

BIO-DATA (Long-Format)

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1. Name : Dr Nalini Malhotra
2. Designation : Assistant Professor
3. Department : Psychology
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- 6 Areas of Specialisation : Experimental and Cognitive Psychology, clinical Psychology,
Criminal Psychology

7. Academic Qualifications :

Sr. no.	Degree Held	Year	Board/Univ./ Inst.	% of marks	Div./ Rank	Subjects Taken
1	Matric	1986	P.S.E.B	71%	Distinction-Ist Div	Punjabi,Hindi,English,Maths, Science,Social Studies
2	B.A	1991	G.N.D.U,Asr	69%	Merit Position,Ist Div	Punjabi, English,Psychology,Sanskrit,Economics
3	B.A(Hon's)	1991	G.N.D.U ,Asr	72%	Ist in University	PSYCHOLOGY HONOURS
4	M.A	1993	Panjab Univ,CHD	65%	Ist Div	Clinical Psychology,Counselling Psychology,Psychotherapy,Motivation
5	PGDPC	1995	Coimbatore	66%	Ist Div	Psychological Counselling and Psychotherapy
6	Ph.D	2002	Panjab Univ,CHD	-----	-----	Power motive and its relationship with affective arousal in power arousingand neutral situation
7	SLET-UGC	1995	NET			

8. Membership of Professional Bodies/Organisations

- i) Member of Indian Association of Clinical Psychologists(IACP-LAM 132)
- ii) Member of Delhi Association of Clinical Psychologists(DACP)
- iii) Fellow member of International Association of Holistic Psychology(IAHP-JA09AMF006)
- iv) Member National Academy of Psychology
- v) Life Member,The Indian Society of Criminology(Regd.No.303/1970), University of Madras,CHENNAI
- vi) Member,Society of Behavioral Scientists,Agra
- vii) Indian School Psychology Association(InSPA),Life Member-208/2014
- viii) Member of Panjab University Alumni Association(PUAA)
- ix) Member of Punjab Police Academy(PPA),Phillaur

9. Medals/Awards/Honours/Received

- i) Gold Medal (Psychology Hon's) and 2 Merit positions

ii) **Best Paper Award in the National Conference on Recent Advancements in Cognitive Science (2008) at B.H.U, Varanasi.**

Iii) **Best Paper Award in 35th National annual conference of Indian association of Clinical Psychologists at Sweekar Academy of Rehabilitation sciences,Secunderabad (2009).**

10. Scholarships:

i) **Post Graduate University scholarship holder**

11. Details of Experience:

S. No.	Name of the Inst./Employer	Position Held	Duration	Major Job Responsibilities and Nature of Experience
1.	A.P.J College, Jalandhar	Lecturer	2 yrs	Teaching and Administration
2.	K.M.V Jalandhar	Lecturer	1 yr	Teaching
3.	H.M.V Jalandhar	Lecturer	3 yrs	Teaching and Administration work
4.	D.A.V Institute of Physiotherapy	Guest Faculty	5 yrs	Teaching Professional
5.	PPA, Phillaur	Lecturer	1 yr	Teaching and Training Police Personnel
6.	Saini Neuro Psychiatric Hospital, Jalandhar	Psychologist	3 Yrs	Counselling Psychiatric Patients
7.	Punjabi University	Assistant Professor (Stage-1)	18.03.2005 to 18.03.2009	Teaching and Research
8.	Punjabi University	Assistant Professor (Stage-11)	18.03.2009 to 18.03.2014	Teaching and Research
9.	Punjabi University	Assistant Professor (Stage-111)	18.03.2014 to till date	Teaching and research

12. Published Work (Please specify numbers only) :

a. Research Papers=26

i) National = 20

ii) International =6

b. Conference/Seminar Presentation =60

i) National = 33 ii) International =27

c. Books

i) Chapters in books: 02

11. R & D Projects

i) -----

12. Invited Talks/Articles

Fifteen (Patiala, Jalandhar,Ludhiana,Banur, Morinda ,Phillaur , Mandi Gobindgarh, Barnala.)

