

Curriculum vitae

Name : Promila Batra
Father's Name : Mr. L.D. Grover
Date of Birth : 11.04.1962
Nationality : Indian

Educational Qualifications:

| Degree | Year of Passing | University/Institute |
|---|-----------------|----------------------|
| Ph.D | 1987 | M.D.U., Rohtak |
| PG | 1983 | K.U.K., Kurukshetra |
| UG | 1981 | Panjab University |
| Others: Advanced Diploma in Psychological Counselling | 2003 | |

Career Profile:

| <i>Designation</i> | <i>Institution served</i> | <i>Duration (From-To)</i> |
|-------------------------|-----------------------------------|--------------------------------|
| <i>Lecturer</i> | <i>S.J.K. College, Kalanaur</i> | <i>August, 1983- July,1984</i> |
| <i>Lecturer</i> | <i>University College, Rohtak</i> | <i>July, 1984-Feb., 1985</i> |
| <i>Lecturer</i> | <i>M.D.U., Rohtak</i> | <i>Feb.,1985- July,1995</i> |
| <i>Reader</i> | <i>M.D.U., Rohtak</i> | <i>July,1995-July 2003</i> |
| <i>Professor (CAS)</i> | <i>M.D.U., Rohtak</i> | <i>July, 2003- Nov., 2008</i> |
| <i>Professor (Open)</i> | <i>M.D.U., Rohtak</i> | <i>Nov.2008- till now</i> |

Teaching Experience:

- Undergraduate: One Year Six Months.
- Post Graduate: 32 Years and 9 months.

Area of Specialization:

1. *Health promotion through counselling Intervention*
2. Environment and Behaviour
3. Biochemical bases of Memory

Awards and Distinctions

1. Deen Dayal Prakash Memorial Award (Gold Medal) for Best Research, 1996.
2. Recommended by UGC for Commonwealth Fellowship to U. K., 1996.
3. Shiksha Rattan Puraskar (2007)
4. Best Citizen of India Award (2008).
5. Best Paper Award in North Zone Psychiatry Conference in 2014.
6. Member Magistrate, Juvenile Justice Board for two consecutive terms.

I am a Life Member of:

- ❖ Haryana Psychological Association.
- ❖ Indian Psychological Association.
- ❖ Indian Academy of Applied Psychology.
- ❖ Indian Science Congress.
- ❖ Psycho-Linguistic Association of India.
- ❖ Association of Community Psychology.
- ❖ Indian Association of Positive Psychology.
- ❖ Indian Academy of Health Psychology.
- ❖ Bhartiya counselling Psychology Association.

Some of the Administrative Experiences

- Two terms of Headship from 1995- 1998 & 2010-2013
- Dean, Faculty of social sciences from Jan,2014-till now
- Total experience: equal to teaching, i.e. 34 years in different academic activities and cultural committees in college and University
- Organised several seminars, workshops, health camps, as director, convenor, organisational secretary, convenor of scientific committees as well as member of advisory committees
- The first ever Seminar in psychology department was held under my directorship in 1997.
- Have been a member of peer committee NAAC, EC, MDU & CDLU, Finance committee, university court MDU and IGU Merpur, and many other such important committees.
- Worked as a member of Animal Ethical Committee, MDU, Rohtak.
- Worked as Co-ordinator GIAN (Global initiative for academic networking) by MHRD.
- Worked as Convenor, Co-ordination committee, UCS in MDU.
- Presently Member, Human ethical consideration committee, MDU, Rohtak
- Convenor, MSFD committee for Multistake framework for development of women and children, an initiative by MDU.

Some of the key Involvements/assignments involving administration outside university:

- ❖ Worked as **President, Shravan, College** for B.Ed. in Special Education (MR)
- ❖ Worked as **President, Jagriti**, a family counselling center which was being run under the supervision of the D.C. at Govt. level to deal with **marital and family** problems.
- ❖ Worked as Member of **Advisory Committee of PNDT**.
- ❖ Had been a member of **EC of South Asian Association** of Psychology.
- ❖ Worked as Member of **EC of Jan Shikshan Samiti**. An NGO, head office in Rohtak.
- ❖ Worked as Member Magistrate, **Juvenile Justice Board** for two consecutive terms
- ❖ Worked as member, PNDT Task Force.
- ❖ Worked a Member of various committees at UGC level and other academic bodies.
- ❖ Worked as a member of Human Ethical Committee, Dental college, PGIMS, Rohtak
- ❖ Worked as a member of Animal Ethical Committee, Medical college, PGIMS, Rohtak.

Member Editorial Board

- ❖ Worked as member, Maharshi Dayanand University Journal (Arts)
- ❖ Journal of Positive Psychology

Other Key Deliverables in Research and extension activities

- ☺ Actively engaged in **research in relatively novel areas** like Air-ions, Shankhapushpi and memory, temperature and memory, relaxation and health etc.
- ☺ Actively engaged in **Counselling**; Personal, emotional and family with an emphases on designing community health interventions
- ☺ Holding **workshops** for teaching skills of counselling, **positive parenting** and **managing stress** at school and work, enhancing memory, learning social skills etc. like assertiveness, improving well-being and raising self-esteem.
- ☺ Facilitation of the growth and independence of school going girls (Class XI and XII) in Shiksha Bharati School, Rohtak by **Self – enhancement Method to develop emotional SELF-DEFENCE**
- ☺ Was involved in **Positive Parenting** in Shiksha Bharati, Bahu Akbarpur.
- ☺ Actively engaged in **Gender Sensitisation and pre-marital** workshops.
- ☺ Have **designed the psychological intervention programs** for ‘Quit Smoking’, ‘Fighting the declining sex ratio, and changing attitudes towards girl child,’ ‘Getting rid of Internet Addictions,’ ‘Studying Effectively,’ and many more at individual bases to ‘Fight anxiety and Depression,’ and ‘Improving Health’ etc. for **Cognitive and Behavioural Re-engineering to enhance the well-being and QOL of human life.**

Research Experience:

Duration of experience: 36 years total

- Papers **Published** in Books/National and International Journals: 56 (**Annexure 1**).
- Papers **Presented** in various Conferences, Seminars: 26 (**Annexure 2**)
(**Individual: 14; International: 11**)

- Papers Presented in various Conferences/Seminars by the joint author: 30
- Resource person in Conferences/Seminars/Workshops etc including inaugural keynote and valedictory addresses and Invited Lectures: 56+ (*Annexure3*)
 - Invited Lectures at other places : 87 (*Annexure 4*)

