

**Dr. HEENA PARVEEN**

**Assistant Professor**

Department of Psychology  
GGDSD COLLEGE Chandigarh  
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**DOB: 6<sup>th</sup> September 1990**



### **Educational Qualifications**

#### **Ph.D. in Psychology**

Department of Psychology, Panjab University Chandigarh, India  
(2020) PhD Thesis: The Role Of Multitasking Preferences, Musical Context and Anxiety In Cognitive Performance, Ph.D. Supervisor : Prof.H.K. Chhabra

Qualified U. G. C. NET (J. R. F.) in Psychology

**MA (Psychology)** - Department of Psychology, Panjab University Chandigarh, India (2011-2013)

**Bachelor of Arts (with Psychology Honours):** Post Graduate Govt. College For Girls, Chandigarh, Sector 11, Chandigarh, India (2008-2011)

### **Teaching/Research Experience**

- 22 July 2019- till date  
**Assistant Professor** in Department of Psychology, GGDSD College, Chandigarh  
Teaching B.A Psychology, Psychology Honours, Add on Child Psychology and Guidance & Counselling
- 21 May 2014 to 19 March 2019  
**UGC-Junior/Senior Research Fellow** in Department of Psychology, Panjab University, Chandigarh

### **Areas of Interest**

#### **Publications**

#### **(Journal/Book Chapters)**

- Cognitive Psychology

#### **Journal Publications:**

Parveen, H. (2022). **The Effect of Music on Cognitive Control Among Media Multitaskers.** *Innovare Journal of Education*, 10(2), 12-14.

Parveen, H. (2021). **Multitasking Preference and Anxiety as correlates of Media Multitasking : The effect of Music and Stroop.** *International Journal of Multidisciplinary Educational Research*, 10(1), 35 – 40.

Chhabra, H.K & Parveen, H. (2019). **Levels of Multitasking and Cognitive Performance.** *Indian Journal of Psychology and Education*, 9(1), 162-167.

Chhabra, H.K & Parveen, H. (2018). **Extending self efficacy from prediction to execution.** *Indian Journal of Community Psychology*, 14(1), 38-43.

Chhabra, H.K & Parveen, H. (2018). **Media Multitasking, Loneliness and Self Regulation Nexus. A Catalyst for virtual Blue Whales.** *Insight : Journal of Applied Research In Education*, 23(1), 57-64.

Chhabra, H.K & Parveen, H. (2017). **Dynamisig performance during cognitive interference: The role of anxiety, mindfulness and self efficacy.** *Journal of Psychosocial Research*, 12(2), 407-416.

Chhabra, H.K & Parveen, H. (2016). **Does Self Efficacy Facilitate Emotional Stroop Performance?** *Indian Journal of Psychology & Education*, 6(1), 158-164.

Chhabra, H.K & Parveen, H. (2015). **Anxiety and Stroop Performance.** *The International Journal of Indian Psychology*, 3(1), 166-173.

Chhabra, H.K & Parveen, H. (2015). **Mindfulness: A Tool For Enhancing Task Performance.** *Personality study and Group Behaviour* , 35 , 75-86.

#### **Book Chapters:**

Kaur, T & Parveen, H. (2022). **Mindfulness and Cognition : A review of empirical studies.** In In K.G. Dinesh & S.C. Mahendra (Eds.), *Empowering India @ 75: Achievements, Aims and Opportunities* (2<sup>nd</sup> ed., pp. 266-279). Kunal Books, New Delhi, India.

Parveen, H. (2022). **Enhancing Cognitive wellbeing of Media Multitaskers: The Role of Music and Anxiety.** In K.G. Dinesh & P.S. Hariom (Eds.), *Transforming India :Vision and Challenges* (1<sup>st</sup> ed., pp. 37-49). New Delhi, India: Kunal Books.

Chhabra, H.K & Parveen, H. (2016). **Ranging Emotional Stroop Interference Across Anxiety, Self EfficacyAnd Mindfulness.** In G.V. Kumar& Sharma. N (Eds.), *Experiential Applied Psychology* (1<sup>st</sup> ed., pp. 109-123). New Delhi, India: Global Vision Publishing House.

**Seminars/  
Conferences/Symposiums  
(Paper Presented)**

- Presented a Paper titled **“The Effect of Soothing Music and Conditions of Stroop Task on the Performance Levels of Light and Heavy Multitaskers”**, at 4<sup>th</sup> International and 6<sup>th</sup> Psychological Science Congress, 18-20 September, 2017 held at Department of Psychology, Panjab University, Chandigarh, India.
- Presented a Poster titled **“Multitasking, Anxiety And Cognitive Interference”**, at 25<sup>th</sup> Convention of National Academy of Psychology (February 2-5, 2016) Department of Psychology & Centre of Behavioural and Cognitive Sciences University of Allahabad, Allahabad, India.
- Presented a Poster titled **“The Effect Of Music on Cognitive Control among Media Multitaskers”**, at 25<sup>th</sup> Convention of National Academy of Psychology (February 2-5, 2016) Department of Psychology & Centre of Behavioural and Cognitive Sciences University of Allahabad, Allahabad, India.
- Presented a Paper titled **“Media Multitasking, Multitasking, Anxiety and Interference”**, at 3<sup>rd</sup> International and 5<sup>th</sup> Psychological Science Congress, 28-30 September, 2016 held at Department of Psychology, P.G Government College, Sector 46, Chandigarh, India.
- Presented a Paper titled **“Extending Self Efficacy From Prediction to Execution”**, at 2<sup>nd</sup> International and 4<sup>th</sup> Psychological Science Congress, 8-9 October, 2015 held at Department of Psychology, P.G Government College, Sector 46, Chandigarh, India.
- Presented a Paper titled **“A Study of Media Multitasking, Loneliness and Self Regulation among Students”**, at 2<sup>nd</sup> International and 4<sup>th</sup> Psychological Science Congress, 8-9 October, 2015 held at Department of Psychology, P.G Government College, Sector 46, Chandigarh, India.
- Presented a Paper titled **“Dynamising Performance during Cognitive Interference : The Role of Anxiety, Mindfulness**