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

S. No.	Name of the Student	Title of Thesis	Year of Completion
1.	Amitpal Kaur	Social and Personal Correlates of Problem Behavior among Adolescents	2013
2.	Ruby Gupta	Assertiveness Training Programme:A Catalyst in Instilling Effective Functioning	2013
3.	Jasleen Kaur	Role of Family and Mass-Media in Delinquent Behavior	2016
4.	Ravneet Kaur	Enhancing Social-Emotional Functioning of Adolescents using Rational Emotive Education	2017 Thesis Submitted
5.	Rahul	Effectiveness of Stress Inoculation training for Police Personnel :Cognitive and Affective Perspective	Ongoing
6.	Harjinder Kaur	Social Emotinal Disturbances of	Ongoing

		Adolescents: Cognitive, Social and Emotional Perspective	
7.	Amandeep Kaur	Psycho Social Correlates of Cigarette Smoking among Adolescents	Ongoing
8.	Kefale Seifu	Psychological Correlates of Acculturative Stress among Ethiopian International Students in India	Ongoing
9.	Jasreet Kaur	Enrolled	Enrolled
10.	Garima Chauhan	Enrolled	Enrolled

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

S. No.	Name of the Student	Title of Thesis	Year of Completion
1.	Rakhi	A Study of Adolescents' Inter Personal Relationships with Depression and Self Esteem in Intact Vs. Non-Intact Families	2009
2.	Mohd. Khalid	A Study of Body Dysmorphic Disorder and its Correlates	2009
3.	Himani	Assessing Life Stressors and Social Resources in Relation to Psychological Problems among Adolescents	2012
4.	Shelly Khurana	A Study of Machiavellianism: Correlates	2014
5.	Rupleen Kaur	Cognitive and Affective Correlates of Subjective Well-Being Among Adolescents	2016
6.	Manpreet Kaur	Predictors of Interpersonal Relationships among Adolescents; Emotional intelligence	Ongoing

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

S. No.	Paper	Class
1.	Cognitive Psychology	M.A-1
2.	Personality Assessment	M.A-11
3.	Child Psychopathology	M.A-11
4.	Clinical Psychology	M.A-11
5.	Physiological Psychology	M.A-1
6.	Personality Theories	M.A-1
7.	Criminal Psychology	M.A-11
8.	Experimental Psychology	M.A-1
9.	Experimental Designs in Psychology	M.A-11
10.	Psychopathology	M.A-11
11.	Forensic Psychology	MSc-1(Sem-11)
12.	Counselling Application	PGDCP
13.	Counselling Skills	PGDCP
14.	Ethical and Legal issues	PGDCP
15.	Health and Social Psychology	BP.T(1st yr)
16	Health Psychology	M.A-II

16. Technical Proficiency

Teaching and Research, Conducting Workshops & providing Counselling.
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**17. List of Papers Published
(Please attach the list)**

Date: __/__/____

(Signature of the Teacher)

Papers Presented in Conferences, Seminars, Workshop

Research Papers Published

S.No.	Title with Page No.s	Journals	ISSN/ISBN No.	Whether Peer reviewed impact Factor, if any
1.	Adolescents Problem Behaviour: Role of Family Functioning & Interpersonal Relationship, Vol.4, No.2, 75-81. (2014)	Indian Journal of Psychology Science	ISSN-0976-9218	Yes Indexed & listed at: Ulrich's periodicals directory @, proquest, USA.
2.	Assessing Life Stressors in Relation to Psychological Problems among Adolescents, Vol.5, Issue-2,200-203. (2004)	Indian Journal of Health & Well Being.	ISSN-p-2229-5356 e-2321-3698	Yes
3.	Mass Media Socialization and Delinquent Behaviour, Vol.2 (4),327-330, December-2014	International Journal of Social Science Review	ISSN-2347-3797	Yes UGC approved journal, clause 6.0.5 (i)
4.	Machiavellinism in relation with power motive among adolescents, Vol 3(1), 156-158, March-2015.	International journal of social sciences review	ISSN-2347-3797	Yes UGC approved journal, clause 6.0.5 (i)
5.	Rational emotive approaches among adolescents: Review, Vol 6(4), 448-450, April-2015.	Indian Journal of Health & Well Being	ISSN-p-2229-5356 e-2321-3698	Yes
6.	Examining the relationship of irrational beliefs with social emotional skills, Vol 7(7), 714-716, july-2016.	Indian Journal of Health & Well Being	ISSN-p-2229-5356 e-2321-3698	Yes
7.	A study of Machiavelliansim and emotional intelligence in adolescents, Vol 4 (1)41-48, October – December-2016.	The international journal of Indian Psychology	ISSN-p-2329-3429 e-2348-5396	Yes
8.	A study of mental toughness in association with subjective well-being among adolescents, Vol 8(1), 25-30, January-2017	Indian journal of psychological science	ISSN-0976-9218 Internationally indexed listed, Double blind reviewed and refereed journal.	Yes
9.	Perception of family functioning and mass ,media socialization between group of delinquent and non- delinquent , Vol 5(1), 27-31, March-2017.	International journal of social sciences review	ISSN-2347-3797	Yes UGC approved journal, clause 6.0.5 (i)
10.	Mental toughness in relation with mental health of sports persons, Vol.5, No.6-1,2017,pp.1-4, March-2017.	American Journal of sports Science	ISSN-2330-8559(print) 2330-8540(online)	yes

