

## CURRICULUM VITAE



NAME: Dr. Madhu Anand

DESIGNATION: Professor

DEPARTMENT: Psychology

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### **EDUCATIONAL QUALIFICATION: (M.A., Ph.D. Psychology)**

- Post Doctoral Research Project (1985) from U.G.C. sponsored Financial Aid to Teachers for Research Work.
- Ph. D. (Psychology) (1983) from Kurukshetra University, Kurukshetra, Haryana.
- Master of Arts in Psychology (1980) from Kurukshetra University, Kurukshetra, Haryana, Gold Medalist.
- Bachelor of Arts with Psychology (1978) from Adarsh College, Bhiwani, Kurukshetra University, Kurukshetra, Haryana.
- 10<sup>th</sup> (1974) from Haryana Board of School Education, Bhiwani, Haryana.

### **TEACHING EXPERIENCE: (35years)**

- Graduation & Psychology Honours (1982 to 2007).
- Post Graduation (Psychology) classes from 2007 till date.
- M Phil from 2007 till 2015.
- P.G. Diploma in School Psychology and Human Resource Competency Courses from 2014 - 2016.

**RESEARCH EXPERIENCE: (31 years)**

- Co-supervisor for Ph.D. thesis, 1986 (Child Psychology), Home Science Department, H.A.U., Hissar.
- Supervisor of nine M Phil Dissertations till date.
- Supervisor of seven Ph.D. Scholars at present (out of which four have been awarded and three are in progress).
- Acted as Ph.D. examiner.
- Awarded Best Research Paper in an InSPA International Conference titled “Internet usage and health concerns among urban adolescents” held at Dept. of Psychology, Gauhati University, Assam from 21<sup>st</sup> to 23<sup>rd</sup> Nov., 2014.
- Awarded for Best Performance for the year 2015 for contributions to promotion of School Psychology in India by Indian School Association in the Fifth InSPA International Conference on “Developing Life Skills and School Development in India” organized from 20<sup>th</sup> to 22<sup>nd</sup> November 2015 at K.B.P College, Vashi, Navi Mumbai.

**WORK AREA OF INTEREST/PROFILE:**

- Psychological Assessment: Intelligence, Personality, Vocational, Educational, Interest, Aptitude Assessment of School Students.
- To develop the innovative skills for teachers to teach students.
- To meet the needs and challenges of students ,develop the Psychological Skills for them
- To enable the social, emotional, behavioral and intellectual development and to improve health & quality of life.

**MEMBERSHIP OF PROFESSIONAL BODIES: (4)**

- Life member of “Indian Psychological Association” India.
- Life member of “Haryana Psychological Association” Rohtak.
- Life member of “Indian Psychiatric Society” (North Zone, Haryana Branch).
- Life member of “Indian School Psychology Association” Chennai.

## **EXTENSION SERVICES:**

### **Areas:**

- Specialized Vocational & Educational Guidance Services to students on campus and off-campus are provided.
- Moral values are enhanced & Health Promotional Services are provided to students.
- Specialized services to Adolescents in boosting harmonious relationship & in developing effective life skills in schools & colleges.

## **PUBLICATIONS:**

- **BOOK**

*Community Health Psychology: Research and Applications*, (2011) edited by Promila Batra, Madhu Anand and Sarvdeep Kohli. ISBN-978-93-81818-04-6

- **INVENTORY**

Madhu Anand & Anju (2013). Adolescent Health Concern Inventory (English & Hindi version). *Prasad Psycho Corporation*. ISO 9001: 2008 certified organisation.

