DR. GUNEET INDER JIT KAUR (UGC NET, MA & Ph.D.)
Assistant Professor,
Department of Sports Psychology,
School of Sport Sciences, Yoga and Education,
Central University of Rajasthan,
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SPECIALIZATION: Sports Psychology, Health Psychology, Organizational Behaviour

CV SUMMARY

Dr. Guneet Inder Jit Kaur is an Assistant Professor in the Department of Sports Psychology, School of Sports Sciences, Central University of Rajasthan. She has previously served as the Coordinator of the Departments of Sports Psychology and Sports Biomechanics at the Central University of Rajasthan and has also held the positions of Head of the Department and Research Coordinator in the Department of Psychology at JAIN (Deemed-to-be University), Bengaluru.

A University Gold Medallist, Dr. Kaur completed her Master's degree from Panjab University, Chandigarh, with specialisation in Sports Psychology, Organisational Behaviour, and Health Psychology. She earned her Ph.D. in the area of excellence in sports and academics. She currently serves as the Associate Editor of the Indian Journal of Psychology and the Asian Journal of Psychology and Education.

As a Sports Psychologist, Dr. Kaur has worked with athletes, focusing on mental training for performance enhancement. Her academic contributions include the editing of one book, publication of 47 research papers, and presentation of 50 research papers across 87 National and International Conferences and Seminars. In recognition of her scholarly excellence, she has received several prestigious awards, including the National Award in Physical Education and Sports Sciences for Outstanding Contribution in Sports Psychology; the Prof. Deepak Bhat Award for Best Paper Presentation at the 56th National and 25th International Conference of IAAP (2021); and the Best Research Paper Award at the International Conference on Interdisciplinary Dialogues (ICID-2024).

Dr. Kaur has guided 59 Master's dissertations, 31 Postgraduate Diploma projects in Sports Psychology, four M.Phil. dissertations, and is currently supervising four Ph.D. scholars. She has delivered 53 invited talks at various National and International platforms on diverse areas of psychology, mental training, and human excellence.

She recently gave the Keynote address in the 4th International Conference on Behavioral Sciences and Applied Psychology (BSAP 2025) on 'Resilience in Motion: Indian Knowledge System (IKS) informed Psychological Perspectives on Traditional Sports of North-East India', September 19, 2025, Malaysia. Her select international research presentations include- 'Effect of Rational Emotive Behaviour Therapy on Post-Traumatic Growth in Anterior Cruciate Ligament Injured Football Players' as a part of the Invited Symposium in the 16th World Congress of the International Society of Sport Psychology (ISSP), being held on the occasion of its 60th Anniversary in Hong Kong, 8-12 December'2025, 'Excellence in Sports' as a part of the Invited Symposium in the 6th Congress "Mentales Stärken" & 9th World Congress on Mind Training for Excellence in Sport & Life (Würzburg/Germany), 2023, 'Psychological Profile of High Achievers in Sports' in the 15th World Congress of International Society of Sport Psychology (ISSP) Taipei, 2021; 'Triguna Personality and Mental Training: Significance of Grit and Enthusiasm for Excellence in Sports' as a part of the Invited Symposium in the 8th World Congress on Mind Training for Excellence in Sport & Life, in Gavle (SWEDEN), from 12th-16th June, 2019 and being a part of the Invited Symposium on 'Sports Psychology' at the ISSP 14th World Congress (2017) on Sport Psychology from July 10-14, held at University of Sevilla, Sevilla (SPAIN).

Currently, Dr. Kaur's work is focused on advancing the science of human excellence and preparedness by integrating contemporary mental training research with indigenous knowledge systems. She is deeply committed to promoting human flourishing and excellence through her teaching, research, invited lectures, workshops, and academic leadership.

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DETAILED CURRICULUM VITAE

EDUCATION/TRAINING

INSTITUTION	DEGREE	YEAR	MARKS/FIELD OF STUDY
Panjab University, Chandigarh	Ph.D.	2015	Sports Psychology
UGC	NET	2012	Psychology
Department of Psychology, Panjab University, Chandigarh	M.A.	2009-2011	81.22% **(University Gold Medallist)** Sports Psychology, Health Psychology, Organizational Behaviour
MCM DAV College for Women (Panjab University, Chandigarh)	B.A. (Hons.) Psychology	2007-2009	86.13% (**Third in Panjab University in Psychology Honours)**
MCM DAV College for Women (Panjab University,	B.A.	2006-2009	79.13% Psychology, Sociology, French

Chandigarh)			
Yadavindra Public School, Patiala (ISC Board)	12th	2006	87.25% **(3rd in batch)** (humanities stream)
TRAINING			
National Centre for Sports Science and Research (NCSSR), SAI in collaboration with National Rifle Association of India (NRAI), Target Olympic Podium Scheme (TOPS), and Netaji Subhash National Institute of Sports (NSNIS) Patiala at Dr. Karni Singh Shooting Range, SAI, New Delhi.	Certification Course in Sports Psychology for Shooting Sports	2024	Sports Psychology- Mental Training
Mindlogs Psychological Services	1 Month Online Traineeship	2022	Research Methodology
Your DOST Academy, Bangalore	Basic Level	2020	Rational Emotive Behaviour Therapy (REBT)
Alliance Française, Chandigarh	Ministère de l'éducation nationale de la république française	2012	French Language- Independent user (Proficiency level-B2)
Indian Psychology Institute, Pondicherry	Semester Course	2011	Indian Psychology
MCM DAV College for Women (Panjab University, Chandigarh)	Add-on Course	2007	79% Functional English

TEACHING POSITIONS HELD ***(Total Experience: PG-*** *14 Years, 10 Months****; UG-*** *1 Year, 1 Month, 13 Days****)***

Sr. No.	Name of the Inst./Employer	Position held	Duration	Major Job Responsibilities and Nature of Experience
1	Department of Sports Psychology, School of Sport Sciences, Central University of Rajasthan, Rajasthan.	Assistant Professor	25th September, 2020 onwards *[6 years, 10 days]*	Teaching and Research
2	PG Department of Psychology, JAIN (Deemed-to-be-University), Bangalore.	Assistant Professor	2nd August, 2016 to 23rd September, 2020 *[4 years, 1 month, 21 days]*	Administrative, Teaching and Research
3	Department of Psychology, Panjab University, Chandigarh.	Guest Faculty (Psychology)	session July'2014-April'2015; session July'2015-	Teaching and Research

