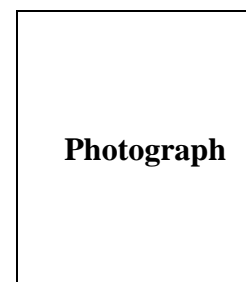


## BIO-DATA (Long-Format)

(For uploading on University web site [www.punjabiversity.ac.in](http://www.punjabiversity.ac.in)) Blank Performa can be downloaded from the University website

1. Name **Dr. SANGEETA TRAMA**
2. Designation **PROFESSOR (since 2012)**
3. Department **PSYCHOLOGY**
4. Date of Birth **22.03.71**
5. Address for Correspondence **HOUSE NO. 832,  
SECTOR 7, PANCHKULA-134109  
LOCAL ADDRESS:  
HOUSE NO. A-5  
PUNJABI UNIVERSITY  
PATIALA**



Phones -

Mobile -

Fax -

E-mail -

- 6 Areas of Specialisation **Counselling, Positive Psychology, Health Psychology, Educational Psychology, Psychometrics**

### 7. Academic Qualifications :

Sr. no.	Degree Held	Year	Board/Univ./ Inst.	% of marks	Div./ Rank	Subjects Taken
1	10 <sup>th</sup>	1987	C.B.S.E	77%	1 <sup>st</sup> Div.	English, Hindi, Maths, Science, Social Science
2	10+2	1989	P.S.E.B	80.6%	In Merit	English, Punjabi, Maths, French, Psychology
3	B.A	1992	Panjab University	86%	2 <sup>nd</sup> in Panjab University in B.A (I), (II) and (III)	English, French (C.S), Maths, French, Psychology
4	M.A	1994	-do-	71.25%	1 <sup>st</sup> in Panjab University in M.A (Psychology) and M.A(I)	Research Methodology, Counselling, Educational Psychology, Computers
5	Ph.D	1998	-do-	-	-	-

8. Membership of Professional Bodies/Organisations
  - i) **Indian Association of Health, Research & Welfare**
  - ii) **Held membership of other associations from time-to-time such as NAOP, Community Psychology Association of India, Praachi Research Association, Psycho-Linguistic Association of India**
9. Medals/Awards/Honours/Received
  - i) **Best Psychometrician Award 2009 awarded by Indian Psychometric and Education Research Association.**
  - ii) **10th Professional Involvement Award, 2004 awarded by Psycho-Linguistic Association of India**

- iii) **Best paper award awarded on 2nd International Conference on Recent Advances in Multidisciplinary Research organized on 2nd November, 2018 by RIMT University, Mandi Gobindgarh – 147301, Punjab**
- iv) **Awarded Medal and Certificate of Merit for standing 1st in Panjab University in M.A. (Psychology)**
- v) **Awarded Medal and Certificate of Merit for standing 1st in Panjab University in M.A- I (Psychology)**
- vi) **Awarded Roll of Honour for standing 2nd in Panjab University in B.A(III)**
- vi) **Awarded Roll of Honour for standing 2nd in Panjab University in B.A(II)**
- vii) **Awarded Medal and Roll of Honour for standing 2nd in Panjab University in B.A(I)**

**10. Scholarships:**

- i) **Merit Scholarships received for standing 2<sup>nd</sup> in Panjab University in B.A (I) and B.A(II)**
- ii) **U.G.C J.R.F and S.R.F received from 1994 to 1998**

**11. Details of Experience:**

S. No.	Name of the Inst./Employer	Position Held	Duration	Major Job Responsibilities and Nature of Experience
1.	G.J.U, Hisar	Lecturer	March, 1998 to January, 2000	Teaching
2.	Punjabi University, Patiala	Professor (Present Designation)	January, 2000 till date	Teaching

**12. Published Work (Please specify numbers only) :**

- a. Research Papers
  - i) National =23
  - ii) International = 28
  - iii) Conference proceedings=5

b. Conference/Seminar Presentation:

c. Books : chapters published in books= 15

d. Webinars

1. Trama, S., & Mehta, R. (2021). Personal and Social Correlates of Quality of Life in Institutionalized and Non-Institutionalized Elderly. *Psychology and Education*, 58(5), 3464-3510. (ISSN 1553-6939), SCOPUS Indexed.

2. Trama, S., & Mehta, R. (2021). Quality of life and its resources: A comparative study of institutionalized versus non-institutionalized elderly. *Psychology and Education*, 58(5), 1991-2004. (ISSN 1553-6939), SCOPUS Indexed.

