

Dr. Nidhi Chadha
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Department of Psychology
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DOB: 14th August 1986



Educational Qualifications

Ph.D. in Psychology

Department of Psychology, Panjab University Chandigarh, India (2015), Ph.D. Thesis: *Effectiveness of Managers: The Role of Innovation, Emotional Intelligence and Organizational Climate*, Ph.D. Supervisor: Prof. Sudha Banth

MA (Psychology) - Department of Psychology, Panjab University Chandigarh, India (2007-2009)

(Stood Third in the order of merit with first division in M.A (Psychology), Panjab University, Chandigarh.)

Bachelor of Arts (with Psychology Hons), MCM DAV College for Girls Sector 36, Chandigarh, India (2004-2007)

Teaching/Research Experience

- 11 September 2020- till date
Assistant Professor in Department of Psychology, GGDS D College, Chandigarh
Teaching General Psychology, Experimental Psychology and Clinical Psychology to B.A. students
- July 2016- April 2020
Assistant Professor (Ad-hoc) for 4 academic sessions in Department of Psychology, GGDS D College, Chandigarh
Taught General Psychology, Experimental Psychology and Psychological Testing to B.A. students
- July 2015- April 2016
Assistant Professor (Resource Person) at Post Graduate Government College, Sector 11, Chandigarh
Taught General Psychology, Experimental Psychology and Social Psychology to B.A. students

Areas of Interest

- Clinical and Counselling Psychology

Publications (Journal/Book Chapters)

Journal Publications:

Research papers published in National Journals

- Chadha, N. (2023). A Study of Body image and Self Esteem. *Indian Journal of Psychology* ISSN: 0019-5553, Page no. 20-23 (UGC Care List-Group I)
- Chadha, N. (2018). Bridging Gap between Femininity and Masculinity: Androgyny. *Research Journal of Social and Life Sciences*, Vol. XXIV (III), 24 – 28. ISSN No. 0973-3914 (UGC Approved Journal List no. 40942)
- Chadha, N. (2018). Positive Psychology at Workplace: Are they related? *Research Journal of Arts, Management and Social Sciences*, Vol. XVIII(9), 215-220. ISSN No. 975-4083 (UGC Approved Journal List no. 48774)

- Chadha, N. (2016).Karma Theory and Positive Psychology: An Overview. *Indian Journal of Applied Research*, Vol.6 (5), 74-76. ISSN No. 2249-555X(UGC Approved Journal List no. 49333)
- Chadha, N. (2015).Strategies to manage Stress among youngsters. *Journal of Mental Health and Well-Being*, Vol.6 (6), 644-647.ISSN No. 2229-5356(UGC Approved Journal List no. 48865)
- Chadha, N. (2015).Effect of Birth Order on Achievement Motivation and Extraversion. *Research Journal of Social and Life Sciences*, Vol. XVIII (1),70-77. ISSN No. 0973-3914(UGC Approved Journal List no. 40942)
- Banth, S. & Kataria, N. (2010).A Comparative study on Innovation of three telecom companies with varied annual financial turnover. *Research Journal of Social and Life Sciences*,Vol. IX, 174-179. ISSN No. 0973-3914(UGC Approved Journal List no. 40942)

Research papers published in International Journals

- Chadha, N. (2024). Gender and Peace of Mind: Exploring Correlational Dynamics. *International Journal of Interdisciplinary Approaches in Psychology (IJIAP)*, Vol.2(7),208-219. ISSN No. 2584-0142 (Scholarly open access, peer reviewed, google scholar indexed, monthly, interdisciplinary, global visibility)
- Chadha, N. (2022). Philanthropy: Exploring the Art of Giving. *Journal of Positive School Psychology*, Vol.6(4),6372-6376.ISSN No. 2717-7564 (SCOPUS, UGC Care List-Group II)
- Chadha, N. (2021). Adversity Quotient: Surviving Rather than Giving Up. *Psychology and Education*, Vol.52(2),5942-5947.ISSN No. 0033-3077 (SCOPUS, UGC Care List-Group II)
- Chadha, N. (2020). Positive Media fostering Children and Adolescents Well Being. *International Journal of Advanced Science and Technology* Vol. 29, 7s, 5687-5691. ISSN No. 2005-4238. (SCOPUS, UGC Care List-Group II)
- Chadha, N. (2020). Moksha in Hinduism: Realizing Meaning and Purpose of Life. *International Journal of Future Generation Communication and Networking*, Vol. 13, (3), 163-166. ISSN No. 2233-7857 (WEB OF SCIENCE, UGC Care List-II)
- Chadha, N. (2020). The Peter Pan Syndrome: Outcome of Helicopter Parenting. *International Journal of Psychosocial Rehabilitation*, Vol. 24 (06), 9723-9728.ISSN No. 1475-7192 (SCOPUS, UGC Care List-Group II)
- Chadha, N. (2019). Why Women Stay In Dysfunctional Relationships. *International Journal of Emerging Technologies and Innovative Research*, Vol. 6 (5), 603-607. ISSN No. 2349-5162(UGC Approved Journal List no. 63975)
- Chadha, N. (2019). Child Development- Creativity over IQ. *International Journal of Emerging Technologies and Innovative Research*, Vol. 6 (5), 532-539. ISSN No. 2349-5162 (UGC Approved Journal List no. 63975)

