



## **Dr. Sandeep Singh Rana**

Senior Professor

Department of Applied Psychology

Guru Jambheshwar University of Science & Technology, Hisar, Haryana (India)

('A+' Grade NAAC accredited)

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**Date of Birth:** 06-02-1972

**Academic Qualifications:** B.A. (Hons.), M.A., M.Phil, PhD

### **Experience:**

Teaching, Research and Administrative experience at University level: 25 Years

Experience as Professor: 12 Years

### **Teaching and Research Interests:**

Positive Psychology, Industrial/Organizational Psychology, Health Psychology, Psychological Testing, Guidance & Counseling.

### **Popular Article:**

Self Confidence - A Psychological Analysis published in Employment News.

### **Awards & Honors:**

- Received the Award from Govt. of Haryana on Republic Day 26<sup>th</sup> January 2010 for contribution in the field of Blood Donation.
- Bharat Jyoti Award by India International Friendship Society on 4<sup>th</sup> May, 2012 for linking education to social development
- Received the appreciation letter as a member of the NAAC Steering Committee of the University in December 2014.
- Received the appreciation letter on 01-12-2017 from Govt. of Haryana for contribution to the field of HIVAIDS prevention.

- Received the Youth Red Cross Award from Hon'ble Governor of Haryana on 20-01-2018.
- Received the National Builder Award on 05-09-2019 (Teacher's Day) by Rotary International.
- Received the Dean of International Peace Prize on 29-11-2020 at the 7<sup>th</sup> International and 8<sup>th</sup> Indian Psychological Science Congress held at Panjab University, Chandigarh.
- Received the Certificate of Appreciation from Guru Jambheshwar University of Science & Technology on 20-09-2023 on for the award of copyright for the work 'Mindfulness Based Self-Management Therapy'
- Received the Award of Appreciation from Society of Industrial and Organizational Psychology, Varanasi on 26-03-2025 at IV Indian Congress of Industrial and Organizational Psychology and 3<sup>rd</sup> International Conference on "Building Sustainable Organisations: Psychological Issues and Challenges".

#### **Administrative Experience:**

1. Technical Advisor to Vice Chancellor (HRM) Guru Jambheshwar University of Science & Technology, Hisar (Since May 2023).
2. Director, Centre for Counseling and Wellbeing, Guru Jambheshwar University of Science & Technology, Hisar (Since May 2024).
3. Dean of Colleges (January 2020 to 2023).
4. Director, Psychological Guidance & Counseling Cell of Guru Jambheshwar University of Science & Technology, Hisar (2018 to 2024).
5. Coordinator, Centre for Behavioral Research & Intervention (2009 to 2023).
6. Proctor of the University (2015 to 2019).
7. Chairperson, Department of Applied Psychology (2015 to 2018).
8. Chief Warden (2019 to 2020).
9. Deputy Chief Warden, Boys Hostels (2013 to 2015).
10. Program Coordinator, National Service Scheme (NSS) (2009 to 2015).
11. Warden, Boys Hostel (2006 to 2013).

#### **Professional Memberships:**

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**Served in key leadership and advisory role across various departments and committees.**

1. Member of University Court, Kurukshetra University, Kurukshetra.
2. Member of Executive Council, CRSU, Jind.

3. Member of Executive Council, Guru Jambheshwar University of Science & Technology, Hisar.
4. Member of Academic Council, Guru Jambheshwar University of Science & Technology, Hisar.
5. Member, NAAC Steering Committee, GJUS&T, Hisar.
6. Member, GIAN Committee of the university.
7. Member, Internal Quality Assurance Cell (IQAC), GJUS&T, Hisar.
8. Member, Administrative Reforms Committee, GJUS&T, Hisar.
9. Member, Implementation of E-Governance Committee, GJUS&T, Hisar.
10. Member, Internal Complain Committee (ICC), GJUS&T, Hisar.
11. Member, Implementation of NEP-2020 Committee, GJUS&T, Hisar.
12. Member, Advisory Committee MMTTC, GJUS&T, Hisar.
13. Observer, UGC-NET examination coordinated by GJUS&T, Hisar.
14. Member, High Power Purchase Committee of the university.
15. Member, anti-ragging committee of the university.
16. Member of NSS advisory board of the university.
17. Member of Cultural Council of the university.
18. Member of Sports Council of the university.
19. Organizing member of university alumni meet.
20. Organizing member of university convocation
21. Member, organizing committee for sports tournaments of the university.
22. Member, organizing committee for youth festival.
23. Member, syllabus re-structuring committee of the department.
24. Member, anti-eve teasing committee of the university.
25. Member, students counseling cell of the department.
26. Member of Swach Bharat- Swasth Bharat Programme of the university.
27. Member of the Covid-19 Taskforce of the university.
28. Member of different committees constituted for academic, administrative, and welfare issues.

**Member of academic and research bodies:**

**(Constituted as an Expert in different academic and research bodies)**

1. Member, P.G. Board of Studies of the Department of Psychology, Kurukshetra University, Kurukshetra.
2. Member, P.G. Board of Studies of the Department of Applied Psychology, GJUS&T, Hisar.
3. Member, P.G. Board of Studies of the Department of Psychology, University of Jammu, Jammu.
4. Member, P.G. Board of Studies of the Department of Psychology, M.D.U.Rohtak.
5. Member, P.G. Board of Studies of the Department of Psychology, Punjabi University, Patiyala.
6. Member, P.G. Board of Studies of the Department of Psychology, Gurukul Kangri University, Haridawar.
7. Member, P.G. Board of Studies of the Department of Psychology, I.G. University, Meerpur.
8. Member, Departmental Research Committee, Department of Psychology, Central

University of Haryana, Mahendergarh.

9. Member, P.G. Board of Studies of the Department of Psychology, Central University of Haryana, Mahendergarh.
10. Member, UG Board of Studies of the Department of Psychology, HP University, Shimla.
11. Member, PG Board of Studies of the Department of Psychology, CDL University, Sirsa.
12. Member, PG Board of Studies of the Department of Psychology, CBL University, Bhiwani
13. Member, Research Degree Committee, Chandigarh University, Chandigarh.
14. Member, Research Degree Committee, SGT University, Gurgaon.
15. Member, Research Degree Committee, LPU, Jalandhar.
16. Member, Faculty of Social Sciences, M.D.U, Rohtak
17. Member, Women's complain committee/grievance cell, CDLU, Sirsa
18. Member of Indian Association of Clinical Psychology.
19. Member of Indian Association of Community Psychology.
20. Member of Indian Science Congress.
21. Member of Indian Association of Psycho-Cultural Researches.
22. Member of Bhartiya Counseling Psychology Association of India.
23. North Zone Secretary of Indian Association of Health Psychology (IAHP)

### **Research Contribution:**

1. Research papers published in National and International Journals: 136
2. Research papers presented in National and International Conferences/participation/scientific session chaired: 87
3. Sponsored research projects completed (UGC, Ministry of Home Affairs): 05
4. Psychological Tests developed with manuals: 03
5. Psychotherapy Developed: 01 (Copyright: L117386/2022)  
‘Mindfulness Based Self-Management Therapy’
6. Book chapters: 09
7. National/International Conference/Workshop organized: More than 30
8. Invited Scientific lectures: More than 100
9. Supervision of M.Sc. research projects: More than 50
10. Supervision of PhD research work: Awarded- 21, Submitted: 01, Ongoing-04

### **(Supervision of PhD Research Work)**

1. Personal and Organizational Determinants of Quality of Work Life among Marketing Personnel. (Awarded).
2. Personal and Contextual Influences in Mental Health among HIV-Positive Persons. (Awarded).
3. Effect of Dialectical Behavior Therapy in Managing Suicidal Risk among Adolescents. (Awarded).
4. Effect of Mindfulness Therapy on Cognitive Behavioral and Affective Well-Being of

Adolescents Manifesting Symptoms of Attention Deficit Hyperactive Disorder. (Awarded)

5. Psychological Influences in Adolescents Health Risk Behaviors (Awarded).
6. Psychological Wellbeing of Elected Women Representatives in Relation to Role Conflict, Social Support and Psychological Capital (Awarded).
7. Parenting Style and Health Promoting Behaviors among Adolescents: The Mediating Effect of Hope and Self-Efficacy. (Awarded).
8. Emotional Health of Adolescents in Relation to Career Indecision, Body Image and Emotion Regulation: The Moderating Effect of Resilience. (Awarded).
9. Emotional Health of Adolescents in Relation to Parenting Style and Resilience (Awarded).
10. Effect of Mindfulness-Based Cognitive Therapy in Reducing Anger and Anxiety among Adolescents (Awarded).
11. Psychological Correlates of Well Being: Role of Neuroticism (Awarded).
12. Character Strengths and Resilience as Predictors of Happiness and Well Being among Young adults (Awarded).
13. Effect of Mindfulness Based Self- Management Therapy (MBSMT) on Happiness at Work Place. (Awarded).
14. Effect of Mindfulness Based Stress Reduction Therapy on Emotional Health of Juvenile Delinquents. (Awarded).
15. Psychological Correlates of Happiness among Police Personnel. (Awarded).
16. Effect of Mindfulness Based Cognitive Therapy on the Emotional Health of Cancer Patients. (Awarded).
17. Personality Correlates of Hypnotizability. (Awarded).
18. Mental Health of Employees in Banking Sector in Relation to Work-Life Balance, Occupational Stress, Resilience and Mindfulness. (Awarded).
19. Mediational Roles of Gratitude, Resilience and Prosocial Behavior in Explaining Relationship between Mindfulness and Psychological Wellbeing. (Awarded).
20. Risk and Protective Factors in Drugs Abuse Susceptibility among Adolescents. (Submitted)
21. Mental Health of Covid-19 Survivors: Risk and Protective Factors. (Awarded).
22. Effect of Mindfulness Based Self-Management Therapy (MBSMT) on Positive Mental Health among Emerging Adults. (Awarded).
23. Psychosocial Factors Influencing Relapse in Drug Addiction. (Ongoing).
24. Effect of Mindfulness Based Self-Management Therapy (MBSMT) on Health Promoting Lifestyle and Wellbeing of Adolescents. (Ongoing).
25. Psychological Correlates of Social Media Addiction among Adolescents. (Ongoing).
26. Psychosocial Correlates of Mental Health of Elders in India. (Ongoing).

#### **Sponsored Research Projects:**

1. Dr. Sandeep Singh (2006). Minor research project '***Emotional Intelligence, Need Structure, Unconscious Conflicts and Coronary Heart Disease***' funded by University Grants Commission, New Delhi. Status: Completed. Amount: Rs.20,000
2. Dr. Sandeep Singh (2007). Major research project '***Behavior Modification in HIV/ AIDS among Adolescents***' funded by University Grants Commission, New Delhi. Status: completed. Amount: Rs.5,26,000.
3. Dr. Sandeep Singh (2007). Research Project entitled '***Psychological Influences in Crime: A Comparative Study of High and low Crime Profile Villages of District Hisar***

**(Haryana)** funded by Bureau of Police Research and Development, New Delhi. Status: Completed. Amount: Rs.80, 000

4. Dr. Sandeep Singh (2019). Research Project entitled '**Effect of Mindfulness Based Interventions on Emotional Health of Students**' funded by university, amount 60,000, Status: completed.
5. Dr. Sandeep Singh (2019). Research Project entitled '**Why Children commit criminal offences?**' Funded by university, amount 60,000, Status: completed
6. Dr. Sandeep Singh (Co) (2025). Research Project entitled '**Managerial, Psychological and Organizational Factors of Happiness and Work-Life Balance amongst Police Personnel in Haryana: A Diagnostic Study**' funded by RUSA, amount 30,00000. Status: (Ongoing)

### **Psychological Tests Published with Manual**

1. **HIV Risk Perception Questionnaire (HRPQ)**
2. **Peer Pressure Scale (PPS)**
3. **Drug Attitude Scale (DAS)**

### **Psychotherapy**

**Mindfulness Based Self-Management Therapy (MBSMT)**  
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### **Involvement with Formulation of Centre and Labs:**

1. **Centre for Counselling and Well-Being (07-06-2023)**
2. **Mindfulness and Wellbeing Lab (07-06-2023)**
3. **Thought Laboratory (07-06-2023)**
4. **Centre For Behavioral Research and Intervention (12-05-2009)**

### **Design the Value Added and Open Elective Courses:**

1. **Self-Management and Personality Development**
2. **Psychology Applied to Corporate World**
3. **Psychology for Happiness & Wellbeing**

### **Research papers published in National and International Referred Journals:**

1. Sandeep Singh (1999). Self-Confidence - A Psychological Analysis. *Recent Researches in Education and Psychology*, 4,121-124.
2. Sandeep Singh (2000). Psychological Dimension of Human Resource Management- An Empirical Analysis. *Praachi Journal of Psycho-Cultural Dimensions*, 16 (2),95-98.
3. Anu Singh, Sandeep Singh & Shilpa Jain. (2003). Understanding the Need of Counselling for Effective Work Performance-A Study of MarutiUdyog Ltd. *The Journal of Indian*

*Management and Strategy, (4),15-19.*

4. Sandeep Singh, & Jyotsana. (2005). Emotional Competency and Anxiety among Diagnosed Hospitalized Alcoholics. *Journal of Psychological Researches, 49* (1),6-10.
5. Sandeep Singh, B.K.Punia, & R.K. Behmani. (2006). Anxiety in Relation to Emotional Competency and Organizational Climate amongst Supervisory Personnel- an Interco relational Analysis. *ICFAI journal of organizational behavior, (3)*,74-83.
6. Sandeep Singh, & Behmani, R (2007). Mental Health in Relation to Quality of Work life and Coping Strategies-A Study of Marketing Personnel. *The Journal of Indian Management and Strategy, (12)*, 4-8.
7. Sandeep Singh, &Saini, S. (2007). Emotional Intelligence, Need structure, Unconscious Conflicts and Coronary Heart Disease. *Indian Journal of Applied Psychology, 44*,43-49.
8. Sandeep Singh, Saini, S., & Dhingra, A. (2007). Frustration Tolerance among Diagnosed Alcoholics. *PRACHI journal of psycho-cultural researches, 23*(1),25-28.
9. Sandeep Singh & Saini, S. (2007). HIV Risk Perception among Adolescents in Relation to Peer pressure and Drug Abuse Behavior. *Indian Journal of Sexually Transmitted Disease, (28)*53-54.
10. Sandeep Singh, B.K.Punia., & R.K. Behmani. (2007). Organizational Commitment among Insurance Marketing Personnel in Relation to Quality of work and Psychological Participation. *APEEJAY Business Review, 8* (1&2),40-47.
11. Sandeep Singh, & Tanu (2008). Suicidal Ideation among Adolescents in Relation to Self-Efficacy and Hardiness. *Journal of Personality and Clinical Studies, (23-24)*, 149- 154.
12. Sandeep Singh, & Madhu (2009). Perceived Stress among Management Students: The Role of Locus of Control and Conflicting Handling Styles. *SHEJ' – SRDE Higher Education Journal, 1* (1),6-8.
13. Singh, S., & Saini, S. (2009). Perceptual and Attitudinal Influences in HIV Risk. *Clinical child psychology, 207*.
14. Sandeep Singh, & Mansi (2009). Psychological Capital as Predictors of Psychological Well-Being. *Indian Journal of Applied Psychology, 35*(2), 233-238.
15. Sunil Saini, & Sandeep Singh (2009). Development of Alcohol and Drug Attitude Scale. *PRACHI Journal of Psycho-cultural Dimensions, 25*(1&2), 52-58.
16. Nirmala Kaushik, Jyotsana, & Sandeep Singh (2009). A Study of Locus of Control and Adjustment among Employees of Teaching Organizations. *Indian Journal of Psychology*

*and Mental Health*, 3 (5),15-24.