			April'2016 *[1 year 8 months]*	
4	PEC University of Technology, Chandigarh	Tutor- Guest Faculty (Ethics and Self Awareness)	session July'2014-December'2014 *[6 months]*	Teaching
5	MCM DAV College for Women, Chandigarh	Assistant Professor (Psychology)-Contractual Faculty	11.7.2013 to 24.2.2014 *[7 months 13 days]*	Teaching
6	Department of Psychology, Panjab University, Chandigarh.	Tutor (Sports Psychology)	2012-2013, 2013-2014 *[2 years]*	Teaching

HONOURS/AWARDS

2025	Citation for doing commendable and excellent work in the field of suicide prevention and awareness under the National Mental Health Program.
2024	Best Research Paper Award at the International Conference on Interdisciplinary Dialogues (ICID-2024).
2023	National Award in Physical Education and Sports Sciences for outstanding contribution in Sports Psychology, STAIRS
2022	Nominated for the "Surana Award of Eminence in Psychology", Surana College, Bangalore
2021	Prof. Deepak Bhat Award for Best Paper Presentation in the session at the 56th National and 25th International conference of IAAP
2018	Fully Sponsored International Workshop in "Frontiers of Psychology for Southeast Asia Young Psychologists" sponsored by the Bureau of International Cooperation and organized by the Institute of Psychology, Chinese Academy of Sciences from April 16-27, in Beijing (CHINA)
2015	The Best Paper in the Department at Fifth Chandigarh Social Science Congress
2014	The Best Paper in the Session at UGC- SAP Sponsored National Seminar
2012	2nd Best Poster award at International Forum of Physical Education and Sports Sciences on Health, Physical Education, Sports and Wellness in Schools and Community: A Holistic and Innovative Approach
2011	University Gold Medal for standing First in M.A. Psychology
2011	Awarded for standing First in overall aggregate in M.A. – 2nd year
2010	Awarded for standing First in overall aggregate in M.A. – 1st year
2010-2011	Class Representative in M. A. Psychology
2009	Merit certificate and Prize for securing First Position among college students in P.U. annual examinations
2009	M.L. Baweja Award Scholarship
2009	Sita Bai Malik Award for standing First in aggregate
2009	Merit certificate and Prize for standing Third in Panjab University in Psychology Honours and First among college students in P.U. annual examinations
2008	Merit certificate and Prize for securing Second Position among college students in P.U. annual examinations

2007	Merit certificate and Prize for standing Second among college students in P.U. annual examinations
2006	Awarded First Prize in Skit on 'Domestic Violence' (2006) in MCM DAV College for Women.
2006	Old Students Medal for securing highest in English in ISC
2006	Certificate of academic excellence for First position in class
2006	Certificate of academic excellence for Distinction in class
2005-2006	School Prefect
2005	Achieved Silver Medal in the International Award for Young People (Duke of Edinburgh Award)

ADMINISTRATIVE RESPONSIBILITIES

2025	Warden- University Girls Hostel, Central University of Rajasthan (10th November, 2025 onwards)
2023	Coordinator (Department of Sports Psychology & Department of Sports Biomechanics), School of Sports Sciences (MYAS-CURAJ), Central University of Rajasthan (23rd April, 2023 to 20th October, 2025)
2023	Member-University Games and Sports Committee, Central University of Rajasthan (2023 onwards)
2023	Member- University Delegation Visiting Committee to NERIST, Arunachal Pradesh under the Cultural Exchange Programme "Ek Bharat Shrestha Bharat", Yuva Sangam (23rd February- 3rd March, 2023).
2023	Coordinator of Online Workshop on "Entrepreneurship skill, Attitude and Behaviour Development", (23rd February, 2023) organized by Innovation and Startup Cell, Central University of Rajasthan.
2022	Member- Purchase Committee, School of Sports Sciences, Central University of Rajasthan (12th October, 2022 onwards)
2022	Warden- University Girls Hostel, Central University of Rajasthan (26th September, 2022 to 9th July, 2024)
2022	Webinar Coordinator of two 1 Day National Webinar on "Higher Education in Sports Psychology", (2nd July, 2022 & 3rd July, 2022) in association with AADI Career Guidance and Counselling Centre, Chandigarh and TRUST Centre for Mindful Living, Ernakulum respectively.
2021	Webinar Coordinator of One Day National Webinar on "National Professional Standards for Teachers (NPST) Para No. 5.20 of NEP 2020", organized by Department of Education (CURAJ) in collaboration with National Council for Teacher Education (NCTE), New Delhi
2021	Organizing Secretary of Four Week Online Expert Lecture Series on "Career Prospects in Sports Psychology", organized by Department of Sports Psychology, Central University of Rajasthan.
2020	Coordinator of One Week Online Faculty Development Program on "Traditional Indian Wisdom on Teaching and Learning", organized by Teaching Learning Centre (Under the scheme of PMMMNMTT, Ministry of Education-GoI, New Delhi), Central University of Rajasthan.
2019-2020	Head of Department (PG Psychology), JAIN (Deemed to be University), Bangalore (2nd July, 2019- 23rd September, 2020)
2018-2019	Department Coordinator (PG Psychology), JAIN (Deemed to be University), Bangalore (July, 2018 – 1st July, 2019)

2018-2020	BoS and BoE chairperson, PG Department of Psychology, JAIN (Deemed to be University), Bangalore.
2016-2018	BoS and BoE member, PG Department of Psychology, JAIN (Deemed to be University), Bangalore.
2017-2020	Research Coordinator (M.Phil. and Ph.D.) for Department of Psychology, JAIN (Deemed to be University), Bangalore (July, 2017 - 23rd September, 2020).
2018	Conference Convenor: 2-day National Conference on 'Psychology in the Transforming World'
2018	Organizer of Symposium on "Sports Psychology" in National Conference on 'Psychology in the Transforming World'
2017	In charge of Theatre and Dance Club 'Aarambh'- Department of Psychology, JAIN (Deemed to be University), Bangalore
2015	Treasurer and Core Committee Member of 3rd World Congress on Excellence, jointly organized by the International Society of Mental Training for Excellence (2015) and Department of Psychology, Panjab University, Chandigarh.