3. Trama, S., & Kaur, B. (2021). Dynamics of quality of life in mild depressive and non-depressive adults: Role of mindful mood management. *Wesleyan Journal of Research*, 13(66), 55-66. (ISSN 0975-1386). UGC Care Listed.
4. Trama, S., & Kaur, B. (2021). Thought suppression and cognitive emotion regulation in depressive and non-depressive adults: A comparative study. *The Journal of Oriental Research*, 92(8), 27-40. (ISSN 0022-3301). UGC Care Listed.
5. Trama, S., & Mehta, R. (2021). Quality of life and its resources in institutionalized and non-institutionalized elderly: An examination of gender differences. *Wesleyan Journal of Research*, 13(74), 76-87. (ISSN 0975-1386). UGC Care Listed.
6. Trama, S., & Mehta, R. (2020). A study of quality of life in institutionalized elderly: Role of perceived stress, coping, strength use, and resilience. *Wesleyan Journal of Research*, 13(37), 41-52. (ISSN 0975-1386, Impact Factor 6.7). UGC Care Listed.
7. Trama, S., & Mehta, R. (2020). Effect of gender on quality of life, perceived stress, coping, strength use, and resilience in institutionalized elderly. *The Journal of Oriental Research*, 91(45), 49-60. (ISSN 0022-3301, Impact Factor 7.193), UGC Care Listed.
8. Trama, S. (2019). Spiritual transcendence, religiosity, ego strength, and self-actualization: A study of gender differences in adulthood. *International Journal of Social Sciences Review*, 7(3), 393-401. (ISSN 2347-3797, UGC Journal No. 41948, NAAS Rating 2.72).
9. Trama, S. (2019). Towards transcendence: Inspiration from the Bhagavad Gita. *International Journal of Social Sciences*, 7(4), 718-724. (ISSN 2347-3797, UGC Journal No. 41948, NAAS Rating 2.72).
10. Trama, S., & Omna. (2017, December). Autotelic personality: Role in organizations. *International Journal of Humanities and Social Science Invention*, 6(12), 54-62. (e-ISSN: 2319-7722, p-ISSN: 2319-7714). (UGC Approved Journal S. No. 4098).
11. Trama, S., & Modi, S. (2016). Impact of self-enhancement on spiritual orientation in young adults: An intervention study. *Indian Journal of Health and Wellbeing*, 7(6), 585-593. (e-ISSN: 2229-5356, p-ISSN: 2321-3698. (Indexed with EBSCO, ProQuest, Cabell's Directories, J-Gate, and others).
12. Trama, S., & Modi, S. (2016). Impact of self-enhancement on spiritually non-oriented young adults. *Indian Journal of Health & Wellbeing*, 6(2), 585-593. (e-ISSN: 2229-5356,

p-ISSN: 2321-3698. (Indexed with EBSCO, ProQuest, Cabell's Directories, J-Gate, and others).

**13.** Trama, S., & Omna. (2016). Alcohol abuse prevention programs in schools: An initiative towards positive schooling. *International Journal of Social Sciences Review*, 4(1), 93-96. (ISSN 2347-3797).

**14.** Trama, S., & Cheema, N. (2016). Transcendental meditation: Nature and perspectives. *Indian Journal of Health and Wellbeing*, 7(9), 928-933. (e-ISSN: 2321-3698, p-ISSN: 2229-5356).

**15.** Trama, S., & Omna. (2016). Alcoholism in girls: A theoretical framework. *Indian Journal of Health and Wellbeing*, 7(12), 1160-1162. (e-ISSN: 2321-3698, p-ISSN: 2229-5356).

**16.** Trama, S., & Modi, S. (2015). Developing spiritual orientation in young adults through life skills training. *International Journal of Fitness & Exercise Science*, 2, 171-179.

**17.** Trama, S., & Aggarwal, N. (2014). Subjective Vitality. In S. Saini (eds.), *Positive Psychology: In the light of Indian Traditions* (pp. 289-296, ISBN NO. 978-81920053-93).

**18.** Trama, S., & Kaur, A. (2014). Conceptual framework of successful aging. In S. Saini (eds.), *Positive Psychology: In the light of Indian Traditions* (pp. 537-556, ISBN NO. 97881-920053-93).