17. Sandeep Singh, & Sunil Saini (2009). Development and Validation of HIV Risk Perception Questionnaire. *Indian Journal of Community Psychology*, 6 (1),75-82.
18. Sandeep Singh, Amit Dhingra, & Taruna (2010). Mental Health of HIV Positive Persons in India: The Role of Social Stigma. *Indian Journal of Psychology and Mental Health*, 4(2), 110-115.
19. Sandeep Singh & Taruna (2010). Managing Stress among Students of Technical Education: The Role of Breathing Exercises. *Praachi Journal of Psycho-Cultural Dimensions*, 26(2),112-119.
20. Taruna, Sandeep Singh & Sukhdas (2010). Understanding Mindfulness in Clinical Perspective. *Indian Journal of Positive Psychology*, 1(1-2), 59-62.
21. Sandeep Singh, Sunil Saini., & Neelam Goyal (2011). Development of Peer Pressure Scale: Reliability, Validity and Factor Structure. *Indian Journal of Health and Well Being*, 2(1),162-165.
22. Sandeep Singh & Amit Kumar (2011). Coping Influences on Depression among HIV Positive Persons. *Indian Journal of Positive Psychology*, 2(2),114-117.
23. Sandeep Singh, & Tanu (2011). Personal Influences in Depression among Female Adolescents. *Journal of the Indian Academy of Applied Psychology*, 37,40-46.
24. Sandeep Singh, & Soamya (2011). Effect of Mindfulness and Breathing Exercises on Physio-Cognitive aspects of Stress and Well-Being. *Indian Journal of Health and Well Being*, 2(2),353-357.
25. Sandeep Singh, & Dalbir Saini (2012). Psycho-Cultural Influences in Honor Killing. *Indian Journal of Health and Well Being*, 3(1), 260-262.
26. Sandeep Singh, & Sunil Saini (2012). Attitudinal influences in crime: A Comparative study of low & high crime profile villages. *Indian Journal of Health and Well Being*, 3(1),315-319.
27. Sandeep Singh, & Sunil Saini (2012). Exploring the dynamics of HIV risk perception: The role of HIV knowledge, impulsivity, and sexual sensation seeking behavior. *Indian Journal of Health and Well Being*, 3(1), 302-304.
28. Taruna, & Sandeep Singh (2013). The role of dialectical behavior therapy (DBT) in enhancing the distress tolerance and interpersonal effectiveness amongst adolescents. *Indian journal of Positive Psychology*, 4(4),551-554.

29. Taruna, & Sandeep Singh (2013). Reducing negative emotions amongst adolescents: the role of dialectical behavior therapy. *Indian Journal of Health & Wellbeing*, 4(9), 1794-1798.

30. Taruna, Sandeep Singh, & Rakesh Bahmani (January 2014). Managing Suicide Risk amongst Adolescents: The Role of Dialectical Behavior Therapy. *Indian Journal of Health & Well being* 5 (1), 35-39.

31. Somya, & Sandeep Singh (2014). Effect of mindfulness therapy on attention deficit among adolescents with symptoms of attention deficit disorder. *Indian Journal of Health & Wellbeing*, 5(10),1165-1172.

32. Sangeeta, Shobhana., & Sandeep Singh Rana (2015). Health Locus of Control as Correlate of Health Promoting Behaviors. *Indian Journal of Health & Wellbeing*, 6(6), 580- 584.

33. Somya, & Sandeep Singh (2015). Effectiveness of mindfulness therapy on self-esteem of adolescents with attention deficit hyperactivity disorder (ADHD). *Indian Journal of Health & Wellbeing*, 6(3), 267-272.

34. Ashu, Sandeep Singh, & Devender (2015). Hope and Mindfulness as Correlates of Happiness. *Indian Journal of Positive Psychology*, 6(4),422-425.

35. Sandeep Singh, Somaya., & Ramnath (2016). Effects of Mindfulness Therapy in Managing Aggression and Conduct problems of Adolescents with ADHD Symptoms. *Indian Journal of Health & Wellbeing*, 7(5),483-487.

36. Shilpa Kamboj, Ramnath.,, &Sandeep Singh (2016). Emotional Correlates of Quality of Work Life: A Study of Call Centre Employees. *Indian Journal of Health & Wellbeing*, 7(9), 940-942.

37. Pushpa, Ramnath &Sandeep Singh (2017). Peer Pressure among adolescents in relation to family climate. *Indian Journal of Health & Wellbeing*, 8(3),196-199.

38. Gurpreet Dandiwal, Sanjay Kumar, &Sandeep Singh Rana (2017). Resilience as predictor of wellbeing among elected women representatives in India. *Indian Journal of Health & Wellbeing*, 8(2),108-111.

39. Gurpreet Dandiwal, Sanjay Kumar, &Sandeep Singh Rana (2017). Psychological wellbeing of elected women representatives in relation to social support. *Indian Journal of Health & Wellbeing*, 8(4),290-293.

40. Pushpa, Singh, S. & Taruna (2017). Peer Pressure and Health Risk Behaviour among Adolescents. *Indian Journal of Psychology and Mental Health*, 11(1-2).

41. Vandana, Mamta, & Singh, S. (2017). Understanding aggression among youth in the context of mindfulness. *Indian Journal of Health and Wellbeing*, 8(11), 1377-1379.
42. Davender, & Singh, S. (2018). Career Indecision and Depression: The Moderation Effect of Resilience. *International Journal of Research in Engineering, IT and Social Sciences*, 08(09),106-108.
43. Davender, & Singh, S. (2018). Career Decidedness and Emotion Regulation as Predictors of Depression among Students. *International Journal of Education and Psychological Research*, 7 (2),5-9.
44. Davender, & Singh, S. (2018). Effect of Career Indecision on Stress: The Moderating Role of Resilience. *International Journal of Multidisciplinary and Current Research*, 6,442-444.
45. Davender, & Singh, S. (2018). Emotion Regulation and Depression: The Moderation Effect of Resilience. *International Journal of Research in Social Sciences*, 8(9-1), 198- 202.
46. Shobhana, & Singh, S. (2018). Effect of parenting style on Health Responsibility among Adolescents. *International Journal of Research in Social Sciences*, 8(9-1),304-311.
47. Singh, S, Arora, S & Kumar, S (2018) Effect of mindfulness therapy to reduce hyperactivity among adolescents. *International Journal of Social Studies*. Edupedia publication, 4 (09), 11-24. (ISSN:2455-3220).
48. Ashu Dhawan, Sandeep Singh & Taruna (2018). Anger among Adolescents: The Role of Mindfulness. *International Journal of Multidisciplinary and Current Research available online*, Vol. 6 (Jan-Feb, 2018),80-83.
49. Ashu Dhawan & Sandeep Singh (2018). Mindfulness as Psychological Intervention: A Review. *International Journal of Research in Social Sciences*, Vol.8, Issue-9 (1), 295- 299.
50. Sandeep Singh, Amit, & Lalita (2018). Self-efficacy among HIV positive persons: the role of coping processes and social support" published in "IAHRW International Journal of Social Sciences Review", 6(2), 205-210.
51. Lalita, Singh, S., Amit, (2018). Effect of coping strategies on social stigma: a study of persons with HIV" published in "IAHRW International Journal of Social Sciences", 6(2),263-267.
52. Ashu Dhawan, Sandeep Singh, & Taruna (2018). A Study of Anxiety among University Students in relation to mindfulness. *Indian Journal of Psychological Science*, 10 (1), 91-94.

53. Shobhana, & Singh S. (2018). Hope as a correlate of health promoting behavior among adolescents. *International Journal of Research in Engineering, IT and Social Sciences*, 08 (11)39-43.

54. Sandeep Singh, Amit, & Lalita (2018). Depression and Death anxiety among HIV positive persons in relation to self-efficacy. *Indian Journal of Community Psychology*.14(2),292-303.

55. Anjana Devi, Sandeep Singh (2018). Anger among adolescents in relation to emotional maturity and resilience. *International Journal of Research*. 5 (20),956-966.

56. Anjana Devi & Sandeep Singh (2018). Emotional Correlates of Anxiety among Adolescents. *International Journal of Social Science Review*, 6 (8),1504-1507.

57. Amit, Singh, S., Lalita (2018). Self-efficacy among HIV positive persons: The role of coping processes and social support. *International Journal of Social Science Review*,6(2),205-210.

58. Mamta, & Singh, S. (2018). Spiritual correlates of wellbeing a correlational study. *International Journal for Research and Social Sciences*.8(9) 1, 300-303.

59. Mamta, & Singh, S. (2018). Spirituality and mindfulness a correlational study. *International Journal for Social Studies*, 5(12), 2742-2748.

60. Pushpa, Singh, S., & Taruna (February, 2019). Health Risk Behavior amongst Adolescents in Relation to Impulsivity. *International Journal of Multidisciplinary and Current Research*. Vol(7), 13-18.

61. Lalita & Singh, S. (2019). Optimism and Resilience as Predictors of Organizational Commitment Among School Teachers. *International Journal of Research and Analytical Reviews*, 6(1), 530-536.

62. Lalita & S. Singh (2019). Predicting Organizational Citizenship Behavior among School Teachers: The Role of Psychological Capital. *International Journal of Indian Psychology*, 7(2), 62-71.

63. Gurpreet Dandiwal, Sandeep Singh, Priyanka (2019). Effect of Role Conflict on Psychological Wellbeing of Elected Women Representatives (Sarpanches) in India. *International Journal of Social Sciences*, 7(5-11),1371-1374.

64. Ramnath, Singh, S. (2019). Psychological Wellbeing of Young Adults: The Role of Hope and Optimism. *Journal of XI'AN University of Architecture and Technology*,11(2),1104-1114.

65. Priyanka& Singh, S. (2020). Mindfulness promotes health and wellbeing- A Review. International Journal of Indian Psychology, 8(1),30-35.

66. Ashu Dhawan &Sandeep Singh (2020). Effect of Mindfulness Based Cognitive Therapy in Reducing State Anger among Adolescents. Indian Journal of psychology and Education. 10(1),142-145.

67. Priyanka& Singh, S. (2020). Effectiveness of Mindfulness Based Intervention at Work Place-A Review. Journal of Science and Technology. 5(2), 50-53.

68. Bohat. T., & Singh, S. (2020). Effectiveness of Mindfulness Based Interventions in Reducing Stress and Anxiety amongst Juvenile Delinquents: A Review. Indian Journal of Health and Well-Being, 11(4-6), 159-163.

69. Bansal, S., Singh,S., Gera, T. (2020). Character Strengths and Well Being in Young Adults: Are There Gender Differences? Journal of Critical Reviews, 7(15), 1302-1311.

70. Ramnath & Singh, S. (2020). Emotional Correlates of Psychological Well Being Among Young Adults. International Journal of Psychosocial Rehabilitation, 24(08).

71. Lalita & Singh, S. (2021). Doing Good in Relation to Orientations to Happiness: Examining Organizational Citizenship Behavior and Happiness Among School Teachers. Vidyabharati International Interdisciplinary Research Journal (Special Issue) ISSN NO. 2319-4979.

72. Anjana & Sandeep, S. (2021). Effect of Parenting Style on Resilience among adolescents. xIlkogretim Online - Elementary Education Online,2021; 20 (1): 3126-3132.

73. Shikha, Singh, S. & Taruna. (2021). Gratitude, Hope and Humour: Their role in Happiness of Young Adults. The International Journal of Indian Psychology ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print) 9, (4), 1195-1202.

74. Mamta & Singh, S. (2021). "Resilience and Mindfulness as Predictor of Psychological Well-being among Teachers". The International Journal of Indian Psychology ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print) 9, (4).

75. Surbhi, Sandeep Singh (2021). Investigating the Role of Psycho-Oncological Treatment in coping with cancer. Shod Sarita 8 (29), 122-127

76. Surbhi, Sandeep Singh (2021). Effect of Mindfulness-Based Intervention on the Well-Being of Patients with Chronic Alignments. Shodh Sanchar Bulletin. 11(4), 63-68.

77. Hooda, R., & Singh, S., (2021). Effect of Work Life Balance and Resilience on Psychological Well Being at: A Review. Shodh Sarita, 8(29), 30-35

78. Seema, Singh, S., (2021). Psychological Impact of Gratitude and Resilience on the Mental Health of COVID-19 Patients. *Shodh Sarita*. 8(29).