- **RESEARCH PAPERS: (44)**

1. Anand, M., & Muhar, I.S. (1981). Odour-based responding in rats. *Indian Journal of Psychology*, 56, 29-36.
2. Anand, M. (1990). Testing the implication for Orthogonality Hypothesis of Dual code theory. *Praachi Journal of Psycho-Cultural Dimension*, 6, 21-25.
3. Sharma D.D., & Anand, M. (1990). Effect of interpolated task on Reading vs. Listening. *Experiments in Education*, 18, 145-149.
4. Anand, M., & Renu (1990). Role of Imagery in Paired Associate Recall. *Experiments in Education*, 18(2), 275-283
5. Chhikara, S., Anand, M., & Minakshi (1991). Behavioural Pattern and Interaction of Male and Female Adolescents. *Haryana Agriculture University Journal Research*, 21, 253-259.

6. Chhikara, S., Anand, M., & Renu (1992). Academic Achievement and Behavioural patterns of Adolescents in Haryana State. *Praachi Journal of Psycho-cultural Dimensions*, 8, 59-66.
7. Anand, M., & Kohli, S. (2002). Perceptions of Air pollution. *Praachi Journal of Psycho-cultural Dimensions*, 18(1), 55-58.
8. Anand, M., & Sharma, M. (2003). Interpersonal Attraction in Relation to Intelligence. *Praachi Journal of Psycho-cultural Dimensions*, 33, 65-67.
9. Gupta & Anand, M. (2003). National Character: Indian vs. Western need to study group character in Souvenir Second Annual Conference. *Indian Psychiatric Association* (North Zone), Haryana Branch.
10. Anand, M., & Arora, D. (2009). Burnout, Life Satisfaction and Quality of Life of executives of Multi-National companies. *Journal of Indian Academy of Applied Psychology*, 35, 159-164.
11. Anand, M., & Verma, R. (2009). Women Many Steps Behind Men Inequality. *Understanding Women Behaviour*, Amrita Yadava, Sushma Sharma and NovRattan Sharma (Eds.), *Global Vision Publishing House*, New Delhi, pp. 97-106.
12. Arora, D., & Anand, M. (2010), Anxiety and Well-being among acute coronary syndrome patients: Overtime. *Journal of Indian Academy of Applied Psychology*, 36, 79-88.
13. Anand, M., & Jyoti (2010). Maternal stress in relation to Academic Anxiety and Well-being of children. *Maharshi Dayanand University Research Journal*, 9(2), 31-38.
14. Anand, M. (2010). Health and its Dimensions. *Psychology and Health Promotion*. Prof. Radhey Shyam and Prof. S.R. Khan (eds.), *Global Vision Publishing House*, New Delhi, pp. 3-11
15. Anand, M. (2011). Role of Intolerance of Ambiguity in relation to self-esteem and Takdir S M. Anand and. self-efficacy of adolescents, accepted for publication from *Maharshi Dayanand University Research Journal*, Rohtak.
16. Takdir, S., & Anand, M. (2011). Depression in HIV+ patients: Effect of age and sex. *Journal of Well-being*, Udaipur (ISSN: 097487170), 5(2), 56-61. Takdir S M. Anand and.