OTHER ACADEMIC AND MISCELLANEOUS ACTIVITIES/RESPONSIBILITIES

2023	Doctoral Research Committee Member- VIT, Vellore
2024	Member- Expert Committee related to the project, "Capacity Building Training for Frontline Health Workers.", ICMR-NIIRNCD, Jodhpur.
2024	External Examiner M.A. Dissertation Viva Voce- Department of English (2023-2024), Department of Social Work, CURAJ
2023-2024	Member: University Internal Committee- Games and Sports Committee
2022-2023	Member- Innovation and Startup Cell, Central University of Rajasthan
2022	Reviewer: Humanities & Social Sciences Communications
2022	Reviewer: SAGE Open
2022	Member- Board of Studies, Department of Sports Psychology, Central University of Rajasthan (2022-2024)
2022 onwards	DRC Member- Department of Yoga; Department of Sports Bioscience, CURAJ
2022	Member- Committee for Physical Verification of Store & Stock of the Central University (Hostel B2)
2021 onwards	Member: University Internal Committee- Yoga & Meditation
2021 onwards	Member: University Internal Committee- Monitoring Mental Health & Well Being of the Students and others
2021	Member: University Committee for 7th Convocation Ceremony- Medals and Degree Certificate
2021 onwards	Member: University Fitness Club-Psychological Fitness, Wellness & Wellbeing
2021 onwards	Member: Doctoral Research Committee (DRC), Department of Social Work, Department of Education, Central University of Rajasthan.
2020 onwards	Associate Editor of Asian Journal of Psychology and Education
2021 onwards	External Examiner: MA Sports Psychology -Practical, National Sports University, Imphal, Manipur.
2021	Question Paper Setter: MA Sports Psychology, National Sports University,

onwards	Imphal, Manipur.
2020-2021	Question Paper Setter: Sports Psychology, Dhanalakshmi Srinivasan College of Arts & Science for women (Affiliated to Bharathidasan University), Perambalur.
2020-2021	Invited Expert in Interview Panel for faculty recruitment, JAIN (Deemed-to-be University), Bangalore.
2020 onwards	Member- School Board, School of Sports Sciences, CURAJ (2020 onwards)
2020	Member- Admission Committee and Document Verification (Ph.D. & M.A./M.Sc. Sports Psychology), School of Sports Sciences, Central University of Rajasthan (2020-2021;2022; 2022-2024)
2018	Editor of 'Transforming Psychology' (NCPT-2018) [ISBN: 978-1985783072]
2018 onwards	Editor of National Academy of Psychology (NAOP) Bulletin (July, 2018 onwards).
2014 onwards	Assistant Editor of Indian Journal of Psychology [UGC Care listed Journal] (2014-Uptil now)
2006-2004	Participated in I.P.S.C. Debates
2006-2004	Member of the school IPSC girls' Hockey team
2005	Participated in Round Square Senior Conference (2005) held at Birla Balika Vidyapeeth, Pilani
2004	High Altitude Trekking (trekked above 16,000ft – Roopkund Lake, Pindari Glacier and Sahastra Tal)

PROFESSIONAL MEMBERSHIP

Professional Member: International Society of Sport Psychology (ISSP)
Professional Member: Association for Applied Sport Psychology (AASP)
Member: National Academy of Psychology (NAOP)
Lifetime Member: Indian Science Congress (ISC)
Lifetime Member: Indian Academy of Health Psychology (IAHP)
Life Member: Sports Psychology Association of India (SPAI)
Life Member: Indian Women Scientist Association (IWSA) Ajmer Branch

EDITED BOOKS

1. Janetius, S. T., Baboo, S., Gnanaprakash, C., Vallikad, M., **Kaur, G. I. J**., Lakshmi, J., Varma, P. & Shambhavi, G. (Eds.). (2018). *Transforming Psychology*. Bangalore: Department of Psychology [ISBN: 978-1985783072]

CHAPTERS IN BOOKS *(International- 4; National- 13)*

2. Nishada, R. K., & **Kaur, G. I. J.** (In press). Digital augmentation of Rational Emotive Behaviour Therapy (REBT) in sports: A theoretical integration for emotion regulation and performance optimization. In *Current trends in psychology* (pp.). The Readers Paradise.
3. Nishada, R. K., & **Kaur, G. I. J.** (2024). From setback to comeback: The path of post-traumatic growth in sports. In W. Khan, P. Saini, A. Choudhary, & G. Kumari (Eds.), *Everyday psychology: Applying psychological insights in modern life* (p. 58). Walnut Publication. [ISBN: 978-935911296-1].
4. Saikia, A., Nishada, R. K., Gurung, H., & **Kaur, G. I. J.** (2024). Commuting Green, Riding for Well-Being: Analysis of Environmental Identity and Well-Being on

Commuting**.** In *Proceedings of the 14th International Conference on Sustainable Waste Management & Circular Economy and IPLA Global Forum 2024* (pp. 66). GITAM (Deemed to be) University & ISWMAW. [ISBN: 978-93-48697-65-3].

