

## BIO-DATA (Long-Format)

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1. Name : Dr Tarika Sandhu
2. Designation : Assistant Professor
3. Department : Psychology
4. Date of Birth : 17 August 1978
5. Address for Correspondence : Department of Psychology,  
Punjabi University Patiala.



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Photograph

- 6 Areas of Specialisation : Personality Assessment, Creativity and Giftedness; Gender Perspectives.

### 7. Academic Qualifications :

Examinations	Name of the Board/University	Year of Passing	Division
Matric	ICSE	1995	Ist
Intermediate	PSEB	1997	IInd
Graduation-B.A.	Punjabi University	2000	Ist
Post-Graduation	Punjabi University	2002	Ist
PG Diploma in Guidance and Counselling	Punjabi University	2004	Ist
NET + JRF	UGC	2005	-
Ph.D.	Punjabi University	2010	-

### 8. Membership of Professional Bodies/Organisations

- Member of World Council for Gifted and Talented Children.
- Member of American Psychological Association (APA) 2016.
- Member of National Academy of Psychology (NAOP, India).
- Life member of Indian Academy of Applied Psychology.
- Life member of Praachi Psycho-Cultural Research Association, India.
- Life member of National Environmental Science Academy.
- Affiliate membership to the Indian Psychoanalytic Association.

### 9. Medals/Awards/Honours/Received

- i) Daughter of New India Award, District of Patiala, Beto bachao Beto Padhao.

**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.	Punjabi University	Sr.Technical Assistant (Counsellor)	Aug 2004- Sep 2006	Counselling
2.	Punjabi University	Assistant Professor	Sep 2006- Till date	Teaching and Research
3.				
4.				
5.				

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

- a. Research Papers i) National = 12  
ii) International = 11
- b. Conference/Seminar Presentation i) National = 19  
ii) International = 15

c. Books

i) **Book Chapter:** Sandhu, T. (2006). Mental Health of Women-post female feticide. In H. Bhargava & R. Raina (Eds.), *Prospects of Mental Health*, Agra: H.P. Bhargava Book House.

ii) **Entries for Encyclopedia:** Sandhu, T. (2006). 9 entries. Children Encyclopedia (Social Sciences). Punjabi University: Department of Development of Punjabi Language.

**11. R & D Projects**

- i) UGC Research Award 2016-2018, titled “Emotional Development as Predictor of Personal Social Capital in the Gifted”.

**12. Invited Talks/Articles**

- i) Resource Person at 8 Workshops/Seminars

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

S. No.	Name of the Student	Title of Thesis	Year of Completion
1.	<b>Kanwaljeet Kaur</b>	Academic Self Esteem of High School Students: Cognitive, Affective, and Personality Correlates.	<b>2015</b>
2.	<b>Nayanika Singh</b>	Intra Psychic Predictors of the Individuation Process in Adults	<b>Pursuing</b>
3.	<b>Sukhjeevan Kaur</b>	Personality Typology and	<b>Pursuing</b>

		Cognitive Complexity as Predictors of Self Actualization	
4.	<b>Shaina Kapoor</b>	Personality Types and Self-Regulation: Implications for Creativity	<b>Pursuing</b>
5	<b>Shweta Prashar</b>	Dynamics of Flow State amongst Creatively Gifted in terms of Mindfulness, Personality and Emotional Development.	<b>Pursuing</b>

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

S. No.	Name of the Student	Title of Thesis	Year of Completion
1.	<b>Sachkaran</b>	Creativity and Self-Regulation in Identical and Fraternal Twins	
2.	<b>Vineet</b>	Self-Regulation and Creativity in relation to Personality of the Scientifically Gifted	
3.	<b>Neeru</b>	Role of Marital Adjustment and Work Family Conflict in Perceived Parenting Stress of Working Women	
4.	<b>Amanpreet Kaur</b>	Parental Authority Prototype and Creativity Styles: An Androgyny Perspective.	
5.			

