

Curriculum Vitae

Dr. Tarika Sandhu

Associate Professor

(Dept. of Psychology, Punjabi University, Patiala, India)

tarika@pbi.ac.in

+91-9872798982

Positions:

- 2018- till date Associate Professor, Psychology, Punjabi University
2006-2018 Assistant Professor, Psychology, Punjabi University
2004-2006 Senior Technical Assistant cum Counselor, Psychology, Punjabi University

Education:

- 2010 PHD in Psychology, Punjabi University
2004 Post Graduate Diploma in Counseling Psychology, Punjabi University
2002 M.A in Psychology, Punjabi University
2000 B.A. Psychology, Punjabi University

Fellowship:

- 2006 Junior Research Fellowship, University Grants Commission, India

Areas of Specialization:

Personality Assessment & Personality Theories, Self-Regulation, Gender Perspectives, Giftedness

Recognition received:

1. Recognition received for *Exemplary Service as Covid Warrior* for completion of 174 Tele consultations for Step One a 100% volunteer run, non-profit started in Mar'20 to assist 13 state governments and municipalities with technology and trained doctors and citizen warriors to fight COVID 19 in India .
2. Best Paper Award at the EduCon 2020 International Conference "Education 4.0 Challenges & Opportunities" for the paper 'Exploring Associations between Personality and Self Objectification in Adolescent females" organized on 2nd August, 2020 by IMHRC.
3. Honoured with Praman Patra by the Punjab Govt. on the occasion of Independence day Aug.15th , 2019 for rendering exemplary services in District Patiala under the Anti Drug Awareness Program.
4. Honored for Contribution to Academics and Gender Sensitization Community Programs during 'The Daughters of New India' week celebrations (October 9-14, 2017)a flagship program of Government of India, Organized by Department of Women and Child Development, Patiala.

Grants Awarded as PI:

Indian Council for Social Science Resesarch (ICSSR): Transforming media induced self - objectification in adolescent girls :Efficacy of Johari Window Intervention .

Amount Sanctioned -9,20,000 INR

University Grants Commission (UGC): Emotional Development as Predictor of Personal Social Capital in the Gifted

Amount Sanctioned -2,00,000 INR

Ph.D. guided:

1. Dynamics of Flow State amongst Creatively Gifted in terms of Mindfulness, Personality and Emotional Development
2. Intra Psychic Predictors of the Individuation Process in Adults
3. Personality and Thinking Styles as Predictors of Self Actualization
4. Personality Types and Self-Regulation: Implications for Creativity
5. Academic Self Esteem of High School Students: Cognitive, Affective, and Personality Correlates.
6. Social Environment and Substance Use in Ethiopian University Students: The moderating effects of Self-Regulation

Under Guidance:

1. Decoding the Autotelic Disposition: Role of Personality traits, Achievement Flow Motive and Epistemic Curiosity Reg date: 28.8.19
2. Ontogenesis of Personal Wisdom in Counsellors: Role of Personality, Self Regulation and Perfectionism Reg date: 26.8.19
3. Reaffirming the Quest for 'Meaning in Life' amongst Youth: Efficacy of Thera-Prov based intervention Reg date:
4. Transition from Choking to Clutch State in Elite Sport: A Multi-Modal Intervention Perspective

M.Phil. Guided:

1. Creativity and Self-Regulation in Identical and Fraternal Twins

2. Role of Marital Adjustment and Work Family Conflict in Perceived Parenting Stress of Working Women.
3. Self-Regulation and Creativity in relation to Personality of the Scientifically Gifted.
4. Child Rearing Styles, Identity Processing and Creativity Styles in Sex Roles of Youth.

List of Publications in Peer Reviewed/UGC Approved Journals:

1. Sandhu, T., & Sandhu, S. (2021). Body Consciousness and Self-Objectification in Gen Z Adolescent Girls. *Current Research in Psychology* DOI: 10.3844/crpsp.2021
2. Sandhu, T., Sandhu, S., Kaur, J. & Singh, H. (2021). Assessing Potency of Self-Enrichment Skill Training to Overcome Self-objectification in Adolescent Females. *Indian Journal of Health and Well-being*, 12(2), 177-182 ISSN-p-2229-5356, e-2321-3698
3. Sandhu, T. (2021). Reinterpreting Psychoneurosis to Ascertain Mass Pathology in Civilized Society. *Asian Research Journal of Arts & Social Sciences* 15(2): 1-7 ISSN: 2456-4761
4. Sandhu, T., & Kaur, J. (2021). Role of Humor in De-escalating Covid Related State Anxiety. *Bharatiya Journal of Counselling Psychology*, 1(1). <https://doi.org/10.2021/bjcp.v1i1.1>
5. Sandhu, T., & Kaur, J. (2021). Neuroticism and Mental Health in the Shadow of COVID-19. *International Journal of Social Sciences Review*, 9(3), 199-204. ISSN-2347-3797
6. Sandhu, T., & Singh, H. (2021). Counselor Burnout During COVID-19: Predictive Role of Cognitive Emotion Regulation. *Indian Journal of Positive Psychology*, 12(3), 258-262. ISSN-p-2229-4937, e-2321-368X
7. Sandhu, T. (2020). Personal Growth in Middle Age: A Personality Perspective. *Indian Journal of Positive Psychology*, 11(3), 234-236. ISSN-p-2229-4937, e-2321-368X <https://doi.org/10.15614/ijpp%2F2020%2Fv11i3%2F207092>