- Chadha, N. (2018). Importance of Early Years. *International Journal of Research And Analytical Reviews*, Vol. 5 (4), 1718-1723. ISSN No. 2349-5138 (UGC Approved Journal List no. 43602)
- Chadha, N. (2017). Well-being Curriculum: Integrating life skills and character strengths. *International Journal of Education and Management Studies*, Vol.7 (4), 518- 521. ISSN No. 2231-5632(UGC Approved Journal List no. 47250)
- Chadha, N. (2017). An Overview of Destination Addiction. *The International Journal of Indian Psychology*, Vol. 4(4), 47 – 51. ISSN No. 2349-3429(UGC Approved Journal List no. 45567)
- Chadha, N. (2017). Attachment and Detachment: Indian Philosophical perspective. *Educational Quest: International Journal of Education and Applied Social Sciences*, Vol. 8 (2), 1-4. ISSN No. 0976-7258,(UGC Approved Journal List no. 12616)
- Chadha, N. (2017). Analyzing Tools of Effective Teaching for Higher Education. *Elixir International Journal*, Vol.103, 45712-45714. ISSN No. 2229-712X (UGC Approved Journal List no. 44999)
- Kaur, T. & Chadha, N. (2016). Psychological aspects of Pollyanna attitude. *The International Journal of Indian Psychology*, Vol. 3(4), 12-16. ISSN No. 2349-3429(UGC Approved Journal List no. 45567)
- Nagpal, S.S. & Chadha, N. (2016). Review on Research and Practice of Cyber Psychology Behaviors. *International Journal of Social Sciences Review*, Vol. 4 (2), 245-246 ISSN No. 2347-3797(UGC Approved Journal List no. 41948)
- Chadha, N. & Narula, B. (2016). Pygmalion Effect: Fostering Performance among Adolescents. *Educational Quest: International Journal of Education and Applied Social Sciences*, Vol. 7 (1), 1-4. ISSN No. 0976-7258(UGC Approved Journal List no. 12616)
- Chadha, N. (2016). Journey towards achieving Excellence. *The International Journal of Indian Psychology*, Vol.3 (2), 155-161. ISSN No. 2349-3429 (UGC Approved Journal List no. 45567)
- Chadha, N. (2015). Mapping the Relation between Emotional Intelligence and Managerial Effectiveness at Workplace: An Overview. *The International Journal of Indian Psychology*, Vol.3(1), 181-188. ISSN No. 2349-3429(UGC Approved Journal List no. 45567)

Book Published:

- Chadha, N. (2016). Facets of Organizational Psychology, *The Readers Paradise*, New Delhi, ISBN 978-93-85958-38-0.

Book Chapters:

- “A Framework for Understanding Women Entrepreneurship” in Feb, 2022 (Page no. 13-18) in the edited book titled, *Transforming India: Vision and Challenges*, ISBN: 978-93-91908-94-2.

- “A Study on Self Efficacy, Social Support and Meaning in Life among young adult Females” in Dec, 2021 (Page no. 254-261) in the edited book titled, Women in India: Issues and Challenges, ISBN: 978-93-92584-99-2.

Patents Published:

- Published a Patent titled, “Happy Hormone Stimulating Device To Relieve Anxiety”, Application number: 360672-001 as Eighth author in Intellectual Property Website, Government of India on 10th June 2022.
- Published a Patent titled, “Device to identify Happiness level of teacher”, Application number: 359852-001 as First author in Intellectual Property Website, Government of India on 4th March 2022.

