

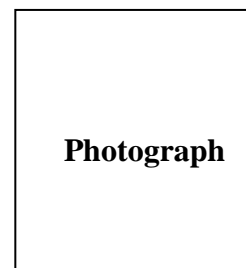
BIO-DATA (Long-Format)

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

Blank Performa can be downloaded from the University website

1. Name **Dr. SANGEETA TRAMA**
2. Designation **PROFESSOR**
3. Department **PSYCHOLOGY**

4. Date of Birth **22.03.71**
5. Address for Correspondence **HOUSE NO. 832,
SECTOR 7,
PANCHKULA-134109**



LOCAL ADDRESS:

**HOUSE NO.36
C-NEW
PUNJABI UNIVERSITY
PATIALA**

Phones -

Mobile -

Fax -

E-mail -

- 6 Areas of Specialisation **Counselling, Positive Psychology, Health Psychology,
Educational Psychology**

7. Academic Qualifications :

Sr. no.	Degree Held	Year	Board/Univ./ Inst.	% of marks	Div./ Rank	Subjects Taken
1	10 th	1987	C.B.S.E	77%	1 st Div.	English, Hindi, Maths, Science, Social Science
2	10+2	1989	P.S.E.B	80.6%	In Merit	English, Punjabi, Maths, French, Psychology
3	B.A	1992	Panjab University	86%	2 nd in Panjab University in B.A (I), (II) and (III)	English, French (C.S), Maths, French, Psychology
4	M.A	1994	-do-	71.25%	1 st in Panjab University in M.A (Psychology) and M.A(I)	Research Methodology, Counselling, Educational Psychology, Computers
5	Ph.D	1998	-do-	-	-	-

8. Membership of Professional Bodies/Organisations

- Indian Association of Health, Research & Welfare
- Held membership of other associations from time-to-time such as NAOP, Community Psychology Association of India, Praachi Research Association, Psycho-Linguistic Association of India

9. Medals/Awards/Honours/Received

- Best Psychometrician Award 2009 awarded by Indian Psychometric and Education Research Association.

- ii) **10th Professional Involvement Award, 2004 awarded by Psycho-Linguistic Association of India**
- iii) **Awarded Medal and Certificate of Merit for standing 1st in Panjab University in M.A. (Psychology)**
- iv) **Awarded Medal and Certificate of Merit for standing 1st in Panjab University in M.A- I (Psychology)**
- v) **Awarded Roll of Honour for standing 2nd in Panjab University in B.A(III)**
- vi) **Awarded Roll of Honour for standing 2nd in Panjab University in B.A(II)**
- vii) **Awarded Medal and Roll of Honour for standing 2nd in Panjab University in B.A(I)**

10. Scholarships:

- i) **Merit Scholarships received for standing 2nd in Panjab University in B.A (I) and B.A(II)**
- ii) **U.G.C J.R.F and S.R.F received from 1994 to 1998**

11. Details of Experience:

S. No.	Name of the Inst./Employer	Position Held	Duration	Major Job Responsibilities and Nature of Experience
1.	G.J.U, Hisar	Lecturer	March, 1998 to January, 2000	Teaching
2.	Punjabi University, Patiala	Professor (Present Designation)	January, 2000 till date	Teaching

12. Published Work (Please specify numbers only) :

- a. Research Papers
 - i) National =18
 - ii) International = 15
 - b. Conference/Seminar Presentation: 57
 - c. Books : chapters published in books=12
- i) Trama, S., & Aggarwal, N. (2014). Subjective Vitality. In S. Saini (eds.), Positive Psychology: In the light of Indian Traditions (pp. 289-296, ISBN NO. 978-81-920053-93).
 - ii) Trama, S., & Kaur, A. (2014). Conceptual framework of successful aging. In S. Saini (eds.), Positive Psychology: In the light of Indian Traditions (pp. 537-556, ISBN NO. 978-81-920053-93).
 - iii) Trama, S., & Rana, V. (2014). Emotion Regulation: Nature and theories. In S. Saini (eds.), Positive Psychology: In the light of Indian Traditions (pp. 617-638, ISBN NO. 978-81-920053-93).
 - iv) Saini, S., & Trama, S. (2010). Management of the AHA- syndrome. In S.Y. Bhavne and S. Saini (eds.), The AHA- syndrome and cardiovascular diseases (pp. 77-89). New Delhi: Anamaya Publishers, and U.K.: Anshan Ltd., Kent.