8. Sandhu, T., & Gebremariam, K. T. (2020). Gender Differences in Substance Use among Ethiopian University Students. *Studies in Indian Place Names*, 40(3), 844-852. ISSN: 2394-3114
9. Gebremariam, K. T., & Sandhu, T. (2020). The Psychological Impact of Natural Disasters: A Meta-analysis. *Studies in Indian Place Names*, 40(1), 1556-1561. ISSN: 2394-3114
10. Gebremariam, K. T., & Sandhu, T. (2020). Family Environment and Substance Use Among University Students. *International Journal of Scientific & Technology Research*. 9(02), 1530-1535. ISSN 2277-8616
11. Sandhu, T. & Prashar, S. (2019). Flow state and Mindfulness: A comparative Analysis of the Creatively Gifted. *Think India Journal*, ISSN:0971-1260 Vol-22- Issue-14- December-2019 pg 6797-6815
12. Sandhu, T. & Prashar, S. (2018). Assessment of Overexcitabilities in Middle School Children. *Remarking An Analisation* VOL-2* ISSUE-12* March P: ISSN NO.: 2394-0344 RNI No. UPBIL/2016/67980 E: ISSN NO.: 2455-0817, 78-83
13. Sandhu, T. & Singh, N. (2018). Unraveling the individuation process: Role of sex differences. *International Journal of Social Sciences Review*, 2018, 6(5), 808-811. ISSN-2347-3797 UGC Journal No 41948 and NAAS Rating 2.72
14. Sandhu, T. & Kaur, S. (2017). Personality correlates of Self Actualizing Values. *Voice of Research*, 6(1).
15. Sandhu, T. & Singh, N. (2017). Self-Efficacy and Self-Regulation as Predictors of the Individuation Process in Adults. *Educational Quest: An Int. J. of Education and Applied Social Science: Vol. 8, No. 2, pp. 443-447* Print ISSN: 0976-7258 Online ISSN: 2230-7311
16. Sandhu, T. & Prashar, S. (2013-16) Personality of Creatively Gifted. *Intl. J. of Behav. Sci.* 28-31(1-2):23-33.
17. Sandhu, B.S., & Sandhu, T. (2015). Effect of Crowding on Exercise Self-Regulation in Females. *Personality Study and Group Behavior*, Vol. XXXV, 45-56.
18. Sandhu, T. (2015). Effect of Work Family Conflict and Marital Adjustment on Parenting Stress in Working Women. *Personality Study and Group Behavior*, Vol. XXXV

19. Sandhu, B.S., & Sandhu, T. (2015). Self-Regulation and Creativity in Elementary School Children: Twin Study Analysis. *Journal of Human Behaviors and Development Issues* Vol.2 (1), pp:(18-23). ISSN2349-8366.
20. Sandhu, T. (2015). Personological Basis for Higher Education Preferences in University Students. *International Journal of Interdisciplinary Research and Innovations* Vol.3(2), pp:(56-62). ISSN2348-1226(online)ISSN2348-1218 (print).
21. Sandhu, T. & Kaur, V. (2015). Eve Self-Objectification: A Dysfunctional Search for Self-Actualization. *International Journal of Social Science and Humanities Research* Vol.3(2), pp:(268-278). ISSN2348-3156 (Print), ISSN2348-3164 (online).
22. Sandhu, T. & Kaur, V. (2015). Scientific Giftedness: Exploring the creativity correlates. *Journal of Contemporary Psychological Research*, Vol.2(2), 6-19.
23. Sandhu, T. & Kapoor, S. (2014). Symbolism as an expression of religious spiritual development amongst the deaf. *International Journal of Children's Spirituality*, DOI:10.1080/1364436X2014.922463
24. Sandhu, B.S., Sandhu, T. (2014). Rorschach protocols of subjective experience of wellbeing in high creatives. *Journal of Indian Health Psychology*, Vol.9(1).
25. Sandhu, T., Kaur, M. & Kaur, P.C. (2014). Unheard Voices: Causal and outcome factors on Proneness to Abuse. *Humanities and Social Science Studies*, 76-83.
26. Sandhu, B.S., Sandhu, T., Kaur V. (2014). Unveiling the Scientifically Gifted Personality. *International journal of Psychosocial Research(IJPSR)*, 1(3), 142-147.
27. Sandhu, T. (2014). Self-regulation in Yoga: Expansion of Possibilities unlimited. *Voice of Research*, 2, 20-21.
28. Sandhu, T. (2013). The "Terrorist": Selfhood denied and fragmented. *International Journal of Advanced Research in Management and Social Sciences*, 2(8), 77-81. ISSN:2278-6236.
29. Sandhu, B.S., & Sandhu, T. (2013). Comparison of Personality Profiles of Young Scientists and Artists. *Journal of Human and Work Management*, 1(1), 78-81.
30. Sandhu, T. & Kapoor, S. (2013). Religiosity-A convenient fiction for a neurotic? *Humanities and Social Science Studies*, 2(4), 62-68.
31. Sandhu, B.S., Sandhu, T. & Kapoor, S. (2013). Femininity, Dominance, and Sociability as Correlates of Self Esteem: A study amongst students. *Indian Journal of Psychology and Education*, 1(3):79-82.