**19.** Trama, S., & Rana, V. (2014). Emotion Regulation: Nature and theories. In S. Saini (eds.), *Positive Psychology: In the light of Indian Traditions* (pp. 617-638, ISBN NO. 97881-920053-93).

**20.** Kaur, B., Trama, S. (2013). Perceived stress, anger and coping in emotional eaters versus normal eaters among adolescents: A comparative study. *Indian Journal of Health and Wellbeing*, 4(3), 448.

**21.** Trama, S., & Aggarwal, N. A. (2013). A study of perceived health of working women: Role of fatigue and psychological distress. *Indian Journal of Health and Wellbeing*, 4(6), 1266.

**22.** Trama, S., & Aggarwal, N. A. (2013). Perceived health of working and non-working women: Role of psychological needs and subjective vitality. *Indian Journal of Psychology and Mental Health*, 7(2), 107-126.

23. Dullat, S., & Trama, S. (2012). Single mothers and domestic violence: Nature and interventions. *Indian Journal of Health & Wellbeing*, 3(1), 85-88.
24. Trama, S. (2012). Meaning in life in late adulthood: Role of spiritual transcendence and generativity. *Indian Journal of Positive Psychology*, 3(2), 212.
25. Dullat, S., & Trama, S. (2012). Yoga, meditation and soothing humor: A healthy way to handle work place stress. *Indian Journal of Positive Psychology*, 3(4), 435.
26. Trama, S., & Kaur, B. (2012). A study of emotional eating in adolescents: Role of anger and coping. *Indian Journal of Health & Well-being*, 3(4), 835-845.
27. Trama, S., & Venus. (2012). Meaning in life: The role of personal resources. *Indian Journal of Health & Well-being*, 3(4), 907-914.
28. Trama, S., & Venus. (2012). Meaning in life in late adulthood: Role of spiritual transcendence and generativity. *Indian Journal of Positive Psychology*, 3(2), 212-216.
29. Dullat, S., & Trama, S. (2012). Spirituality, religion and health. *Journal of Personality Study and Group Behaviour*, 31-32, 61-91.
30. Dullat, S., & Trama, S. (2010). Harassment, stalking and abuse of single women: A comparative study. *Journal of Personality Study and Group Behaviour*, 29-30, 31-41.
31. Trama, S., & Rana, V. (2011). Role of humor and emotion regulation towards health of the elderly. *Indian Journal of Positive Psychology*, 1(1), 1-10.
32. Dullat, S., & Trama, S. (2011). Psychological well-being of single women in relation to learned optimism, resilience and proactive coping. *Indian Journal of Positive Psychology*, 2(2), 118-124.
33. Trama, S., & Kaur, H. (2011). Role of personal resources in determining life satisfaction of HIV and non-HIV adults: A comparative study. *Indian Journal of Psychology and Mental Health*, 4(2), 26-37.
34. Trama, S. (2011). Age and gender differences in children's perceptions of parental involvement. *Behavioural Scientist*, 12(1), 3-16.
35. Trama, S., & Saini, S. (2010). Gender differences in anger, hostility, and aggression. *Indian Journal of Psychology and Mental Health*, 4(6), 95-107.

36. Trama, S., & Kaur, H. (2009). Effect of positive emotions on health. *Journal of Indian Health Psychology*, 4(1), 13-23.
37. Trama, S., & Aggarwal, N. A. (2009). Perceived health in relation to psychological needs satisfaction and subjective vitality of working women. *Indian Journal of Psychology and Mental Health*, 3(5), 91-105.
38. Saini, S., & Trama, S. (2006). Cyber age and adolescents. *Asian Journal of Paediatric Practice*, 9(3), 30-34.
39. Trama, S., & Saini, S. (2005). Psychological management of stress. *Praachi Journal of Psycho-Cultural Dimensions*, 21(2), 149-151.
40. Saini, S., & Trama, S. (2004). The AHA Syndrome: A study of aggression in relation to anger and hostility. *Praachi Journal of Psycho-Cultural Dimensions*, 20(2), 154-164.
41. Trama, S. (2004). A comparative study of maternal and paternal indices of involvement. *Indian Journal of Psychometry and Education*, 35(2), 153-162.
42. Trama, S. (2004). Development of the parental behavior involvement scale. *Journal of Behavioral Sciences*, 15(1-2), 1-7.
43. Trama, S. (2004). A path analytic study of the effect of intelligence, parental involvement and adolescent boys' motivational resources on academic achievement – A comparison of mothers' and fathers' models. *Indian Psychological Review*, 63, 242-263.
44. Irfan, M., Trama, S., & Sharma, H. K. (2003). Adjustment, achievement motivation and frustration among rural-urban Muslim students in Punjab. *Indian Psychological Review*, 60(4), 210-216.
45. Verma, P., & Trama, S. (2002). Development of the parental cognitive stimulation scale. *Social Sciences Research Journal*, 10(2), 74-86.
46. Trama, S., & Verma, P. (2002). Effect of intelligence, fathers' involvement, and motivational resources on academic achievement at the upper elementary school level- A path analytic approach. *Personality Study and Group Behaviour*, 22, 15-39.
47. Trama, S., & Verma, P. (2002). Development of the parental cognitive behaviour scale. *Psycho-Lingua*, 32(1), 43-46.

