

Individual Faculty Profile

Name – Dr. Arunima

Educational Qualification- M.A. Ph. D

Designation – Professor

Department – Psychology

M.D.U Rohtak



Areas of Specialization: Clinical and Health Psychology

Publications

I. Books

- a) Authored – **Arunima** and Gupta, R (1994) Aggression in School children: Factors and disciplinary guidelines. New Delhi: Deep and Deep Publications.

II. Research Papers

1. Pershad, D., **Mahajan, Arunima.**, & Verma, S.K. (1988). Bhatia's short scale of intelligence- A suggested modification for adults. *Personality Study and Group Behaviour*, 8, 1, 43-48.
2. Pershad, D., **Mahajan, Arunima.**, & Verma, S.K. (1988). Validation of BSB-R in adult psychiatric patients. *Journal of Personality and Clinical Studies*, 4, 2, 223-226.
3. **Mahajan, Arunima.**, Pershad, D., & Verma, S.K. (1988). Influence of age, education and sex on performance tests of intelligence for adults. *Indian Journal of Psychometry and Education*, 19, 2, 65-71.
4. Verma, S.K., Pershad, D., & **Mahajan, Arunima.** (1988). Cross-validation of Hindi PEN inventory on psychiatric patients. *Journal of the Indian Academy of Applied Psychology*, 14, 2, 9-11.
5. Verma, A., **Mahajan, Arunima.**, & Verma, S.K. (1988). Some exercises with the Learned Helplessness Scale (LH/Scale) in Hindi. *Indian Journal of Psychiatry*, 30, 4, 333-338.
6. Pershad, D., Kohli, A., Verma, S.K., & **Mahajan, Arunima.** (1989). Self- estimation of intelligence and its personality correlates. *Journal of Psychometry*, 2, 1, 20-25.

7. Verma, A., **Mahajan, Arunima.**, & Verma, S.K. (1989). A correlational study of two well-being scales. *Journal of Personality & Clinical Studies*, 5, 1, 93-95.
8. Gupta, R., **Mahajan, Arunima.**, & Pershad, D. (1989). Differential diagnosis: Is psychological testing useful? *Indian Journal of Psychological Medicine*, 12, 1, 21-26.
9. **Mahajan, Arunima.**, Pershad, D., & Verma, S.K. (1990). Personality trait inventory: An evaluation. *Journal of Personality and Clinical Studies*, 6, 1, 134-138.
10. Verma, S.K., Pershad, D., & **Mahajan, Arunima.** (1990). Hindi translation of Personality Trait Inventory. *The Creative Psychologist*, 2, 1, 23-26.
11. **Mahajan, Arunima.**, Pershad, D., & Verma, S.K. (1991). Influence of age, education & sex on Standard Progressive Matrices. *Journal of Psychometry*, 4, 1, 5-10.
12. Arya, D.K., Avasthi, A.K., Verma, S.K., & **Mahajan, Arunima.** (1992). Defense styles in postgraduates from different medical specialties. *Indian Journal of Social Psychiatry*, 8, 1&2, 48-51.
13. Arya, D.K., Avasthi, A.K., Verma, S.K., **Mahajan, Arunima.**, & Kaur, R. (1993). Defense styles and choice of nursing career among women. *The Nursing Journal of India*, 84, 2, 26-29.
14. Gupta, R., Vohra, A.K., **Gupta, Arunima.**, & Singla, S.L. (2002). A study of hostility, career choice and job satisfaction among surgeons. *Medical Journal of Armed Forces of India*, 58, 210-213.
15. Gupta, R., Sindhu, B., & **Gupta, Arunima.** (2002). Counselling in cancer patients. *Radiation Oncology*, 2, 1, 40-41.
16. Dhull, A.K., Gupta, R., **Gupta, Arunima.**, & Kaushal, V. (2008). Obesity and cancer. *Radiation Oncology*, 8, 1, 25- 35.
17. Gupta, R., **Gupta, Arunima.**, & Dhattarwal, S.K. (2010). Disability: Definition, discrimination and distribution of benefits: Concerns of the state of Haryana. *Haryana Medical Journal*, 29, 1, 17 – 24.
18. **Gupta, Arunima.**, & Gupta, R. (2010). Definition of disability: A cross cultural perspective. *Diviner: A Research Journal of Humanities and Social Sciences*, 7, 1, 79-86.
19. **Gupta, Arunima.**, & Gupta, R. (2010). Cancer Phobia. *Radiation Oncology*, 10, 1, 33-35.
20. **Gupta, Arunima.**, & Kohli, S. (2011). Adjustment patterns and anxiety in community-dwelling elderly: Exploring the gender differences. *Journal of Mental Health and Human Behaviour*, 16, 1, 29-32.
21. Kohli, S., & **Gupta, Arunima.** (2011). Quality of life of single/ dual earners: Socio-environmental influence. *Indian Journal of Positive Psychology*, 2, 3-4, 310-312.
22. Kohli, S., & **Gupta, Arunima.** (2011). Economic independence as a determinant of well being and self esteem amongst women. *RMS Journal of Management and IT, Special*, 178-184.

