

**DEPARTMENT OF APPLIED PSYCHOLOGY
GURU JAMBHESHWAR UNIVERSITY OF SC. & TECHNOLOGY,
HISAR**

No./A./Psy/21/8837

Dated: 03.08.2021

To

The Asstt. Registrar(Academic)
GJUS&T, Hisar

Sub: Annual Report for the year 2019-20(01.07.2019 to 30.06.2020).

Sir,

With reference to letter No.Acad./AC-1/2021/3462-3510 dt.
07.07.2021 on the subject above, kindly find attached herewith the annual
report **2019-20(01.07.2019 to 30.06.2020)** of the Department of Applied
Psychology.

Chairperson

**ANNUAL REPORT
(01.07.2019 TO 30.06.2020)**

DEPARTMENT OF APPLIED PSYCHOLOGY

(I) NAME : APPLIED PSYCHOLOGY

(II) Year of Establishment : 1996

**(III) (a) Vision:
Perseverance and enhancement of bio-psychosocial-spiritual well-being**

The sole aim of any stream of education is to improve the quality of life of living beings particularly the human beings. Psychological sciences are instrumental in understanding and developing the quality of life of people across the life span and in different fields. This is the era of the reflection of sea change in all the spheres. The antecedent and consequent factor is the human being. The pivot of all the research orientations in varied disciplines is to enhance the quality of life of human beings. Quality of all the materialistic and physical manifestations on the one side depend upon the efficiency, and quality of human brain but on the other side at the same time, now a days stress and anxieties are taking a toll on human cognitive affairs resulting into various psychological disorders, neurological problems, various psychosomatic problems and other behavioral aberrations. So as to alleviate the later type of problems the researches to deal with the cognitive, emotional and behavioural aspects are mainly targeting at encompassing the holistic view of human nature.

Research work being conducted in the department of applied psychology will further be beneficial and highly contributory in various fields. At present to achieve the above mentioned objectives the department is offering specializations in Clinical Psychology, Health Psychology, Industrial/Organizational Psychology, Human Resource Management, Psychological Testing, Guidance and Counseling, Social Psychology, Cognitive Psychology to name a few.

Preparing our students, whether they are aiming for careers in psychology or in other professional regimes to help them becoming aware of their abilities and aspirations, interests, preferences, skills and attributes.

(b) Mission:
Individual, Organizational and Social Growth.

(c) Objective of Department:

- Academic and research excellence
- Nurturance of positive emotion and inculcation of employability skills among students
- Infusing positivity and Perseverance among students
- Strengthening the coping skills
- To devise the methods and strategies for welfare of citizens

(IV) Course (s) offered in the department

Course	Sanctioned intake	Present strength(total)
Ph.D.	42	45
P.G	50(+6 extended)	56

	(supernumerary =04)	
Any other PGDGC	15(supernumerary=04)	16

(V) Faculty detail

(Attach a list of the Faculty along with their qualifications teaching and research Experiences and any specific achievement(if any)

Professor		Associate Professor		Assistant Professor	
Sanctioned	Filled	Sanctioned	filled	Sanctioned	Filled
01	01	02	01	04	04

Regular Faculty details

Name of Teacher	Designation	Qualification	Experience (in years)	Aadhar No.	PAN No.	H.Index (Scopus Based)
1.	Prof. Sandeep Singh	M.A, M Phil, Ph D.	22 years	837564661131	AGOPR4946 A	
2.	Prof. Jyotsana	M.A, M Phil, Ph D.	23 years	205196749682	ABSPK1127B	
3.	Dr. Rakesh Kumar Bahmani	M.A, Ph D.	18 years and 6 months	228187568005	AGWPB3452 F	
4.	Dr. Manju	M.A., Ph. D, UGC (NET)	14years	707923212937	AJWPG8221 A	
5.	Dr. Sanjay Kumar	M.A., UGC (NET), PGDRP, Ph. D,	11 years	674014929299	BXCPP5020K	
6.	Dr. Taruna	M.A., Ph. D, UGC (NET)	16 years	AGYPG488ID	5561876536 58	