5. **Kaur, G. I. J.**, Purohit, S. G. & Rahmath, N. K. (2023). Grit, Psychological well-being and Blood Types among University Athletes. In A. Seth, S. Choudhary, S. Upadhya, S. Purohit, R. Sharma and P. Mishra (Eds.). *National Conference Proceedings on "Elevating Grassroots: A Pathway to Health, Fitness and Olympic Excellence in India".* New Delhi: Asian Offset [ISBN: 978-93-5877-291-3]
6. **Kaur, G. I. J.** & Rahmath, N. K. (2023). Mental Health and Sport. In R. Joshi, G. S. Bhullar, N. Tripathi, V. Choudhary, and R. Barach (Eds.). *Contemporary Ideas on Sustainable Well-Being and Mental Health* (pp. 68-76). Chandigarh: Enkay Enterprises [ISBN: 978-81-961431-7-6]
7. **Kaur, G. I. J.** (2022). Societal Resilience and Wellbeing: From asylum seekers to shared identities*. [In Press].*
8. **Kaur, G. I. J.** & Gupta, N. (2022). Storytelling- A Traditional Indian Method for Teaching Ethics and Values in the Shrinking World. In '*Understanding Values and Ethics in Shrinking World*'. Bloomsbury India. ISBN: 978-93-54358-94-4
9. Sahana, V. & **Kaur, G. I. J.** (2018). Existential Thinking and Posttraumatic Growth in Young Adults. *International Conference Proceedings of 12th PARIS International Conference on Marketing, Education, Humanities and Social Sciences (MEHSS-2018), Paris*. [ISBN: 978-81-938365-1-4]
10. Sawekar, K. S. & **Kaur, G. I. J.** (2018). Social Support, Psychological Wellbeing and Resilience among patients. In S. T. Janetius, S. Baboo, C. Gnanaprakash, M. Vallikad, G. I. J. Kaur, J. Lakshmi, P. Varma and G. Shambhavi (Eds.). *Transforming Psychology* (pp. 181-88). Bangalore: Department of Psychology [ISBN: 978-1985783072]
11. Ahmed, Z. S., Pandit, D. M., Jha, M. & **Kaur, G. I. J.** (2018).Visual Media's Portrayal of Suicide: Counsellor's Perspective. In S. T. Janetius, S. Baboo, C. Gnanaprakash, M. Vallikad, G. I. J. Kaur, J. Lakshmi, P. Varma and G. Shambhavi (Eds.). *Transforming Psychology* (pp. 135-42). Bangalore: Department of Psychology [ISBN: 978-1985783072]
12. Sahana, V. & **Kaur, G. I. J.** (2018). Existential Thinking and Posttraumatic Growth. In S. T. Janetius, S. Baboo, C. Gnanaprakash, M. Vallikad, G. I. J. Kaur, J. Lakshmi, P. Varma and G. Shambhavi (Eds.). *Transforming Psychology* (pp. 17-22). Bangalore: Department of Psychology [ISBN: 978-1985783072]
13. Mohan, J. & **Kaur, G. I. J.** (2017). Perfectionism and Excellence. In J. Mohan (Ed.). *Emerging Contours of Excellence* (pp. 284-308). Chandigarh: Panjab University Press. [ISBN:81-85322-64-3]
14. **Kaur, G. I. J.** & Kakkar, P. (2016). Sports Excellence in relation to Grit and Flow. In J. Mohan and M. Sehgal (Eds.). *Idea of Excellence: Multiple Perspectives* (pp. 317-330). Chandigarh: Panjab University Press. [ISBN:81-85322-59-7]
15. Mohan, J. & **Kaur, G. I. J.** (2016). The Role of Emotional Intelligence and Grit in Sports Excellence. *Proceedings of UGC Sponsored National Conference on Sport Psychology: Advances in Technology, Training Methodology and Measurements, Maharashtra.* [ISBN:978-93-84309-17-6]
16. Mohan, J., **Kaur, G. I. J.** & Kaur, N. (2015). Academic Excellence: The Genius Within. In J. Mohan (Ed.), *Excellence: A Multidimensional Appraisal* (pp. 98-115). Chandigarh: Panjab University Press. [ISBN:81-85322-53-8]

17. **Kaur, G. I. J.** (2014). Inclusive Innovation in Healthcare in India. *Proceedings of 2nd International Conference on Inclusive Innovation and Innovative Management, Thailand.*
18. Mohan, J. & **Kaur, G. I. J.** (2014). A study of mental toughness among different track runners. *Proceedings of International Congress on Sports Psychology, New Delhi.* [ISBN:978-81-7873-077-6]
19. Mohan, J., Kaur, N. & **Kaur, G. I. J.** (2014). Sports Psychology: The march towards excellence. In R. C. Sobti, J. Mohan, M. Sehgal, V. Sobti and S. Sharma (Eds.), *Biopsychological Impacts. In the era of science and technology* (pp. 307- 331). Delhi: Narendra Publishing House. [ISBN: 978-93-82471-82-0]
20. Mohan, J. & **Kaur, G. I. J.** (2014). Emotional Intelligence and Hardiness among Hostellers and Day Scholars: A Comparative Study. In M. Meenakshi, A. K. Vashisht, Luxmi and P. Kansal. (Eds.), *Emotional Intelligence. Past and present trends- shaping the future* (pp. 109- 117). New Delhi: YS books international. [ISBN-13:978-93-837931-7-4]

PUBLICATIONS IN JOURNALS *(Scopus- 1; Web of Science-3; Peer Reviewed- 27)*

21. Mohan, J. & **Kaur, G. I. J.** (2026). Beyond The Medal: Emotional Intelligence, Excellence In Sport, and the Ancient Indian Vision of Flourishing. *Indian Journal of Psychology*, 181-91. [ISSN:0019-5553]
22. Nishada, R. K., & **Kaur, G. I. J.** (2026). The Effect of Rational Emotive Behaviour Therapy on Post-Traumatic Growth: Evidence from a Pilot Study on Anterior Cruciate Ligament Injured Football Players. *Indian Journal of Psychological Science, 21*(1), 65-73. [ISSN 0976 9218]
23. Nishada, R. K., & **Kaur, G. I. J.** (2026). Psychological factors in sports injury anxiety: Examining irrational beliefs and social support. *Journal of the Indian Academy of Applied Psychology*, 52(Special Issue), 200–208. (UGC CARE)
24. Saikia, A., Nishada, R. K., & **Kaur, G. I. J.** (2026). Sustainable commuting and well-being: The role of environmental identity among cyclists and mountain bikers. *The International Journal of Indian Psychology, 14*(1), 1134–1146. [ISSN: 2348-5396 (Online) | ISSN: 2349-3429 (Print)]
25. Nishada, R. K., Nandhana, B., Shahal, T. M., & **Kaur, G. I. J.** (2025). Breaking the fear cycle: How irrational beliefs contribute to sports injury anxiety in volleyball players. *The International Journal of Indian Psychology, 13*(3), 4535–4542.
26. Saha, S., Pahan, M. K., Karmakar, D., & **Kaur, G. I. J.,** & Gurjar, R. (2025). Psycho-yogic training and its effects on the psychological well-being of underperforming female athletes. *Journal of Bodywork and Movement Therapies*, *45*, 639-644.
27. Agarwal, M., Anupam., & **Kaur, G.I.J.** (2025). Self-Efficacy as Related to Optimism, Mental Toughness and Resilience among Sports Persons. *Indian Journal of Psychological Science. 21*(11), 159-166. [ISSN: 0976 9218]
28. Nishada, R.K., & **Kaur**, **G. I. J.** (2025). The effect of Rational Emotive Behaviour Therapy on post-traumatic growth in anterior cruciate ligament injured football players. *European Journal of Physical Education and Sport Science, 12*(9), 1–13. [ISSN: 2501 – 1235; ISSN-L: 2501 – 1235]
29. Biju, S., Nishada, R.K., **Kaur, G.I.J.** (2025). Effect of Emotional Freedom Technique Intervention on Resilience and Emotional Regulation among State-Level Horse Polo Players. *Indian Journal of Psychological Science. 21*.
30. Nishada, R.K., Nandhana, B., Shahal, T.M. & **Kaur, G.I.J.** (2025). Breaking the Fear Cycle: How Irrational Beliefs Contribute to Sports Injury Anxiety in Volleyball