32. Sandhu, T. & Kapoor, S. (2013). Implications of Personality Types for Emotional Regulation in Young Women. *Voice of Research*, 1, 2277-7733.
33. Sandhu, T., & Kaur, K. (2013). Correlates of Academic Self-esteem amongst High School Students. *International Journal of Innovative Research and Studies*, 2(6), 104-114. ISSN: 2319-9725.
34. Sandhu, T., Kaur, V. (2013). Learning from the Gifted: A Self-Regulatory Perspective. *Indian Journal of Psychology, Contributions of Women Researchers*, 121-131, ISSN-0019-5553.
35. Sandhu, T. & Kapoor, S. (2012). "Winning"-A self-regulatory perspective. *International Journal of Fitness & Exercise Science*, 1, 13-18.
36. Sandhu, T. (2009). Implications of Crowding for Goal setting mechanisms of females. *Diviner*, 6(2), 188-197.
37. Sandhu, T. (2009). Making Sense of Crowding. *Bulletin of Environmental Science*, 28(2), 149-151.

Book:

Sandhu, T., & Sandhu, S. (2021). *Being your own Therapist*. New Delhi: ABS Books. ISBN : 978-93-91002-63-3

Book Chapter:

Sandhu, T. (2006). Mental Health of Women-post female feticide. In H. Bhargava & R. Raina (Eds.), *Prospects of Mental Health*, Agra: H.P. Bhargava Book House.

Entries for Encyclopedia:

Sandhu, T. (2006). 9 entries. *Children Encyclopedia (Social Sciences)*. Punjabi University: Department of Development of Punjabi Language.

Papers presented at International Conferences:

1. Presented paper titled "Virtual Learning Amidst COVID-19: An Outcome Analysis" in the National Seminar on Stress Management: A Holistic Perspective sponsored by the Indian Council of Social Science Research-North West Regional Centre (ICSSR-NWRC) organized by Department of Psychology, Akal University, Talwandi Sabo, Bathinda, Punjab on 6th Dec, 2021.

2. Presented paper titled "Grit And Hope As Predictors Of Psychological Well-Being Among Elite Players" during the 56th National and 25th International conference of the IAAP (18th -20th Feb, 2021) held at Punjabi University, Patiala.
3. Presented paper titled "Trait Contributions to Personal Wisdom in Counsellors" during the 56th National and 25th International conference of the IAAP (18th -20th Feb, 2021) held at Punjabi University, Patiala.
4. Presented paper titled "Paving way for Self Discovery in the 21st Century: Efficacy of Johari window based intervention" during the 56th National and 25th International conference of the IAAP (18th -20th Feb, 2021) held at Punjabi University, Patiala.
5. Presented paper titled "Covid Anxiety and Insomnia- Predictive role of Cognitive Emotion Regulation Strategy" in 2nd International Conference(online) on Covid 19 studies organized by Institute of Economic Development & Social Researches held on August 26-27, 2020 in Paris .
6. Presented paper titled 'Exploring Associations between Personality and Self-Objectification in Adolescent females"at the EduCon 2020 International Conference on "Education 4.0 Challenges & Opportunities" (online)organised on 2nd of August 2020 by IMHRC.
7. Presented paper titled "Role of Humor in De-escalating COVID related Anxiety" in Anxiety" in two days online International Webinar on, "Psychosocial Factor in Sustainable Health and Well Being" (online)organized by Faculty of Behaviour and Cognitive Sciences on June 17-18, 2020.
8. Presented paper titled "Creativity Styles & Sex Roles: A Comparative analysis" in 106th Indian Science Congress held at Lovely Professional University, Phagwara on January 3-7, 2019.
9. Presented paper titled "Predicting Sports Competitive Anxiety among hockey players: Role of Personality and Mental Toughness" in International Conference on Psychology in Contemporary Sports, Health and Fitness Perspective held at Department of Physical Education, Punjabi University, Patiala on November 28-30, 2019.
10. Presented paper titled "The association of Personality with Emotional Intelligence in young women" in 11th International Conference on "Holistic Health of Women:

Issues and Challenges” held at Women’s Studies Centre, Punjabi University, Patiala on November 20-21, 2019.