(VI) Office staff detail:

Title of Position	Sanctioned	filled
Tech.Asstt. Grade-I	01	01
Lab Attendant	01	01
Steno-typist	01	01(J.S.S.)
Clerk	01	01+(01 on contract basis)
Peon	01	02(On contract Basis)

(VII)

a) Students detail in respect of M.Sc.,

Programme	Sanctioned Intake	Students admitted 1 st year	Students presents in

			<i>final year</i>
M.Sc.	50(+4 supernumerary)	50(+6) extended	53

(b) Students detail in respect of MCA programme

1 st Year		2 nd Year		3 rd Year	
<i>Sanctioned Intake</i>	<i>Student admitted</i>	<i>students present second year</i>		<i>Student present third year</i>	

(c) Students detail in respect of B.Tech , B.Pharm. and B.P.Th. Programmes

1 st year		2 nd year		3 rd year		4 th year	
<i>Sanctioned Intake</i>	<i>Students admitted</i>	<i>Sanctioned intake through LEET</i>	<i>Student present second year</i>	<i>Students present third year</i>		<i>Students present fourth year</i>	

(d) Detail of Foreign Students if any, admitted in the Department: No

Sr. No.	Name of Course	No. of students Admitted	Name of Country

(VIII) Research Scholars:

Intake capacity	Total no of Ph. D students	Registered during the year	Thesis completed during the year	Specify number of different fellowship
42	21	08	04	07

(IX) Sponsored Research/ Consultancy Project:

Title of the Project	Name of the Investigator(S)	Project in process	Awarded during the	Completed during the current	Nature: Research/ Consultancy	Amount of Project

			current year	year		
Prof. Sandeep Singh						
<i>'Why Children commit criminal offences?'</i>	Prof. Sandeep Singh	Completed	2019	2019	GJUS&T	60,000

(X) Number of Publications of Faculty (in Total)

Books and Book Chapters/ Monographs etc.			Research papers		
International	National		International	National	
		Referred	Non referred	Referred	Non referred

(XI) Faculty wise detail of publication during the period:

a) Books/ Book Chapter/ Monograph etc.

Authors	Title	Year of publication	Types of books (Text / Reference / Report)
Dr. Sanjay Kumar	Personality Types of Combat and Non combat Sports Persons	2020	Chapter

b) Papers/ Articles in Journals

Authors	Year	Title of paper	Name of journal	Vol. & No.	Pages	Publishers	Impact Factor
Prof. Sandeep Singh							
Priyanka & Sandeep Singh	2020	Mindfulness promotes health and wellbeing- A Review.	International Journal of Indian Psychology	8(1)	30-35		
Ashu & 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		
Priyanka & Sandeep Singh	2020	Effectiveness of Mindfulness Based	Journal of Science and	5(2)	50-53		

		Intervention at Work Place-A Review	Technology.				
Tamsha Bohat & Sandeep Singh	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		
Bansal, S; Sandeep Singh and Trauna Gera	2020	Character Strengths and Well Being in Young Adults: Are There Gender Differences?	Journal of Critical Reviews	7(1)	1302-1311		
Prof. Rakesh Behmani							
Soni, E., Behmani, R. K. , & Rani, S.	2019	Attitude toward Domestic Violence: Validation of Scale for Indian Context.		7(5)	935-957.		
Bhambhu, K., Bargujjar, M. & Behmani, R.K.	2019	A study of Materialism and Self-Acceptance among the Youth of Hisar (Haryana)	<i>The International Journal of Indian Psychology</i>	Vol 7, Issue 4			
Poonam, Sandeep & Behmani, R. K.	2020	Impact of the COVID19 Pandemic on Domestic Violence in India	<i>Journal of the Social Sciences</i>	48(3)	1769-1777.		
Prof. Manju							
(Dr. Manju) Sheetal Khatri and Manju	2019	Comparative study of marital adjustment and psychological well being	International Journal of Indian Psychology		7	REDSHINE Publication	