▪ **Research Advisory**

| No. Of Students Supervised | Ph.D | M.Phil | M. A. |
|----------------------------|----------------------------|--------|-------|
| | 16 submitted+ 6 registered | 12 | 09 |

Post doctorate: 1 for 3 years

Research Contribution

- ❖ My work in the area of Biochemical bases of memory has been novel and significant enough to bag me a Gold Medal in research for its original and exploratory contribution. It was clearly established that opiate receptor antagonist can help in counteracting amnesia caused by ECS.
- ❖ My research on Shankhapushpi and Air-ions has a significant contribution in understanding these two variables as memory enhancing agents, which has an applied significance for students, Alzheimer's patients and the common men, especially in this 24x7 era of stress.
- ❖ Individual field research conducted by me on women for 9 years has helped me in understanding the causes of Misogyny and declining sex ratio. Consequently, I designed and successfully implemented an innovative psychological intervention to fight the issue and Raise the women.
- ❖ This has enabled me to conduct many gender sensitisation workshops.
- ❖ The earlier mentioned **psychological intervention programs** for '*Quit Smoking*', '*Fighting the declining sex ratio, and changing attitudes towards girl child*,' '*Getting rid of Internet Addictions*,' '*Studying Effectively*,' and many more at individual bases to '*Fight anxiety and Depression*,' and '*Improving Health*' etc. for **Cognitive and Behavioural Re-engineering to enhance the well-being and QOL of human life** are all the result of continuous research work.

Annexure 1

Publications (Individual/Joint authorship) in National and International Journals

Books:

1. Malhotra, S., **Batra, P.**, and Yadava, A. (2007). *Health Psychology: Psychosocial Perspective*. New Delhi: Commonwealth.
2. **Batra, P.**, Anand, M., and Kohli, S. (2012). *Community Health Psychology: Research and Applications*. Rohtak: Intellectual Foundation (India) and University Press. ISBN: 978-93-81818-04-6
3. Batra. P. (2016). *The Daughter Deficit: Cognitive Reengineering of Misogyny*. New Delhi: Readers Paradise ISBN: 978-93-82110-99-6

The book focuses upon declining Sex Ratio, its Causes and Psychological Intervention as solution
4. Glading and Batra, P. (2018). *Counseling: A Comprehensive Profession*. New Jersey/New Delhi: Pearson
5. Batra, P. (2018). *Progressive Muscle Relaxation in Counselling: Theory and Practice*. in press.

List of Papers Published Under Individual/ Joint authorship:

1. **Batra, P.**, and Muhar, I.S. (1987) ECS, Opiate Receptor antagonist and memory impairment. *Indian Journal of Psychology*, 62, 15-21.
2. **Batra, P.**, Muhar, I.S., and Dheer, J. R. (1988). Electroconvulsive shock and retrograde amnesia. *Indian Journal of Current Psychological Research*, 3, 65-71.
3. **Batra, P.**, and Muhar, I.S. (1991). Dose dependent effect of naloxone on memory. *Indian Journal of Psychology*, 66, 37-42.
4. Meenu, Muhar, I. S., and **Batra P.** (1996). Effect of feedback on self-confidence. *Indian Journal of Psychology*, 70, 1-9.
5. **Batra P.**, Seema Muhar, I.S., and Bhatia P. (1996). Proactive effects of ECS on memory. *Indian Journal of Psychology*, 71, 21-28.
6. **Batra, P.** (1996). ECS, anterograde amnesia and recovery. *Indian Journal of Psychology*, 72, 91-97.
7. Malik, A., **Batra, P.**, and Muhar, I.S. (1997). Effect of crowding on a complex task. *Journal of Personality and Clinical Studies*, 13, 87-91.
8. **Batra, P.**, Urvashi, and Muhar, I.S. (1997). Hue and variation in CFF. *Journal of Indian Academy of Applied Psychology*, 24, 83-86.
9. **Batra, P.**, Sumeera., and Rashmi (1998). Effect of water supply in reducing the negative effect of high temperature. *Indian Journal of Psychometry and Education*, 29, 119-124.
10. **Batra, P.**, and Mehta, S. (1998). Temperature as a factor influencing memory. *Proceedings of International Conference on Cognitive Systems, Vol. II*, 926-938.
11. **Batra, P.** (1998). Retention interval and ECS induced anterograde amnesia.

Proceedings of International Conference on Cognitive Systems, Vol. II, 843- 848.

12. **Batra, P.** (2001). 'Logotherapy and a case'. *Journal of Research and Application in Clinical Psychology*.**4(1,2)**,111-115
13. Sheenu, and **Batra, P.** (2002). Ambient Temperature and memory in Albino rats. *Praachi, Journal of Psycho-cultural Dimensions*, **18**, 21-26.
- 14 **Batra, P.** (2002). Effective Parenting. *Maharshi Dayanand University Research Journal (Arts)*, **1**, 49-62.
- 15 **Batra, P.**, and Meenu. (2002). Memory Loss Induced by pre-training ECS: A result of Delayed Retention Test, *Journal of the Indian Academy of Applied Psychology*, **28**, 93-98.
16. Batra, P., and Reema (2004). Temperature, Humidity and Memory. *Ecology, Environment and Conservation*. **10(3)**, 295-302.
17. Sunita, and Batra, P. (2004). Crowding and Subjective Well Being. *Ecology, Environment and Conservation*. **10(3)**, 317-322.
18. **Batra, P.** (2004). Use of imagery and mental practice in sports. *Journal of Sports and Sports Sciences, NIS, Patiala*.
19. **Batra, P.**, and Garg, R. (2005). Effect of Temperature upon Memory. *Journal of Indian Academy of Applied Psychology*, **31**, 41-46, ISSN 0019-424
20. Rajbir Singh, Sunita Malhotra, Promila Batra, Amrita Yadav et al. (2006). Biopsychosocial Perspective of health psychology: An empirical try out. *Journal of Indian Health Psychology*. **1**, 9-27. ISSN:0973-5755
21. Kohli, S., and **Batra, P.** (2010). Lifestyle and Health Habits amongst Young Males and Females. *Behavioural Scientist*, **11 (1)**, 3-15.
22. Kohli, S., **Batra, P.**, and Aggarwal, H. K. (2010). Anxiety, locus of Control and coping strategies among end stage renal disease patients undergoing maintenance. *Indian Journal of Nephrology*, **21 (3)**, 177-181.
23. **Batra, P.**, and Kohli, S. (2011). Impact of Family Structure on Subjective Well Being amongst Working Women. *Behavioral Scientist*.**12**, 155-162.
24. Kohli, S., **Batra, P.**, and Rani, N. (2012). Study of self-esteem among school Bullies and Victims. *Indian Journal of Psychology and Education*, **2**, 23-31.
25. Kohli,S., **Batra, P.**, and Urmil (2012). Maternal Work Status and Gender as related to Emotional Maturity of Adolescents. *Behavioural Scientist*, **13**, 109-1162.
26. Priyanka, **Batra, P.**, and Kohli, S. (2012). Self- Concept and health related quality of life amongst teenagers as a consequence of BMI/ Weight status. *Indian Journal of Health and Well Being*, **3**, 866-870.
27. **Batra, P.**, Priyanka, and Kohli, S. (2012). Effect of BMI/ Weight status on Health and Well Being. *Maharshi Dayanand University Research Journal (Arts)*,**11**, 29-38.
28. **Batra, P.**, and Kohli, S. (2012) The Interplay of various Health Habits. *Journal of the Indian Academy of Applied Psychology*, **38**, Special Issue, 244-254.
29. Ahlawat, S., **Batra, P.**, & Sharma, A. (2012). Personality and Music: an effect on arithmetic performance. *Indian Journal of Positive Psychology*, **3 (1)**, 96-100.