11. Presented paper titled “Coping Styles of High Intellectual Youth Through Gender Prism” in International Conference on Transforming Lives of the ‘Unreached’ Women through Collective Activism held at Department of Women Studies, Punjabi University, Patiala on 16-17 November, 2018.
12. Presented paper titled “Assessment of Over excitabilities in Middle School Students ” in 9th International Conference on “Women in the Changing World of Work: Planet 50-50 by 2030” held at Women’s Studies Centre, Punjabi University, Patiala on November 22, 2017.
13. Presented paper titled “Gateway to Coping Skills: Role of IQ and Gender” in 8th International conference on “He for She: A Solidarity Movement for Gender Equality” held at Women’s Studies Centre, Punjabi University, Patiala on November 16-17, 2016.
14. Presented paper titled “Creative Attitudes and Behaviors: Effect of IQ and Gender” in International Conference on ‘Reforms in the 21st Century: Developments & Prospects’ held at Department of Public Administration, Punjabi University, Patiala on October 10, 2016.
15. Presented paper titled “Dynamics of Flow in Creatively Gifted” in 13th ICIE conference on “Excellence & Innovation in Basic Higher Education & Psychology” held in Rijeka-Croatia on May 18-21, 2016.
16. Presented paper titled “Identity Styles in Feminine and Masculine Young Punjabi Women ” in 7th International conference on “Empowering Women, Empowering Humanity” held at Women’s Studies Centre, Punjabi University, Patiala on December 11-12, 2015.
17. Presented paper titled “Association of Narcissism with Self-Regulation and Motivation for success in young sportsperson” in Health Fitness 2015 International Seminar on “Issues and Fitness Management ” held at Department of Sports Science, Punjabi University, Patiala on October 28, 2015.
18. Presented paper titled “Personality Type: Precursor to Physical Fitness?” in

International Conference on “Futuristic Trends in Physical Education ”held at Department of Physical Education, Punjabi University, Patiala on January 24-26, 2013.

19. Presented paper titled “The ‘I’ in the mirror and its impact on cognitive emotional regulation” in International Conference of “Applied Psychology” held at Panjab University, Chandigarh on February 24-25, 2012.
20. Presented paper titled “Religiosity—A Convenient Fiction for a Neurotic?” in International Conference on “Main streaming Gender :Issues and Challenges” held at Punjabi University, Patiala on November 25-26, 2011.
21. Presented paper titled “Media: A preferred route for Soft Sell Advertising” in International Conference on “Changing Global Paradigm of Media scape” held at Centre for Advanced Media Studies, Punjabi University Patiala on October 21-23, 2011.
22. Presented paper titled “Unheard Voices: Casual and Outcome Factors in Proneness to Women Abuse” in 20th Annual Convention of NAOP & International Conference on “Mind Culture and Human Activities-Psychological Sciences in Twenty First Century” held at Zakir Husain Centre for Educational Studies, School of Social Sciences, Jawaharlal Nehru University, New Delhi, India on December 12-15, 2010.
23. Presented paper titled “Tracking Consumers: What attracts Whom?” in International Conference on “Enhancing Human Potential: Bio-psychosocial Perspectives” held at Panjab University, Chandigarh on November 15-17, 2010.
24. Presented paper titled “Tapping Intrinsic Self-Regulation: Elixir of Fine Management” in 7th International Conference on “New Paradigms in Management Theory and Practice” held at School of Management Studies, Punjabi University Patiala on September 4-5, 2010.
25. Participated in International Conference on “GATS and Education” held at Punjabi University, Patiala on December 28-30, 2005.
26. Presented paper titled “Handling Self Defeating Behavioral Patterns: A Challenge for Counselors” in 8th International Conference of Indian Academy of Applied Psychology on “Positive Health and Well Being” held at Dept. of Psychology, Maharishi Dayanand University, Rohtak on July 15-17, 2004.