		among dual career couples.					
Sheetal Khatri and Manju	2019	Marital adjustment and Emotional maturity among dual career couples.	Think India Quarterly Journal.		22(3)		
Seema, Gobind and Manju.	2020	Comparative study of stress, anxiety and depression among males and females.	Shodh Sarita.		7	141-146	
Sheetal Khatri and Manju	2020	The role of work-family linkage and emotional maturity in prediction of marital adjustment for dual career couples.	Studies in Indian Place Names		10(3)		
Gobind and Manju	2020	Family environment and personality as predictors of psychological well-being.	Shodh Sanchar Bulletin.	Sanc har Edu catio nal & Rese arch Fou ndati on, Luck now (U.P.) INDI A	10	24-28	
Dr. Sanjay Kumar	2019	Guidance and counseling in an organization setting: A Book Review	<i>IAHRW International Journal of Social Science Review</i>	7(1)	108-114		(ISSN:2347-3797) UGC Listed
Dr. Taruna	2019	Character Strengths and Well-Being in Young Adults: Are there Gender Differences	<i>Journal of Critical Reviews.</i>	Vol-07(Is sue-15, 2020)	1302-1311.		ISSN: 2394-5125.SCO PUS doi: 10.31838/j cr.07.15.171

(XII) Participation of faculty in Seminar/Conference/Workshop and refresher courses etc. during the period:

(a) Total Number of Seminars/ Conferences/ Workshop attended by faculty and papers presented (Attended)

Positions	Attended			Papers presented		
	International	National	Total	International	National	Total
Prof. Sandeep Singh	2	1	3			
Dr. Taruna	02		2	02		02

(b) International Seminar /Conference/ Workshop:

Name of the Teacher/Faculty	Title of paper presented	Theme of conference/seminar/workshop	Name of Host organization	Place	Dates
Prof. Sandeep Singh			Community psychology	Jaipur	31-01 to February 2020
Dr. Taruna	<i>1. Spirituality & Well-Being</i>		National Association of Psychological Science	Panjab University Chandigarh	October 18-20, 2019
	<i>2. Understanding DBT in Clinical Perspective</i>		Department of Psychology, M.G. Kashi Vidyapith,	Varanasi	October 20-22, 2019

(c) National Seminar / Conferences/ Workshop:

Name of Teacher/Faculty	Title of paper presented	Theme of Seminar/conference	Name of Host organization	Place	Dates
	TOTAL				

(d) Regional/ State Level Seminars/ Conferences/Workshops:

Name of Teacher/Faculty	Title of paper presented	Theme of Seminar/Conference	Name of Host organization	Place	Dates
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			ation		
	TOTAL				

(e) Refresher courses/ orientation courses

Name of Teacher/Faculty	Title of Refresher course	Host organization	Deptt. and University	Place	Date
Prof. Sandeep Singh	International Webinar on "Psychosocial Factor in Sustainable Health and well Being"	CBLU			June 17-18, 2020
Dr. Manju	International Webinar on "Psychosocial Factor in Sustainable Health and well Being"	CBLU,			17-18 june2020

(f) Total number of Refresher/oriented courses attended:

- i) Refresher courses:**
- ii) Oriented courses:**
- iii) Webinars:**
- iv) Total:**

(XIII) Association with National and State Level Bodies (Give teacher-wise details):

- i) Membership of Professional Bodies:**
- ii) Member of Expert Committee :**
- iii) Member of Academic Bodies of other institutions:**
- iv) Any other**