Players. *International Journal of Indian Psychology, 13*(3), 4535-4542. DIP:18.01.415.20251303, DOI:10.25215/1303.415
31. Sharma, D., Nishada, R.K. & **Kaur, G.I.J.** (2025). Grit and Personality Traits among Para-Athletes: A Correlational Analysis. *International Journal of Indian Psychology, 13*(3), 4467-4475. DIP:18.01.409.20251303, DOI:10.25215/1303.409
32. Kumar, D., Rahmath, N. K. & **Kaur, G. I. J.** (2024). Resilience And Optimism: A comparative analysis of athletes and non-athletes in the context of sports engagement. Indian Journal of Health & Wellbeing, 15(Special Issue), 41-45. [ISSN-p-2229-5356]
33. Mohan, J. & **Kaur, G. I. J.** (2024). Collective Resilience and Shared Identities: United by resilience. *Indian Journal of Psychology,* 26-30. [ISSN:0019-5553]
34. **Kaur, G. I. J.** (2023). Relationship of Grit and Resilience with Psychological Well-Being among Young Football Players. *International Journal of Research Pedagogy and Technology in Education and Movement Sciences, 12*(2), 242-250. [E-ISSN: 2319-3050]
35. Mohan, J. & **Kaur, G. I. J.** (2023). Gender Harassment in Sports: Is Glass Ceiling thwarting Sporting Excellence. *Indian Journal of Psychology,* 201-205. [ISSN:0019-5553]
36. Parvathi, K. & **Kaur, G. I. J.** (2022). The Relationship Between Sports Achievement Motivation and Mental Toughness Among Kabaddi Players**.** *Sports Research Quarterly, 11*(3&4), 21-28. [ISSN:2321-6557]
37. Sethi, S. K. & **Kaur, G. I. J.** (2022). Relationship of Passion and Burnout among Indian Para-Athletes. *Sports Research Quarterly, 11*(1&2), 43-52. [ISSN:2321-6557]
38. Gautam, A., Bhadra, S. & **Kaur, G. I. J.** (2022). Exploration of Development in Early Childhood among Children of Rag-pickers using Picture Cards. *Indian Journal of Psychology*, 112-117. [ISSN:0019-5553]
39. Mohan, J. & **Kaur, G. I. J.** (2021). Emotional Intelligence: An Anchor of Excellence in Sports and Academics*. Indian Journal of Psychology*, 4-9. [ISSN:0019-5553]
40. Vinay, A. L. & **Kaur, G. I. J.** (2021). Formulating The 21st Century Life Skills Conceptual Framework: A Review. *International Education and Research Journal, 7*(11), 14-20. [E-ISSN No: 2454-9916]
41. **Kaur, G. I. J.** (2020). COVID-19 Global pandemic and coping with the invisible enemy: an insight into the facets of mental health. *Indian Journal of Psychology,* 248-55. [ISSN:0019-5553]
42. Sawekar, K. S. & **Kaur, G. I. J.** (2020). Relationship of perceived social support, psychological wellbeing and resilience amongst patients undergoing dialysis. *Journal of Informational & Computational Science, 10*(7), 333-346. [ISSN: 1548-7741]
43. Roy, C. & **Kaur, G. I. J.** (2019). Perceived Stress, Personality and Decision Making Styles among Karnataka Police Officers. *International Journal of Science and Research (IJSR), 8*(8), 805-23 [ISSN: 2319-7064]
44. Vijaysimha, S. & **Kaur, G. I. J.** (2019). The effect of hypnosis on flow among club cricketers of KSCA. *Pramana Research Journal, 9*(6), 1899-1918. [ISSN: 2249-2976].
45. **Kaur, G. I. J.** & Kakkar, P. (2017). Grit: The unflinching spirit of excellence. *Indian Journal of Psychology, Special Issue on Sports Psychology,* 73-78. [ISSN:0019-5553]
46. Mohan, J. & **Kaur, G. I. J.** (2016). The role of grit and flow in sports excellence. *Indian Journal of Psychology,* 136-42. [ISSN:0019-5553]
47. Mohan, J. & **Kaur, G. I. J.** (2015). The Role of Grit and Self Efficacy in Academic and Sports Excellence: A Comparative Study. *Indian Journal of Psychology, January Issue, 38-43.* [ISSN:0019-5553]

48. Mohan, J. & **Kaur, G. I. J.** (2014). The Role of Positive Psychology in Ageing Gracefully. *Journal of Positive Psychology, Vol 3, Issue 1, 5-16*. [ISSN:2249-6254]
49. **Kaur, G. I. J.** (2013). Role of Sports Participation in Environmental Mastery, Autonomy and Self- Esteem among Athletes and Non-Athletes. *Indian Journal of Sports Psychology, Vol 1, Issue 1, 36- 45.* [ISSN:2320-2904]
50. Singh, G., Rana, D. K., Singh, K. & **Kaur, G. I. J.** (2013). A Study of Mental Toughness among Team Game Players. *International Journal of Sports Sciences and Fitness, Vol 3, Issue 2, 279- 294.* [ISSN:2231-1599]
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CONFERENCES/SEMINARS/WORKSHOPS/FDP/INDUCTION COURSE