17. Kundu, K., & Anand, M. (2011). A Study of Relationship between Parenting Style and Youth Behaviour. *Community Health Psychology : Research and Applications* by Promila Batra, Madhu Anand and Sarvdeep Kohli, pp.159-166
18. Malik, A., Anand, M., Kavita, & Devender (2011). A Study of Self Efficacy and Self Esteem in Type-2 Diabetes Patients. *Community Health Psychology: Research and Applications* by Promila Batra, Madhu Anand and Sarvdeep Kohli, pp. 215-220.
19. Malik A., Anand, M., Kundu, K. & Batra A. (2012). Effect of life skill training on Academic Anxiety, Adjustment and Self-esteem levels in early adolescents. *Journal of Indian Academy of Applied Psychology*, 38, 188-192.
20. Sangwan, P., & Anand, M. (2012). Home Environment, Academic Anxiety and Happiness among Adolescents. *Journal of Indian Health Psychology*, 7, 107-114.
21. Anand, M., Malik, A., & Singh, K. (2013). A study of Social Maturity and Adjustment in Intellectually Disabled children. *Shiv Shakti International Journal in Multidisciplinary and Academic Research*, 1-5.
22. Ritu, Singh, U., & Anand, M. (2014). A comparative study of burnout and organization commitment among police personnel of different hierarchies. *Indian Journal of Health and Wellbeing*, 5(5), 551-557.
23. Poonam, Dangi, S., & Anand, M. (2014). General health and security-insecurity among orphans at different age groups. *Indian Journal of Health and Wellbeing*, 5(5), 587-590.
24. Anand, M., Ritu, & Reetu (2014). Rigidity and adjustment among school children: Gender study. *International Journal of Education and Management Studies*, 4 (2), 122-125.
25. Ritu & Anand, M. (2014). Organizational commitment and personality of police personnel. *Maharshi Dayanand University Research Journal. (Arts)*. 13 (1), 109- 120
26. Laxmi, Anand, M., & Kataria, D. (2014). Problem solving and cognitive style in patients of anxiety: Age and gender study. *Maharshi Dayanand University Research Journal (Arts)*. 13 (1), 121-132
27. Ritu & Anand, M. (2014). Correlates of life satisfaction in adolescents. *Indian Journal of Positive Psychology*, 5(3), 332-340
28. Anand, M. (2014). Constructed “Adolescents Health Concern Inventory” (both Hindi and English version). *Delhi: Prasad Psycho Corporation*.

29. Ritu & Anand, M. (2014). Gratitude interventions and its applications in youth. *Indian Journal of Health & Wellbeing*, 5(10), 1232-1235.
30. Ritu, Anand, M., & Ritu (2015). Rigidity, Adjustment and Youth Problems in Adolescents: A correlational Study. *Indian Journal of Psychological Science*, 5(2), 113-118.
31. Anand, M., & Ritu (2015). Life skill training for youth problems and adjustment. *Journal of the Indian Academy of Applied Psychology*. 41(2), 314-322.
32. Anand, M. (2015). Role of Psychological Competencies in the development of school students. *School Psychology: Enhancing Psychological Competencies* by Panch Ramalingam and Indranee Phooron Borooh. Puducherry, Puducherry Co-op, Book Society Ltd.
33. Ritu, Singh, K., & Anand, M. (2015). Internet Usage and Health Concern among Urban Adolescents. *School Psychology: Enhancing Psychological Competencies* by Panch Ramalingam and Indranee Phooron Borooh. Puducherry, Puducherry Co-op, Book Society Ltd.
34. Ritu & Anand, M. (2015). Burnout, Occupational Stress and Organizational Commitment among Police Personnel. *Stress Management Professional-An International Journal*, 3 (2), 25-35.
35. Anand, M., & Ritu (2015). Effect of Family Structure on Attachment and Health Concerns of Adolescents. *Stress Management Professional-An International Journal*, 3 (2), 71-79.
36. Ritu & Anand, M. (2015). Parental modernity and adolescent health concern. *Indian Journal of Health and Wellbeing*, 6 (12), 1211-1214.
37. Gorsy, C.K., Ritu & Anand, M. (2015). Occupational stress as correlates of emotional intelligence among government school lecturers (P.G.T). *The International Journal of Indian Psychology*, 3(1:8), 131-141.
38. Gorsy, C. K., Kumar, S., & Anand, M. (2015). Role efficacy as a predictor of emotional intelligence among college assistant professors. *International journal of education and psychological research* 4 (4), 86-90.
39. Ritu & Anand, M. (2015). Parental modernity and attachment among adolescence. *International Journal of Education & Management Studies*, 5(4), 319-323.

40. Deepika & Anand, M. (2016). Role of psychological intervention in anxiety during Puerperium stage. *Indian Journal of Psychology & Education*, 6(1), 72-76.
41. Ritu & Anand, M. (2016). Effect of Parental Modernity on Rejection Sensitivity and Self-Esteem of Adolescents. *The International Journal of Indian Psychology*, 3(2) 41-46.
42. Anand, M., & Ritu (2017). Relationship between Personality Traits and Intelligence among Youth. *International Journal of Indian Psychology*, 4 (3) 132-143.
43. Gorsy, C. K., & Anand, M. (2017). Role Efficacy and Occupational Stress of Police Personnel in Haryana. *Psyber News: International Psychology Research Journal*, 8(1-2), 7-12.
44. Gorsy, C. K., & Aanad, M. (2017). Emotional Intelligence as a correlate of Role Efficacy among Haryana Police Personnel. *Recent Advances in Psychology: An International Journal*, 4(2), 60-66.

