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Punjab State Awardee with 20yrs. of University teaching and research experience with specialization in Counseling Psychology, Health Psychology, and Physiological Psychology. Key research areas are Counselling and Behavioral Medicine - Music Therapy and Biofeedback.

Professional Background

- Recipient of Prof. Sultan Akhtar Memorial Award 2020 Conferred by Indian Association of Applied Psychology.
- Course Coordinator - UGC Approved SWAYAM Course in Counselling Psychology
- Post-Doctoral Research Project (NADA Centre of Music Therapy, Chennai)
- ICSSR Major Research Project - Dark Side of Affluence
- Authored 1 book and Published 44 International & National Research Publications.
- Participated in 40 International and National conferences.
- Guided 10 Ph.D. research scholars & 3 M. Phil. Students.
- Executive Member – IAAP (Indian Association of Applied Psychology), India
- Member Indian School Psychology Association (InSPA)
- Associate Editor – InSPA Journal of Applied and School Psychology
- **Keynote Speaker, International Scientific E-Conference, Texila American University**
- Peer Reviewer, South American Journal of Psychology Subject Matter Expert for Behavioral Science Program, Texila American University.
- Member, Ph.D. Advisory Committee, Behavioral Science Program, Texila American Uni.
- International Judge, International Scientific E-Conference, **Texila American University.**
- Member of International Society of Substance Use Professionals, **United Kingdom.**
- Course Writer for Psychology Courses, IGNOU, New Delhi.

Administrative Responsibility

- **Head - Dept. Of Psychology**
- **Coordinator - NSS, Punjabi University (01.10.21-31.09.22)**
- **Nodal Officer** - Drug De-Addiction: Awareness & Prevention Cell (08.01.2018)
- **Nodal Officer** - Students Grievance Redressal Cell (03.09.2020)
- Subject Incharge - Entrance for recruitment of Asst. Professors in Govt Colleges of Punjab (18-11-21).
- Member of Uni. Academic Council. (06.09.2018-26.07.2019 & 09.09.20-26.07.21)

- Member of Faculty of Social Sciences.(21.02.2017-11.01.2019)
- Subject Incharge for Punjab Govt's written exam for Assistant Professor Recruitment.
- Uni. Nominee in Governing Body of Shivam College of Education (14.01.19-13.01.21)
- VC Nominee in UG Board of Studies, Mata Gujari College, Fatehgarh Sahib (2018-19 & 2019-20)
- **Psychologist** in recruitment committee, Army Institute of Law, Mohali, Punjab. (09.07.18)
- **PPSC Subject Expert** for recruitment of Principles in Govt. Schools. (09.12.19)
- **Nominee Board of Studies:** Kanya Maha Vidyalaya, Jalandhar (06.11.17-30.06.19)
- VC nominee for Selection of Principal -Nancy college of Education Samana (25.10.21)
- VC nominee for Selection of Assistant Professors in Economics, English, Hindi, Punjabi and Science -Nancy college of Education Samana (25.10.21)
- Subject expert in Selection of Assistant Professor in Psychology – SD College Barnala (27.08.19)
- Subject expert in Selection of Assistant Professor in Psychology - Shanti Tara College Ahmedgarh, Sangrur (25.05.18)
- Subject expert in Selection of Assistant Professor in Psychology - Jain College for Women Malerkotla (30.01.18 & 24.07.18).
- Subject expert in Selection of Assistant Professor in Psychology - Asian College of Education Patiala (16.01.18)
- Member of Inspection Committees for Khalsa College of Technology & Business Studies, Mohali (18.07.19); Govt. College, Malerkotla (12.03.19 & 04.05.19); Shanti Tara Girls College, Ahmedgarh, Sangrur,
- Chairman Board of Undergraduate Studies in Psychology (25.06.20-31.12.20)
- Subject Expert in Board of Undergraduate Studies in Philosophy (04.02.21-31.12.22)
- Member, Internal Quality Assurance Cell PUP (01.07.20-30.06.22)
- Nominated Member, committee to deal with Students Matters (24.10.21-23.10.22).
- Institutional Student Grievance Redressal Committee (23.07.21-22.07.22)
- **Subject Expert in Selection Committee** for Swami Vivekanand Faculty of IT & Business management, Banur; Shanti Tara College, Ahmedgarh; S. D. College of Education, Barnala; Smt. Jwala Ji College of Education, Sanghol; Akal Degree College, Mastuana Sahib; Desh Bhagat College Bardwal, Dhuri; Jain College, Malerkotla; Asian College of Education; Govt. College Malerkotla; S.D. College, Barnala
- **External Paper Setter:** Meerut University, Meerut; HP University, Shimla; MDU, Rohtak, Haryana; Punjab University, Chandigarh; GNDU, Amritsar; Akal University, Punjab; Shri Guru Granth Sahib World University, Fatehgarh Sahib; Mata Gujari College, Fatehgarh Sahib – Punjab

