.
3. **Prof. Deepak Bhatt Award** for Best Paper in 51st National and 20th International Conference of IAAP on 6th -8th May, 2016 organized by Department of Psychology, Jnana Bharathi, Bangalore University, Bengaluru.
4. **Best Paper Award** for Paper entitled “Across generation study of Prosocial Behaviour” in 6th InSPA International Conference organized by Department of Applied Psychology in Pondicherry University, Puducherry on 13th -15th October 2016
5. **Prof. Deepak Bhatt Award** for Best Paper in 52st National and 21th International Conference of IAAP on 23rd - 25th February 2017, organized by Department of Psychology, University of Rajasthan, Jaipur.
6. **Prof. Deepak Bhatt Award** for Best Paper in 53rd National and 22nd International Conference of IAAP on 16th - 18th February 2018, organized by Department of Applied Psychology, Pondicherry University, Puducherry.
7. **Prof. Anima Sen Award** for best research paper published in the Journal of Indian Academy of Applied Psychology during the year 2018 in 54th National and 23rd International Conference of IAAP on 14<sup>th</sup>-16th February 2019, organized by Department of Psychology, Kurukshetra University, Kurukshetra.

8. **APSPA Best Paper Award** in 1<sup>st</sup> *Asian- Pacific School Psychology Association* (APSPA) International Conference of Mental Health and Well-being among Children held at National Institute of Education, Colombo, Sri Lanka on 11-12 February 2020.
9. **Dr. Barbara Hanfstingl- InSPA Best Paper Award 2022** by Indian School Psychology Association for the paper entitled “Effect of eating behaviour and body weight on problem-solving and psycho-motor ability among adolescents” during 12<sup>th</sup> InSPA International Conference on Meeting the challenges in schools: Towards *Atmanirbhar Bharat* from 2-4 October 2022 at Pondicherry University, Puducherry.
10. **Best Paper Award** for paper entitled “Positive Youth Development: The Royal Road to *Atmanirbhar Bharat*” during an International seminar organized by CRSIS&EC, M.D. University, Rohtak, from January 16-18, 2023.
11. **Best Paper Award** for a paper entitled “Emotion regulation and Eating Behaviour among Youth” during an International seminar organized by CRSIS&EC, M.D. University, Rohtak, from January 16-18, 2023.

**Paper presentations, symposium collegiums & lectures in Conference, Seminar and Workshop and Participations: 102**

1. Participated and presented a paper entitled “Does Personality influence expression of Anger” in National seminar on Individual Differences and Behaviour, organized by Department of Psychology, M.D.University, Rohtak on Oct. 11-12, 2002.
2. Participated and presented a paper entitled “Effect of yoga practice on Psycho-Physical functions” in 7<sup>th</sup> International and 38<sup>th</sup> National Conference of IAAP organized by Department of Psychology, J.N.V.University, Jodhpur from 11.10.2003 to 13.10.2003.

3. Participated and presented a paper entitled “Drug Abuse- An abstract based Review” in ICSSR sponsored seminar on Substance abuse/misuse in North-Western region of India: Causes, Consequences and Remedies on 31.1.2004, organized by Department of Psychology, M.D.University, Rohtak.
4. Participated and presented a paper entitled “Optimism as a determinant of Health” in International Conference of IAAP on Positive health and Well-being from 15.7.2004 to 17.7.2004, organized by Department of Psychology, M.D.University, Rohtak.
5. Participated and presented a paper entitled “Identification of problem areas of youth” in a National Seminar on Social psychological problems of Youth organized by Govt. P.G. College Bahadurgarh from 22-12-04 to 23-12-04.
6. Participated in National seminar on Health Psychology: Retrospect and Prospects from 29-03-05 to 30-03-05, organized by Department of Psychology, M.D.University, Rohtak.
7. Participated in one day workshop on Projective Indicators of well being in Somatic Inkblot Series (SIS) on 7.6.2005 organized by Department of Psychology, M.D.University, Rohtak.
8. Participated and presented a paper in a National Seminar on Psycho-physiology of well being at Department of Psychology, M.D. University, Rohtak from 28.3.2006 to 29.3.2006.
9. Participated and presented a paper entitled “Social Intelligence as a correlate of Positive Health” in National Seminar on Positive Perspective of Health and Behavior on 1st and 2th Feb. 2008 organized by Dept. of Psychology, Maharshi Dayanand University, Rohtak.
10. Participated and presented Papers entitled “Emotional Intelligence as a predictor of Positive Health in working Adults”, “A study of blood pressure in relation to Happiness and optimism” and “Locus of control in relation to optimism and life