**BOOKS REVIEWED: (4)**

1. Anand, M. (2009). Twenty First Century Psychology (Spirituality Behaviour and Wellness), Edited by: Akbar Husain, *Global Vision Publishing House*, New Delhi.
2. Anand, M. (2013). Suicide: Attitude and Prevention (Editors: Amrita Yadava and Nov Rattan Sharma) *Global Vision Publishing House*, New Delhi. *Journal of Indian Health Psychology*, 8(1).
3. Anand, M. (2014). Research Methodology in Behavioural Sciences (Editors: S.K Mangal and Shubhra Mangal), PHI Learning Pvt. Ltd., Delhi. *Indian Journal of Psychology and Education*.
4. Anand, M. (2014). "Child Development and Pedagogy". *New Delhi Pearson Education*.

## **PARTICIPATION/PRESENTATION IN CONFERENCES & SEMINARS: (48)**

1. Presented Paper in National Seminar sponsored by the U.G.C. New Delhi on 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> sept. 1985 in Dept. of Psychology at Dayalbagh Educational Institute, Dayal Bagh, Agra.
2. Presented Paper in National Seminar on Environment Psychology on 24<sup>th</sup> to 26<sup>th</sup> Oct., 1997 in Dept. of Psychology at M. D. University, Rohtak, Haryana.
3. National Seminar on Psychology and National Developmental on 21<sup>st</sup> – 22<sup>nd</sup> Dec., 1997 in Dept. of Psychology, Kurukshetra University, Kurukshetra.
4. National Seminar and 6<sup>th</sup> National Conference of Praachi Psycho-Cultural Research Association on Individual Differences and Behaviour on Oct. 11 – 12, 2002 in Dept. of Psychology, M.D. University, Rohtak.
5. Inaugural Conference of Indian Psychiatric Society- North zone, Haryana Branch on Sept. 7<sup>th</sup> – 8<sup>th</sup>, 2002 in Dept. of Psychiatry, PGIMS Medical College, Rohtak.
6. Participation in Panel Discussion on “Promoting well-being: Challenges in the New Millennium” organized by the Dept. of Psychology on 19<sup>th</sup> Feb., 2002.
7. Orientation Programme (one day) for Psychology Teachers on 14<sup>th</sup> Feb., 2003 organized by Psychology Dept., M.D. University, Rohtak.
8. One day workshop on course curriculum development, organizes by Dept. of Psychology on 17-01-2004, M. D. University, Rohtak.
9. Participated in ICSSR sponsored seminar on substance abuse/ misuse in north western region of Indian; causes, consequences & prevalence. Organized by Dept. of Psychology on 31-01-2004, M. D. University, Rohtak.
10. 8<sup>th</sup> International and 39<sup>th</sup> National Conference of Indian Academy of Applied Psychology on “Positive Health & Well Being” organized by Dept. of Psychology, on July 15-17, 2004, M. D. University, Rohtak.
11. Presented Paper in National seminar on ‘socio-psychological problems of youth’ organized by Govt. College, Bhadurgarh on Dec. 22-23, 2004.