79. Priyanka, Sandeep Singh (2022). Effect of gratitude on wellbeing: A systematic review. *Indian Journal of Psychological Science*. 14(1),11-20

80. Priyanka, Sandeep Singh (2022). Biochemical basis of happiness: The role of cognitive, behavioral and nutritional components. *Asian Journal of Organic & Medicinal Chemistry*. 7(1) 671-677.

81. Dalal, S., Singh, S., (2022). Loneliness as a Predictor of Psychological Well-Being: A Review. *Indian Journal of Health and Wellbeing*. 13(4).561-565.

82. Priyanka, Sandeep Singh (2022). Effect of mindfulness based self-management therapy on life satisfaction among teachers. *Indian Journal of Positive Psychology*. 13(3), 294-298.

83. Hooda, R., & Singh, S. (2022). Occupational Stress in Relation to Work-Life Balance and Mindfulness: A study of Banking Sector. *Indian Journal of Positive Psychology*, 13(4), 412-417

84. Mamta & Singh, S. (2022). Mediating Effect of Resilience on Spirituality and Psychological Well-being. *Journal of Psychology and Behavior Studies*, 2(1), 36-49.

85. Taruna, Shikha, & Singh, S. (2022). Psychological well-being of youth: The role of gratitude and hope. *Journal of Psychology and Behavior Studies*, 2(1), 01-04.

86. Eisenbeck, N., Singh, S., García-Montes, J. M. (2022). An international study on psychological coping during COVID-19: Towards a meaning-centered coping style. *International Journal of Clinical and Health Psychology*, 22(1), 100256.

87. Bishnoi, R., Singh, S., & Pushpa (2023). Health Promoting Lifestyles among Adolescents: A Gender Perspective Study. *Indian Journal of Health and Wellbeing*, 14(2), 202-207.

88. Gunjan. & Singh, S. (2023). Effect of Personal Beliefs on Happiness: A Systematic Review. *Indian Journal of Health and Wellbeing*, 14(2), 258-264.

89. Seema., Singh, S., (2023). A Correlational Study on Personality and Absorption. *Journal of Emerging Technologies and Innovative Research*, 10(5), 16-21.

90. Somya, Tamsha, & Singh, S. (2023). Effect of Mindfulness Therapy on Peer Relations of Adolescents Manifesting Symptoms of ADHD. *Indian Journal of Positive Psychology*, 14(2), 221-225.

91. Seema. & Singh, S. (2023). Gender differences in Hypnotic Phenomena. *Indian Journal of Psychological Science*, 16(1), 28-36.

92. Dalal, S., & Singh, S. (2023). Adverse childhood experiences and Well-being during emerging adulthood: The protective role of Resilience. *Journal of Indian Academy of Applied Psychology*, 49(2), 344-350.

93. Dalal, S., & Singh, S. (2023). Mediating Role of Psychological Flexibility between Optimism and Psychological Well-Being among Defence Personnel in India. *Psychology Hub*, 40(3), 67-84.

94. Devi, S. & Singh, S. (2023). Risk Factors for Drug Addiction: A Review. *Indian Journal of Health and Wellbeing*, 14(3), 383–387. <https://doi.org/https://iahrw.org/product/risk-factors-for-drug-addiction-a-review/>

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96. Gunjan & Singh, S. (2023). Effect of Forgiveness on Happiness and Well-being, 14(3), 360-363. <https://iahrw.org/product/effect-of-forgiveness-on-happiness-and-well-being/>

97. Bhankhar, S.K., & Singh, S. (2023). Peer Pressure and Loneliness as Determinants of Adolescent Drug Abuse Behaviour. *Indian Journal of Health and Well-being*, 14(3), 280-283. <https://iahrw.org/our-services/journals/indian-journal-of-health-wellbeing/>

98. Priyanka. & Singh, S. (2023). Mindfulness-based Self-Management Therapy (MBSMT): A Positive Psychotherapy for Well-being and Happiness. *Indian Journal of Health and Well-Being*. 14(3), 378-382.

99. Tamsha. & Singh, S. (2023). Effect of Mindfulness based Interventions on Mental Health of Juvenile Delinquents. *Indian Journal of Health & Wellbeing*, 14(4), 543-547.

100. Gunjan. & Singh, S. (2024). Resilience, Psychological Well-Being, and Quality of Life among college students. *Indian Journal of Psychological Science*, 18(1), 009-016.

101. Gunjan. & Singh, S. (2024). Effect of Mindfulness-based Interventions on Positive Mental Health. *Indian Journal of Health and Wellbeing*, 15(1), 118-223.

102. Tamsha. & Singh, S. (2024). Effect of Mindfulness Based Stress Reduction on Anxiety among Juvenile Delinquents. *International Journal of Social Sciences Review*, 12(1), 65-68.

103. Parveen. & Singh, S. (2024). Health Benefits of Vipassana Meditation: A Comprehensive Review. *Indian Journal of Positive Psychology*, 15(1), 55-58.

104. Surbhi. & Singh, S. (2024). Effect of Mindfulness Cognitive Therapy (MBCT) in reducing

Anxiety among Cancer Patients. *Indian Journal of Positive Psychology*, 15(1), 64-67.

**105.** Khurana, S., & Singh, S. (2024). Managing Depression among Cancer Patients: The Role of Mindfulness-based Cognitive Therapy. *Indian Journal of Health & Well-Being* 2024, 15(1), 144-146.

**106.** Lalita & Singh, S. (2024). Gender Perspective in Organizational Commitment, Psychological Capital, and Organizational Citizenship Behaviour among Teachers in Schools. *International Journal of Creative Research Thoughts* 12 (5), 442-448.

**107.** Devi, S. Singh, S. (2024). Domestic Violence and Drug Addiction: Addressing Intricacy Through a Psychological Review. *International Journal of Creative Research Thoughts* 12 (5), 442-448.

**108.** Devi, S. Singh, S. (2024). Role of Family Support and Life Satisfaction in Affecting Mental Health of Adolescents: An Indian Study. *The International Journal of Indian Psychology*, 12 (3).

**109.** Gunjan, Devi, S., & Singh, S. (2024). Hope as a Predictor of Coping among College Students. *Mind and Society*. 13(4), 66-72.

**110.** Devi, S. & Singh, S. (2024). Role of Perfectionism and Mindfulness in Predicting Procrastination among Research Scholars. *Indian Journal of Positive Psychology*, 15 (4), 412-416.

**111.** Bhankhar, S.K., & Singh, S. (2024). Exploring The Role of Psychological Triggers: Peer Pressure, Perceived Stress And Attitude Towards Drug In Relation To Drug Abuse Susceptibility. *Indian Journal of Psychology*. ISSN: 0019-5553.

**112.** Verma, P. & Singh, S. (2024). Impact of Loneliness on Mental Health among University Students. *International Journal of Indian Psychology*, 12(3), 2595-2603. DIP:18.01.251.20241203, DOI:10.25215/1203.251

**113.** Tamsha & Singh, S. (2024). Evaluating Effectiveness of MBSR in Reducing Stress among Juvenile Delinquents. *Indian Journal of Health & Wellbeing*, 15(2).

**114.** Bhankhar, S.K., & Singh, S. (2024). Adolescents Drug Abuse Susceptibility: The Protective Role of Spirituality and Social Support. *The International Journal of Indian Psychology*. ISSN 2348-5396 (Online). DOI: 10.25215/1204.086

**115.** Gunjan, Kumar P. & Singh S. Effect of Family Environment and Peer Pressure on Academic Achievement. *INSPA Journal of Applied and School Psychology*, October 2024, Vol. VI, (Special Issues), ISSN: (3048-698X).

**116.** Devi, S. & Singh, S. (2025). Impact of Resilience and Optimism on Attitude towards Drugs. IJASP Journal of Applied and School Psychology, 6, (Special Issues), 17-26. ISSN 3048-698X.

**117.** Dalal, S., & Singh, S. (2025). Gratitude in Action: Effect of Gratitude on Mental Health. *Journal of Health Management*, 09720634241304985.

**118.** Devi, S. & Singh, S. (2025). Recovery Anchors: Social and Psychological Buffers Against Relapse in Drug Addiction. South Eastern European Journal of Public Health, XXVI, 1766-1777. ISSN: 2197-5248. DOI: 10.70135/seejph.vi.4355.

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**120.** Parveen & Singh, S. (2025). Bridging Emotion and Belief: Exploring the Impact of Emotional Intelligence on Self-Efficacy among Adolescents. South Eastern European Journal of Public Health, XXVI, ISSN: 2197-5248.

**121.** Priyanka, V., Sandeep, S., & Rakesh, K.B. (2025). Fear and Obsession among Covid-19 Survivors. International Journal of Indian Psychology, 13(1), 799-804. DIP:18.01.076.20251301, DOI:10.25215/1301.076.

**122.** Devi, S. & Singh, S. (2025). The Psychological Shield: Role of Optimism and Psychological Well-Being in Relapse of Drug Addiction, *Cuestiones de Fisioterapia*, 54 (3), 2165-2179. DOI: 10.48047/CU/54/03/2165-2179.

**123.** Priyanka Verma, Sandeep Singh (2025). A Relationship Between Resilience and Mental Health Among Covid-19 Survivors. International Journal of Behavioral Sciences. 2025; 02(01):28-33.

**124.** Gunjan & Singh, S. (2025). Effect of Happiness on Life Satisfaction: The Mediating Role of Well-Being. *Cuestiones de Fisioterapia*, 54 (3), 2154-2164. DOI: <https://doi.org/10.48047/CU/54/03/2154-2164>.

**125.** Priyanka Verma & Sandeep Singh (2025), A Relationship between Emotional Intelligence and Spirituality among COVID-19 Survivors. Indian Journal of Positive Psychology, ISSN-p-2229-4937, e-2321-368X.

**126.** Priyanka Verma & Sandeep Singh (2025), Social Support and Spirituality As Predictors of Mental Health of Covid-19 Survivors, Indian Journal of Psychology, ISSN: 0019-5553

**127.** Priyanka, Singh S. et al. (2025). Deciphering Transcriptomic Signatures in Schizophrenia,

Bipolar Disorder, and Major Depressive Disorder. *Frontier Psychiatry* (2025) vol. 16-2025.

**128.** Sweety, Kumar, P., Devi, S., Gunjan, & Singh, S. (2025). Masculinity in the Mirror: Attitudes Toward Women and Mental Health Context. *Indian Journal of Psychology*. 4, 55-62.

**129.** Parveen Kumar and Sandeep Singh (2025). Hope and psychological well-being as predictors of mindfulness. *Indian Journal of Psychology*. Vol no 4, 49-55. ISSN:0019-5553.

**130.** Gunjan, & Singh, S. (2025). How Does Emotional Intelligence Shape the Mental Health of University Students? *The International Journal of Indian Psychology*, 13(1), 3245-3251.

**131.** Gunjan, & Singh, S. (2025). Mindfulness as a Predictor of Happiness: The mediating role of Psychological Well-Being. *Psychology Hub*, 42(2), 69-77.

**132.** Gunjan, & Singh, S. (2025). Role of Psychological Well-Being in Predicting the Association between Mindfulness and Health Promoting Behaviours among University Students. *Journal of Indian Academy of Applied Psychology*, 51(1), 379-386.

**133.** Pinki and Sandeep Singh (2025). Alexithymia and social media addiction: A Review. *International Journal of Psychology Research*, vol no.7, issue 2, (13-15) ISSN: 2664-8911.

**134.** Gunjan, & Singh, S. (2025). Resilience as a Predictor of Happiness: The mediating role of Hope. *Indian Journal of Psychology*. 4, 63-69.

**135.** Pinki and Sandeep Singh (2025). Social Media Addiction and Loneliness: A Psychological Review. *International Advanced Research Journal in Science, Engineering and Technology*. Vol. 12, issue 7, (32-35). ISSN: 2393-802

**136.** Gunjan, Kumar, P., Devi, S., & Singh, S. (2025). The Mediating Effect of Rumination on the Relationship of Mindless Scrolling and Sleep Quality. *INSPA Journal of Applied and School Psychology*, October 2025, Vol. VII, No. 1, 97-106. ISSN: (3048-698X).

**Papers presentations/participation/session chair in National and International conferences:**

1. Sandeep Singh (1999). Self-development and Managerial Effectiveness. Paper presented in the National conference on Management in New Millennium- An Indian Perspective at GKU, Haridwar.
2. Sandeep Singh (2000). Psychology of yoga. Paper presented in the National conference of Yoga in New Millennium, at GKU, Haridwar.
3. Sandeep Singh. (2001). Awareness of AIDS prevention-A Psychological Perspective. Paper presented in the 10<sup>th</sup> National Conference of Behavioral Medicine Society of India, Manipal.
4. Sandeep Singh (2004). Stress management. Paper presented in the National seminar on

Recent Trends in Physiotherapy Techniques, GJU, Hisar.