30. **Batra, P.** (2013). Human rights towards realizing the power of people. *Maharshi Dayanand University Research Journal (Arts)*, (1), 65-74.
31. **Batra, P.**, & Kohli, S. (2013). Personality as a factor perpetuating the smoking behaviour. *Journal of Positive Psychology*, 2 (2), 146-155.
32. Kohli, S., **Batra, P.**, Malik, A., & Rani, N. (2013). Academic anxiety and insecurity: Connections to bullying behaviour in young adolescents. *Behavioural Scientist*, 14 (2), 83- 92.
33. **Batra, P.**, Kohli, S., & Urmil. (2013). Impact of maternal employment on self-confidence and insecurity amongst adolescents. *Indian Journal of Community Psychology*, 9 (2), 350- 361.
34. Malik, A., Kohli, S., & **Batra, P.** (2013). Towards a new look at maternal work status: Issues pertaining to adolescents. *Maharshi Dayanand University Research Journal (Arts)*, 12 (2), 69- 76.
35. **Batra, P.** (2013). Positive parenting: meaning and methods. *Indian Journal of Positive Psychology*, 4, 528-533.
36. Asha, **Batra, P.**, & Neelam (2014).Spectrum of Neurotic in HIV/AIDS patients. *Indian Journal of Psychology and Education*, 4, No.1.
37. Malik, A., Kohli, S., **Batra, P.**, & Gupta, A. (2014). Does family structure have an impact on mental health of adolescents? *Journal of Rural and Community Psychiatry*. 1 (1), 47- 54.
38. **Batra, P.**, Ahlawat, S., and Neha (2014) Creativity amongst adolescents as a result of parenting style. *Indian Journal of Psychology and Education*. 4, 38-45.
39. Priyanka, & **Batra, P.** (2014).Effect of Shankhapushpi on attentional Processes. *Indian Journal of Positive Psychology*. 5(3), 293-296 ISSN: 2229-4937
40. Arora, D. & **Batra, P.** (2014). Impact of Negative air-ion exposure on attention. *Indian Journal of Health and Well-being*. 5(11), 1312-1315 ISSN: 2229-3536
41. Suman, **Batra, P.**, and Kohli, S. (2014). Coping strategies amongst the patients of arthritis. *Indian Journal of Health and Wellbeing*.5(4), 476-480
42. **Batra, P.** (2015). Shankhapushapi (Convolvulus Pluricaulis): Reintroducing its rejuvenating potential. *Indian Journal of Community Psychology*, 11(1), 105-126. ISSN: 0974-2719.
43. Asha and **Batra, P.** (2015). Gender differences in the ways of coping amongst HIV/AIDS patients. *Indian Journal of Health and Wellbeing*. 6(11), 1084-1088. ISSN: p-1221-5356 e-2321-3698
44. Asha and **Batra, P.** (2015). Ways of Coping strategies amongst HIV/AIDS Patients. *Indian Journal of Health and Wellbeing*. 6(3), 294-253. ISSN: p-1221-5356 e-2321-3698

Chapters in books

45. Ahlawat, S., and **Batra, P.** (2007). Durations of diabetes and subjective Well-Being. In Singh, R. and Radhey Shyam (Eds.), *Psychology of well-being*. (pp. 129-137). I

46. **Batra, P.**, and Dahiya, J. (2007). Subjective Well-Being: comparison between drug dependents and Non dependents. In Sunita Malhotra, Promila Batra, and Amrita Yadava (eds.), *Health Psychology: Psychosocial perspectives*. Delhi: Commonwealth publishers. ISBN: 81-311-0120-7
47. Kumar, R., and **Batra, P.** (2007). Parental attitudes and well-being of the wards in rural and urban Haryana. In Sunita Malhotra, Promila Batra, and Amrita Yadava (eds.), *Health Psychology: Psychosocial perspectives*. Delhi: Commonwealth publishers. ISBN: 81-311-0120-7
48. **Batra, P.**, and Arti. (2007). Increasing age, role multiplicity and life satisfaction amongst women. In A. Yadava, S. Sharma and N. R. Sharma (eds.), *Understanding Human Behaviour*, New Delhi: Global Vision. (pp. 279-289). ISBN: 81-8220—8220-9.
49. **Batra, P.** (2008.). Achieving Counselling targets through Premack Technique. In N. R. Sharma, A. Kalia, A. Husain (eds.), *Counselling: Theory, Research and practice*. New Delhi: Global vision. ISBN: 978-81-8220-211-5
50. Arora, D. and **Batra, P.** (2008). Mental ability, health and well-being of children belonging to joint and nuclear family. In Radhey Shyam and Azizuddin Khan (eds.), *Clinical Child Psychology*. Kalpaz, Delhi. (pp.111-126). ISBN: 978-81-7835-761-4.
51. **Batra, P.** and Neha (2008). Epilepsy and Subjective well-being. In Singh, R. and Radhey Shyam (eds.), *Psychology of well-being*. (PP. 275-283). *Clinical Child Psychology*. Kalpaz, Delhi.
52. Neha, **Batra, P.**, Munish, and Dahiya, J. (2012). Study of Quality of Life amongst Different Diseased Groups. In P. Batra, M. Anand, and S. Kohli (eds.), *Community Health Psychology: Research and Applications*. Rohtak: Intellectual foundation India and University Press. ISBN: 978-93-81818-04-6
53. **Batra, P.**, and Ahlawat, S. (2012). Diabetics toward Positivity through Relaxation. In P. Batra, M. Anand, and S. Kohli (eds.), *Community Psychology: Research and Applications*. Rohtak: Intellectual foundation India and M.D. University Press. ISBN: 978-93-81818-04-6
54. Malik, A. and **Batra, P.** (2014). The healing power of Relaxation and Sudarshan Kriya yoga as a method of positive health. In Sunil Saini (ed). *Positive Psychology*. IAHRW (pp 262-272). ISBN: 13:978-81-920053-9-3
55. **Batra, P.** (2014). Journey of Music Towards Therapy and Medicine. In Bharati, S. (Ed).pp-149-175. *Bhartiya Sangeet Ke Anteha Vishyak Dristikon*. Ghaziabad: Naitik Prakashan. 978-81-924-653-6-4
56. **Batra, P.** (2016). Gender inequalities: Psychological Interventions as Policy Options. In Subhash Garg, Roopam Kathari, and Arti Sharma (eds.) *Women Empowerment and Inclusive Growth*. Jaipur: RBSA publishers. ISBN:978-81-7611-745-6

