

DR. GUNEET INDER JIT KAUR (UGC NET, MA & Ph.D.)

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SPECIALIZATION: Sports Psychology, Health Psychology, Organizational Behaviour

CV SUMMARY

Dr. Guneet Inder Jit Kaur is the Coordinator and Assistant Professor in the Department of Sports Psychology, School of Sports Sciences, Central University of Rajasthan. She was previously the HOD and Research Coordinator of the Department of Psychology in JAIN (Deemed-to-be-University), Bangalore. She is a University Gold Medallist having done her Masters from Panjab University, Chandigarh with specialisation in Sports Psychology, Organisational Behaviour, Health Psychology and has earned her Ph.D. in the area of Excellence in Sports and Academics. She is the Associate Editor of UGC Care listed journal- Indian Journal of Psychology and the Associate Editor of Asian Journal of Psychology and Education. As a Sports Psychologist, she has worked with athletes in the areas of mental training for performance enhancement. She has edited 1 book, published 30+ research articles and has presented 46 research presentations at 77 International and National Conferences/Seminars and has been awarded National Award in Physical Education and Sports Sciences for outstanding contribution in Sports Psychology, Prof. Deepak Bhat Award for Best Paper Presentation in the session at the 56th National and 25th International conference of IAAP (2021) and recently, Best Research Paper Award at the International Conference on Interdisciplinary Dialogues (ICID-2024). She has guided 53 Masters, 31 Post Graduate Diploma sports psychology projects, 4 M.Phil. and is currently guiding 4 Ph.D. in Sports Psychology. She has been invited at various International and National conferences/seminars and has delivered 47 invited talks on diverse fields of Psychology and Mental training for excellence. She recently gave the Keynote address in the International Conference on Mental Health and Behavioral Medicine (MHBM2023) on 'Psychology of Excellence: A Peek into Peak Performance', September 21-22, 2023, Malaysia. Her select international research presentations include- 'Excellence in Sports' as a part of the Invited Symposium in the 6th Congress "Mentales Stärken" & 9th World Congress on Mind Training

for Excellence in Sport & Life (Würzburg/Germany), 2023, ‘Psychological Profile of High Achievers in Sports’ in the 15th World Congress of International Society of Sport Psychology (ISSP) Taipei, 2021; ‘Triguna Personality and Mental Training: Significance of Grit and Enthusiasm for Excellence in Sports’ as a part of the Invited Symposium in the 8th World Congress on Mind Training for Excellence in Sport & Life, in Gavle (SWEDEN), from 12th-16th June, 2019 and being a part of the Invited Symposium on ‘Sports Psychology’ at the ISSP 14th World Congress (2017) on Sport Psychology from July 10-14, held at University of Sevilla, Sevilla (SPAIN). Most recently, Dr. Kaur is focused on advancing the science of human excellence and preparedness by complementing it with the insights from mental training research. Dr. Kaur’s passion is to spread the science of human excellence/flourishing and support others to excel in life through her invited talks, workshops, research and academic endeavor.

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DETAILED CURRICULUM VITAE

EDUCATION/TRAINING

INSTITUTION	DEGREE	YEAR	MARKS/FIELD OF STUDY
Panjab University, Chandigarh	Ph.D.	2015	Sports Psychology
UGC	NET	2012	Psychology
Department of Psychology, Panjab University, Chandigarh	M.A.	2009- 2011	81.22% (University Gold Medallist) Sports Psychology, Health Psychology, Organizational Behaviour
MCM DAV College for Women (Panjab University, Chandigarh)	B.A. (Hons.) Psychology	2007- 2009	86.13% (Third in Panjab University in Psychology Honours)
MCM DAV College for Women (Panjab University, Chandigarh)	B.A.	2006- 2009	79.13% Psychology, Sociology, French
Yadavindra Public School, Patiala (ISC Board)	12 th	2006	87.25% (3rd in batch) (humanities stream)
TRAINING			
National Centre for Sports Science and Research (NCSSR), SAI in collaboration with National Rifle Association of India (NRAI), Target Olympic Podium Scheme (TOPS), and Netaji Subhash National Institute of	Certification Course in Sports Psychology for Shooting Sports	2024	Sports Psychology- Mental Training

Sports (NSNIS) Patiala at Dr. Karni Singh Shooting Range, SAI, New Delhi.			
Mindlogs Psychological Services	1 Month Online Traineeship	2022	Research Methodology
Your DOST Academy, Bangalore	Basic Level	2020	Rational Emotive Behaviour Therapy (REBT)
Alliance Française, Chandigarh	Ministère de l'éducation nationale de la république française	2012	French Language- Independent user (Proficiency level-B2)
Indian Psychology Institute, Pondicherry	Semester Course	2011	Indian Psychology
MCM DAV College for Women (Panjab University, Chandigarh)	Add-on Course	2007	79% Functional English

TEACHING POSITIONS HELD (Total Experience: PG- 11 Years, 8 Months, 21 Days; UG- 1 Year, 1 Month, 13 Days)

Sr. No.	Name of the Inst./Employer	Position held	Duration	Major Job Responsibilities and Nature of Experience
1	Department of Sports Psychology, School of Sport Sciences, Central University of Rajasthan, Rajasthan.	Assistant Professor	25 th September, 2020 onwards [3 years, 11 months]	Teaching and Research
2	PG Department of Psychology, JAIN (Deemed-to-be-University), Bangalore.	Assistant Professor	2 nd August, 2016 to 23 rd September, 2020 [4 years, 1 month, 21 days]	Administrative, Teaching and Research
3	Department of Psychology, Panjab University, Chandigarh.	Guest Faculty (Psychology)	session July'2014-April'2015; session July'2015-April'2016 [1 year 8 months]	Teaching and Research
4	PEC University of Technology, Chandigarh	Tutor- Guest Faculty (Ethics and Self Awareness)	session July'2014-December'2014 [6 months]	Teaching
5	MCM DAV College for Women, Chandigarh	Assistant Professor (Psychology)- Contractual Faculty	11.7.2013 to 24.2.2014 [7 months 13 days]	Teaching
6	Department of Psychology,	Tutor (Sports	2012-2013, 2013-	Teaching

	Panjab University, Chandigarh.	Psychology)	2014 [2 years]	
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HONOURS/AWARDS

2024	Best Research Paper Award at the International Conference on Interdisciplinary Dialogues (ICID-2024).
2023	National Award in Physical Education and Sports Sciences for outstanding contribution in Sports Psychology, STAIRS
2022	Nominated for the "Surana Award of Eminence in Psychology", Surana College, Bangalore
2021	Prof. Deepak Bhat Award for Best Paper Presentation in the session at the 56 th National and 25 th International conference of IAAP
2018	Fully Sponsored International Workshop in "Frontiers of Psychology for Southeast Asia Young Psychologists" sponsored by the Bureau of International Cooperation and organized by the Institute of Psychology, Chinese Academy of Sciences from April 16-27, in Beijing (CHINA)
2015	The Best Paper in the Department at Fifth Chandigarh Social Science Congress
2014	The Best Paper in the Session at UGC- SAP Sponsored National Seminar
2012	2nd Best Poster award at International Forum of Physical Education and Sports Sciences on Health, Physical Education, Sports and Wellness in Schools and Community: A Holistic and Innovative Approach
2011	University Gold Medal for standing First in M.A. Psychology
2011	Awarded for standing First in overall aggregate in M.A. – 2 nd year
2010	Awarded for standing First in overall aggregate in M.A. – 1 st year
2010-2011	Class Representative in M. A. Psychology
2009	Merit certificate and Prize for securing First Position among college students in P.U. annual examinations
2009	M.L. Baweja Award Scholarship
2009	Sita Bai Malik Award for standing First in aggregate
2009	Merit certificate and Prize for standing Third in Panjab University in Psychology Honours and First among college students in P.U. annual examinations
2008	Merit certificate and Prize for securing Second Position among college students in P.U. annual examinations
2007	Merit certificate and Prize for standing Second among college students in P.U. annual examinations
2006	Awarded First Prize in Skit on 'Domestic Violence' (2006) in MCM DAV College for Women.
2006	Old Students Medal for securing highest in English in ISC
2006	Certificate of academic excellence for First position in class
2006	Certificate of academic excellence for Distinction in class
2005-2006	School Prefect
2005	Achieved Silver Medal in the International Award for Young People (Duke of Edinburgh Award)