Social Responsibility Engagements:

- Honored by the Chief Minister - Punjab on 15th August 2021 by conferring 'Punjab State Award' under 'social service category' for selfless services given towards the success of Drug Abuse Prevention 'BUDDY' & 'DAPO' (Drug Abuse Prevention Officer) Programs.
- Nominated as State resource person by the Ministry **Social Justice and Empowerment, Govt. of India** to train the master trainers under Nasha Mukta Bharat Abhiyaan 2020.
- **Honored by the CM - Punjab** on 26th January, 2019 for selfless services given towards the success of Drug Abuse Prevention 'BUDDY' and 'DAPO' Programs in Patiala Dist.
- **Nominated as Subject Expert** in the Committee for Preparing educative material on Anti-Drug Awareness & Prevention Programs by Special Task Force – **Pb. Govt.**
- Nominated as Red Sky Officer by Patiala Dist. Administration under the ***REhabilitation of Drug Dependents SKilling & EmploYment (Red Sky Mission) of Govt. of Punjab.***
- Member of District Mission Team, Patiala under **Punjab Narcotics Prevention Campaign Committee, Govt. of Punjab.**
- Nominated as Subject expert to provide tele-counselling to deal with Mental Health Issues as part of Punjab Govt's initiative during COVID-19 Pandemic.
- **Nominated as Subject Expert** in the Committee for devising module and course content for training to unemployed youth by **Employment Generation Training Dept., Govt. of Punjab, 2019.**
- **Nominated as Subject Expert** in the Committee to provide counselling assistance to students of Punjab battling with exam stress through a special helpline created by **Punjab State Commission for Protection of Child Rights from 1st -31st March, 2019.**

Training Workshops Conducted:

- Provided assistance to STF in formulation of the educative and training content for students and teachers related to BUDDY program.
- Provided assistance to STF in conducting training of Principals & Teachers of schools of Tarn Taran Dist., Punjab Schools during pilot project of BUDDY - Anti-Drug Awareness & Prevention program from 7th-10th November 2017.
- Provided assistance to STF in conducting training of Master trainers of Drug Abuse Prevention Officer (DAPO) program from 27th-28th April, 2018.
- Provided assistance to STF in conducting training of Master trainers of various schools, colleges and Universities of Punjab under BUDDY - Anti-Drug Awareness & Prevention program on 7th-8th August, 2018.
- Provided training to University/College teachers about BUDDY program on 13.11.18 organized by Dist. Administration Patiala.
- BUDDY & DAPO trainings at GCG and State College of Education Patiala on 30.11.18 & 30.01.19 organized by Youth Services Dept., Patiala.

- Conducted workshop of Buddy Groups of School of Management Studies, Punjabi Uni. on 15.02.19.
- Resource person in workshop entitled ‘Drug Abuse: Problems, Prevention and Management for BUDDY groups organized by Khalsa College Patiala on 06.09.19.

Organized Conferences/Seminars:

1. Organized Rally & Nukkad Natak on the theme ‘Mental health in an Unequal World’ to commemorate World Mental Health Day, 10.10.2021.
2. Organized Webinar on the theme “Share Facts On Drugs, Save Lives” to Commemorate
3. International Day Against Drug Abuse & Illicit Trafficking, 26th June, 2021.
4. Organized 56th International & 25th National IAAP Conference as Conference Director, 18th -20th Feb 2021 in blended mode.
5. Organized one day online workshop on the theme “Decoding & Fostering Mental Health In Youth: Key Challenges and Insights” On the Eve of Mental Health Day, in Collaboration with School of Management Studies, Punjabi University, Patiala, 8th October, 2020.
6. Organized “Hausla Buland Run” for Drug free Punjab from 12.09.2020 to 20.09.2020 for students of Punjabi University & its affiliated Colleges.
7. Organized “Plantation Drive- Green Ambassador” from 12.09.2020 to 20.09.2020 as part of positive activities for students of Punjabi University & its affiliated Colleges.
8. Organized webinar on “Lifestyle Issues & Substance Abuse” on 15th September, 2020.
9. Organized online seminar on the theme “Religious Tolerance and National Integration: Expanding Mental Boundaries” dedicated to the 400th Parkash Utsav of Sri Guru Teg Bahadur Ji, August 21, 2020.
10. Organized Launch of Pb. Govt.’s Anti-Drug Awareness & prevention BUDDY Program in PUP, February 1, 2018

