



**Dr. Sandeep Singh Rana**

Professor

Department of Applied Psychology

Guru Jambheshwar University of Science & Technology, Hisar, Haryana (India)

('A' grade NAAC accredited)

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Permanent Address: House No. 1556, Sector-7, Karnal (132001)

**Date of Birth:** 06-02-1972

**Academic Qualifications:** B.A. (Hons.), M.A., M.Phil ,Ph.D

**Experience:**

Teaching and research experience at University level: 18 Years

Teaching and research experience as Professor: 07 Years

**Teaching and Research Interests:**

Positive Psychology, Industrial/Organizational Psychology, Health Psychology, Psychological Testing, Guidance & Counseling.

**Popular Article:**

Self Confidence-A Psychological Analysis published in Employment News. (Got the response from 14 states of India)

**Awards & Honors:**

- Received the award from Govt. of Haryana on republic day 26<sup>th</sup> January-2010 for contributing in the field of blood donation.
- Bharat Jyoti award by India International Friendship Society on 4<sup>th</sup> May, 2012 for linking education to social development
- Received the appreciation letter as member of NAAC steering committee of the university in December 2014.
- Received the appreciation letter on 01-12-2017 from Govt. of Haryana for contributing in the prevention of HIV AIDS.
- Received the Youth Red Cross award by Hon'ble Governor of Haryana on 20-01-2018.

- Received the National Builder Award on 05-09-2019 (Teacher's Day) by Rotary International.

### **Administrative Experience:**

1. Dean of Colleges (Since, January 2020).
2. Director, Psychological Guidance & Counseling Cell of Guru Jambheshwar University of Science & Technology, Hisar (Since, 2018.)
3. Coordinator, Centre for Behavioral Research & Intervention (Since, 2009.)
4. Proctor of the University (June 2015 to 2019).
5. Chairperson, Department of Applied psychology (Aug. 2015 to Aug.2018).
6. Chief Warden (2019 to 2020).
7. Deputy Chief Warden, Boys Hostels (2013 to 2015).
8. Program Coordinator, National Service Scheme (NSS) (2009 to 2015).
9. Warden, Boys Hostel (2006 to 2013).

### **Member of different committees at university level.**

1. Member, NAAC steering committee, GJUS&T, Hisar
2. Member, GIAN committee of the university.
3. Member, Internal Quality Assurance Cell (IQAC), GJUS&T, Hisar
4. Observer, UGC-NET examination coordinated by GJUS&T,Hisar
5. Member, High Power Purchase Committee of the University
6. Member, anti-ragging committee of the university.
7. Member of NSS advisory board of the university
8. Member of Cultural council of the university
9. Member of sports council of the university
10. Organizing member of university alumni meet.
11. Organizing member of university convocation
12. Member, organizing committee for sports tournaments of the university.
13. Member, organizing committee for youth festival.
14. Nodal officer of the University for District Election Office, Hisar
15. Member, syllabus re-structuring committee of the department.
16. Member, anti-eve teasing committee of the university.
17. Member, students counseling cell of the department.
18. Member of Swachh Bharat- SwasthBharatProgramme of the university.
19. Member of Covid-19 taskforce of the university.

20. Member of different committees constituted for academic issues, students welfare and teachers welfare.

### **Member of Academic Bodies at University level and in other educational institutions**

1. Member, P.G. Board of Studies of the Department of Applied Psychology, GJUS&T, Hisar.
2. Member, P.G. Board of Studies of the Department of Psychology, University of Jammu, Jammu.
3. Member, P.G. Board of Studies of the Department of Psychology, M.D.U. Rohtak.
4. Member, P.G. Board of Studies of the Department of Psychology, Gurukul Kangri University, Haridawar.
5. Member, P.G. Board of Studies of the Department of Psychology, I.G. University, Meerpur
6. Member , UG Board of Studies of the Department of Psychology, HP University, Shimla
7. Member, UG Board of Studies of the Department of Psychology, CDLUniversity, Sirsa.
8. Member, Faculty of Social Sciences, M.D.U, Rohtak
9. Member, Women's complain committee/grievance cell, CDLU, Sirsa
10. Member of Indian Association of Clinical Psychology.
11. Member of Indian Association of Community Psychology
12. Member of Indian Science Congress
13. Member of Indian Association of Psycho-Cultural Researches
14. Member of Bhartiya Couselling Psychology Association of India.
15. Member of Society of Industrial and Organizational Psychology.
16. North Zone Secretary of Indian Association of Health Psychology

### **Research Contribution:**

1. Research papers published in National and International journals: 63
2. Research papers presented in National and International conferences/participation/scientific session chaired: 81
3. Sponsored research projects completed (UGC, Ministry of Home Affairs): 05
4. Psychological Tests developed with manuals: 03
5. Book chapters: 07
6. National/International Conference/workshop organized: 18
7. Invited scientific lectures: 55
8. Supervision of M.Sc research projects: more than 50
9. Supervision of PhD research work: Awarded- 09, Submitted: 03, Ongoing- 06

### **(Supervision of PhD Research Work)**

1. Personal and Organizational Determinants of Quality of Work Life among Marketing Personnel. (Awarded).
2. Personal and Contextual Influences in Mental Health among HIV positive persons. (Awarded)
3. Effect of Dialectical Behavior Therapy in Managing Suicidal Risk among Adolescents. (Awarded).
4. Effect of Mindfulness Therapy on Cognitive Behavioral and Affective Well Being of Adolescents Manifesting Symptoms of Attention Deficit Hyperactive Disorder. (Awarded)
5. Psychological Influences in Adolescents Health Risk Behaviors (Awarded).
6. Psychological Wellbeing of Elected Women Representatives in Relation to Role Conflict, Social Support and Psychological Capital (Awarded).
7. Parenting Style and Health Promoting Behaviors among Adolescents: The Mediating Effect of Hope and Self-Efficacy. (Awarded).
8. Emotional Health of Adolescents in Relation to Career Indecision, Body Image and Emotion Regulation: The moderating Effect of Resilience. (Awarded).
9. Emotional Health of Adolescents in Relation to Parenting Style and Resilience (Awarded).
10. Effect of Mindfulness Based Cognitive Therapy in Reducing Anger and Anxiety among Adolescents (Awarded).
11. Psychological correlates of Well Being: Role of Neuroticism (Ongoing).
12. Character strengths and Resilience as Predictors of Happiness and Well Being among Young adults (Ongoing).
13. Effect of Mindfulness Based Self-Management Therapy on Happiness at Work Place. (Ongoing).
14. Effect of Mindfulness Based Stress Reduction Therapy on Emotional Health of Juvenile Delinquents. (Ongoing).
15. Psychological Correlates of Happiness Among Police Personnel. (Ongoing).
16. Effect of Mindfulness Based Cognitive Therapy on the Emotional Health of Cancer Patients. (Ongoing).
17. Personality Correlates of Hypnotizability. (Ongoing).
18. Mental Health of Employees in Banking Sector in Relation to Work-Life Balance, Occupational Stress, Resilience and Mindfulness. (Ongoing).