Papers Presented in various conferences

1. **Batra, P.** (1998). Subject matter of Puranas: A Psychological View. *National Seminar on Different, Aspects of Puranas*, November 28-30, M.D.University, Rohtak.
2. **Batra, P.**, and Mehta, S. (1998). Temperature as a factor influencing memory. *International Conference on Cognitive Systems*, December 13-15, Delhi, India .
3. **Batra, P.** (1998). Retention interval and ECS induced anterograde amnesia. *International Conference on Cognitive Systems*, December 13-15, Delhi, India.
4. **Batra, P.** (1998). Role of sports in character/personality building. A paper presented in the *National Conference on Physical Education in the New Millennium*, October 18-19, Department of Physical Education. H. P.University, Shimla.
5. **Batra, P.** (2001). Effect of temperature upon memory (amongst Albino rats). A paper presented in an *International Conference on People and Environment*, February 24-25, by SAAP, Dhaka.
6. **Batra, P.** (2001). Thermal stress and coping mechanisms: A physiological and psychological effect. A special invited address in the *International Conference on People and Environment*, February 24-25 by SAAP in Dhaka.
7. **Batra, P.**, and Sheenu. (2001). Effect of ambient Temperature on memory: A variation in posture. A paper presented in the *1st International Seminar on Health Psychology*, March 23-24, by Astha, Delhi.
8. **Batra, P.** (2001). "Logotherapy in sports - A case study of a 10 years old child".

Presented in the *National Seminar on Counselling Practices for Emerging Counselling Needs*, December 19-20, at University of Baroda.

9. **Batra, P.**, and Singh, R. (2001). Family Therapy - a case study **presented** in *National Seminar on Counselling Practices for Emerging Counselling Needs*, December 19-20, Baroda.
10. **Batra, P.** (2002). Video-Display units—A boon or bane. Presented in the *National Seminar on Psychological aspects of Technological Developments*, March 1-3, Delhi.
11. **Batra, P.** (2002). Gender discrimination in family relationships. A paper presented in the *National Conference on Women & Human Rights*, March 5–6, Rohtak.
12. **Batra, P.** (2003). Yogindra and Jacobson's Progressive muscle Relaxation. *The International and 38th National conference on Applied Psychology. Emerging Trends*, October 11-13, Jodhpur.
13. Priyanka, and **Batra, P.** (2003). Role of Shankhapushpi in memory *7th International and 38th National conference on Applied Psychology. Emerging Trends*, October 11-13, Jodhpur.
14. **Batra, P.**, Priyanka, and Arti (2003). Comparison of the Self- Esteem in rural and urban population of Haryana. *VII North-west Indian Sociological Association Conference*, November 14-15.
15. **Batra, P.**, and Rajesh (2003). Comparison of family relationship with adolescents in rural and urban population of Haryana. *VII North-west Indian Sociological Association Conference*, November 14-15.
16. **Batra, P.** (2003). Crowding and Subjective Well-being. An *International seminar on Quest for Well-Being*, 14-16 Feb., 2003, Delhi.
17. **Batra, P.** (2004). The developing science, air-Ions and Health. *91st Session of Indian Science congress Association*, Poster presented at Chandigarh, January 3-7
18. **Batra, P.** (2004). Working with video display units and subjective wellbeing amongst bank employee, Paper presented at *91st Session of Indian Science congress Association*, Poster presented at Chandigarh, January 3-7.
19. **Batra, P.** (2004). Role of Parental Attitude during Childhood in later drug addiction. *ICSSR Sponsored Seminar on substance abuse/misuse in North-Western Regions of India on Causes, consequences and remedies*, on January 31, M.D. University, Rohtak.
20. **Batra, P.** (2004). A study of cognitive abilities amongst computer operators. *International Workshop on Recent Trends in Environmental Science*, April 24-26, NESAI.
21. **Batra, P.**, and Priyanka (2004). Effect of varied duration of Shankhapushpi on immediate Memory span. *National Seminar on Psycho- Social Problems of Youth Prevention and Intervention*, December 22-23, Govt. College, Bahadurgarh (Haryana).

22. **Batra, P.**, and Arti (2004). Effect of learning style on free recall and recognition. *National seminar on Psycho- social Problem of Youth Prevention and Intervention*, December 22-23, Govt. College, Bahadurgarh (Haryana).
23. **Batra, P.**, and Hooda, S. (2013). Coping strategies amongst the patients of arthritis. Paper presented in *2nd International Conference on Psychology and Allied Sciences* in Centre for Behavioural Research and Intervention, G.J.U, Hissar
24. **Batra, P.**, and Kohli, S. (2013). Bullying behaviour as related to academic anxiety and insecurity amongst middle school students. Paper presented in *International conference on Psychology of Trauma: Women and Children in violent conflict* in Jamia Milia Islamia, New Delhi, 2013.
25. **Batra, P.**, Malik, A., and Kohli, S. (2014). Subjective wellbeing in end stage renal disease patients undergoing maintenance haemodialysis. Paper presented in the *National Seminar on Health and well- being*. Jamia Milia Islamia, Delhi
26. **Batra, P.**, and Neha (2014). Paper presented on Anxiety and Self-esteem amongst internet users in *National seminar on Social Change in contemporary India: Psychological dimensions and Social response*. Aurobindo College, Delhi

Individual : 14; International: 11

- Around 30+ papers presented by the joint author have not been enlisted here.