ADMINISTRATIVE RESPONSIBILITIES

2023	Coordinator (Department of Sports Psychology & Department of Sports
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	Biomechanics), School of Sports Sciences (MYAS-CURAJ), Central University of Rajasthan (23 rd August, 2023 onwards)
2023	Member-University Games and Sports Committee, Central University of Rajasthan (2023-2024)
2023	Member- University Delegation Visiting Committee to NERIST, Arunachal Pradesh under the Cultural Exchange Programme “Ek Bharat Shrestha Bharat”, Yuva Sangam (23 rd February- 3 rd March, 2023).
2023	Coordinator of Online Workshop on “Entrepreneurship skill, Attitude and Behaviour Development”, (23 rd February, 2023) organized by Innovation and Startup Cell, Central University of Rajasthan.
2022	Member- Purchase Committee, School of Sports Sciences, Central University of Rajasthan (12 th October, 2022 onwards)
2022	Warden- University Girls Hostel, Central University of Rajasthan (26 th September, 2022 onwards)
2022	Webinar Coordinator of two 1 Day National Webinar on “Higher Education in Sports Psychology”, (2 nd July, 2022 & 3 rd July, 2022) in association with AADI Career Guidance and Counselling Centre, Chandigarh and TRUST Centre for Mindful Living, Ernakulum respectively.
2021	Webinar Coordinator of One Day National Webinar on “National Professional Standards for Teachers (NPST) Para No. 5.20 of NEP 2020”, organized by Department of Education (CURAJ) in collaboration with National Council for Teacher Education (NCTE), New Delhi
2021	Organizing Secretary of Four Week Online Expert Lecture Series on “Career Prospects in Sports Psychology”, organized by Department of Sports Psychology, Central University of Rajasthan.
2020	Coordinator of One Week Online Faculty Development Program on “Traditional Indian Wisdom on Teaching and Learning”, organized by Teaching Learning Centre (Under the scheme of PMMMNMTT, Ministry of Education-GoI, New Delhi), Central University of Rajasthan.
2019-2020	Head of Department (PG Psychology), JAIN (Deemed to be University), Bangalore (2 nd July, 2019- 23 rd September, 2020)
2018-2019	Department Coordinator (PG Psychology), JAIN (Deemed to be University), Bangalore (July, 2018 – 1 st July, 2019)
2018-2020	BoS and BoE chairperson, PG Department of Psychology, JAIN (Deemed to be University), Bangalore.
2016-2018	BoS and BoE member, PG Department of Psychology, JAIN (Deemed to be University), Bangalore.
2017-2020	Research Coordinator (M.Phil. and Ph.D.) for Department of Psychology, JAIN (Deemed to be University), Bangalore (July, 2017 - 23 rd September, 2020).
2018	Conference Convenor: 2-day National Conference on ‘Psychology in the Transforming World’
2018	Organizer of Symposium on “Sports Psychology” in National Conference on ‘Psychology in the Transforming World’
2017	In charge of Theatre and Dance Club 'Aarambh'- Department of Psychology, JAIN (Deemed to be University), Bangalore
2015	Treasurer and Core Committee Member of 3rd World Congress on Excellence, jointly organized by the International Society of Mental Training for Excellence (2015) and Department of Psychology, Panjab University, Chandigarh.

OTHER ACADEMIC AND MISCELLANEOUS ACTIVITIES/RESPONSIBILITIES

2023	Doctoral Research Committee Member- VIT, Vellore
2024	Member- Expert Committee related to the project, "Capacity Building Training for Frontline Health Workers..", ICMR-NIIRNCD, Jodhpur.
2024	External Examiner M.A. Dissertation Viva Voce- Department of English (2023-2024), Department of Social Work, CURAJ
2023-2024	Member: University Internal Committee- Games and Sports Committee
2022-2023	Member- Innovation and Startup Cell, Central University of Rajasthan
2022	Reviewer: Humanities & Social Sciences Communications
2022	Reviewer: SAGE Open
2022	Member- Board of Studies, Department of Sports Psychology, Central University of Rajasthan (2022-2024)
2022 onwards	DRC Member- Department of Yoga; Department of Sports Bioscience; Department of Education, CURAJ
2022	Member- Committee for Physical Verification of Store & Stock of the Central University (Hostel B2)
2021 onwards	Member: University Internal Committee- Yoga & Meditation
2021 onwards	Member: University Internal Committee- Monitoring Mental Health & Well Being of the Students and others
2021	Member: University Committee for 7th Convocation Ceremony- Medals and Degree Certificate
2021 onwards	Member: University Fitness Club-Psychological Fitness, Wellness & Wellbeing
2021 onwards	Member: Doctoral Research Committee (DRC), Department of Social Work, Department of Education, Central University of Rajasthan.
2020 onwards	Associate Editor of Asian Journal of Psychology and Education
2021 onwards	External Examiner: MA Sports Psychology -Practical, National Sports University, Imphal, Manipur.
2021 onwards	Question Paper Setter: MA Sports Psychology, National Sports University, Imphal, Manipur.
2020-2021	Question Paper Setter: Sports Psychology, Dhanalakshmi Srinivasan College of Arts & Science for women (Affiliated to Bharathidasan University), Perambalur.
2020-2021	Invited Expert in Interview Panel for faculty recruitment, JAIN (Deemed-to-be University), Bangalore.
2020 onwards	Member- School Board, School of Sports Sciences, CURAJ (2020 onwards)
2020	Member- Admission Committee and Document Verification (Ph.D. & M.A./M.Sc. Sports Psychology), School of Sports Sciences, Central University of Rajasthan (2020-2021;2022; 2022-2024)
2018	Editor of 'Transforming Psychology' (NCPT-2018) [ISBN: 978-1985783072]
2018 onwards	Editor of National Academy of Psychology (NAOP) Bulletin (July, 2018 onwards).
2014 onwards	Assistant Editor of Indian Journal of Psychology [UGC Care listed Journal] (2014-Uptil now)
2006-	Participated in I.P.S.C. Debates

2004	
2006-2004	Member of the school IPSC girls' Hockey team
2005	Participated in Round Square Senior Conference (2005) held at Birla Balika Vidyapeeth, Pilani
2004	High Altitude Trekking (trekked above 16,000ft – Roopkund Lake, Pindari Glacier and Sahastra Tal)

PROFESSIONAL MEMBERSHIP

Professional Member: International Society of Sport Psychology (ISSP)
Professional Member: Association for Applied Sport Psychology (AASP)
Member: National Academy of Psychology (NAOP)
Member: American Psychological Association (APA)
Lifetime Member: Indian Science Congress
Lifetime Member: Indian Academy of Health Psychology

EDITED BOOKS

1. Janetius, S. T., Baboo, S., Gnanaprakash, C., Vallikad, M., **Kaur, G. I. J.**, Lakshmi, J., Varma, P. & Shambhavi, G. (Eds.). (2018). *Transforming Psychology*. Bangalore: Department of Psychology [ISBN: 978-1985783072]

CHAPTERS IN BOOKS (*International- 4; National- 13*)