### **Sponsored Research Projects:**

1. Dr. Sandeep Singh (2006). Minor research project '*Emotional Intelligence, Need Structure, Unconscious Conflicts and Coronary Heart Disease*' funded by University Grants Commission, New Delhi. Status: Completed. Amount: Rs.20, 000
2. Dr. Sandeep Singh (2007). Major research project '*Behavior Modification in HIV/ AIDS among Adolescents*' funded by University Grants Commission, New Delhi. Status: completed. Amount: Rs.5, 26,000

3. Dr. Sandeep Singh (2007). Research Project entitled '*Psychological Influences in Crime: A Comparative Study of High and low Crime Profile Villages of District Hisar (Haryana)*' funded by Bureau of Police Research and Development, New Delhi.  
Status: Completed. Amount: Rs.80, 000
4. Dr. Sandeep Singh (2019). Research Project entitled '*Effect of Mindfulness Based Interventions on Emotional Health of Students*' funded by university, amount 60,000, Status: completed.
5. Dr. Sandeep Singh, Co. PI. (2019). Research Project entitled '*Why Children commit criminal offences?*' Funded by university, amount 60,000, Status: completed

### **Psychological Tests published with Manual**

1. HIV Risk Perception Questionnaire (HRPQ)
2. Peer Pressure Scale (PPS)
3. Drug Attitude Scale (DAS)

### **Research papers published in National and International Journals:**

1. Sandeep Singh (1999). Self-confidence- A Psychological Analysis. *Recent Researches in Education and Psychology*, 4, 121-124
2. Sandeep Singh (2000). Psychological Dimension of Human Resource Management- An Empirical Analysis. *Praachi Journal of Psycho-Cultural Dimensions*, 16 (2), 95-98.
3. Anu Singh , Sandeep Singh & Shilpa Jain. (2003). Understanding the Need of Counselling for Effective Work Performance-A Study of Maruti Udyog Ltd. *The Journal of Indian Management and Strategy*, (4), 15-19.
4. Sandeep Singh, & Jyotsana. (2005). Emotional Competency and Anxiety among Diagnosed Hospitalized Alcoholics. *Journal of Psychological Researches*, 49 (1), 6-10.
5. Sandeep Singh, B.K.Punia, & R.K. Behmani. (2006). Anxiety in Relation to Emotional Competency and Organizational Climate amongst Supervisory Personnel- an Interco relational Analysis. *ICFAI journal of organizational behavior*, (3), 74-83.
6. Sandeep Singh, & Behmani, R (2007). Mental Health in Relation to Quality of Work life and Coping Strategies-A Study of Marketing Personnel. *The Journal of Indian Management and Strategy*, 12,4-8.
7. Sandeep Singh,& Saini, S. (2007). Emotional Intelligence, Need structure, Unconscious Conflicts and Coronary Heart Disease. *Indian Journal of Applied Psychology*, 44, 43-49.
8. Sandeep Singh, Saini, S., & Dhingra, A. (2007). Frustration Tolerance among Diagnosed Alcoholics. *PRACHI journal of psycho-cultural researches*, 23(1), 25-28.
9. Singh, S. & Saini, S. (2007). HIV Risk Perception among Adolescents in Relation to Peer pressure and Drug Abuse Behavior. *Indian Journal of Sexually Transmitted Disease*, (28) 53-54.

10. Sandeep Singh, B.K.Punia., & R.K. Behmani. (2007). Organizational Commitment among Insurance Marketing Personnel in Relation to Quality of work and Psychological Participation. *APEEJAY Business Review*, 8 (1&2), 40-47.
11. Sandeep Singh, & Tanu (2008). Suicidal Ideation among Adolescents in Relation to Self-Efficacy and Hardiness. *Journal of Personality and Clinical Studies*, (23-24), 149-154.
12. Sandeep Singh , & Madhu (2009 ). Perceived Stress among Management Students: The Role of Locus of Control and Conflicting Handling Styles. *SHEJ' – SRDE Higher Education Journal*, 1 (1), 6-8.
13. Sandeep Singh, & Mansi (2009). Psychological Capital as Predictors of Psychological Well Being. *Indian Journal of Applied Psychology*, 35(2), 233-238.
14. Sunil Saini, & Sandeep Singh (2009). Development of Alcohol and Drug Attitude Scale. *PRACHI Journal of Psycho-cultural dimensions*, 25(1&2), 52-58.
15. Nirmala Kaushik, Jyotsana, & Sandeep Singh (2009). A Study of Locus of Control and Adjustment among Employees of Teaching Organizations. *Indian Journal of Psychology and Mental Health*, 3 (5), 15-24.
16. Sandeep Singh, & Sunil Saini (2009). Development and Validation of HIV Risk Perception Questionnaire. *Indian Journal of Community Psychology*, 6 (1), 75-82.
17. Sandeep Singh, Amit Dhingra, & Taruna ( 2010). Mental Health of HIV Positive Persons in India: The Role of Social Stigma. *Indian Journal of Psychology and Mental Health*, 4(2),110-115.
18. Sandeep Singh & Taruna (2010). Managing Stress among Students of Technical Education: The Role of Breathing Exercises. *Praachi Journal of Psycho-Cultural Dimensions*, 26(2), 112-119.
19. Taruna , Sandeep Singh & Sukhdas (2010). Understanding Mindfulness in Clinical Perspective. *Indian Journal of Positive Psychology*, 1(1-2),59-62.
20. Sandeep Singh, Sunil Saini., & Neelam Goyal (2011). Development of Peer Pressure Scale: Reliability, Validity and Factor Structure. *Indian Journal of Health and Well Being*, 2(1), 162-165.
21. Sandeep Singh & Amit Kumar (2011). Coping Influences on Depression among HIV Positive Persons. *Indian Journal of Positive Psychology*, 2(2), 114-117.
22. Sandeep Singh, & Tanu (2011). Personal Influences in Depression among Female Adolescents. *Journal of the Indian Academy of Applied Psychology*, 37, 40-46.
23. Sandeep Singh, & Soamya (2011). Effect of Mindfulness and Breathing Exercises on Physio-Cognitive aspects of Stress and Well Being. *Indian Journal of Health and Well Being*, 2(2), 353-357.
24. Sandeep Singh, & Dalbir Saini (2012). Psycho-Cultural Influences in Honor Killing. *Indian Journal of Health and Well Being*, 3(1), 260-262.
25. Sandeep Singh, & Sunil Saini (2012). Attitudinal influences in crime: A Comparative study of low & high crime profile villages. *Indian Journal of Health and Well Being*, 3(1), 315-319.
26. Sandeep Singh, & Sunil Saini (2012). Exploring the dynamics of HIV risk perception: The role of HIV knowledge, impulsivity, and sexual sensation seeking behavior. *Indian Journal of Health and Well Being*, 3(1), 302-304.

27. Taruna., & Sandeep Singh (2013). The role of dialectical behavior therapy (DBT) in enhancing the distress tolerance and interpersonal effectiveness amongst adolescents. *Indian journal of positive psychology*, 4(4), 551-554.
28. Taruna., & Sandeep Singh (2013). Reducing negative emotions amongst adolescents: the role of dialectical behavior therapy. *Indian Journal of health & wellbeing*, 4(9), 1794-1798.
29. Taruna, Sandeep Singh., & Rakesh Bahmani (January, 2014). Managing Suicide Risk amongst Adolescents: The Role of Dialectical Behavior Therapy. *Indian Journal of Health & Wellbeing Vol.5* (1), 35-39.
30. Somya ., & Sandeep Singh (2014). Effect of mindfulness therapy on attention deficit among adolescents with symptoms of attention deficit disorder. *Indian Journal of health & wellbeing*, 5(10), 1165-1172.
31. Sangeeta, Shobhana., & Sandeep Singh Rana (2015). Health Locus of Control as Correlate of Health Promoting Behaviors. *Indian Journal of health & wellbeing*,6(6),580-584.
32. Somya ., & Sandeep Singh (2015). Effectiveness of mindfulness therapy on self-esteem of adolescents with attention deficit hyperactivity disorder (ADHD). *Indian Journal of health & wellbeing*, 6(3), 267-272.
33. Ashu, Sandeep Singh., & Devender (2015). Hope and Mindfulness as Correlates of Happiness. *Indian Journal of Positive Psychology*, 6(4), 422-425.
34. Sandeep Singh, Somaya., & Ramnath (2016). Effects of Mindfulness Therapy in Managing Aggression and Conduct problems of Adolescents with ADHD Symptoms. *Indian Journal of health & wellbeing*, 7(5), 483-487.
35. Shilpa Kamboj, Ramnath., & Sandeep Singh (2016). Emotional Correlates of Quality of Work Life: A Study of Call Centre Employees. *Indian Journal of health & wellbeing*, 7(9), 940-942.
36. Pushpa, Ramnath & Sandeep Singh (2017). Peer Pressure among adolescents in relation to family climate. *Indian Journal of health & wellbeing*, 8(3), 196-199.
37. Gurpreet Dandiwal, Sanjay Kumar, & Sandeep Singh Rana (2017). Resilience as predictor of wellbeing among elected women representatives in India. *Indian Journal of health & wellbeing*, 8(2), 108-111.
38. Gurpreet Dandiwal, Sanjay Kumar, & Sandeep Singh Rana (2017). Psychological wellbeing of elected women representatives in relation to social support. *Indian Journal of health & wellbeing*, 8(4), 290-293
39. Pushpa., Singh, S. & Taruna (2017). Peer Pressure and Health Risk Behaviour among Adolescents. *Indian Journal of psychology and mental health*, 11 (1-2).
40. Davender., & Singh, S. (2018). Career Indecision and Depression: The Moderation Effect of Resilience. *International Journal of Research in Engineering, IT and Social Sciences*, 08 (09), 106-108.
41. Davender, & Singh, S. (2018). Career Decidedness and Emotion Regulation as Predictors of Depression among Students. *International Journal of Education and Psychological Research*, 7 (2), 5-9.
42. Davender, & Singh, S. (2018). Effect of Career Indecision on Stress: The Moderating Role of Resilience. *International Journal of Multidisciplinary and Current Research*, 6,442-444.