12. National seminar on Mahatma Buddha- 2550<sup>th</sup> Mahapari-nirvana Mahotsva organized by M. D. University, Rohtak and Panchkula on 22<sup>nd</sup> March, 2007.
13. Seminar on declining sex ratio: problems and challenges organized by Institute of Development Studies on 25<sup>th</sup> March, 2007.
14. One-day workshop on Projective Techniques sponsored by Dr. Radha Krishna Foundation organized by M. D. University, Rohtak .
15. Mid-Term CME organized by Indian Psychiatric Society (North Zone) on 26<sup>th</sup> April, 2009.
16. Presented a paper entitled “Maternal stress as predictor of academic anxiety of students in school”. In National seminar on 22<sup>nd</sup> & 23<sup>rd</sup> Jan, 2010, organized by Dept. of Psychology, B.L.J.S. College, Tosham (Bhiwani), affiliated to M. D. University, Rohtak.
17. Presented a paper entitled “Role of intolerance of ambiguity in relation to self-esteem & self-efficacy in adolescents” on 45<sup>th</sup> & 14<sup>th</sup> international conference of the Indian Academy of Applied Psychology on 20<sup>th</sup> Feb. 2010 at Vishakhapatnam.
18. Chaired a technical session (VI) on 20-02-10 in 45<sup>th</sup> national and 14<sup>th</sup> international conference of IAAP on” quality of life and globalization: effect self care intervention” organized by Dept. of Psychology & Parapsychology, A.P. University, Vishakhapatnam.
19. Co-chaired a session on 29<sup>th</sup> March, 2010 in national seminar on Positive Psychology and Health: Intervention and strategies organized by Dept. of Psychology and financed from DRS-II under SAP of UGC.
20. Participated in one day workshop on “experimental training and development” on 11-2-2010 organized by Dept. of Psychology, M. D. University, Rohtak .
21. Presented a paper entitled “Terrorism, Society and Quality of life”, on Oct. 3<sup>rd</sup> and 4<sup>th</sup>, 2010 in National Seminar organized by University of Rajasthan, Jaipur.
22. Presented a poster entitled “Terrism, responses and management”, on March 10-12, 2011 in International conference on Advanced in Military Psychology: Soldier preparedness organized by Defense Institute of Psychological Research (DIPR), DRDO & National Academy of Psychology, New Delhi.

23. Presented a paper entitled “Promoting holistic well-being through teaching of life skills to economically challenged school children”, on March 10-12, 2011 in International conference on Advanced in Military Psychology: Soldier preparedness organized by Defense Institute of Psychological Research (DIPR), DRDO & National Academy of Psychology, New Delhi.
24. Presented a paper entitled “Study of self efficacy and self esteem in type-2 diabetes patients”, on March 26-27, 2011 in National seminar on community health psychology, organized by Dept. of Psychology, M.D.University, Rohtak and by DRS-II under SAP of UGC.
25. Presented a paper entitled “Study of relationship between parenting style and youth behaviour”, on March 26-27, 2011 in National seminar on community health psychology, organized by Dept. of Psychology, M.D. University, Rohtak and by DRS-II under SAP of UGC.
26. Presented a paper entitled “Effect of life skills training on academic anxiety, adjustment and self-esteem in early adolescents” on 24-25 Sept., 2011 in National Conference of Indian Psychiatric Society North Zone, Rohtak, Haryana
27. Presented a paper entitled “A study of social maturity and adjustment in intellectually disabled children” on 26-28 Nov., 2011 in National Conference of InSPA on School Psychology : Challenges and Opportunities, Jodhpur, Rajasthan
28. Chaired a session in National Conference of InSPA on School Psychology : Challenges and Opportunities, Jodhpur, Rajasthan on 27 Nov., 2011
29. Participated in one day Internal Quality, Sensitizing Workshop on Process of Accreditation on 18 Nov. 2011.
30. Participated in Two days National Seminar on Development and Social Transformation under UGC (SAP) Program, organized by Dept. of Sociology MDU on 24-25 Feb, 2012.
31. Participated in One day Workshop on Work without Harassment – Rights of Women on 20-3-2012 at M.D.U. Rohtak
32. Participated in One day Workshop on Hypnosis on 28-3-2012 at Psychology Deptt., M.D.U. Rohtak