Papers presented at National Conferences:

1. Presented paper titled " Gender Differences in Creative Attributes of High IQ Youth" in National Conference on "Skill India: Knowledge and Education" held at Department of Education and Community Service, Punjabi University, Patiala on February 1-2, 2016.
2. Presented paper titled "Self-Regulation and Creativity in Elementary School Children: Twin Study Analysis" in QIP Workshop on "Advances in Applied Positive Psychology" held at Dept. of Humanities and Social Sciences, IIT Delhi on May 8, 2015.
3. Presented paper titled "Emotional Regulation in Young Girls: A Dialectic Behavior Therapy Intervention" in National Seminar on "Mental Health Challenges and Remedial Approaches" held at Gurukul Kangri University, Haridwar on February 15-16, 2014.
4. Presented paper in National Conference on "Quality Concerns in Teachers Education" held at Department of Education and Community Service, Punjabi University Patiala on February 7-8, 2013.
5. Presented paper titled " Effects of School Environment on Need for Achievement in Rural Punjabi Students" in "Annual Conference of Indian Association of Social Science Institutions" held at Punjabi University, Patiala on October 30-31, 2012.
6. Presented paper titled "Faulty Goal Setting for Exercise: A Case Study Approach" in National Seminar in " Health, Fitness and Sports Technologies" held at Dept. of Sports Science, Punjabi University Patiala on October 12, 2012.
7. Presented paper titled "Dynamics of Self-Regulation in Young Women" in "2nd Indian Psychological Science Congress" themed as "Psychological Well Being: Building Bridges for Tomorrow" held at Dept. of Psychology, P.G. Govt. College, Sector 42, Chandigarh on October 5-6, 2012.
8. Presented paper titled "Learning from the Gifted: A Self-Regulated Perspective" in "National Conference on Positive Behaviour: Perspectives and Applications" held at Pondicherry University, Pondicherry on September 21-22, 2012.
9. Presented paper titled " Role of Emotional Regulation in Fostering Job Satisfaction" in

- National Seminar on “Global Economy and Commerce: Challenges and Opportunities 2012” held at School of Management Studies, Bhaddal on March 16-17, 2012.
10. Presented paper titled “Valuing Yourself: Strengthening the Pillars of Existence” in National Conference on “Social and Cultural Changes: Prospects and Challenges for Youth” held at Government Rajindra College, Bathinda on February 21-22, 2012.
 11. Presented paper titled “Enhancing Self-Regulation, The Yoga Way: Expansion of Possibilities Unlimited” in National Seminar on “Yoga and Aura” held at Brahmurishi Yoga Training College and Meta physical Science Research Institute, Sec. 19, Chandigarh on February 17-18, 2012.
 12. Presented paper titled “Need for Achievement in Punjabi Rural Students: A Qualitative Analysis” in Golden Jubilee Punjabi University Social Sciences Conferences on “Emerging Dimensions in Social Sciences” held at Punjabi University, Patiala on November 21, 2011.
 13. Presented paper titled “Winning: A Self-Regulatory Perspective” in National Seminar on “Sports and Fitness Culture: Role of Media” held at Dept. of Sports Science, Punjabi University, Patiala on September 28th 2011.
 14. Presented paper titled “Role of Self-Regulatory Mechanism in Dealing with Environmental Stressors” in National Seminar on “Ecological Crisis” held at Dept. of Distance Education, Punjabi University Patiala on September 8-9, 2011.
 15. Presented paper titled “Symbolism as an Expression of Spirituality Amongst Disabled” in National Seminar on “Indigenous Techniques in Psychotherapy” held at Dept. of Clinical Psychology, Dev Sanskriti University Vishwavidyalaya, Gayatrikunj, Shantikunj, Haridwar on March 25-27, 2011.
 16. Presented paper titled “Mental Imagery and Sports Performance: A Psychological Perspective” in UGC Sponsored National Conference on “Physical Education in 21st Century” held at Mata Gujri College, Fatehgarh Sahib on February 25-26, 2011.
 17. Presented paper titled “Effects of Media Violence on Adolescents” in National Conference on “Media and Society” held at Dept. of Sociology and Social Anthropology on January 15-16, 2009.
 18. Presented paper titled “A Comparative Study of Exercise Casualty Oriented Behavior in Females” in 3rd National Conference on “Opportunities and Challenges in

19. Physical Education” held at Dept. of Physical Education, Punjabi University Patiala on February 10-11, 2009.
20. Presented paper titled “Reviving Self-Regulatory Mechanisms as Prevention against Drug Abuse Among Adolescents ”in National Seminar on “Drug Abuse: Its Causes and Effects” held at Govt. College Panchkula, January 17,2006.
21. Presented paper titled “Comparison of Personality Profile of Young Scientists and Artists” in National Seminar on “Individual Differences and Behaviour” held at Dept. of Psychology ,M.D.University Rohtak on October 11-12.2002.

