

PROFILE



PROFESSIONAL INTRODUCTION

Currently working as an Associate Professor in the Department of Psychology, Punjabi University, Patiala. Educational Pursuits include Hon's in Psychology (Gold Medal), M.A., Ph.D, PGDPC and holding two merit positions with University Scholarships. She is having more than 15 years of teaching experience in University along with unique 3 years of clinical experience of working in a clinical setting as Psychologist to Curb an unprecedented increase in Mental Health Problems. She has been actively counseling clients for diverse problems.

She has been serving as resource person in various departments viz., Physiotherapy, Sports Science, Physical Education, Criminology and Forensic Science. She is a member of various national and inter-national organizations. She has conducted various workshops to utilize the opportunities for development of personality and behaviour modification. She has attended various conferences at national and inter-national level with numerous research publications.

1. Name : Dr Nalini Malhotra
2. Current Designation : Associate Professor
3. Department : Psychology
4. Date of Birth : 23-07-1971
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- 6 Areas of Specialisation : Experimental and Cognitive Psychology, clinical Psychology, Criminal Psychology and Forensic 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%	Distinctio n-IstDiv	Punjabi.Hindi,English,Maths, Science,Social St

2	B.A	1991	G.N.D.U,Asr	69%	Merit Position,IstDiv	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%	IstDiv	Clinical Psychology,CounsellingPsychology,Psychotherapy,Mediation
5	PGDPC	1995	Coimbatore	66%	IstDiv	Psychological Counselling and Psychotherapy
6	Ph.D	2002	Panjab Univ,CHD	----- --	-----	Power motive and its relationship with affective arousal and power arousing and 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 Sweekaar Academy of Rehabilitation sciences, Secunderabad (2009).
- iv.) Best Paper Award in NACIACP-2018, Golden Jubilee Year Celebration of Indian Association of Clinical psychologies

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

S. No.	Paper	Class
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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

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

Sr. 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
5.	Rahul	Effectiveness Of Stress Inoculation Training for Police Personnel :Cognitive and Affective Perspective	Ongoing
6.	Harjinder Kaur	Social Emotinal Disturbances Of Adolescents:Cognitive,Social and Emotional Perspective	2020
7.	Amandeep Kaur	Psycho Social Correlates of Cigarette Smoking among Adolescents	Ongoing
8.	KefaleSeifu	Psychological Correlates of Acculturative Stress among Ethiopian International Students In India	2020
9.	Jasreet Kaur	Enrolled	Enrolled
10.	Manpreet Kaur	Enrolled	Enrolled

M.Phil 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

Conference

Sr. 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 International science at Punjabi university,Patiala	National

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 persons: Review	Seminar on issues & Fitness management (28 th October,2015),	Department of sports science, Punjabi university, Patiala	International

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
	Machiavellianism in relation with power motive among	4 th conference on psychology and allied sciences on positive schooling: A heaven for Holistic development (16-	Indian association of health, research and Welfare	International
6.	adolescents Highlighting the role of irrational	18 th January,2016) Conference on skill india: Knowledge & Education (human and social capital formation in emerging india 1-2 nd	Department of education & community services. Punjabi University, Patiala.	National
7.	beliefs in academic setting. A Study of the Association between Cigarette smoking and physical	February,2016). Global conference on scientific culture in physical education and sports (18-20 th	Department of physical education, Punjabi university,	
8.	fitness	February ,2016)	Patiala.	International
9.	Review of Social change in criminal behavior	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, Patiala.	International
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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 centre for research education, diplomacy research & policy foundation. IMRF Chandigarh Chapter, India.	International
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
19.	Police stress and psychological well-being: Theoretical Perspective	National seminar on stress management : a holistic perspective (6 th December 2021)	Department of psychology, Akal University, Talwandi Sabo, Bathinda, Punjab	National
20.	Women Police Stress: Theoretical Perspective	International Conference on women empowerment, language studies & social science (2022)	IMRF Institute of higher education & research Mysore, Karnataka, India	International
21.	Police Psychology: Organizational and Operational police stress in relation with emotional intelligence	56 th national and 25 th international conference of Indian academy of applied psychology (IAAP)(18 TH – 20 TH Feb,2021)	Department of psychology, Punjabi university, Patiala	National and international
22.	Stress management intervention for police force : A review	ICCSSR supported international conference on “positive psychology intervention for promoting sustainable happiness in society”.(22 nd - 23 rd oct,2021)	Department of psychology, university of lucknow, in association with department of happiness, era university, lucknow	International