Lectures Delivered in Refresher /Faculty Development Courses

1. Delivered Lecture on ‘Health and Well-being’ in online interdisciplinary refresher course (IDC) on Sustainable Development Goals (SDGs) organized by UGC-HRDC, Jai Narain Vyas University, Jodhpur on 18.12.2021.
2. Delivered Lecture on Consequences of a work-life imbalance among teachers, Ways for improved-life balance for University and College teachers in the on-line GURU-DAKSHATA: Faculty Induction Programme, organized by UGC-HRDC Jai Narain Vyas University, Jodhpur on 28.09.2021
3. Delivered Lecture on Understanding the Student Diversity: Students with Learning Difficulties, Exceptional students, Gifted students with divergent Socio-Cultural Background for University and College teachers in the on-line GURU-DAKSHATA: Faculty Induction Programme, organized by UGC-HRDC Jai Narain Vyas University, Jodhpur on 27.09.2021

4. Delivered Lecture on “Psychological Strategies to Discover one’s potential to be an Effective Teacher” during Faculty development programme organized by SD college Barnala in association with All India Association for Educational Research on 31.07.2021.
5. Delivered Lecture on 20.12.2017 in 64th Refresher Course “Research Methodology & Data Analysis” organized by HRDC, Pbi Uni
6. Delivered Lecture on 25.01.2018 in 34th Orientation Course by UGC-HRDC, Punjabi Uni from 03.01.2018-31.01.2018.
7. Delivered 2 Lectures on 11.06.2018 in 36th Orientation Course organized by UGC-HRDC, Punjabi Uni from 21.05.2018-16.06.2018
8. Delivered Lecture on 18.10.2018 & 19.10.2018 in Refresher Course in Psychology organized by UGC-HRDC, Punjabi Uni from 03.10.2018-23.10.2018
9. Delivered Lecture on 07.06.2018 on “Motivation in Behavior” organized by Staff Training & Development Cell, Punjabi Uni.

Invited Talks:

1. Invited Lecture on Psychological Immunity to deal with Challenges of Life organized by Dept. of Psychology, Ch. Bansi Lal University Bhiwani on 01.02.2022.
2. Invited Speaker in Webinar entitled ‘COVID-19 & Mental Health: Life Now & Beyond’ organized by Office of Dean Students’ Welfare PUP on 27.05.2020.
3. Invited lecturer on Psychological Immunity to deal with Psychological Challenges of COVID-19 on 26.05.21 organized by State College of Education Patiala.
4. Delivered Lecture as Resource Person on ‘Psychological Problems of Students During COVID-19’ on 10.11.20 organized by Govt Science & Research College Jagraon.
5. Participated as Expert in ICSSR sponsored Research program on ‘Drug Addiction and Abuse in North-West India: Socio, Economic and Political implications’ organized by Centre for research in Rural and Industrialist Development, Chandigarh on 21.02.2019.
6. Conducted Workshop on “Stress Management” for College Lecturers, organized by Lal Bahadur Shashtri College Barnala.
7. Invited lecture on 'Enhancing Motivation for Police personnel' at Commando Training Centre, Patiala.
8. Invited lecture on 'Boosting Resilience of Police personnel' at Commando Training Centre, Patiala
9. Invited lecture on “Personality Development” for College teachers organized by NSS Dept. Punjabi University Patiala.
10. Invited lecture on Mental Toughness for Police Trainees at Punjab Police Commando Training Centre, Bahadurgarh, Patiala
11. Invited lecture on “Stress Management” for Police Trainee organized by Punjab Police Commando Training Centre, Bahadurgarh, Patiala
12. Invited as “Resource Person” in International Conference on “Diaspora and Development Empowering Women, Empowering Humanity” held at Centre of Diaspora Studies, Patiala.