- satisfaction” in National Seminar on Community Mental Health: Issues and Challenges on 15th and 16th Feb. 2008 organized by, Department of Psychology, Kurukshetra University, kurukshetra.
11. Participated and presented papers entitled “ BMI as a indicator of Self esteem and “ Explore the Self and Rising life” in National Seminar on Parenting of Adolescents- Trend and Role in Modern Era at Chandigarh on 4th March, 2009, organized by Department of Psychology, Govt. College, Sector-46, Chandigarh.
  12. Participated, presented papers entitled “Spiritual Intelligence and Positive Psychological Health”, “Personality, Exercise behavior and Life satisfaction among adults” and “Comparison of general health between businessman, professionals and people working in organization” and chaired a session (Session-X) in National Seminar on mental Health and Current Scenario on 20th & 21st March 2009 as Chairperson, organized by Department of Psychology, Gurukul Kangri University, Haridwar (Uttarakahand).
  13. Participated and presented papers entitled “Gratitude and Wellbeing” and “Positive Psychological Capital: concept and Implications” in national seminar on Positive Psychology Current Trends and Application at Dept. of Psychology B.L.J.S. College Tosham from 22-1-10 to 23-1-10.
  14. Participated in a workshop on Latest development in Positive Psychology organized by Department of HSS, IIT, Delhi on 15-1-10.
  15. Participated in a workshop on Experiential Training and Development on 11.2.2010, organized by Department of Psychology, M.D.University, Rohtak
  16. Participated and presented a paper entitled “Emotional Intelligence and Spiritual Health in an International Seminar from August 6-8, 2010 organized by Amity University, Jaipur, Rajisthan.

17. Delivered a lecture on Personality Development on 12th Feb., 2011 in two days workshop on Career Counseling and Guidance during 11th -12th Feb., 2011 at M.A.P.G. College for Women, Jhajjar, Haryana.
18. Participated and presented a Paper entitled “Role of Resilience in Sports” in a State level Seminar on March 05, 2011 organized by Department of Physical Education, Hisar, Haryana.
19. Conducted a workshop on “Ecological Attitude: Assessment and Change” in a U.G.C Sponsored National Seminar on Psycho-Social Antecedents and Moderators of Environment from March 10-12, 2011 organized by Department of Psychology, B.L.J.S P. G. College, Tosham
20. Participated and presented a Paper entitled “Applications of Positive Psychology in controlling Psychosocial pollution” in a U.G.C Sponsored National Seminar on Psycho-Social Antecedents and Moderators of Environment from March 10-12, 2011 organized by Department of Psychology, B.L.J.S P. G. College, Tosham
21. Participated, acted as Rapporteur and presented a paper entitled “A study of Type-A behavior pattern among diseased and normal healthy group” in a National Seminar on Community Health Psychology: Research and Applications from March 26-27, 2011 organized by Department of Psychology, M.D.University, Rohtak.
22. Participated in a workshop on “Combating Stress” on 9.4.2011, organized by Department of Psychology, M.D.University, Rohtak
23. Participated and presented two papers entitled “Hope among Adolescents as predicted by Perceived Parenting” and “Effect of social intelligence on Positive Living” in a One day workshop on Positive Psychology and Socio- Cultural Issues on 27.4.2011 organized by Department of Humanities and Social Sciences, IIT, Delhi.
24. Participated, Chaired session ‘P’, and presented a paper entitled “NEO-Personality factors as correlate of Gratitude” in a National Seminar on Health Psychology and

- Rehabilitation: The crisis among youth and aged from 12th to 13th Oct., 2011, organized Department of Psychology, Govt. College, Sector-46, Chandigarh.
25. Participated and acted as Rapporteur in a workshop on “Research and Extension Avenues in Women Studies” on 3.2.2012, organized by Women Studies Centre, M.D.University, Rohtak.
  26. Participated, acted as Rapporteur and presented a paper entitled “Gender Issues in Health” in a National Seminar on Women Society and State from 9-10th Feb., 2012, organized by Women Studies Centre, M.D. University, Rohtak
  27. Participated and presented a paper entitled “Use of Social Networking sites(Facebook) and social Skills” in a International Seminar on Applied Psychology from 24th to 25th Feb., 2012, held at Punjab University, Chandigarh.
  28. Participated in a National Seminar on Revitalizing Teacher Education from 10th - 11th March, 2012,. organized by Dept. of Education and AITEA, M.D.University, Rohtak.
  29. Participated in a workshop on “Enhancing Success and Flourishing in Women” on 27.3.2012, organized by Women Studies Centre, M.D.University, Rohtak
  30. Participated in a workshop on “Hypnosis” on 28.3.2012, organized by Department of Psychology, M.D.University, Rohtak.
  31. Participated in National seminar on Promoting Community Health from 15th - 16th September 2012, organized by Department of Psychology, M.D. University, Rohtak.
  32. Participated, Chaired sessions (Poster session-I and Technical session- XXV), Co-chaired (Technical session-VI) and presented paper entitled “ A study of Forgiveness in relation to personality factors” in National Seminar on Psychological wellbeing building bridges for tomorrow at Chandigarh on 5-6 October, 2012, organized by Department of Psychology, Govt. College, Sector-46, Chandigarh.