**and Self Efficacy**”, at 3<sup>rd</sup> World Congress on Excellence, 19-21 October 2015, held at Department of Psychology, Panjab University, Chandigarh, India.

- Presented a Poster titled **“Dream Epiphany”**, in the International Conference of Applied Psychology held on February 24-25, 2012, at Panjab University, Chandigarh, India.
- Attended an **Orientation-cum-Training Programme on Turnitin- Anti-Plagiarism software**, organized by Research promotion cell and AC Joshi library, at Dr. S. S. Bhatnagar University Institute of Chemical Engineering & Technology, Panjab University, Chandigarh on 15th February, 2018.
- Attended a special lecture on **“Frontier Areas of Memory Research: Working Memory Across the Adult Life Span”** by Dr. Robert H. Logie, Professor of Human Cognitive Neuroscience, University of Edinburg, U.K. Organised by The ICSSR North-Western Regional Centre in collaboration with the Department of Psychology, Panjab University and LM Thapar School of Management at ICSSR, Panjab University, Chandigarh on 1<sup>st</sup> February, 2018.
- Attended a 45<sup>th</sup> Panjab University colloquium in collaboration with Department of Psychology, P.U. and LM Thapar School of Management, DeraBassi, Mohali (Pb.) on **“The Ageing Mind”** by Prof. Robert Logie (Professor of Human Cognitive Neuroscience at the University of Edinburgh, U.K.) at Dr. S. S. Bhatnagar University Institute of Chemical Engineering & Technology, Panjab University, Chandigarh on 30<sup>th</sup> January, 2018.
- Participated in 1st IBRO (International brain research organization)/APRC Chandigarh Neuroscience School conference with theme: **Basic & Research Concepts of Depression & Cognitive Dysfunction**, organized by University Institute of Pharmaceutical sciences, in November, 2015 at Panjab University, Chandigarh.

- Attended an **International seminar** on “**Psychology of Trauma: Women and Children in violent conflict**” at **Jamia Millia Islamia, New Delhi** held on 13-14 March, 2013.
- Attended a National Conference on “**Rural India In A Global Village-Issues & Perspectives** ” held on 26-27, October, 2010 at PGGCG, sec-11, Chandigarh.
- Was the member of the organizing team of the **National Conference on “Violence, Peace and Conflict Resolution”** held on February 17-18, 2009 at Post Graduate Govt. College for Girls, Chandigarh.
- Participated in National Webinar on “**Empowering equality for sustainable tomorrow : Opportunities for all**” on 8, March 2022, organized by Equal Opportunities cell and Student Counselling Center, Gurukula Kangri (Deemed to be University), Haridwar.
- Participated in IP awareness /Training Program, under **NATIONAL INTELLECTUAL PROPERTY AWARENESS MISSION** on 10, August, 2022, Organised by Intellectual Property Office, India at GGSDS College, Sector 32, Chandigarh.
- Participated in National Webinar on “**Stories of Mind : Causes and Prevention of Suicide**” on 10, September 2021, organized by Department of Psychology, PGGC, Sector 46, Chandigarh in association with Society for Psychological Assessment and Guidance (SPAG).
- Participated in an online National Webinar on “**Role of Psychologists in Forensic Mental Health Service**” on World Mental Health Day, 10, October 2020, organized by Department of Psychology, Gujrat University, Ahmedabad in collaboration with Indian Academy of Health Psychology.
- Attended a Webinar on “**Life from the Prism of Literature**” held on 20, June, 2020 organised under Leadership Webinar Series, Education for Gen Z, by Manipal University, Jaipur.

- Attended a Webinar on “**Make a Dent : Sprouting Innovation & Start-up**” held on 13,June,2020 organised under Leadership Webinar Series, Educaton for Gen Z, by Manipal University, Jaipur.
- Participated in a workshop on “**Psychometric Testing and Psychotherapies**”, held at Panjab University, Chandigarh, India, from 1-9<sup>th</sup> October 2017.
- Participated in a workshop on “**Enhancing Excellence**”, held at Panjab University, Chandigarh, India on 22<sup>nd</sup> October, 2015.
- Participated in a workshop on “**Optimizing Organisational Behaviour Leadership**”, held at Panjab University, Chandigarh, India on 23<sup>rd</sup> October, 2015.
- Attended a Faculty Development Program in virtual mode on the theme “**Psycho-social Roots of Well -Being**”, jointly organized by Department of Psychology and Department of Sociology, Panjab University, Chandigarh from 11<sup>th</sup> to 17<sup>th</sup> August 2022.

**Refresher  
Courses/Workshops/  
Training Programmes**

**DR. HEENA PARVEEN  
FACULTY NAME**