13. Invited as International Judge during the 2nd International Scientific e-Conference- 2015 organized by Texila American University, Guyana, South America.
14. Stress Management for College Lecturers' at LBS College Barnala, Punjab
15. Invited lecture on “Shape Your Personality” for College teachers organized by NSS Dept. Punjabi University Patiala, June 2015.
16. Invited lecture on “Stress Management” for Police Personnel organized by Vigilance Dept., Patiala.
17. Invited lecture on “Expand Your Horizons” for college students of Mahindra College Patiala.
18. Invited lecture on “Stress Management” for Bank Employees of Punjab & Sind Bank Patiala.
19. Invited lecture on “Personality development” for College teachers organized by NSS Dept., Punjabi University Patiala.
20. Invited lecture on “Political Sustainability: Integration of the AIDS response within the national health system” organized by Alliance India, New Delhi.
21. Invited lecture on “Group Therapy” for ICTC counselors of Punjab
22. Study Skills for Students Punjabi University.
23. Self Enhancement Strategies for Employees' Punjabi University.
24. Invited lecture on “Family and Marital Therapy” for ICTC counselors of Punjab.
25. Invited lecture on “Personality development” for College teachers organized by Swami Vivekananda Group of Institutes, Banur.
26. Conducted Psychological Testing for students of DAV Public School, Patiala
27. Conducted Career Counseling and Vocational Guidance workshop for students of Guru Nanak Foundation School

Published Research Papers

1. International Journal of Community Medicine and Public Health, 2020 Dec: 7(12):4952-4957: Aural Rehabilitation Programme for Hearing Impaired: A Psychosocial Intervention. DOI: [https:// dx.doi.org/10.18203/2394-6040.ijcmph20205168](https://dx.doi.org/10.18203/2394-6040.ijcmph20205168).
2. ‘Hey Buddy...Come With Me And Be Drug-Free! A Preventive Program To Fight The Scourge Of Drug Addiction’ has been published as a chapter in a book “Human Rights, Youth and Drugs”.
3. Studies in Indian Places Names, Vol. 40 (60), 2020: Self Efficacy: A Key to Health Promotion.
4. Our Heritage, Vol 68 (1), January 2020: The Dark Side of Abundance: A Propensity to Ethical Disengagement
5. Journal of Emerging Technologies and Innovative Research, Vol. 6, June, 2019: Boredom Proneness: Its Relationship To Means-Ends Domain.
6. International Journal of Latest Transactions in Engineering and Science, Vol 6(4) May, 2019: Self-regulatory Behavior at Work: A Path to Organizational Commitment.

7. Research Review International Journal of Multidisciplinary, Vol. 4(5) May 2019: Putting Time in Perspective: The interface between Enhancement and Conflict.
8. Journal of Emerging Technologies and Innovative Research, Vol 6(4) April, 2019: Gender Differences in Smartphone Addiction: Its Impact on Emotional Awareness.
9. European Journal of Business & Social Sciences, Vol 7(4) April, 2019: Effects of Parenting Style and Academic Hardiness on Achievement Motivations of Secondary School Adolescent Students in Ethiopia.
10. International Journal of Social Sciences Reviews, Vol 7(4), 2019: Work-Family Conflict and Psychological Distress as Predictors of Mental Health among Working Women.
11. International Journal of Research and Analytical Reviews, Vol 5(4) Dec 2018: Effect of Music on Psychophysiological Responses to Induced Failure.
12. International Journal of Research in Social Sciences, Vol 8(12) Dec 2018: Smartphone Addiction in Adolescents: Implications for Working Memory.
13. International Journal of Interdisciplinary Research and Innovations, Vol 6 (4) Oct-Dec 2018: The Ripple Effect: Wealth Contagion and Its Influence on Behavior.
14. Asian Resonance, Vol 7(2) April 2018: Effect of Smartphone Addiction on Cognitive Failure among Adolescents.
15. International Journal of Scientific Research and Reviews, Vol 7(1), 2018: Affluenza: A Barrier to Psychological Growth of Youth.
16. Recent Advances in Psychology-An International Journal, Vol 4 (2) Dec 2017: Music Preferences and Personality Types: An Exploratory Study.
17. International Journal of Psychosocial Research, Vol.5(1) July, 2016: Social Connectedness and Acculturative Stress in Relation to Psychological Well Being of Ethiopian Diaspora.
18. Voice of research, Vol. 4, Issue 3, December 2015: Disturbed Sleep Patterns and Self-Worth in Youth: A Music Therapy Intervention
19. International Journal of English language, Literature and Humanities, Vol. III, Issue IX, December 2015: Affluenza: Happiness Lost!
20. Prestige International Journal of Management & IT- Sanchayan, Vol. 3, July -December 2015: Expanding Horizons Of Academically Stressed Adolescents Through Music Therapy By Enhancing Perceived Social Support And Academic Resilience’
21. Voice of Research, Vol. 3, Issue 4, March 2015, 531-548; Effect of Music Therapy on Intrinsic Motivation, Physical Self-Efficacy and Performance of Female Football Players
22. International Journal of English language, Literature and Humanities, Vol. II, Issue VIII, December 2014, 531-548: Comparative Study of Hindustani and Carnatic Music on Psychological and Physiological processes of Aggressive Adolescents
23. Diviner, Research journal of Humanities and Social Sciences, Vol. 11 , No. 2, Pg:149-156, July- Dec, 2014, 214-224: Perfectionism: A Vulnerable Factor in Fatigue among Late Adolescents