2. **Kaur, G. I. J.**, Purohit, S. G. & Rahmath, N. K. (2023). Grit, Psychological well-being and Blood Types among University Athletes. In A. Seth, S. Choudhary, S. Upadhyaya, S. Purohit, R. Sharma and P. Mishra (Eds.). *National Conference Proceedings on "Elevating Grassroots: A Pathway to Health, Fitness and Olympic Excellence in India"*. New Delhi: Asian Offset [ISBN: 978-93-5877-291-3]
3. **Kaur, G. I. J.** & Rahmath, N. K. (2023). Mental Health and Sport. In R. Joshi, G. S. Bhullar, N. Tripathi, V. Choudhary, and R. Barach (Eds.). *Contemporary Ideas on Sustainable Well-Being and Mental Health* (pp. 68-76). Chandigarh: Enkay Enterprises [ISBN: 978-81-961431-7-6]
4. **Kaur, G. I. J.** (2022). Societal Resilience and Wellbeing: From asylum seekers to shared identities. *[In Press]*.
5. **Kaur, G. I. J.** & Gupta, N. (2022). Storytelling- A Traditional Indian Method for Teaching Ethics and Values in the Shrinking World. In 'Understanding Values and Ethics in Shrinking World'. Bloomsbury India. ISBN: 978-93-54358-94-4
6. Sahana, V. & **Kaur, G. I. J.** (2018). Existential Thinking and Posttraumatic Growth in Young Adults. *International Conference Proceedings of 12th PARIS International Conference on Marketing, Education, Humanities and Social Sciences (MEHSS-2018), Paris*. [ISBN: 978-81-938365-1-4]
7. Sawekar, K. S. & **Kaur, G. I. J.** (2018). Social Support, Psychological Wellbeing and Resilience among patients. In S. T. Janetius, S. Baboo, C. Gnanaprakash, M. Vallikad, G. I. J. Kaur, J. Lakshmi, P. Varma and G. Shambhavi (Eds.). *Transforming Psychology* (pp. 181-88). Bangalore: Department of Psychology [ISBN: 978-1985783072]
8. Ahmed, Z. S., Pandit, D. M., Jha, M. & **Kaur, G. I. J.** (2018). Visual Media's Portrayal of Suicide: Counsellor's Perspective. In S. T. Janetius, S. Baboo, C. Gnanaprakash, M. Vallikad, G. I. J. Kaur, J. Lakshmi, P. Varma and G. Shambhavi (Eds.). *Transforming Psychology* (pp. 135-42). Bangalore: Department of Psychology [ISBN: 978-1985783072]

9. Sahana, V. & **Kaur, G. I. J.** (2018). Existential Thinking and Posttraumatic Growth. In S. T. Janetius, S. Baboo, C. Gnanaprakash, M. Vallikad, G. I. J. Kaur, J. Lakshmi, P. Varma and G. Shambhavi (Eds.). *Transforming Psychology* (pp. 17-22). Bangalore: Department of Psychology [ISBN: 978-1985783072]
10. Mohan, J. & **Kaur, G. I. J.** (2017). Perfectionism and Excellence. In J. Mohan (Ed.). *Emerging Contours of Excellence* (pp. 284-308). Chandigarh: Panjab University Press. [ISBN:81-85322-64-3]
11. **Kaur, G. I. J.** & Kakkar, P. (2016). Sports Excellence in relation to Grit and Flow. In J. Mohan and M. Sehgal (Eds.). *Idea of Excellence: Multiple Perspectives* (pp. 317-330). Chandigarh: Panjab University Press. [ISBN:81-85322-59-7]
12. Mohan, J. & **Kaur, G. I. J.** (2016). The Role of Emotional Intelligence and Grit in Sports Excellence. *Proceedings of UGC Sponsored National Conference on Sport Psychology: Advances in Technology, Training Methodology and Measurements, Maharashtra*. [ISBN:978-93-84309-17-6]
13. Mohan, J., **Kaur, G. I. J.** & Kaur, N. (2015). Academic Excellence: The Genius Within. In J. Mohan (Ed.), *Excellence: A Multidimensional Appraisal* (pp. 98-115). Chandigarh: Panjab University Press. [ISBN:81-85322-53-8]
14. **Kaur, G. I. J.** (2014). Inclusive Innovation in Healthcare in India. *Proceedings of 2nd International Conference on Inclusive Innovation and Innovative Management, Thailand*.
15. Mohan, J. & **Kaur, G. I. J.** (2014). A study of mental toughness among different track runners. *Proceedings of International Congress on Sports Psychology, New Delhi*. [ISBN:978-81-7873-077-6]
16. Mohan, J., Kaur, N. & **Kaur, G. I. J.** (2014). Sports Psychology: The march towards excellence. In R. C. Sobti, J. Mohan, M. Sehgal, V. Sobti and S. Sharma (Eds.), *Biopsychological Impacts. In the era of science and technology* (pp. 307- 331). Delhi: Narendra Publishing House. [ISBN: 978-93-82471-82-0]
17. Mohan, J. & **Kaur, G. I. J.** (2014). Emotional Intelligence and Hardiness among Hostellers and Day Scholars: A Comparative Study. In M. Meenakshi, A. K. Vashisht, Luxmi and P. Kansal. (Eds.), *Emotional Intelligence. Past and present trends- shaping the future* (pp. 109- 117). New Delhi: YS books international. [ISBN-13:978-93-837931-7-4]

PUBLICATIONS IN JOURNALS (UGC Care Listed- 10; Peer Reviewed- 9)

18. Mohan, J. & **Kaur, G. I. J.** (2024). Collective Resilience and Shared Identities: United by resilience. *Indian Journal of Psychology*, 26-30. [ISSN:0019-5553]
19. **Kaur, G. I. J.** (2023). Relationship of Grit and Resilience with Psychological Well-Being among Young Football Players. *International Journal of Research Pedagogy and Technology in Education and Movement Sciences*, 12(2), 242-250. [E-ISSN: 2319-3050]
20. Mohan, J. & **Kaur, G. I. J.** (2023). Gender Harassment in Sports: Is Glass Ceiling thwarting Sporting Excellence. *Indian Journal of Psychology*, 201-205. [ISSN:0019-5553]
21. Parvathi, K. & **Kaur, G. I. J.** (2022). The Relationship Between Sports Achievement Motivation and Mental Toughness Among Kabaddi Players. *Sports Research Quarterly*, 11(3&4), 21-28. [ISSN:2321-6557]
22. Sethi, S. K. & **Kaur, G. I. J.** (2022). Relationship of Passion and Burnout among Indian Para-Athletes. *Sports Research Quarterly*, 11(1&2), 43-52. [ISSN:2321-6557]

23. Gautam, A., Bhadra, S. & **Kaur, G. I. J.** (2022). Exploration of Development in Early Childhood among Children of Rag-pickers using Picture Cards. *Indian Journal of Psychology*, 112-117. [ISSN:0019-5553]
24. Mohan, J. & **Kaur, G. I. J.** (2021). Emotional Intelligence: An Anchor of Excellence in Sports and Academics. *Indian Journal of Psychology*, 4-9. [ISSN:0019-5553]
25. Vinay, A. L. & **Kaur, G. I. J.** (2021). Formulating The 21st Century Life Skills Conceptual Framework: A Review. *International Education and Research Journal*, 7(11), 14-20. [E-ISSN No: 2454-9916]
26. **Kaur, G. I. J.** (2020). COVID-19 Global pandemic and coping with the invisible enemy: an insight into the facets of mental health. *Indian Journal of Psychology*, 248-55. [ISSN:0019-5553]
27. Sawekar, K. S. & **Kaur, G. I. J.** (2020). Relationship of perceived social support, psychological wellbeing and resilience amongst patients undergoing dialysis. *Journal of Informational & Computational Science*, 10(7), 333-346. [ISSN: 1548-7741]
28. Roy, C. & **Kaur, G. I. J.** (2019). Perceived Stress, Personality and Decision Making Styles among Karnataka Police Officers. *International Journal of Science and Research (IJSR)*, 8(8), 805-23 [ISSN: 2319-7064]
29. Vijaysimha, S. & **Kaur, G. I. J.** (2019). The effect of hypnosis on flow among club cricketers of KSCA. *Pramana Research Journal*, 9(6), 1899-1918. [ISSN: 2249-2976].
30. **Kaur, G. I. J.** & Kakkar, P. (2017). Grit: The unflinching spirit of excellence. *Indian Journal of Psychology, Special Issue on Sports Psychology*, 73-78. [ISSN:0019-5553]
31. Mohan, J. & **Kaur, G. I. J.** (2016). The role of grit and flow in sports excellence. *Indian Journal of Psychology*, 136-42. [ISSN:0019-5553]
32. Mohan, J. & **Kaur, G. I. J.** (2015). The Role of Grit and Self Efficacy in Academic and Sports Excellence: A Comparative Study. *Indian Journal of Psychology, January Issue*, 38-43. [ISSN:0019-5553]
33. Mohan, J. & **Kaur, G. I. J.** (2014). The Role of Positive Psychology in Ageing Gracefully. *Journal of Positive Psychology, Vol 3, Issue 1*, 5-16. [ISSN:2249-6254]
34. **Kaur, G. I. J.** (2013). Role of Sports Participation in Environmental Mastery, Autonomy and Self- Esteem among Athletes and Non-Athletes. *Indian Journal of Sports Psychology, Vol 1, Issue 1*, 36- 45. [ISSN:2320-2904]
35. Singh, G., Rana, D. K., Singh, K. & **Kaur, G. I. J.** (2013). A Study of Mental Toughness among Team Game Players. *International Journal of Sports Sciences and Fitness, Vol 3, Issue 2*, 279- 294. [ISSN:2231-1599]
36. Singh, P. & **Kaur, G. I. J.** (2013). Locus of Control in Relation to Optimism. *Indian Journal of Sports Psychology, Vol 1, Issue 1*, 50-56. [ISSN:2320-2904]