Prof. Sandeep Singh

1. Member, P.G. Board of studies of the Department of Applied Psychology, GJUS&T, Hisar
2. Member of DRC.
3. Member of Admission Committee, Departmental Research Committee
4. Member, P.G. Board of Studies of the Department of Psychology, Kurukshetra University, Kurukshetra.
5. Member, P.G. Board of Studies of the Department of Psychology, University of Jammu, Jammu.
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, UG Board of Studies of the Department of Psychology, HP University, Shimla. Member, UG Board of Studies of the Department of
10. Psychology, CDL University, Sirsa.
11. Member, UG Board of Studies of the Department of Psychology, CBL University, Bhiwani.
12. Member of Indian Association of Clinical Psychology.
13. Member of Indian Association of Community Psychology
14. Member of Indian Science Congress
 15. Member of Indian Association of Psycho-Cultural Researches
 16. Member of editorial board of Indian Journal of Positive Psychology
 17. Member of editorial board of Indian Journal of Psychology and Education
 18. Member of Bhartiya Counseling Psychology Association of India.
 19. North Zone Secretary of Indian Association of Health Psychology
 20. Member, Faculty of Social Sciences, M.D.U, Rohtak

Prof. Jyotsana

- Member of admission committee
- Member of DRC
- Member of PGBOS of university.

Dr. Rakesh

- Chairperson of the Department.
- Member of admission committee
- Member of DRC
- Member of Board of Studies & Research

Dr. Manju

- Member of admission committee
- Member of DRC
- Member of Board of Studies & Research

Dr. Sanjay Kumar

- Member of Admission Committee
- Coordinator Training and Placement cell
- Coordinator Aptitude Testing Lab
- Coordinator Counseling Cell
- Member of DRC
- Member of Board of Studies & Research

Dr. Taruna

- Member of Admission Committee
- Member of DRC
- Programme coordinator- B.A. Psychology (DDE)
- Member of Cultural council

v) Member of Academic Bodies of other institutions:

(XIV) Detail of Consultancy Work in Department:

Name of Teacher	Title of the project/work	Name of Agency	Total Amount
Dr. Sanjay Kumar	Visualization of blind person and classification of human physiology”	PDUCIC, GJU	101000/-

Prof. Sandeep Singh: Providing psychological counselling to the needy students and other segments of community on regular basis without any consultancy fee.

Prof. Jyotsana: Free of cost consultancy on psychological issues and psychological counseling to needy students and other segments of the society.

Dr. Sanjay Kumar: Students counselling at university counselling cell, Department of Applied Psychology, GJUS&T, Hisar

(XV) Lecture (other than class) delivered (Give teacher wise detail)-

Type	Topic/subject	Institution	Dates
Organized workshop(Prof. Sandeep Singh)	1.Empowering Educators for Counseling and Mentoring Skills	GJUS&T, Hisar	04-09-2019
	2.Meditation – The Secret to Lasting Happiness	GJUS&T, Hisar	2019
Delivered invited lecture (Prof. Sandeep Singh)	1.“Self-Management” in the orientation programme	UGC-ASC, GJUS&T, Hisar.	03-10—2019
	2.“Self Management”	UGC-ASC, University of Rajasthan, Jaipur	2019
	3.“Psychology of Happiness”	Department of Psychology, The American College Madurai	26-04-2020.
	4. COVID 19 and NSS Volunteers: Challenges and Strategies	GCG, Palwal.	14-05-2020

	5. Mindfulness Based Self - management Intervention in Promoting health and Well-Being during Covid-19	D.N. College, Hisar.	30-05-202
Invited talk delivered in refresher courses(Dr. Sanjay Kumar)	1. Emerging mental health issues during Covid-19 Pandemic	central university of Haryana	10.06.2020
	2. Coping, Mental Health Issues, challenges during Covid 19 Outbreak	Shri Vishwakarma Skill University	18.04.2020
Dr. Taruna	<i>Effect of Gurbani on Mental Health</i>	Department of Psychology, GCW, Sirsa	29.01.2020
Extension lectures			
Any other			

XVI) Additional Duties Performed/Positions held in the University (Teacher-wise)