33. Participated in a workshop on “Towards change that respects rights and dignity” on 6th-8th November, 2012, held at Bhagat Phool Singh Mahila Vishwavidyalaya, Khanpur Kalan, Sonapat, Haryana.
34. Participated and presented a paper entitled “The Study of effect of Age and Gender on Positive Health” in a National Seminar on Aging Workforce is a resource we can no Longer effort to Waste from March 1st to 2nd 2013, held at Dept. of Psychology, University of Delhi, South campus.
35. Participated in a workshop on “Health and Legal awareness” on 16.3.2013, organized by Women Studies Centre, M.D. University, Rohtak
36. Participated and presented papers entitled “Efficacy of stress inoculation on decreasing stress and enhancing Positive behavior change in coronary heart disease patients” and “Effect of Perceived Stress on Cardiovascular Diseases” in a International Seminar on Stress Management Professional from 8th to 9th November 2013 organized by International Stress Management Association at ni-msme, Hyderabad.
37. Participated, Co-chaired a session (Cognition Session) and presented a paper entitled “Effect of Intelligence on information processing (best paper award)” in an International conference on Recent Advances in Cognition and Health from 23rd - 25th January, 2014 organized by Dept. of Psychology Banaras Hindu University, Varanasi-221005.
38. Participated, Co-chaired a session and presented papers entitled “Intelligence and Health: A factor analytical study” and “Effect of Personality on Attention Processes” (*Prof. Deepak Bhatt Best Paper Award*) in IAAP International Conference on Psychology for Holistic Living in Global world from 1st -3rd March, 2014 held at GLS campus, Ellis Bridge, Ahmedabad-380006.

39. Participated in a workshop on “Storytelling: A qualitative Method for Psychological Research” on 25.3.2014, organized by Department of Psychology, M.D.University, Rohtak.
40. Participated and presented a paper entitled “Forgiveness And Wellbeing: An Across Generation Study” in an International conference on Wellbeing and Human Development from 24th -26th November, 2014 organized by Dept. of Psychology, Aligarh Muslim University, Aligarh.
41. Participated and presented a paper entitled “Gender differences in Relationship satisfaction” in a National conference on Social Transformation forcing Inclusive Development in India from 13th -14th March, 2015 organized by Dept. of Sociology, M. D. University, Rohtak.
42. Attended, Co-chaired a session and presented a paper entitled “Intelligences of Employees in relation to Age, Marital Status and Work Sector” in a Centenary Conference on Psychology- An International Event organized by Dept. of Psychology and Dept. of Applied Psychology, University of Calcutta, Kolkata from 9th -11th October, 2015.
43. Attended and presented a paper entitled “Personality as a predictor of Gratitude” in 2nd International Conference on Stress Management Professionals organized by International Stress Management Association on 6th & 7th November, 2015 at Hyderabad.
44. Attended and presented a paper entitled “Prosocial Behaviour as predictor of Subjective wellbeing” in 1st Asian-Pacific Conference of Rajasthan Psychology Academy on Pursuit of Happiness: A journey to Healthy Living organized by Department of Psychology, University of Rajasthan, Jaipur on 1st & 2nd March, 2016.