43. Davender, & Singh, S. (2018). Emotion Regulation and Depression: The Moderation Effect of Resilience. *International Journal of Research in Social Sciences*, 8, (9-1), 198-202.
44. Shobhana, & Singh, S. (2018). Effect of parenting style on Health Responsibility among Adolescents. *International Journal of Research in Social Sciences*, 8(9-1), 304-311.
45. Singh, S, Arora, S & Kumar, S (2018) Effect of mindfulness therapy to reduce hyperactivity among adolescents. *International Journal of Social Studies*. Edupedia publication, 4 (09), 11-24. (ISSN: 2455-3220).
46. Ashu Dhawan, Sandeep Singh & Taruna (2018). Anger among Adolescents: The Role of Mindfulness. *International Journal of Multidisciplinary and Current Research available online*, Vol. 6 (Jan-Feb, 2018), 80-83.
47. Ashu Dhawan & Sandeep Singh (2018). Mindfulness as Psychological Intervention: A Review. *International Journal of Research in Social Sciences*, Vol.8, Issue-9 (1), 295-299.
48. Sandeep Singh, Amit, & Lalita (2018). Self efficacy among HIV positive persons: the role of coping processes and social support" published in "*IAHRW International Journal of Social Sciences Review*", 2018, 6(2), 205-210.
49. Sandeep Singh, Amit, & Lalita (2018). Effect of coping strategies on social stigma: a study of persons with HIV" published in "*IAHRW International Journal of Social Sciences*", 6(2), 263-267.
50. Ashu Dhawan, Sandeep Singh, & Taruna (2018). A Study of Anxiety among University Students in relation to mindfulness. *Indian Journal of Psychological Science*, 10 (1), 91-94.
51. Shobhana, & Singh S. (2018). Hope as a correlate of health promoting behavior among adolescents. *International Journal of Research in Engineering, IT and Social Sciences*, 08 (11) 39-43.
52. Sandeep Singh, Amit, & Lalita (2018). Depression and Death anxiety among HIV positive persons in relation to self-efficacy. *Indian Journal of Community Psychology*. 14(2), 292-303.
53. Anjana Devi, Sandeep Singh (2018). Anger among adolescents in relation to emotional maturity and resilience. *International Journal of Research*. 5 (20), 956-966.
54. Anjana Devi, & Sandeep Singh (2018). Emotional Correlates of Anxiety among adolescents. *International Journal of Social Science Review*, 6 (8), 1504-1507.
55. Mamta , & Singh, S. (2018). Spiritual correlates of wellbeing a co relational study. *International Journal for Research and Social Sciences*. Vol. 8. (9) 1, 300-303.
56. Mamta, & Singh, S. (2018). Spirituality and mindfulness a co relational study. *International Journal for social studies*, vol. 5 (12), 2742-2748.
57. Pushpa, Singh, S., & Taruna (February, 2019). Health Risk Behavior amongst Adolescents in Relation to Impulsivity. *International Journal of Multidisciplinary and Current Research*. Vol (7), 13-18.
58. Lalita & Singh, S. (2019). Optimism and Resilience As Predictors Of Organizational Commitment Among School Teachers. *International Journal of Research and Analytical Reviews*, 6(1), 530-536.
59. Lalita & S. Singh (2019). Predicting Organizational Citizenship Behavior among School Teachers: The Role of Psychological Capital. *International Journal of Indian*



Psychology, 7(2), 62-71.

60. Gurpreet Dandiwal, Sandeep Singh, Priyanka (2019). Effect of Role Conflict on Psychological Wellbeing of Elected Women Representatives (sarpanches) in India. *International Journal of Social Sciences*, 7(5-11), 1371-1374.
61. Ramnath , Singh, S. (2019). Psychological Wellbeing of Young Adults: The Role of Hope and Optimism. *Journal of XI'AN University of Architecture and Technology*,11(2),1104-1114
62. Priyanka & Singh, S. (2020). Mindfulness promotes health and wellbeing- A Review. *International Journal of Indian Psychology*, 8(1), 30-35.
63. Ashu Dhawan & Sandeep Singh (2020). Effect of Mindfulness Based Cognitive Therapy in Reducing State Anger among Adolescents. *Indian Journal of psychology and Education*. 10(1), 142-145.

#### **Papers presentations/participation/session chair in National and International conferences:**

1. Sandeep Singh (1999). Self-development and Managerial Effectiveness. Paper presented in the National conference on Management in New Millennium- An Indian Perspective at GKU, Haridwar.
2. Sandeep Singh (2000). Psychology of yoga. Paper presented in the National conference of Yoga in New Millennium, at GKU, Haridwar.
3. Sandeep Singh. (2001). Awareness of AIDS prevention-A Psychological Perspective. Paper presented in the 10<sup>th</sup> National Conference of Behavioral Medicine Society of India, Manipal.
4. Sandeep Singh (2004). Stress management. Paper presented in the National seminar on Recent Trends in Physiotherapy Techniques, GJU, Hisar.
5. Chaired technical sessions in the National Symposium AZZARO-2004 on 5<sup>th</sup>& 6<sup>th</sup> April 2004 at Haryana Engineering College, Jagadhri.
6. Sandeep Singh (2005). Depression and Locus of Control among Widows of Kargil War- a study of Haryana State. Paper presented in the International Conference on Applied and Community Psychology Trends and Directions, GKU, Haridwar.
7. Sandeep Singh (2006). Occupational Stress: Nature and Management- A Psychological Perspective. Paper presented in the Indian Science Congress, Hyderabad.
8. Sandeep Singh, Saini S. (2006). Psychosocial predictors of HIV/AIDS behavior among adolescents. Paper presented in the International conference HIV/AIDS and Tuberculosis: Past Present and Future. AIIMS, Delhi.
9. Sandeep Singh, Saini S. (2006). Community strategies for HIV/AIDS prevention among adolescents. Paper presented in the International conference HIV/AIDS and Tuberculosis: Past Present and Future. AIIMS, Delhi`
10. Sandeep Singh (2007). Role of Psychological Counseling in Personnel Development- A Case Study of MarutiUdyog Ltd. Paper presented in the National conference on applied psychology. Jaunpur , Uttar Pardesh.
11. Sandeep Singh, Jyotsana (2007). HIV/ AIDS among adolescents – A Psychological Perspective. Paper presented in the National conference on applied psychology. Jaunpur Uttar Pardesh.