Resource person in various conferences/workshops/seminars

1. **Chaired a session in National Seminar on Psychological aspects of Technological Developments**, March 1-3, Delhi. 2002
2. **Chaired a session in National Seminar on Psycho-Social Problems of Youth Prevention and Intervention**. Govt. College, Bahadurgarh (Haryana) 2004.
3. **Inaugural address in National Workshop on Towards facing challenges of Mentally Challenged-Their ache and its alleviation**, Sharavan Institute of special education and Research, Rohtak, 2005
4. **Chaired a session in National Workshop on Towards facing challenges of Mentally Challenged-Their ache and its alleviation**, Sharavan Institute of special education and Research, Rohtak, 2005.
6. **Inaugural address in National Seminar on Declining Sex Ratio: Problems and Challenges**, in IDS, MDU, Rohtak, 2007.
7. **Chaired a session in National Seminar on Declining Sex Ratio: Problems and Challenges**, in IDS, MDU, Rohtak, 2007.
8. **Chaired session-I in National seminar on Positive psychology and health: interventions and strategies** in Dept of, M.D.U. Rohtak, 2010.
9. **Chaired session-II in National seminar on Positive psychology and health: interventions and strategies** in Dept of, M.D.U. Rohtak, 2010.
10. **Valedictory address in National Seminar on Governance, issues and corruption** in G.C's special assistance programme in the Department Economics of M. D., university Rohtak, 2010.

11. **Chaired Session** in **National Seminar on Gender equality and economic development in India** an ICSSR sponsored Department of Economics, M. D., university Rohtak, 2010.
12. **Valedictory address** in **National seminar on Women empowerment in India truth or still a distance dream** in Bhagat Phool Singh Mahila Vishwavidyalaya, Khanpur Kalan, sonapat, 2011.
13. Delivered a **lecture** in **National Workshop on Social Sciences**, in Tika Ram PG College, Sonapat, 2011.
14. **Chaired** a session in **International conference on Psychology in contemporary Context: A Positivistic approach**, IDDA, DU, Delhi, 2011.
15. **Invited Speaker** (on Well-being in college students) in **National Seminar on Emerging issues in work stress and well-being** in J. L. N. Govt College, Faridabad, 2012.
16. **Chaired Session** in **National Seminar on Emerging issues in work stress and well-being** in J. L. N. Govt. College, Faridabad, 2012.
17. **Inaugural key note** address on *Ragging* in one day workshop, Kurukshetra University Kurukshetra, 2012.
18. Resource person (**Keynote on Positive Parenting**) in **National Seminar on Positive Psychology: Issues and Challenges** in Indian Association of Positive Psychology, Dept of Psychology, Mahatma Gandhi Kashi Vidyapith, Varanasi, 2012.
19. **Chaired** session in **International conference on Psychology of Trauma: Women and Children in violent conflict** in Jamia Milia Islamia, New Delhi, 2013.
20. Invited Speaker in **National Seminar on Human right and social policy in India: Agenda for social action and social science education in 21st century** in Maharaja Agarsen PG college Jagadhri, Yamuna Nagar, 2013.
21. **Panelist** in discussion on 'Women Issues' **2nd International Conference on Psychology and Allied Sciences** in Centre for Behavioural Research and Intervention, G.J.U, Hissar, 2013.
22. Held a **workshop** on Positive Life Skills in **2nd International Conference on Psychology and Allied Sciences** in Centre for Behavioural Research and Intervention, G.J.U, Hissar, 2013
23. Invited Speaker in **International Seminar on Ageing workforce is a resource. We can no longer afford to waste**, Dept of applied psychology unit. University of Delhi, south campus, 2013.
24. **Chaired** session in a two day **International Conference on Governance Issues and Corruption**, SAP, Dept of Economics, M.D.U. Rohtak, 2013.
25. **Keynote speech** on Air ions and cognitive performances. In **2nd International conference on Recent advances in cognition and health**. SAP-DRS-1, BHU, Varanasi. 2014
26. **Chaired** session entitled Cognition Session in **2nd International conference on Recent advances in cognition and health**. SAP-DRS-1, BHU, Varanasi.
27. Invited speaker, Getting rid of internet addiction in **National seminar on Social Change in contemporary India: Psychological dimensions and Social response**. Aurobindo College, Delhi, March, 2014
28. **Chaired session** in **National Seminar on Gender inequality and Violence against women in North West India**, held in MDU, Women study centre, 2014.
29. **Chaired Session** in **National Seminar on Health and well-being: Recent developments and challenges** held at Jamia Milia Islamia, New Delhi. 2014
30. **Chaired** a session on Positive relationships-I, in **first International and 3rd National conference on Positive Psychology: The Ripple Effect** **organised** at Manav Rachna University, Faridabad. 2015.