5. Chaired technical sessions in the National Symposium AZZARO-2004 on 5<sup>th</sup>& 6<sup>th</sup> April 2004 at Haryana Engineering College, Jagadhri.
6. Sandeep Singh (2005). Depression and Locus of Control among Widows of Kargil War- a study of Haryana State. Paper presented in the International Conference on Applied and Community Psychology Trends and Directions, GKU, Haridwar.
7. Sandeep Singh (2006). Occupational Stress: Nature and Management- A Psychological Perspective. Paper presented in the Indian Science Congress, Hyderabad.
8. Sandeep Singh, Saini S. (2006). Psychosocial predictors of HIV/AIDS behavior among adolescents. Paper presented in the International conference HIV/AIDS and Tuberculosis: Past Present and Future. AIIMS, Delhi.
9. Sandeep Singh, Saini S. (2006). Community strategies for HIV/AIDS prevention among adolescents. Paper presented in the International conference HIV/AIDS and Tuberculosis: Past Present and Future. AIIMS, Delhi'
10. Sandeep Singh (2007). Role of Psychological Counseling in Personnel Development- A Case Study of Maruti Udyog Ltd. Paper presented in the National Conference on applied psychology. Jaunpur, Uttar Pradesh.
11. Sandeep Singh, Jyotsana (2007). HIV/ AIDS among adolescents – A Psychological Perspective. Paper presented in the National conference on applied psychology. Jaunpur Uttar Pradesh.
12. Sandeep Singh, Rakesh K. Behmani (2007). Mental Health in Relation to Quality of Work Life, Psychological Participation, and Neuroticism. Paper presented in the International conference "Psychology in Mental Health: A Journey of a Profession" at NIMHANS, Bangalore.
13. Sandeep Singh (2008). Role of Psychological Testing in Personnel Selection: A Case Study of Multi-National Company. Paper presented in the International conference "Psychological Assessment in Personnel Selection" at DRDO, Delhi.
14. Chaired a technical session on 24-02-2008 in International Conference on "Intelligent Systems and Networks, (IISN-2008) held at Institute of Science & Technology Kalawad from 22-02-2008 to 24-02-2008.
15. Sandeep Singh, Amit Kumar (2008). Depression among HIV Positive Patients in Relation to Social Support and Coping Styles. Paper presented in the National conference on "Health Psychology: Parallel Themes & Potential Synergies" at Guru Jambheshwar University of Science &Technology, Hisar (Haryana).
16. Sandeep Singh, (2008). Role of Dialectical Behavior Therapy in the Management of Suicidal Behavior. Paper presented in the National conference on "Health Psychology: Parallel Themes & Potential Synergies" at Guru Jambheshwar University of Science &Technology Hisar (Haryana).
17. Sandeep Singh, Somaya (2008). Mindfulness: An Indigenous Approach to Health and Well Being. Paper presented in the National conference on "Health Psychology: Parallel Themes & Potential Synergies" at Guru Jambheshwar University of Science & Technology Hisar (Haryana).
18. Sandeep Singh (2008): Personal Predictors of Organizational Stress: A Case Study of Multi-National Company. Presented in the XVIII Annual Conference of National Academy of Psychology at Indian Institute of Technology, Guwahati (Assam).
19. Sandeep Singh (2008). Participated in the National workshop on Intellectual property rights and its commercialization process organized by IPR&TCC, GJUS&T, Hisar

20. Sandeep Singh (2009): Fuzzy Logic: An Emerging Technology in Behavioral Sciences. Paper presented in the 3<sup>rd</sup> International Conference on Intelligent Systems and Networks at Institute of Science & Technology, Klawad, Haryana(India).
21. Chaired the technical session on 16-02-2009 in International Conference on “Intelligent Systems and Networks, (IISN-2009) held at Institute of Science & Technology Kalawad
22. Sandeep Singh (2009): Organizational Citizenship Behavior: The Role of Mindfulness. Paper presented in the 3<sup>rd</sup> International Conference on Intelligent Systems and Networks at Institute of Science & Technology, Klawad, Haryana (India).
23. Sandeep Singh (2009): Exploring the Relationship among Organizational Citizenship Behavior, Mindfulness, and Burn-out: A Study of Industrial Workers. Paper presented in the Ist National conference of Haryana School of Business, GJUS&T, Hisar (Haryana)
24. Sandeep Singh (2010). Managing Stress at Work Place: The role of Mindfulness. Paper presented in the 2nd annual conference of Haryana School of business, GJUS&T, Hisar.
25. Sandeep Singh (2010). Women Literacy-A step towards women empowerment. Paper presented in the one day state level seminar held at F.C. College for Women, Hisar
26. Chaired the scientific session on 24-10-2010 in the National conference on Well-Being Women and Work- Emerging Trends in Psychology at Government College, Malerkotla, Punjab.
27. Chaired a technical session on 28-02-2010 in International Conference on “Intelligent Systems and Networks, (IISN-2010) held at Institute of Science & Technology Kalawad from 26-02-2010 to 28-02-2010.
28. Chaired the technical session in the National Conference on Health Psychology and Rehabilitation: The Crisis among Youth and Aged at P.G. Government College, Chandigarh.
29. Sandeep Singh (2010). Gender Stereotypes and Career Aspirations of Women Managers in India. Paper presented in the 2nd annual conference of Haryana School of business, GJUS&T, Hisar.
30. Sandeep Singh (2011). Quality of Work Life among Insurance Personnel. Paper presented in the National seminar on Global Competitiveness of Indian Business at Kurukshetra University, Kurukshetra.
31. Sandeep Singh (2011): Role of Fuzzy Logic in Personnel Selection. Paper presented in the 5<sup>th</sup> International Multi-Conference on Intelligent Systems, Sustainable, New and Renewable Energy Technology and Nano-Technology (IISN-2011) at Institute of Science & Technology, Klawad, Haryana (India).
32. Chaired a technical session on 20-02-2011 in International Conference on “Intelligent Systems and Networks, (IISN-2011) held at Institute of Science & Technology Kalawad.
33. Sandeep Singh (March-2011). Participated in the National Seminar on Management of higher Technical education: Quality challenges and ethical dilemmas. Organized by Haryana School of Business, GJUS&T, Hisar.
34. Sandeep Singh (2011). Attended the National Workshop on Awareness to Save Mother Earth at GJUS&T, Hisar.
35. Sandeep Singh (2011). Role of Community Psychology in Environmental Awareness. Paper presented in the National Conference on Multidisciplinary Approach in Frontier Areas of Environmental Science & Engineering at GJUS&T, Hisar.
36. Sandeep Singh (2011). Hope and Optimism as Predictor of Subjective Well Being among Adolescents. Paper presented in the National Conference on Health Psychology and Rehabilitation: The Crisis among Youth and Aged at Chandigarh.

37. Sandeep Singh (2011). Exploring the Dynamics of Health Risk Behaviors among Youth. Paper presented in the International Conference on New Horizon in Social Science Research at Centre for Behavioral Research & Intervention, GJUS&T, Hisar.
38. Sandeep Singh (2011). Developing Psychological Capital among Youth. Paper presented in the International Conference on New Horizon in Social Science Research at Centre for Behavioral Research & Intervention, GJUS&T, Hisar.
39. Chaired a scientific session on 26-11-2011 in the International Online Conference on Psychology and Allied Sciences “New Horizon in Social Sciences Research” at Centre for Behavioral Research & Intervention, GJUS&T, Hisar.
40. Sandeep Singh (2011). Psychological Health and Risk Behaviors among Students: Identifying the Need of Counseling. Paper presented in the International Conference on Counseling and Community Psychology at VBS Purvanchal University, Jaunpur.
41. Sandeep Singh (2011). Participated in the HSB Annual National Conference on Business and Management at GJUS&T, Hisar.
42. Sandeep Singh (2011). Participated in one day Hisar Divisional level seminar on capacity building and fund raising activities organized by Indian Red Cross Society, Chandigarh.
43. Sandeep Singh (2012). Psychological Participation as Predictor of Quality of Work Life: A Study of Insurance Marketing Personnel. Paper presented in the National Conference on Business and Management, GJUS&T, Hisar.
44. Chaired a technical session on 18-03-2012 in International Conference on “Intelligent Systems and Networks, (IISN-2012) held at Institute of Science & Technology Kalawad from 16-03-2012 to 18-03-2012.
45. Sandeep Singh (2013). Psychological Wellbeing in Relation to Health Locus of Control and Optimism. Paper presented in the 2<sup>nd</sup> International conference on Psychology and Allied Sciences organized by Centre for Behavioral Research & Intervention, GJUS&T, Hisar and Indian Association of Health Research & Welfare.
46. Sandeep Singh (2013). Health Risk Behaviors: Effect of Family and Peer – A Review. Paper presented in the 2<sup>nd</sup> International conference on Psychology and Allied Sciences organized by Centre for Behavioral Research & Intervention, GJUS&T, Hisar and Indian Association of Health Research & Welfare.
47. Sandeep Singh (2013). Raising Resilient Children with an art of Positive Parenting. Paper presented in the 2<sup>nd</sup> International conference on Psychology and Allied Sciences organized by Centre for Behavioral Research & Intervention, GJUS&T, Hisar and Indian Association of Health Research & Welfare.
48. Sandeep Singh (2013). Impact of Dialectical Behavior Therapy on Depression amongst Adolescents. Paper presented in the 2<sup>nd</sup> International conference on Psychology and Allied Sciences organized by Centre for Behavioral Research & Intervention, GJUS&T, Hisar and Indian Association of Health Research & Welfare.
49. Chaired a technical session on 22-03-2013 in the International Conference on Psychology and Allied Sciences organized at Centre for Behavioral Research & Intervention, GJUS&T, and Hisar in association with IHRAW.
50. Sandeep Singh (October, 2013). Need of guidance and counseling services in academic institutions in present scenario. Paper presented as resource person in the national seminar at D. N. College, Kurukshetra.
51. Sandeep Singh (January, 2014). Participated in national workshop on preventing crime: A Psycho-Social Perspective at GJUS&T, Hisar
52. Chaired the technical sessions on 26-09-2014 in the International Conference on “Nurturing

Values and Strengths in Individuals and Society: Role of Psychology” at Amity University, Noida.

53. Sandeep Singh (Dec. 2015). Management of Aggression among ADHD Adolescents: The Role of Mindfulness Therapy. Paper presented in the 1st International Conference of Indian Academy of Health Psychology, University of Jammu, Jammu.
54. Sandeep Singh (Dec. 2015). Chaired the session as resource person in the 1st International Conference of Indian Academy of Health Psychology, University of Jammu, Jammu.
55. Sandeep Singh (January, 2016). Enhancing the Self-esteem of Students having ADHD Symptoms: The Role of Mindfulness Therapy. Paper presented in the 4<sup>th</sup> International Conference on Psychology and Allied Sciences, Goa, India.
56. Sandeep Singh (January 2016). Chaired the session as resource person in the 4<sup>th</sup> International Conference on Psychology and Allied Sciences, Goa, India.
57. Sandeep Singh (March 2016). Participated in the National conference on Recent Trends in Health care. Organized by Faculty of Medical Sciences. GJUS&T, Hisar
58. Sandeep Singh (March, 2016). Delivered the key note address “ Positive Psychology : The Science of Wellbeing” in the inaugural session of National Conference on Positive Psychology and Well Being at PG. Govt. National College, Sirsa.
59. Sandeep Singh (May, 27-31, 2016). Participated in the university and college educators’ conference on values and spirituality for excellence in life organized by Rajyoga Education and Research Foundation. Prajapita Brahma KumarisIshwariyaVishwaVidyalaya , Mount Abu, Rajasthan.
60. Sandeep Singh (May, 27-31, 2016). Delivered invited lecture on Anger Free Living in the university and college educators’ conference on values and spirituality for excellence in life organized by Rajyoga Education and Research Foundation. Prajapita Brahma KumarisIshwariyaVishwaVidyalaya , Mount Abu,Rajasthan
61. Sandeep Singh (November 2016). Chaired the Scientific session as resource person in the International Conference on Youth and Wellbeing, GJUS&T, Hisar, India
62. Sandeep Singh (December, 2016). Chaired the scientific session as resource person in the International Conference on “Nurturing Human Values in Youth: A Perspective of Srimad Bhagavad Gita” held on 8-10 December, 2016 at Guru JambheshwarJiMaharaj Institute of Religious Studies, GJUS&T,Hisar.
63. Sandeep Singh (Feb, 2017). Chaired the session as resource person in the International Conference on Emerging areas of Environmental Science and Engineering, GJUS&T, Hisar
64. Sandeep Singh (Feb, 2017). Chaired the session as resource person in the 52<sup>nd</sup> National and 21<sup>st</sup> International Conference of Indian Academy of Applied Psychology on Psychology for Building Global community, Jaipur.
65. Sandeep Singh (February 21 2017). Chaired the session as resource person in the National Conference on “Positive Attitudes and Inclusive Space: Silver Bullets for the Development of Persons with Disabilities (DIVYANG). Govt. College, Bhiwani
66. Sandeep Singh (March, 17-18, 2017). Chaired the scientific session as resource person in the National seminar on “Youth in India: Issues and Challenges at central university Tripura.
67. Sandeep Singh (March, 17-18, 2017). Delivered the key note address on “Positive Youth Development” in the National seminar on “Youth in India: Issues and Challenges at Central University, Tripura.
68. Sandeep Singh (April 6-7, 2017). Participated in the World Health Day Summit 2017 at Vigyan Bhavan, New Delhi (India)

69. Sandeep Singh (July 2017). Participated in the 3<sup>rd</sup> Neuro-Science Update 2017 as resource person at GJUS&T, Hisar.
70. Sandeep Singh (April 9, 2017). Participated as panelist in the live programme "HUM LOG" organized by NDTV, New Delhi on the topic "Depression: Let us talk about it" (Theme of the world healthday-2017).
71. Sandeep Singh (May, 12-16, 2017). Participated in the university and college educators' conference on value education and spirituality organized by Rajyoga Education and Research Foundation. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu, Rajasthan.
72. Sandeep Singh (October 2018). Delivered a lead lecture on Psychological Empowerment for Rural Development on 24-10-2017 in the International Conference on Gender Issues and Socio-Economic Perspectives for Sustainable Rural Development at CCHAU, Hisar
73. Chaired a scientific session in the 3<sup>rd</sup> International Conference of Indian Academy of Health Psychology held at Lucknow from 12-14 November 2017.
74. Chaired a scientific session in the 1<sup>st</sup> Indian Congress of Industrial/ Organizational Psychology on Changing Landscape and Future of I/O Psychology held at Department of Psychology, University of Rajasthan, Jaipur from 30-31 January 2018
75. Chaired a scientific session in the 5<sup>th</sup> International and 7<sup>th</sup> Indian Psychological Science Congress on Peace and Well Being: Manifestation Across Age & Culture held at Department of Psychology, Panjab University Chandigarh from 26-28 October 2018.
76. Chaired a scientific session in the 54<sup>th</sup> National and 23<sup>rd</sup> International Conference of Indian Academy of Applied Psychology on Psychology: Opportunities Beyond Boundaries held at Department of Psychology, Kurukshetra University, Kurukshetra from 14-16 February 2019.
77. Sandeep Singh (June 2019). Delivered the expert lecture in the National seminar on Mental health at Work Place at Institute of mental health BDS University of Health Sciences, Rohtak.
78. Sandeep Singh (June 2019). Delivered the special address in the Two-day International Conference on Stress Management: Dimensions and Suggestive Measures, at Govt. degree college for women, Anantnag, Jammu & Kashmir.
79. Sandeep Singh (June 2019). Delivered the expert lecture on Psychology of Happiness at University of Kashmir, Srinagar.
80. Sandeep Singh (September 27, 2019). Delivered the expert lecture in the National Seminar on Self Management for Building Self Confidence at Nagpur.
81. Chaired a scientific session in the International Conference of Community Psychology held at Jaipur from 31-01 February 2020.
82. Participated as a panelist on the topic "Health and Well-Being During and Post Covid-19" in the International Webinar on "Psychological Factor in Sustainable Health and Well-Being" on June 17-18, 2020 at CBLU, Bhiwani.
83. Chaired a scientific session in the 7<sup>th</sup> International and 9<sup>th</sup> Indian Psychological Science Congress held at P.U. Chandigarh on 28-11-2020.
84. Sandeep Singh, Priyanka, V. (2021). Exploring the Influence of Mindfulness-Based Practices on Psychological Distress during COVID-19 Pandemic. Paper presented in the Virtual International Conference on Hope, Efficacy, Resilience, Optimism towards Holistic Living.
85. Dalal, S. & Singh, S. (2023 March 3-4). Spirituality in Education: Making "Spiritual Intelligence" Count [Paper presentation]. 1<sup>st</sup> International Conference on Positive

Psychology by NPPA, online.