12. Sandeep Singh, Rakesh K. Behmani (2007). Mental Health in Relation to Quality of Work Life, Psychological Participation, and Neuroticism. Paper presented in the International conference “Psychology in Mental Health: A Journey of a Profession” at NIMHANS, Bangalore.
13. Sandeep Singh (2008). Role of Psychological Testing in Personnel Selection: A Case Study of Multi-National Company. Paper presented in the International conference “Psychological Assessment in Personnel Selection” at DRDO, Delhi.
14. Chaired a technical session on 24-02-2008 in International Conference on “Intelligent Systems and Networks, (IISN-2008) held at Institute of Science & Technology Kalawad from 22-02-2008 to 24-02-2008.
15. Sandeep Singh, Amit Kumar (2008). Depression among HIV Positive Patients in Relation to Social Support and Coping Styles. Paper presented in the National conference on “Health Psychology: Parallel Themes & Potential Synergies” at Guru Jambheshwar University of Science & Technology, Hisar (Haryana).
16. Sandeep Singh, (2008). Role of Dialectical Behavior Therapy in the Management of Suicidal Behavior. Paper presented in the National conference on “Health Psychology: Parallel Themes & Potential Synergies” at Guru Jambheshwar University of Science & Technology, Hisar (Haryana).
17. Sandeep Singh, Somaya (2008). Mindfulness: An Indigenous Approach to Health and Well Being. Paper presented in the National conference on “Health Psychology : Parallel Themes & Potential Synergies” at Guru Jambheshwar University of Science & Technology, Hisar (Haryana).
18. Sandeep Singh (2008): Personal Predictors of Organizational Stress: A Case Study of Multi-National Company. Presented in the XVIII Annual Conference of National Academy of Psychology at Indian Institute of Technology, Guwahati (Assam).
19. Sandeep Singh (2008). Participated in the National workshop on Intellectual property rights and its commercialization process organized by IPR&TCC, GJUS&T, Hisar
20. Sandeep Singh (2009): Fuzzy Logic: An Emerging Technology in Behavioral Sciences. Paper presented in the 3<sup>rd</sup> International Conference on Intelligent Systems and Networks at Institute of Science & Technology, Klawad, Haryana (India).
21. Chaired the technical session on 16-02-2009 in International Conference on “Intelligent Systems and Networks, (IISN-2009) held at Institute of Science & Technology Kalawad
22. Sandeep Singh (2009): Organizational Citizenship Behavior: The Role of Mindfulness. Paper presented in the 3<sup>rd</sup> International Conference on Intelligent Systems and Networks at Institute of Science & Technology, Klawad, Haryana (India).
23. Sandeep Singh (2009): Exploring the Relationship among Organizational citizenship Behavior, Mindfulness, and Burn-out: A Study of Industrial Workers. Paper presented in the 1<sup>st</sup> National conference of Haryana School of Business, GJUS&T, Hisar (Haryana)
24. Sandeep Singh (2010). Managing Stress at Work Place: The role of Mindfulness. Paper presented in the 1<sup>st</sup> annual conference of Haryana School of business, GJUS&T, Hisar.
25. Sandeep Singh (2010). Women Literacy-A step towards women empowerment. Paper presented in the one-day state level seminar held at F.C. College for Women, Hisar
26. Chaired the scientific session on 24-10-2010 in the National conference on Well-Being Women and Work- Emerging Trends in Psychology at Government College, Malerkotla, Punjab.

27. Chaired a technical session on 28-02-2010 in International Conference on “Intelligent Systems and Networks, (IISN-2010) held at Institute of Science & Technology Kalawad from 26-02-2010 to 28-02-2010.
28. Chaired the technical session in the National conference on Health Psychology and Rehabilitation: The Crisis among Youth and Aged at P.G. Government College, Chandigarh.
29. Sandeep Singh (2010). Gender Stereotypes and Career Aspirations of Women Managers in India. Paper presented in the IInd annual conference of Haryana School of business, GJUS&T, Hisar.
30. Sandeep Singh (2011). Quality of Work Life among Insurance Personnel. Paper presented in the National seminar on Global Competitiveness of Indian Business at Kurukshetra University Kurukshetra.
31. Sandeep Singh (2011): Role of Fuzzy Logic in Personnel Selection. Paper presented in the 5<sup>th</sup> International Multi Conference on Intelligent Systems, Sustainable, New and Renewable Energy Technology and Nano-Technology (IISN-2011) at Institute of Science & Technology, Klawad, Haryana (India).
32. Chaired a technical session on 20-02-2011 in International Conference on “Intelligent Systems and Networks, (IISN-2011) held at Institute of Science & Technology Kalawad.
33. Sandeep Singh (March-2011). Participated in the National Seminar on Management of higher Technical education: Quality challenges and ethical dilemmas. Organized by Haryana School of Business, GJUS&T, Hisar.
34. Sandeep Singh (2011). Attended the National Workshop on Awareness to Save Mother Earth at GJUS&T, Hisar.
35. Sandeep Singh (2011). Role of Community Psychology in Environmental Awareness. Paper presented in the National Conference on Multidisciplinary Approach in Frontier Areas of Environmental Science & Engineering at GJUS&T, Hisar.
36. Sandeep Singh (2011). Hope and Optimism as Predictor of Subjective Well Being among Adolescents. Paper presented in the National Conference on Health Psychology and Rehabilitation: The Crisis among Youth and Aged at Chandigarh.
37. Sandeep Singh (2011). Exploring the Dynamics of Health Risk Behaviors among Youth. Paper presented in the International Conference on New Horizon in Social Science Research at Centre for Behavioral Research & Intervention, GJUS&T, Hisar.
38. Sandeep Singh (2011). Developing Psychological Capital among Youth. Paper presented in the International Conference on New Horizon in Social Science Research at Centre for Behavioral Research & Intervention, GJUS&T, Hisar.
39. Chaired a scientific session on 26-11-2011 in the International Online Conference on Psychology and Allied Sciences “New Horizon in Social Sciences Research” at Centre for Behavioral Research & Intervention, GJUS&T, Hisar.
40. Sandeep Singh (2011). Psychological Health and Risk Behaviors among Students: Identifying the Need of Counseling. Paper presented in the International Conference on Counseling and Community Psychology at VBS Purvancal University, Jaunpur.
41. Sandeep Singh (2011). Participated in the HSB Annual National Conference on Business and Management at GJUS&T, Hisar.
42. Sandeep Singh (2011). Participated in one day Hisar Divisional level seminar on capacity building and fund raising activities organized by Indian Red Cross Society, Chandigarh.

43. Sandeep Singh (2012). Psychological Participation as Predictor of Quality of Work Life: A Study of Insurance Marketing Personnel. Paper presented in the National Conference on Business and Management, GJUS&T, Hisar.
44. Chaired a technical session on 18-03-2012 in International Conference on “Intelligent Systems and Networks, (IISN-2012) held at Institute of Science & Technology Kalawad From 16-03-2012 to 18-03-2012.
45. Sandeep Singh (2013). Psychological Wellbeing in Relation to Health Locus of Control and Optimism. Paper presented in the 2<sup>nd</sup> International conference on Psychology and Allied Sciences organized by Centre for Behavioral Research & Intervention, GJUS&T, Hisar and Indian Association of Health Research & Welfare.
46. Sandeep Singh (2013). Health Risk Behaviors: Effect of Family and Peer – A Review. Paper presented in the 2<sup>nd</sup> International conference on Psychology and Allied Sciences organized by Centre for Behavioral Research & Intervention, GJUS&T, Hisar and Indian Association of Health Research & Welfare.
47. Sandeep Singh (2013). Raising Resilient Children with an art of Positive Parenting. Paper presented in the 2<sup>nd</sup> International conference on Psychology and Allied Sciences organized by Centre for Behavioral Research & Intervention, GJUS&T, Hisar and Indian Association of Health Research & Welfare.
48. Sandeep Singh (2013). Impact of Dialectical Behavior Therapy on Depression amongst Adolescents. Paper presented in the 2<sup>nd</sup> International conference on Psychology and Allied Sciences organized by Centre for Behavioral Research & Intervention, GJUS&T, Hisar and Indian Association of Health Research & Welfare.
49. Chaired a technical session on 22-03-2013 in the International Conference on Psychology and Allied Sciences organized at Centre for Behavioral Research & Intervention, GJUS&T, and Hisar in association with IHRAW.
50. Sandeep Singh (October, 2013). Need of guidance and counseling services in academic institutions in present scenario. Paper presented as resource person in the national seminar at D. N. College, Kurukshetra.
51. Sandeep Singh (January, 2014). Participated in national workshop on preventing crime: A Psycho-Social Perspective at GJUS&T, Hisar
52. Chaired the technical sessions on 26-09-2014 in the International Conference on “Nurturing Values and Strengths in Individuals and Society: Role of Psychology” at Amity University, Noida.
53. Sandeep Singh (Dec. 2015). Management of Aggression among ADHD Adolescents: The Role of Mindfulness Therapy. Paper presented in the Ist International Conference of Indian Academy of Health Psychology, University of Jammu, Jammu.
54. Sandeep Singh (Dec. 2015). Chaired the session as resource person in the Ist International Conference of Indian Academy of Health Psychology, University of Jammu, Jammu.
55. Sandeep Singh (January, 2016). Enhancing the Self-esteem of Students having ADHD Symptoms: The Role of Mindfulness Therapy. Paper presented in the 4<sup>th</sup> International Conference on Psychology and Allied Sciences, Goa, India.
56. Sandeep Singh (January 2016). Chaired the session as resource person in the 4<sup>th</sup> International Conference on Psychology and Allied Sciences, Goa, India.
57. Sandeep Singh (March 2016). Participated in the National conference on Recent Trends in Health care. Organized by Faculty of Medical Sciences. GJUS&T, Hisar