23. **Gupta, Arunima.**, Midha, P., & Malik, S. (2012). Attitude towards medication adherence in chronic patients: Need for psycho-education. *Indian Journal of Health and Well being*, 3, 1, 80-84.
24. Gupta, R., & **Gupta, Arunima.** (2012). Crisis and violence intervention. In B.S. Chavan., N. Gupta., P. Arun., A. Sidana., & S. Jadhav (eds.), *Community Mental Health in India* (pp251-254). New Dehli: Jaypee Bros.
25. **Gupta, Arunima.**, & Suman. (2012). Occupational stress and life satisfaction amongst police personnel: A comparative study. *Indian Journal of Psychology & Education*, 2, 2, 49-55.
26. **Gupta, Arunima.**, & Kohli, S. (2012). Medicalization: A growing menace. *Delhi Psychiatry Journal*, 15, 2, 255-259.
27. Kumar, K., **Gupta, Arunima.**, & Gupta, R. (2012). Mental illness in India: A cinematographical review. *Journal of Mental Health and Human Behaviour*, 17, 2, 95-100.
28. Malik, A., **Gupta, Arunima.**, & Kohli, S. (2013). Efficacy of Sudarshan kriya yoga in enhancing comprehensive well- being. *Indian Journal of Health and Well being*, 4, 1, 444- 447.
29. **Gupta, Arunima.**, and Kohli, S. (2013). Impact of environment on emotionality and confidence of females. *AITEA International Journal of Education & Humanities*, 3, 5, 21- 29.
30. Kohli, S., and **Gupta, Arunima.** (2013). Self- esteem, academic anxiety and insecurity amongst adolescents: Exploring gender differences. *Indian Journal of Health and Well being*, 4, 4, Part- IV, 776- 779.
31. **Gupta, Arunima.**, Bhatia, A. and Singh, B. (2013). Emotional intelligence, self concept and well being amongst adolescents: A comparative study. *Maharshi Dayanand University Research Journal (Arts)*, 12, 1, 75- 83, April, ISSN: 0972- 706X.
32. Dogra, R., Kumar, K. and **Gupta, Arunima.** (2013). Mental health in children: An overview. *Dysphrenia*, 4, 2, 113- 122, ISSN: 2249- 9377.
33. **Gupta, Arunima** and Sharma, R. (2013). Burden and coping of caregivers of physical and mental illnesses. *Delhi Psychiatric Journal*, 16, 2, 367- 374, October.
34. **Gupta, Arunima** and Malik, A. (2013). Sudarshan Kriya Yoga (SKY) as an adjunctive treatment in mental disorders: The magic unfolds. *Dysphrenia*, 5, 1, 56- 61, January- June, ISSN: 2249- 9377.
35. **Gupta, Arunima.**, Kohli, S., Malik, A., and Gahlawat, S. (2014). The relationship of school environment with temperament and aggression. *Journal of Rural and Community Psychiatry*, 1, 1, 32- 39, January- June, ISSN: 2348- 3474.
36. Malik, A., Kohli, S., Batra, P., and **Gupta, Arunima.** (2014). Does family structure have an impact on mental health of adolescents? *Journal of Rural and Community Psychiatry*, 1, 1, 47- 54, Jan- June, ISSN: 2348- 3474.