- v) Trama, S., & Khanna, N. (2009). Role of affect and emotion regulation in psychological well-being of working women. *Business Psychology*, 233-254.
- vi) Saini, S., & Trama, S. (2006). Psychological management of HIV/AIDS. In S.Y. Bhave (Ed.), *Adolescent Medicine* (pp. 195-199). Jaypee Brothers Medical Publishers, New Delhi.
- vii) Pratt, H., Saini, S., & Trama, S. (2006). The emerging problem of anger, hostility and aggression (AHA Syndrome) in adolescents. *Adolescent Medicine* (pp. 911-916).
- viii) Saini, S., & Trama, S. (2006). Dating Violence. In S.Y. Bhave (Ed.), *Adolescent Medicine* (pp. 916-919). Jaypee Brothers Medical Publishers, New Delhi.
- ix) Trama, S., & Saini, S. (2006). Psychological management of anger. In M. Bhargava, B. Kotia, & V. Bhargava (Eds.), *Modern Psychology & Human Life* (pp. 355-363), Rakhi Prakashan, Agra.
- x) Trama, S., & Saini, S. (2006). Health needs of aged persons. In M. Bhargava & R. Raina (Eds.), *Prospects of mental health* (pp. 160-175). H. P. Bhargava Book House, Agra.
- xi) Trama, S., & Saini, S. (2005). Parenting and Children's Aggression: I. In M. Bhargava & S. Aurora (Eds.), *Dynamics of Parental Behaviour* (pp.297-311). H.P. Bhargava Book House, Agra.
- xii) Trama, S., & Saini, S. (2005). Parenting and Children's Aggression: II. In M. Bhargava & S. Aurora (Eds.), *Dynamics of Parental Behaviour* (pp.311-320). H.P. Bhargava Book House, Agra.

11. R & D Projects -

12. Invited Talks/Articles

- i) Delivered Keynote address at 3rd International & 5th Indian Psychological Science Congress organized from 28th to 30th September, 2016 at P.G. Govt. College, Sector 46, Chandigarh.
- ii) Delivered invited lecture on 30.1.17 at Govt. College, Sector 1, Panchkula.
- iii) Delivered invited lecture on 31.1.17 at Govt. College, Sector 1, Panchkula.
- iv) Resource person in a two-days National level Capacity Building Workshop on New Education Policy: Initiatives and Implications organized from 16.2.17 to 17.2.17 at Govt. College of Education, Sector 20D, Chandigarh.
- v) Resource person in One Day Interdisciplinary National Seminar Cum Panel Discussion on Defining Scientific Temper in 21st Century – Bringing Together Science, Philosophy and Indian

Tradition organized on 28.2.17 at Sanatan Dharma College (Lahore), Ambala Cantt.