CONFERENCES/SEMINARS/WORKSHOPS/FDP/INDUCTION COURSE

1	2024	International Conference on Interdisciplinary Dialogues (ICID-2024), held at Chinmaya Vishwa Vidyapeeth from August 10-12, 2024. Paper Presented: EFFECT OF IMAGERY INTERVENTION ON FLOW AND IMAGERY ABILITY AMONG BADMINTON PLAYERS [Best Paper Award]
2	2024	Certification Course in Sports Psychology for Shooting Sports , 20 th -24 th May, 2024, organized by National Centre for Sports Science and Research (NCSSR), SAI in collaboration with National Rifle Association of India (NRAI), Target Olympic Podium Scheme (TOPS), and Netaji Subhash National Institute of Sports (NSNIS) Patiala at Dr. Karni Singh Shooting Range, SAI, New Delhi.

3	2024	ICSSR Sponsored National Seminar on ‘Impact of Science and Technology in Society’, 27 th -28 th March, 2024, organized by Bebe Nanaki University College Mithra (Kapurthala), Punjab. Paper Presented: SPORTING EXCELLENCE: THE PSYCHOLOGICAL MARKERS OF EXCELLENCE
4	2024	ICSSR sponsored 2-Week Capacity Building Programme (CBP) on Research Methodology and Quality Publications for Young Faculty Members in Social Science, 4 th -6 th March, 2024, organized by the Department of Management, Central University of Rajasthan.
5	2024	International Conference on ‘Mental Health at Crossroads: Contemporary Modalities and Strategies for Promotion of Health and Well-Being’, 23 rd -24 th February, 2024, organized by Department of Psychology, University of Rajasthan, Jaipur in collaboration with Psychiatric Centre, SMS Medical College and Hospital under the aegis of RUSA 2.0 Project No XIII Paper Presented: RESILIENCE AND OPTIMISM: A COMPARATIVE ANALYSIS OF ATHLETES AND NON-ATHLETES IN THE CONTEXT OF SPORTS ENGAGEMENT
6	2023	National Conference on ‘Elevating Grassroots: A Pathway to Health, Fitness and Olympic Excellence in India’, 15 th -16 th December, 2023, organized by Satyawati College University of Delhi and Physical Education and Sports Sciences Department STAIRS Paper Presented: GRIT, PSYCHOLOGICAL WELL-BEING AND BLOOD TYPES AMONG UNIVERSITY ATHLETES
7	2023	International Conference: 9 th World Congress on Mind Training for Excellence in Sport & Life, 1-5 November, 2023, organized by Trenkle Organization GmbH, Wurzburg, Germany. Invited Symposium: EXCELLENCE IN SPORTS
8	2023	National Conference ‘INSIGHT 2023’ on Intelligence- in animals, humans and machines, 18 th - 19 th April, 2023, organized by Department of Psychology & National Institute of Advanced Studies (NIAS), Bangalore, Karnataka. Paper Presented: WISDOM AND ATHLETIC COPING STRATEGY AMONG UNIVERSITY LEVEL ATHLETES
9	2023	International Conference on Physical Education and Exercise Sciences (ICPEES 2023), 22 nd -24 th March, 2023, organized by Department of Physical Education, Punjabi University, Patiala. Paper Presented: RELATIONSHIP OF GRIT AND RESILIENCE WITH PSYCHOLOGICAL WELL-BEING AMONG YOUNG FOOTBALL PLAYERS
10	2023	6th National and International Conference on Health and Sports Sciences on Sports, Health, Wellness & Sustainable Development, 17 th -18 th February, 2023, jointly organized by Manav Rachna International Institute of Research and Studies and 8 International Knowledge Partners. Paper Presented: SPORTS EMOTIONAL INTELLIGENCE AMONG INDIVIDUALS AND TEAM SPORTS ATHLETES PASSION IN PSYCHOLOGICAL WELL-BEING AMONG RURAL AND URBAN UNIVERSITY ATHLETES
11	2022	20th International Conference on Harmonizing Work and Work Environment “Ergonomics for New Normal”, November 24-26, 2022 jointly organized by Department of Physical Education, Punjabi University, Patiala, International Ergonomics Association and Indian Society of Ergonomics.

		Paper Presented: SPORTS ACHIEVEMENT MOTIVATION AND MENTAL TOUGHNESS AMONG KABADDI PLAYERS
12	2022	Online Workshop on “Innovations ecosystem and Incubation setup” as a part of Online Workshop Series on NEP 2020-Moving onto Implementation, July 30, 2022 organized by UGC-HRDC Maharishi Dayanand Saraswati University, Ajmer and NEP Cell, CURAJ.
13	2022	2 Day International Conference on “Impact of the COVID-19 Pandemic on Long-Term Societal Well-Being”, March 25-26, 2022, organized by Faculty of Liberal Arts and Humanities, Jagran Lakecity University, Bhopal in collaboration with Konrad Adenauer Stiftung, Germany. Paper Presented: SOCIETAL RESILIENCE AND WELLBEING: FROM ASYLUM SEEKERS TO SHARED IDENTITIES
14	2022	Virtual International Conference on “Understanding Ethics and Values in Shrinking World”, March 25, 2022, organized by Central University of Rajasthan. Paper Presented: STORYTELLING- A TRADITIONAL INDIAN METHOD FOR TEACHING ETHICS AND VALUES IN THE SHRINKING WORLD
15	2022	Webinar on “Mentorship Guidelines”, March 22, 2022, organized by UGCHRDC JNU
16	2022	31st Convention of National Academy of Psychology 2021-2022 on "Psychology and Social Justice at the Time of COVID-19 Pandemic: The State, Community, and Individual Perspectives", March 4-6, 2022, organized by Psychophysiology Laboratory, Department of Humanities and Social Sciences, Indian Institute of Technology, Bombay. Paper Presented: 1. RELATIONSHIP OF ORTHOREXIA NERVOSA WITH PERSONALITY AND PERFECTIONISM AMONG NUTRITION STUDENTS AND GYM GOERS 2.CORRELATES OF MENTAL TOUGHNESS AMONG ELITE NATIONAL ATHLETES OF INDIA
17	2022	1-Week Faculty Development Programme on "Psychological Skills for Effective Teaching and Learning", 6 th -12 th January, 2022, organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of Education -Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching [Obtained Grade A+]
18	2021	Open House Discussion on “National Professional Standard for Teachers (NPST) Para No. 5.20 of NEP 2020”, December 14, 2021, organized by Department of Education (CURAJ) in collaboration with National Council for Teacher Education (NCTE), New Delhi.
19	2021	6th National Conference on E-Learning & E-Learning Technologies (ELELTECH 2021) on “E-Learning: A Game Changing Technology during COVID-19 Pandemic”, October 7, 2021, organized by Centre for Development of Advanced Computing (C-DAC) R&D Organization, Ministry of Electronics and Information Technology, Hyderabad.
20	2021	Two Week Inter-Disciplinary and Multilingual Refresher Course/Faculty Development Programme on "Research Methodology", 23 rd October-6 th November, 2021, organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of Education -Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching [Obtained Grade A+]
21	2021	International Society of Sport Psychology (ISSP) 15th World Congress