37. **Gupta, A.**, Luthra, N., and Gahlawat, S. (2014). Temperament style and aggression among adolescents: A gender based study. *Anweshan Journal of Education*, 3-4, 2&1, Dec- June, ISSN: 2249- 3794.
38. Gupta, R., and **Gupta, A.** (2014). Mental illness in parents and child abuse: An alarming problem. *NMO Journal for Doctors and Medical/ Dental Student*, 8, 3, 32-38, Sep- Dec, ISSN: 2348- 3806.
39. **Gupta, A.**, and Gupta, R. (2014). Occupational stress and quality of life: A cross-sectional study in Indian army personnel. *Journal of Rural and Community Psychiatry*, 1, 2, 49- 55, July- Dec, ISSN: 2348- 3474.
40. **Arunima.**, & Nirupma. (2014). Marital adjustment, subjective well being and self-esteem of working and non working women: A comparative study. *Maharshi Dayanand University Research Journal (Arts)*, 13, 2, 99- 106, October, ISSN: 0972-706X.
41. **Gupta, A.**, and Gupta, R. (2015). Impact of seniority on job stress and quality of life in military personnel. *Journal of Rural and Community Psychiatry*, 2, 3, 26- 34, Jan- Jun, ISSN: 2348- 3474.
42. Rani, D. and **Gupta, A.** (2015). Gender patterns of mobile phone users. *Delhi Psychiatry Journal*, 18, 1, 294- 300. April, ISSN: 0971-9571.
43. **Gupta, A.**, and Bhoomika. (2015). Academic dishonesty: An alarming problem in higher education. *Indian Journal of Psychology and Education*, 5, 2, 104- 110, July, ISSN: 2231- 1432.
44. Kumari, S. and **Gupta, A.** (2015). Marital quality and well being of spouses of depressive patients. *Journal of Rural and Community Psychiatry*, 2, 4, 89- 96. July- Dec, ISSN: 2348- 3474.
45. **Gupta, A.** and Suman. (2016). Cheating culture in schools: A growing menace. *Indian Journal of Psychology and Education*, 6, 1, 20- 27, Jan, ISSN: 2231- 1432.
46. Gahlawat, S. and **Gupta, A.** (2016). Loneliness, helplessness and depression in old people. *Journal of Rural and Community Psychiatry*, 3, 5, 35-44, ISSN: 2348- 3474.
47. Hooda, S., and **Gupta, A.** (2017). Mental health of primary caregivers with children having intellectual disability. *Indian Journal of Health and Wellbeing*, 8, 12, 1570-1573, ISSN: 2229-5356; UGC Journal no. 42787.
48. Madhurima, **Gupta, A.**, and Singh, A. (2018). Adolescent sexuality and sex education: Parents' perspective. *Indian Journal of Psychology and Education*, 8, 1, 153-160, ISSN: 2231-1432.
49. Hooda, S., and **Gupta, A.** (2018). Coping strategies in primary caregivers of intellectually disabled children. *Indian Journal of Psychology and Education*, 8, 1, 161-168, ISSN: 2231-1432.

Published in Academic Journals other than Refereed/Peer Reviewed Journals

50. Verma, A., **Mahajan, Arunima.**, & Verma, S.K. (1988). Learned helplessness scale: Comparison of three scoring methods. *Manodharpan*, 4, 1 & 2, 103-108.
51. Verma, S.K., Verma, A., & **Mahajan, Arunima.** (1989). Quality of life in university students. *The Mind*, 15, 3, 15-20.
52. **Arunima.**, Pershad, D., & Verma, S.K. (1990). Validity of Hindi shortened version of P.T.I. *The Mind*, 16, 2, 14-18.

Published in National Conference/Seminar proceedings

53. Gupta, R., & **Gupta, Arunima.**, (1999). Ageing of the aged-the challenge of the new millennium. Souvenir, XXIV Annual Conference of Indian Psychiatric Society-NZ, 25-29.
54. **Gupta, Arunima.**, & Gupta, R. (2003). Brief psychotherapy: Relevance in present scenario. Souvenir, 2nd Annual Conference of IPS-NZ, Haryana Branch, 12-17.
55. **Gupta, Arunima.**, & Anand, M. (2003). National character: Indian vs. Western- A need to study group character. Souvenir, 2nd Annual Conference of IPS-NZ, Haryana Branch, 21 – 24.