58. Sandeep Singh (March, 2016). Delivered the key note address “Positive Psychology: The Science of Wellbeing” in the inaugural session of National Conference on Positive Psychology and Well Being at PG. Govt. National College, Sirsa.
59. Sandeep Singh (May, 27-31, 2016). Participated in the university and college educators’ conference on values and spirituality for excellence in life organized by Rajyoga Education and Research Foundation. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya , Mount Abu, Rajasthan.
60. Sandeep Singh (May, 27-31, 2016). Delivered invited lecture on Anger Free Living in the university and college educators’ conference on values and spirituality for excellence in life organized by Rajyoga Education and Research Foundation. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya , Mount Abu, Rajasthan
61. Sandeep Singh (November 2016). Chaired the Scientific session as resource person in the International Conference on Youth and Wellbeing, GJUS&T, Hisar, India
62. Sandeep Singh (December, 2016). Chaired the scientific session as resource person in the International Conference on “Nurturing Human Values in Youth: A Perspective of Srimad Bhagavad Gita” held on 8-10 December, 2016 at Guru Jambheshwar Ji Maharaj Institute of Religious Studies, GJUS&T, Hisar.
63. Sandeep Singh (Feb, 2017). Chaired the session as resource person in the International Conference on Emerging areas of environmental science and engineering , GJUS&T, Hisar
64. Sandeep Singh (Feb, 2017). Chaired the session as resource person in the 52<sup>nd</sup> National and 21<sup>st</sup> International Conference of Indian Academy of Applied Psychology on Psychology for Building Global community, Jaipur.
65. Sandeep Singh (February 21 2017). Chaired the session as resource person in the National Conference on “Positive Attitudes and Inclusive Space: Silver Bullets for the Development of Persons with Disabilities (DIVYANG). Govt. College, Bhiwani
66. Sandeep Singh (March, 17-18, 2017). Chaired the scientific session as resource person in the National seminar on “Youth in India: Issues and Challenges at central university Tripura.
67. Sandeep Singh (March, 17-18, 2017). Delivered the key note address on “Positive Youth Development” in the National seminar on “Youth in India: Issues and Challenges at Central University, Tripura.
68. Sandeep Singh (April 6-7, 2017). Participated in the World Health Day Summit 2017 at Vigyan Bhavan, New Delhi (India)
69. Sandeep Singh (July 2017). Participated in the 3<sup>rd</sup> Neuro-Science Update 2017 as resource person at GJUS&T, Hisar.
70. Sandeep Singh (April 9, 2017). Participated as panelist in the live programme “HUM LOG” organized by NDTV, New Delhi on the topic “Depression: Let us talk about it” (Theme of the world health day-2017).
71. Sandeep Singh (May, 12-16, 2017). Participated in the university and college educators’ conference on value education and spirituality organized by Rajyoga Education and Research Foundation. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya , Mount Abu, Rajasthan.
72. Sandeep Singh (October 2018). Delivered a lead lecture on Psychological Empowerment for Rural Development on 24-10-2017 in the International Conference on Gender Issues and Socio-Economic Perspectives for Sustainable Rural Development at CCHAU, Hisar

73. Chaired a scientific session in the 3<sup>rd</sup> International Conference of Indian Academy of Health Psychology held at Lucknow from 12-14 November 2017.
74. Chaired a scientific session in the 1<sup>st</sup> Indian Congress of Industrial/ Organizational Psychology on Changing Landscape and Future of I/O Psychology held at Department of Psychology, University of Rajasthan, Jaipur from 30-31 January 2018
75. Chaired a scientific session in the 5<sup>th</sup> International and 7<sup>th</sup> Indian Psychological Science Congress on Peace and Well Being: Manifestation Across Age & Culture held at Department of Psychology, Panjab University Chandigarh from 26-28 October 2018.
76. Chaired a scientific session in the 54<sup>th</sup> National and 23<sup>rd</sup> International Conference of Indian Academy of Applied Psychology on Psychology: Opportunities Beyond Boundaries held at Department of Psychology, Kurukshetra University Kurukshetra from 14-16 February 2019.
77. Sandeep Singh (June 2019). Delivered the expert lecture in the National seminar on Mental health at Work Place at Institute of mental health BDS University of Health Sciences, Rohtak.
78. Sandeep Singh (June 2019). Delivered the special address in the Two-day International Conference on Stress Management: Dimensions and Suggestive Measures, at Govt. degree college for women, Anantnag, Jammu & Kashmir.
79. Sandeep Singh (June 2019). Delivered the expert lecture on Psychology of Happiness at University of Kashmir, Srinagar.
80. Sandeep Singh (September, 27, 2019). Delivered the expert lecture in the National Seminar on Self-Management for Building Self Confidence at Nagpur.
81. Chaired a scientific session in the International Conference of Community psychology held at Jaipur from 31-01 February 2020.

#### **Organization of National/International seminars /conferences/workshops:**

1. Organizing secretary of the 1<sup>st</sup> International conference on New Horizon in Social Science Research. 25-26 November 2011.
2. Organizing secretary of the Second International Conference on Psychology and Allied Sciences. 21-22 March, 2013.
3. Organized the workshop on “Positive Life Skills” conducted on 15-10-2016.
4. Organized the workshop on “Understanding Psychology of Depression” conducted on 20-02-2016.
5. Organized the academic/field visit at Lal Bahadur Shastri National Academy of Administration, Mussoorie (24-04-2016 to 26-04-2016)
6. **Conference convener of International Conference on Youth and Wellbeing (November 11-12, 2016).**
7. Organizing member of three days international conference on “Nurturing Human Values in Youth: A Perspective of Srimad Bhagavad Gita” held on 8-10 December, 2016 at Guru Jambheshwar Ji Maharaj Institute of Religious Studies, GJUS&T, Hisar.
8. Organized the career counseling and personality development workshop for school students at GJUS&T, Hisar (July 01, 2016)
9. Organized the workshop on basic counseling skills on 26-08-2016.
10. Organized Induction Programme for the students of applied psychology (August, 2016)
11. Organized workshop on personality development for students on 08-02-2017.
12. Organized workshop on communication and employability skills on 13-02-2017.