Invited lectures as Resource Person/Moderator/Chairperson/Co-chair:

1. As **Co-chair** for the technical session on “Impact of Digital Media on Psychological Well Being”during the 56th National and 25th International conference of the IAAP (18th -20th Feb, 2021) held at Punjabi University, Patiala.
2. As **Co-chair** for the technical session on “Enhancing Human Potential: Psychological Insights” during the 56th National and 25th International conference of the IAAP (18th -20th Feb, 2021) held at Punjabi University, Patiala.
3. As Moderator for the plenary session on ‘Psychosocial issues in Punjab: Critical insights’ during the 56th National and 25th International conference of the IAAP (18th - 20th Feb, 2021) held at Punjabi University, Patiala.
4. Provided expert talk on ‘Parenting during the Pandemic’ on World Parents Day on All India Radio, Jalandhar on 1st June 2021
5. Invited Radio talk on 'Emotional Health as Key to Successful Living' on All India Radio ,Jalandhar in 2019
6. As resource person for Lecture on Psychological initiation to Program/Ice breaking on 16.11.2020 to the participants of 80th Refresher Course in Mathematics & Statistics organized by UGC-Human Resource Development Centre, Punjabi University, Patiala
7. Key note speaker for the webinar on ‘Lifestyle Issues and Substance Abuse’ organized by Nasha Mukta Campaign :Patiala District Committee on 15th September 2020.
8. As subject expert for one day interaction during ICSSR Sponsored program on Drug

Addiction and Abuse: Social,Economic and Political Implications at CRRID ,Chandigarh on 21st Feb,2019

9. In workshop on relevance of Buddy Program to generate Anti Drug Awareness among university students in School of Management Studies , Punjabi University, Patiala, Punjab on February 15th 2019 .
10. In 2 day training of 'Master Trainers' from schools, colleges, universities of Punjab to generate Anti Drug Awareness under Buddy Program of Govt. of Punjab from 7th-8th Aug 2018.
11. A talk on “Domestic Violence Against Women” organized by District Administration Patiala on January 3, 2018.
12. A talk on “Empowering Minds ”on International Women’s Day, March 8, 2017 at Rajiv Gandhi National University of Law, Punjab.
13. In workshop on “Psychological Testing” held at University College of Engineering, Punjabi University, Patiala during August-September, 2015.
14. Delivered a Lecture entitled “ Personality Development ” as Key Note Speaker in the Training Course organized by Department of Empanelled Training Institution, N.S.S., Punjabi University, Patiala on July 2, 2015.
15. In workshop on “Psychological Testing” held at University College of Engineering, Punjabi University, Patiala during July, 2014.
16. In conduction of National Level Workshop on “Self Enhancement Skills” held at Desh Bhagat College of Education, Bardwal, Dhuri on August 9, 2012.
17. In workshop on “Self Enhancement: Role of Behavioral Regulation” held at Department of Tourism, Hospitality and Hotel Management, Punjabi University, Patiala on September 22-23, 2011.
18. In ICSSR North Western Regional Centre, Chandigarh sponsored one day seminar on “Psycho-social Perspectives of Psychology in Contemporary Life” held at D.A.V.College for Women, Ferozepur Cantt. Punjab on February 24, 2007.

Participation in Workshops:

1. Participated in a 3 day (2 hrs per day) internship on Expressive Arts based Therapy from 2nd-4th June 2020 conducted by Department of Mental Health and Behavioral

sciences, Fortis Health Care limited.

2. Participated in International workshop on “Lost Prizes: Recognizing and Nurturing the Talent of At-Risk Students” held at University of Rijeka, Croatia, on May20, 2016.
3. Participated in International workshop on “Talented Females: Obstacles, Challenges,& Choices” by Sally M. Reis held at University of Rijeka, Croatia, on May19,2016.
4. Participated in International seminar on “Sports Science: Challenges and Endeavors” held at Dept. of Sports Science, Punjabi University Patiala on February 9-10, 2015.
5. Participated in a Scientific Session on “Psychoanalysis, Culture and Religion” at First Annual Psychoanalytical Conference held at Department of Mental Health and Behavioral Sciences, Fortis Health care Limited, Gurgaon on December 19-20, 2013.
6. Participated in workshop on “Census 2011 and its Implications” held at Centre for Census Studies and Research on September30, 2013.
7. Participated in National Symposium “Surrogacy: Commercial, Legal and Social Implications” held at Punjabi University, Patiala on January 25,2011.
8. Participated in workshop on “Communication in Autism” held at Department of Psychiatry, Govt. Medical College and Hospital, Sector 32, Chandigarh on January 30-31,2004.

Faculty Development:

- 2018 Attended a 7 day(Jan 9- 15)Workshop organized by the UGC at Women Studies Centre, Punjabi University, Patiala on 'Financial ,Social and Legal Awareness'.
- 2015 Attended a 21 day(Feb16- March 7) Refresher Course organized by the UGC at Academic Staff College,Punjabi University, Patiala.
- 2011 Attended a 5 day (Aug 23-27) Workshop on 'Capacity Building of Women Managers in Higher Education' organized by the UGC at Women Studies Centre, Punjabi University, Patiala.
- 2011 Attended a 3 day (Feb24-26) Workshop on 'Computer Application in Social Science Research' organized by the Academic Staff College, Punjabi University,

Patiala.