Other Publications

Book reviews –

1. Review of Sharma, A. (2009) “Global Encyclopaedia of Clinical Psychology” published in Journal of Indian Health Psychology, 3, 2, Global Vision Publishing House, New Delhi.
2. Review of “Psychology and Health Promotion”(Ed). Prof. Radhey Shyam & Prof. Khan, 2011 published in Indian Journal of Psychology and Education, 1, 2, A Publication of Intellectual Foundation, Rohtak.

Conferences/ Seminars/ Workshops/ Symposium attended:

- Attended 2nd Annual Conference of Indian Association for Social Psychiatry organized by Dept. of Psychiatry PGIMER, Chandigarh from 6th- 8th March, 1986.
- Attended National Workshop on “Child Mental Health: Needs & Priorities” organized by Dept. of Psychiatry PGIMER, Chandigarh from 25th- 26th Nov, 1988.
- Attended 42nd Annual Conference of Indian Psychiatric Society (IPS) organized by Dept. of Psychiatry, PGIMER, Chandigarh from 4th- 7th March, 1990.
- Attended Mid- term CME of IPS- NZ on “Management of Depression” organized by Dept. of Psychiatry, PGIMS, Rohtak on 28th July, 1996.
- Attended a National Seminar on “Psychology and National Development” organized by Dept. of Psychology, K.U. Kurukshetra from 21st- 22nd Dec, 1997.

- Attended XXIV Annual Conference of IPS- NZ organized by Dept. of Psychiatry, PGIMS, Rohtak from 13th- 14th Nov, 1999.
- Attended Mid- term CME of IPS- NZ organized by Dept. of Psychiatry, Indira Gandhi Medical College, Shimla on 21st May, 2000.
- Attended 26th Annual Conference of IPS- NZ and 17th Annual Conference of IPS, Rajasthan State Branch organized by Dept. of Psychiatry S.P. Medical College, Bikaner from 13th- 14th Oct, 2001.
- Attended Inaugural Conference of IPS- NZ, Haryana Branch organized by Dept. of Psychiatry, PGIMS, Rohtak from 7th- 8th Sep, 2002.
- Attended National Seminar and 6th National Conference of Praachi Psycho- Cultural Research Association on “Individual Differences and Behaviour” organized by Dept. of Psychology, M.D. University, Rohtak from 11th- 12th Oct, 2002 and **presented a paper** entitled “ **National Character: Indian vs western- Need to study group character**”.
- Attended 27th Annual Conference of IPS- NZ organized by Dept. of Psychiatry, Govt. Medical College & Hospital, Chandigarh from 19th- 20th Oct, 2002.
- Attended One day Orientation Programme for Psychology Teachers organized by Dept. of Psychology, M.D. University, Rohtak on 14th Feb, 2003.
- Attended 3rd North India Postgraduate Development Programme in Psychiatry organized by Dept. of Psychiatry, PGIMS, Rohtak at Gurgaon from 12th- 13th April, 2003.
- Attended 1st Mid- term CME of IPS- NZ, Haryana Branch on “ Psychological Problems of Childhood” at Sirsa on 27th April, 2003.
- Attended 2nd Annual Conference of IPS- NZ, Haryana Branch at Hisar from 20th- 21st Dec, 2003.
- Attended ICSSR Sponsored Seminar on “Substance Abuse/ Misuse in North- Western Region of India: Causes, Consequences and Remedies” organized by Dept. of Psychology, M.D. University, Rohtak on 31st Jan, 2004.
- Attended Mid- term CME of IPS- NZ on “Interface between Neurology & Psychiatry- An Update on Management Issues” organized by Dept. of Psychiatry, Govt. Medical College, Amritsar on 11th April, 2004.
- Attended One Day Workshop on “Projective Techniques” organized by Dept. of Psychology, M.D. University, Rohtak on 31st March, 2007.
- Attended National Seminar on “Positive Perspectives of Health and Behaviour” organized by Dept. of Psychology, M.D. University, Rohtak from 1st- 2nd Feb, 2008.
- Attended 33rd Annual Conference of Indian Psychiatric Society- North Zone organized by Govt. Medical College & Hospital, Chandigarh from 18th – 19th Oct, 2008 and **presented a paper** entitled “**Child abuse- Tangles and triangles of care**”.