45. Delivered an extension Lecture on “Managing Internet Use through Emotional Intelligence” in a one day workshop on Internet Addiction- Stress/ Emotional Intelligence among Youth organized by G.V.M Girls College on 29.03.2016
46. Attended, Chaired a session and presented a paper entitled “Prosocial Behaviour and Wellbeing: Across generation study” (*Prof. Deepak Bhatt Best Paper Award*) in 51st National and 20th International Conference of IAAP on 6th -8th May, 2016 organized by Department of Psychology, Jnana Bharathi, Bangalore University, Bengaluru.
47. Participated, presented a paper entitled “Across generation study of Prosocial Behaviour” (*Best Paper Award*) and conducted a Symposium on “Role of Life skills in enhancing Mental Health of school going adolescents” in 6th InSPA International Conference organized by Department of Applied Psychology in Pondicherry University, Puducherry on 13th -15th October, 2016.
48. Attended, Chaired a session and presented a paper entitled “Comparative study of Self-efficacy and Adherence to Medical Regime in Diabetes and Arthritis” (*Prof. Deepak Bhatt Best Paper Award*) in the 52st National and 21st International Conference of IAAP on 23rd - 25th February, 2017 organized by Department of Psychology, University of Rajasthan, Jaipur.
49. Participated in a National symposium on Interdisciplinary Discourse in Social Sciences on 22.3.2017, organized by Faculty of Social Sciences, M.D. University, Rohtak.
50. Participated, chaired a session (Session-III) and presented two Papers entitled “Role of Emotional Intelligence and Forgiveness in Relationship Satisfaction” and “Social Support and Adherence to Medical Regime in Arthritis Patients” in a National Seminar on Health Promoting Lifestyles from March 25, 2017 organized by Department of Psychology, S.J.K. College, Kalanaur and Sponsored by Director of Higher Education, Haryana.

51. Participated, chaired a session (Session-I, 19.9.17) and presented a Paper entitled “Role of Social Support in Adherence to Medical Regime in Diabetic Patients” in a 4th International and 6th Indian Psychological Science Congress from 18th to 20th September, 2017 organized by Department of Psychology, P.U and National Association of Psychological Science.
52. Actively Participated in a workshop on Actors and Emotions: A psychological perspective on 31st oct. 2017
53. Attended, Chaired a session (Positive youth development) and presented a paper entitled “Health Locus of Control and Adherence to Medical Regime in Diabetes and Arthritis: A comparative study” (*Prof. Deepak Bhatt Best Paper Award*) in 53rd National and 22nd International Conference of IAAP on 16th - 18th February, 2018 organized by Department of Applied Psychology, Pondicherry University, Puducherry.
54. Attended, Chaired a session and presented a paper entitled “Gender differences in Intrapersonal and Interpersonal factors associated with adherence to treatment regime in diabetics” in International conference on Positive Psychology for Health and Wellbeing, organized by Department of Applied Psychology, GJUST, Hisar, Haryana from 9th-10th March, 2018.
55. Actively Participated in a workshop on Successful Living: A psychological perspective on 8<sup>th</sup> August. 2018 organized by Department of Psychology, M. D. University, Rohtak.
56. Attended, contributed in Symposium, Chaired a session and presented a paper entitled “Eating Behaviour & Executive Functions Among School Students: in 8th International Conference of InSPA on 11th - 13th October, 2018 organized by Department of Psychology & Para Psychology, Andhra University, Visakhapatnam.
57. Attended, Presented a paper entitled “Enhancing Executive Functions By Regulating Diet and Eating Habits of School Students: in 1st International Conference on

- School Psychology on 10th - 12th January, 2019 organized by AIMST University, Kuala Lumpur, Malaysia.
58. Actively Participated in a workshop on The Brief Dynamic Therapies: A psychological perspective on 6<sup>th</sup> February, 2019 organized by Department of Psychology, M. D. University, Rohtak.
  59. Attended, Chaired a session and presented a paper entitled “Effect of Eating Behaviour and BMI on Planning and cognitive flexibility among adolescents.” in 54th National and 23rd International Conference of IAAP on 14<sup>th</sup>-16<sup>th</sup> February, 2019 organized by Department of Psychology, Kurukshetra University, Kurukshetra.
  60. Actively Participated in a workshop on Haryanvi Folk Culture: A Psychological Perspective on 29<sup>th</sup> March, 2019 organized by Department of Psychology, M. D. University, Rohtak.
  61. Conducted a Icebreaking session/ workshop for students of Pt. Lakhmi Chand State University of Performing and Visual Arts, Rohtak on 25.7.2019
  62. Actively Participated in a workshop on Hypnosis therapy and Cognitive Drill therapy on 17<sup>th</sup> August, 2019 organized by Department of Psychology, M. D. University, Rohtak.
  63. Delivered an extension Lecture on “Communication Skills and Self- Management” in a three days workshop on Communication Skills and Personality development organized by C. H. L. Govt. College, Chhara, Jhajjar on 4.09.2019
  64. Delivered Two extension Lectures on “Career Opportunities in Psychology” workshop organized by C. M. N. S. Govt. College, Bhiwani on 12.09.2019
  65. Attended, Chaired a session, conducted a Symposium and presented two papers entitled “Effect of Eating Behaviour and BMI on Executive Functions among school students.” and “Moral Reasoning and Social Responsibility as predictors of Subjective Wellbeing.” and topic of Symposium “*Empowering School Students By*

