

Dr. Sukhminder Kaur

Associate Professor

Department of Psychology

Punjabi University, Patiala 147002

9464287251

sukhminder@pbi.ac.in

Academic Qualifications: M.A., M.Phil. Ph.D. (Psychology)

Teaching Experience (in years) - 17

Areas of Specialization- Behavioral Medicine, Health Psychology

Number of M.Phil. Supervised=09

Number of Ph.D. Supervised/Under Supervision=5 & 5

Number of Research Publications (national /international) =30(List Attached)

Conferences Attended (national/international) =more than 70

**Courses and Papers taught:**

Physiological Psychology (M.A)

Experimental Designs in Psychology (M.A.)

Guidance and Counselling (PGDCP)

Theory and Research in Child Development (PGDCDC)

## LIST OF PUBLICATIONS

1. Kaur, S., Kaur, S., & Kaur, R., (2021). Efficacy of Biofeedback Training in Overcoming Academic Procrastination. *International Journal of Education & Management Studies*. Volume. 11(4), 250-256 ISSN-p.-2231-5632.
2. Kaur, S.& Kaur, S., (2021). Psychological Hardiness in relation to Self-Handicapping among Sportspersons. *International Journal of Research and Analytical Reviews*. Volume 8 (4), 965-970, ISSN- P: 2349-5138
3. Kaur, S., Kaur, J., (2021). Sleep Patterns of Excessive Internet Users: Role of Personality Traits. *Indian Journal of Positive Psychology*. Volume 12(4), 340-345ISSN: 2229-4937
4. Kaur, S., & Dano, T. (2019). Social-emotional Skills and Internet Usage among Ethiopian Undergraduates: A Gender-based perspective. *International Journal of Research and Analytical Reviews*. Volume 6(1), P- ISSN 2349-5138
5. Kaur, S., & Kaur, S., (2021). Self-Esteem and Reactive Aggression: An EMG Biofeedback Training Approach. *American Journal of Applied Psychology*. Vol.10 (2), ISSN: 2328-5672 doi: 10.11648/j.ajap.20211002.13
6. Kaur, S., Ayana, T., & Kaur, H., (2021). Assessing Social and Emotional Competencies of Undergraduates: A Cross -Cultural Study. *Issues and Ideas in Education*.
7. Kaur, S., & Kaur, R. (2021). Effect of EEG Biofeedback training on Disturbed Sleep Patterns among adolescent females. *GIS Science Journal*. Vol. 8 (4), 1869-9391
8. Kaur, S., Arora, C., & Kaur, S.(2020). Effect of Physical activity on Perceived Stress, Sleep Quality and Subjective Happiness during Middle age. *Saudi Journal of Humanities and Social Sciences*. Open Access. ISSN2415-6248

9. Kaur, S. & Arora, C. (2020). Psychological Hardiness in relation to Entrepreneurial orientation among youth of Punjab. *International Journal of Science & Research*. Vol.9 (6), ISSN 2319-7064
10. Kaur, S. & Arora, C. (2020). Effect of demographic factors on Metacognitive awareness and Academic Performance among young adults. *Indian Journal of Psychology*.
11. Kaur, S. & Thomas (2019). Role of Temperament in Internet Usage among Ethiopian Students. *Asian Resonance*, 8(2), 211-217. ISSN No (P). 0976-8602
12. Sandhu B.S., Kaur, S. Kaur, G. (2018). Role of Personality, Intelligence and Physical well-being in Ego-strength. *International Journal of Recent Scientific Research*, 9(9), ISSN: 0976-3031, 28833-28836
13. Kaur, S., & Kaur, R. (2018). Role of Executive Functions in Procrastination among High School Students *Asian Resonance*, Vol.7 (3), 133-138. ISSN 0976-8602
14. Kaur, S., & Kaur, H. (2018). Exploring dynamics of Parenting Practices for adolescents *International Journal of Current Advanced Research*. Vol. 7, (1), 13643-13647. ISSN No. 2319-6505
15. Kaur, S. & Rani, C. (2018). Emotional Intelligence as Predictor of Creativity among School Students. *Research Magma*, Vol.1 (11), 76-82. ISSN No. 2456-7078
16. Sharma, V., & Kaur, S. (2017). Spiritual Wellness among Aggressive Adolescents: Efficacy of Raga Bhairavi. *Psychomusicology*, Vol.27, 4, 350-354. ISSN 0275-3987
17. Sandhu, B.S., Kaur, S, Kaur, G. (2016). Familial influences on Abstract Intelligence and Meta Cognitive Skills of Children. *International Journal of Behavioural Sciences*, Vol.31 (1-2), 55-64. ISSN-0971-3190
18. Kaur,S., Rani,C.,(2015) Exploring Psychological Health of Orphan adolescents :A Comparative analysis. *International Journal of English Language, Literature& Humanities*. ISSN 2321-7065