- Attended VIIth Annual Conference of Indian Psychiatric Society- NZ, Haryana Branch at Gurgaon from 1st- 2nd November, 2008 and **presented a paper** entitled “**Third Wave: Mindfulness ACT The need of 21st century**”.
- Attended XVIth National Conference of Indian Association of Social Psychiatry organized by AIIMS, New Delhi from 28th – 30th November, 2008 and **presented a poster** entitled “**Prevention and management of violence and aggression**”.
- Attended Mid-term CME of IPS-NZ organized by Dept. of Psychiatry, PGIMS, Rohtak on “Depression and Ischaemic heart disease” on 26th April, 2009.
- Attended Silver Jubilee National conference of IASP organized by C.S.M. Medical University, Lucknow from 15th- 17th November, 2009.
- Attended 8th Annual Conference of Haryana Psychiatric Society organized by IPS-NZ (Haryana Branch) held at Karnal and **presented a paper** entitled “**Management of Anxiety**” and **chaired a scientific session III** from 21st – 22nd November, 2009.
- Attended a National seminar on “Psychology: Trends and Directions” organized by Dept. of Psychology, B.L.J.S. College, Tosham and **presented a paper** entitled “**Relationship of anxiety, social adjustment & emotional adjustment in the elders**” from 22nd – 23rd January, 2010.
- Attended a Workshop on “Experiential Training and Development” organized by Dept. of Psychology, M.D. University, Rohtak on 11th February, 2010.
- Attended a National seminar on “Positive Psychology & Health: Interventions & Strategies” organized by Dept. of Psychology, M.D. University, Rohtak from 28th – 29th March, 2010 and **co-chaired a session**.
- Attended 1st Mid-term CME of IPS-NZ (Haryana Branch) organized by Dept. of Psychiatry, PGIMS, Rohtak on “Genetic Counselling and Bioethics” on 2nd May, 2010.
- Attended Mid-term CME of IPS-North Zone organized by Dept. of Psychiatry, AIIMS, New Delhi and **chaired a session (free papers)** on 1st August, 2010.
- Attended 35th Annual Conference of Indian Psychiatric Society- North Zone on “Challenges in Organic Psychiatry” held at Ludhiana from 23rd- 24th October, 2010.
- Attended IXth Annual Conference of Indian Psychiatric Society- NZ (Haryana Branch) on “Drug Menace: A Silent Killer” at Sirsa and **acted as a chairperson in a scientific session** from 30th- 31st October, 2010.
- Attended National Seminar on “Eliminating Daughters: Paradox of Development in India” organized by Women’s Studies Centre, M.D.University, Rohtak & ICSSR North-West Regional Centre, Chandigarh and **presented a paper** entitled “ **Female Foeticide: Legal vs Social Solutions**” from 15th- 16th December, 2010.
- Attended 63rd Annual Conference of Indian Psychiatric Society (ANCIPS) held at New Delhi and **presented a paper** entitled “ **Sexual Abuse in Children**” and **chaired a scientific session (FP- V)** from 16th- 19th January, 2011.

