

Research Activities and Achievements: A Glimpse

Dr. Mandeep Kaur
Associate Professor
Department of Psychology
Punjabi University
Patiala. 147002.
9815656099(M)
0175-304-6318, 631
mandeeprandhawa@pbi.ac.in
D.O.B:15 Jan. 1979, Patiala



Ph.D. Research Topic: *Suicidal Ideation in relation to Personality, Anger and Family Environment* (2008), Supervised by Dr. (Prof.) B. S. Sandhu.

- * **Area of Specialization:** Social Psychology, Counselling Psychology
- * **Area of Research Specialization :** Research in Suicidal Ideation ; Guided Mental Imagery
- * **UGC Research Award** (2014-2016): *Altering Constellations Underlying Self-Harm: Therapeutic Efficacy of Psychological Imagery.* Amount Granted 2 lac

* **Awards:**

1. International Pride Award by Anti Corruption Association, Karnal on 5th Sept. 2021
2. Best Teacher Award by Gyan Jyoti Educational Society, Patiala on 5th oct.2021
3. Deepak Bhatt Award For best Paper in The 56th National and 25th International conference of IAAP (18-20 Feb.2021) organized by Department of Psychology, Punjabi University, Patiala.
4. Parman Patra for Contribution in Anti-Drug Awareness Campaign being run by STF. , Punjab Government on 15 August, 2019.
5. First Prize in Poster Presentation and Competition on “Japji Sahib: An Enlightenment towards Enhancing Mental Health” in National Seminar Organised by Department of Psychology, Punjabi University, Patiala .(Oct.2019)
6. University Medal for holding (M.A.) in Psychology Department, Punjabi University, Patiala.(2001)
7. Dharam Singh Kler Medal in Psychology (B.A.) in Govt. Mohindra College, Patiala.(1999)

Applied Field: Community work

1. Provided Assistance to Special Task Force, Punjab in the following area:-

- * Training of principal and teachers of various school of TaranTaran district during pilot project of Buddy program from 7th to 10th Dec2017.

- * The formulation of the educative and training content for school students and teachers related to the Buddy program
- * Organising role plays during the training of master trainer of DAPO program at MGSIPA, Chandigarh on 27th and 28th April 2018
- * The training of master trainer of various school, colleges, universities of Punjab during a 2 day training at MGSIPA Chandigarh on 7th and 8th Sept. 2018

2. Child Helpline initiated by Punjab State Commission for Protection of Child Rights (March 2019)

Chief Co-ordinator: Dr. B. S. Sandhu

As Subject Experts, provided telephonic counselling to school students who were facing stress in their academics and during examination.

3. Punjab State Tele-Counselling Helpline-COVID-19 initiated by Department of Social Security, Women and Child Development, Government of Punjab (March 2020) (Sswcd.punjab.gov.in)

As Mental Health Counsellor, provided Telephonic Counselling to individuals facing stress and anxiety during Lockdown in Punjab due to COVID-19.

4. COVID-19 Helpline-Punjabi University, Patiala

As Subject Experts, provided telephonic counselling to school students who were facing stress during lockdown in Punjab due to COVID-19

ARTICLES IN NEWSPAPER AND ONLINE PORTALS

1. Article on (title) in Danik Bhaskar, P-1, Patiala Edition, 2 May, 2020
2. Article on (title) in Ajit Smachar, P-04, Punjab edition, 11 May, 2020
3. "Self- Reflection: It's Time to Bridge Gap between Inner and Outer self" Published in different online news portals www.updatenownews.com, www.lineagetimes.com, www.cityairnews.com on 28th April, 2020 and blog "Strange stories".