		Taipei, 2021 on “The Future of Sport and Exercise Psychology: New Horizons beyond the Olympic and Paralympic Games in the Pandemic World”, September 30- October 4, 2021. Paper Presented: PSYCHOLOGICAL PROFILE OF HIGH ACHIEVERS IN SPORTS
22	2021	National Webinar on Tokyo Olympics 2020 - India's Journey and Expectations, July 3, 2021, organized by National Sports University, Manipur.
23	2021	NAOP 2021: 30th Convention of National Academy of Psychology , March 19-21, 2021, organized by Indian Institute of Technology Kanpur, Kanpur. Paper Presented: COMPETITIVE PSYCHOLOGICAL CLIMATE AND ARTIFICIAL INTELLIGENCE ANXIETY ON EMPLOYEE ATTRITION
24	2021	56th National and 25th International conference of Indian Academy of Applied Psychology (IAAP) on ‘Actualizing Human Potential’, February 18-20, 2021 at Patiala. Paper Presented: PERCEIVED INFLUENCE OF ARTIFICIAL INTELLIGENCE ANXIETY AND COMPETITIVE PSYCHOLOGICAL CLIMATE ON EMPLOYEE ATTRITION [Prof. Deepak Bhat Award for Best Paper Presentation in the session]
25	2021	Four-week online Induction Training Program for Faculty Members of HEIs, 20 th January-16 th February, 2021, organized by Teaching Learning Centre, Central University of Rajasthan, under the aegis of Ministry of Education - Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching [Obtained Grade A+]
26	2021	4-Week Induction/Orientation Programme for "Faculty in Universities/Colleges/Institutes of Higher Education", 10 th December-8 th January, 2021, organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of Education -Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching [Obtained Grade A]
27	2020	International Webinar on Physical Education and Sports: The Power to Unite Communities, October 27-28, 2020, jointly organized by National Sports University, Manipur & Sports Authority of India, Lakshmi Bai National College of Physical Education.
28	2020	Webinar involving panel discussion on ‘Emerging Trends in Evaluation and Assessment in Higher Education’, on 21st August, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
29	2020	Webinar involving panel discussion on ‘Unwrapping the New Education Policy (NEP) 2020’, on 7th August, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
30	2020	Webinar involving panel discussion on ‘Citizen-Friendly Administration: Emerging Issues’, on 24th July, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
31	2020	International Webinar involving panel discussion on ‘Feminist Response to the Pandemic: Refelcting on our Experiences’, on 10th July, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore and SNTD Women’s University, Mumbai.
32	2020	Panel Discussion Webinar involving panel discussion on ‘Learning, E-Learning & Re-Learning in the Post COVID World’, on 26th June, 2020,

		organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
33	2020	International Interactive Webinar on ‘Easy to Learn: Data Science for Professional Growth’ on 26 th June, 2020, jointly organized by School of Commerce, JAIN (Deemed-to-be-University) and Institute of Analytics (IoA), Bangalore.
34	2020	FDP ‘From Teaching to Learning: A Framework for Innovation’ from 15 th to 18 th June 2020, organised and hosted by Centre for Research in Social Sciences and Education (CERSSE), JAIN (Deemed-to-be University).
35	2020	Webinar on ‘Cognitive Behaviour Therapy’ (CBT) on 30 th May, 2020, organized by Psychotherapy Sub Committee of the Indian Psychiatric Society.
36	2019	Invited Symposium- VIII World Congress on Mind Training for Excellence in Sport & Life , June 12-16, 2019, Gavle, SWEDEN. Paper Presented: TRIGUNA PERSONALITY AND MENTAL TRAINING: SIGNIFICANCE OF GRIT AND ENTHUSIASM FOR EXCELLENCE IN SPORTS
37	2018	Fully Sponsored International Workshop (2018) in “Frontiers of Psychology for Southeast Asia Young Psychologists” sponsored by the Bureau of International Cooperation and organized by the Institute of Psychology, Chinese Academy of Sciences from April 16-27, in Beijing (CHINA). Poster Presented: HEALTHCARE IN INDIA: PRESENT SCENARIO
38	2018	12th PARIS International Conference on Marketing, Education, Humanities and Social Sciences (MEHSS-18) from September 17-19, 2018, held at Paris, France. Paper Presented: POSTTRAUMATIC GROWTH AND EXISTENTIAL THINKING IN YOUNG ADULTS
39	2017	Invited Symposium- International Society of Sport Psychology (ISSP) 14 th World Congress (2017) on ‘Sport Psychology’ from July 10-14, held at Sevilla, Spain. Paper Presented: EXCELLENCE IN SPORTS AND ACADEMICS
40	2017	Workshop on Prevention of Interpersonal Abuse (2017) on 11 th August, held at JAIN (Deemed-to-be-University), Bangalore.
41	2017	Workshop on Play Therapy (2017) on 2 nd August, held at Jain University, Bangalore.
42	2016	2nd International Conference of Indian Academy of Health Psychology (ICIAHP-2016) on ‘Health Psychology: Expanding Horizons’ from December 16-18, held at Gautam Buddha University, Greater Noida. Paper Presented: A COMPARATIVE STUDY OF FIRST THREE TOPPERS ON HARDINESS AND PERCEIVED HAPPINESS
43	2016	FDP on “SANKALP- Development of Emotional Intelligence in Colleges” on 24 th August, 2016, jointly organized by JU Vishwas & Tatwa, Bangalore.
44	2016	UGC Sponsored National Conference (2016) on ‘Sport Psychology: Advances in Technology, Training Methodology and Measurements’ from February 23-24, held at Yashwantrao Chavan Mahavidyalaya, Pachwad (Maharashtra). Paper Presented: THE ROLE OF EMOTIONAL INTELLIGENCE AND GRIT IN SPORTS EXCELLENCE
45	2016	Sixth Chandigarh Social Science Congress (2016) on ‘Social Sciences in Contemporary Era’ from February 25- 26, held at Panjab University, Chandigarh. Paper Presented: THE ROLE OF PERCEIVED HAPPINESS AND GRIT IN

		EXCELLENCE
46	2016	103rd Indian Science Congress (2016) on ‘Science & Technology for Indigenous Development in India’, from January 3-7, held at university of Mysore, Mysore. Paper Presented: A STUDY OF EXCELLENCE IN ACADEMICS IN RELATION TO FLOW, GRIT AND EMOTIONAL INTELLIGENCE: A GENDER STUDY
47	2015	International Conference (2015) on ‘Work, Stress and Health: Recent Perceptions, Future Trends’, from October 26-27, held at St. Bedes College, Shimla. Paper Presented: ROLE OF PERFECTIONISM AND PERCEIVED HAPPINESS AMONG HIGH ACHIEVERS
48	2015	3rd World Congress on Excellence (2015) on ‘Excellence in Sport & Life’, from October 19-21, held at Panjab University, Chandigarh. Paper Presented: THE ROLE OF GRIT AND SELF-EFFICACY IN SPORTS EXCELLENCE
49	2015	Fifth Chandigarh Social Science Congress (2015) on ‘Governance: Issues, Challenges and Strategies with reference to India’ from February 20- 21, held at Panjab University, Chandigarh. Paper Presented: THE ROLE OF POSITIVE PSYCHOLOGICAL ATTRIBUTES IN GOOD GOVERNANCE [Awarded The Best Paper in the Department]
50	2015	Workshop on Optimizing Organizational Behaviour Leadership by Professor Michel Gagne (2015) on 23 rd October, held at Panjab University, Chandigarh.
51	2015	Workshop on Enhancing Excellence by Professor Terry Orlick (2015) on 22 nd October, held at Panjab University, Chandigarh.
52	2014	2nd International Conference (2014) on ‘Inclusive Innovation and Innovative Management’ from December 11- 12, held at Valaya Alongkorn Rajabhat University, Pathumthani, Thailand. Paper Presented: INCLUSIVE INNOVATION IN HEALTHCARE IN INDIA
53	2014	National Seminar on Health and Well Being, Recent Developments and Challenges (2014) from November 12- 13, held at Department of Psychology, Jamia Millia Islamia, New Delhi. Paper Presented: THE ROLE OF PERFECTIONISM AND EMOTIONAL INTELLIGENCE IN ACADEMIC EXCELLENCE
54	2014	UGC Sponsored International Congress on Sport Psychology and 25 th National Conference on Sport Psychology (2014) on ‘Exercise and Sports Psychology in 21 st Century: Research and Application Perspective’ from October 15- 18, held at IGIPESS, Delhi University, Delhi. Paper Presented: A STUDY OF MENTAL TOUGHNESS AMONG DIFFERENT TRACK RUNNERS
55	2014	UGC Sponsored International Conference of Indian Psychological Association (2014) on ‘Measurement and Evaluation in Psychology and Education’ from March 29- 31, held at Magadh University, BodhGaya. Paper Presented: EXCELLENCE IN ACADEMICS AND SPORTS: DIMENSIONS FOR MEASUREMENT
56	2014	CHASSCONG (2014) on ‘Millenium Development Goals: Retrospect and Prospects’ from March 26-27, held at Panjab University, Chandigarh.
57	2014	UGC- SAP Sponsored National Seminar (2014) on ‘Emotional Intelligence’ on March 21 st , held at University Business School, Panjab University,

