

DR. JATINDER KAUR JUNEJA
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DOB: 21st November 1973



Educational Qualifications

Ph.D. in Psychology

Department of Psychology, Panjab University Chandigarh, India (2001) PhD Thesis: *Study of Effect of Biofeedback induced relaxation on certain perceptual motor skills among elite athletes*, Ph.D. Supervisor: Prof. Jitendra Mohan, Emeritus Professor of Psychology.

MA (Psychology) - Department of Psychology, Panjab University Chandigarh, India (1994-1996)

Bachelor of Arts (with Psychology) Govt. College Chandigarh, Sector 42, Chandigarh, India (1991-1994)

Teaching/Research Experience

- 2006- till date
Assistant Professor in Department of Psychology, GGSDS College, Sector 32, Chandigarh.
2003-2006
Assistant Professor in K.N. College of Girls, Jai Narain Vyas University, Jodhpur.

Areas of Interest

- Clinical Psychology, Sports Psychology, Health Psychology, Social Psychology & Positive Psychology.

Publications (Journal/Book Chapters)

Journal Publications:

- Published a Research Paper in the International Journal of Health Science, Vol. 6(2), 2022, ISSN 9721-9728. The Title of the paper is "Gratitude and its Importance".
- Published a Research Paper in the Stochastic Modeling and Applications Journal, Vol 12(4), 2023. The Title of the paper is "Importance of Happiness in Life".
- Published a Research Paper in the Excellence and Education Journal, Vol. 11(3), 2022. The Title of the paper is "Effect of Art, Play and Music Therapy in Children".
- Published a Research Paper in the Innovare Journal of Education, Vol. 10 (2), 2022. The Title of the paper is "Understanding leadership and its Various Dimensions: A Mini Review".
- Published Research Paper in the Asian Journal of Psychology and Education, Vol.51, No. 5-6, Sep. 2018, ISSN - 09971-2909. The title of the paper is "Application of Biofeedback Induced Relaxation on Perceptual Motor Skills in Elite Athletes".
- Published a Research Paper in the Education Today Journal, Vol. 11(7), 2021. The Title of the paper is "Coping with Stress in Life".
- Published a Research Paper in the Edu World Journal, Vol. 12(11), 2018. The Title of the paper is "Power of Excellence in Life".
- Article published in a book "Reading in Sports Psychology" by Jitendra Mohan and Meena Sehgal in 2005. The title of the article is "Relaxation Techniques in Sports"
- Published an article in Sai Scientific Journal in 1999 "Bio-

Feedback Training in Sports”.

- Published an Article “Guidance the Key” under Stress Buster Column in Hindustan Times on 7th March, 2009.
- Published an article “ Parent Adolescent Relationships” in Magazine Tyagmurti in 2009.
- Article published in College Magazine Tyagmurti in 2012 “Role of Positive Emotions, Happiness and well being in life.

Book Chapters:

- Article published in a book “Reading in Sports Psychology” by Jitendra Mohan and Meena Sehgal in 2005. The title of the article is “Relaxation Techniques in Sports”

Seminars/ Conferences/Symposiums (Paper Presented)

- Presented paper on “Role of Guidance & Counseling in the field of Education” in National Seminar on “Education Reforms: Challenges & Strategies” on 9th February, 2013 at GGSDS College, Sector: 32, Chandigarh.
- Presented paper on “Adolescent Aggression and its Management” at 2nd Indian Psychological Science Congress on 5th and 6th October, 2012 at P.G. Govt. College, Sector: 46, Chandigarh
- Presented paper on “Effect of Biofeedback Induced Relaxation on Psychomotor skills in Elite Athletes” at International Conference at Panjab University, Chandigarh on 24th and 25th February, 2012.
- Presented paper on “Mental Skills in Sports” at Jai Narain Vyas University, Jodhpur, Rajasthan on 27th to 29th January, 2006 in 18th National Conference of Sports Psychology.
- Presented paper on “Mental Retardation Characteristics, Etiology & Treatment” on 6th & 7th March, 2005 in National Seminar at Department of Psychology, Jai Narain Vyas University, Jodhpur, Rajasthan.
- Presented paper on “Bio-Feedback Training of Elite Athletes – Some Initial Findings” at National Conference of Sports Psychology at Osmania University, Hyderabad, 1998.

Refresher Courses/Workshops/ Training Programmes

- NEP 2020, Orientation & Sensitization Programme from 16th-29th February, 2024 under MMTTC, Panjab University, Chandigarh.
- Attended 1st Chandigarh Science Congress on 10th & 11th March, 2007 in Punjab University, Chandigarh in Psychology Section.
- Attended two days workshop on Enhancing Psychological Capital & Emotional and Spiritual Intelligences on 10th & 11th March, 2008 in Scientific Section Psychology at Panjab University, Chandigarh.
- Attended 2nd Chandigarh Science Congress on 14th & 15 March, 2008 at Panjab University, Chandigarh.
- Attended Seminar on Applied Psychology : Recent Trends on 14th March, 2008 at Panjab University, Chandigarh
- Attended Second World Punjabi Conference on 24th & 25th February, 2009 in Psychology Section at Panjab University, Chandigarh.
- Attended 3rd Chandigarh Science Congress on 26th & 28th February, 2009 at Panjab University, Chandigarh.
- Attended National Seminar on “Parenting of Adolescent Trend

and Role in Modern Era” sponsored by U.G.C. at Govt. College, Sector: 46, on 4th March, 2009.