31. **Keynote** on Promoting wellness through Progressive Muscle Relaxation in **first International and 3rd National conference on Positive Psychology: The Ripple Effect** organised at Manav Rachna University, Faridabad. 2015
32. Keynote **address** on Gender inequalities: Psychological interventions as policy options in the **National Seminar on women empowerment and inclusive growth** held in IIS University, Jaipur, 2014
33. **Chaired** a session in the **2nd International and 4th Indian Psychological Science Congress held on October 8-9, 2015, Govt. College, Chandigarh.**
34. **Acted as a Judge** in the poster competition in **3rd World Congress on Excellence**, Panjab University, Chandigarh. 2015
35. **Inaugural keynote** in National Seminar on Gender Inequality: Myth or reality held in Saraswati Mahila Mahavidyalya, Palwal, 2015.
36. **Inaugural** keynote session in the **Workshop on Positive life Skills**, held on October 15, Department of Applied Psychology, GJUS&T, Hisar, Haryana.
37. **Inaugural Key Note on** Violence against women and cognitive reengineering of women related myths in **National Seminar on Crime Against Women**, held on November 1-2, Department of Psychology, C.C.S. University, Meerut.
38. **Chaired session in National Seminar on Crime Against Women**, held on November 1-2, Department of Psychology, C.C.S. University, Meerut.
39. **Invited Lecture** on Yoga as a source of everyday relaxation in **National Conference on Yoga and Spirituality**, held on November 7-8, 2015, Aligarh Muslim University, Aligarh.
40. **Valedictory Address** in **National Seminar on Empowering Women to Lead Change** under the auspices of Directorate of Higher Education, Haryana, held on December 15, Kanya Mahavidyalaya, Kharkhoda, Sonapat. 2015
41. **Invited lecture** on Women Identity in **National Conference on Women, Health and Identify: Revisioning a Multidisciplinary Perspective**, held on February 12-13, ISIM Campus, Jaipur. 2016
42. **Chaired a Session in International Conference on Psychosocial Perspectives on Health & Wellbeing**, held on March 1-2, Department of Psychology (UGC-DRS), Jamia Millia Islamia, New Delhi. 2016
43. **Keynote address** in the **Seminar on Gender Sensitisation**, held on March 8, SGT College, Gurugram, March 8, 2016
44. **Key Note Address on** Value system and the youth of today in **1st National Conference Youth in Contemporary Society, Issues and Challenges**, held on March 28-29, Department of Psychology, Keshav Mahavidyalaya, University of Delhi. 2016
45. **PANEL DISCUSSION: CHALLENGES FACED BY THE YOUTH OF TODAY. 1st National Conference Youth in Contemporary Society, Issues and Challenges**, held on March 28-29, 2016 Keshav Mahavidyalaya, University of Delhi.
46. **Inaugural address in One day National Symposium on Interdisciplinary Discourse in Social Science** held on March 22, M.D. University, Rohtak
47. **Valedictory address in One day National Symposium on Interdisciplinary Discourse in Social Science** held on March 22, M.D. University, Rohtak.
48. **Chaired Session in National Conference on Gender and Society with Specific Reference to Haryana**, Chaudhry Ranbir Singh Institute of Social & Economic Change, Maharshi Dayanand University, Rohtak held on October 6-7. 2016
49. **Valedictory address as Chief Guest in National Conference on Gender and Society with Specific Reference to Haryana**, Chaudhry Ranbir Singh Institute of Social & Economic Change, Maharshi Dayanand University, Rohtak held on October 6-7, 2016

50. **Keynote Speaker** in workshop on Positive youth development. *International Conference on Youth and Well Being* on 11-12 November, 2016, GJUS&T, Hisar.
51. **Keynote Address in Inauguration** 8th *International Conference on He For She: A Solidarity Movement for Gender Equality* on 16-17 November, 2016, Women's Studies Centre, Punjabi University, Patiala, Punjab.
52. Address **in Inaugral session on** *Empowerment of women in India: Obstacles and Opportunity*. In Two days Legal awareness programme funded by **National** women commission, organized by Central University Bathinda, in SSD Girls College, Bathinda on 23-24 December, 2016.
53. **Chaired Session in National Seminar on Women's employment, entrepreneurship and empowerment: sustainable pathways to egalitarian society**, held on 30-31 Jan, 2017 at IIS University, Jaipur
54. **Keynote speaker** on Misogyny: Cognitive re-engineering is the sole solution. *National Seminar on Women's employment, entrepreneurship and empowerment: sustainable pathways to egalitarian society*, held on 30-31 Jan, 2017 at IIS University, Jaipur
55. **Chaired session and delivered Keynote in National Seminar on Smash the Glass Ceiling**, MKJK Mahavidyalaya, Rohtak on March 7, 2017
56. **Address in inaugural session as Chief guest on Socio-psychological process of becoming an addict in National Seminar on Drug Addiction and Alcoholism: Issues and Challenges in North-West Region**, Sponsored by- ICSSR, Chandigarh, Department of Sociology, M.D.University, Rohtak held on March 29-30, 2017

List of some of the Lectures/Resource person in various workshops/refresher/orientation courses/workshops conducted:

1. Delivered **lecture on *Logotherapy*** in Refresher course, UGC Academic staff college, H.P. University, Shimla, 2001
2. Delivered **lecture on *Environmental Psychology*** in Refresher course, UGC Academic staff college, H.P. University, Shimla, 2001
3. Resource person in workshop on ***Issues related to Women and Human rights***, Institute of Law and management studies Gurgaon, 2004.
4. Resource person in Workshop ***Curricula development in Physical education***. Department of Physical Education, MDU, Rohtak, 2005.
5. Resource person in symposium on ***Women rights and empowerment***, Department of Economics, MDU, Rohtak. 2007
6. Delivered **Lecture on *Environment enrichment and behaviour management*** in CRE on Integrated and Inclusive Education. Shravan Institute of special education and Research, Rohtak, 2007.
7. Resource person in a workshop on ***Developing positive attitude***, Dept of computer science, MDU, Rohtak, 2007.
8. Resource person in a workshop on ***Interview skills***, Dept of computer science, MDU, Rohtak, 2007
9. Delivered a lecture on ***Personality Development*** in L.N. Hindu College of Girls, Rohtak, 2006-07.
10. Resource person in a workshop on ***Personality Development*** in Maharaja Aggarsen College for women, Jhajjar, 2008.
11. Resource person in a ***workshop on Parenting*** in Ravindra Bharti College of education Jhajjar, 2008.
12. Resource person in a ***workshop on Relaxation***, Deep foundation, Jhajjar A drug de-addiction centre, 2008.
13. Resource person in a workshop on ***Counselling: its importance and Jacobson's muscle relaxation technique***, organised in a refresher course in Psychology: Current perspectives and future directions, I C, College, Rohtak, 2008.
14. **Valedictory address** in a refresher course in Psychology: Current perspectives and future directions, I C, College, Rohtak, 2008.
15. Delivered a lecture (During ***valedictory session*** of 10 days NSS camp on ***Improving study skills*** in L. N. Hindu College of Girls, Rohtak, 2007-08.
16. Delivered a lecture on ***Air ions and Mental Retardation*** in CRE on Training Program in Special Education, held in Shravan Institute of special education and Research, Rohtak, 2009.
17. Delivered a lecture on ***Stress Management techniques*** in Orientation course organised by Academic Staff college, BPS, Mahila Vishwavidalya, Khanpur, 2009.