1	**2026**	**Sport India Conference 2026** on Vision 2036: Powering India's rise as a Global Sporting Superpower, jointly organized by Sport India Foundation and the Physical Education Foundation of India (PEFI), supported by MYAS, held at New Delhi on August 21, 2026. **Paper Presented**: SANKALPA AS A PRE-PERFORMANCE PSYCHOLOGICAL SKILL IN SPORT
2	**2026**	**35th Annual Convention** of the National Academy of Psychology (NAoP), held at the Indian Institute of Management, Shillong from April 29-May 1, 2026. **Paper Presented:** TECH-MIND INTERFACE: A POSITIVE PSYCHOLOGICAL PERSPECTIVE ON TECHNOLOGY, MOTIVATION AND PERFORMANCE
3	**2026**	**International Conference:** 10th International Conference of the Indian Academy of Health Psychology, organized by Indian Academy of Health Psychology in collaboration with the Indian Institute of Psychology (Noida) and the University of Rajasthan (Jaipur) from December 11-13, 2026. **Paper Presented:** MIND OVER INJURY: EXAMINING THE RELATIONSHIP BETWEEN SPORTS INJURY ANXIETY, IRRATIONAL BELIEFS, AND SOCIAL SUPPORT IN ATHLETES
4	**2025**	**International Conference:** 16th World Congress of the International Society of Sport Psychology (ISSP), held at Hong Kong, China from December 8-12, 2025. **Paper Presented as a part of Invited Symposium:** EFFECT OF RATIONAL EMOTIVE BEHAVIOUR THERAPY ON POST-TRAUMATIC GROWTH IN ANTERIOR CRUCIATE LIGAMENT INJURED FOOTBALL PLAYERS
5	**2025**	**International Conference** on Psychosocial Support & Mental Health Services in Disaster Management, held at NIMHANS, Bangalore from October 10-12, 2025. **Paper Presented:** SUPPORTING WELLBEING IN SPORT: PSYCHOSOCIAL CONSEQUENCES OF CLIMATE CHANGE
6	**2025**	Certificate for completion of **Rashtriya Karmayogi Large Scale Jan Seva Program,** September 18, 2025 in CURAJ.
7	**2025**	**E-learning course** on Net Zero 101 :What, Why and How, April 14, 2025 by United Nations University, Institute for the Advanced Study of Sustainability.
8	**2025**	**34th Annual Conference of Sports Psychology Association of India-International Conference** on Psychology for Sporting Success: Enhancing

		Performance and Wellness, held at Manipal University, Jaipur from April 17-18, 2025. **Paper Presented:** EFFECT OF EMOTIONAL FREEDOM TECHNIQUE INTERVENTION ON RESILIENCE AND EMOTIONAL REGULATION AMONG STATE-LEVEL POLO PLAYERS SELF EFFICACY AS RELATED TO OPTIMISM, MENTAL TOUGHNESS AND RESILIENCE AMONG SPORTSPERSON EFFECT OF RATIONAL EMOTIVE BEHAVIOUR THERAPY ON POST-TRAUMATIC GROWTH IN ANTERIOR CRUCIATE LIGAMENT INJURED FOOTBALL PLAYERS: A PILOT STUDY
9	**2025**	**International Conference** on "Harmonizing Movement: Integrating Yoga with Sports Science for Peak Performance," held at SAI NS NIS Patiala from March 21–22, 2025. **Paper Presented:** TRATAKA KRIYA MEDITATION FOR INJURY RECOVERY: ENHANCING CONFIDENCE AND REDUCING PAIN PERCEPTION
10	**2025**	**International Conference** on Fit for Life: Empowering youth though physical education, sports and traditional sports, organized by National Sports University, Imphal and Don Bosco College at Goa University from February 18-20, 2025. **Paper Presented:** RATIONAL EMOTIVE BEHAVIOUR THERAPY FOR IRRATIONAL BELIEFS AND PAIN CATATROPHISING: CASE STUDY APPROACH OF ATHLETES WITH FULL ANTERIOR CRUCIATE LIGAMENT (ACL) INJURIES LEVERAGING IoT IN SPORTS: THE ROLE OF IoT IN REVOLUTIONIZING HUMAN WELLNESS
11	**2024**	**5 days Faculty Development Programme** on "Empowering Faculty with Innovative Pedagogy & Quality through Technology Integration", 2nd-6th December, 2024, organized by NITTTR, Bhopal and CURAJ.
12	**2024**	**9th Internation Conference** of the Indian Academy of Health Psychology (9th ICIAHP-2024), held at Mahatama Gandhi Kashi Vidyapeeth, Kashi from November 22-24, 2024. **Paper Presented:** GRIT AND PERSONALITY AMONG PARA ATHLETES: A COMPARATIVE ANALYSIS
13	**2024**	**5 days Faculty Development Programme** on "IPR & Patenting", 23rd-27th September, 2024, organized by NITTTR, Bhopal and CURAJ.
14	**2024**	**5 days Faculty Development Programme** on "Curriculum Development Process, Design, Evaluation and Implementation", 9th-13th September, 2024, organized by NITTTR, Bhopal and CURAJ.
15	**2024**	**International Conference** on Interdisciplinary Dialogues (ICID-2024), held at Chinmaya Vishwa Vidyapeeth from August 10-12, 2024. **Paper Presented:** EFFECT OF IMAGERY INTERVENTION ON FLOW AND IMAGERY ABILITY AMONG BADMINTON PLAYERS **[Best Paper Award]**
16	**2024**	**Certification Course in Sports Psychology for Shooting Sports**, 20th-24th May, 2024, organized by National Centre for Sports Science and Research (NCSSR), SAI in collaboration with National Rifle Association of India (NRAI), Target Olympic Podium Scheme (TOPS), and Netaji Subhash National Institute of Sports (NSNIS) Patiala at Dr. Karni Singh Shooting Range, SAI, New Delhi.