CHAPTERS IN EDITED BOOKS

1. *Mental Health of Medical warriors: A Detailed Case Analysis of Pandemic God.* (2020). International Conference on COVID-19 Studies (June 21-23, 2020, Ankara, Turkey) Book issued on 23.6.2020 by IKSAD Publishing House. ISBN-978-625-7897-68-6

2. Mindfulness- Based Interventions for older Adults (31-10-2020, accepted for publication) in edited book titled" Trends in Sociology, Psychology and Anthropology (Volume-3)".
3. Japji Sahib: An Epic Bringing Ray of Hope during Pandemic COVID-19, in Book entitled Impact of COVID-19 on Economy, Business, education and Social Life, Volume 5, ISBN (India): 978-81-950963-2-9, date of Publication: 3/8/2021, Kindle ASIN: B0929J1 DLY, Date of Publication: 4/11/2021, Paperback: ISBN-13(USA): 979-8736450145, ASIN: B092MB8YFI, Date of Publication:4/11/2021.

Research Publications

- 1) Kaur, M. & Kaur, J. (2022). Ripple Effect of Infodemic at the Time of Pandemic COVID-19. The International Journal of Indian Psychology [(ISSN:2348-5396 (e), ISSN: 2349-3429 (P)].Vol.10, Issue 1.
- 2) Randhawa, M. & Kaur,J. (2021).Acknowledging Empty Nest Syndrome: Eastern and Western Perspective. Mind and SocietyISSN2277-6907 Vol.10, No.III &IV, Sep.&Dec.,2021,pp.38-42
- 3) Kaur, M. & Kaur,J.(2021). Reality Therapy: A Boon to Recuperate from the Empty Nest Syndrome. The International Journal of Choice theory and Reality Therapy: An On- Line Journal. Vol.XL, No.2, Spring, 2021, pp.46-62.
- 4) Kaur, M. & Feyissa, T. (2019). Self-Control And Bullying Behaviour Among Secondary School Students in Nekemte Town, Ethiopia .*Think India Journal*.ISSN:0971-1260 Vol-22-Issue-14
- 5) Kaur, M. & Kaur, I. (2019). Effect of emotional intelligence on happiness among hearing impaired adolescents. *Disabilities and Impairments-An Interdisciplinary Research Journal*. Volume 33(2) 2019,pp 145-154.
- 6) Kaur, M. & Feyissa, T.(2019).Role of Parental Monitoring in Bullying Behaviour among Secondary School Students in Nekemte town, Ethiopia .*European Journal of Business and Social Sciences*.Vol.7, Issue
- 7) Kaur, M. & Kaur, I.(2018). The Happy Silence! Happiness in hearing impaired adolescents. International Journal of Interdisciplinary Research and Innovations.Vol.6,Isue3,pp.665-671
- 8) Kaur, M. &Kaur, J. (2018). Role of Organisational spirituality in job satisfaction and organizational commitment among commercial pilots. Multi-Disciplinary International Journal -Remarking An Analisation.Vol.3, Issue 5, pp.65-68.
- 9) Kaur, M. & Kaur, A.(2018). Personality Resilience and Growth Initiative: Buffer against Acculturation Stress. International Journal of Recent Scientific Research.Vol.8,Issue,10,pp.21126-21133.(Impact factor.2017:7.383;Index Copernicus Value: 2016-8.25)