86. Dalal, S., Singh S. (2021 November 20-21). A step towards gender harmony What happens when the "Others" are not counted amongst "Us"? [Paper presentation]. International Seminar in Blended Mode On "21st Century Psychology: Opportunities & Challenges", Bhiwani, Haryana, India.
87. Dalal, S. & Singh, S. (2023 February 15-17). Mindfulness and Psychological Well-being: mediating Role of Resilience among University Students [Paper presentation]. 27th International and 58th National Conference of Indian Academy of Applied Psychology, New Delhi: Vigyan Bhawan.

#### **Organization of National/International seminars /conferences/workshops:**

1. Organizing secretary of the 1<sup>st</sup> International conference on New Horizon in Social Science Research. 25-26 November 2011.
2. Organizing secretary of the Second International Conference on Psychology and Allied Sciences. 21-22 March, 2013.
3. Organized the workshop on "Positive Life Skills" conducted on 15-10-2016.
4. Organized the workshop on "Understanding Psychology of Depression" conducted on 20-02-2016.
5. Organized the academic/field visit at Lal Bahadur Shastri National Academy of Administration, Mussoorie (24-04-2016 to 26-04-2016)
6. Conference convener of International Conference on Youth and Wellbeing (November 11-12, 2016).
7. Organizing member of three days international conference on "Nurturing Human Values in Youth: A Perspective of Srimad Bhagavad Gita" held on 8-10 December, 2016 at Guru Jambheshwar Ji Maharaj Institute of Religious Studies, GJUS&T, Hisar.
8. Organized the career counseling and personality development workshop for school students at GJUS&T, Hisar (July 01, 2016)
9. Organized the workshop on basic counseling skills on 26-08-2016.
10. Organized Induction Programme for the students of applied psychology (August, 2016)
11. Organized workshop on personality development for students' on 08-02-2017.
12. Organized workshop on communication and employability skills on 13-02-2017. Organized workshop on SPSS for behavioral science research on 27-02-2017.
13. Organized workshop on career opportunities for psychology students in defense organizations on 04-03-2017.
14. Organized workshop on Teachings of Gita and Moral values on 28-03-2017.
15. Conference convener of International Conference on Positive Psychology for Health and Well Being (2018).
16. Organized workshop on Work Place Happiness at GJUS&T, Hisar (2019)
17. Organized workshop on Empowering Educators for Counseling and Mentoring Skills on 04-09-2019 at GJUS&T, Hisar
18. Organized workshop on Meditation – The Secret to Lasting Happiness at GJUS&T, Hisar (2019).
19. Organized workshop on Emotional Intelligence at GJUS&T, Hisar on 05-03-2020
20. Organized workshop on COVID-19 and Mental Health – Challenges and Solutions at GJUS&T, Hisar on 20-01-2022.
21. Organized workshop on Holistic Wellness at GJUS&T, Hisar 09-03-2023.
22. Organized workshop on Meditation for Healthy living at GJUS&T, Hisar 26-07-2023

23. Organized workshop on Emotional Resilience for Happiness and Wellbeing at GJUS&T, Hisar on 24-08-2023.
24. Organized workshop on Youth Mental Health: Challenges and Solutions at GJUS&T, Hisar on 24-11-2023
25. Organized workshop on Positive Mental Health at GJUS&T, Hisar on 24-02-2024.
26. Organized workshop on Basic Counselling Skills at GJUS&T, Hisar on 27-08-2024.

#### **Invited/Extension Lectures:**

1. Conducted workshop on “Stress Management” at Institute of Science & Technology, Kalawad, and Yamuna Nagar on 27-12-2009.
2. Delivered talk on the topic “Psychological aspects in career development” on 25-04-2009 in one-day workshop on career prospects for engineering students in today’s scenario.
3. Delivered lecture on the topic “Self-Management” in 04-week orientation programme –II on 26-09-2009 at UGC-ASC, GJUS&T, Hisar.
4. Delivered lecture on the topic “Self-Management” in 04-week orientation programme –III on 29-01-2010 at UGC-ASC, GJUS&T, Hisar.
5. Delivered two invited lectures on the topic “Self-Management” in 04-week orientation programme –IV on 07-06-2010 at UGC-ASC, GJUS&T, and Hisar.
6. Delivered two invited lectures on the topic “Self-Management” in 04-week orientation programme –V on 17-11-2010 at UGC-ASC, GJUS&T, and Hisar.
7. Delivered lecture on the topic “Self-Management” in National Pharmacy week-2010 on 19-11-2010 at GJUS&T, Hisar.
8. Delivered lecture on the topic “Self Development and Effective teaching” at the valedictory function of the National seminar at C.R. College of Education, Hisar.
9. Delivered lecture on the topic “Personality Development” on 23-01-2012 for the benefit of trainees of two week training on personality development and career counseling held in student counseling & placement cell from 23-01-2012 to 03-02-2012 at L.L.R University of Veterinary & Animal Sciences, Hisar.
10. Delivered lecture on the topic “Stress Management” on 24-01-2012 for the benefit of trainees of two week training on personality development and career counseling held in student counseling & placement cell from 23-01-2012 to 03-02-2012 at L.L.R University of Veterinary & Animal Sciences, Hisar.
11. Delivered lecture on the topic “Developing personal traits” on 03-03-2012 for the benefit of trainees of two week training on personality development and career counseling held in student counseling & placement cell from 21-02-2012 to 04-03-2012 at L.L.R University of Veterinary & Animal Sciences, Hisar.
12. Delivered lecture on the topic “Self-Management” on 04-03-2012 for the benefit of trainees of two week training on personality development and career counseling held in student counseling & placement cell from 21-02-2012 to 04-03-2012 at LLR University of Veterinary & Animal Sciences, Hisar
13. Delivered lecture on the topic “Self-Management” in 04-week orientation program on 03-10-2012 at UGC-ASC, GJUS&T, Hisar.
14. Delivered invited lecture on the topic “Self-Management” in 04-week orientation program on 24-05-2013 at UGC-ASC, GJUS&T, Hisar.
15. Delivered lecture on the topic “Self-Management in Effective Teaching” in 04-week orientation program on 25-06-2014 at UGC-ASC, GJUS&T, Hisar.
16. Delivered lecture on the topic “Self-Management” in 04-week orientation program on 18-

04-2015 at UGC-ASC, GJUS&T, Hisar.

- 17. Delivered two lectures on the topic “Self-Management” and “Stress management” in 04-week orientation program on 04-06-2015 at UGC-ASC, GJUS&T, Hisar.
- 18. Delivered invited lecture on the topic “Scale Development” in 04-week orientation program on 29-12-2015 at UGC-ASC, GJUS&T, Hisar.
- 19. Delivered lecture on the topic “Role of NSS in Self Development” in the NSS camp organized by GJUS&T, Hisar (January2016)
- 20. Delivered lecture on the topic “Personality Development” in the NSS camp on 26-01- 2016 at Govt. Girls College, Hisar.
- 21. Acted as Judge in the science exhibition organized by Govt. College, Hisar on 27-01- 2016.
- 22. Acted as Judge in the Science Conclave -2016 organized by CDLU, Sirsa on09-03-2016.
- 23. Delivered invited lecture on the topic “Positive Life Skills” in the workshop on 19-03- 2016 at UGC-ASC, GJUS&T, and Hisar.
- 24. Delivered lecture on “Drug Abuse” in the workshop organized by Haryana Human Rights Commission at Bhiwani (May-02-2016.)
- 25. Delivered invited lectures on the topic “Self-Management” in the orientation programme on 14-05--2016 at UGC-ASC, GJUS&T, and Hisar.
- 26. Delivered invited lecture on “Personality Development” in the workshop organized by Nehru Yuva Kender, Hisar (2016)
- 27. Delivered the invited lecture on self-management in the orientation program conducted by LUVAS , ( January 20,2017)
- 28. Delivered invited lecture on the topic “Positive Life Skills” in the NSS camp organized by GJUS&T, Hisar (January 25,2017)
- 29. Delivered invited lecture on the topic “Personality Development” in the NSS camp organized by Government Women College, Hisar (Feb 28,2017)
- 30. Delivered invited lecture on the topic “Self-Management and Positive Life Skills” in the workshop on personality development held on March 1-2, 2017 organized by CCS Haryana Agricultural University, Hisar.
- 31. Delivered invited lecture on the topic “Psychological Issues in Gender Sensitization and Women Empowerment” in the workshop on 24-05-2017 at UGC-ASC, GJUS&T, and Hisar
- 32. Delivered a lecture as resource person in orientation training for NSS programme officers on 29-11-2017 at Central University of Haryana, Mahendergarh.
- 33. Delivered two invited lectures on the topic “Self-Management” in orientation program on 24-11-2017 at UGC-HRDC, GJUS&T, and Hisar.
- 34. Delivered two invited lectures on the topic “Self-Management” in orientation program on 22-05-2018 at UGC-HRDC, GJUS&T, and Hisar
- 35. Delivered a lecture as resource person in the 3<sup>rd</sup> Neuroscience Update 2017 on16-07-2017. at GJUS&T, Hisar, Haryana.
- 36. Received the certificate of appreciation from Haryana State AIDS Control Society, Panchkula for HIV/AIDS awareness.
- 37. Delivered a lecture as resource person in the National Youth Volunteers Training on 26-08-2017 at Nehru Yuvalkendera, Hisar.
- 38. Sandeep Singh (Jan, 2018). Chaired the scientific session as resource person in the 1st Indian Congress of Industrial & Organizational Psychology on 30-31 January, 2018 at Department of Psychology, University of Rajasthan, Jaipur.
- 39. Delivered two invited lectures on the topic “Self-Management” in orientation program on 20-06-2018 at UGC-HRDC, GJUS&T, and Hisar

40. Delivered two lectures on the topic “Self-Management” in orientation program on 22-05-2018 at UGC-HRDC, GJUS&T, and Hisar.
41. Delivered two lectures on the topic “Self-Management” in orientation program on 20-11-2017 at UGC-HRDC, GJUS&T, and Hisar
42. Delivered a lecture as resource person in the National Integration Camp of NSS volunteers on 06-10-2017-2017 on the topic Role of Youth in nation building at GJUS&T, Hisar.
43. Received the Youth Red Cross Award on 20-01-2018 by Hon’ble Governor of Haryana, for contribution in the area of blood donation.
44. Delivered a lecture on the topic “Self-Management” in orientation program for faculty members on 25-07-2018 at UGC-HRDC, LUVAS, Hisar
45. Delivered two lectures on the topic “Self-Management” in orientation program on 16-11-2018 at UGC-HRDC, GJUS&T, and Hisar.
46. Delivered a lecture on the topic “Cognitive behavioral Therapy” at CRS University, Jind.
47. Delivered a lecture on the topic “Role of Positive Psychology for Prevention of Suicide among youth” at Central University, MahenderGarh.
48. Delivered a lecture on 03-01-2019 on the topic “Guidance and Counseling for Positive Youth Development” at CCHAU, Hisar.
49. Delivered a invited talk as resource person on 17-01-2019 on the topic “Psychology for preventing road accidents” at GOVT College Fatehabad.
50. Delivered a invited talk as resource person on 29-05-2019 on the topic “Research in India : Perceptual Barriers and solutions in the training programme on Research Methodology sponsored by ICSSR, New Delhi at CBLU, Bhiwani.
51. Delivered two lectures on the topic “Self-Management” in orientation program on 28-05-2019 at UGC-HRDC, GJUS&T, and Hisar.
52. Delivered invited lectures on the topic “Self-Management” in the orientation programme on 03-10--2019 at UGC-ASC, GJUS&T, and Hisar.
53. Delivered one lecture on the topic “Stress-Management” in Interaction Programme for Ph.D Scholars on 28-05-2019 at UGC-HRDC, GJUS&T, and Hisar.
54. Delivered invited lectures on the topic “Self-Management” in the induction programme at UGC-ASC, University of Rajasthan, Jaipur (2019).
55. Delivered invited lectures on the topic “Psychology of Happiness” in the webinar organized by Department of Psychology, The American College Madurai on 26-04-2020.
56. Delivered invited lectures on the topic COVID 19 and NSS Volunteers: Challenges and Strategies in the webinar organized by GCG, Palwal on 14-05-2020.
57. Delivered invited lecture on the topic Mindfulness Based Self -Management Intervention in Promoting health and Well-Being during Covid-19 in the National webinar on 30-05-2020 at D.N. College, Hisar.
58. Delivered invited lectures on the topic “Mindful way to Authentic Happiness” in the webinar organized by Central University of Tripura, Agartala on 30-09-2020
59. Delivered invited lectures on the topic “Self-Management & Authentic Happiness” in the webinar organized by Dayal Singh College, Karnal on 15-09-2020
60. Delivered invited lectures on the topic “Mindful way to Authentic Happiness” in the webinar organized by HRDC GJUS&T, Hisar on 02-10-2020
61. Delivered invited lectures on the topic “Mindful way to Personal & emotional development” in the webinar organized by HRDC Central University of Jaipur on 17-09-2020
62. Delivered invited lectures on the topic “Mindful way to authentic Happiness” in the webinar organized by HRDC Punjabi University, Patiala on 24-10-2020
63. Delivered invited lectures on the topic “Self -Management for authentic Happiness” in the

webinar organized by Jatt College, Rohtak 10-10-2020.