48. Verma, P., & Trama, S. (2001). A study of academic achievement in relation to intelligence, maternal involvement, and upper elementary school children's motivational resources: A path analytic approach. *Indian Journal of Psychological Issues*, 9(2), 114-126.
49. Trama, S. (2001). Use of path analysis as a technique for organizational researches: An evaluation. *Indian Management Studies Journal*, 5(2), 123-128.
50. Trama, S., & Verma, P. (2000). A study of academic achievement in relation to intelligence, parental involvement, and adolescent girls' motivational resources: A path analytic study of mothers' and fathers' contribution. *Personality Study and Group Behaviour*, 20, 59-82.
51. Verma, P., & Trama, S. (1998). Development of scales to measure parental personal – social and academic involvement. *Indian Journal of Psychological Issues*, 6(1-2), 43-51.

### **PAPERS PUBLISHED AS CONFERENCE PROCEEDINGS:**

1. Trama, S., & Modi, S. (2017). Slumping spiritual orientation in the youth: Crying need for re-orientation. In R. Poonia (ed.), *Emerging trends in fitness and sports sciences* (Vol. I, pp. 279-282). Twentyfirst Century Publications, Patiala (ISBN: 978-93-85449-31-4).
2. Sahni, Y., & Trama, S. (2017). Effects of yoga on overall well-being of adults: A review of empirical studies. In R. Poonia (ed.), *Emerging trends in fitness and sports sciences* (Vol. II, pp. 98-101). Twentyfirst Century Publications, Patiala (ISBN: 978-93-85449-35-2).
3. Trama, S., & Modi, S. (2016). Effect of basic virtues on spiritual orientation in spiritually non-oriented youth: An intervention study. *Proceedings of Global Conference on Scientific Culture in Physical Education and Sports held from 18th to 20th February at the Department of Physical Education, Punjabi University, Patiala*
4. Trama, S., & Verma, P. (2004). A study of age and gender differences in motivational resources. In R. Singh, N.R. Sharma, & A. Yadav (Eds.), *Psychology of Individual Differences* (pp. 3-18). Wisdom Publications, New Delhi.
5. Trama, S., & Saini, S. (2005). Prevalence of problems in adolescents. Paper published in A. Hussain, S. Hussain, & Md. H.R. Khan (Eds.), *Applied Indian Psychology: New Perspective* (pp. 61-66). Global Vision Publishing House, New Delhi.