- 10) Kaur, M. & Singh, A.(2017). Experimental Substance Use in Young Adolescents: Family Processes as buffering agent. *Indian Psychological Review*, Vol.88, No.3, pp.137-144.
- 11) Kaur, M. &Kaur, I.(2015). Dysfunctional attitude and self blame: Effect on Self Blame and Self Conscious emotions among adolescents. *The International Journal of Indian Psychology*.Vol.3,Issue 1,pp.112-127
- 12) Kaur, M. & Kaur, I. (2016). Cyber victimization: Dark Side of Virtual World. *Indian Journal of Health and Wellbeing*.Vol.7, No. 11, pp. 1067-1070.
- 13) Kaur, M. & Rani, A. (2014). Impact of Homes and Hostels on Morality and achievement motivation of adolescents. *Journal of Psychosocial Research*. Vol. 9, No.2, pp.349-357.
- 14) Kaur, M. & Kaur, D. (2014). The Power of Organizational Spirituality: Its effect on Job Satisfaction, Quality of Work and Occupational Stress. *International Journal of Research in Organizational Behaviour and Human Resource Management*.Vol.2, No.2, pp.356-369.
- 15) Kaur, M. & Rani, A. (2014). School Bullying Experiences: Varying levels of Emotional Intelligence, Hostility and Suicidal Ideation among Children. *Bombay Psychologist, A journal of The Bombay Psychological Association*. Vol. XXIX, No.1x2,pp.38-48.
- 16) Kaur, M. & Singh, M. (2014). Personality Impetus to Managerial OCB: A Correlational Analysis. *Voice of Research*. Vol.2, No, 4, pp.34-36.
- 17) Sandhu, T., Kaur, M. & Kaur, P. (2014). Unheard Voices: Causal and Outcome Factors on Proneness to Abuse. *Humanities and Social Science Studies*.Vol.3, No.3, pp.76-83.
- 18) Kaur, M. & Rani, A. (2013). Caught in the Web: Exploring the Personality Dynamics. *Indian Journal of Psychology*. Special Issue, pp.170-185.
- 19) Kaur, M. & Kaur, P. (2013). Achievement Motivation, Study Habits and Inferiority among Children of High and Low educated Parents. *Indian Journal of Psychological Science*. Vol.3 (2), pp.90-102.
- 20) Sandhu, B.S., Kaur, M. & Kaur, P. (2012).Mystique of Mental Imagery: Road to Transcendence. *International Journal of Exercise Science*.
- 21) Kaur, M. (2012). Suicide Ideation and Loneliness among Senior Citizens. *Journal of Contemporary Educational Research and Innovations*. Vol. 2, No. 2, pp.34-36.
- 22) Kaur, M. & Kaur, P. (2012). Obesity: An Examination of Psychological Risk Factors. *Gorakhpur Social Scientist*. Vol.iii, No.2, pp.8-16.
- 23) Sandhu, B.S., Kaur, M. & Rani, A. (2012). A study of Attitudes towards the role of women in society. *Indian Journal of Psychology and Mental Health*. Vol.6, No.1, pp. 1-9.
- 24) Kaur, M. & Rani, A. (2012). Suicidal Ideation, Self-Esteem and Perfectionism: The Vicious Triad. *Voice of Research*, Vol. 1, No.2, pp.52-57.
- 25) Kaur, M. & Kaur, P. (2011). Job satisfaction: Does Personality have a role to play? Leadership Skills Parameters & Paradigms. An Anthology of Selected Papers presented at the International Seminar organised by Desh Bhagat Institute of Management & Computer Sciences, Mandi Gobindgarh, Punjab.

- 26) Kaur, M. & Kaur, S. (2007). Occupational Stress and Burnout among Women Police. *Journal of Community Guidance and Research*. Vol.24, No. 3, pp.235-242.
- 27) Kaur, M. & Kholi, S. (2006). Shyness & Self- Concept among high and low socioeconomic status adolescents. *Journal of Community Guidance & Research*. Vol.23, No.3, pp.269-278.

Research Supervised

* **No. of MPhil Guided:** 6

* **No. of Ph.D. Guided:** 12(7received Ph.D degrees , 5 Registered candidates)