- vi) Resource person in CDC Sponsored One Day National Seminar on Innovations in Teacher Education organized on 10.3.17 at Govt. College of Education, Sector 20D, Chandigarh.
- vii) Delivered invited lecture on 26.3.15 at U.G.C sponsored National Seminar on Human Rights organized by Govt. College of Education, Sector 20D, Chandigarh under the Ageis of Directorate of Higher Education, U.T. Administration, Chandigarh from 25th to 26th March, 2015.
- viii) Delivered invited lecture at seminar on “World Science Day for Peace and Development” organized by Shaheed Udham Singh College of Research and Technology, Tangori, Mohali, Punjab on 10th November, 2014.
- ix) Delivered invited lecture on “Domestic and Sexual Violence against women and children” at seminar organized by Shaheed Udham Singh College of Research and Technology, Tangori, Mohali, Punjab on 26th March, 2014.
- x) Delivered two invited lectures on “Transactional Analysis: Conceptual Construct & Technique” and “Transactional Analysis: Its role in Quality of life” at Satyug Darshan Technical Campus, Faridabad on 25th March, 2013.
- xi) Delivered invited lecture on “Women Empowerment” at National seminar on “Empowering Women” organized by Shivalik Hills College, Patti, Nangal, Distt. Ropar, Punjab on 23rd March, 2013.
- xii) Delivered Conference Theme Paper entitled “Enhancing Well-being” at the inaugural session of 2nd International Conference on “Psychology in Everyday Life” held from 21st to 22nd March, 2013 at GJUS&T, Hisar.
- xiii) Delivered plenary talk on “Psychological well-being and spirituality” at the 2nd Indian Psychological Science Conference on “Psychological Well-being: Building Bridges for Tomorrow” held from 5th to 6th October, 2012 at Department of Psychology, P.G. Govt. College, Sector 46, Chandigarh.

- xiv) Delivered two invited lectures on “Factorial Designs” on 21.06.12 in the Refresher Course in Research Methodology for Social Sciences held at Academic Staff College, GJUS&T, Hisar.
- xv) Delivered Keynote Address on Emerging Horizons in Psychology at 1st International Online Conference on Psychology and Allied Sciences held from 25th to 26th November, 2011 at GJUS&T, Hisar.
- xvi) Invited Lecture in UGC-Sponsored National Conference on Well-Being, Women And Work - Emerging Trends In Psychology from 23rd to 24th October, 2010 organized by the Department of Psychology, Govt. College, Malerkotla,
- xvii) Invited Lecture on Mental Health on 8th October, 2010 at Saint Kabir College of Education, Patiala-Rajpura Road, Kauli, Patiala.

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

S. No.	Name of the Student	Title of Thesis	Year of Completion
1.	Sunil Saini	AGGRESSION IN RELATION TO SENSATION SEEKING AND IMPULSIVITY (degree awarded)	2010
2.	Harjinder Kaur	LIFE SATISFACTION OF THE ELDERLY IN RELATION TO PERCEIVED STRESS: THE ROLE OF POSITIVE AFFECT (degree awarded)	2011
3.	Venus	MEANING IN LIFE: THE ROLE OF PERSONAL RESOURCES	2014
4.	Sonam Dullat	A STUDY OF FACTORS FACILITATING POST-	2014

		TRAUMATIC GROWTH OF SINGLE MOTHERS	
5.	Nitisha Aggarwal	COGNITIVE AND AFFECTIVE CORRELATES OF HEALTH	2014
6.	Vasudha Servia		2017
7.	Navreet Kaur		(registered in 2012)
8.	Shilpa Modi		(registered on 9.5.2014) Thesis submitted on 13.11.17
9.	Baldeep Kaur		Registered in 2014
10.	Roopsi		Registered in 2014
11.	Omna		Registered in 2014
12.	Harpreet Singh		Registered in 2017
13.	Jashanpreet		Enrolled
14.	Yogita Sahni		Enrolled

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

S. No.	Name of the Student	Title of Thesis	Year of Completion
1.	Yogita Sahni	PSYCHOLOGICAL WELL-BEING OF SPIRITUALLY ORIENTED AND NON-ORIENTED ADULTS: ROLE OF MINDFULNESS, EMOTIONS, AND BASIC VIRTUES	2017
2.	Nimisha Khanna	A STUDY OF PSYCHOLOGICAL WELL- BEING OF WORKING WOMEN: ROLE OF AFFECT AND EMOTION REGULATION	2009
3.	Ashwinder Kaur	A STUDY OF RESILIENCE IN THE ELDERLY IN RELATION TO HOPE AND SPIRITUALITY	2009