24. Journal of Psychosocial Research, Vol. 8, No. 2, 2013, 275-285: Occupational Self-Efficiency and Procrastination as Predictors of Occupational Stress among Female Lecturers.
25. A book "Stress to Resilience: A Passage through Music" has been published in September 2012 by Lambert publishing Company, Germany.
26. Music and Medicine October 2012; Vol. 4, No. 4, Pg.: 215-220: Academic Functioning of Slow Learners: A Music Therapy Intervention. SAGE Publication.
27. International journal of Fitness & Exercise Science: Efficacy of Music Therapy for Type A and Type B Hypertensives 2012 (Pg: 53-60)
28. Efficacy of Raga Darbari on Academically Stressed Adolescents” has been published as a chapter in Child and Adolescent Mental Health. (ISBN-13: 9788132109655). Publisher: SAGE Publications.
29. Music Therapy in the management of Hostile Aggression among Adolescents: A pilot trial" (Pg: 231-239), 2013 has been published as a chapter in a book “Stress and well-being in Adolescents”.
30. Pakistan Journal of Psychological Research, Islamabad, summer 2012, Vol. 27, Nos.1. Pg: 53-64. Use of Music Therapy for Enhancing Self-esteem among Academically Stressed Adolescents.
31. Journal of the Indian Academy of Applied Psychology, Jan.2012, Vol.38, No.2, 136-142: The Role of Perceived Social Support in Adolescents with Academic Stress.
32. Indian Journal of Social Science Researches, Vol. 8 No. 1-2, March & Oct. 2011, pp. 122-127. Gender differences in Procrastination and Academic Stress among adolescents
33. Indian Journal of Health & Well Being, December, 2011, Vol. 2, Issue 4, Pg 920-923: Diminution in Academic Stress of Adolescents with Academic resilience & Self Esteem.
34. International Journal of Business Management & Research, July-December 2011, Vol. 1, No.2, Pg 69-76. Sleep Deficit – The Greatest Performance Killer in Corporate World.
35. Journal of the Indian Academy of Applied Psychology, July 2011, Vol.37, No.2, Pg 277-282. “Stress Resiliency and Fatigue in Commandos: A Relationship Study”.
36. Otorhinolaryngology and Head and Neck Surgery, Vol. 7, No.2, Pg 12-15, Nov.-Dec. 2010. “Quality of life of hearing impaired in relation to learned helplessness and severity of hearing loss” (ISSN No.:0973-1024).
37. Indian Journal of Otology, Vol.16, June 2010. “Impact of Perceived Social Isolation on Hearing Impaired Individuals”
38. Coherence –A journal of Humanities & Sciences, Vol.1, No.1, Pg: 155-165, June, 2010. “The effect of Music Therapy practice by Academic procrastinators on Academic Stress”
39. Diviner, Research journal of Humanities and Social Sciences, Vol. 5 , No. 2, Pg:149-156, July- Dec, 2008, Chandigarh- Fatigue and cognitive failures in Organizational Setting
40. Pakistan Journal of Psychological Research, Islamabad, Vol.2, Nos.1-2, Pg: 23-34, 2007: Relaxation value of Music and Biofeedback in relation to Musicality.