- Attended a National Seminar on “Sir Chhotu Ram: Life & Achievements” organized by Centre for Haryana Studies & Sir Chhotu Ram Chair, M.D.University, Rohtak on 7th February, 2011.
- Attended a National seminar on “Community Health Psychology: Research & Applications” organized by Dept. of Psychology, M.D.University, Rohtak from 26th – 27th March, 2011 and **presented a paper** entitled “**Perception of medication adherence in chronic patients: A comparative study**” and **acted as a rapporteur in a session**.
- Attended a Workshop on “Combating Stress” organized by Dept. of Psychology, M.D.University, Rohtak on 9th April, 2011.
- Attended 36th Annual Conference of Indian Psychiatric Society- North Zone on “Integrating Culture in Mental Health Care” organized by Dept. of Psychiatry, PGIMS, Rohtak and **presented a poster** entitled “**Medicalization of Psychosocial Problems: Boon or a Bane**” from 24th- 25th September, 2011.
- Attended an International Conference on World Congress of the World Federation for Mental Health at Cape Town, South Africa from 17th- 21th, October, 2011.
- Attended Xth Annual Conference of Haryana Psychiatric Society organized by IPS-NZ (Haryana Branch) on “Psychological Problems of Children & Adolescents” held at MAMC, Hisar and **acted as a chairperson in a scientific session- II** from 5th- 6th November, 2011.
- Attended NAAC sponsored one day Workshop on “Process of Accrediation” organized by BPS Mahila Vishwavidyalaya, Khanpur Kalan, Sonipat on 18th November, 2011.
- Attended one day Workshop on “ Analytical Skills for Research in Business” organized by Dept. of Commerce, M.D.University, Rohtak on 26th November, 2011.
- Attended XXI Annual Conference of Delhi Psychiatric Society held at New Delhi and **presented a paper** entitled “**Anger Management**” on 27th November, 2011.
- Attended a National Seminar on “Sir Chhotu Ram: Life & Ideology” organized by Centre for Haryana Studies & Dept. of Public Administration, M.D.University, Rohtak on 10th December, 2011.
- Attended a National Seminar on “Women Society and State” organized by Women’s Studies Centre, M.D.University, Rohtak & ICSSR North- West Regional Centre, Chandigarh and **presented two papers** entitled “ **Addressing Maltreatment of Women in India: An unfinished Agenda**” and “**Women from Margin to Mainstream: A Reality Check**” from 9th- 10th February, 2012.
- Attended a National Seminar on “Development and Social Transformation” organized by Dept. of Sociology, M.D.University and **presented a paper** entitled “**Impact of Environment on Emotionality and Confidence of Females**” from 24th- 25th February, 2012.
- Attended a Workshop on “Hypnosis” organized by Dept. of Psychology, M.D.University, Rohtak on 28th March, 2012.

- Attended a scientific deliberation organized by Indian Medical Association, Rohtak City Branch and acted **as a chairperson in the scientific session** on 5th April, 2012.
- Attended 3rd Annual Mid- term CME of IPS- NZ Haryana Chapter held at Kurukshetra on 8th April, 2012.
- Attended a Workshop on “Promoting Community Health and Well being: Sharing Field Research and Experiences” organized by Dept. of Psychology, M.D. University, Rohtak from 22nd- 23rd Sept, 2012 and acted as a **rapporteur** in scientific session- II.
- Attended XIth Annual Conference of Indian Psychiatric Society on “Alternative and Complementary Medicine” organized by IPS (Haryana State Branch) held at Panipat from 3rd - 4th November, 2012 and **presented a paper** entitled “**Alternative therapies and role of breath in promoting health**” and **presented a poster** entitled “**Restoring health through Sudershan Kriya**”.
- Attended 19th National Conference of Indian Association for Social Psychiatry organized by Dept. of Psychiatry, Govt. Medical College & Hospital, Chandigarh from 23rd - 25th November, 2012 and **presented a symposium** entitled “**Interventions to compact the stigmatization & prevention of stigma**”.
- Attended 2nd International Conference on Psychology and Allied Sciences organized by Centre for Behavioural Research and Intervention, Guru Jambheshwar University of Science & Technology, Hisar and Indian Association of Health, Research and Welfare, Hisar from 21st- 22nd, March, 2013 & **presented a paper** entitled “**Efficacy of SKY in promoting comprehensive well being**”.
- Attended ICSSR sponsored National Seminar on “Nature of Social Transformation in North West Region organized by Dept. of Sociology, M.D. University and **presented two papers** entitled “**Female Foeticide: Battling Mindsets**” and “**Gender Equality: An unfinished Agenda**” from 22nd- 23rd March, 2013.
- Attended Indian Psychiatry National Mid Term CME on “Gender Divide and Marriage- Mental Health and Legal Issues” organized by Dept. of Psychiatry, S. V. Medical College, Tirupati from 10th- 11th August, 2013.
- Acted as **Resource Person** in 3 days Continuing Rehabilitation Education (CRE) programme and delivered a lecture on “**Identification and Assessment in Intellectual Disability**” held at Dept. of Psychiatry, PGIMS, Rohtak in collaboration with RCI, New Delhi from 21st- 23rd November, 2013.
- Attended 12th Annual Conference of Indian Psychiatric Society (Haryana Branch) on “Promoting Mental Health” organized by Dept. of Psychiatry, PGIMS, Rohtak and presented a poster entitled “**School environment, Temperament and Aggression among Adolescents: A Gender Based Study**” and two papers “**Does Family Structure Have an Impact on Mental Health of Adolescents**” and “**Perceived Home Environment as Related to Adolescents’ Self Confidence Level**” with joint authorship of Dr. Kohli, Dr. Malik & Dr. Batra from 30th- 1st December, 2013.
- Attended a workshop on “Workplace Sexual Harassment of Women” organized by Women’s Studies Centre, M.D. University, Rohtak on 24th January, 2014.