19. Kaur, S. & Kaur, G. (2015). Family Environment in relation to mental health and marital adjustment among rural women of Punjab. *Voice of Research*. Vol, ISSN: 2277-7733
20. Kaur,S. & Kaur,R. (2015). Shyness in female adolescents: A music therapy approach. *Indian Journal of Pschometry and Education* Vol, 46(1), ISSN 0378-1003
21. Kaur, S., and Kaur, G. (2013). *Media's Influence on Women: A Psychological Perspective*. Punjabi sahit sabyachar ate media: aurat da akas ISBN 978-93-5068-220-3
22. Kaur,S., and Kaur,S.(2013).Parental Personality :An Index of Success at School among Adolescents. *Diviner: A research journal of Humanities and Social Sciences*. (Vol.10), ISSN0973-8320
23. Sharma, M. and Kaur, S. (2012) Efficacy of Music Therapy For type A and type B Personality Hypertensive. *International Journal of Fitness & Exercise*, 1, 58-66. (ISBN978-81-302-0141-2).
24. Kaur, S., and Kaur, R. (2012). Impact of Subjective well-being on organizations. *Emerging Paradigms in Business Ethics*. ISBN 978-81-921391-9-7
25. Kaur, S. (2012). 10 entries in Psychology Section of Children's Encyclopedia (Social Science). Bal Vishwa Kosh ,Dept. Of Development of Punjabi Language, Punjabi University Patiala
26. Kaur, S. and Kaur, R. (2011). Best HR Practices in India. In *Strategic Management Business Development: Issues and Prospects*, Excel India Publishers. (ISBN-978-93-80697-99-4).
27. Kaur, S. and Singh, A. (2008). Effect of Temperature biofeedback on Type A and B hypertensive Patients, *Praachi Journal of Psycho-Cultural Dimensions*
28. Kaur, S. (2006). *Behavioral Medicine in Mental Health. Prospects of Mental Health*, H.P. Bhargava Book House, Agra. (ISBN: 81-89442-29-5).
29. Kaur, S. and Sharma, M. (2006). Efficacy of EMG Biofeedback on Obsessive-compulsive disorder. A Single Subject Study. *Journal of Punjab Academy of Sciences*. Punjabi University, Patiala
30. Kaur, S. (2006).Role of Personality and Socio-Cultural Modernization in psychological Stress among Female Educators. *Psycholingua*, Vol.36 (2).

31. Sharma, M. and Kaur, S. (2005). Music Therapy in relation to Mental Health: An Indian Perspective. Research Journal of Social Sciences. Vol. 13 (3).

- **Community Work**

**Provided Assistance to Special Task Force, Punjab in the following area:** Training of principal and teachers of various school of TaranTaran district during pilot project of Buddy program from 7<sup>th</sup> to 10<sup>th</sup> Dec2017.

The formulation of the educative and training content for school students and teachers related to the Buddy program

- Volunteered for providing telephonic Counselling services to people with mental health/psychological issues during Covid 19 through the helpline started by the Punjab Government since 17.03.2020
- Volunteered as a Counsellor in the helpline started by Punjabi University, Patiala for helping the students of the university deal with stress during Covid 19.

- **Child Helpline initiated by Punjab State Commission for Protection of Child Rights** (March 2019) Chief Co-ordinator: Dr. B.S.Sandhu, As Subject Experts, provided telephonic counselling to school students who were facing stress in their academics and during examination.

- **Punjab State Tele-Counselling Helpline-COVID-19 initiated by Department of Social Security, Women and Child Development, Government of Punjab** (March 2020) As Mental Health Counsellor, provided Telephonic Counselling to individuals facing stress and anxiety during Lockdown in Punjab due to COVID-19. **COVID-19 Helpline-Punjabi University, Patiala.**

- **Mission for Rehabilitation of Drug Abuse Victims through Skilling & Employment**

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