

DR TARUNDEEPKAUR
Assistant Professor
Department of Psychology
GGSDS COLLEGE Chandigarh
India -160030
tarundeep.kaur@ggdsd.ac.in
tarun1deep1@gmail.com
DOB: 14th September 1976

PA



Educational Qualifications

- Ph.D. in Counseling Psychology
- Department of Psychology, Panjab University Chandigarh, India (2005)
- PhD Thesis: The Role of Social Support, Coping, Cognitions and Social Support in adjustment of adolescents exposed to Interparental Conflict. Supervisor: Dr Sudha Banth
- PG Diploma in Educational & Vocational Guidance and Counseling.
- Registered with Rehabilitation Council of India.
- MA (Psychology) – Department of Psychology, Panjab University Chandigarh, India (1997-1999)
- Bachelor of Arts (with Sociology Honors) Govt. College Chandigarh, Sector 11, Chandigarh, India (1994-1997)

Teaching/Research Experience

- 15 July 2009- till date
 - Assistant Professor in Department of Psychology, GGSDS College, Chandigarh
 - Teaching Psychology and Honors in Psychology at graduate level.
- August 2007 -April 2009
 - Assistant Professor in Department of Child Development.
 - Teaching Counseling and Clinical Psychology to Post Graduate Diploma student
- April 2008-March 2009

 - Adhoc lecturer in Dev Samaj College - Sector 45 , Chandigarh
 - Started the subject in the college and taught Psychology to graduate classes.
 - Was also actively involved in the guidance and placement cell of the college.

Areas of Interest

Counseling & Clinical Psychology

Publications (Journal/Book Chapters)

Books Published

- Book published by an International Publishing House Lambert Academic Publishing: Germany with ISBN No: 978-3-659 - 13447- 0 “Moderators and Mediators In adolescents witnessing Parental Conflict.”
- Book published by an International Publishing House Lambert Academic Publishing: Germany in 2015 with ISBN No: 978-3-659 -80490-8 “Life Skill and Emotional

Intelligence: Impact on adjustment among college students”

Books Chapters

- Book Chapter Published in book titled “Transforming India: Vision and Challenges” with ISBN: 978-93-91908-94-2 in February 2022 on “Impact and Challenges of New Education Policy”.
- Book Chapter published in book in 2022 : Mindfulness and Cognition: A review of empirical studies in K.G. Dinesh & S.C. Mahendra (Eds), Empowering India @ 75: Achievements, Aims and Opportunities (2nd ed, pp. 266-279).Kunal Books, New Delhi .
- Book Chapter Published in Book titled - Recent Applied Research in Humanities and Social Sciences with ISBN: 978-81-19746-52-1 in December 2023 on “Am I competent Enough?” Exploring Imposter Phenomenon among Indian college students.

Journal Publications:

- Research Paper: Published in Journal of Psychometry (2007) “The study of prevalence & different types of interparental conflict as witnessed by adolescents in Indian Setup”
- Research Paper: Published in Journal of Well being (2010) “Analysis of moderating effect of social support in adjustment of adolescents witnessing inter-parental conflict”
- Research Paper: Presented and Published a Paper in National Level conference sponsored by UGC on 29th January (2011) “Analysis of Externalizing and Internalizing problems of adolescents witnessing parental conflict.”
- Published an abstract; March (2011) in Chandigarh Science Conference, held at Punjab University “Analysis of Moderating effect of Emotional Intelligence in adjustment of Mental health of adolescents witnessing parental conflict”.
- Presented a paper: October (2011) in National Conference organized by Indian Psychological Science Congress at

P.G. Government College, Sector 46, Chandigarh

“Analysis of Social Support and its effect on Psychological distress accompanied by aging”.