41. Journal Punjab Academy of Sciences, 2 (1&2), Pg: 60-64, 2006, Punjabi University, Patiala- Efficacy of EMG Biofeedback on Obsessive Compulsive reaction- A Single Case Study.
42. Research Journal Social Sciences, Punjab University, Vol. 13, November 3, Pg: 119-127, 2005, Chandigarh – Music Therapy in relation to Mental Health: An Indian Perspective.
43. Personality Study & Group Behavior, Vol. 23, Pg.: 133-142, 2003, G.N.D. University, Amritsar – Relaxation Value of Music and Biofeedback Techniques in Relation to Extraversion.
44. Journal of Research & Application in Clinical Psychology, Vol. V, (I&II), 33-40, 2002, Delhi Uni. – A Study of preferred music on Psycho physiological Changes among Normal Individuals.
45. Paper entitled “Women Health: A Psychological Perspective” published in book “International Conference on Women and Development: Issues & Initiatives”, 2010 by Publication Bureau, Punjabi University, Patiala.
46. Chapter on ‘Environmental Perspective and Mental Health ‘Perspectives on Mental Health’ (2006)
47. Paper entitled “Prosaic Narrative of Women Empowerment – In Beam of Globalization” published in book “International Conference on Women and Development: Issues & Initiatives”, 2010 by Publication Bureau, Punjabi University, Patiala.
48. An article “Music Therapy as a Tension Releaser” was published in Indian Express – Chandigarh Edition.
49. Since 1993, wrote more than 50 Lessons in English and Punjabi Language in General, Experimental, Social and Abnormal Psychology.

Conferences/Seminars

1. Session Convener in the National Seminar entitled ‘Resurgent India: Emerging Business Strategies for Growth and Performance’ organized by School of Management Studies, Punjabi University patiala on 11.03.2022.
2. Paper presented ‘Gender Differences in Death Anxiety and Religiosity among Elderly’ at 57th International & 26th National IAAP Conference on “Relevance of Psychology in Pandemic Conditions & its Impact on Well-being in the digital world’ held at Mizoram Uni. Mizoram from 27th-29th Jan 2022.
3. Chairperson in a scientific session in 57th International & 26th National IAAP Conference on ‘Relevance of Psychology in Pandemic Conditions & its Impact on Well-being in the digital world’ held at Mizoram Uni. Mizoram from 27th-29th Jan 2022.
4. Paper presented ‘Psychological Distress and Wellbeing among Menopausal Women: A literature Review’ at ICSSR sponsored National Seminar on Stress Management: A Holistic Perspective, held at Akal University on 6th Dec 2021, Punjab.
5. Paper presented ‘The influence of COVID-19 Lockdown on stress, Coping and Substance Abuse among Drug Abusers’ at ICSSR sponsored National Seminar on Stress Management: A Holistic Perspective, held at Akal University on 6th Dec 2021, Punjab.

6. Chairperson on the panel session entitled Stress Management: A Panel Discussion, at ICSSR sponsored National Seminar on Stress Management: A Holistic Perspective, held at Akal University on 6th Dec 2021, Punjab.
7. Participated in Webinar entitled ‘Tobacco Use - Pleasure or Harm?’ organized by International Society of Substance Use Professionals on May 5, 2021.
8. Participated in Webinar entitled ‘Enhancing your Addiction Education and Early Career’ organized by International Society of Substance Use Professionals on June 15, 2021.
9. Participated in Webinar entitled ‘Mental Health of Youth and Substance Use: Self Harm and Suicide in Young’ organized by International Society of Substance Use Professionals on September 21, 2021.
10. Participated in Virtual Conference: Sustaining and Adapting Addiction Science to Virtual Realities organized by International Consortium of Universities for Drug Demand Reduction ICUDDR, USA July 20-21, 2021.
11. Chairperson on a technical session entitled ‘Applying Bio-Guided Music Therapy Principles to Peak Performance Protocols towards Self-Actualization’ during 56th International & 25th National IAAP Conference on “Actualizing Human Potential” held at Psychology Dept., Punjabi University Patiala from 18th-20th Feb, 2021.
12. Paper presented entitled ‘Dynamic Role of Negative Affect and Craving in Relapse among Drug Users’ presented at 56th International & 25th National IAAP Conference on “Actualizing Human Potential” held at Psychology Dept., Punjabi University Patiala
13. Resource Person for Technical session II during Two Days International Conference on ‘A conversation for Change: Human Rights, Youth and Drugs’ organized by the Centre for Human Rights and Duties, Panjab University, Chandigarh in collaboration with National Institute of Social Defense, Ministry of Social Justice and Empowerment, Government of India, New Delhi on 5th-6th Feb, 2020.
14. Paper presented entitled ‘Boredom Proneness: Role of Metamotivational States’ during two days International Conference on “Contemporary Issues in Social Sciences” organized by HMV Jalandhar, Feb 2-3, 2018.
15. Presented Paper entitled ‘Effect of Music on Psychophysiological Responses to Induced Failure during 5th International & 7th Indian Psychological Science Congress organized by National Association of Psychological Science, Oct 26-28, 2018.
16. Technical Session Chair in IAARHIES International Conference on War Literature: Revisioning Across Genres, organized by Govt. Mohindra College Patiala, Nov., 2018.
17. Keynote Speaker in 4th International Scientific E-Conference entitled ‘Global Education Research and Technology for Sustainable Development’ organized by Texila American University, 26-29th October 2017.
18. Co-coordinator in Technical Session II ‘Women in the Changing world: Psychological Issues’ at 9th International Conference on “Women in the changing world of work” organized by Women’s Studies Centre, Pbi. Uni , 22nd Nov., 2017.