### **PAPERS PUBLISHED IN BOOKS:**

1. Trama, S., & Aggarwal, N. (2014). Subjective Vitality. In S. Saini (eds.), *Positive Psychology: In the light of Indian Traditions* (pp. 289-296, ISBN NO. 978-81-920053-93).
2. Trama, S., & Kaur, A. (2014). Conceptual framework of successful aging. In S. Saini (eds.), *Positive Psychology: In the light of Indian Traditions* (pp. 537-556, ISBN NO. 978-81-920053-93).
3. Trama, S., & Rana, V. (2014). Emotion Regulation: Nature and theories. In S. Saini (eds.), *Positive Psychology: In the light of Indian Traditions* (pp. 617-638, ISBN NO. 978-81-920053-93).
4. Saini, S., & Trama, S. (2010). Management of the AHA- syndrome. In S.Y. Bhave and S. Saini (eds.), *The AHA- syndrome and cardiovascular diseases* (pp. 77-89). New Delhi: Anamaya Publishers, and U.K.: Anshan Ltd., Kent.
5. Trama, S., & Khanna, N. (2009). Role of affect and emotion regulation in psychological well-being of working women. *Business Psychology*, 233-254.
6. Saini, S., & Trama, S. (2006). Psychological management of HIV/AIDS. In S.Y. Bhave (Ed.), *Adolescent Medicine* (pp. 195-199). Jaypee Brothers Medical Publishers, New Delhi.
7. Pratt, H., Saini, S., & Trama, S. (2006). The emerging problem of anger, hostility and aggression (AHA Syndrome) in adolescents. *Adolescent Medicine* (pp. 911-916).
8. Saini, S., & Trama, S. (2006). Dating Violence. In S.Y. Bhave (Ed.), *Adolescent Medicine* (pp. 916-919). Jaypee Brothers Medical Publishers, New Delhi.
9. Trama, S., & Saini, S. (2006). Psychological management of anger. In M. Bhargava, B. Kotia, & V. Bhargava (Eds.), *Modern Psychology & Human Life* (pp. 355-363), Rakhi Prakashan, Agra.
10. Trama, S., & Saini, S. (2006). Health needs of aged persons. In M. Bhargava & R. Raina (Eds.), *Prospects of mental health* (pp. 160-175). H. P. Bhargava Book House, Agra.
11. Trama, S., & Saini, S. (2005). Parenting and Children's Aggression: I. In M. Bhargava & S. Aurora (Eds.), *Dynamics of Parental Behaviour* (pp.297-311). H.P. Bhargava Book House, Agra.
12. Trama, S., & Saini, S. (2005). Parenting and Children's Aggression: II. In M. Bhargava & S. Aurora (Eds.), *Dynamics of Parental Behaviour* (pp.311-320). H.P. Bhargava Book House, Agra.



**11. R & D Projects - nil**

**12. Invited Talks/Articles :17**

- i) Acted as resource person at Refresher course in Social Sciences on 24.2.2020 organized at Punjabi University, Patiala.
- ii) Delivered invited talk on Application of Experimental designs on 22nd October, 2018 at Refresher course in Psychology organized by UGC- Human Resource Development Centre, Punjabi University, Patiala from 3.10.18 to 23.10.18
- iii) Delivered two invited talks on 26 June, 2019 at workshop for Curriculum Designing and Content Development organized by the Faculty Development Centre, Dep. Of Education & Community Service, Punjabi University, Patiala.
- iv) Acted as Resource person at International Conference on Family Well-Being: A Global Perspective held from 20 to 21 Feb., 2018 at Bharti College, Janakpur, University of Delhi.
- v) Delivered two invited talks on 26 September, 2017 at Govt. P.G. College, Sector 1, Panchkula.
- vi) Acted as Resource Person in a CDC sponsored One Day National Seminar on Innovations in Teacher Education held on 10 March, 2017 at Govt. College of Education, Sector 20, Chandigarh.
- vii) Resource person in One Day Interdisciplinary National Seminar Cum Panel Discussion on Defining Scientific Temper in 21<sup>st</sup> Century – Bringing Together Science, Philosophy and Indian Tradition organized on 28.2.17 at Sanatan Dharma College (Lahore), Ambala Cantt.
- viii) Acted as resource Person on National Level Capacity Building Workshop on New Education Policy: Initiatives and Implications on 16-17 Feb., 2017 at Govt. College of Education, Sector 20, Chandigarh.
- ix) Invited talk on “ Writing Research Report” on January 31, 2017 at Govt. P.G. College, Sector 1, Panchkula.
- x) Invited talk on “ Application of Statistics in Psychology” on January 30, 2017 at Govt. P.G. College, Sector 1, Panchkula.