- Research Paper: Presented and Published a Paper in International Seminar held at Lucknow on 18 and 19th June (2011) “Impact of Life Skills Training on children from disadvantaged families”
- Research Paper: Presented and Published a Paper in International On-line Seminar held on 25th & 26th November 2011 in Journal of Health and Well Being, Vol 2, Issue 4 “Analysis of moderating effect of emotional Intelligence in adjustment and mental health of adolescents witnessing parental conflict”.
- Research Paper: Published in Indian Journal of Psychological Science (2011) “A study of Impact of Life Skills Intervention Training on Emotional Intelligence of College adolescents”
- Research Paper: Presented a Paper in UGC sponsored National Seminar held at GGSDS College, Sector 32 Punjab University on 11th February (2012) on “The study of effect of aggression among youth on their academic performance”.
- Research Paper: Presented a Paper in International Seminar held at Punjab University on 24th and 25th February (2012) “Analysis of Relationship between Emotional Intelligence and Life Skills: Self Esteem, Self Efficacy, Wellbeing and its impact on Adjustment of College adolescents.”
- Research Paper: Published in Indian Journal of Positive Psychology, Volume 3: issue 2 in June 2012 issue on “An Investigation into the relationship between EQ and Life Skills: Self Esteem, Self-Efficacy, wellbeing and its influence on College Adolescent Adjustment”.
- Research Paper: Published in International Journal of Education & Management Studies; Volume 2, issue 2 in the June 2012 issue on “An Analysis of the outcome of aggression among youth on their scholastic performance”.

- Research Paper: Published in Indian Journal of Psychology and Mental Health: Volume 6: Number 2 August 2012 issue on “Analysis of role of gender in fear of success among senior doctors practicing in government hospitals”.
- Presented a Paper on “Religion, Spirituality and Health: An exploration into: Medical Spirituality; What needs to be acquainted with?” in National Conference held at P.G. Government College, Sector 46: Chandigarh by National Association of Psychological Science on 5th and 6th October (2012).
- Research Paper: Published in Indian Journal of Health & Well-being; Volume 3, Issue 4: December 2012 on “A comparative study between diabetic and Nondiabetic adults on various Psychological factors affecting their everyday life”.
- Presented a Paper in National Seminar held on 9th February 2013 on the topic “Economic Reforms: Challenges & Strategies” at GGSDS College, Sector 32, Chandigarh on “Medical mysticism; An investigation into the factors: Religion, Spirituality and Health that need to be considered.
- Research Paper: Presented a Paper in 2nd International Conference on Psychology and Allied Sciences held on 21st -22nd March 2013 and published in Indian Journal of Health and Well Being, Vol 4, Issue 2: March 2013 on “Analysis of different kinds and types of Parental acrimony as observed by adolescents in India”.
- Research Paper: Published in Indian Journal of Health & Wellbeing; Volume 4, issue 4 in the March 2013 issue on Medical mysticism; An investigation into the factors: Religion, Spirituality and Health that need to be considered.
- Research Paper: Published in Scholedge International Journal of Multidisciplinary & Allied Studies; Vol 2, Issue 9: November 2015 on Remedial Theology: An Exploration into the factors-Religious Conviction, mysticism and Wellbeing.

- Research Paper: Published in The International Journal of Indian Psychology: ISSN 2349-3429: Volume 3, Issue 4, No.67, July- September 2016 on “Psychological aspects of Pollyanna attitude”.
- Research Paper: Published in The International Journal of Indian Psychology: ISSN 2349-3429: Volume 4, Issue 1. No 69, October-December 2016 on “A comparative study of locus of control in underachievers and normal achievers”
- Research Paper: Published Online in Elixir International Journal: ISSN 2229-712X: Page no 43530-43533 on 6th December 2016 on “Academic Achievement: Role of Need for achievement and Anxiety”
- Research Paper: Published in The International Journal of Management and Social Science Research: ISSN 2349-6738: Volume 1, Issue No 30, December 2016 on “Parenting Styles and its effect on Emotional Development among children.”
- Research Paper: Presented a paper in a Workshop conducted on Advances in Sport Psychology in DAV College, Sector 10: Chandigarh sponsored by Sports Psychology Association of India (SPAI) on “Effectiveness of Yoga techniques on Athletes Performance” on March 18-19, 2017.
- Research Paper: Published in Educational Quest: An International Journal of Education and Applied Social Science: ISSN:0976-725: Volume .8, No -2, June 2017 on “Impact of Technology on Students way of Perceiving Information.”
- Research Paper: Published in ISSBD Bulletin special section: ISSN2040-5235: Number 2 Serial No. 72, a supplement to International Journal of Behavior Development Volume 4, Issue 6, November 2017 on “Influence of Psychological factors on Athletic Performance.”
- Research Paper: Published in Indian Journal of Developmental Disabilities: Volume 4, Number 2,