4.	Nitisha Aggarwal	PERCEIVED HEALTH IN RELATION TO PSYCHOLOGICAL NEEDS AND SUBJECTIVE VITALITY IN WORKING AND NON-WORKING WOMEN	2009
5.	Jupinder Kaur	EFFECT OF GRATITUDE ON SUBJECTIVE WELL-BEING:AN INTERVENTION STUDY	2011
6.	Vandana Rana	HEALTH OF THE ELDERLY IN RELATION TO HUMOUR AND EMOTION REGULATION	2011
7.	Neeraj Panwar	EXISTENTIAL VACUUM IN WORKING WOMEN: HAPPINESS INTERVENTION	2012
8	Navjit Kaur	ANGER MANAGEMENT IN AGGRESSIVE ADOLESCENTS: A COGNITIVE-BEHAVIORAL INTERVENTION	2012
9	Baldeep Kaur	EMOTIONAL EATING IN ADOLESCENTS: ROLE OF COPING AND ANGER SUPPRESSION	2012
10.	Harjot Kaur	ROLE OF MOTIVATION IN AUTOTELIC PERSONALITY	2012
11.	Himani Sharma	BINGE EATING IN ADOLESCENTS: ROLE OF MINDFULNESS INTERVENTION	2013
12.	Roopsi Mehta		2014
13.	Gurpreet Kaur		Under

			guidance
14.	Amarjyoti		Under guidance

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

S. No.	Paper	Class
1.	Research Methodology	Ph.D, M.Phil, and M.A
2.	Psychometry	M.A
3.	Experimental Designs	M.A
4.	Positive Psychology	Ph.D
5.	Health Psychology	M.A
6.	Personality Theories	M.A
7.	Educational Psychology	M.A

16. Technical Proficiency

I am having good hold over my subject matter alongwith proficiency in statistical analyses and psychometry. I have developed several psychological tests. I am well-versed with computerized data analyses, and have proficiency in four languages, viz., English, Hindi, Punjabi and French

17. List of Papers Published

1. Trama, S., & Cheema, N. (2016). Transcendental meditation: Nature and perspectives. *Indian Journal of Health & Wellbeing*, 7(9), 928-933.
2. Trama, S., & Omna. (2016). Alcoholism in girls: A theoretical framework. *Indian Journal of Health & Wellbeing*, 7(12), 1160-1162.
3. Trama, S., & Modi, S. (2016). Impact of self-enhancement on spiritual orientation in young adults: An intervention study. *Indian Journal of Health & Wellbeing*, 7(6), 585-593.
4. Trama, S., & Omna. (2016). Alcohol abuse prevention programs in schools: An initiative towards positive schooling. *International Journal of Social Sciences Review*, 4(1), 93-96.
5. Trama, S., & Modi, S. (2016). Effect of basic virtues on spiritual orientation in spiritually non-oriented youth: An intervention study. Proceedings of Global Conference on Scientific Culture in Physical Education and Sports held from 18th to 20th February at the Department of Physical Education, Punjabi University, Patiala
6. Trama, S., & Modi, S. (2015). Developing spiritual orientation in young adults through life skills training. *International Journal of Fitness & Exercise Science*, 2, 171-179.