1. Suicidal Ideation in adolescents: Therapeutic Efficacy of Mental Imagery(Parneet Kaur,2013)
2. Effect of Personality and Burnout on Organizational Citizenship Behaviour (Manpreet Singh, 2014)
3. Role of Emotional Intelligence in Psychogenic Needs, Psychache and Loneliness of Orphans(Anju Rani,2015)
4. Managing Cyber Bullying Victimization Of School Students: An Intervention Curriculum Approach (Inderpreet Kaur,2014)...Degree Awarded in 2018
5. Acculturation and Personality as Predictors of Academic Resilience and psychosocial Adaptation among Migrant Students. (Amanpreet Kaur, 2019 Viva completed).
6. Emotional Intelligence and Creativity as predictors of Happiness in hearing impaired adolescents. (Inderbir Sidhu, 2015) (Submitted)
7. Preventing Experimental Substance Use in Adolescents: Life-Skills Training Approach (Arshpreet Singh, 2015 In progress)
8. Efficacy of Reality Therapy In Recoupment from Empty Nest Syndrome (Jaismeen Kaur,2018 , In progress)
9. Facilitating Academic Functioning of School Students: Therapeutic Efficacy of Guided Imagery & Music Intervention (Tavanameet Kaur, 2017 In progress)
10. Role of Social Environment in Bullying Behaviour of Ethiopian Secondary School Students (Tefera FeyissaBiru, 2017)Notification received
11. De-Stressing the Caregivers of Disabled Children: Efficacy of Stress Inoculation Training (Aarti Khanna, 5th oct.2021)

12. Maladaptive Behaviour in Adolescents: Efficacy of Behaviour Modification Techniques (Ashwani, 5th Oct. 2021)

INTERNATIONAL SEMINAR\ CONFERENCE:

- 1) International Conference on "Women and Dev.: Issues and Initiatives at Punjabi University, Patiala on March 26-27, 2010.
- 2) International Conference on "Women and Child Issues: National and International Perspectives" at Punjabi University, Patiala, February 11-12, 2011.
- 3) International Conference on "Innovate-Lead-Succeed" at Desh Bhagat College on September 1 and October 1, 2014.
- 4) International Conference on "Mainstreaming Gender: Issues and Challenges at Punjabi University. Patiala on November 25-26, 2011.
- 5) International Conference of Applied Psychology at Punjab University, Chandigarh on February 24-25, 2012.
- 6) International Conference on Child and Adolescent Psychotherapy at Whitelands College, Roehampton University, London on July 16, 17 and 18, 2012.
- 7) International Conference on "Women and Dev." at Punjabi University, Patiala on November 22 and 23, 2013.
- 8) International seminar on " Sports Science: Challenges and Endeavours at Punjabi University, Patiala on February 9 and 10, 2015.
- 9) Effect of Frustration-Tolerance and Aggression on Competitive Anxiety in Sports" at International Seminar on Issues and Fitness Management at Department of Sports Science, Punjabi University, Patiala held on 28th October, 2015.
- 10) Gender Equality and Women Empowerment in Sports" at 8th International Conference on He or She: A Solidarity Movement for Gender Equality held at Punjabi University, Patiala on November 16-17, 2016.
- 11) "The Happy Silence! Happiness in hearing impaired adolescents" at 26th Annual Conference of National Academy of Psychology (NAOP), organized by IIT Madras, Chennai held during Dec 29-31, 2016.
- 12) "The Invisible Power: Improving Mental Health among women" at 9th international workshop on "Women in changing world of work: Planet 50-50 by 2030" held at Punjabi University, Patiala on November 22, 2017.
- 13) International Conference on " Women in Changing World of Work: Planet 50-50 by 2030 women studies centre, Punjabi University, Patiala on November 22, 2018.
- 14) The contrasting selves! effect of self-esteem on self-blame and self-conscious emotions" 106th Indian Science Congress to be held at Lovely Professional University, Jalandhar Punjab during 3-7 January 2019.
- 15) "Role of organisational spirituality in job satisfaction and organisational commitment among commercial pilots" presented at International Conference on Youth and well being held on 11-12 November, 2016 organised by Department of Applied Psychology Guru Jambheshwar University of Science and Technology, Hisar (Haryana). Published in "Remarking an Analisation" (Vol 3, Issue 5, August, 2019).
- 16) International conference on Psychology in Contemporary Sports, Health and Fitness Perspective organized by Department of Physical education , Punjabi university, Patiala on 28-30 Nov., 2019.