November 2017 on “Social Security and Legal Aspect in Disability Rehabilitation”.

- Research Paper: Published in Research Journal of Social & Life Sciences (ISSN 0973-3914) Volume XXIV, June 2018 on” Discovering the road leading to Resilience”.
- Research Paper: Published in International Journal of Emerging Technologies & Innovative Research; Volume 6, issue 4 in the April 2019 issue on “Orientation of Special Educators and Teachers Promoting Inclusion”
- Research Paper: Published in International Journal of Emerging Technologies & Innovative Research; Volume 7, issue 5 in the May 2020 issue on “Stress at Workplace”
- Research Paper: Published in International Journal of Emerging Technologies & Innovative Research; Volume 7, issue 10 in the October 2020 issue on “Psychology of Successful Aging”
- Research Paper: Published in Journal of Psychology and Education: ISSN: 00333077; (2021) 58(2): 2756-2760, in February 2021 issue on “Treadmill of Happiness”
- Research Paper: Published in Journal of Positive School Psychology and Education: ISSN: 2717-7564, in November 2022 issue on “Relationship between Imposter Phenomenon and Personality traits: A study on Undergraduate students.”
- Research Paper: Presented a Paper in World Conference on Psychology (WC-P-22) on 25th December 2022 on “ Misdiagnosis of Borderline Personality Disorder- Reasons and Implications.”
- Presented & Published a Research Paper in National conference organized by Department of Psychology, School of Social Sciences Doon University, Dehradun (Uttarakhand) on 11 March 2024 on “Mind Body Harmony-Exploring the connection between Yoga and Psychological Capital”
- Published in Journal of Emerging Technologies & Innovative Research (JETIR); ISSN -2349-5162 Volume 11, issue 10 in October 2024 on “AI Anthropomorphism- Effects on AI-Human and Human- Human Interactions ”

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
-

Refresher Courses/Workshops/ Training Programmes

- Attended a workshop and Training Program on “Automation System in Education Sector” from by Rashtriya Uchchar Shiksha Abhiyan ,Director Higher Education; on the topics- “Use of e-resource Contents- ERP solution” & “ Learning Exchange System-Teaching Methodology on 8th – 9th March 2016
- Attended a CME cum Workshop on “Intellectual Disability Assessment and Management” held at Post Graduate Institute of Medical Education and Research, Chandigarh on 18 November, 2016.
- Participated in Capacity Building Workshop on “Life Skills Training” held at Post Graduate Government College for Girls, Sector-11, Chandigarh on 2nd March, 2017.
- Participated in a one-day Capacity Building Workshop on “Language Difficulties: Leading to Social Disability” at Post Graduate Government College, Sector-11, Chandigarh on 16th March, 2017
- Participated in two-day National Seminar-cum-Workshop on Advances in Applied Sport Psychology held at D.A.V College, Sector-10, Chandigarh on 18 and 19 March, 2017.
- Participated in Capacity Building Workshop on “*Optimizing Emotional Wellbeing*” held at Post Graduate Government College for Girls, Sector-11, Chandigarh on 15 November, 2017.
- Attended a One day lecture-cum-workshop on IRINS, GGSDS College, Chandigarh, 1 Dec 2018.
- Attended a six day Online Workshop on Research Ethics & Quantitative Techniques for Research and Publication organized by college Library, GGSDS College, Chandigarh on 25th April -30th April 2020
- Attended a Professional Development webinar on “A Hand on Approach for developing e-Content” on, organized by Sri Aurobindo College of Commerce and Management, Ludhiana on 24th May, 2020
- Attended an International Webinar on “Mental Health and Well-being Amidst Various Calamities” organized by the Department of Humanities, St. Paul Institute of Professional Studies, Indore on 31 May 2020
- Attended a Faculty Development Program at National level on “Managing Virtual Classrooms and Open Educational Resources” organized by Centre for Academic Leadership and Education Management (CALEM) , under the Aegis of PMMMNMTT, MHRD, Govt. of India in collaboration with SWAYAM Cell, Institute of Educational Technology and Vocational Education & University Business School, Panjab University, Chandigarh on June 24th 2020- 29th June 2020

