

BIO-DATA (Long-Format)

(For uploading on University web site www.punjabiversity.ac.in)

Blank Performa can be downloaded from the University website

1. Name : Dr. Mamta Sharma
2. Designation : Associate Professor
3. Department : Psychology
4. Date of Birth : 11.08.1969
5. Address for Correspondence : Department of Psychology
Punjabi University Patiala - 147002



Phones : 0175-3046318/19

Mobile : 09876-555-222

Fax :

E-mail : mamta_psychology@pbi.ac.in

drmamta1997@gmail.com

- 6 Areas of Specialisation : Behavioural Medicine, Physiological Psychology,
Counselling Psychology

7. Academic Qualifications:

Examination	Name of the Board/University	Year of Passing	% of Marks	Division Class/Grade	Subject
High School / Matric	PSEB	1983	77.5%	First	Maths, Science, Social Studies, English, Punjabi, Sanskrit
Intermediate	Punjabi University, Patiala	1984	54.7%	Second	Maths, Economics
B.A.	Punjabi University, Patiala	1987	57.2%	Second	Maths, Psychology Sanskrit(Opt.)
M.A.	Punjabi University, Patiala	1990	66.3%	First	Psychology
B.Ed.	Punjab University, Chandigarh	1988	65.3%	First	Maths, Punjabi
M.Ed.	Punjabi University, Patiala	2002	60%	First	Educational Psychology, Research & Statistics

8. Membership of Professional Bodies/Organisations

- i) Indian Academy of Applied Psychology (IAAP)
- ii) National Academy of Psychology (NAOP)

9. Medals/Awards/Honours/Received

- Keynote Speaker, International Scientific E-Conference, 2017 Texila American University
- Subject Matter Expert (SME), Texila American University.
- Member, Ph.D. Advisory Committee, Behavioural Science Program, Texila American Uni.
- Peer Reviewer, South American Journal of Psychology.
- International Judge, International Scientific E-Conference, Texila American University.
- Course Writer for Psychology Courses, IGNOU, New Delhi.

- External Subject Expert: Post Graduate Courses-Himachal Pradesh University, Shimla; Maharshi Dayanand University, Rohtak; Punjab University, Chandigarh; GNDU, Amritsar; Akal University, Talwandi Sabo, Punjab; Shri Guru Granth Sahib World University, Fatehgarh Sahib; Mata Gujari College, Fatehgarh Sahib

10. Details of Experience:

S. No.	Name of the Inst./Employer	Position Held	Duration	Major Job Responsibilities and Nature of Experience
1.	Punjabi University, Patiala	Associate Professor	27.08.2016 Onwards	Teaching & Research
2.	Punjabi University, Patiala	Assistant Professor	27.08.2004-26.08.2016	Teaching & Research
3.	Punjabi University, Patiala	Assistant Professor (Adhoc)	09.12.2002-26.08.2004	Teaching & Research
4.	Punjabi University, Patiala	Lecturer (Adhoc)	25.03.1996-31.12.1998	Teaching & Lesson Writing
5.	Punjabi University, Patiala	Lecturer (Adhoc)	08.01.1999-19.01.2000	Teaching & Lesson Writing

11. Published Work (Please specify numbers only):

- Research Papers i) National = 10
ii) International = 20
- Conference/Seminar Presentation = 34
- Books
i) Original : One

12. R & D Projects: Post Doctoral Research Project (NADA Centre of Music Therapy, Chennai): “Comparative Study of Hindustani and Carnatic Music on Psychological and Physiological Processes of Aggressive Adolescents”

