

## BIO-DATA (Long-Format)

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1. Name **Dr. Sukhminder Kaur**
2. Designation **:Assistant Professor**
3. Department **:Psychology**
4. Date of Birth **:08.09.1971**
5. Address for Correspondence **: H.No.557,Urban Estate, Phase -2  
Patiala**



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- 6 **Areas of Specialisation :Behavioral Medicine  
Health Psychology**

### 7. Academic Qualifications :

Sr. no.	Degree Held	Year	Board/Univ./ Inst.	Div./ Rank	Subjects Taken
1	Matriculation	1986	PSEB	2nd	English, Punjabi Hindi, Maths , SST, Science
2	10+2	1988	PSEB	2nd	English, Punjabi ,Political Science History, Economics
3	BA	1991	Punjabi University, Patiala	2nd	English, Punjabi, Psychology, Economics, English literature
4	MA	1993	Punjabi University ,Patiala	2nd	Psychology
5	M.Phil.	1997	Punjabi University ,Patiala		Personality. Socio-Cultural Modernization and Psychological Stress among Female Educators
6	Ph.D.	2001	Punjabi University ,Patiala		Behavioral Medicine in Hypertension: A Study of Type A and B Individuals

**8. Membership of Professional Bodies/Organisations**

- i) Indian Academy of Applied Psychology
- ii) Indian Academy of Psychometrics and Education

**9. Medals/Awards/Honours/Received**

- i) .....
- ii) .....

**10. Scholarships:**

- i) .....
- ii) .....

**11. Details of Experience:**

S. No.	Name of the Inst./Employer	Position Held	Duration	Major Job Responsibilities and Nature of Experience
1.	Shanti Tara College Ahmedgarh ,Ludhiana	Lecturer	4 months	Teaching
2.	Department of Sports Science, Punjabi University, Patiala	Part time lecturer	2 years	Teaching
3.	Department of Psychology, Punjabi University, Patiala	Sr. Technical Assistant	2 years	Counselling
4.	Department of Psychology, Punjabi University, Patiala	Assistant Professor	Since Dec.2006	Teaching and research
5.				

**12. Published Work (Please specify numbers only) :**

- a. Research Papers i) National =12  
ii) International = 03
  - b. Conference/Seminar Presentation =39
  - c. Books
    - i) Original :
    - ii) Edited :
- (Please attach the list)

**11. R & D Projects**

- i) .....
- ii) .....

**12. Invited Talks/Articles**

- i) .....
- ii) .....

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

<b>S. No.</b>	<b>Name of the Student</b>	<b>Title of Thesis</b>	<b>Year of Completion</b>
1.	Sandeep kaur	Controlling Reactive Aggression in Adolescents: An EMG Biofeedback Training Approach.	2014
2.	Raspreet Kaur	Effect of EEG Biofeedback Training On Behavioral Correlates of Disturbed Sleep Patterns Among Female Adolescents.	2016
3.	Gurbinder Kaur	Role Of Social Environment in Abstract Intelligence And Metacognitive Skills of Children.	2016
4.	Chandni Rani	Role Of Personality, Meta Cognitive Awareness and Emotional Intelligence in Creativity.	Under Guidance
5.	Ramanpreet Kaur	Metacognition and Behavioural Regulation of Academic Procrastinators: An EEG Biofeedback training approach	Under Guidance
6	Thomas Ayna Dano	Role of Temperament , Metacognition and Social Emotional Skills in Internet Usage among Ethiopian students	Under Guidance
7	Chitra Arora	Role of Metacognition and Hardiness in the interplay of Competence Motivation and Entrepreneurial Orientation	Under Guidance