19. Paper presented entitled 'Effect of Smartphone Addiction in Cognitive Failures among Adolescents' at 9th International Conference on "Women in the changing world of work" organized by Women's Studies Centre, Pbi. Uni., 22nd Nov., 2017.
20. Paper entitled "Social Connectedness in relation to Acculturative Stress among Ethiopian International University Students" presented at International Conference on "Diaspora and Development" held at Centre of Diaspora Studies, Punjabi Uni., December 2015, Patiala
21. Paper entitled "Role of Time Perspective in Work Life Balance of working women" presented at International Conference on "Empowering Women, Empowering Humanity" held at Women Study Centre, Punjabi University, December 2015, Patiala.
22. Paper entitled "Role of Time Perspective in Psychological Functioning of Adolescents in Sports" presented at International Seminar on "Sports Science Challenges and Endeavors" on held at Sports Science Department, Punjabi University, October 2015, Patiala
23. Paper entitled "Effect of Music Therapy on Intrinsic Motivation, Physical Self-Efficacy and Performance of Female Football Players" presented at International Seminar on "Sports Science Challenges And Endeavors" on held at Sports Science Department, Punjabi University, January 2015, Patiala
24. Paper entitled "Unethical behavior - A Psychological Trap" presented at National Seminar on "Ethics in Governance" on November 2014 held at Public Administration Department, Punjabi University, November, 2014, Patiala.
25. Paper entitled "Time Perspective and Sensation Seeking Behaviors in Emerging Adults" presented at International Conference of National Academy of Psychology at Christ University, December 10-12, 2012, Bangalore.
26. Paper entitled "Communicative Musicality and Emotional Health" presented at International Conference on Psychology of Music and Mental Health, Dept. of Psychology, Bangalore University, April 27-28, 2012, Bangalore.
27. Paper entitled "Music Therapy in the Management of Hostile Aggression among Adolescents: A Pilot Trial" presented at National Seminar organized by Dept. of Psychology, Sri Venkateshwara University, March 30-31, 2012, Tirupati, Andhra Pradesh.
28. Paper entitled "Self-regulation and procrastination as Correlates of problematic Internet Use" Presented at International Conference on International Conference on Applied Psychology of AAAP, February 24-25, 2012, Chandigarh.
29. Paper entitled "Perfectionism: A vulnerable factor in fatigue among late adolescents" presented at National Conference on Child & Adolescent Psychology at CMR CMMS College, February 10-11, 2012, Bangalore.
30. Poster entitled "Music: A Pathway to Higher Consciousness" presented at International Conference on Looking Within: Interdisciplinary Approaches to Consciousness, National Institute of Advanced Studies, January 5-7, 2012, Bangalore.
31. Paper entitled "Diminution in Academic stress of Adolescents with Academic Resilience and Self-esteem" presented at 1st International Online Conference on Psychology and