13. Invited Talks/Articles

1. Conducted Workshop on “Stress Management” for College Lecturers, organized by Lal Bahadur Shastri College Barnala.
2. Invited lecture on “Personality Development” for College teachers organized by NSS Dept. Punjabi University Patiala.
3. Invited lecture on “Stress Management” for Police Trainee organized by Bahadurgarh Commando Centre, Patiala.
4. Invited as “Resource Person” in International Conference on “Diaspora and Development Empowering Women, Empowering Humanity” held at Centre of Diaspora Studies, Patiala.
5. Invited as International Judge during the 2nd International Scientific e-Conference- 2015 organized by Texila American University, Guyana, South America.
6. Invited lecture on “Shape Your Personality” for College teachers organized by NSS Dept. Punjabi University Patiala, June 2015.
7. Invited lecture on “Stress Management” for Police Personnel organized by Vigilance Dept., Patiala.
8. Invited lecture on “Expand Your Horizons” for college students of Mahindra College Patiala.
9. Invited lecture on “Stress Management” for Bank Employees of Punjab & Sind Bank Patiala.
10. Invited lecture on “Personality development” for College teachers organized by NSS Dept., Punjabi University Patiala.
11. Invited lecture on “Political Sustainability: Integration of the AIDS response within the national health system” organized by Alliance India, New Delhi.
12. Invited lecture on “Group Therapy” for ICTC counselors of Punjab
13. Invited lecture on “Family and Marital Therapy” for ICTC counselors of Punjab.

14. Invited lecture on “Personality development” for College teachers organized by Swami Vivekananda Group of Institutes, Banur.
15. Conducted Psychological Testing for students of DAV Public School, Patiala
16. Conducted Career Counseling and Vocational Guidance workshop for students of Guru Nanak Foundation School

14. Ph.D. Students guided/under guidance (Details) :

S. No.	Name of the Student	Title of Thesis	Year of Completion
1.	Harjyot Khosa	The Impact of Affluenza on Psychological Growth of Youth	2017
2.	Gagandeep Kaur	Procrastination, Perfectionism and Fatigue in Academics: A Music Therapy Intervention	2013
3.	Manisha Juneja	Quality of Life In Relation to Perceived Social Isolation and Learned helplessness in Hearing Impaired Individuals	2012
4.	Suman Rahi	Work-Family Conflict and Mental Health among Working Women: Moderating Effect of Social Support	Registered
5.	Tesfaye Garima	Effect of Parenting Styles and Hardiness on Academic Engagement and Achievement Motivation of Ethiopian Adolescents	Registered
6.	Davneet Kaur	Time Perspective and Self Regulation: Implications for Optimal functioning in organizations	Registered
7.	Manika Sharma	Health Promoting Behaviors Among College Students: Cognitive-Perceptual and Somatic Antecedents	Registered
8.	Simranjeet Kaur	Coping with failure: effect of metamotivational dominance and perceived control	Enrolled

15. M.Phil./M. Tech Students guided :

S. No.	Name of the Student	Title of Thesis	Year of Completion
1.	Gagandeep Kaur	Music Preferences of Different Personality Types: Effect on Cognitive Task Performance	2015
2.	Amarpreet Singh	Cybercognition: Exploring the Impact of Smart Phone Addiction on Digital Dementia in Teenagers	In Progress
3.	Ravneet Kaur	Time perspective and Procrastination: Effect on Psychological Needs of Adolescents	In Progress

16. List of Papers/Courses taught at P.G. and U.G. Level

S. No.	Paper	Class
1.	Physiological Psychology	M. A. Part I
2.	Environmental Psychology	M. A. Part I
3.	Practicals	M. A. Part I
4.	Counselling Psychology	M. A. Part II
5.	Health Psychology	M. A. Part II
6.	Practicals	M. A. Part II
7.	Ethics and Legal Issues in Counselling	PGDCA
8.	Guidance and counselling	PGDCA
9.	Practicals & Case Studies	PGDCA

17. Technical Proficiency

Proficient with Microsoft Office suite including Word, Excel, and Power Point

18. List of Papers Published

Paper Published:

1. International Journal of Psychosocial Research, Vol.5 Issue (1) July, 2016: Social Connectedness and Acculturative Stress in Relation to Psychological Well Being of Ethiopian Diaspora. ISSN No 2320-6381 Impact Factor 0.541
2. Voice of research, Vol. 4, Issue 3, December 2015: Disturbed Sleep Patterns and Self Worth in Youth: A Music Therapy Intervention (ISSN No 2277-7733, Impact Factor 0.929)
3. International Journal of English language, Literature and Humanities, Vol. III, Issue IX, December 2015: Affluenza: Happiness Lost! (ISSN No.: 2321-7065, Impact factor: 2.317).
4. 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” (ISSN No. 2277-1689, Impact factor 5.69)
5. 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 (ISSN No.: 2277-7733, Impact factor: 0.929)
6. 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 (ISSN No.: 2321-7065, Impact factor: 2.317).
7. 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 (ISSN No.: 0973-8320)
8. Journal of Psychosocial Research, Vol. 8, No. 2, 2013, 275-285: Occupational Self-Efficiency and Procrastination as Predictors of Occupational Stress among Female Lecturers. (ISSN No.: 0973-5410)
9. A book "Stress to Resilience: A Passage through Music" has been published in September 2012 by Lambert publishing Company, Germany. (ISBN 978-3-659-21338-0).
10. Music and Medicine October 2012; Vol. 4, No. 4, Pg:. 215-220: Academic Functioning of Slow Learners: A Music Therapy Intervention. SAGE Publication) ISSN: 1943-8621.
11. International journal of Fitness & Exercise Science: Efficacy of Music Therapy for Type A and Type B Hypertensives 2012 (Pg: 53-60) (ISBN: 978-81-302-0141-2)
12. 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, Publication date: 1/30/2013.
13. 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”(ISBN 978-93-313-1726-1).
14. 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. (ISSN No. 1016-0664)
15. 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. (ISSN 0019-4247).
16. 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 (ISSN No.: 09749837).

17. 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. (ISSN No.: 2229-5356).
18. 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. (ISSN No.: 2249-2143).
19. 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”. (ISSN 0019-4247).
20. 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).
21. Indian Journal of Otology, Vol.16, June 2010. “Impact of Perceived Social Isolation on Hearing Impaired Individuals” (ISSN No. 0971-7749).
22. 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” (ISSN No.:0976-5301).
23. 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 (ISSN 0973-8320).
24. 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. (ISSN No. 1016-0664).
25. Journal Punjab Academy of Sciences, 2 (1&2), Pg: 60-64, 2006, Punjabi University, Patiala – Efficacy of EMF Biofeedback on Obsessive Compulsive reaction- A Single Case Study. (ISSN No. 2229-7014).
26. 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. (ISSN No.: 0251-348X)
27. 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. (ISSN No.: 0972- 3803)
28. 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.
29. 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.
30. Chapter on ‘Environmental Perspective and Mental Health ‘Perspectives on Mental Health’ (2006)
31. 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.
32. An article “Music Therapy as a Tension Releaser” was published in Indian Express – Chandigarh Edition.
33. Since 1993, wrote more than 50 Lessons in English and Punjabi Language in General, Experimental, Social and Abnormal Psychology.

Papers Presented at Conferences/Seminars

1. 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 University, December 2015, Patiala
2. 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.

3. 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
4. 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
5. 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.
6. 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.
7. 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.
8. Paper entitled "Music Therapy in the Management of Hostile Aggression among Adolescents: A Pilot Trial" presented at National Seminar on Stress and well Being In Adolescents – Role of Psychology, Dept. of Psychology, Sri Venkateswara University, March 30-31, 2012, Tirupati, Andhra Pradesh.
9. 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.
10. 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.
11. 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.
12. 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.
13. 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.
14. 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.
15. Paper presented entitled "Youth: Do we need Self Actualization or Self Affluenzation" at International Conference of National Academy of Psychology on Mind, Culture and Human Activities: Psychological Sciences in Twenty First Century, December 12 -15, 2010, JNU, New Delhi.
16. Paper presented entitled "Expanding Horizons of Academically Stressed Adolescents through Music Therapy" at 1st International ABA India Conference, December 11-12, 2010, Bangalore.
17. 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.
18. 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.
19. 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.

20. 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.
21. 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.
22. 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.
23. 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.
24. 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 Canada
25. Presented a paper in National Conference on “Community Mental Health: Issues and Challenges” Maharshi Dayanand University, Rohtak in Feb.22-23, 2008.
26. 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.
27. 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.
28. Presented a paper entitled “Music Therapy and Academic Resilience” in IAAP sponsored National Conference on Mental Health held at Jai Narain Viyas University, Jodhpur in December 2006.
29. 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.
30. 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.
31. 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.
32. 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.
33. Presented a paper entitled “Relaxation Value of Music & Biofeedback Techniques of Behavioral Medicine” in Second National Conference of Praachi Psycho-Cultural Research association held at Punjabi University, Patiala in April 1998.
34. 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

Date: 26/10/2017



(Signature of the Teacher)