- Attended one day workshop on “Behavioral Problems in School Children” in PGI on 21st November, 2009.
- Attended 2nd Chandigarh Social Science Conference on March 16-17, 2010 organized by Panjab University, Chandigarh.
- Attended one day International Workshop on “Recent Advances in Mental Training” on 14th November, 2010 organized by Asian Association of Applied Psychology at Panjab University, Chandigarh.
- Attended International Conference on “Enhancing Human Potential: Bio-Psychological Perspectives” on November 15-17, 2010 at Panjab University, Chandigarh
- Attended one day International Workshop on “Developing Human Strengths: New Horizons” on 18th November, 2010 at Panjab University, Chandigarh
- Attended UGC sponsored National Seminar on “Aggression & Violence in Youth” at Khalsa College for Woman, Civil Lines, Ludhiana on 29th January, 2011.
- Attended 3rd Chandigarh Social Congress at Panjab University, Chandigarh on 24th & 25th February, 2011.
- Attended International Industry – Academia Meet at G.G.D.S.D. College, Sector: 32, Chandigarh on 2nd December, 2006.
- Attended International Seminar : Higher Education Process Reengineering on 18th March, 2007 at G.G.D.S.D. College, Sector: 32, Chandigarh.
- Attended Seminar on Career Dimensions of Media in G.G.D.S.D. College, Sector: 32, Chandigarh on 18th March, 2008.
- Attended one day Seminar on Global Economic Crisis in G.G.D.S.D. College, Sector: 32, Chandigarh on 8th November, 2008
- Attended National Symposium on Biotechnology: Innovations & Challenges at G.G.D.S.D. College, Sector: 32, Chandigarh on 6th February, 2010.
- Attended Media Fest on 5th February, 2011 at G.G.D.S.D. College, Sector: 32, Chandigarh.
- Participated in International Youth Peace Festival at G.G.D.S.D. College, Sector: 32, Chandigarh from 26th September, to 2nd October, 2010.
- Attended one day workshop on Career Planning & Life Skill Development at M.C.M. D.A.V. College, Chandigarh on 24th January, 2012.
- Attended International Workshop on “Enhancing Life Skills” at Panjab University, Chandigarh on 26th February, 2012.
- Attended National Seminar on “Globalization: Socio-Cultural & Economic Concerns in North-West India” on February 8-9, 2013 at D.A.V. College, Chandigarh.
- Attended Faculty Development Programme by Dr. Wendy Burton (UCFV– CANADA) at G.G.D.S.D. College, Sector: 32, Chandigarh on 30th April, 2013.
- Attended National Seminar on “Socio-Economic impact of Green Economy and Sustainable Development” organized by Department of Economics on February 12, 2015.
- Attended National Seminar on “Representation of the Marginalized in Contemporary Literature” organized by Deptt.

Of English, GGSD College, on February 13, 2015.

- Attended 3rd World Congress on Excellence in Punjab University, Chandigarh from 19th October, 2015 to 21st October, 2015.
- Attended workshop on “Use of e-Resource Contents – ERP Solution” sponsored by RUSA, DHE, Chandigarh Administration from 8th March to 9th March, 2016 in GGSD College, Chandigarh
- Attended workshop on “Learning Exchange System – Teaching Methodology” sponsored by RUSA, DHE, Chandigarh Administration from 8th March to 9th March, 2016 in GGSD College, Chandigarh.
- Attended one day lecture cum workshop on “Indian Research Information Network System” organized by GGSD College, Sector 32, Chandigarh under RUSA, UT Administration, Chandigarh on December 1, 2018.
- Attended a Talk on “Mental Health” conducted by Rotract Club of SD College on 6th April, 2019.
- Attended Webinar on “Reference Management Software For Students, Researchers And Academics” on May 13, 2020.
- Attended Webinar on “Envisioning the Future” conducted by ICT on May 13, 2020.
- Attended Webinar on “5G as an enabler in Digital Transformation” conducted by ICT on May 18, 2020.
- Attended Webinar on “Global Mega Trends, Technologies and Covid 19 Impacting series” conducted by ICT on May 19, 2020.
- Attended Webinar on “Building Skills in Robotic Process Automation” conducted by ICT on May 20, 2020.
- Attended Webinar on “Personal Financial Management” conducted by ICT Academy on May 20, 2020.
- Attended Webinar on “Power of you” conducted by ICT on May 21, 2020.
- Attended Webinar on “Plastic: Invest or Divest? A Socio-Techno-Commercial Dilemma” organized by commerce and management Department GGSD college on June 7, 2020.
- Attended Webinar on “Key To Success” conducted by ICT on June 8, 2020.
- Attended Webinar on “Make a Dent: sprouting Innovation and Start-up” conducted by MANIPAL UNIVERSITY, JAIPUR on June 13, 2020.
- Attended Webinar on “Future Of Education” conducted by ICT on June 18, 2020.
- Attended Webinar on “Life from the Prism of Literature” conducted by MANIPAL UNIVERSITY, JAIPUR on June 20, 2020.
- Attended Webinar on “Reimagining Social Media” conducted by ICT on June 25, 2020.
- Attended Webinar on “Society, Values and Connect : Gen Z Perspective” conducted by MANIPAL UNIVERSITY, JAIPUR on June 28, 2020.

Projects

- 2 Years Research Project under the Sports Fellowship Scheme, under the supervision of Dr. H.A. Khan at SAI, NSNI, Patiala

Membership of Economic Associations

- Life Membership of Sports Psychology Association of India

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