		Chandigarh. Paper Presented: EMOTIONAL INTELLIGENCE AND HARDINESS AMONG HOSTELLERS AND DAY SCHOLARS: A COMPARATIVE STUDY [Awarded the Best Paper in the Session]
58	2014	National Seminar (2014) on 'Indian Culture and Gender Issues' from March 12-13, held at Department of Life Long Learning and Extension, Panjab University, Chandigarh. Paper Presented: THE EFFECT OF GENDER STEREOTYPES AND COACHING STYLES ON PERFORMANCE OF FEMALE ATHLETES
59	2014	101st Indian Science Congress (2014) on 'Innovations in Science and Technology for Inclusive Development' from February 3-7, held at University of Jammu, Jammu. Paper Presented: THE ROLE OF PERFECTIONISM AND SELF EFFICACY IN ACADEMIC EXCELLENCE
60	2012	36th Indian Social Science Congress (2012) on 'Science, Society and the Planet Earth', from December 27-31, held at KIIT University, Bhubaneswar.
61	2012	International Conference (2012) on 'Women, Peace and Security' from October 26-27, held at Women's Studies Centre, Punjabi University, Patiala.
62	2012	International Forum of Physical Education and Sports Sciences (2012) on 'Health, Physical Education, Sports and Wellness in Schools and Community: A holistic and Innovative Approach' from October 20-22, held at Panjab University, Chandigarh. Poster Presented: ROLE OF ENVIRONMENTAL MASTERY AND AUTONOMY IN SELF- ESTEEM AMONG ATHLETES [Adjudged 2nd Best Poster]
63	2012	National Symposium (2012) on 'Shaping India's Future: Role of Anthropology and Psychology' from March 26-27, held at Panjab University, Chandigarh.
64	2012	International Conference of Applied Psychology (2012), from February 24-25, held at Panjab University, Chandigarh. Paper Presented: 1. GOAL ORIENTATION IN INDIVIDUAL AND TEAM SPORTS: A GENDER STUDY 2. LOCUS OF CONTROL IN RELATION TO OPTIMISM
65	2012	22nd National Conference (2012) on 'Latest Trends in Sports Psychology- Performance and Development', from January 25-27, organized by Sport Psychology Association of India, held at Bhagoo Majra. Paper Presented: GOAL ORIENTATION IN RELATION TO OPTIMISM
66	2012	International Workshop on Healing, Counselling and Therapy based on the Principles of Indian Psychology (2012) from 13- 15 th December, held at JAIN (Deemed-to-be-University), Bangalore.
67	2012	One- day Workshop on Enhancing Life Skills at International Conference of Applied Psychology (2012), held at Panjab University, Chandigarh.
68	2011	Consultation Seminar (2011) on 'Indian Psychology, challenges and prospects', from August 6-7, held at Jain University, Bangalore.
69	2011	Special Session of The Section on Anthropological and Behavioural Sciences of The Indian Science Congress (2011) on 'Anthropological and Psychological Approaches for a Healthy Society" from March 26- 27, held at Panjab University, Chandigarh. Poster Presented: POSITIVE PARENTING: ANTHROPOLOGICAL AND PSYCHOLOGICAL APPROACHES FOR A HEALTHY SOCIETY
70	2011	International Conference on Advances in Military Psychology (2011) on

		'Soldier Preparedness' from March 10- 12, held at IDSA, New Delhi.
71	2011	3rd Chandigarh Social Science Congress (2011) on 'Interface between Knowledge and Society' from February 24- 25, held at Panjab University, Chandigarh. Paper Presented: BELIEF IN RITUALISM IN RELATION TO LEVEL OF EDUCATION
72	2011	Fully Sponsored Workshop on Military Psychology at International Conference on Advances in Military Psychology (2011) on 'Soldier Preparedness' from 10- 12 th March, held at IDSA, New Delhi.
73	2010	Pre-Conference Workshop on Mental Training on 14 th November by Professor Lars Unestahl (Sweden) in International Conference (2010) on 'Enhancing Human Potential: Bio-Psycho-Social Perspectives', held at Panjab University, Chandigarh.
74	2010	2nd Chandigarh Social Science Congress (2010) on 'Economy, Society and Welfare: New Challenges before Social Sciences" from March 16-17, held at Panjab University, Chandigarh. Paper Presented: MENTAL HEALTH AND SOCIAL WELL BEING OF THE ADOLESCENTS AND THE AGED: TRENDS AND CHALLENGES
75	2010	International Conference (2010) on 'Enhancing Human Potential: Bio-Psycho-Social Perspectives' from November 15- 17, held at Panjab University, Chandigarh. Paper Presented: 1. BELIEF IN RITUALISM IN RELATION TO STRESS AND PERSONALITY 2. COMMUNITY PERCEPTION OF COMMONWEALTH GAMES: PRE AND POST THE EVENT
76	2010	14th Commonwealth International Sports Science Congress (2010) on 'Play Triumph Scientifically' from September 27-30, held at Manav Rachna International University, Faridabad. Paper Presented: COMMUNITY PERCEPTION OF COMMONWEALTH GAMES
77	2009	UGC National Seminar (2009) on 'Parenting of Adolescent trends and role in Modern Era' from March 3-4, held at Government College, Chandigarh. Paper Presented: SUBSTANCE ABUSE AMONG ADOLESCENTS: A PSYCHOLOGICAL PERSPECTIVE

**INVITED TALKS/ FACULTY DEVELOPMENT PROGRAMS/ WORKSHOPS
CONDUCTED/CHAIRD SESSIONS/INVITATION FOR GUEST LECTURE**

1	2024	Invited Speaker (topic- 1. Management of Behavioral Problems of Adolescents; 2. Sports Psychology of School Children) at the Induction program for newly recruited TGT's physical education (Female), June 27, 2024, organized by Navodaya Leadership Institute, Mavli, Udaipur.
2	2024	Expert for Tool Framing and Development of Sports Science for District Institute of Education and Training, Delhi
3	2024	Resource Person (topic- 1. Psychological training techniques; 2. Psychological aspect of doping), 15 th & 17 th May, 2024, at the JSS College of Physiotherapy (Online mode), Mysore
4	2024	Resource Person (topic- Applying Excellence in Counselling Services) at the Two-Days seminar, 1 st -2 nd April, 2024, organized by AADI Career Guidance and Counselling Centre, Chandigarh.

5	2024	Chaired a session at the ICSSR Sponsored National Seminar on ‘Impact of Science and Technology in Society’, 27 th -28 th March, 2024, organized by Bebe Nanaki University College Mithra (Kapurthala), Punjab.
6	2024	Resource Person (topic- Psychological Challenges of Ageing and Care Giving) at the Two days Regional Workshop entitled ‘Promoting Active Ageing through Care & Empowerment’, 21 st March, 2024, organized by Department of Social Work, CURAJ in collaboration with National Institute of Social Defence, New Delhi.
7	2024	Chair a Technical session in 3-day International conference on “Disability and the Everyday: Interdisciplinary Perspectives”, February 8-10, 2024, organized by the Department of English, CURAJ in collaboration with Indian Disability Society Collective (IDSC), New Delhi.
8	2024	Resource Person (topic- Physical Activity and School Going Children) at the PE Teacher Training, 5 th February, 2024, organized by ITC, Bounce of Joy and the Education Directorate of Rajasthan.
9	2023	Resource Person (topic- Emotional Competence) at the National Conference on “Elevating Grassroots: A Pathway to Health, Fitness and Olympic Excellence in India”, 15 th -16 th December, 2023, organized by Satyawati College University of Delhi and Physical Education and Sports Sciences Department STAIRS
10	2023	Chaired a session at the 7 th National Conference on Sports Sciences, 14 th -15 th December, 2023, organized by Physical Education Foundation of India under the auspices of Ministry of Youth Affairs and Sports, GoI.
11	2023	International Keynote Address: World Hydrogen Energy Summit & Expo on ‘Human Dimension of transition to Net Zero Pathways: Supporting Wellbeing in Sports’, October 17, 2023, organized by Energy And Environment Foundation with the support of Ministry of New and Renewable Energy, Government of India & NITI Aayog https://www.youtube.com/watch?v=4bzvUs201U
12	2023	International Keynote Address: International Conference on Mental Health and Behavioral Medicine (MHBM2023) on ‘Excellence in Sports: Redefining Psychological Preparedness’, September 21-22, 2023, Malaysia.
13	2023	Resource Person (topic- Emotional Competence) at the Workshop, 9 th August, 2023, organized by Department of Social Work, CURAJ.
14	2023	Resource Person (topic- Mental Toughness) at the Diploma in Sports and Exercise Psychology for Special athletes, Special Educators, Coaches, Athletes, Therapists and Parents, April 30, 2023, organized by Oshan Brain Training Centre, Nagpur. https://www.youtube.com/watch?v=IZ8jrJPswG4
15	2023	Resource Person (topic- Destress and Recoup: Applying Sports Psychology for Excellence in Sport and Life) at the Workshop on Sports & Psychology for Stress Management and Coping, 21 st February, 2023, organized by Department of Public Policy, Law and Governance and Department of Society-Technology Interface, CURAJ.
16	2023	Chaired a session “Disability and Health” at the CURAJ IDSC International Conference 2023 on Disability and the Everyday: Interdisciplinary Perspectives, 8 th April, 2023 organised by Department of English, CURAJ in association with Indian Disability Studies Collective.
17	2023	Resource Person (topic-Ethics in Research) at the Four-week Research Methodology Workshop for Ph.D. Scholars, January 18, 2023, organized by the School of Social Sciences, CURAJ.
18	2022	Invited Speaker (topic- 1. Management of Behavioral Problems of