- Building Competencies To Develop Life Skills For Behavioral Transformation*” in 9th InSPA International Conference on School Psychology on 14<sup>th</sup>-16<sup>th</sup> November, 2019 organized by Pandit Deendayal Petroleum University, Gandhinagar, Gujarat.
66. Participated and presented a paper entitled “Anasakti, Karamayoga & Spirituality as correlate of Positive Mental States” in the International Seminar on Universal Welfare and The Eternal Philosophy of Bhagavad Gita held from 3<sup>th</sup> -5<sup>th</sup> December, 2019 at Kurukshetra University, Kurukshetra.
  67. Presented a paper and Conducted a Symposium, Symposium on “Health and Wellness: Development and implementation of Protective Strategies- Traditional Education System: A Foundation for Mental Health and Wellness.” and presented a paper on “Executive functions of adolescents in relation to Parents’ Executive Functions and Parenting Style” in the 1<sup>st</sup> APSPA International Conference of Mental Health and Well-being among Children held at National Institute of Education, Colombo, Sri Lanka on 11-12 February 2020.
  68. Participated and presented a paper entitled “Role of Psycho-social factors in coping with COVID-19 related lockdown.” in the International webinar on COVID-19: Life changes and Strategies held from May 18-19, 2020 organized by PG Department of Psychology, Veer Kunwar Singh University, Ara in association with Bharatiya Manovigyan Parishad.
  69. Participated in International Webinar on “Emotional Awareness and its impact on Biopsychosocial Immunity” conducted by Dr. Laxmi Budhwar (Consultant, NHS, UK) on 5<sup>th</sup> June, 2020 by IAAP.
  70. Participated in Live webinar on “The art of visual storytelling” by Vikram Srivastava held on 6<sup>th</sup> June, 2020 organized by Apeejay Institute of Mass Communication (AIMC).

71. Participated in International Webinar on “Evidence based self-rated scales in clinical setting” conducted by Thomas B. Idiculla, (Harvard Medical School, Boston) on 18<sup>th</sup> June, 2020 by IAAP.
72. Participated in International Webinar on “Living with Hope: The role of Hope in Posttraumatic Growth” conducted by Dr. Alena Slezackova (Associate Prof., Masaryk University, Czech Republic, Europe on 25<sup>th</sup> June, 2020 by IAAP.
73. Participated in International Webinar on "Applied Social Psychology: Potential to Flourish" conducted by Dr. Manohar Pawar, Professor of Social Work at Charles Sturt University, NSW Australia on 16<sup>th</sup> July, 2020 by IAAP.
74. Attended IQAC Lockdown Lecture Series 11 on “UNLOCKING THE MENTAL LOCKDOWN” organised by Department of Psychology and IQAC, College of Commerce, Arts & Science, Patna on 04th August 2020.
75. Participated and presented a paper entitled “Role of Marital Satisfaction, Marital Adjustment, Investment and Marital Alternatives in Marital Commitment among Women” in the 7th National and 9th International Indian Psychological Science Congress organized on 28<sup>th</sup>-29<sup>th</sup> November 2020.
76. Participated and presented a paper entitled ““Managing Intolerance of Uncertainty (Prospective and Inhibitory) among employees during COVID 19: Role of Cognitive Flexibility”,” in the 7<sup>th</sup> International Congress of Stress, Performance & Wellness - (ICSPW 2020) organized by International Stress Management Association on 11<sup>th</sup>-12<sup>th</sup> December 2020.
77. Presented a paper, Chaired a session and conducted a collegium, Symposium on “Psychological Perspectives of COVID-19 Pandemic: Moving Towards the New Normal” and presented a paper on “Coping with Pain: Role of Pain Acceptance and Committed Action” in the 56th National and 25th International conference of IAAP held during 18th-20th February, 2021 at Patiala