64. Delivered invited lecture on the topic “Mental Health and Spirituality: The Capital of Well-Being” in the faculty development programme organized by HRDC P.U., Chandigarh on 08-12-2020
65. Delivered invited lecture on the topic “Mindful way to Personal and Emotional Development” at HRDC, University of Rajasthan, Jaipur on 09-12-2020.
66. Delivered invited lectures on the topic “Self-management for Personal and Emotional Development” organized by HRDC GJUS&T, Hisar on 10-10-2020
67. Delivered invited lecture on the topic “Understanding Students Diversity: Psychological Perspective” at HRDC, University of Rajasthan, Jaipur on 17-12-2020.
68. Delivered invited lecture on the topic “Work-Life Harmony: The Inside Out Approach” at HRDC, University of Rajasthan, Jaipur on 21-12-2020.
69. Delivered invited lectures on the topic “Stress Management” organized by HRDC GJUS&T, Hisar on 27-02-2021
70. Delivered one lecture on the topic “Positive Psychology” in a Subject Refresher Course on “Social Sciences” on 03-02-2022 at UGC-HRDC, GJUS&T, and Hisar.
71. Delivered two lectures on the topic “Time Management for Happiness” in a short term programme on “Mindfulness for Well Being and High Performance” on 18-10-2022 at UGC-HRDC, GJUS&T, and Hisar.
72. Delivered two lectures on the topic “Self-Management for Effective Leadership” in a short term programme on “Leadership Development” on 23-12-2022 at UGC-HRDC, GJUS&T, and Hisar.
73. Delivered a lecture on the topic “Skill Development” in NEP Orientation & Sensitization Programme (online) on 19-12-2023 conducted by UGC-Malaviya Mission Teacher Training Centre (MMTTC), GJUS&T, Hisar.
74. Delivered a lecture on the topic “Research and Development” in NEP Orientation & Sensitization Programme (online) on 20-02-2024 conducted by UGC-Malaviya Mission Teacher Training Centre (MMTTC), University of Rajasthan, Jaipur.
75. Delivered a lecture on the topic “Skill Development” in NEP Orientation & Sensitization Programme (online) on 20-02-2024 conducted by UGC-Malaviya Mission Teacher Training Centre (MMTTC), University of Rajasthan, Jaipur.
76. Delivered a lecture on the topic “Students Diversity and Inclusive Education” in NEP Orientation & Sensitization Programme (online) on 30-04-2024 conducted by UGC-Malaviya Mission Teacher Training Centre (MMTTC), GJUS&T, Hisar.
77. Delivered a lecture on the topic “Students Diversity and Inclusive Education” in NEP Orientation & Sensitization Programme (online) on 24-05-2024 conducted by UGC-Malaviya Mission Teacher Training Centre (MMTTC), GJUS&T, Hisar.
78. Delivered a lecture on the topic “Positive Thinking and Mindful Exercises” in NEP Orientation & Sensitization Programme (online) on 19-06-2024 conducted by UGC-Malaviya Mission Teacher Training Centre (MMTTC), GJUS&T, Hisar.
79. Delivered a lecture on the topic “Skill Development” in NEP Orientation & Sensitization Programme (online) on 14-08-2024 conducted by UGC-Malaviya Mission Teacher Training Centre (MMTTC), GJUS&T, Hisar.
80. Delivered a lecture on the topic “Stress Management” in UGC sponsored Two week Hybrid Subject Refresher Course on “Mathematics” in Offline mode 10-09-2024, conducted by MMTTC, GJUS&T, Hisar.
81. Delivered a lecture on the topic “Counselling strategies for better personal & class adjustment” in UGC-sponsored Four-week online “Faculty Induction Programme-07” on

26-11-2024, conducted by MMTTC, GJUS&T, Hisar.

82. Delivered a lecture on the topic “Understanding self as an individual” in UGC-sponsored one-week online “Capacity Building and Academic Leadership” on 19-12-2024, conducted by UGC-MMTTC, GJUS&T, Hisar.
83. Delivered a lecture on the topic “Nature and types of adjustment problems: academic, emotional and social” in 3<sup>rd</sup> Faculty Induction Programme (Online) on 25-06-2025, conducted by UGC- Malaviya Mission Teacher Training Centre (MMTTC), Central University of Haryana.
84. Delivered a lecture on the topic “Addressing problems of the students and constructive approach towards teaching and support for students learning” in UGC Sponsored Four-Week Offline "Faculty Induction Programme-08" on 16-07-2025, conducted by UGC-MMTTC, GJUS&T, Hisar.
85. Delivered a lecture on the topic “Introduction to Mindfulness; role of mindfulness in daily life and in education” & “Mindfulness practice for stress reduction and Emotional Regulation.; Breathwork and grounding techniques” UGC sponsored One-week online short-term programme on “Mental health in higher education through Mindfulness and Emotional intelligence” on 23-07-2025, organized by UGC-MMTTC, GJUS&T, Hisar.
86. Delivered a lecture on the topic “Mindfulness for happiness and well-being” in (online) Refresher Course in Imbibing Personal & Professional Skills of Counseling (Multidisciplinary) on 25-09-2025 organizing by UGC-Malaviya Mission Teacher Training Centre (MMTTC), University of Rajasthan, Jaipur.
87. Delivered a lecture on the topic “Mindfulness for Happiness & Wellbeing” in UGC Sponsored Four-Week Online "Faculty Induction Programme-09" on 15-11-2025, conducted by UGC-MMTTC, GJUS&T, Hisar.
88. Delivered a lecture on the topic “Mindfulness and Self-Empowerment” in RUSA-Sponsored One Week Interaction Programme for Ph.D. Scholars 'Humanities & Social Science' on 29-11-2025, conducted by UGC-MMTTC, GJUS&T, Hisar.
89. Delivered a lecture on the topic “Mindfulness for Self-Empowerment” in Guru-Dakshta Faculty Induction Programme on 20-01-2026, conducted by UGC-Malaviya Mission Teacher Training Centre (MMTTC), Punjabi University, Patiala.

#### **Radio/TV Talks:**

Delivered talks on the issues related to adolescent problems, stress management, mental health, positive youth development and prevention of drug abuse on National TV ie. NDTV, ZEE News etc.

#### **Orientation Programs:**

1. Successfully completed 04 –week Orientation Program (OP.70.2004) held from 14-06-2005 to 10-07-2005 with “A” grade at UGC-ASC, HP University, Shimla.
2. Successfully completed the training orientation course for NSS program officers held from 26-09-2011 to 01-10-2011 organized by ETI/IDC Chandigarh, at GJUS&T, Hisar

#### **Refresher Course:**

1. Participated in a 3 –week refresher course in “Social Sciences: Psychology” from 28-12-

2009 to 16-01-2010 with “A” grade at UGC-ASC, GJUS&T, Hisar.

2. Participated in a 3 –week refresher course in “Information Technology: Interdisciplinary for all Streams” from 21-01-2011 to 10-02-2011 with “A” grade at UGC-ASC, GJUS&T, Hisar.

### **Organizational and Social Contributions:**

#### **Coordinator for Centre for Behavioral Research & Intervention**

1. Established the Centre for Behavioral Research & Intervention in the Department of Applied Psychology.
2. Developed the first psychological test in Indian context, namely '***HIV Risk Perception Questionnaire-HRPQ***' for the scientific assessment of HIV risk vulnerability among youth.
3. Successfully completed the '***Behavior Modification in HIV/AIDS***' project funded by Ministry of HRD, Government of India.
4. Also undertook a research project, '***Psychological Influences in Crime: A Comparative Study of Low and High Profile Crime Villages***' funded by Ministry of Home Affairs, Government of India and ensured that the project reached its logical conclusion.
5. Chaired the sessions in ***National and International*** conferences.
6. Shared the knowledge while sensitizing people towards mental health by participating in panel discussions in ***NDTV, ZEE News*** and in other radio and TV programs.
7. Course Coordinator for '***Personality Development and Career Counseling Workshops***' during 23<sup>rd</sup>January 2012 to 3<sup>rd</sup>February 2012 and 21<sup>st</sup>February 2012 to 4<sup>th</sup>March 2012 at Student Counseling and Placement Cell, L.L.R. University of Veterinary and Animal Science, Hisar.
8. Conducted workshops for students on stress management, anger management, examination anxiety management (helpline), career counseling while providing direction for ***Positive Youth Development*** and remaining available for counseling for the students since the last twelve years.
9. Also conducted survey for the assessment of psychological well-being of students as also conducting researches in applied areas keeping in view the psychological welfare of the people and policy implications.
10. Organized workshops and awareness programs on prevention of HIV/AIDS, Drug Abuse, etc., for students.
11. Providing the psychological counseling services to the needy students of the university and surrounding area for the last 12years.

#### **Contribution as Hostel Warden (2006 to 2012)**

1. As teacher of psychology successfully applied the concepts of positive psychology in the administration of hostel and for the welfare of hostel students.
2. As warden organized number of successful personality development and community participation activities in the hostel like ten days' life skills development program "***JAGRATI***", health camp, plantation, patriotic cultural activities, and induction programs etc. with an objective to inculcate the values of self-extension, empathy, brotherhood, and

patriotism among students.

3. Strengthened the concept of community participation in helping the students. Introduced the concept of *Student Aid Fund* for helping the economically under privileged students by participation of students' community voluntarily.
4. Introduced the concept of hostel managing committee rather than mess committee and ensured the participation of students in the decision making of hostel specifically the students of remote states.
5. The discipline was ensured through student welfare programs, and participation in positive youth development programs.
6. Success stories published in national dailies and none of the hostel students penalized by hostel and university authorities due to acts of indiscipline.

The concepts of participation, transparency, accountability and faith ultimately helped in the welfare of students and in the management of hostel administration.

### **Contributions as Programme Coordinator, National Service Scheme (2009 to 2015)**

1. Strengthened the National Service Scheme in the university by maximizing the participation of students as volunteers in personality development and community development activities.
2. By applying the concepts of positive psychology students were sensitized for self-development and community work.
3. As program coordinator we have tried to inculcate the attributes of empathy, self-extension, responsibility, commitment, altruistic behavior, faith, optimism, team spirit, and positive thinking.
4. Spearheaded and organized more than 50 major programs including workshops, exhibitions, adventure camps, cleanliness drives, seven days camps, and awareness programs for personality development of students.

### **Major NSS activities organized during my stint:**

#### **1. Observed Anti-terrorism day (21-05-2009)**

The activity was organized with a purpose to create the awareness among all sections of society about the negative consequences of violence and terrorism and to uphold the culture of peace and harmony.

#### **2. Help Desk and Help Line (01-07-2009 to 30- 07-2009)**

Help Desk and Help Line was organized to provide the information and assistance to the students aspiring to take admission in the university. More than one thousand students visited the help desk and more than two thousand inquires have been attended telephonically round the clock.

#### **3. Plantation (13-08-2009).**

#### **4. Flag Day (25-11-2009).**

#### **5. State level exhibition on World AIDS Day (01-12-2009) 'YOUTH VOICE ON HIV/AIDS FREE INDIA'**

The basic objective of the program was to make people aware about the vulnerable beliefs, behaviors and life styles. The state level poster competition, lectures, red ribbons, learning behavior modification techniques were the key features. More than 4000 students participated in the event.

#### **6. Woolen clothes to lesser privileged people (24-12-2009)**

Woolen clothes were distributed to the lesser privileged people for helping them and to

develop a feeling of empathy among students.

7. **Awareness Workshops on the “Relevance of GramSabha in village Panchayats” 22-02-2010 to 24-03-2010.**  
The program was organized to make the people aware about the relevance of participative decision making and to strengthen the democracy at grass root level. The program was organized in 22 villages.
8. **Seminar on National Development (25-03-2010).**  
The basis objective of the event was to sensitization of youth to take active participation in National development activities.
9. **Help Desk (01-07-2011 to 10-07-2011)**  
NSS volunteers helped the admission seekers by providing all kinds of required information to the students.
10. **Tree Plantation (13-08-2011)**
11. **International Literacy Day (08-09-2011)**  
Volunteers helped the slum children for promoting literacy and education.
12. **International Peace day (15-09-2010)**  
The key concern of the event was to highlight the contribution of India in world peace.
13. **KaumiEktaweeek (19-11-2010 -24-11-2010).**  
The program was organized to understand the relevance of communal harmony in global perspective.
14. **Signature campaign against terrorism (26-11-2010).**  
The activity was organized to sensitize the youth towards the evil of terrorism and to develop the feeling of nationhood for fighting with terrorism.
15. **Red Ribbon Campaign (01-12-2010)**  
Awareness campaign was organized to sensitize the youth towards prevention of HIV/AIDS.
16. **Seven Days NSS Camp at Village Mayyad (09-01-2011 to 15-01-2011).** The activities related to communal harmony, education for rural development, cleanliness, prevention of alcohol and drug-de addiction, career counseling, yoga, and positive attitude building were covered in the camp.
17. **Pulse polio campaign (23-01-2011 to 25-01-2011).**
18. **“EK PARYAS” (23-04-2011 to 23-05-2011)**  
One-month program was organized for helping slum children to take admission in schools.
19. **HIV/AIDS prevention work-shop for truck drivers (27-04-2011)**  
Awareness workshop was organized for helping the target groups regarding prevention of this fatal disease.
20. **Patriotic Cultural Eve “EK SHYAM RASHTRA KE NAAM” (27-09-2011).**  
The patriotic cultural program was organized with a purpose to make the students aware about the contribution of our freedom fighters for the country.
21. **State level Blood Donation Camp and Poster Competition (28-09-2011)**  
1027 units were donated in a single day and more than 1000 posters were displayed to highlight the relevance of blood donation.
22. **Red ribbon campaign on World AIDS Day (01-12-2011)**
23. **National Voters Day (25-01-2012).**  
The event was organized to make the students aware about the democratic institutions of India. To make them sensitize towards the relevance of vote.