- xi) Delivered Keynote address at 3<sup>rd</sup> International & 5<sup>th</sup> Indian Psychological Science Congress organized from 28<sup>th</sup> to 30<sup>th</sup> September, 2016 at P.G. Govt. College, Sector 46, Chandigarh.
- xii) Delivered invited lecture on 26.3.15 at U.G.C sponsored National Seminar on Human Rights organized by Govt. College of Education, Sector 20D, Chandigarh under the Ageis of Directorate of Higher Education, U.T. Administration, Chandigarh from 25<sup>th</sup> to 26<sup>th</sup> March, 2015.
- xiii) Delivered invited lecture at seminar on “World Science Day for Peace and Development” organized by Shaheed Udham Singh College of Research and Technology, Tangori, Mohali, Punjab on 10<sup>th</sup> November, 2014.
- xiv) Delivered invited lecture on “Domestic and Sexual Violence against women and children” at seminar organized by Shaheed Udham Singh College of Research and Technology, Tangori, Mohali, Punjab on 26<sup>th</sup> March, 2014.
- xv) Delivered two invited lectures on “Transactional Analysis: Conceptual Construct & Technique” and “Transactional Analysis: Its role in Quality of life” at Satyug Darshan Technical Campus, Faridabad on 25<sup>th</sup> March, 2013.
- xvi) Delivered invited lecture on “Women Empowerment” at National seminar on “Empowering Women” organized by Shivalik Hills College, Patti, Nangal, Distt. Ropar, Punjab on 23<sup>rd</sup> March, 2013.
- xvii) Delivered Conference Theme Paper entitled “Enhancing Wellbeing” at the inaugural session of 2<sup>nd</sup> International Conference on “Psychology in Everyday Life” held from 21<sup>st</sup> to 22<sup>nd</sup> March, 2013 at GJUS&T, Hisar.
- xviii) Delivered plenary talk on “Psychological well-being and spirituality” at the 2<sup>nd</sup> Indian Psychological Science Conference on “Psychological Well-being: Building Bridges for Tomorrow” held from 5<sup>th</sup> to 6<sup>th</sup> October, 2012 at Department of Psychology, P.G. Govt. College, Sector 46, Chandigarh.

xix) Delivered two invited lectures on “Factorial Designs” on 21.06.12 in the Refresher Course in Research Methodology for Social Sciences held at Academic Staff College, GJUS&T, Hisar.

xx) Delivered Keynote Address on Emerging Horizons in Psychology at 1<sup>st</sup> International Online Conference on Psychology and Allied Sciences held from 25<sup>th</sup> to 26<sup>th</sup> November, 2011 at GJUS&T, Hisar.

xxi) Invited Lecture in UGC-Sponsored National Conference on WellBeing, Women And Work - Emerging Trends In Psychology from 23<sup>rd</sup> to 24<sup>th</sup> October, 2010 organized by the Department of Psychology, Govt. College, Malerkotla,

xxii) Invited Lecture on Mental Health on 8<sup>th</sup> October, 2010 at Saint Kabir College of Education, Patiala-Rajpura Road, Kauli, Patiala.

## **RESOURCE PERSON/CHAIR SESSION:**

1. Chaired two technical sessions 5<sup>th</sup> International & 7<sup>th</sup> Indian Psychological Science Congress organized from 26<sup>th</sup> to 28<sup>th</sup> October, 2018 at Panjab University, Chandigarh.
2. Chaired two technical sessions at 4<sup>th</sup> International & 6<sup>th</sup> Indian Psychological Science Congress organized from 18<sup>th</sup> to 20<sup>th</sup> September, 2017 at Panjab University, Chandigarh.
3. Delivered Keynote address at 3<sup>rd</sup> International & 5<sup>th</sup> Indian Psychological Science Congress organized from 28<sup>th</sup> to 30<sup>th</sup> September, 2016 at P.G. Govt. College, Sector 46, Chandigarh.
4. Chaired technical session at 3<sup>rd</sup> International & 5<sup>th</sup> Indian Psychological Science Congress organized from 28<sup>th</sup> to 30<sup>th</sup> September, 2016 at P.G. Govt. College, Sector 46, Chandigarh.
5. Chaired technical session at 2<sup>nd</sup> International & 4<sup>th</sup> Indian Psychological Science Congress on Psychological Well Being: The Concerns & Development from 8<sup>th</sup> to 9<sup>th</sup> October, 2015 at P.G. Govt. College, Sector 46, Chandigarh.
6. Chairing technical session on 26.3.15 at U.G.C sponsored National Seminar on Human Rights organized by Govt. College of Education, Sector 20D, Chandigarh under the Ageis of Directorate of Higher Education, U.T. Administration, Chandigarh from 25<sup>th</sup> to 26<sup>th</sup> March, 2015.