17	**2024**	**ICSSR Sponsored National Seminar** on 'Impact of Science and Technology in Society', 27th-28th March, 2024, organized by Bebe Nanaki University College Mithra (Kapurthala), Punjab. **Paper Presented:** SPORTING EXCELLENCE: THE PSYCHOLOGICAL MARKERS OF EXCELLENCE
18	**2024**	**ICSSR sponsored 2-Week Capacity Building Programme (CBP)** on Research Methodology and Quality Publications for Young Faculty Members in Social Science, 4th-6th March, 2024, organized by the Department of Management, Central University of Rajasthan.
19	**2024**	**International Conference** on 'Mental Health at Crossroads: Contemporary Modalities and Strategies for Promotion of Health and Well-Being', 23rd-24th February, 2024, organized by Department of Psychology, University of Rajasthan, Jaipur in collaboration with Psychiatric Centre, SMS Medical College and Hospital under the aegis of RUSA 2.0 Project No XIII **Paper Presented:** RESILIENCE AND OPTIMISM: A COMPARATIVE ANALYSIS OF ATHLETES AND NON-ATHLETES IN THE CONTEXT OF SPORTS ENGAGEMENT
20	**2023**	**National Conference** on 'Elevating Grassroots: A Pathway to Health, Fitness and Olympic Excellence in India', 15th-16th December, 2023, organized by Satyawati College University of Delhi and Physical Education and Sports Sciences Department STAIRS **Paper Presented:** GRIT, PSYCHOLOGICAL WELL-BEING AND BLOOD TYPES AMONG UNIVERSITY ATHLETES
21	**2023**	**International Conference:** 9th World Congress on Mind Training for Excellence in Sport & Life, 1-5 November, 2023, organized by Trenkle Organization GmbH, Wurzburg, Germany. **Invited Symposium**: EXCELLENCE IN SPORTS
22	**2023**	**National Conference** 'INSIGHT 2023' on Intelligence- in animals, humans and machines, 18th- 19th April, 2023, organized by Department of Psychology & National Institute of Advanced Studies (NIAS), Bangalore, Karnataka. **Paper Presented:** WISDOM AND ATHLETIC COPING STRATEGY AMONG UNIVERSITY LEVEL ATHLETES
23	**2023**	**International Conference** on Physical Education and Exercise Sciences (ICPEES 2023), 22nd-24th March, 2023, organized by Department of Physical Education, Punjabi University, Patiala. **Paper Presented:** RELATIONSHIP OF GRIT AND RESILIENCE WITH PSYCHOLOGICAL WELL-BEING AMONG YOUNG FOOTBALL PLAYERS
24	**2023**	**6th National and International Conference** on Health and Sports Sciences on Sports, Health, Wellness & Sustainable Development, 17th-18th February, 2023, jointly organized by Manav Rachna International Institute of Research and Studies and 8 International Knowledge Partners. **Paper Presented:** SPORTS EMOTIONAL INTELLIGENCE AMONG INDIVIDUALS AND TEAM SPORTS ATHLETES PASSION IN PSYCHOLOGICAL WELL-BEING AMONG RURAL AND URBAN UNIVERSITY ATHLETES
25	**2022**	**20th International Conference** on Harmonizing Work and Work Environment "Ergonomics for New Normal", November 24-26, 2022 jointly organized by Department of Physical Education, Punjabi University, Patiala, International Ergonomics Association and Indian Society of Ergonomics.

		Paper Presented: SPORTS ACHIEVEMENT MOTIVATION AND MENTAL TOUGHNESS AMONG KABADDI PLAYERS
26	**2022**	**Online Workshop on** "Innovations ecosystem and Incubation setup" as a part of Online Workshop Series on NEP 2020-Moving onto Implementation, July 30, 2022 organized by UGC-HRDC Maharishi Dayanand Saraswati University, Ajmer and NEP Cell, CURAJ.
27	**2022**	**2 Day International Conference** on "Impact of the COVID-19 Pandemic on Long-Term Societal Well-Being", March 25-26, 2022, organized by Faculty of Liberal Arts and Humanities, Jagran Lakecity University, Bhopal in collaboration with Konrad Adenauer Stiftung, Germany. **Paper Presented:** SOCIETAL RESILIENCE AND WELLBEING: FROM ASYLUM SEEKERS TO SHARED IDENTITIES
28	**2022**	**Virtual International Conference** on "Understanding Ethics and Values in Shrinking World", March 25, 2022, organized by Central University of Rajasthan. **Paper Presented:** STORYTELLING- A TRADITIONAL INDIAN METHOD FOR TEACHING ETHICS AND VALUES IN THE SHRINKING WORLD
29	**2022**	**Webinar** on "Mentorship Guidelines", March 22, 2022, organized by UGCHRDC JNU
30	**2022**	**31st Convention of National Academy of Psychology 2021-2022** on "Psychology and Social Justice at the Time of COVID-19 Pandemic: The State, Community, and Individual Perspectives", March 4-6, 2022, organized by Psychophysiology Laboratory, Department of Humanities and Social Sciences, Indian Institute of Technology, Bombay. **Paper Presented: 1.** RELATIONSHIP OF ORTHOREXIA NERVOSA WITH PERSONALITY AND PERFECTIONISM AMONG NUTRITION STUDENTS AND GYM GOERS **2.**CORRELATES OF MENTAL TOUGHNESS AMONG ELITE NATIONAL ATHLETES OF INDIA
31	**2022**	**1-Week Faculty Development Programme** on "Psychological Skills for Effective Teaching and Learning", 6th-12th January, 2022, organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of Education -Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching **[Obtained Grade A+]**
32	**2021**	**Open House Discussion** on "National Professional Standard for Teachers (NPST) Para No. 5.20 of NEP 2020", December 14, 2021, organized by Department of Education (CURAJ) in collaboration with National Council for Teacher Education (NCTE), New Delhi.
33	**2021**	**6th National Conference on E-Learning & E-Learning Technologies (ELELTECH 2021)** on "E-Learning: A Game Changing Technology during COVID-19 Pandemic", October 7, 2021, organized by Centre for Development of Advanced Computing (C-DAC) R&D Organization, Ministry of Electronics and Information Technology, Hyderabad.
34	**2021**	**Two Week Inter-Disciplinary and Multilingual Refresher Course/Faculty Development Programme** on "Research Methodology", 23rd October-6th November, 2021, organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of Education -Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching **[Obtained Grade A+]**