**14. M.Phil./M.Tech Students guided :**

<b>S. No.</b>	<b>Name of the Student</b>	<b>Title of Thesis</b>	<b>Year of Completion</b>
1.	Sandeep Kaur	Emotional Intelligence and Academic Achievement of Adolescents: Role of Parents Personality.	2012
2.	Kamaljeet Kaur	Effect of Personality And Family Environment on Attachment Styles	2014

		of Young Adults.	
3.	Jasreet Kaur	Role of Personality, and Academic Stress in Sleep Patterns of Internet addicts	2015
4.	Ravneet Kaur	Role of Intelligence and Emotional Intelligence in Creativity among Rural-Urban School Students	2015
5.	Harmilan Kaur	Personality and Social Emotional Competencies as Predictors of Impression Management	2016
6.	Harpreet Kaur	Emotional Intelligence and Stress Resiliency: Role of Child rearing practices	2017

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

S. No.	Paper	Class
1.	Physiological Psychology	M.A. 1(Sem-1)
2.	Guidance and Counselling	PGDCP
3.	Experimental Designs	M.A.)Sem-2)
4.	Personality Theories	M.A.2 Sem-3)
5.	Practicals	M.A.2 Sem-3

**16. Technical Proficiency**

Not more than 100 words
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**17. List of Papers Published :-**

1. Sharma, M. and Kaur, S. (2005). Music Therapy in relation to Mental Health: An Indian Perspective. *Research Journal of Social Sciences*. Vol. 13 (3).
2. Kaur, S. (2006). Behavioral Medicine in Mental Health. *Prospects of Mental Health*, H.P. Bhargava Book House, Agra. (ISBN: 81-89442-29-5).

3. Kaur, S. and Sharma, M. (2006). Efficacy of EMG Biofeedback on Obsessive-compulsive disorder. A Single Subject Study. *Journal of Punjab Academy of Sciences*. Punjabi University, Patiala.
4. Kaur, S. (2006). Role of Personality and Socio-Cultural Modernization in psychological Stress among Female Educators. *Psycholingua*, Vol.36 (2).
5. Kaur, S. and Singh, A. (2008). Effect of Temperature biofeedback of type A and B hypertensive Patients, in Praachi *Journal of psycho-cultural dimensions*.
6. Kaur, S. and Kaur, R. (2011). Best HR Practices in India. *In Strategic Management Business Development: Issues and Prospects*, Excel India Publishers. (ISBN-978-93-80697-99-4).
7. Sharma, M. and Kaur, S. (2012). Efficacy of Music Therapy For type A and type B Personality Hypertensive. *International Journal of Fitness & Exercise*, 1, 58-66. (ISBN-978-81-302-0141-2).
8. Kaur, S. and Kaur, S. (2013). Parental Personality: An Index of Success at School among Adolescents *Diviner: A research journal of Humanities and Social Sciences*. ISSN0973-8320
9. Kaur, S. and Kaur, G. (2013). Media's Influence on Women: A Psychological Perspective Punjabi sahit sabyachar ate media: aurat da akas ISBN 978-93-5068-220-3
10. Kaur, S. (2014). 10 entries in Psychology Section of Children's Encyclopedia (Social Science) *Bal Vishwa Kosh ,Deptt. Of Development of Punjabi Language,PUP*
11. Kaur, S. and Kaur, R. (2015 ).Shyness in female adolescents: A music therapy approach *Indian Journal of Pschometry and Education*. Vol, 46(1), ISSN 0378-1003
12. Kaur. S. and Rani, C. (2015). Exploring Psychological Health of Orphan adolescents: A Comparative analysis *International Journal of English Language, Literature & Humanities* ISSN 2321-7065
13. Kaur,S. and Rani ,C. (2015). Family Environment in relation to mental health and marital adjustment among rural women of Punjab *Voice of Research* ISSN :2277-7733
14. Sharma,V. and Kaur ,S. (2016).Spiritual Wellness Among Aggressive Adolescents: Efficacy of Raga Bhairavi. *Psychomusicology: Music, Mind, and Brain* American Psychological Association

15. Sandhu ,B. S., Kaur, S. And Kaur, G. (2016) Familial influences on Abstract Intelligence and Metacognitive Skills. I nternational Journal of Behavioral Sciences ISSN 0971-3190

ਜੁਖਿੰਦਰ ਕੌਰ

28/10/2017

(Signature of the Teacher)