7. Chaired technical session in the 2<sup>nd</sup> International Conference on “Psychology in Everyday Life” held from 21<sup>st</sup> to 22<sup>nd</sup> March, 2013 at GJUS&T, Hisar.
8. Chaired two Technical Sessions at the 2<sup>nd</sup> Indian Psychological Science Conference on “Psychological Well-being: Building Bridges for Tomorrow” held from 5<sup>th</sup> to 6<sup>th</sup> October, 2012 at Department of Psychology, P.G. Govt. College, Sector 46, Chandigarh.
9. Chaired poster presentation session at Indian Psychological Science Congress on Health Psychology and Rehabilitation: The Crisis among Youth and Aged from 12<sup>th</sup> to 13<sup>th</sup> October, 2011 at P.G. Govt. College, Sector 46, Chandigarh.
10. Chaired session on International Conference on Enhancing Human Potential: Bio-Psychosocial Perspectives organized by Asian Association of Applied Psychology from 15<sup>th</sup> to 17<sup>th</sup> November, 2010 at Panjab University, Chandigarh.
11. Co-chaired session Technical Session-V at National Seminar on “Parenting of Adolescent - Trend and Role in Modern Era” sponsored by U.G.C on 4<sup>th</sup> March, 2009 at Department of Psychology, Govt. College, Sector 46, Chandigarh.
12. Acted at Subject Expert in Psychology for revision of syllabus of UGC NET examination, 2017.

## **WORKSHOPS:**

1. Attended workshop on Educational Training Program on Life Without Anger held on 26.10.18 during 5<sup>th</sup> International & 7<sup>th</sup> Indian Psychological Science Congress organized from 26<sup>th</sup> to 28<sup>th</sup> October, 2018 at Panjab University, Chandigarh.
2. ICSSR, Chandigarh sponsored two days workshop on “Creating Age Friendly Environment for Senior Citizens in North-Western Region” organized by Women Studies and Development Cell, Govt. College for Girls, Panchkula from 19<sup>th</sup> to 20<sup>th</sup> February, 2015.
3. One day workshop on “Psychosocial Problems of Adolescents” organized by the Department of Pediatrics, Post-Graduate Institute of Medical Education and Research on 1<sup>st</sup> March, 2013.
4. One week workshop on Qualitative Methods & Techniques in Social Science Research organized from 5<sup>th</sup> December, 2011 at ICSSR NWRC, Panjab University, Chandigarh.
5. One day workshop on Developing Human Strengths: New Horizons organized by Asian Association of Applied Psychology on 18<sup>th</sup> November, 2010 at Panjab University, Chandigarh.

6. Participated in workshop on Educational Training Program on Life Without Anger dated 26.10.18 at Panjab University, Chandigarh.

**13. Ph.D. Students guided/under guidance (Details) :**

<b>S. No.</b>	<b>Name of the Student</b>	<b>Title of Thesis</b>	<b>Year of Completion</b>
1.	Sunil Saini	AGGRESSION IN RELATION TO SENSATION SEEKING AND IMPULSIVITY	2010
2.	Harjinder Kaur	LIFE SATISFACTION OF THE ELDERLY IN RELATION TO PERCEIVED STRESS: THE ROLE OF POSITIVE AFFECT	2011
3.	Venus	MEANING IN LIFE: THE ROLE OF PERSONAL RESOURCES	2014
4.	Sonam Dullat	A STUDY OF FACTORS FACILITATING POST-TRAUMATIC GROWTH OF SINGLE MOTHERS	2014
5.	Nitisha Aggarwal	COGNITIVE AND AFFECTIVE CORRELATES OF HEALTH	2014
6.	Vasudha Servia	A STUDY OF SPIRITUAL TRANSCENDENCE IN RELATION TO RELIGIOSITY, EGO STRENGTH, AND SELF-ACTUALIZATION	2017
7.	Shilpa Modi	SPIRITUAL ORIENTATION IN YOUNG ADULTS: ROLE OF LIFE SKILLS TRAINING	2018

8.	Omna	RISK FACTORS OF ALCOHOLISM IN YOUNG ADULT WOMEN	2019
9.	Baldeep Kaur	QUALITY OF LIFE IN MILD DEPRESSIVE AND NON-DEPRESSIVE ADULTS: ROLE OF MINDFUL MOOD MANAGEMENT	2021
10.	Roopsi Mehta	PERSONAL AND SOCIAL CORRELATES OF QUALITY OF LIFE IN INSTITUTIONALIZED AND NON-INSTITUTIONALIZED ELDERLY	2022
11.	Nankita	(applied for registration)	
12.	Nivedita Sharma	(applied for registration)	
13.	Sanam Raj	(applied for registration)	
14.	Jashanpreet Kaur	Registered	
15.	Amarjyoti	Registered	