23.	“ Scholastic learning and motivational regulation in relation with learning difficulties	“21 st century psychology: opportunity and challenges” on November 20-21,2021	Department of psychology, Chaudhary Bansi lal University, Bhiwani, Haryana, india in collaboration with Haryana psychological association	International
24.	Effect of cognitive strategy instruction academic achievement of students with learning difficulties	57 th national and 26 th international conference of Indian academy of applied psychology (IAAP), 27 TH Jan to 29 th Jan 2022	Department of clinical psychology and department of psychology, Mizoram university	National and international
25.	Understanding the mental health issues among women police personnel	“women in leadership: emerging issues and challenges” 24 th & 25 th November,2021	Department of psychology, Punjabi university, Patiala	International
26.	Raising the quality of living through ethics and value in higher education	Gitanjali teachers training college, choa, west Bengal, edugroomIndia foundation, kochi, journal of dharma & globethics.net india on 14 th & 15 th December 2021	Gitanjali teachers training college, choa, west Bengal, edugroomIndia foundation, kochi, journal of dharma & globethics.net india	International webinar
27.	Know about plagiarism detection tools	Capacity building program 6 th august, 2021	Punjabi university, Patiala	National program
28.	Centre for disaster response management and training	‘ bio – terrorism and omicron: a way forward held on 18 th Jan, 2022	SCO257. Urban state, phase-1 Patiala	Webinar workshop

29.	'cigarette smoking among adolescents: psychological correlates	National e conference on 'mental health in an unequal world on 7 th & 8 th oct, 2021	School of behavioural science, national forensic university, gandhinagar, gujrat	National
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LIST OF PUBLICATIONS

S.No.	Title with Page No.s	Journals	ISSN/ISBN No.	Whether Peer reviewed impact Factor, if any
1.	Stressful life Events and Gender difference, 72, No. 3. 179-182 (2009)	Indian psychological review	ISSN 0019-62155	Yes
2.	A study of depression and self esteem in adolescents from intact and non intact families Vol. 3, No. 5, 10-14, (2009)	Indian Journal of Psychology & Mental Health	ISSN-973-7286	Yes
3.	A study of relationships of adolescents from intact and non-intact families Vol. 191-2.53-55(2010)	interpersonal Indian Journal Of health and wellbeing	ISSN-2229-5356	Yes
4.	Relationship of Emotional intelligence with Physical and Mental health of Adolescents Vol. 5, No.1, 21-25, (2011)	Indian Journal of Psychology Mental health and	ISSN-0973-7286	Yes
5.	Problem behavior among adolescents; An exploratory study Vol.1, Issue 2. 267-268 (2011)	Indian Journal of Health and wellbeing	ISSN-2229-5356	Yes
6.	Personal Correlates of Problem Behavior among adolescents , vol.2, No.1, 33-37 (2011)	Amity Journal of Applied psychology	ISSN-0976-6731	Yes

7.	The Relevance of emotional literacy within education Vol. 1, issue-1, 6-8 (2011)	International Journal of Education & Management studies	ISSN-2231-5632	Yes
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8.	Social Anxiety and SelfEfficiency as the indices of assertiveness, Vol. 3, No.3., 768-770, (2012)	Indian Journal of Health & wellbeing	ISSN-2229-5356 Indexed Journal	Yes
9.	Study of dimensions of interpersonal relationships with depression and self esteem., Vol. 3, No. 2, 601-603 (2012)	Indian Journal of Health & wellbeing	ISSN-2229-5356 Indexed Journal	Yes
10.	Exploring the relationship of Parental Authority with personality Traits Related to Delinquent Behaviour, Vol. 7, No. 2, 61-68 (2013)	Indian Journal of Psychology and Mental health	ISSN-0973-7286	Yes
11.	Adolescents Problem Behavior: 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.
12.	Assessing Life Stressors in Relation to Psychological Problems among Adolescents, Vol.5, Issue-2,200-203. (2014)	Indian Journal of Health & Well Being.	ISSN-p-2229-5356 e-2321-3698	Yes
13.	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)
14.	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)
15.	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
16.	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
17.	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

18.	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
19.	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)
20.	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
21.	Study of Emotional Intelligence with subjective well being among adolescent Vol 9, Issue 1, Jan, 2018	Indian Journal of Health and Well being	ISSN-P22295356	UGC approved journal
22.	Women empowerment : Examination of power motive among young women. Vol. 5, Issue 1, Jan, 2018	International Journal of economy, commerce and Business Management	ISSN -23484969	Refereed Journal
23.	Ciggrates smoking among adolescent role of Hardiness and self esteem, Vol.8, Issue 2 July 2018	Indian Journal of Psychology and Education	ISSN-22311432	UGC approved
24.	General Mental Health Issues in relation with Job satisfaction among nurses Vol 14, Issue 1, March, 2018	Indian Journal of Community psychology	ISSN-09742719	UGC Listed
25.	Interaction effect of hardiness and proceed stress: evidence from Ethiopian international students, Vol 6, issue 1, Jan, 2019	International Journal of Research and Analytical review	ISSN-23481269	UGC approved
26.	Scholastic learning and motivational regulation in relation with learning difficulties, Vol. XXIII, No:12(III),2021	Journal of education: Rabindra Bharati University	ISSN-0972-7175	UGC approved

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