7. Trama, S., & Aggarwal, N. A. (2013). Perceived health of working and non-working women: Role of psychological needs and subjective vitality. *Indian Journal of Psychology and Mental Health*, 7(2), 107-126.
8. Trama, S., & Kaur, B. (2012). A study of emotional eating in adolescents: Role of anger and coping. *Indian Journal of Health & Well-being*, 3(4), 835-845.
9. Trama, S., & Venus. (2012). Meaning in life: The role of personal resources. *Indian Journal of Health & Well-being*, 3(4), 907-914.
10. Trama, S., & Venus. (2012). Meaning in life in late adulthood: Role of spiritual transcendence and generativity. *Indian Journal of Positive Psychology*, 3(2), 212-216.
11. Dullat, S., & Trama, S. (2012). Spirituality, religion and health. *Journal of Personality Study and Group Behaviour*, 31-32, 61-91.
12. Dullat, S., & Trama, S. (2010). Harassment, stalking and abuse of single women: A comparative study. *Journal of Personality Study and Group Behaviour*, 29-30, 31-41.
13. Trama, S., & Rana, V. (2011). Role of humor and emotion regulation towards health of the elderly. *Indian Journal of Positive Psychology*, 1(1), 1-10.
14. Dullat, S., & Trama, S. (2011). Psychological well-being of single women in relation to learned optimism, resilience and proactive coping. *Indian Journal of Positive Psychology*, 2(2), 118-124.
15. Trama, S., & Kaur, H. (2011). Role of personal resources in determining life satisfaction of HIV and non-HIV adults: A comparative study. *Indian Journal of Psychology and Mental Health*, 4(2), 26-37.
16. Trama, S. (2011). Age and gender differences in children's perceptions of parental involvement. *Behavioural Scientist*, 12(1), 3-16.
17. Trama, S., & Saini, S. (2010). Gender differences in anger, hostility, and aggression. *Indian Journal of Psychology and Mental Health*, 4(6), 95-107.
18. Trama, S., & Kaur, H. (2009). Effect of positive emotions on health. *Journal of Indian Health Psychology*, 4(1), 13-23.
19. Trama, S., & Aggarwal, N. A. (2009). Perceived health in relation to psychological needs satisfaction and subjective vitality of working women. *Indian Journal of Psychology and Mental Health*, 3(5), 91-105.

20. Saini, S., & Trama, S. (2006). Cyber age and adolescents. *Asian Journal of Paediatric Practice*, 9(3), 30-34.
21. Trama, S., & Saini, S. (2005). Psychological management of stress. *Praachi Journal of Psycho-Cultural Dimensions*, 21(2), 149-151.
22. Saini, S., & Trama, S. (2004). The AHA Syndrome: A study of aggression in relation to anger and hostility. *Praachi Journal of Psycho-Cultural Dimensions*, 20(2), 154-164.
23. Trama, S. (2004). A comparative study of maternal and paternal indices of involvement. *Indian Journal of Psychometry and Education*, 35(2), 153-162.
24. Trama, S. (2004). Development of the parental behavior involvement scale. *Journal of Behavioral Sciences*, 15(1-2), 1-7.
25. Trama, S. (2004). A path analytic study of the effect of intelligence, parental involvement and adolescent boys' motivational resources on academic achievement – A comparison of mothers' and fathers' models. *Indian Psychological Review*, 63, 242-263.
26. Irfan, M., Trama, S., & Sharma, H. K. (2003). Adjustment, achievement motivation and frustration among rural-urban Muslim students in Punjab. *Indian Psychological Review*, 60(4), 210-216.
27. Verma, P., & Trama, S. (2002). Development of the parental cognitive stimulation scale. *Social Sciences Research Journal*, 10(2), 74-86.
28. Trama, S., & Verma, P. (2002). Effect of intelligence, fathers' involvement, and motivational resources on academic achievement at the upper elementary school level- A path analytic approach. *Personality Study and Group Behaviour*, 22, 15-39.
29. Trama, S., & Verma, P. (2002). Development of the parental cognitive behaviour scale. *Psycho-Lingua*, 32(1), 43-46.
30. Verma, P., & Trama, S. (2001). A study of academic achievement in relation to intelligence, maternal involvement, and upper elementary school children's motivational resources: A path analytic approach. *Indian Journal of Psychological Issues*, 9(2), 114-126.
31. Trama, S. (2001). Use of path analysis as a technique for organizational researches: An evaluation. *Indian Management Studies Journal*, 5(2), 123-128.
32. Trama, S., & Verma, P. (2000). A study of academic achievement in relation to intelligence, parental involvement, and adolescent girls' motivational resources:

A path analytic study of mothers' and fathers' contribution. *Personality Study and Group Behaviour*, 20, 59-82.

33. Verma, P., & Trama, S. (1998). Development of scales to measure parental personal – social and academic involvement. *Indian Journal of Psychological Issues*, 6(1-2), 43-51.

Date: 12/1/18

Sangeeta Trama