- Attended a National Seminar on “ Gender Inequality and Violence against Women in North- West India” organized by Women’s Studies Centre, M.D.University & ICSSR North West Regional Centre, Chandigarh and presented a paper entitled “**Does Work Status OF Wife Influence the Husband’s Well Being?**” from 7th- 8th February, 2014.
- Attended Mid Term CME of Indian Psychiatric Society NZ (Haryana Branch) on “Stress in Adolescence” and **chaired a scientific session** on 13th April, 2014.
- Participated in 30th National Conference on “Mind- Body Medicine” organized by Academy for a better world, Brahma Kumaris held at Mount Abu from 1- 4 August, 2014.
- Attended 13th Annual Conference of Indian Psychiatric Society (Haryana Branch) on ‘Bipolar Disorders: Recent Advances’ organized by Dept. of Psychiatry, PGIMS, Rohtak and Haryana Psychiatric Society held at Panchkula, Haryana and presented a paper entitled “**Changing Psychosocial Milieu in India**” and **chaired a scientific session** on 13th- 14th December, 2014.
- Attended National Seminar on ‘Social Transformation Forcing Inclusive Development in India’ organized by Dept. of Sociology, M.D. University, Rohtak on 13th- 14th March, 2015.
- Acted as **Resource Person** in one day workshop on “Pain Management” and **delivered an extension lecture** on “Psychosocial Aspects of Pain” organized by Department of Psychology, M.D. University, Rohtak on 18th October, 2015.
- Attended 14th Annual conference on ‘Recent Advances in Psychopharmacology’ organized by Indian Psychiatric Society- NZ Haryana Branch held at Rewari, Haryana and **presented a paper** entitled “Importance of multimodal techniques” and **chaired a scientific session** on 31st- 1st Nov, 2015.
- Attended one day National Seminar on ‘Positive Psychology and Well- Being’ organized by Dept. of Psychology, Govt. National P.G. College, Sirsa in collaboration with Haryana Psychological Association and presented papers entitled ‘**Psycho-Social Problems and Self Esteem among Adolescents**’, ‘**Quality of Life in Parents with Intellectually Disabled Children**’, ‘**Role of Religion in Enhancing Well- Being**’, ‘**Study of Hardiness and Problem Solving Ability in Patients with Recurrent Depressive Disorder**’ and **Chaired a scientific session** on 6th March, 2016.
- Attended a multi disciplinary National Seminar on ‘The Problems and Challenges before Women in the Contemporary Indian Society: A Psychological Perspective’ organized by Govt. College for Women, Gurawara and presented a paper entitled “**Psychosocial aspects of women health in India**”and **Chaired a scientific session** on 16th March, 2016.
- Acted as **Resource Person** in 5 day Continuing Rehabilitation Education (CRE) programme on ‘Promotion of Mental Health of School Students’ and delivered an extension lecture on ‘**Mental Health in Adolescents**’ organized by Govt. P.G. College, Bhiwani, Haryana in collaboration with RCI, New Delhi from 19th- 23rd March, 2016 vide letter no. GCB/PSY/2016/CRE/71 Dated 19-03-2016.