2010 Attended a 21 day(Nov 10-30) Refresher Course organized by the UGC at ,Punjabi University, Patiala.

2007 Attended a 28 day(June 1-27) Orientation Course organized by the UGC at Academic Staff College ,Panjab University, Chandigarh.

Formulation of Educative Content:

2018 Formulation of Educative and training content for school students under Anti Drug Awareness Buddy Program of Punjab Govt.

2018 Formulation of Educative and training content for school teachers and principals under Anti Drug Awareness Buddy Program of Punjab Govt.

Membership of Professional Bodies:

- Member of World Council for Gifted and Talented Children(2017-2019).
- Member of American Psychological Association (APA)2016.
- Member of National Academy of Psychology (NAOP,India).
- Life member of Indian Academy of Applied Psychology.
- Life member of Praachi Psycho-Cultural Research Association, India.
- Life member of National Environmental Science Academy.

Departmental and University Service(Punjabi University)

2021 Member, 'Organizing Committee' of the National Seminar commemorating the 550th Birth Anniversary of Sri Guru Nanak Dev Ji on World Mental Health Day(10th Oct, 2021) organized by Dept. of Psychology at Punjabi University , Patiala.

- 2019 Member, 'Scientific Committee' of the 56th National and 25th International conference of the IAAP (18th -20th Feb, 2021) held at Punjabi University , Patiala
- 2018-2020 Member ,Board of Post Graduate Studies (Psychology)
- 2019 Member, Admission Committee (Psychology)
- 2018 Centre Superintendent for Dec 2018 Semester examinations (Psychology)
- 2018 Deputy Superintendent for various entrance examinations , PUP
- 2018 Member, Admission Committee (Psychology)
- 2017 Member, Syllabus Review Committee (Psychology)
- 2014 Member PHD and MPHIL Course committee (Psychology)
- 2010-2012 Member, Board of Post Graduate Studies (Psychology)
- 2011 Member and Secretary Academic Council (Psychology)
- 2009-2011 Member Faculty of Social Sciences

Counseling Services:

- 2020 - Provided 174 tele -consultancy services as Covid Warrior for StepOne a 100% , non- profit started in Mar'20 to assist 13 state governments and municipalities with technology and trained doctors in India to fight Covid 19.
- 2019 Provided a month long (March 1-31)tele -counseling service to students experiencing exam stress on a special hotline created by Punjab State Commission for the Protection of Child Rights.
- 2006 Provided counseling services to University students and staff during Psycho-fest a Dept., of Psychology, PUP initiative.
- 2005 Provided counseling services to students of Yadavindra College of Engineering ,Talwandi Sabo, during Psycho-fest Dept., of Psychology ,PUP initiative.

(2004-2006) Provided counseling services under the Pre-retirement Cell , Dept., of
Psychology , PUP(Humanistic-Existential perspectives)

(2004- Till date) Providing voluntary counseling services to students from the Dept., of
Psychology ,PUP (Humanistic-Existential perspectives)

Professional Service:

2021-Developed and delivered e-learning material for 8 modules under Ministry of Education's prestigious SWAYAM MOOCs Project in the capacity of Resource person /Subject expert in the course of Counselling Psychology at EMRC ,Punjabi University, Patiala during September 2019-June2021

2021 - Served as a reviewer for the Journal of 'Issues and Ideas in Education'- A Chitkara University Publication.

2021 - Served as a reviewer for the Journal of 'Asian Journal of Education and Social Studies'

2020 Member, BOS of Akal University, Talwandi Sabo

2020 Member, Patiala District Nasha Mukat Committee

2020 Organised ' Haunsla Buland' Run for Drug Free Punjab from 12th to 20th Sep 2020 as member of Patiala District Nasha Mukat Committee

2020 Organized Plantation Drive with the theme of 'Chance to become Green Ambassador' from 12th to 20th Sep 2020 as member of Patiala District Nasha Mukat Committee

2019 Served as a reviewer for Multi-disciplinary International Research Journal

2018 Served as invigilator for PPSC examination (Inspector Cooperative Society, Punjab)

2011 Served as moderator for the discipline of Psychology in the Punjab State Civil Services Competitive Examination

2004-2020 Served as paper setter for examinations of various universities in the region.