- 17) International conference (NAOP), Pondicherry University, Pondicherry, 20-23 Dec.2019.
- 18) Reality Therapy: A New Approach in Reviving from Empty Nest Syndrome” presented at XXIV Annual Convention of National Academy of Psychology, (NAOP), India and International Conference on “Making Psychology Deliverable to the Society” on 20th – 22nd December, 2019 organised by Department of Applied Psychology, Pondicherry University.
- 19) “Ripple Effect of Infodemic at the time of Infodemic” presented at International Conference on Covid-19 Studies organised by Institute of Economic Development and Social Researches, Ankara on 21st-23rd June, 2020.
- 20) “Virtual Classes: The Out-Turn of New Normal in School Student’s Health and Well Being” presented at International Webinar on Psychological factor in Sustainable Health and Well Being on 1^{7th} -1^{8th} June, 2020 organised by Faculty of Behaviour and Cognitive Sciences, Chaudhary Bansi Lal University, Bhiwani.
- 21) "Refilling the Emotional Well- Being Cup of Elderly" presented at 56th and National and 25th International Conference of Indian Academy of Applied Psychology (IAAP), 18th-20th Feb., 2021. Organised by Department of Psychology, Punjabi University, Patiala.
- 22) Pandemic Mental Fatigue: Revitalising Geriatric Population to Cope with the New Normal presented at 56th and National and 25th International Conference of Indian Academy of Applied Psychology (IAAP), 18th-20th Feb., 2021. Organised by Department of Psychology, Punjabi University, Patiala.
- 23) Participated in 57th National & 26th International Conference of IAAP (RCI - Accredited), organised jointly by the Department of Clinical Psychology and Department of Psychology, Mizoram University, 27-29th January, 2022.
- 24) Prevalence of Maladaptive Behaviour in Adolescents high on Anger presented in NAOP-IITB 2022 Conference on Psychology and Social Justice at Time of Covid-19 Pandemic: The State, Community and Individual Perspectives, 4-6 March, 2022,organised by IIT, Bombay.

Workshop/Lecture

- 1) lecture on Suicide Prevention at Holy Angels School, Rajpura on
- 2) Lecture on Suicide prevention Day, at Punjab School of Law, Punjabi University, Patiala on 20.9.21
- 3) Guest lecture on "Life Skills: Pathways to Success" in Mata Gujri College, Fatehgarh Sahib on 15 March,2019.
- 4) Guest Lecture on "Guidance and counselling" in K.V. no.1, Patiala Cantt. on June 6 2019.
- 5) Research Person at DAV Global School, Patiala on January 1, 2018.
- 6) Guest Lecture on Adolescent Mental Health on November 2, 2017 at Mata Gujri college, Fatehgarh Sahib.
- 7) Guest Lecture on "Aptitude Testing" in KV, no.1, Patiala Cantt on May 3, 2017.

- 8) Guest Lecture on Suicide Prevention on September 10, 2016 at Mata Gujri college, Fatehgarh Sahib.
- 9) Workshop on "Self- Enhancement" at WSC, Punjabi University, Patiala. Resource person of the Module "Toward Self-Management" on September 23, 2011.
- 10) NSS officers by NSS department Punjabi University, Patiala.
- 11) Lecture for NSS students by Mata Gujri college, Patiala, Sirhind.
- 12) Desh Bhagat College of Education, Bardwal (Dhuri).

Session Chair

1. Chairperson of one session in International Conference in Pondicherry University, Pondicherry, 20-23 December, 2019.
2. Session Chair at International Conference on Covid-19 Studies Organised by Institute of Economic Development and Social Researches held in August 26-27, 2020 in Paris.
3. Session Chair at International Conference on Covid-19 Studies organised by Institute of Economic Development and Social Researches, Ankara on 21st-23rd June, 2020.
4. Session Chair at 56th and National and 25th International Conference of Indian Academy of Applied Psychology (IAAP), 18th-20th Feb., 2021.