33. Participated in Two days National Workshop on Promoting Community Health and Wellbeing : Sharing Field Research and Experiences on 15-16 Sept. 2012
34. Participated in One day Workshop on Enhancing Success and Flourishing in Women on March 2012 at Women Studies Centre, M.D.U. Rohtak.
35. Presented a paper entitled “Complexities of Renegotiated Relationships in Manju Kapur’s custody” on 24-25 February 2012 in National Seminar on Contemporary Indian Women Writing: Recreating World Through Word, Bhiwani, Haryana
36. Presented a paper entitled “Study of relationship between family socio-economic status and mental health of their children” on 14-15 March 2012 in National Seminar organized under the UGC’s Special Assisted Programme, Deptt. of Economics, MDU Rohtak.
37. Presented a paper entitled “Burnout and quality of life among executives of multinational company” on 16-17 March 2012 in National seminar on Emerging Issues in Work Stress and Well Being, Faridabad, Haryana
38. Participated in One day workshop on Health and Legal awareness for members of Panchayat and Sarpanches on 16-3-2013 organized by Women’s Study Center M.D.U Rohtak.
39. Presented a Poster titled “Promoting Mental Health of School Students” in the 12<sup>th</sup> Annual Conference Indian Psychiatric Society-North Zone Haryana Branch, 30<sup>th</sup> Nov.-1<sup>st</sup> Dec. 2013, organized by Department of Psychiatry Pt. B. D. Sharma PGIMS Rohtak at State Institute of Mental Health, Rohtak.
40. Presented a paper titled “Women many steps behind men” in the National Seminar on ‘Gender Inequality and Violence Against Women in North-West India’ held at Maharshi Dayanand University, Rohtak on Feb. 7-8, 2014.
41. Presented a paper in an International Conference titled “Role of life skill training on youth problems and adjustment among school students” organized by International Stress Management Association at ni-msme, Hyderabad on 6<sup>th</sup> to 8<sup>th</sup> Nov, 2014.
42. Presented a paper in an InSPA International Conference titled “Internet usage and health concerns among urban adolescents” held at Dept. of Psychology, Gauhati University, Assam from 21<sup>st</sup> to 23<sup>rd</sup> Nov., 2014.

43. Presented a paper entitled “Effect of Life Skills Training on Life Style and Health Concern of Adolescent” in the Fifth InSPA International Conference on “Developing Life Skills and School Development in India” organized from 20<sup>th</sup> to 22<sup>nd</sup> November 2015 at K.B.P College, Vashi, Navi Mumbai.
44. Presented a symposia entitled “Life Skjills and Life Skill Training Program” in the Fifth InSPA International Conference on “Developing Life Skills and School Development in India” organized from 20<sup>th</sup> to 22<sup>nd</sup> November 2015 at K.B.P College, Vashi, Navi Mumbai.
45. Presented a paper entitled “Correlates and predictors of rejection sensitivity in adolescents” in the 3<sup>rd</sup> International Conference by the Department of Applied Psychology of the Pondicherry University and 6<sup>th</sup> InSPA International Conference held on 13-15 October, 2016 at Pondicherry University, Puducherry.
46. Chaired in the Scientific session on “ Mental Health Initiatives in Schools” in the 3<sup>rd</sup> International Conference by the Department of Applied Psychology of the Pondicherry University and 6<sup>th</sup> InSPA International Conference held on 13-15 October, 2016 at Pondicherry University, Puducherry.
47. Chaired in the Round table Discussion on “School Assessment & Intervention” in the 3<sup>rd</sup> International Conference by the Department of Applied Psychology of the Pondicherry University and 6<sup>th</sup> InSPA International Conference held on 13-15 October, 2016 at Pondicherry University, Puducherry.
48. Presented a paper entitled “Internet Addiction: Effects on Body Mass Index (BMI) and Well-Being of Adolescents” in the International Conference on youth & Well Being organized by Department of Applied Psychology GJUS&T, Hisar (Haryana) and Community Psychology Association of India (CPAI) held on 11-12 Nov., 2016.