Sr. No.	Name of Teacher	Additional Positions	Duration from to
1	Prof. Sandeep Singh	1. Chief Warden of the University 2. Proctor of the University 3. Director, Psychological Guidance & Counseling Cell of Guru Jambheshwar University of Science & Technology, Hisar 4. Dean of Colleges. 5. Programme Coordinator, Youth Red Cross 6. Nodal officer of the University for District Election Office, Hisar	

		<p>7. Member, Internal Quality Assurance Cell (IQAC), GJUS&T, Hisar</p> <p>8. Member, anti ragging committee of the university.</p> <p>9. Member of NSS advisory board of the university</p> <p>10. Member of Cultural council of the university</p> <p>11. Member of sports council of the university</p> <p>12. Member, organizing committee for sports tournaments of the university.</p> <p>13. Member, organizing committee for youth festival.</p> <p>14. Member of different committees constituted for academic issues, students welfare and teachers welfare.</p> <p>15. Centre supdt. for theory and practical examinations at GJUS&T, Hisar</p> <p>16. Member, syllabus restructuring committee of the department.</p> <p>17. Member, anti-eve teasing committee of the university.</p> <p>18. Member, PG. Board of studies of the department.</p> <p>19. Member, students counseling cell of the department</p> <p>20. Member of Covid-19 taskforce of the university.</p> <p>21. Member of different committees constituted for academic issues, students welfare and teachers welfare</p>	
2	Prof. Jyotsana	1. Member of admission	

		committee 2. Member of DRC 3. Member of Board of Studies & Research	
3.	Dr. Rakesh Behmani	1. Chairperson, Department of Applied Psychology 2. Member of admission committee 3. Member of DRC 4. Member of Board of Studies & Research	
4.	Dr. Manju	1. Member of admission committee 2. Member of DRC 3. Member of Board of Studies & Research 4. Coordinator biofeedback lab 5. Proctorial duties if the university	
5.	Dr. Sanjay Kumar	1. Warden of BH3 2. Training and Placement Coordinator of Department 3. Course coordinator PGDCBM (Distance Education) 4. Nodal Officer Drug Prevention Cell	Since Oct, 2019 since 2017 Since 2018 Since 2018
6.	Dr. Taruna	1. Member of Admission Committee 2. Member of DRC 3. Co-ordinator, Cultural council	

(XVII) Training & Placement Activities of the Department:

Activity	No. of Students placed	No. of Companies in which placed*
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- **Note:- Please attach a list of companies along with number of students placed, dates of placement and average package.**

**(XVIII) Detail of Academic Activities /Professional Activities/
Programmes organized in Department during the year:**

**i. Seminar/ conference/Refreshers course/ Workshop/ Training
Programme**

Name of the Event	Ntional / International	Number of Participants	Dates of Events
Prof. Rakesh Behmani			
Organized old students meet			5 th October 2019

**(XIX) Awards/ Honours received by Faculty (Give teacher-wise details
about title of award, awarding agency and date of conferment):**

Prof. Sandeep Singh Received the National Builder Award on 05-09-
2019 (Teacher's Day) by Rotary International

**(XX) Any other important Information/ Achievement of the
Department:**

Signature of the Chairperson

ANNEXURE

DEPARTMENT OF __Applied psychology_____

(I) TOTAL NO. OF RESEARCH PAPERS PUBLISHED: _15_____

NATIONAL: ___11_____

INTERNATIONAL: _4_____

(II) TOTAL NO. OF FUNDED RESEARCH PROJECTS: _____1____

COMPLETED: _____1_____

ON GOING: _____nil____

(III) TOTAL NO. OF PARTICIPATED AND CONTRIBUTED RESEARCH PAPERS: _____

SEMINARS & CONFERENCES: _____

INTERNATIONAL LEVEL: _____

(IV) TOTAL NO. OF BOOKS PUBLISHED:___NIL_____

(V) NUMBER OF SCHOLARS COMPLETED THEIR PH.D. DEGREE:___2__

**(VI) TOTAL NUMBER OF SCHOLARS REGISTERED TO PH.D.
PROGRAMME___08**

Signature of the Chairperson