- Faculty Development Program on “Perspectives in Mental Health and Psychotherapy Post Covid-19” organised by Amity Institute of Psychology and Allied Sciences, Amity University, Kolkata on 13th July 2020 -17th July 2020.
- Attended a Webinar on "Impact of New Education Policy 2020 on Undergraduate Postgraduate Colleges" organized by GGSDS College, Chandigarh and PML S.D. Business School, Chandigarh on August 08, 2020
- Attended an International Seminar organized by ICFAI University Tripura; approved by Rehabilitation Council of India, on Impact of Covid-19 in the field of Disability and Rehabilitation. on 20th and 21st August 2020
- Participated in the International Webinar on “Mental Health and Well-being Amidst Various Calamities” organized by the Department of Humanities, St. Paul Institute of Professional Studies, Indore on 31/05/2020.
- Attended a Seven Days Online Faculty Development Course on Spirituality: The root of Mental Health and Cognitive fitness conducted by Department of Psychology, Panjab University in collaboration with UGC-Human Resource Development Centre, Panjab university, Chandigarh under Rusa 2.0 grant from 06-12-2020 to- 11-12-2020.
- Attended a Winter course equivalent to Refresher course on Yoga, Meditation & Stress management organized by UGC HRDC Centre, Guwahati University. Winter School equivalent to refresher from 20-1-2021 to 2-2-2021.
- Two-day International E-Conference on “Post-pandemic Education and Employment: Challenges and Opportunities” conducted by Ram Lal Anand College, University of Delhi in association with Samarth Bharat on 4th & 5th March, 2021
- National Webinar on “Revised NAAC Accreditation Framework: Understanding and Challenges” conducted by IQAC of Clara’s College of Commerce, Mumbai. on 9th March, 2021
- Attended a CRE program as a CRE-Participant in the National Seminar on Mental Health (NSMH-03): Good Health and Psychological Well Being in 2021 with the COVID Pandemic on 12 to 13 March 2021
- Rastriya Uchchatar Shiksha Abhiyan (RUSA)- Sponsored Online Workshop on “Online Assessment Tools: A Step Forward” held at Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh on 22 March 2021
- National Webinar on “Drug Abuse Awareness” conducted by Post Graduate Government College, Sector 11, Chandigarh on 27th March, 2021.
- International Webinar on “Indian Diversity, Pluralism and Constitutional Nationalism” conducted by School of Humanities, Raffles University, Rajasthan & RAYS Global Foundation (USA) on 17th April, 2021
- Participated in International Dialogue on “Talmud Kabbalah and Mystical Streams of Judaism: Contemporary for our alternative Planetary Futures” jointly organised by the school of Humanities, Raffles University, Rajasthan India, RAYS Global foundation USA Vishwan Centre for Asian Blossoming, Puducherry and Chennai on April 25 2021
- National Webinar on “Supervised Learning Methods” organized by Dr. M.G.R. Educational and Research Institute, Chennai on 14th May 2021