		Adolescents; 2. The Young Champion's Mindset) at the Induction program for physical education teachers, December 12, 2022, organized by Navodaya Leadership Institute, Mavli, Udaipur.
19	2022	Invited as Distinguished Guest at joint mega Inaugural Ceremony of the World Hydrogen Energy Summit 2022 and World Waste-to-Wealth Summit & Expo-2022, 16-17 th October, 2022, organized by the Energy and Environment Foundation and supported by Government of India-Ministry of New and Renewable Energy, Ministry of Road Transport and Highways and NITI Aayog.
20	2022	International Keynote Address: 2nd International Conference on Behavioral Science and Applied Psychology (BSAP2022) on 'Psychology of Excellence: A Peek into Peak Performance', July 29-31, 2022, Singapore.
21	2022	Chaired a session at the Virtual International Conference on "The Transformation of Arts and Humanities: An exploration of "Interdisciplinary", 30th March, 2022 organized by Department of Humanities, St. Claret College, Bangalore in association with IQAC.
22	2022	Invited Speaker (topic- Excellence in Sports: Psychological Preparedness) at the Certificate Course on Sports Psychology, 28th May, 2022, organized by Kristu Jayanti College, Bangalore.
23	2022	Invited Speaker (topic- 1. Sports Psychology: Inputs for Mental Training 2. Psychological Wellbeing and Coping Strategies for Health) for UGC-HRDC sponsored refresher course for college and university teachers, on 15th February, 2022, organized by Bangalore University, Bangalore.
24	2021	Invited Speaker (topic- Approaches to Counselling) for two days Online CRE programme on "Guidance & Counselling for Parents of PwIDs" with CRE status, on 13th -14th December, 2021, organized by National Institute of the Empowerment of Person with Intellectual Disabilities (Divyangjan) Regional Centre, Navi Mumbai.
25	2021	Invited Speaker (topic- Focus: An Essential Skill for Counsellors) at the Expert Lecture Series, on 31 st August, 2021, organized by AADI Career Guidance and Counselling Centre, Chandigarh.
26	2021	Invited Speaker at the Webinar on Facing an Interview, on 29 th May, 2021, organized by Department of Social Work, School of Social Sciences, Central University of Rajasthan.
27	2021	Resource person (topic- Research with High Achievers) at the FDP on 'Innovation in Research and Sampling Design', on 21 st May, 2021, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
28	2021	Invited Speaker (topic- Psychological Well-being and Coping Strategies for Women Health) at the Webinar on Women Health and Wellness, on 8 th April, 2021, organized by Department of Yoga, Central University of Rajasthan.
29	2021	Resource person (topic- Expectation and Support: Essential Counselling Skills for Teachers) at the FDP on "Teaching Learning and Assessment" for HE teachers, organized by Teaching Learning Centre (Under the scheme of PMMMNMTT, Ministry of Education-GoI, New Delhi) on 19 th March, 2021 at Central University of Rajasthan.
30	2021	Resource person (topic- "Be a champion" Excellence in Sports, Skills for achievement) for UGC sponsored refresher course for college and university teachers, on 2 nd March, 2021 at Bangalore University, Bangalore
31	2021	Resource person- (topic- Wholistic practices for slow learners) at the FDP for HE teachers, organized by Teaching Learning Centre (Under the scheme of

		PMMMNMSTT, Ministry of Education-GoI, New Delhi) on 4 th March, 2021 at Central University of Rajasthan.
32	2021	Resource person (Management Activity- Unlocking Potential: Empowering for Excellence) at the FDP on "Indian Ethos in Management" for HE teachers, organized by Teaching Learning Centre (Under the scheme of PMMMNMSTT, Ministry of Education-GoI, New Delhi) on 6 th January, 2021 at Central University of Rajasthan.
33	2020	Invited Speaker at the Webinar on Research in Sports: Dimensions and Direction, on 3 rd December, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
34	2020	Resource person (topic- Health and Wellness) for online Student Induction Program at the School of Humanities and Social Sciences on 10 th , 12 th and 20 th August, 2020 at JAIN (Deemed-to-be-University), Bangalore.
35	2020	Resource person (topic- Exploring Career Pathways in Psychology) for online Webinar for students on 8th July, 2020 at JAIN (Deemed-to-be-University), Bangalore.
36	2020	Resource person (topic- Research Writing) for online Workshop for research scholars on 20th June, 2020 at JAIN (Deemed-to-be-University), Bangalore.
37	2019	Resource person (topic- Plagiarism) Workshop for research scholars on 27 th July, 2019 at JAIN (Deemed-to-be-University), Bangalore.
38	2019	Resource person (topic- Introduction to Scientific Writing) Workshop for research scholars on 1 st June, 2019 at JAIN (Deemed-to-be-University), Bangalore.
39	2019	Resource person (topic- Teaching Excellence) at the Induction Training Program (Pandit Madan Mohan Malviya National Mission) for College and University Teachers, on 1st April, 2019 at Central University of Kerala, Kasargod.
40	2019	Resource person (topic- Emotional Intelligence and Effective Learning) for UGC sponsored refresher course for college and university teachers, on 1 st March, 2019 at Bangalore University, Bangalore.
41	2019	Invited for Guest Lecture on 'Sports Psychology and its applications' for post graduate and undergraduate students , on 27 th February, 2019 by Department of Psychology, Acharya Institute of Graduate Studies, Bangalore.
42	2019	Invited to Chair a session of paper presentations for the International Conference 'Sports: An integral component of Nation Building' , on 20 th February, 2019 at Mount Carmel College Autonomous, Bangalore.
43	2019	Invited as Resource Person for the National Conference "Insight 2019" on the theme " Modern Tools and Technology in Research: Transdisciplinary Perspective ", on 28 th January, 2019 at Kristu Jayanti College, Bangalore.
44	2018	Resource person (topic- Excellence in Sports and Academics) for UGC sponsored refresher course for college and university teachers, on 7 th April, 2018 at Bangalore University, Bangalore.
45	2018	Resource person (topic- " Challenges in life of a Teacher ") for faculty development program on 24 th March, 2018, in Jain University, Bangalore for UG and PG teachers.
46	2018	Invited to conduct a workshop on "Stress and Coping" on 20 th October, 2018, for MySchool, Bangalore for school teachers and management.
47	2016	Conducted a workshop on ' Personal Excellence ' for the chief executives of many organizations.