13. Organized workshop on SPSS for behavioral science research on 27-02-2017.
14. Organized workshop on career opportunities for psychology students in defense organizations on 04-03-2017.
15. Organized workshop on Teachings of Gita and Moral values on 28-03-2017.
- 16. Conference convener of International Conference on Positive Psychology for Health and Well Being (2018).**
17. Organized workshop on Work Place Happiness at GJUS&T, Hisar (2019)
18. Organized workshop on Empowering Educators for Counseling and Mentoring Skills on 04-09-2019 at GJUS&T, Hisar
19. Organized workshop on Meditation – The Secret to Lasting Happiness at GJUS&T, Hisar (2019)

### **Invited/Extension Lectures:**

1. Conducted workshop on “Stress Management” at Institute of Science & Technology, Kalawad, and Yamuna Nagar on 27-12-2009.
2. Delivered talk on the topic “Psychological aspects in career development” on 25-04-2009 in one day workshop on career prospects for engineering students in today’s scenario.
3. Delivered lecture on the topic “Self-Management” in 04-week orientation programme –II on 26-09-2009 at UGC-ASC, GJUS&T, Hisar.
4. Delivered lecture on the topic “Self-Management” in 04-week orientation programme –III on 29-01-2010 at UGC-ASC, GJUS&T, Hisar.
5. Delivered two invited lectures on the topic “Self-Management” in 04-week orientation programme –IV on 07-06-2010 at UGC-ASC, GJUS&T, and Hisar.
6. Delivered two invited lectures on the topic “Self-Management” in 04-week orientation programme –V on 17-11-2010 at UGC-ASC, GJUS&T, and Hisar.
7. Delivered lecture on the topic “Self-Management” in National Pharmacy week-2010 on 19-11-2010 at GJUS&T, Hisar.
8. Delivered lecture on the topic “Self-Development and Effective teaching” at the valedictory function of the National seminar at C.R. College of Education, Hisar.
9. Delivered lecture on the topic “Personality Development” on 23-01-2012 for the benefit of trainees of two-week training on personality development and career counseling held in student counseling & placement cell from 23-01-2012 to 03-02-2012 at L.L.R University of Veterinary & Animal Sciences, Hisar.
10. Delivered lecture on the topic “Stress Management” on 24-01-2012 for the benefit of trainees of two-week training on personality development and career counseling held in student counseling & placement cell from 23-01-2012 to 03-02-2012 at L.L.R University of Veterinary & Animal Sciences, Hisar.
11. Delivered lecture on the topic “Developing personal traits” on 03-03-2012 for the benefit of trainees of two-week training on personality development and career counseling held in student counseling & placement cell from 21-02-2012 to 04-03-2012 at L.L.R University of Veterinary & Animal Sciences, Hisar.
12. Delivered lecture on the topic “Self-Management” on 04-03-2012 for the benefit of trainees of two-week training on personality development and career counseling held in student counseling & placement cell from 21-02-2012 to 04-03-2012 at LLR University of Veterinary & Animal Sciences, Hisar

13. Delivered lecture on the topic “Self-Management” in 04-week orientation program on 03-10-2012 at UGC-ASC, GJUS&T, and Hisar.
14. Delivered invited lecture on the topic “Self-Management” in 04-week orientation program on 24-05-2013 at UGC-ASC, GJUS&T, and Hisar.
15. Delivered lecture on the topic “Self-Management in Effective Teaching” in 04-week orientation program on 25-06-2014 at UGC-ASC, GJUS&T, and Hisar.
16. Delivered lecture on the topic “Self-Management” in 04-week orientation program on 18-04-2015 at UGC-ASC, GJUS&T, and Hisar.
17. Delivered two lectures on the topic “Self-Management” and “Stress management” in 04-week orientation program on 04-06-2015 at UGC-ASC, GJUS&T, and Hisar.
18. Delivered invited lecture on the topic “Scale Development” in 04-week orientation program on 29-12-2015 at UGC-ASC, GJUS&T, and Hisar.
19. Delivered lecture on the topic “Role of NSS in Self Development” in the NSS camp organized by GJUS&T, Hisar (January 2016)
20. Delivered lecture on the topic “Personality Development” in the NSS camp on 26-01-2016 at Govt. Girls College, Hisar.
21. Acted as Judge in the science exhibition organized by Govt. College, Hisar on 27-01-2016.
22. Acted as Judge in the Science Conclave -2016 organized by CDLU, Sirsa on 09-03-2016.
23. Delivered invited lecture on the topic “Positive Life Skills” in the workshop on 19-03-2016 at UGC-ASC, GJUS&T, and Hisar.
24. Delivered lecture on “Drug Abuse” in the workshop organized by Haryana Human Rights Commission at Bhiwani (May-02-2016.)
25. Delivered invited lectures on the topic “Self-Management” in the orientation programme on 14-05--2016 at UGC-ASC, GJUS&T, and Hisar.
26. Delivered invited lecture on “Personality Development” in the workshop organized by Nehru YuvaKender, Hisar (2016)
27. Delivered the invited lecture on self-management in the orientation program conducted by LUVAS, (January 20, 2017)
28. Delivered invited lecture on the topic “Positive Life Skills” in the NSS camp organized by GJUS&T, Hisar (January 25, 2017)
29. Delivered invited lecture on the topic “Personality Development” in the NSS camp organized by Government Women College, Hisar ( Feb 28, 2017)
30. Delivered invited lecture on the topic “Self-Management and Positive Life Skills” in the workshop on personality development held on March 1-2, 2017 organized by CCS Haryana Agricultural University, Hisar.
31. Delivered invited lecture on the topic “Psychological Issues in Gender Sensitization and Women Empowerment” in the workshop on 24-05-2017 at UGC-ASC, GJUS&T, and Hisar
32. Delivered a lecture as resource person in orientation training for NSS programme officers on 29-11-2017 at Central University of Haryana, Mahendergarh.
33. Delivered two invited lectures on the topic “Self-Management” in orientation program on 24-11-2017 at UGC-HRDC, GJUS&T, and Hisar.
34. Delivered two invited lectures on the topic “Self-Management” in orientation program on 22-05-2018 at UGC-HRDC, GJUS&T, and Hisar
35. Delivered a lecture as resource person in the 3<sup>rd</sup> Neuroscience Update 2017 on 16-07-2017



- at GJUS&T, Hisar, Haryana.
36. Received the certificate of appreciation from Haryana State AIDS Control Society, Panchkula for HIV/AIDS awareness.
  37. Delivered a lecture as resource person in the National Youth Volunteers Training on 26-08-2017 at Nehru Yuvakendra, Hisar.
  38. Sandeep Singh (Jan, 2018). Chaired the scientific session as resource person in the Ist Indian Congress of Industrial & Organizational Psychology on 30-31 January, 2018 at Department of Psychology, University of Rajasthan, Jaipur.
  39. Delivered two invited lectures on the topic "Self-Management" in orientation program on 20-06-2018 at UGC-HRDC, GJUS&T, and Hisar
  40. Delivered two lectures on the topic "Self-Management" in orientation program on 22-05-2018 at UGC-HRDC, GJUS&T, and Hisar.
  41. Delivered two lectures on the topic "Self-Management" in orientation program on 20-11-2017 at UGC-HRDC, GJUS&T, and Hisar
  42. Delivered a lecture as resource person in the National Integration Camp of NSS volunteers on 06-10-2017-2017 on the topic Role of Youth in nation building at GJUS&T, Hisar.
  43. Received the Youth Red Cross Award on 20-01-2018 by Hon'ble Governor of Haryana, for contribution in the area of blood donation.
  44. Delivered a lecture on the topic "Self-Management" in orientation program for faculty members on 25-07-2018 at UGC-HRDC, LUVAS, Hisar
  45. Delivered two lectures on the topic "Self-Management" in orientation program on 16-11-2018 at UGC-HRDC, GJUS&T, and Hisar.
  46. Delivered a lecture on the topic "Cognitive behavioral Therapy" at CRS University, Jind.
  47. Delivered a lecture on the topic "Role of Positive Psychology for Prevention of Suicide among youth" at Central University, Mahender Garh.
  48. Delivered a lecture on 03-01-2019 on the topic "Guidance and Counseling for Positive Youth Development" at CCHAU, Hisar.
  49. Delivered an invited talk as resource person on 17-01-2019 on the topic "Psychology for preventing road accidents" at GOVT College Fatehabad.
  50. Delivered an invited talk as resource person on 29-05-2019 on the topic "Research in India : Perceptual Barriers and solutions in the training programme on Research Methodology sponsored by ICSSR, New Delhi at CBLU, Bhiwani.
  51. Delivered two lectures on the topic "Self-Management" in orientation program on 28-05-2019 at UGC-HRDC, GJUS&T, and Hisar.
  52. Delivered invited lectures on the topic "Self-Management" in the orientation programme on 03-10--2019 at UGC-ASC, GJUS&T, and Hisar
  53. Delivered invited lectures on the topic "Self-Management" in the induction programme at UGC-ASC, University of Rajasthan, Jaipur (2019)
  54. Delivered invited lectures on the topic "Psychology of Happiness" in the webinar organized by Department of Psychology, The American College Madurai on 26-04-2020.
  55. Delivered invited lectures on the topic COVID 19 and NSS Volunteers : Challenges and Strategies in the webinar organized by GCG, Palwal on 14-05-2020

**Radio/TV Talks:** Delivered talks on the issues related to adolescent problems, stress management, mental health, positive youth development and prevention of drug abuse on National TV i.e. NDTV, ZEE News etc.