18. Delivered a lecture on ***Relaxation: Concept and significance***, in Orientation course organised by Academic Staff college, BPS Mahila Vishwavidalya, 2009.
19. Invited speaker 2 lectures on ***Research method in applied psychology***: refresher course in Dept of Psychology Kurukshetra University, 2013. 17.
20. Invited speaker in Orientation courses, Academic Staff College, Kurukshetra University, KUK, 2013.
21. Conducted the workshop on ***stress management*** in D.A.V. Public School Rohtak, 2011-12.
22. Conducted the workshop on ***Positive Parenting*** NIMA, Rohtak, 2011-12.
23. Invited Speaker; Conducted the workshop on ***Effective study methods*** in Shri Ram Public School, 2012-13.
24. Invited Speaker; Conducted the Workshop on Workshop on ***Effective study methods*** in Pathania Public School, 2012-13.
25. Invited speaker in refresher course of ***Counselling: Meaning and Process***, in D.R.D.O, Delhi, 2013.
26. Invited speaker in refresher course of ***Effective teaching skills***, Academic staff college, Kurukshetra, 2013.
27. Conducted the workshop on refresher course for Army officers on ***Practicing Counselling skills, in*** D.R.D.O, Delhi. 2013.
28. Conducted the workshop on refresher course for Army officers on ***Practicing counselling cases: role rehearsal***, D.R.D.O, Delhi, 2013.
29. **Extension Lecture. Short Term Course on Stress Management**, Aligarh Muslim University, Aligarh, held on August 8, 2015.
30. **Invited Lecture on Stress and its Meaning. Workshop on Re-thinking Soft Skills Development for Teaching Learning Process**, held on August 5-11, delivered on August 10, 2015, Khanpur Kalan, Gohana, Sonapat.
31. **Invited Lecture on Skills of Managing Daily life Stress Workshop on Re-thinking Soft Skills Development for Teaching Learning Process**, held on August 5-11, delivered on August 10, 2015, Khanpur Kalan, Gohana, Sonapat.
32. **Gender Sensitisation-cum-premarital Counselling for Girls**, held on August 14, 2015, Hindu Girls College, Rohtak.
33. **Workshop on Gender Sensitisation for Boys**, held on August, 2015, Govt. Polytechnic College, Sampla, Rohtak.
34. **Workshop on Gender Sensitisation for Boys**, held on October, 2015, Govt. Polytechnic College, Sampla, Rohtak.
35. **Invited Lecture on Stress Management. Workshop on Yoga, Life style, Health, Nutrition and Stress Management**, held on October 6-12, delivered on October 10, 2015 Khanpur Kalan, Gohana, Sonapat.
36. **Workshop on Gender Sensitisation-cum-premarital Counselling for Girls**, held on November 13, 2015, Hindu Girls College, Rohtak.
37. **One day Training Program on Counselling Techniques for Senior Service Officers**, Defence Institute of Psychological Research (DIPR), DRDO, Ministry of Defence, Lucknow Road, Timarpur, Delhi, held on December 7-23, 2015.
38. **Invited Lecture on Gender Sensitisation among College Girls** held on October 6-12, delivered on October 10, B.P.S. Mahila University, Khanpur Kalan, Gohana, Sonapat.
39. **Invited Lecture on Counteracting the belief and developing faith in change. Refresher Course in Research & Teaching Methodology (I.D.)**, held on December 2-22, delivered on December 8, 2015, Khanpur Kalan, Gohana, Sonapat.

40. **Invited Lecture on Innovative Teaching Methods.** *Refresher Course in Research & Teaching Methodology (I.D.)*, held on December 2-22, 2015, delivered on December 8, Khanpur Kalan, Gohana, Sonapat.
41. **Invited Lecture on Cognitive Restructuring of Spaces: Gender Stereotyping in Refresher Course in Women's Studies (Interdisciplinary) on the theme "Gender and Space"**, held on December 17, Centre for Professional Development in Higher Education, University of Delhi.
42. **Invited lecture on Citizen Centric Behaviour** in the *Induction Training Programme for Cutting Edge Level Government Functionaries*, held on February 9, 2016 Divisional Training Centre, HIPA, Rohtak.
43. **Invited lecture on Emotional Intelligence in Induction Training Programme for Cutting Edge Level Government Functionaries**, held on February 9, 2016, Divisional Training Centre, HIPA, Rohtak.
44. **Gender sensitisation workshop.** Government College, Ateli, held on March 2, 2016
45. **Invited lecture on Citizen centric behaviour** in the *Induction Training Programme for Cutting Edge Level Government Functionaries*, held on March 9, 2016 Hall of Civil Surgeon, Jhajjar.
46. **Invited lecture on Emotional intelligence, emotions (EQ tips)** in the *Induction Training Programme for Cutting Edge Level Government Functionaries*, held on March 9, 2016, Hall of Civil Surgeon, Jhajjar.
47. **Invited lecture on Life skills in administration.** *Training Course on "Duties & Responsibilities"* held on April 19, 2016, Divisional Training Centre, HIPA, Rohtak
48. **Invited lecture on Qualities of an excellent govt. employee.** *Training Course on "Duties & Responsibilities"* held on April 19, 2016, Divisional Training Centre, HIPA, Rohtak.
49. **Gender sensitization workshop,** Department of Public Administration, M.D. University, Rohtak, held on April 25, 2016
50. **Invited lecture on Skills development.** *Training Course on "Employability Skills for Unemployed Youths"* held on May 6, 2016, Divisional Training Centre, HIPA, Rohtak.
51. **Invited lecture on Getting into world of work.** *Training Course on "Employability Skills for Unemployed Youths"* held on May 6, 2016, Divisional Training Centre, HIPA, Rohtak.
52. *Workshop "MINDLER's Multidimensional Career Choice Decision making Battery- A Futuristic approach"*, held on May 7, 2016, Delhi University Guest House, University of Delhi.
53. *Hkkjrh; f'k{kk dk euksfoZKku. Teachers Training Program held by Hindu Shiksha Samiti Kurukshetra*, held on June 2, 2016.
54. **Personality Development.** *Teachers Training Program held by Hindu Shiksha Samiti Kurukshetra*, held on June 2, 2016
55. Resource person on **Observation learning for better educational outcomes** in the *Faculty Workshop on Experiential and Outcome-Based Learning*, held on June 8, 2016, Manav Rachna International University, Delhi-Surajkund Road, Faridabad.
56. Resource person on **How to conduct a professional interview?** in the *Faculty Workshop on Experiential and Outcome-Based Learning*, held on June 8, 2016, Manav Rachna International University, Delhi-Surajkund Road, Faridabad.
57. **Resource person** **ROLE PLAY.** *Faculty Workshop on Experiential and Outcome-Based Learning*, held on June 10, 2016, Manav Rachna International University, Delhi-Surajkund Road, Faridabad.