24. **Two days' workshop on HIV/AIDS prevention (21-02-2012 to 22-02-2012).**
25. **Seven Days Camp at Village Kamari (09-01-2012 to 15-01-2012)**  
The camp was organized to make the students familiar with the rural fabric of India. To develop the feeling of empathy and dignity of labor among students. To provide career counseling and health education were the other objectives of the camp.
26. **Mera Vote MeraDesh: (15-08-2012 -15-09-2012)**  
One month program was organized to help the students in making voter identity cards in coordination with district administration. 1400 students were benefited by the program.
27. **Tree plantation: 23-08-2012**  
Tree plantation has become the regular feature. NSS volunteers contributed a lot to make the campus and surroundings green.
28. **Pre –Republic Day Screening Camp (14-09-2012)**
29. **NSS Day celebration (24-09-2012)**  
The event was organized to highlight the relevance of national service scheme in positive youth development and in nation building.
30. **State Level Blood Donation Camp (27-09-2012)**  
A total of 1109 units of blood were donated in the camp. An exhibition on the life history of freedom fighters was also displayed during the camp.
31. **SPANDAN: Seven Days State NSS Camp (23-10-2012 to 29-10-2012)**  
A state level camp was organized in the university. NSS volunteers from all the universities participated in the camp. The basic objective of the camp was positive youth development and to make the students aware about their role in national development.
32. **Empowering Women Empowering India (08-01-2013 to 08-03-2013)**  
Two month's awareness campaign was organized with the help of different activities with a purpose to understand the relevance of women empowerment in nation building.
33. **PRERNA-2013**
34. Patriotic cultural program was organized to honor the volunteers with merit certificates as appreciation of their work.
35. **NSS Day Celebration: "MaaTujhe Salam" 24-09-2013**  
National Service Scheme of Guru Jambheshwar University of Science & Technology, Hisar organized a patriotic cultural program "MaaTujhe Salam" on NSS Day (24-09-2013). More than 400 NSS volunteers were involved in the organization of the event. There were 32 cultural events representing the feeling of patriotism and unity in diversity in the form of poems, group dances, solo dances, play (Manthan), skit, songs, ragni, etc. More than 2500 students attended the event.
36. **Tree Plantation: 23-08-2013**
37. **AIDS Awareness program by NSS Volunteers of GJUS&T, Hisar (December1, 2013).**  
The HIV/AIDS awareness program was organized on World AIDS Day for the prevention this fatal disease.
38. **Seven days Camp in Village Shahpur (13-01-2014 to 19-01-2014)**  
Women empowerment, Health & Hygiene, Drug Abuse, Carrier Counseling, Corruption, Policy awareness and environment and its protection were the themes under which volunteers organized awareness rally, survey, debate, poster competition and street plays etc. There were valuable talks on the themes by experts. Villagers were also involved in all the activities.
39. **One Day Cleanliness Program in Hostel (12.02.2014)**  
NSS volunteers and hostel students participated in the cleanliness drive.

**40. Workshop on Positive Youth Development (07-03-2014)**

One day workshop was organized on positive youth development. Experts of the field delivered the lecture on the topic and make the students aware about the relevance of hope, faith, gratitude, prayer, optimism and resilience in life.

**41. Adventure camp (29-03-2014 to 03-04-2014)**

The camp was organized at Manali, Himachal Pradesh. The numbers of activities were organized during the camp like rippling, river crossing mountain climbing, trekking, and river rafting under the guidance of expert supervision.

**42. Workshop on HIV/AIDS prevention (11-05-2014).**

**43. PRERANA on 14-05-2014.** A program was organized for distributing the merit certificates to NSS volunteers.

**44. Mera Vote MeraDesh (05-08-2014 to 18-08-2014)**

The program has been organized for making voter identity cards to eligible students in coordination with district election office.

**45. NSS Day (24-09-2014)**

**46. SAMARTHAN (30-09-2014 to 10-10-2014)**

Volunteers collected the donation of Rs. 53,500 from students and employees of the university to express the solidarity with the flood affected people in Jammu & Kashmir.

**47. National Unity Day (31-10-2014)**

A seminar was organized for highlighting the contribution of Sardar Vallabhbhai Patel during freedom movement and after independence. A documentary exhibiting the life history of Saradar Patel was also shown to the students on this occasion.

**48. Cleanliness drive “SWACHH HARYANA SWACHH BHARAT” 01-11-2014**

The cleanliness drive was organized to make the campus clean. Large number of students took part in the drive and cleaned the specific pockets of the university.

**Contribution as Chairperson, Department of Applied Psychology, Guru Jambheshwar University of Science & Technology (August 2015 to August 2018).**

1. Established the Aptitude Testing Laboratory and Mindfulness Laboratory in the Department of Applied Psychology.
2. Introduced the new course of P.G. Diploma in Guidance & Counseling.
3. Introduced the Personality Development paper for the students of engineering courses of university.
4. Organized two International Conferences in the Department. Numerous academic and research activities were organized to provide exposure to the students so as to enhance the employability skills among the students.

**List of academic activities organized as Chairperson of the Department:**

1. Organized the workshop on “Positive Life Skills” on 15-10-2015
2. Field visit of students at department of psychiatry, Post Graduate Institute of Medical Sciences, Rohtak (06-11-2015)
3. Organized the workshop on “Understanding Psychology of Depression” conducted on 20-02-2016.
4. Organized the academic/field visit at Lalbahadur Shastri National Academy of

Administration, Mussoorie (24-04-2016 to 26-04-2016)

5. Organized the career counseling and personality development workshop for school students at GJUS&T, Hisar (July 01, 2016)
6. Organized induction programme for students (08-07-2016)
7. Organized the workshop on Basic Counseling Skills on 29-07-2016.
8. Organized the workshop on Intelligence Testing on 26-08-2016
9. Organized the workshop on stress management on 08-09-2016
10. Conference convener of ***International Conference on Youth and Wellbeing*** (November 11-12, 2016).
11. Organizing member of three days international conference on “Nurturing Human Values in Youth: A Perspective of Srimad Bhagavad Gita” held on 8-10 December, 2016 at Guru Jambheshwar Ji Maharaj Institute of Religious Studies, GJUS&T, Hisar.
12. Organized workshop on personality development for students on 08-02-2017.
13. Organized workshop on communication and employability skills on 13-02-2017.
14. Organized workshop on SPSS for behavioral science research on 27-02-2017.
15. Organized workshop on career opportunities for psychology students in defense organizations on 04-03-2017.
16. Organized workshop on Teachings of Gita and Moral values on 28-03-2017.
17. Organized workshop on Aptitude Testing on 18-08-2017.
18. Organized workshop on Cognitive Behavior Therapy on 07-11-2017.
19. Conference convener of ***International Conference on Positive Psychology for Health and Wellbeing*** (March 10-11, 2018).

**Contribution as Proctor of the University and Convener of Board of Residents Health, Discipline and Welfare (2016-2019)**

1. Involved the students in decision making process by constituting a “Youth Development Team” representing all the hostels and departments, to take all proactive steps for ensuring the discipline and welfare of students.
2. Sensitize the students for anti-ragging, violence and drug free campus.
3. Introduced the concept of ‘Annual activity calendar for hostel students’ for positive youth development.
4. No case of ragging was reported and student’s violence cases have been reduced by 70%. Successfully coordinated and ensured the discipline during the major events of the university including the elections of students’ council.

**Contribution as Director, Psychological Guidance & Counseling Cell of the university (October 2018 to 2023).**

1. Organized workshop on Work Place Happiness on 12-10-2018 for the students and employees of the university.
2. Providing guidance and counseling services to the needy students on regular basis.
3. Conceptualized the concept of Drug Prevention Cell in educational institutions and implemented at district hisar in first phase in coordination with district administration hisar
4. Recently launched the psychological helpline (UMEED) to help the students during the pandemic of COVID19.

**Contribution as Director, Centre for Counselling and Wellbeing**

The Centre for Counselling and Well-being is providing Psychological Counselling service to the Students and Staff of the University on all working days from 10am to 5pm. The Centre is also conducting community outreach programme, designing of course curriculum on happiness and well-being, and organization of seminars and workshops for Positive Mental Health.

1. Organized workshop on Meditation for University Faculty and students to experience higher state of consciousness from 11.05.2023 to 15.05.2023.
2. Organized workshop on “Emotional Resilience for the PhD Research Scholars of the University” on 24.08.2023.
3. Organized workshop on “Youth Mental Health Challenges & Solutions” on 28.11.2023.
4. Organized workshop on “Positive Mental Health” on 24.02.2024.
5. Organized workshop on “Mindfulness & Happiness: A Journey Within” on 24.02.2025.

**(Prof. Sandeep Singh Rana)**

## पहली बार बनी एड्स की मनोवैज्ञानिक टेस्ट किट

भारकर न्यूज | हिंसार

गुरु ज्येष्ठर, गुणवत्तिर्दि आंक संदर्भ एंड टेक्नोलॉजी (जीएटी) के एसएसएस कालाकांति डिपार्टमेंट ने एसएसप्राकाशी तैयार की, जो एसस और एसएटीकी के बारे में देख के बुला कम की टॉपलेन्स। प्राकाशी तैयार करने प्रयत्न, रिपोर्ट, हायांग और एक्सप्लेनेशन के 2400 व्यापारों को गैरी बोर्ड प्राप्त कर तोत साल में तैयार की गई बोर्ड प्राप्त करने की सूची रिपोर्ट में गुणवत्तिर्दि एसएस कालाकांति (यूजीएस) ने एसएस कालाकांति सोसायटी का अंग बैंडगा (नाम) और हिंदूप्राकाशी एसएस कंफरेन्स सोसायटी (एसएससोसी) को भी जोड़ा। देश में एसएस प्राकाशी का प्रयत्न एक रिप्रेसेशन कंवेन्शनर नहीं सह इस तरह का मार्गनिकल ट्रैक तैयार की रही। प्राकाशी तैयार करने वाले ही, संघर्ष करने वाले ही, तो विस्तीर्णी व्यापार काम करनीगे। नम की बात जानेंगे यूजीएस, नामों और एसएसप्राकाशी, इस टेक्नोलॉजी के जरूरी देश से संबंधित पता लग सकता है। एसएटीकी और एसस के बीच का गोपनीय व्यापारी बोर्ड की में यूजीएस के प्रयोगीयां पांच लाख 8 हजार की रोपी पर्याप्ती नामांकिकरण पर्याप्त एसएटीकी-एसएसप्राकाशी एसएसप्राकाशी के तहत तय की गयी अपेक्षा पांच लाख 2007 में कम से कम यूजीएस का विकास पर्याप्त किया गया था। ही, एगा नाम प्राज्ञानिक विविधताएं दिलाई रखता है। इसके लिए डॉ. सुनील प्रसाद प्रेमलाली। अ. द्वीपी एवं अ. द्वीपी एवं

और रिसर्च फैलो डॉ.

कारार आवित होगी टेस्ट किए

पांचातली का तिसोनव

जोड़े गए में एक के पास युवाओं की सेवा मार्जन  
करनी देट रिप का एकुण रुपयों की विवरण भी  
कर दिया गया। रिपोर्टिंग का त्रैतीय ही  
एप्रिल माह, रीटार्न ग्रो. अस्टर जेवलरी,  
भरत स्टोर्स ने राष्ट्रीय सेवा योग्यता  
का समाप्ति अवधि दर्जा और रुपये का राष्ट्रीय  
सेवा योग्यता का लाभान्वयन अपरिवर्ती है।  
रघुवर्जीत कौर ने कहा कि एप्रिल पर  
रिपोर्टिंग के दर्जी अस्टरिंग और शिक्षक  
मौजूद रहे।

**आदेश** | जीजेयू के प्रोफेसर डॉ. संदीप राणा की याचिका पर सुप्रीम कोर्ट ने दिए आदेश, छात्रों को मिलेगी काउंसिलिंग

# शिक्षण संस्थानों में बनाने होंगे मनोवैज्ञानिक सेल

■ तीन महीने बाद निर्देशों की समीक्षा भी होगी

महाराष्ट्र न्यूज़ | हिसार

करिअर काउंसिलिंग की तरह अब शिक्षण संस्थानों में साइकोलॉजिकल शिक्षा, तकनीकी शिक्षा के बारे में निर्धारण करने वाली संस्थानों से मार्गी वर्ख जनकारी को अपनी याचिका का आधार बनाया था। एक जनाहित याचिका पर सुनवाई करते हुए सुप्रीम कोर्ट ने इस बारे में निर्देश जारी किए हैं। इसमें देश भर के शिक्षण संस्थानों में मरोविज्ञान से डिग्लिपर्सेट सेल बनाने पर कोई जुड़े कड़े मामलों को नियन्त्रन के बाहर नहीं दिया जा रहा है। इस लिए मनोवैज्ञानिक सेल बनाने को संबंध में याचिकाकर्ता ने आटीआई

के अलाइड साइकोलॉजी डिपार्टमेंट के प्रोफेसर डॉ. संदीप राणा ने दायर की थी। प्रोफेसर राणा ने आटीआई के माध्यम से यूनिवर्सिटी शिक्षा, उच्च शिक्षा, तकनीकी शिक्षा के बारे में निर्धारण करने वाली संस्थानों से मार्गी वर्ख जनकारी को अपनी याचिका का आधार बनाया था। अप्रैल शिक्षणक संस्थानों में मनोवैज्ञानिक सेल, कारियर एंड जारी किए हैं। इसमें देश भर के शिक्षण संस्थानों में मरोविज्ञान से डिग्लिपर्सेट सेल बनाने पर कोई जुड़े कड़े मामलों को नियन्त्रन के बाहर नहीं दिया जा रहा है। इस लिए मनोवैज्ञानिक सेल बनाने को संबंध में याचिकाकर्ता ने आटीआई कहा गया है। यह याचिका जीजेयू के माध्यम से यूनिवर्सिटी, एनआईटी