- Allied Sciences on New Horizons in Social Science Research, organized by Indian Association of Health, Research & Welfare, November 25-26, 2011, Hisar, Haryana.
32. Received Best Paper Award entitled “Occupational Self Efficacy and Procrastination as predictors of Occupational Stress among Female Lecturers” at National Conference on Revisiting the World of Work: The Interface of Psychology and Human Resource Development, Christ University, February 25-26, 2011, Bangalore.
 33. Received Best Paper award entitled “Academic Functioning of Slow Learners: A Music Therapy Intervention” at 46th National and 15th International Conference (IAAP) on Life Skills for Quality of Life, February 4-6th 2011 University of Mysore, Mysore.
 34. Paper presented entitled “Youth: Do we need Self Actualization or Self Affluenzation” at International Conference of NAOP on Mind, Culture and Human Activities: Psychological Sciences in Twenty First Century, December 12 -15, 2010, JNU, New Delhi.
 35. Paper presented entitled “Expanding Horizons of Academically Stressed Adolescents through Music Therapy” at 1st International ABA India Conference, December 11-12, 2010, Bangalore.
 36. Paper presented entitled “Affluenza: Happiness Lost” at International Conference on Enhancing Human Potential: Bio- Psycho- Social perspectives held at Punjab University, November 15-17, 2010 Chandigarh.
 37. Paper presented entitled “Women Health: A Psychological Perspective” at International Conference on Women and Development: Issues and Initiatives held at Punjabi University, March 26 -27 March, 2010, Patiala, Punjab.
 38. Paper presented entitled “Prosaic Narrative of Women Empowerment- In Boom of Globalization” at International Conference on Women & Development: Issues and Initiatives held at Punjabi University, March 26 -27 March, 2010, Patiala, Punjab.
 39. Paper presented entitled “Music Therapy: An Intervention for Enhancing Academic Resilience Among Stressed Adolescents” at 3rd International Conference on Music and Music Therapy held at VIMHANS, December 12-14, 2009, New Delhi.
 40. Paper presented entitled “Women Empowerment: National and State Level Support” at National Seminar on “Female Foeticide: Role of Society and Technology” held at Punjabi University, 20 - 21 February, 2009, Patiala, Punjab.
 41. Paper presented entitled “Role of Music Therapy in Sports Performance” at 3rd National Conference on “Opportunities and Challenges in Physical Education”, held at Punjabi University, 10 – 11 February, 2009, Patiala, Punjab.
 42. Presented a Paper entitled “Efficacy of Music Therapy on Hypertension: A Study of Type A & Type B Behavior Pattern at 2nd International Conference on Music Therapy held at Chennai, 15th November 2008.
 43. Presented a Paper entitled “Music, Mind and Music Therapy” at 2nd International Music Therapy Research Conference on “Making Connections: Exploring the relationship Between Music Therapy & Music Education” held at Wilfrid Laurier University, Ontario

44. Presented a paper in National Conference on “Community Mental Health: Issues and Challenges” Maharshi Dayanand University, Rohtak in Feb.22-23, 2008.
45. Presented a paper entitled “Fatigue and Cognitive Failure in Organizational Setting” in National Conference on “Applied Psychology: Recent Trends” held at Punjab University, Chandigarh in Feb 14, 2008.
46. Presented a paper entitled “Therapeutic Intervention for Aggression” in International Seminar on “Coping with Violence in Today’s World” held at Punjabi University, Patiala in February 2007.
47. Presented a paper entitled “Music Therapy and Academic Resilience” in IAAP sponsored National Conference on Mental Health held at Jai Narain Vyas University, Jodhpur in December 2006.
48. Presented a paper entitled “Psychological Interventions for Drug Abusers” in National Seminar on ‘Drug Abuse: It’s Causes & Effects’ held at Govt. College Panchkula in January 2006.
49. Presented a paper entitled “Music Therapy in Mental Health: An Indian Perspective” in UGC sponsored National Seminar on Mental Health Awareness: A Yogic Perspective” held at Sohan Lal D.A.V. College of Education, Ambala in October 2005.
50. Presented a paper entitled “Effect of TBF on Hypertension: A Study of Type A & B Behavior Pattern” in 8th International and 35th National Conference of IAAP held at Maharshi Dayanand University, Rohtak in July 2004.
51. Presented a paper entitled “A Case Study of NGO Umeed Khanna Foundation, Sangrur” in National Seminar on ‘Politico - Administrative in Punjab’ held at Punjabi University, Patiala in March 20-21, 2003.
52. Presented a paper entitled “Relaxation Value of Music & Biofeedback Techniques of Behavioral Medicine” in 2nd National Conference of Praachi Psycho-Cultural Research association held at Punjabi University, Patiala in April 1998.
53. Presented a paper entitled “A Study of Preferred Music of Psycho-physiological Changes among Normal Individuals” in Indian Science Congress Association and held at Punjabi University, Patiala in January 1996.