2020-2021 Served as External Examiner of UG and PG 1st Year Students

on 26/02/2021 for Practical Viva of Department of Psychology, AUTS

Selected Media:

2019 Wildlife Photograph featured in the National Geographic Blog “Top 25 Wild Bird Photographs of the week: Blue” [https://blog.nationalgeographic.org/2019/05/31/top-25-wild-bird-photographs-of-the-week-](https://blog.nationalgeographic.org/2019/05/31/top-25-wild-bird-photographs-of-the-week-blue/?fbclid=IwAR3biLMJR1Zv2xSzYNioVF4A1Lau3hMAs6z-H0MKVMRXofelvJDG1USaSy4)

[blue/?fbclid=IwAR3biLMJR1Zv2xSzYNioVF4A1Lau3hMAs6z-H0MKVMRXofelvJDG1USaSy4](https://blog.nationalgeographic.org/2019/05/31/top-25-wild-bird-photographs-of-the-week-blue/?fbclid=IwAR3biLMJR1Zv2xSzYNioVF4A1Lau3hMAs6z-H0MKVMRXofelvJDG1USaSy4)

2019 Wildlife Photograph featured in the National Geographic Blog “Top 25 Wild Bird Photographs of the week: Forest Birds”

[https://blog.nationalgeographic.org/2019/02/08/top-25-wild-bird-photographs-of-the-week-forest-birds/?fbclid=IwAR0NThn4Er1diBd_AKOrusaWhY3ol_38H0mM-](https://blog.nationalgeographic.org/2019/02/08/top-25-wild-bird-photographs-of-the-week-forest-birds/?fbclid=IwAR0NThn4Er1diBd_AKOrusaWhY3ol_38H0mM-q_7SyN4RPddQ9vtElyNcfA)

[q_7SyN4RPddQ9vtElyNcfA](https://blog.nationalgeographic.org/2019/02/08/top-25-wild-bird-photographs-of-the-week-forest-birds/?fbclid=IwAR0NThn4Er1diBd_AKOrusaWhY3ol_38H0mM-q_7SyN4RPddQ9vtElyNcfA)

2018 Wildlife Photograph featured in the National Geographic Blog “Top 25 Wild Bird Photographs of the week: Birds Feeding”

[https://blog.nationalgeographic.org/2018/10/05/top-25-wild-bird-photographs-of-the-week-birds-](https://blog.nationalgeographic.org/2018/10/05/top-25-wild-bird-photographs-of-the-week-birds-feeding/?fbclid=IwAR2eqU42InThifKNGCRTJLM13Q5GOGVizgt6OZi_dq__Q05colf65kQKd90)

[feeding/?fbclid=IwAR2eqU42InThifKNGCRTJLM13Q5GOGVizgt6OZi_dq__Q05colf65kQKd90](https://blog.nationalgeographic.org/2018/10/05/top-25-wild-bird-photographs-of-the-week-birds-feeding/?fbclid=IwAR2eqU42InThifKNGCRTJLM13Q5GOGVizgt6OZi_dq__Q05colf65kQKd90)

2018 Wildlife Photograph featured in the National Geographic Blog “Top 25 Wild Bird Photographs of the week: Courtship Displays”

[https://blog.nationalgeographic.org/2018/10/19/top-25-wild-bird-photographs-of-the-week-courtship-](https://blog.nationalgeographic.org/2018/10/19/top-25-wild-bird-photographs-of-the-week-courtship-displays/?fbclid=IwAR3unZcVI_TKcRWpjonz2sT_hlJ627rQTu88851LqIJJNrG53j5_OGh2FGw)

[displays/?fbclid=IwAR3unZcVI_TKcRWpjonz2sT_hlJ627rQTu88851LqIJJNrG53j5_OGh2FGw](https://blog.nationalgeographic.org/2018/10/19/top-25-wild-bird-photographs-of-the-week-courtship-displays/?fbclid=IwAR3unZcVI_TKcRWpjonz2sT_hlJ627rQTu88851LqIJJNrG53j5_OGh2FGw)

2018 Wildlife Photograph featured in the National Geographic Blog “Top 25 Wild Bird Photographs of the week: Gamebirds”

[https://blog.nationalgeographic.org/2018/09/14/top-25-wild-bird-photographs-of-the-](https://blog.nationalgeographic.org/2018/09/14/top-25-wild-bird-photographs-of-the-week-gamebirds/?fbclid=IwAR3unZcVI_TKcRWpjonz2sT_hlJ627rQTu88851LqIJJNrG53j5_OGh2FGw)

week-

gamebirds/?fbclid=IwAR3t8V330BC8KQ0qRstugTq4tzY1xnIYyooiuDQ5tZ8owIQJUTbyr0QzzG
w

2018 Awarded 'Certificate of Excellence' at Pink Bird Photography Exhibition at Nainital Bird Festival, Uttarakhand held between 27th and 29th April 2018, organized by Uttarakhand Forest Department and sponsored by Strabo Pixel Club and Discover India.

2018 Awarded Consolation Prize in Bird photography at "Wildlife Week Celebration" organized by Dept. of Forest and Wildlife, UT Chandigarh.

2017 Author of 'Smartphone addiction is a reality and it's time to hang up for mental health' in the blog 'Simply the city' @simplythecity.com on 11th Oct 2017.

2017 Author of 'Body & Mind: Weighty Issues' in the blog 'Simply the city' @simplythecity.com on 10th Sep 2017.