STUDENTS GUIDED/UNDER GUIDANCE (DETAILS)**Ph.D. (Currently Guiding)**

Sr. No.	Name of the Scholar	Tentative Title	Enrolment Year
1	Rahmath Nishada K.	Psychological Skills Training for Injured Athletes	2022
2	Himanshu Gurung	Psychological Skills Training for Para-Athletes	2023
3	Mannat Nehra	Psychological Skills Training for E-Sports Players	2023
4	Archna Yadav	Sports Management	2024

M.Phil. (Awarded)

Sr. No.	Name of the Scholar	Title
1	Mr. Vinay A. L. (Co-Supervisor)	Construction and Validation of 21st Century Life Skills Assessment Battery
2	Ms. Apoorva Deshpande	The Perceived Impact of Artificial Intelligence Anxiety and Competitive Psychological Climate on Employee Attrition
3	Ms. Sangeeta Vijaysimha	The Effect of Hypnosis on Flow and Emotions among State Level Cricket Players
4	Mr. Kiran S. Sawekar	Relationship of Perceived Social Support with Resilience and Psychological Wellbeing amongst Patients undergoing Dialysis

Masters Dissertations

Sr. No.	Name of Student	Title
1	Abhishek Saikia (2024)	Commuting Green, Riding for Well-Being: Analysis of Environmental Identity and Well-Being on Commuting
2	Ameena Shahin (2024)	Self- Compassion and Social Physique Anxiety: A Comparative Study Between Swimmers and Gymnasts.
3	Ancy S Raju (2024)	Effect of Athlete Identity on Cardiac Anxiety among Retired Athletes
4	Febin V P (2024)	The Relationship between Burnout and Perfectionism among Karate Players
5	Malayika Gupta (2024)	Tracking Tranquility: The Psychology Behind IOT in Sports: A Scoping Review
6	Mikhdad.O (2024)	Blocking out the Noise: Narcissism and Resilience in Volleyball Playing Position
7	Nafih P K (2024)	From Pixel to Progress: The Impact of Cognitive and Spatial Intelligence Skill Transfer From EFootball To Football
8	Ramshida P V (2024)	The Effectiveness of Imagery Intervention on Self Confidence and Coping Skills
9	Reethika Yadav (2024)	Sports Emotional Intelligence and Sports Mental Toughness among Young Cricket Players
10	Ridhin N K (2024)	Perception of Pain and Self-Control in Martial Arts: A Comparative Study of Kalaripayattu, Karate and Taekwondo Artists

11	Safa PTP (2024)	Mental Toughness and Grit: A Comparative Study of Combat Male and Female Athletes
12	Shilipi Tripathi (2024)	Self-Esteem, Empathy and Hope: A Comparative Study of Athletes and Non-Athletes
13	Sneha Pushpan P (2024)	Relationship between Body Image and Self Esteem among Gymnasts
14	Suhana Ummu Kuldhu E (2024)	Mindfulness and Self-Efficacy in Badminton Athletes: Analysing the impact of Gender and Athletic Level
15	Thanusha P (2024)	Sport Confidence and Sport Anxiety: A Comparative Study among Athletes and Para-Athletes.
16	Vaidehi Gupta (2024)	Passion, Goal Orientation and Aggression among Female Combat Sport Athletes: A Comparative Study on Boxing and Wushu Athletes
17	Annsweetta James (2023)	Effect of Self Compassion Intervention on Flow and Mental Toughness of Kalaripayattu Artists
18	Kummari Sangameshwar (2023)	Effect of Music Intervention on Mood Regulation among State Level Wrestlers and Cyclists
19	Mohd. Waseem (2023)	Effect of Tratak Meditation for Enhancing Concentration and Self-confidence among National Level Archers
20	Nasna Ruksana (2023)	Effect of Imagery Intervention on Mood States among National Youth Female Football Players
21	Nikethan Dileep (2023)	Effect of Imagery Intervention on Flow and Imagery Ability among District, State and National Level Badminton Players
22	Nishkala Sai (2023)	Goal-Oriented Imagery Training for Grit and Growth Mindset in District Level Archers
23	Sneha Mole Biju (2023)	Effect of EFT Intervention on Resilience and Emotional Regulation among State Level Polo Players
24	Ms. Parvathi K. (2022)	Sports competitive anxiety, sports achievement motivation and mental toughness among Kabaddi Players
25	Ms. Sargun Kaur Sethi (2022)	Passion, growth mindset and burnout among Indian Para-Athletes
26	Ms. Sneha Jha (2021)	Relationship of orthorexia nervosa with personality and perfectionism among nutrition students and gym goers
27	Ms. Elangbam Nancy Leima (Co-Supervisor) (2020)	Social Media Usage in relation to Body Image Satisfaction and Eating Habits among young adults
28	Ms. Aishwarya Verma (Co-Supervisor) (2020)	Relationship Between Internet Addiction Self Efficacy and Academic Procrastination Among College Students
29	Ms. Shiwa Khamosh (Co-Supervisor) (2020)	Academic Pressure on Students: The Initiation of Substance Abuse and Depression
30	Ms. Darshana Dixit (Co-Supervisor) (2020)	Relationship between Grit and Cognitive Flexibility: A Study to Understand Linguistic Advantages
31	Mr. Mukesh Bhattarai (Co-Supervisor) (2020)	Emotional Intelligence and Authentic Leadership in Bilingual and Trilingual Young Adults
32	Ms. Ummehani Bharmal	Self-Stigma, Attitude Towards Seeking Professional Help

	(2019)	and Perfectionism among Medical Students
33	Ms. Malvika Krishnan (2019)	Influence of social support of victim of rape on Attitude towards rape victims and rape myth acceptance among Young and Middle Adults
34	Ms. Chandreyee Roy (2019)	Perceived Stress, Personality and Decision-Making Styles among Karnataka Police Officers
35	Ms. Nabanita Chatteraj (2019)	Relationship between Perceived Social Support, Psychological Well-Being and Rumination among Clinical Psychologists and Psychiatrists
36	Ms. Chandana S. (2019)	A Study Effect of Blood types on Grit and Psychological Well-Being among Athletes in Bangalore
37	Ms. Aaliyah Sheikh (2019)	Quality of Life and Self Esteem among working and non working mothers
38	Ms. Sahana V. (2018)	Posttraumatic Growth and Existential Thinking among Young Adults
39	Ms. Chinmayi Raju (2018)	Psychological Well-Being, Optimism and Self Esteem Among Married and Unmarried Individuals
40	Ms. Prashi Jain (2018)	Comparative Study of Toppers Average and Below Average Students on Resilience and Grit
41	Ms. Meghana M. Jain (2018)	Relationship Between Interparental Conflict, Parental Criticism, Fear of Negative Evaluation, and Mattering among Late Adolescents
42	Ms. Varsha Vijaya Kumar (2018)	Relationship of Emotional Regulation, Self-Esteem, Rumination with Depression among Middle Aged Adults
43	Ms. Mahati Systla (2018)	Psychological Contract, Organizational Climate and Organizational Commitment amongst Employees of Start-Ups
44	Ms. Kajal Sheshadri (2018)	Psychosocial and Economic Factors in Employee Retention
45	Ms. Diksha Agarwal (2018)	Relationship Between Passion, Goal Orientation and Personality among State Level Hockey Players
46	Ms. Farnaaz Fatima (2018)	Perspectives in Shopping Behavior Based on Peer Influence
47	Ms. Chinmayi J (2017)	Conception Through IVF: Exploration of Perceived Changes in Marital Relationship among Fathers during Early Parenthood
48	Mrs. Abhigale Frauline Leonora D'Cruz (2017)	Cognitive Abilities in Athletes and Non-Athletes: A Comparative Study
49	Ms. Nandana Priya Kamasani (2017)	Tolerance for Ambiguity and Cognitive Style among Novice and Established Entrepreneurs: A Comparative Study
50	Ms. Shreya Bajaj (2017)	Effect of Appreciation on Self-Esteem and Affect
51	Ms. Shazia Hassan (2017)	The Influence of Burnout and Personality on Counterproductive Work Behavior at Workplace among IT Professionals
52	Ms. Eshana Arjun	Aggression and Goal Orientation among Hockey Players and

	(2017)	Cricket Players: A Comparative Study
53	Ms. Zeina Sravya Ahmed (2017)	Dance Motivation and Body Image Satisfaction among Male Kathak and Ballet Dancers

RESEARCH PROJECTS

- Guided 31 PGD Sport Psychology Projects.
- Guided University Research Funded Project (2018) on ‘Visual Media’s Portrayal of Suicide: Counsellor’s Perspective’.