58. **Resource person** How to conduct a Professional Interview? in the *Faculty Workshop on Experiential and Outcome-Based Learning*, held on June 10,2016, Manav Rachna International University, Delhi-Surajkund Road, Faridabad.
59. **Invited lecture on Personality Development** in the *Training course on “Personality Development and Service Matters for the employees”* held on June 14, 2016, Divisional Training Centre, HIPA, Rohtak.
60. **Invited lecture on Citizen Centric Behavior- Modification** in the *Training course on “Personality Development and Service Matters for the employees”* held on June 14, 2016, Divisional Training Centre, HIPA, Rohtak.
61. *Workshop on Innovative Teaching Methods*, Shiksha Bharti School, Ram Nagar, Rohtak held on June 30, 2016.
62. *Workshop on Self Enhancement Program*, Shiksha Bharti School, Ram Nagar, Rohtak held on July 12, 2016.
63. **Workshop on Case Studies: Practicing and Applying Counselling on 4th Oct.** in the *Training Program on Counselling Techniques for Senior Service Officers*, Defence Institute of Psychological Research (DIPR), DRDO, Ministry of Defence, Lucknow Road, Timarpur, Delhi, held on 19th Sept to 7 Oct., 2016.
64. *Workshop on Gender Sensitisation-cum-premarital Counselling for Girls*, held on January 6, 2016, Hindu Girls College, Rohtak.
65. *Workshop on Gender Sensitisation-cum-premarital Counselling for Girls*, held on February 1, 2016, Hindu Girls College, Rohtak
66. Resource Person on **Hindu Heritage and Education** in the *Refresher Course in History and Political Science (I/D Humanities/ Social Science/ Law)*, UGC-Academic Staff College, BPS Mahila Vishwavidyalaya, Khanpur Kalan, Sonipat, Haryana held on July 30, 2016
67. Resource Person on **Managing yourself at work** in the *26th Orientation Programme*, UGC-Academic Staff College, BPS Mahila Vishwavidyalaya, Khanpur Kalan, Sonipat, Haryana held on November 29, 2016.
68. Lectures on *Citizen centric Behaviour* and *Emotional intelligence* in Induction Training Programme for Cutting Edge- Level Government Functionaries **from 05.12.2016 to 16.12.2016 at Divisional Training Centre, HIPA Rohtak, 6. 12. 16**
69. Resource Person on **‘Fighting Misogyny and looking forward** in the *One Week Workshop on Gender Sensitization*, UGC-Human Resource Development Centre, BPS Mahila Vishwavidyalaya, Khanpur Kalan, Sonipat, Haryana held on February 6, 2017.
70. *Workshop on Career Counselling for Parents*, Shiksha Bharti School, Ram Nagar, Rohtak held on March 18, 2017.
71. **Case Studies: Practicing counselling Skills on 10.04.2017.** *Training Program on Counselling Techniques for Senior Service Officers*, Defence Institute of Psychological Research (DIPR), DRDO, Ministry of Defence, Lucknow Road, Timarpur, Delhi, held on 20 March – 13 April, 2017.
72. Lecture on *Motivation* in training program for “Cutting- Edge-Level –Govt. Functionaries” to be organised at District Institute of Education & Training, (DIET), Panipat from 17.04.17 to 28.04.17, on 17.4.17
73. Lecture on *Emotional Intelligence* in training program for “Cutting- Edge-Level –Govt. Functionaries” to be organised at District Institute of Education & Training, (DIET), Panipat from 17.04.17 to 28.04.17. on 17.04.2017
74. Lecture on *Citizen centric Behaviour* in training program for “Cutting- Edge-Level – Govt. Functionaries” to be organised at District Institute of Education & Training, (DIET), Panipat from 17.04.17 to 28.04.17. on 18.4.17

75. Lecture on *Active Listening* on training program for “Cutting- Edge-Level –Govt. Functionaries” to be organised at District Institute of Education & Training, (DIET), Panipat from 17.04.17 to 28.04.17.on 18. 4. 17.
76. Guest lecture on “ **Manage the stress of Teachers to improve Education sector**” as part of the 27th Orientation Program from 22-05-2017 to 19-06-17, UGC-Academic Staff College, BPS Mahila Vishwavidyalaya, Khanpur Kalan, Sonipat, Haryana on . 23.05.2017
77. Guest lecture on “**Learn to manage the stress of students**” as part of the 27th Orientation Program from 22-05-2017 to 19-06-17, UGC-Academic Staff College, BPS Mahila Vishwavidyalaya, Khanpur Kalan, Sonipat, Haryana on . 23.05.2017
78. *Personality Development* in Training course on Motivational Skills, Positive Attitude, Personality Development & Service Matters from 21.06.2017 to 23.06.2017 at Divisional Training Centre, HIPA, Rohtak, on 23.06.2017.
79. Citizen Centric Behaviour – Modification in Training course on Motivational Skills, Positive Attitude, Personality Development & Service Matters from 21.06.2017 to 23.06.2017 at Divisional Training Centre, HIPA, Rohtak, on 23.06.2017.
80. Mental Health of Teachers. *Teacher Training Workshop* held on 29th June, 2017, Pataudi.
81. Delivered lecture on **Stress free life and Mother-daughter relationship**, Govt. Girls Sr. Sec. School, Bohar, Rohtak held on 27.09.2017.
82. **Invited Lecture for the Induction Programme** held on August 3, 2017 to August 11, 2017, Govt. Polytechnic College, Sampla, Rohtak.
83. **Invited Lecture on Indian culture, Knowledge and New frontiers in Sanskrit.** 1st *Refresher Course in Sanskrit*, held from 28 June 2017 to 18 July 2017, delivered on July 11, 2017, BPS Mahila Vishwavidyalaya, Khanpur Kalan, Gohana, Sonapat.
84. Workshop on Suicide Prevention Awareness in Shiksha Bharti school on 9th September, 2017
85. Training Girls on ‘Living safe and dealing with eve teasing’ Jain girls high school, September, 2017
86. Learning Life Skills, Workshop for Girls in Campus School, BPS University, Khanpur Kalan, Sonapat, September, 2017
87. Learning Life Skills, Workshop for Girls in Vidya Bharti, Gohana