- Attended a 2 days CRE program on “Ensuring safety for children with disability” organized by PGIMER, Chandigarh on 14-15th May 2021
- Participated in International Dialogue on “Society, Crime and Correction” jointly organised by the school of Humanities, Raffles University, Rajasthan India, RAYS Global foundation USA Vishwan Centre for Asian Blossoming, Puducherry and Chennai on April 25 2021
- Participated in a Live Webinar on “Virtual Classroom: Enhance Teaching through Learning Management System (LMS)” by EBSCO on 15th June 2021
- Attended a Webinar on “Advancement in Artificial Intelligence held by Research Circle on 2 July 2021
- 7-Days FDP on “Search, Research and Publication Ethics” conducted by Post Graduate Government College for Girls, Sector-42, Chandigarh in collaboration with Human Resource Development Centre, Panjab University, Chandigarh under RUSA 2.0 grant from 06-7-2021 to- 12-7-2021.
- Participated in Two Days National Level Workshop On “Comprehensive Career Guide Development Program” organized by Department of Geography, Govt. Nehru PG College, Dongargarh on 01st and 2nd July 2021
- Participated in a Panel Discussion titled “Application of Pranic Healing and Emotional Intelligence in Battling COVID-19” on 21st Day of MGR COVID-19 COWINWEWIN, organized by Faculty of Humanities and Scienc on 04-07-2021
- Attended a two days State level Webinar on “Cyber Crime and Cyber Security” conducted by Woman Education Society Sundarbhai Maganlal Biyani Law College, Dhule on 30 & 31st July 2021
- Faculty Development Program on: “Effective Teaching Learning Paradigms through Pedagogical Innovations” from 7th February to 12th February 2022
- Faculty Development Program on: NEP 2020 & Ethical Paradigms in Pedagogy” conducted by HRDC , Panjab University on 21 June 2022 to 27 June 2022
- Faculty Development Programme on “DEVELOPING MOOCS” conducted by Goswami Ganesh Dutta Sanatan Dharam College, Kheri Gurna, Rajpura on 26 September – 02 October, 2023.

Invited Talks

- On the Panel of Oxford University Press and conducting Teachers training program
- Conducted training program for teachers of Aurobindo School Baddi on Life Skill training for Middle and High School teachers.
- Delivered a lecture on “Gender Inequalities in developing Countries with reference in India” in National webinar on “Empowering equality for sustainable tomorrow: opportunities for all” on 8th March 2022 organized by Equal opportunities Cell and student counselling Centre, Gurukul Kangri University (Deemed to be University) Haridwar.
- Conducted workshops for IIC cell of College on Entrepreneurship Attitude and Behavior Development in 2023 & 2024.

M. Phil Dissertation

Degree awarded:3

Supervised

PhD Thesis

Degree awarded:01

Currently Supervising:03

Administrative Experience

- Head of the Psychology Department, GGSDS College Chandigarh.
- Worked as DSW (Woman) from session 2022-2024.
- Member **Undergraduate Board of Studies Punjab University from 2018- 2021**
- Successfully conducted University Exams (Centre-32) in 2010,2012, 2015 (as Deputy Superintendent) and 2010,2020 2021,2022 (As Center Superintendent)
- Coordinator Aesthesia club
- Coordinator Manasuday -Stress Management Cell College
- Coordinator Career Counseling Cell College

Members of professional bodies

- On the Panel of “Prevention of Sexual harassment for women at the work place” as a Psychological Advisor for NABARD (National Bank for Agriculture and Rural Development).
- Selected as a member of IAHP task force by Indian Academy of Health Psychology to provide free Psychological assistance to Covid -19 patients in May 2019
- National Association of Psychological Science (NAPS), India

DR TARUNDEEP KAUR