### **Orientation Programs:**

1. Successfully completed 04 –week Orientation Program (OP.70.2004) held from 14-06-2005 to 10-07-2005 with “A” grade at UGC-ASC, HP University, Shimla.
2. Successfully completed the training orientation course for NSS program officers held from 26-09-2011 to 01-10-2011 organized by ETI/IDC Chandigarh, at GJUS&T, Hisar

### **Refresher Course:**

1. Participated in a 3 –week refresher course in “Social Sciences: Psychology” from 28-12-2009 to 16-01-2010 with “A” grade at UGC-ASC, GJUS&T, Hisar.
2. Participated in a 3 –week refresher course in “Information Technology: Interdisciplinary for all Streams” from 21-01-2011 to 10-02-2011 with “A” grade at UGC-ASC, GJUS&T, Hisar.

### **Organizational and Social Contributions:**

#### **Coordinator for Centre for Behavioral Research & Intervention**

1. Established the Centre for Behavioral Research & Intervention in the Department of Applied Psychology.
2. Developed the first psychological test in Indian context, namely ‘*HIV Risk Perception Questionnaire-HRPQ*’ for the scientific assessment of HIV risk vulnerability among youth.
3. Successfully completed the ‘*Behavior Modification in HIV/AIDS*’ project funded by Ministry of HRD, Government of India.
4. Also undertook a research project, ‘*Psychological Influences in Crime: A Comparative Study of Low and High Profile Crime Villages*’ funded by Ministry of Home Affairs, Government of India and ensured that the project reached its logical conclusion.
5. Chaired the sessions in *National and International* conferences.
6. Shared the knowledge while sensitizing people towards mental health by participating in panel discussions on NDTV, ZEE News and in other radio and TV programs.
7. Course Coordinator for ‘*Personality Development and Career Counseling Workshops*’ during 23<sup>rd</sup>January 2012 to 3<sup>rd</sup>February 2012 and 21<sup>st</sup>February 2012 to 4<sup>th</sup> March 2012 at Student Counseling and Placement Cell, L.L.R. University of Veterinary and Animal Science, Hisar.
8. Conducted workshops for students on stress management, anger management, examination anxiety management (helpline), career counseling while providing direction

for **Positive Youth Development** and remaining available for counseling for the students since the last twelve years.

9. Also conducted survey for the assessment of psychological well-being of students as also conducting researches in applied areas keeping in view the psychological welfare of the people and policy implications.
10. Organized workshops and awareness programs on prevention of HIV/AIDS, Drug Abuse, etc., for students.
11. Providing the psychological counseling services to the needy students of the university and surrounding area for the last 12 years.

### **Contribution as Hostel Warden (2006 to 2012)**

1. As teacher of psychology successfully applied the concepts of positive psychology in the administration of hostel and for the welfare of hostel students.
2. As warden organized number of successful personality development and community participation activities in the hostel like ten days life skills development program “JAGRATI”, health camp, plantation, patriotic cultural activities, and induction programs etc. with an objective to inculcate the values of self-extension, empathy, brotherhood, and patriotism among students.
3. Strengthened the concept of community participation in helping the students. Introduced the concept of *Student Aid Fund* for helping the economically under privileged students by participation of students community voluntarily.
4. Introduced the concept of hostel managing committee rather than mess committee and ensured the participation of students in the decision making of hostel specifically the students of remote states.
5. The discipline was ensured through student welfare programs, and participation in positive youth development programs.
6. Success stories published in national dailies and none of the hostel students penalized by hostel and university authorities due to acts of indiscipline.
7. The concepts of participation, transparency, accountability and faith ultimately helped in the welfare of students and in the management of hostel administration.

### **Contributions as Programme Coordinator, National Service Scheme (2009 to 2015)**

1. Strengthened the National Service Scheme in the university by maximizing the participation of students as volunteers in personality development and community development activities.
2. By applying the concepts of positive psychology students were sensitized for self-development and community work.
3. As program coordinator we have tried to inculcate the attributes of empathy, self-extension, responsibility, commitment, altruistic behavior, faith, optimism, team spirit, and positive thinking.

4. Spearheaded and organized more than 50 major programs including workshops, exhibitions, adventure camps, cleanliness drives, seven days camps, and awareness programs for personality development of students.

**Major NSS activities organized during my stint:**

1. **Observed anti-terrorism day (21-05-2009)**  
The activity was organized with a purpose to create the awareness among all sections of society about the negative consequences of violence and terrorism and to uphold the culture of peace and harmony.
2. **Help Desk and Help Line (01-07-2009 to 30-07-2009)**
3. Help Desk and Help Line was organized to provide the information and assistance to the students aspiring to take admission in the university. More than one thousand students visited the help desk and more than two thousand inquires have been attended telephonically round the clock.
4. **Plantation (13-08-2009).**
5. **Flag Day (25-11-2009).**
6. **State level exhibition on World AIDS Day (01-12-2009) 'YOUTH VOICE ON HIV/AIDS FREE INDIA'** The basic objective of the program was to make people aware about the vulnerable beliefs, behaviors and life styles. The state level poster competition, lectures, red ribbons, learning behavior modification techniques were the key features. More than 4000 students participated in the event.
7. **Woolen clothes to lesser privileged people (24-12-2009)** Woolen clothes were distributed to the lesser privileged people for helping them and to develop a feeling of empathy among students.
8. **Awareness Workshops on the "Relevance of Gram Sabha in village Panchayats" 22-02-2010 to 24-03-2010.**
9. The program was organized to make the people aware about the relevance of participative decision making and to strengthen the democracy at grass root level. The program was organized in 22 villages.
10. **Seminar on National Development (25-03-2010).**
11. The basic objective of the event was to sensitization of youth to take active participation in National development activities.
12. **Help Desk (01-07-2011 to 10-07-2011)** NSS volunteers helped the admission seekers by providing all kinds of required information to the students.
13. **Tree Plantation (13-08-2011)**
14. **International Literacy Day (08-09-2011)** Volunteers helped the slum children for promoting literacy and education.
15. **International Peace day (15-09-2010).** The key concern of the event was to highlight the contribution of India in world peace.
16. **Kaumi Ekta week (19-11-2010 -24-11-2010).**
17. The program was organized to understand the relevance of communal harmony in global perspective.
18. **Signature campaign against terrorism (26-11-2010).**
19. The activity was organized to sensitize the youth towards the evil of terrorism and to develop the feeling of nationhood for fighting with terrorism.
20. **Red Ribbon Campaign (01-12-2010).** Awareness campaign was organized to sensitize the youth towards prevention of HIV/AIDS.