**14. M.Phil./M.Tech Students guided :**

S. No.	Name of the Student	TITLE OF THESIS	Year of Completion
1.	<b>Yogita Sahni</b>	<b>PSYCHOLOGICAL WELL-BEING OF SPIRITUALLY ORIENTED AND NON-ORIENTED ADULTS: ROLE OF MINDFULNESS, EMOTIONS, AND BASIC VIRTUES</b>	<b>2017</b>
2.	<b>Nimisha Khanna</b>	<b>A STUDY OF PSYCHOLOGICAL WELL- BEING OF WORKING WOMEN: ROLE OF AFFECT AND EMOTION REGULATION</b>	<b>2009</b>

3.	<b>Ashwinder Kaur</b>	<b>A STUDY OF RESILIENCE IN THE ELDERLY IN RELATION TO HOPE AND SPIRITUALITY</b>	<b>2009</b>
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4.	<b>Nitisha Aggarwal</b>	<b>PERCEIVED HEALTH IN RELATION TO PSYCHOLOGICAL NEEDS AND SUBJECTIVE VITALITY IN WORKING AND NON-WORKING WOMEN</b>	<b>2009</b>
5.	<b>Jupinder Kaur</b>	<b>EFFECT OF GRATITUDE ON SUBJECTIVE WELL-BEING:AN INTERVENTION STUDY</b>	<b>2011</b>
6.	<b>Vandana Rana</b>	<b>HEALTH OF THE ELDERLY IN RELATION TO HUMOUR AND EMOTION REGULATION</b>	<b>2011</b>
7.	<b>Neeraj Panwar</b>	<b>EXISTENTIAL VACUUM IN WORKING WOMEN: HAPPINESS INTERVENTION</b>	<b>2012</b>
8	<b>Navjit Kaur</b>	<b>ANGER MANAGEMENT IN AGGRESSIVE ADOLESCENTS: A COGNITIVE BEHAVIORAL INTERVENTION</b>	<b>2012</b>
9	<b>Baldeep Kaur</b>	<b>EMOTIONAL EATING IN ADOLESCENTS: ROLE OF COPING AND ANGER SUPPRESSION</b>	<b>2012</b>
10.	<b>Harjot Kaur</b>	<b>ROLE OF MOTIVATION IN AUTOTELIC PERSONALITY</b>	<b>2012</b>

11.	<b>Himani Sharma</b>	<b>BINGE EATING IN ADOLESCENTS: ROLE OF MINDFULNESS INTERVENTION</b>	<b>2013</b>
12.	<b>Roopsi Mehta</b>	<b>A STUDY OF QUALITY OF LIFE IN INSTITUTIONALIZED ELDERLY: ROLE OF PERCEIVED STRESS, COPING, STRENGTH USE, AND RESILIENCE</b>	<b>2013</b>
13.	<b>Gurpreet Kaur</b>	<b>SUCCESSFUL AGING IN RELATION TO SPIRITUALITY, MINDFULNESS, AND GENERATIVITY IN THE ELDERLY</b>	<b>2018</b>
14.	<b>Amarjyoti Sharma</b>	<b>SELFIES IN RELATION TO SELF-ESTEEM, NARCISSISM, AND MENTAL HEALTH OF ADOLESCENTS</b>	<b>2018</b>

**15. List of Papers/Courses taught at P.G. and U.G. Level**

<b>S. No.</b>	<b>Paper</b>	<b>Class</b>
1.	<b>Research Methodology</b>	<b>Ph.D, M.Phil, and M.A</b>
2.	<b>Psychometrics</b>	<b>M.A</b>
3.	<b>Experimental Designs</b>	<b>M.A</b>
4.	<b>Positive Psychology</b>	<b>Ph.D</b>
5.	<b>Health Psychology</b>	<b>M.A</b>
6.	<b>Personality Theories</b>	<b>M.A</b>
7.	<b>Educational Psychology</b>	<b>M.A</b>
8.	<b>Experimental Psychology</b>	<b>FYIP</b>
9.	<b>Counseling Skills</b>	<b>PGDCP</b>
10.	<b>Counselling Approaches</b>	<b>PGDCP</b>

**16. Technical Proficiency**

I am having good hold over my subject matter alongwith proficiency in statistical analyses and psychometry. I have developed several psychological tests. I am wellversed with computerized data analyses, and have proficiency in four languages, viz., English, Hindi, Punjabi and French

**17. List of Papers Published**

Cited above



**Date:26//9/23**

**Sangeeta Trama**