78. Conducted a workshop on Developing life skills and Social skills at Government college Chhara on 24<sup>th</sup> February, 2021.
79. Participated in 2nd Capacity Building National Workshop On “Ethics in Biomedical Research and GCP Guidelines” organized by Human Ethics Committee, Maharshi Dayanand University, Rohtak on 15th March 2021.
80. Presented a paper entitled “Health Beliefs and Covid-19 Vaccination Willingness: Implications for Psycho-Education Program” in the II International Symposium on Global Pandemics and Multidisciplinary Covid-19 Studies held on July 19-20, 2021 at Ankara, Turkey.
81. Conducted a session/workshop on Ice-Breaking on 4th October 2021 at the Department of Clinical Psychology, FBSc, SGT University, Gurugram.
82. Participated in the Webinar on “Psychological Support or Youth during COVID-19 crisis held on 12<sup>th</sup> January, 2022 by Youth Red Cross, M. D. University, Rohtak.
83. Presented a paper and a talk/ lecture in Symposium on “Relevance of psychology in COVID 19 Pandemic: Mitigating impact and building resilience” and presented a paper on “Relevance of Psychological richness amid Covid-19 crisis” in the 57th National and 26th International conference of IAAP held during 27th-29<sup>th</sup> January, 2022 at Mizoram University.
84. Participated in the three days National conference on “Entrepreneurship and startup opportunities in Herbal Drugs” held on March 8-10, 2022 organized by Department of Pharmaceutical sciences, M.D. University, Rohtak, Haryana.
85. Delivered a talk/ lecture/ presentation in Symposium on “Managing the psychological impact of COVID 19 Pandemic. Mitigating” in the International conference on Psycho-social changes in organization and society during Pandemic times at University of Allahbad from May 30-31, 2022.



86. Conducted a session/workshop on Ice-Breaking on 25th August 2022 at the Department of Clinical Psychology, FBSc, SGT University, Gurugram during the event “Induction-2022”.
87. Delivered a lecture on 27.7.2022 as resource person on the topic of 'Life Skills & Wellbeing' in the Refresher Course in Psychology organized by the UGC- Human Resource Development Centre, Pt. Ravishankar Shukla University, Raipur held from 25.7.2022 to 10.8.2022.
88. Delivered two lectures as resource person on 8th and 12th September, 2022 on the topic of 'Life Skills & Positive Youth Development' and 'Optimism and Hope: Secrets of meaningful life' in the Inter-Disciplinary Refresher Course on Soft Skills and Personality Development organized by the UGC- Human Resource Development Centre, Punjabi University, Patiala held from 01st September 2022 to 14th September 2022.
89. Delivered a talk/ lecture/ presentation in Symposium on “Role of positive parenting and positive schooling for fostering lifelong development of learners” and Presented papers entitled “Effect of eating behaviour and body weight on problem-solving and psycho-motor ability among adolescents”, “Personality correlates of psychologically rich life” and “Prakriti, evolute and mental health” during 12<sup>th</sup> InSPA International Conference on Meeting the challenges in schools: Towards *Atmanirbhar Bharat* from 2-4 October 2022 at Pondicherry University, Puducherry.
90. Delivered a talk/ lecture/ presentation in a Symposium on “Community mental health journey from clinical to growth model” at the International Symposium held at Reva University, Bengaluru on December 9-10, 2022.
91. Participated in one day workshop on “Curriculum And Credit Framework For Undergraduate Programmes” on April 1, 2023 organised by Faculty Development Centre and Internal Quality Assurance Cell, MDU, Rohtak.

92. Presented papers entitled “Positive Youth Development: The Royal Road to *Atmanirbhar Bharat*” (*Best Paper Award*), “Effect of psychological intervention on cognitive functioning in insomniac young adults”, “Emotion regulation and Eating Behaviour among Youth” (*Best Paper Award*), “Achieving *Atmanirbhar Bharat* (Self-reliant India) by building a good life”, “Leisure satisfaction and psychological well-being as a catalyst for *Atmanirbhar Bharat*”, “Indigenous and native pathways of personality to bring social and economic change” (*Best Paper Award*) and “Locus of control and pro-environmental behaviour” during an International seminar organised by CRSIS&EC, M.D. University, Rohtak from January 16-18, 2023.
93. Delivered extension lectures on “Mental Health in Young Generation” and Problems of girls in Higher Education at the Government college, Sampla, on 8-2-2023.
94. Chaired a session in the 1st International conference of NPPA held during 3rd-4th March, 2023.
95. Participated in one day National Seminar on “future universities” on September 26, 2023 organised by Internal Quality Assurance Cell and DSW, MDU, Rohtak.
96. Participated in two days workshop on “Subject Specific Benchmarking Of Learning Outcomes: Outcome Based Education” on September 27-28, 2023 organised by Faculty Development Centre and Internal Quality Assurance Cell, MDU, Rohtak.
97. Presented a paper entitled “Happy, Meaningful and Psychologically Rich Life: Across Cultural Exploration” during an International conference organized by the Department of Psychology, Central University of Karnataka, from 9<sup>th</sup>-10<sup>th</sup> February 2024.
98. Participated a one day national workshop on “Training on Ethical Guidelines And Ethics Committee Functioning In Biomedical, Health, Stem Cell Research and GCP in India” on 16.3.24 organised by HEC, Institutional Committee On Stem, Cell Research, Department Of Forensic Science and Department Of Genetics, MDU, Rohtak.

