

VIBHU GUPTA
Assistant Professor
Department of Psychology
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Educational Qualifications

Ph.D. in Psychology (Pursuing)

Department of Psychology, Panjab University Chandigarh, India
(Pursuing) PhD Title- *A STUDY OF PSYCHO-SOCIAL FACTORS AS PREDICTORS OF WELLBEING AMONG CIVIL SERVICES ASPIRANTS.*

Qualified U. G. C. (NET) in Psychology (JULY-2018)

MA (Psychology) - Department of Psychology, Panjab University Chandigarh, India (2016-2018)

Bachelor of Arts (Honors) Goswami Ganesh Dutta Sanatan Dharam Chandigarh, Sector-32, Chandigarh, India (2013-2016)

Teaching/Research Experience

- July 2019- Till Date
Assistant Professor (Adhoc) in Department of Psychology, GGDSD College, Chandigarh
Teaching Positive Psychology, Social Psychology, Experimental psychology, Clinical and Counselling Psychology, Child Psychology, Guidance and Counselling, Research Methodology at Under-Graduate level

Areas of Interest

- Positive Psychology, Organizational Psychology, Social Psychology, Clinical and Counselling Psychology.

Publications (Journal/Book Chapters)

Journal Publications:

Kaur, T & **Gupta, V.** (2024). AI Anthropomorphism: Effects on AI-Human and Human-Human Interactions. *International Journal of Emerging Technologies and Innovative Research (UGC and issn Approved)*, ISSN:2349-5162, Vol.11, Issue 10, page no. pp f1-f8, October-2024.

Seminars/ Conferences/Symposiums (Paper Presented)

- Paper titled 'Bhagvad Gita and Psychotherapy: Pragmatic insight from Gita in Everyday Scenario Presented at 2nd International and 4th Indian Psychological Science Congress held at Department of Psychology, PG Government College, Sector-46, Chandigarh during 8th -9th October, 2015.
- Paper titled 'Altered State of Consciousness' Presented at 3rd World Congress on Excellence, organized by the International Society of Medal Training for Excellence held at Department of Psychology, Panjab University, Chandigarh during 19th – 21st October, 2015.
- Paper titled 'Indian Perspective: Tri-Guna dimensional Theory of Personality- Critical Analysis and Synthesis Presented at 3rd International and 5th Indian Psychological Science Congress held at Department of Psychology, PG Government College, Sector-46, Chandigarh during 28th – 30th September, 2016.
- Paper titled 'Psychotherapeutic Benefit of Mindfulness Meditation on Health Presented at National Seminar on Yoga and

Holistic Health, organized by Metaphysical Science Research Institute and Brahmishi Yoga Training college, Sector-19, Chandigarh on 15th February, 2017.

- Paper titled 'Relation of Procrastination, Perfectionism and Anxiety Presented at 4th International and 6th Indian Psychological Science Congress held at Department of Psychology, Panjab University, Chandigarh during 18th – 20th September, 2017.
- Paper titled 'Emotional Intelligence between Sportsmen and Non-Sportsmen: A Comparative Analysis Presented at Advances in Applied Sports Psychology National Seminar cum Workshop held at D.A.V.College, Sector-10, Chandigarh during 18th – 19th September, 2017.
- Paper titled 'Relationship of Resilience and creativity among Performing arts and Non-Performing Arts Students Presented at 4th International and 6th Indian Psychological Science Congress held at Department of Psychology, Panjab University, Chandigarh during 18th – 20th September, 2017.

**Refresher
Courses/Workshops/
Training Programmes**

- Completed Online one week Faculty Development Programme on "Psychological Skills for Teaching and Learning" from 10 - 16 October, 2023 and obtained Grade A+ organized by Teaching Learning Centre Ramanujan College, University of Delhi (Accredited Grade 'A++' by NAAC) under the aegis of MINISTRY OF EDUCATION PANDIT MADAN MOHAN MALAVIYA NATIONAL MISSION ON TEACHERS AND TEACHING.
- Completed online two - week Interdisciplinary Refresher Course in "ADVANCED RESEARCH METHODOLOGY" from 23 October – 06 November, 2023 and obtained Grade A organized by Teaching Learning Centre, Ramanujan College University of Delhi (Accredited Grade 'A++' by NAAC) In collaboration with Shri Mathuradas Mohota College of Science, Nagpur under the aegis of MINISTRY OF EDUCATION, PANDIT MADAN MOHAN MALAVIYA NATIONAL MISSION ON TEACHERS AND TEACHING.
- Attended six day online workshop on Research Ethics and Quantitative Techniques for Research and Publication 25April-30 April, 2020 organized by College Library, Goswami Ganesh Dutta S.D. College, Chandigarh.
- Completed the 10 hours (2hrs Live VKN ECHO + 8hrs E-learning) training on "Mental Health and Psychosocial issues in COVID19 in May 2020 organized by NIMHANS.
- Attended workshop on IBM SPSS Statistics on December 4-12, 2019 organized by Department of statistics, Panjab University, Chandigarh.
- Workshop on MICBT and Well-Being conducted by Prof. M.P. Sharma, NIMHANS, Bengaluru, on 20th September 2017 organized by Panjab University Chandigarh and National Association of Psychological Science – India
- Attended workshop on Developing Mental Strengths in sport on March 18-19, 2017 organized by DAV College, Sector-10, Chandigarh under the aegis of Sports Psychology Association of India (SPAI)
- Workshop on 'The Role of Anger and its Impact on Life-Scientific Perspective' conducted by Dr, Dean V. Leuvan, USA

on 30th September 2016 held at PG Government College, Sector-46, Chandigarh

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