S.No.	Title of the Paper Presented	Title of the Conference/ Seminar	Organised by	Whether International/ National/ State/ Regional/ College or University Level
1.	Social emotional skills as a way to direct young minds.	Promoting Excellence in Woman and Development: The way forward for Progress (30-31 Oct, 2014)	Women's Studies centre at Punjabi university, Patiala	National
2.	Importance of physical activities in relation to adolescent's wellbeing	Sport Science: Challenges and Endeavors (9-10,2014)	Department of sports science at Punjabi university,Patiala	International
3.	3 papers entitled . 1).The relationship between general mental health and job satisfaction in Nurses. 2). A study of relationship of family functioning with adolescent's wellbeing. 3). Perspective of irrational beliefs in context with social emotional skills among adolescents.	Mental Health, Religion and Culture: A psychological paradigm (7-8, March,2014).	Department of psychology Govt. College Malerkotla.	National
4.	Mental Toughness among Sports	Seminar on issues &	Department of sports	International

	persons: Review	Fitness management (28 th October,2015),	science, Punjabi university, Patiala	
5.	Addressing the issues of juvenile delinquency among females.	7 th conference on empowering women, empowering humanity (11 th December,2015)	Department of Psychology, Punjabi University Patiala.	Internaitonal
6.	Machiavellianism in relation with power motive among adolescents	4 th conference on psychology and allied sciences on positive schooling: A heaven for Holistic development (16-18 th January,2016)	Indian association of health, research and welfare	International
7.	Highlighting the role of irrational beliefs in academic setting.	Conference on skill india: Knowledge & Education (human and social capital formation in emerging india 1-2 nd February,2016).	Department of education & community services. Punjabi University, Patiala.	National
8.	A Study of the Association between Cigarette smoking and physical fitness	Global conference on scientific culture in physical education and sports (18-20 th February ,2016)	Department of physical education, Punjabi university, Patiala.	International
9.	Review of Social change in criminal behaviour	48 th session of Punjab history conference (4-6 th march,2016).	Department of Punjab historical studies, Punjabi university, Patiala.	National
10.	Computation review	Conference on recent trends in computing (ICRTC-2016), 30-31 st , August,2016.	Department of Computer Engineering, Punjabi university, Patriala.	International
11.	A study of mental toughness in association with subjective well-being among adolescents.	3 rd international and 5 th indian psychological science congress (28-30 september,2016).	National association of psychological science- India (Hosted by Department of psychology, P.G.Govt. college sector-46, Chandigarh.	International
12.	Understanding and managing police stress: A road map for reforms	Conference on Reforms in the 21 st century: Development & Prospects (10 th October,2016).	Department of Public Administration, Punjabi university, Patiala.	International
13.	The relational study of emotional intelligence and subjective well-being of adolescents.	Conference on youth and well being (11-12 th , November,2016).	Department of Applied Psychology, Guru jambheshwar University, Hisar.	International
14.	Examining the relationship of irrational belief with social-emotional skills.	8 th conference of He for She: A solidarity movement for gender equality (16-17 November, 2016)	Women studies centre, Punjabi university, Patiala	International
15.	Study of Burnout in Relation with the Psychological general well being of police personnel.	35 th annual conference of indian society of professional social work on the theme: Social stress, Resilience and mental health)9-11 th February ,2017)	Department of Psychiatry, GMCH, Chandigarh.	National
16.	Cyber Security: Role of Psychological Variables	Seminars on Cyber Security in India: Challenges & Response (1 st March, 2017)	Department of Defense & Strategic studies, Punjabi University, Patiala.	National
17.	Stress Resilience in Relation with emotional intelligence among Advocates	50 th conferences on Women Studies & Social sciences(9-11 th March,2017)	International multidisciplinary research foundation (IMRF) in collaboration with	International

			centre for research education, diplomacy research & policy foundation. IMRF Chandigarh Chapter, India.	
18.	Mental health among Sports Persons: Review	Seminar- Cum-Workshop on advances in applied sports psychology (18-19 th march 2017).	D.A.V college, sector-10, Chandigarh, under the aegis of sports psychology associations of india (SPAI)	National