99. Chaired a session in the 2nd International Conference of NPPA held during 19-20, April, 2024.

100. Participated in a one-day workshop on “LOCF based teaching learning in the context of NEP 2020” on May 6, 2024.

101. Conducted a workshop session **on Nurturing Mental Health in personal and professional life** on 30 July 2024 for female employees of Sentiss Pharma Pvt Ltd, Gurugram.

102. Conducted a workshop on “Building Joy: Cultivating Happiness in Everyday Life” on 11/10/2024 at KLP college, Rewari.

#### **Orientation Course /Refresher Course attended:**

Sr. No.	Programme	Duration	Organized by
1.	Orientation Course	23.11.2007 to 20.12.07	ASC, K.U.K.
2.	Refresher Course	16.12.09 to 5.1.2010	ASC, K.U.K.
3.	Refresher Course	12:12:2011 to 31:12:2011	ASC, J.N.V University, Jodhpur
4.	Refresher Course	7:8:2013 to 27:8:2013	ASC, Kumaun University, Nanital
5.	One week Research methodology workshop	24.11.2017 to 30.11.2017	ASC, Punjabi University, Patiala

#### **Educational Qualifications:**

Exam Passed	University / Board	Year of Passing	% age of marks	Division	Subject studies including options
Matric	C.B.S.E.	1994	62.2	I	Hindi, English, SC, SST, Maths.
10+2	Haryana Board	1996	64	I	Hindi, Eng., Phy., Chem., Bio
B.A.	M.D.U.	1999	68.5	I	Hindi, Eng., Psychology, Sociology
Master's Degree	M.D.U.	2002	75.5	I	Psychology

NET /SLET		2004			
Ph.D.	M.D.U	2008	Subject: <b>Psychology</b> Title of the Thesis: <b>Intelligence As A Correlate Of Positive Health</b>		

**Organized Seminar/conference/ workshop:**

1. Organized (Joint Organizing Secretary) National Seminar on Positive Psychology and Health: Interventions and Strategies organized by Department of Psychology from March, 28-29, 2010.
2. Organized one day workshop on Hypnosis: A Therapeutic Wellness Tool in the Department of Psychology on 27.3.2014.
3. Organized one day workshop on Pain Management in the Department of Psychology on 18.11.2015.
4. Organized one day workshop on Qualitative Analysis in the Department of Psychology on 10.11.2016.
5. Organized (Teacher Incharge) Community Bicycle Ride for Wellness on 8.1.18 by the Department of Psychology, M.D.U
6. Conducted an Induction Program for students of SUPVA for the session 2018-19 on 2.8.2018.
7. Organized one day workshop on Communication: Broadening one's Horizon in the Department of Psychology on 8.9.2018.
8. Organized Public Talk on Human Excellence in the Department of Psychology on 31.10.2018.
9. Organized one day workshop on Life Skill Development in the Department of Psychology on 27.3.2019.

10. Conducted an Induction Program for students of SUPVA for the session 2019-20 on 25.7.2019.
11. Organized a workshop on The Brief Dynamic Therapies on 6<sup>th</sup> February, 2019 organized by Department of Psychology, M. D. University, Rohtak.
12. Organized a workshop on Haryanvi Folk Culture: A Psychological Perspective on 29<sup>th</sup> March, 2019 organized by Department of Psychology, M. D. University, Rohtak.
13. Organized one week workshop on “Research Methodology in Social Sciences” in the Department of Psychology on November 4-8, 2019.
14. Organized an International Webinar on " Developing Fortitude during Pandemic: CBT Perspective" conducted by Mallika Sharma, CBT therapist at National Health Service, England and Online Freelance CBT Therapist on 11<sup>h</sup> June, 2020 by IAAP.
15. Organized an International Webinar on " Developing Fortitude during Pandemic: CBT Perspective" conducted by Hamesh Yadav, Behavior Expert, ViVan Life Coaching, Victoria, Australia, on 23<sup>rd</sup> July, 2020 by IAAP.
16. Organized a National Webinar cum workshop on Wellbeing for All- Music: Prophylactic and Therapeutic uses on 30.7.2020
17. Organized two days workshop on Scientific research and authentic implications in social sciences on January, 11-12, 2021
18. Conducted an “Induction programme/ workshop” on 7.1.2021 in the Department of Psychology, M.D. University, Rohtak.
19. Organized one day workshop on “Mindfulness: Strategies and Applications” in the Department of Psychology on 5.4.2021
20. Organized one one-week workshop on “Research in Social Sciences: Methods, Tools & Techniques” was conducted by Faculty of Social Sciences and sponsored by Ch.