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

S. No.	Paper	Class
1.	Theories and	<b>MA 1</b>

	Systems in Psychology	
2.	Personality Assessment	MA 2
3.	Personality Theories	MA 2
4.	Environmental Psychology	MA 1
5.	Guidance and Counselling	Post Graduate Diploma in Guidance and Ciunselling
6.	Self and Personal Growth	Post Graduate Diploma in Guidance and Ciunselling
7.	Applied Social Psychology	MA 1

## 16. Technical Proficiency

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## 17. List of Papers Published

1. Sandhu, T. & Prashar, S. (2016) Personality Of Creatively Gifted. *Intl. Jl. of Behav. Sci.* 28-31(1-2): 23-33.
2. Sandhu, B.S., & Sandhu, T. (2015). Effect of Crowding on Exercise Self-Regulation in Females. *Personality Study and Group Behavior*, Vol. XXXV, 45-56.
3. Sandhu, T. (2015). Effect of Work Family Conflict And Marital Adjustment On Parenting Stress In Working Women. *Personality Study and Group Behavior*, Vol. XXXV.
4. Sandhu, B.S., & Sandhu, T. (2015). Self-Regulation and Creativity in Elementary School Children: Twin Study Analysis. *Journal of Human Behaviors and Development Issues* Vol. 2 (1), pp: (18-23). ISSN 2349-8366.
5. Tarika, S. (2015). Personological Basis for Higher Education Preferences in University Students. *International Journal of Interdisciplinary Research and Innovations* Vol. 3 (2), pp: (56-62). ISSN 2348-1226 (online) ISSN 2348-1218 (print).
6. Sandhu, T. & Kaur, V. (2015). Eve Self-Objectification: A Dysfunctional Search for Self-Actualization. *International Journal of Social Science and Humanities Research* Vol. 3 (2), pp: (268-278). ISSN 2348-3156 (Print), ISSN 2348-3164 (online).
7. Sandhu, T. & Kaur, V. (2015). Scientific Giftedness: Exploring the creativity correlates. *Journal of Contemporary Psychological Research*, Vol. 2 (2), 6-19.
8. Sandhu, T. & Kapoor, S. (2014). Symbolism as an expression of religious spiritual development amongst the deaf. *International Journal of Children's Spirituality*, DOI: 10.1080/13644 36X 2014. 922463
9. Sandhu, B.S., Sandhu, T. (2014). Rorschach protocols of subjective experience of wellbeing in high creatives. *Journal of Indian Health Psychology*, Vol. 9(1).
10. Sandhu, T., Kaur, M. & Kaur, P.C. (2014). Unheard Voices: Causal and outcome factors on Proneness to Abuse. *Humanities and Social Science Studies*, 76-83.
11. Sandhu, B.S., Sandhu, T., Kaur V. (2014). Unveiling the Scientifically Gifted Personality. *International journal of Psychosocial Research (IJPSR)*, 1(3), 142-147.
12. Sandhu, T. (2014). Self-regulation in Yoga: Expansion of Possibilities unlimited. *Voice of Research*, 2, 20-21.
13. Sandhu, T. (2013). The "Terrorist": Selfhood denied and fragmented. *International Journal of Advanced Research in Management and Social sciences*, 2(8), 77-81. ISSN: 2278-6236.

14. Sandhu, B.S., & Sandhu, T. (2013). Comparison of Personality Profiles of Young Scientists and Artists. *Journal of Human and Work Management*, 1(1), 78-81.
15. Sandhu, T. & Kapoor, S. (2013). Religiosity- A convenient fiction for a neurotic? *Humanities and Social Science Studies*, 2(4), 62-68.
16. Sandhu, B.S., Sandhu, T. & Kapoor, S. (2013). Femininity, Dominance, and Sociability as Correlates of Self Esteem: A study amongst students. *Indian Journal of Psychology and Education*, 1(3): 79-82.
17. Sandhu, T. & Kapoor, S. (2013). Implications of Personality Types for Emotional Regulation in Young Women. *Voice of Research*, 1, 2277-7733.
18. Sandhu, T., Kaur K. (2013). Correlates of Academic Self-esteem amongst High School Students. *International Journal of Innovative Research and Studies*, 2(6), 104-114. ISSN: 2319-9725.
19. Sandhu, T., Kaur V. (2013). Learning from the Gifted: A Self-Regulatory Perspective. *Indian Journal of Psychology, Contributions of Women Researchers*, 121-131, ISSN- 0019-5553.
20. Sandhu, T. & Kapoor, S. (2012). "Winning"- A self-regulatory perspectives. *International Journal of Fitness & Exercise Science*, 1, 13-18.
21. Sandhu, T. (2009). Implications of Crowding for Goal setting mechanisms of females. *Diviner*, 6(2), 188-197.
22. Sandhu, T. (2009). Making Sense of Crowding. *Bulletin of Environmental Science*, 28(2), 149-151.
23. Sandhu, I., & Sandhu, T. (2006). Effects of Commercialization of Education at different levels. *Journals of Psychometry and Education*, 37(2).

**Date:** \_\_/\_\_/\_\_\_\_

**(Signature of the Teacher)**