Seminars/ Conferences/Symposiums (Paper Presented)

- *Presented a Paper on Emerging trends in Sports Psychology* in National Seminar-cum-Workshop on Advances in Applied Sport Psychology held at D.A.V College, Sector-10, Chandigarh on 18&19 March, 2017.
- *Presented a Paper on Internet Addiction* at ICSSR sponsored National Seminar on Media Technologies: A Critical Evaluation organized by University School of Open Learning, Panjab University, Chandigarh on 16 February, 2016.
- *Presented a Paper on Varied Facets of Innovation in IT Sector* in the International Conference of Applied Psychology held at Panjab University, Chandigarh on 24 & 25 February, 2012.
- *Presented a Paper on Organizational Climate and Managerial Effectiveness: An Overview* in 3rd Social Science Congress held at department of Psychology, Panjab University, Chandigarh on 24 February, 2011.
- *Presented a Paper on Typologies of Violence and Peace* in the National Conference on Violence, Peace and Conflict held at Govt. College for Girls, Sector 11, Chandigarh on 17 & 18 February, 2009.

Refresher Courses/Workshops/ Training Programmes

- Attended 14 days Multi-Disciplinary Refresher course on Higher Education: National Policy and Implementation conducted by UGC- Human Resource Development Centre, Panjab University, Chandigarh from 26th December 2023 to 8th January 2024.
- Attended two week online programme on “NEP Orientation & Sensitization Programme” conducted by National Institute of Educational Planning and Administration (NIEPA), New Delhi under Malaviya Mission Teacher Training Programme of University Grants Commission, Ministry of Education, Govt of India from 20th November to 29th November 2023.
- Attended Seven days Faculty Development Course on “NEP 2020 and Ethical Paradigms in Pedagogy” conducted by UGC-Human Resource Development Centre, Panjab University, Chandigarh under RUSA 2.0 grant in collaboration with Goswami Ganesh Dutta S.D. College, Sector 32, Chandigarh, from 21st June to 27th June, 2022.
- Attended an International Virtual Faculty Development Program on “Enhancing Research and Writing” organized by Research and Development Cell, AVP College of Arts and Science, Tiruppur,

Tamil Nadu, India in collaboration with Cape Comorin Trust, India from 7th February to 13th February, 2022.

- Attended 30 days faculty induction programme from UGC-Human Resource Development Centre, Kumaun University, Nainital, Uttarakhand from 14th July 2021 to 14th Aug 2021.
- A Seven Day Online International Faculty Development Programme on the topic, “Ethics in Research and Teaching” jointly organized by Govt. College for Women, Jammu; Govt. College Dhami, Shimla (Himachal Pradesh) and Cape Comorin Trust, India from 21st April to 27th April, 2021.
- A Five Day Online Faculty Development Programme on the topic, “Recent Trends in Professional and Research Writing” organized by Department of Humanities and Social Sciences, Institute of Technical Education and Research, ITER Siksha ‘O’ Anusandhan (Deemed to be) University in Collaboration with Rupkatha Interdisciplinary Journal in Humanities (Scopus Indexed) from 15th April to 19^h April, 2021

Invited Talks

- Taught as a Resource person in “Soft Skills Training and Personality Development Course” held virtually at Goswami Ganesh Dutta Sanatan Dharma College, Sector 32, Chandigarh from 17th May 2021 to 8th June 2021.
- Resource person for Two days Workshop (7th and 8th December 2020) on “Skill Assessment and Career Choice” for the students of PML SD Business School, Chandigarh
- Resource person for a Counselling session (17th September 2020) on the topic, “Let’s Beat Covid-19 Pandemic by Augmenting Happiness for the students of PML SD Business School, Chandigarh

Administrative Experience

- Admission committee for BA 1st and 3rd year in E-form Document Verification, Approval and Admission Team since 2020 till date.
- Coordinator of Add-on Course- Child Psychology running at 3 levels i.e. Certificate, Diploma and Advance Diploma since 2020 till date.
- Section Editor (Social Science) of the College Magazine- Tyagmurti since 2020 till date.
- Member, Fine Arts Team, Panjab University Zonal Youth and Heritage Festival since 2020 till date.
- Member of VADA Club and Mentor-Mentee Programme since 2022 till date.
- Member, Decoration Committee, Annual Convocation, Prize Distribution and Annual Cultural Fest since 2020 till date.
- Successfully completed Panjab University Examinations in May 2023 (as Deputy Superintendent) and in May 2024 (as Centre Superintendent).

Membership of Psychological Associations

- National Association of Psychological Science (NAPS), India
- Indian Academy of Applied Psychology (IAAP), India