Ranbir Singh Institute of Social & Economic Change (CRISEC) from 9<sup>th</sup> – 13<sup>th</sup> May 2022.

21. Organized one day workshop on “□□□ □□□ □□□□ : A Way Forward to Human Excellence” was conducted by Faculty of Education and Faculty of Social Sciences under the aegis of Ch. Ranbir Singh Institute of Social & Economic Change (CRISEC) on 18<sup>th</sup> June 2022.
22. Organised Two Days Workshop on Gateway to Quality Research and Academic Writing for Capacity Building of Faculty Members under the aegis of CRSIS&EC, M.D. University, Rohtak, from October 17-18, 2022.
23. Organized *an* International seminar on Psycho-Social-Economic change: Agencies and Pathways to *Atmanirbhar Bharat* under the aegis of CRSIS&EC, M.D. University, Rohtak, from January 16-18, 2023.
24. Organised one-day workshop on “Cognitive Behaviour Therapy” conducted by Dr. Ajay Kumar on May 1, 2023, in the Department of Psychology, M.D.U, Rohtak.
25. Organised one-day workshop on August 21, 2023, on “Psychotherapy for psychological first aid and Mental Health” conducted by Dr. Mallika Sharma in the Department of Psychology, M.D.U, Rohtak.
26. Organized One- day workshop on “Psychotherapy for Psychological First Aid and Mental Health” on 21.08.2023 as Convener.
27. Organized “Mantrana” A stimulating Conversation with Alumni of the Department on 25.12.2023.
28. Organized an interactive Public Talk on “Pursuits of Happiness: Unlocking Joy in Everyday life” on 20.03.2024.
29. Organized an Educational Tour from 7<sup>th</sup> March 2024 to 9<sup>th</sup> March 2024 to Haridwar and Rishikesh.
30. Organised Happiness Carnival on February 10, 2024.
31. Organised a Selfie contest on the theme “Being Happy” on March 18, 2024

32. Organised Happiness programme on International Day of Happiness on 20th March, 2024

**Dissertation / Thesis Supervised:** Ph.D Awarded: 5

In Progress: 5

M.Phil Awarded: 7

**Ph.D:- Awarded: 5**

1. Across Generation study of Prosocial Behaviour and Subjective Wellbeing (Pooja, , 2016)
2. Self Efficacy, Locus of control and Social support in Adherence to Medical Regime in Diabetes and Arthritis (Kadambari, 2017)
3. Psychological determinants of Marital Commitment among women as a function of Age and Employment. (Priyanka, 2020)
4. Executive Functions in relation to Eating Behaviour of School Students (Rekha, 2021)
5. Role of Psychological Flexibility in Pain Resilience, Pain Coping Strategies and Health-related Quality of Life in Arthritis patients (Priyanka Yadav, 2022)

**M.Phil:- Awarded: 7**

1. Gratitude and Forgiveness in relation to Personality (Swati Nagpal, 2009-10)
2. Correlational study of Positive Psychological Capital and Organizational Commitment (Kavita, 2010-11)
3. Relationship between Emotional Intelligence and Resilience among adults (Annu, 2011-12)
4. Role of Emotional Intelligence and Forgiveness in Relationship Satisfaction (Deepak Kumar, 21.7.2015)

5. Gender differences in Reasoning among school students (Sheetal Khatri, March,2016)
6. Grit: Construct Validation and Factor Structure (Sunil Kumar, 2018)
7. Parents' Executive Functions and Parenting Style in relation to Executive Functions of Adolescents – (Urmila Devi 2019)

**Membership of Academic/Professional Bodies: 6**

1. Haryana Psychological Association.
2. Indian Academy of Applied Psychology.
3. Asia Pacific School Psychology Association
4. American Psychological Association
5. Indian School Psychology Association
6. International Association of Applied Psychology (IAAP)

**Deepti Hooda**

Professor

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