21. **Seven Days NSS Camp at Village Mayyad (09-01-2011 to 15-01-2011).** The activities related to communal harmony, education for rural development, cleanliness, prevention of alcohol and drug-de addiction, career counseling, yoga, and positive attitude building were covered in the camp.
22. **Pulse polio campaign (23-01-2011 to 25-01-2011).**
23. **“EK PARYAS” (23-04-2011 to 23-05-2011).** One-month program was organized for helping slum children to take admission in schools.
24. **HIV/AIDS prevention work-shop for truck drivers (27-04-2011).** Awareness workshop was organized for helping the target groups regarding prevention of this fatal disease.
25. **Patriotic Cultural Eve “EK SHYAM RASHTRA KE NAAM” (27-09-2011).**
26. The patriotic cultural program was organized with a purpose to make the students aware about the contribution of our freedom fighters for the country.
27. **State level Blood Donation Camp and Poster Competition (28-09-2011)** 1027 units were donated in a single day and more than 1000 posters were displayed to highlight the relevance of blood donation.
28. **Red ribbon campaign on World AIDS Day (01-12-2011).**
29. **National Voters Day (25-01-2012).**
30. The event was organized to make the students aware about the democratic institutions of India. To make them sensitized towards the relevance of vote.
31. **Two days’ workshop on HIV/AIDS prevention (21-02-2012 to 22-02-2012).**
32. **Seven Days Camp at Village Kamari (09-01-2012 to 15-01-2012).** The camp was organized to make the students familiar with the rural fabric of India. To develop the feeling of empathy and dignity of labor among students. To provide career counseling and health education were the other objectives of the camp.
33. **Mera Vote Mera Desh : (15-08-2012 -15-09-2012)**One month program was organized to help the students in making voter identity cards in coordination with district administration. 1400 students were benefited by the program.
34. **Tree plantation: 23-08-2012.**Tree plantation has become the regular feature. NSS volunteers contributed a lot to make the campus and surroundings green.
35. **Pre –Republic Day Screening Camp (14-09-2012)**
36. **NSS Day celebration (24-09-2012)** The event was organized to highlight the relevance of national service scheme in positive youth development and in nation building.
37. **State Level Blood Donation Camp (27-09-2012)** A total of 1109 units of blood were donated in the camp. An exhibition on the life history of freedom fighters was also displayed during the camp.
38. **SPANDAN: Seven Days State NSS Camp (23-10-2012 to 29-10-2012)** A state level camp was organized in the university. NSS volunteers from all the universities participated in the camp. The basic objective of the camp was positive youth development and to make the students aware about their role in national development.
39. **Empowering Women Empowering India (08-01-2013 to 08-03-2013).** Two month’s awareness campaign was organized with the help of different activities with a purpose to understand the relevance of women empowerment in nation building.
40. **PRERNA-2013.**Patriotic cultural program was organized to honor the volunteers with merit certificates as appreciation of their work.

41. **NSS Day Celebration: “MaaTujhe Salam” 24-09-2013** National Service Scheme of Guru Jambheshwar University of Science & Technology, Hisar organized a patriotic cultural program “MaaTujhe Salam” on NSS Day (24-09-2013). More than 400 NSS volunteers were involved in the organization of the event. There were 32 cultural events representing the feeling of patriotism and unity in diversity in the form of poems, group dances, solo dances, play (Manthan), skit, songs, ragini, etc. More than 2500 students attended the event.
42. **Tree Plantation: 23-08-2013**
43. **AIDS Awareness program by NSS Volunteers of GJUS&T, Hisar (December 1, 2013).** The HIV/AIDS awareness program was organized on World AIDS Day for the prevention of this fatal disease.
44. **Seven days Camp in Village Shahpur (13-01-2014 to 19-01-2014).** Women empowerment, Health & Hygiene, Drug Abuse, Carrier Counseling, Corruption, Policy awareness and environment and its protection were the themes under which volunteers organized awareness rally, survey, debate, poster competition and street plays etc. There were valuable talks on the themes by experts. Villagers were also involved in all the activities.
45. **One Day Cleanliness Program in Hostel (12.02.2014)** NSS volunteers and hostel students participated in the cleanliness drive.
46. **Workshop on Positive Youth Development (07-03-2014)** One day workshop was organized on positive youth development. Experts of the field delivered the lecture on the topic and made the students aware about the relevance of hope, faith, gratitude, prayer, optimism and resilience in life.
47. **Adventure camp (29-03-2014 to 03-04-2014).** The camp was organized at Manali, Himachal Pradesh. The numbers of activities were organized during the camp like rappelling, river crossing, mountain climbing, trekking, and river rafting under the guidance of expert supervision.
48. **Workshop on HIV/AIDS prevention (11-05-2014).**
49. **PRERANA on 14-05-2014.** A program was organized for distributing the merit certificates to NSS volunteers.
50. **Mera Vote MeraDesh (05-08-2014 to 18-08-2014)** The program has been organized for making voter identity cards to eligible students in coordination with district election office.
51. **NSS Day (24-09-2014)**
52. **SAMARTHAN (30-09-2014 to 10-10-2014).** Volunteers collected the donation of Rs. 53,500 from students and employees of the university to express the solidarity with the flood affected people in Jammu & Kashmir.
53. **National Unity Day (31-10-2014).** A seminar was organized for highlighting the contribution of Sardar Vallabhbhai Patel during freedom movement and after independence. A documentary exhibiting the life history of Sardar Patel was also shown to the students on this occasion.
54. **Cleanliness drive “SWACHH HARYANA SWACHH BHARAT” 01-11-2014** The cleanliness drive was organized to make the campus clean. Large number of students took part in the drive and cleaned the specific pockets of the university.

**Contribution as Chairperson, Department of Applied Psychology, Guru Jambheshwar University of Science & Technology (August 2015 to August 2018).**

1. Established the Aptitude Testing Laboratory and Mindfulness Laboratory in the Department of Applied Psychology.
2. Introduced the new course of P.G. Diploma in Guidance & Counseling.
3. Introduced the Personality Development paper for the students of engineering courses of university.
4. Organized two International Conferences in the Department. Numerous academic and research activities were organized to provide exposure to the students so as to enhance the employability skills among the students.

**List of academic activities organized as Chairperson of the Department:**

1. Organized the workshop on “Positive Life Skills” on 15-10-2015
2. Field visit of students at department of psychiatry, Post Graduate Institute of Medical Sciences, Rohtak (06-11-2015)
3. Organized the workshop on “Understanding Psychology of Depression” conducted on 20-02-2016.
4. Organized the academic/field visit at LalbahadurShastri National Academy of Administration, Mussoorie (24-04-2016 to 26-04-2016)
5. Organized the career counseling and personality development workshop for school students at GJUS&T, Hisar (July 01, 2016)
6. Organized induction programme for students (08-07-2016)
7. Organized the workshop on Basic Counseling Skills on 29-07-2016.
8. Organized the workshop on Intelligence Testing on 26-08-2016
9. Organized the workshop on stress management on 08-09-2016
10. Conference convener of *International Conference on Youth and Wellbeing* (November 11-12, 2016).
11. Organizing member of three days international conference on “Nurturing Human Values in Youth: A Perspective of Srimad Bhagavad Gita” held on 8-10 December,2016 at Guru JambheshwarJiMaharaj Institute of Religious Studies, GJUS&T, Hisar.
12. Organized workshop on personality development for students on 08-02-2017.
13. Organized workshop on communication and employability skills on 13-02-2017.
14. Organized workshop on SPSS for behavioral science research on 27-02-2017.
15. Organized workshop on career opportunities for psychology students in defense organizations on 04-03-2017.
16. Organized workshop on Teachings of Gita and Moral values on 28-03-2017.
17. Organized workshop on Aptitude Testing on 18-08-2017.
18. Organized workshop on Cognitive Behavior Therapy on 07-11-2017.
19. Conference convener of *International Conference on Positive Psychology for Health and Wellbeing* (March10-11, 2018).

**Contribution as Proctor of the University and Convener of Board of Residents Health, Discipline and Welfare (2016-2019)**

1. Involved the students in decision making process by constituting a “Youth Development Team” representing all the hostels and departments, to take all proactive steps for ensuring the discipline and welfare of students.
2. Sensitize the students for prevention of ragging, prevention of violence and drug free campus.
3. Introduced the concept of ‘Annual activity calendar for hostel students’ for positive youth development.
4. No case of ragging was reported and student’s violence cases have been substantially reduced. Successfully coordinated and ensured the discipline during the major events of the university including the elections of students’ council.

**Contribution as Director, Psychological Guidance & Counseling Cell of the university (October 2018, till date)**

1. Organized workshop on Work Place Happiness on 12 -10-2018 for the students and employees of the university.
2. Providing guidance and counseling services to the needy students on regular basis.
3. Conceptualized the concept of Drug Prevention Cell in educational institutions and implemented at district hisar in first phase in coordination with district administration hisar
4. Recently launched the psychological helpline (UMEED) to help the students during the pandemic of COVID 19.

**(Prof. Sandeep Singh Rana)**