- Attended Haryana Psychiatry Mid Term CME organized by Society for rural mental health, Haryana on 'Drug Dependence in Haryana: A Real Challenge' held at Sirsa, Haryana and chaired a session on 1st May, 2016.
- Attended a National seminar on "Socio-legal implications of live-in-relationships organized by Department of Law, Baba Mastnath University, Rohtak and **presented papers** entitled "**Right to maintenance in live-in-relationship**", "**Social acceptance for live-in-relationship: A transition**" and "**Status of live-in-relationship in India**" on 20th September, 2016.
- Attended in One day workshop on "Qualitative Analysis: A community perspective organized by Department of Psychology, M.D. University, Rohtak on 10th November, 2016.
- Attended an International Conference on Youth and Well-being organized by Department of Psychology, Guru Jambheshwar University of Science & Technology, Hisar and Community Psychology Association of India and **presented papers** entitled "**Subjective well-being of internet addicts and non-addicts: A comparative study**", "**Mental well-being of smokers and non-smokers: A comparative study**" and "**Mindfulness based stress reduction program: A review**" on 11-12 November, 2016.
- Attended 1st Annual conference of Society for Rural Mental Health on Suicide Prevention & Promotion of Mental Health organized by Society for Rural Mental Health and **acted as chairperson** in scientific session on 12-13 November, 2016 at Panchkula.
- Acted as a **resource person** and **delivered a lecture** on "Assessment of Disability" in Continuing Rehabilitation Education Programme on Addressing barriers in the environment and universal design organized by Institute of Mental Health, University of Health Sciences, Rohtak in collaboration with RCI, New Delhi on 15-17, November, 2016.
- Participated in 22nd World Congress of the World Association of Social Psychiatry organized by Indian Association for Social Psychiatry, New Delhi on 30 Nov- 4 December, 2016.
- Participated in a five day psychological assessment camp on 'Knowing is Growing' organized by Department of Psychology from 12th -16th January, 2017 and acted as investigator/ guidance worker/counsellor.
- Attended a National seminar on 'The Ideology of Sir Chhotu Ram' organized by Centre for Haryana Studies, M.D. University, Rohtak on 3-2-2017 at Rohtak.
- Attended a National Conference on 'Positive Attitudes and Inclusive Space: Silver Bullets for the Development of Persons with Disabilities' organized by Directorate of Higher Education, Haryana and ICMR, New Delhi on 21st February, 2017.
- Attended a UGC- Sponsored National Symposium on Interdisciplinary Discourse in Social Science organized by Faculty of Social Sciences, M.D. U, Rohtak on 22nd March, 2017.

- Attended a Mid- Term CME organized by Society for Rural Mental Health on the Theme ‘Developing IEC material for Rural Mental Health’ and chaired a session on 2nd April, 2017 at Karnal.

Any Other

- Acted as **Judge** in ‘District Level Science Exhibition’ organized by Govt. College for Women, Rohtak on 5 February, 2014.
- Acted as **Judge** in ‘Inter College Collage Competition’ organized by Pt. N.R.S. Govt. College, Rohtak on 5 March, 2014.
- Acted as **Judge** in ‘Inter College On the Spot Poster Making Competition’ organized by Psychology Club, Dept. of Psychology, Govt. College for Women, Rohtak on 17th March, 2016.
- Life member of Indian Academy of Health Psychology
- Life member, associate editor and treasurer of Haryana Psychological Association
- Life associate of Indian Psychiatric Society – NZ Haryana branch
- Actively involved in preparing various syllabi
- Actively involved in various paper setting
- Actively involved in extracurricular activities (Educational tours, nukkad natak, poster competition)
- Performed various examination duties as assistant and deputy supdt.
- Acted as Member of Jury in ‘Poster making and presentation competition on the theme ‘Psychology of Women’ organized by PSY-Circle, Department of Psychology, M.D. University, Rohtak on the occasion of International Women’s Day on 8-3-2017.
- Organized a “Health awareness and Psycho-education program” in collaboration with Youth Red Cross, M.D. University, Rohtak on World Health Day i.e. 7th April, 2017.
- Performed examination duty as superintendent in May, 2017.

Research Supervision:

No. of Ph. D Students		Dissertations/ Supervised Projects	
Awarded/Submitted	Registered	M.Phil	PG Projects
01/02	8	5	5