## अभी तक कोई सर्व नहीं

शिक्षण संस्थानों में 15 बांगे से विद्यार्थियों का बैंडिंग स्तर जारी के लिए कोई सर्व भी लाई हुआ। इस विज्ञान में लॉर्डाय और अंतर्राष्ट्रीय स्तर पर कई बार विवेदित जारी किया गया। वर्ष 2010 में जीरी हुआ लॉर्डाय यूनि प्रोविन्शी फ्रेस्ट में मनोविज्ञान पर आयारिट एक सेल गठित करने की बात हुई थी। वर्ष 2011 में यूरोप कलेजेन में मान लिया था कि इस विज्ञान में पहली की जा रही है। अभी तक कोई कर्टवाई वर्ख हुई। ऑ. राणा ने सुप्रीम कोर्ट में दायर जनाहित याचिका में इन तक्षणों की एक किया था। सुप्रीम कोर्ट ने याचिका पर कर्टवाई करते हुए केंद्रीय मानव संसाक्षण मंडलय को विवेदित किया है कि वह अपने अधीन आवे वाले विज्ञानों को इस विषय को गवाहीत से लाभ करने के लिए जारी करें।

## जीजेयू में कल जुटेंगे देशभर के मनोवैज्ञानिक

किसी भी देश या समाज का विकास विज्ञान युवाओं या विद्यार्थियों के सहयोग से असंभव है। इन युवाओं को समाज की मुख्यभावाएं में लाने के लिए जीजेयू में मनोवैज्ञानिक तो पर मंथन होगा। इस लंबाई में 21 व 22 मार्च को जीजेयू में अलाइड साइकोलॉजी डिपार्टमेंट की ओर से वेबिनर काउंटेस का अधीनजनक किया जाएगा। इसमें देश भर के मनोवैज्ञानिक इस तरह के विभिन्न मुद्दों पर मंथन करते हुए शोध प्रयोग करेंगे। इसी देशी निलंग के सभी शिक्षण संस्थानों के प्राचार्यों की बैठक भी हुआई है। इसमें यूरोप ही नहीं, बड़क कालोंजी और विद्यार्थियोंसे युद्ध शिक्षाविद भी हिस्सा लेंगे। इस बैठक में टर्नर्डेटस के समक्ष आ रही परेशानियों के कारण और उनके समाजाव पर चर्चा की जाएगी।

कार्यालय, व्यक्तिल विकास संबंधी संस्थानों के पास मानसिक बीमारी कोई प्रतिसंह नहीं बनाउ है। उहोंने व परेशान विद्यार्थियों की काउंसिलिंग इसमें भी स्वीकारा कि शिक्षणिक करने के लिए कोई पद ही नहीं है।

रक्तदान शिविर | गुरु जंभेश्वर विश्वविद्यालय में रक्त देने के लिए प्रदेश के 22 शिक्षण संस्थानों से पहुंचे विद्यार्थी

# एक हजार यूनिट रक्त का रिकॉर्ड बना

भारत न्यूज़ | हिंदू

शहीद भारत सिंह जयंती के उत्तरस्य में जीजैयू के शिक्षण संस्थान सात में गण्डीय सेवा योजना इकाई ने बुधवार को दूसरा राज्यस्तरीय रक्तदान शिविर लगाया। शम सात बजे तक एक हजार 35 रक्तदाताओं ने रक्तदान किया। सिक्खियारिटी कारणों व ब्लड बैक के कहने पर रक्तदान शिविर को बढ़ किया गया। लेकिन बढ़ विवर जाने तक सौ से ज्यादा छात्र रक्तदान करने के लिए लाइनों में खड़े थे। इस शिविर में प्रदेश भर के 22 शिक्षण संस्थानों से छात्रों ने भाग लिया।

शिविर का उद्घाटन कुलपति डॉ. एमएल रंगा ने किया। कलतसचिव प्रो. आएपस जागतान मौजूद रहे। गण्डीय सेवा योजना इकाई के संयोजक डॉ. संदीप राणा ने शिविर में पहली यूनिट रक्तदान की। डॉ. राणा ने 33 वीं बार रक्तदान किया।

वहीं दिल्ली से आए औरके भटिया ने 216 वीं बार रक्तदान किया। इस अवसर पर रक्तदान से जुड़ी पोस्टर मेंिंग अंतिशामी भी कर्ड गई जिसमें एसडी कॉलेज की इंट्रू पहले लाइंग गई। इसके अतिरिक्त प्रोजेक्टर व पूर्णम दूसरे स्थान पर रही। जीजैयू के धर्मविवर को तीसरा व रक्तदान का सालना पुरुषका दिया गया। रक्तदान



जीजैयू में शहीद भगत सिंह जयंती के मौके पर लगाए गए रक्तदान शिविर में रक्त की जाय करकरी छात्र।



विश्वविद्यालय में लगे शिविर में रक्तदान करती छात्राएं।

## रक्तदान करने वालों में 35 प्रतिशत लड़कियां

- रक्तदान शिविर में पहली बार लगाए 35 प्रतिशत लड़कियों ने किया रक्त दान।
- घर के करीब लड़कियों में मिली खून की कमी।
- पांच सौ रक्तदाताओं ने किया शिविर का तकल संग्रह।
- तीन मेडिकल सेटों की टीम पहुंची रक्त दान करवाने, जिनमें ब्लड बैक विल्ली, महाराजा अंग्रेजी ब्लड बैक अग्राहा, सामाजिक अस्पताल हिंदू के बड़े बैक।
- विवि की ओर से हर रक्त दाताओं को रिफ्रेशमेंट दी गई।

शिविर के दौरान शिक्षण संड सात में कार्यक्रम आयोजित किए गए जहां पर भारतसिंह के जीवन से पोस्टरों से को प्रशंसनी लाइ गई। ग्राउंड फ्लॉर से लेकर दूसरे फ्लॉर तक पेटर प्रदीपीनी विद्या। चुटकली से लेकर गानों तक से छात्रों का मनोरंजन किया गया।

पिछले वर्ष का रिकॉर्ड तोड़ा। इस रक्तदान शिविर में कुल 1035 छात्रों के लिए विशेषताएं पर मनोरंजन साल इसी मौके पर कराए गए रक्तदान शिविर में एक हजार 27 यूनिट आई थी।

इस शिविर में सामाजिक अस्पताल के द्वितीय सीमांपोड़ा डॉ. जोगेन्द्र कपूर, गण्डीय सेवा योजना इकाई के कार्यक्रम अधिकारी डॉ. अंतिन भानुखड़, डॉ. प्रीति प्रधानकर, अदि मीजूद थे।

■ पहले अक्षवान डॉ. पिर विद्यावाल को महादान माना जाता था। अब रक्त दान महादान है। रक्त का कोई पर्याय नहीं होता। रक्त दान करके विरक्त ही जल्लरामद लालों से उनजावे में ही दर्शक बन जाता है। रक्त दान रक्ती बैकर वहीं जाता। यह छमेशा शुष्क रही ही मिलता है। राज्यीय सेवा योजना इकाई ने इतना बड़ा अपेक्षण करके विश्वविद्यालय को शोरावित किया है।

**प्रेरणा** जीजेयू के बॉयज हॉस्टल 2 की नायाब गतिविधियों ने कायम की मिसाल

# विश्वास से स्थापित हुआ अनुशासन

भारत न्यूज़ | हिसार

‘विद्यार्थियों में अनुशासन की रस्तः स्थापना के लिए फाइन (जुर्माना)’ के बजाय समझाइश की ज्यादा जरूरत होती है। इससे उनके स्वभाव में न सिर्फ़ सकारात्मक बदलाव होता है, बल्कि यह दर्शक एवं प्रयोग के रूप में विकसित होकर अन्य लोगों के लिए प्रेरणा का स्रोत भी बनता है।

गुरु जंगेश्वर विश्वविद्यालय के बॉयज हॉस्टल-2 का मौजूदा माहौल इस प्रयोगात्मक परिकल्पना की सफलता का जीता-जागता उदाहरण है। हास्टल में कुल 260 छात्र रहते हैं। दूसरे हास्टलों से अलग यह के सारे इन्तजाम ‘हॉस्टल मैनेजिंग कमेटी’ के जिम्मे हैं। हास्टल के मेस में खाने की क्वार्टिटी और क्वालिटी, जरूरत पड़ने पर अपने साथियों का अधिक सहयोग, हास्टल के लैन की हरियाली, साक्षरता, सफाई का प्रबंध आदि तमाम जूनियार्डी व्यवस्थाओं में इस कमेटी का सीधा दब्बल होता है। कमेटी की अवधारणा को वास्तविकता में बदलने में हास्टल के छात्रों जाहिद नवाज, अकित, सचिन वर्मा, प्रदीप कुमार, देवीरेन पांडेय, दिनेश, रजत सिंगला, बलजीत सिंह का अहम भूमिका निभाई। कमेटी में हास्टल के छात्रों के बीच से ही सर्वसमर्पित से चूने हुए 14 सदस्य होते हैं, जो पूरी व्यवस्था पर फैनों नजर रखते हैं। इस कमेटी का गठन 2006 में हुआ



गुरु जंगेश्वर विश्वविद्यालय का बॉयज हॉस्टल।

था। इसके सदस्यों का चयन हर छह महीने बाद नए सिरे से किया जाता है। इस समय कमेटी के सदस्यों में सुकेश, धूपेंद्र, मनेश, वीनस, संजय, सुमील जागड़ा, विकास विस्माई, नरेंद्र, कर्मवीर, सज्जन और शमशेर (मेस काउंटर) शामिल हैं।

हास्टल में मेस के काउंटर को खाने का पैसा तभी दिया जाता है जब यहां रहने वाले सभी छात्र खाने की गुणवत्ता के प्रति संतुष्टि प्रकट करते हैं। चूंकि इस कमेटी में मेस काउंटर को भी शामिल किया गया है, इसलिए अमूमन खाना गुणवत्तापूर्ण ही रहता है। 2006 में हास्टल मैनेजिंग कमेटी बनने के बाद से अब तक हास्टल के किसी भी छात्र को

विश्वविद्यालय प्रशासन ने हास्टल से न तो निकासित किया है और न ही कोई आधिक दड़ दिया गया है। चार सालों में अन्य हास्टलों के बनिष्ठत यहां मारीट के मामले भी बेहद कम हुए हैं। हास्टल के वार्डन ने छात्रों में शराब की लत के मामलों का भी सफलतापूर्वक निपटारा किया है। हास्टल मैनेजिंग कमेटी ने पारस्परिक सहयोग से अपने बीच के गोब और जल्दतमेंद साथियों की आधिक मदद करके एक मिसाल कायम की है। पिछले साल कमेटी के सदस्यों ने आपसी सहयोग से ऐसे इकट्ठा करके हास्टल में रहने वाले ‘नैनो एंड बायोटेक’ विभाग के छात्र सीकर (राजस्थान) निवासी धर्माल की

मदद की थी। वह आईआईटी मुंबई से पीएचडी करने वाले मौजूदा समय में मानेसर स्थित नेशनल बैन मैपिंग रिसर्च सेंटर अध्ययनरत है। वह आईआईटी मुंबई से भी पीएचडी के लिए क्वालिफाई कर चुका है।

इनके अलावा हास्टल में समय-समय पर तमाम और गतिविधियां भी होती रहती हैं, जिनमें संवेदनशीलता और व्यक्तित्व विकास की कार्यशालाएं, राष्ट्रीय पर्वों पर विभिन्न प्रैणात्मक कार्यक्रम किसी छात्र के जन्मदिन पर हास्टल के लैन में पोंधरोपण, छात्रों की समस्याओं की काउंसिलिंग, आदि शामिल हैं। हास्टल के छात्र तमाम दिन में भी नियमित रूप से भाग लेते रहते हैं। कमेटी हास्टल में एक ऐसा मुस्कालय बनाने की योजना पर भी विचार कर रही है, जिसमें कोर्स की किताबों की बजाय धर्म, अध्यात्म, व्यक्तित्व विकास, तार्किक विकास, कहानियां और उत्त्यासों आदि की किताबें उपलब्ध होंगी।

मनोविज्ञान विभाग में प्रोफेसर और हास्टल के वार्डन डॉ. संदीप सिंह राणा का मानना है कि यह व्यवस्था हास्टल के छात्रों और अध्यापकों के बीच आपसी समझ, जागरूकता और मानव प्रबंधन के कुछ खास प्रयोगों का सकारात्मक परिणाम है। हास्टल की व्यवस्था में हमने यह दिखाने की सफल कोशिश की है कि किसी भी संस्थान में पारदर्शिता, सहभागिता और कल्पणा की भावना से पैदा होने वाले विश्वास से मैनेजमेंट को आसान बनाया जा सकता है।

# GJU prof gets Bharat Jyoti award

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**HISAR:** An assistant professor of applied psychology department at Guru Jambheshwar University (GJU), Sandeep Singh Rana, has been honoured with 'Bharat Jyoti Award'.

Former governor of Tamil Nadu and Assam Bhishma Narain Singh, along with former chief election commissioner GVG Krishna Murthy, and former CBI director Joginder Singh presented the award to Rana.

The award was conferred at a seminar on "Economic growth and national integration" organised by the India International Friendship Society at constitutional club, New Delhi on Tuesday. This award is presented to academicians, scientists, engineers, doctors, politi-



Former governor of Tamil Nadu and Assam Bhishma Narain Singh presenting the award to Sandeep Singh Rana.

HT PHOTO

cians and industrialists for their notable contributions towards the development of society in their respective fields.

Rana has completed three major research projects sponsored by ministry of home affairs and ministry of human

resource development, having policy implications in the area of crime prevention and HIV/Aids.

Rana and his team developed first Indian psychological test to scientifically assess HIV risk perception among youth and got the appreciation from UNAIDS.

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