35	**2021**	**International Society of Sport Psychology (ISSP) 15th World Congress Taipei, 2021** on "The Future of Sport and Exercise Psychology: New Horizons beyond the Olympic and Paralympic Games in the Pandemic World", September 30- October 4, 2021. **Paper Presented:** PSYCHOLOGICAL PROFILE OF HIGH ACHIEVERS IN SPORTS
36	**2021**	**National Webinar** on Tokyo Olympics 2020 - India's Journey and Expectations, July 3, 2021, organized by National Sports University, Manipur.
37	**2021**	**NAOP 2021: 30th Convention of National Academy of Psychology,** March 19-21, 2021, organized by Indian Institute of Technology Kanpur, Kanpur. **Paper Presented:** COMPETITIVE PSYCHOLOGICAL CLIMATE AND ARTIFICIAL INTELLIGENCE ANXIETY ON EMPLOYEE ATTRITION
38	**2021**	**56th National and 25th International conference** of Indian Academy of Applied Psychology (IAAP) on 'Actualizing Human Potential', February 18-20, 2021 at Patiala. **Paper Presented:** PERCEIVED INFLUENCE OF ARTIFICIAL INTELLIGENCE ANXIETY AND COMPETITIVE PSYCHOLOGICAL CLIMATE ON EMPLOYEE ATTRITION **[Prof. Deepak Bhat Award for Best Paper Presentation in the session]**
39	**2021**	Four-week online **Induction Training Program** for Faculty Members of HEIs, 20th January-16th February, 2021, organized by Teaching Learning Centre, Central University of Rajasthan, under the aegis of Ministry of Education -Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching **[Obtained Grade A+]**
40	**2021**	4-Week **Induction/Orientation Programme** for "Faculty in Universities/Colleges/Institutes of Higher Education", 10th December-8th January, 2021, organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of Education -Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching **[Obtained Grade A]**
41	**2020**	**International Webinar** on Physical Education and Sports: The Power to Unite Communities, October 27-28, 2020, jointly organized by National Sports University, Manipur & Sports Authority of India, Lakshmibai National College of Physical Education.
42	**2020**	**Webinar** involving panel discussion on 'Emerging Trends in Evaluation and Assessment in Higher Education', on 21st August, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
43	**2020**	**Webinar** involving panel discussion on 'Unwrapping the New Education Policy (NEP) 2020', on 7th August, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
44	**2020**	**Webinar** involving panel discussion on 'Citizen-Friendly Administration: Emerging Issues', on 24th July, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
45	**2020**	**International Webinar** involving panel discussion on 'Feminist Response to the Pandemic: Refelcting on our Experiences', on 10th July, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore and SNDT Women's University, Mumbai.

46	**2020**	**Panel Discussion Webinar** involving panel discussion on 'Learning, E-Learning & Re-Learning in the Post COVID World', on 26th June, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
47	**2020**	**International Interactive Webinar** on 'Easy to Learn: Data Science for Professional Growth' on 26th June, 2020, jointly organized by School of Commerce, JAIN (Deemed-to-be-University) and Institute of Analytics (IoA), Bangalore.
48	**2020**	**FDP 'From Teaching to Learning: A Framework for Innovation'** from 15th to 18th June 2020, organised and hosted by Centre for Research in Social Sciences and Education (CERSSE), JAIN (Deemed-to-be University).
49	**2020**	**Webinar** on 'Cognitive Behaviour Therapy' (CBT) on 30th May, 2020, organized by Psychotherapy Sub Committee of the Indian Psychiatric Society.
50	**2019**	**Invited Symposium-** VIII World Congress on Mind Training for Excellence in Sport & Life, June 12-16, 2019, Gavle, SWEDEN. **Paper Presented:** TRIGUNA PERSONALITY AND MENTAL TRAINING: SIGNIFICANCE OF GRIT AND ENTHUSIASM FOR EXCELLENCE IN SPORTS
51	**2018**	**Fully Sponsored International Workshop** (2018) in "Frontiers of Psychology for Southeast Asia Young Psychologists" sponsored by the Bureau of International Cooperation and organized by the Institute of Psychology, Chinese Academy of Sciences from April 16-27, in Beijing (CHINA)**.** **Poster Presented:** HEALTHCARE IN INDIA: PRESENT SCENARIO
52	**2018**	12th PARIS **International Conference** on Marketing, Education, Humanities and Social Sciences (MEHSS-18) from September 17-19, 2018, held at Paris, France. **Paper Presented:** POSTTRAUMATIC GROWTH AND EXISTENTIAL THINKING IN YOUNG ADULTS
53	**2017**	**Invited Symposium**- International Society of Sport Psychology (ISSP) 14th World Congress (2017) on 'Sport Psychology' from July 10-14, held at Sevilla, Spain. **Paper Presented:** EXCELLENCE IN SPORTS AND ACADEMICS
54	**2017**	**Workshop on Prevention of Interpersonal Abuse** (2017) on 11th August, held at JAIN (Deemed-to-be-University), Bangalore.
55	**2017**	**Workshop on Play Therapy** (2017) on 2nd August, held at Jain University, Bangalore.
56	**2016**	2nd **International Conference** of Indian Academy of Health Psychology (ICIAHP-2016) on 'Health Psychology: Expanding Horizons' from December 16-18, held at Gautam Buddha University, Greater Noida. **Paper Presented:** A COMPARATIVE STUDY OF FIRST THREE TOPPERS ON HARDINESS AND PERCEIVED HAPPINESS
57	**2016**	**FDP on "SANKALP- Development of Emotional Intelligence in Colleges"** on 24th August, 2016, jointly organized by JU Vishwas & Tatwa, Bangalore.
58	**2016**	**UGC Sponsored National Conference** (2016) on **'**Sport Psychology: Advances in Technology, Training Methodology and Measurements' from September 23-24, held at Yashwantrao Chavan Mahavidyalaya, Pachwad (Maharashtra). **Paper Presented:** THE ROLE OF EMOTIONAL INTELLIGENCE AND GRIT IN SPORTS EXCELLENCE

59	**2016**	**Sixth Chandigarh Social Science Congress** (2016) on 'Social Sciences in Contemporary Era' from February 25- 26, held at Panjab University, Chandigarh. **Paper Presented:** THE ROLE OF PERCEIVED HAPPINESS AND GRIT IN EXCELLENCE
60	**2016**	**103rd Indian Science Congress** (2016) on 'Science & Technology for Indigenous Development in India', from January 3-7, held at university of Mysore, Mysore. **Paper Presented:** A STUDY OF EXCELLENCE IN ACADEMICS IN RELATION TO FLOW, GRIT AND EMOTIONAL INTELLIGENCE: A GENDER STUDY
61	**2015**	**International Conference** (2015) on 'Work, Stress and Health: Recent Perceptions, Future Trends', from October 26-27, held at St. Bedes College, Shimla. **Paper Presented:** ROLE OF PERFECTIONISM AND PERCEIVED HAPPINESS AMONG HIGH ACHIEVERS
62	**2015**	**3rd World Congress on Excellence** (2015) on 'Excellence in Sport & Life', from October 19-21, held at Panjab University, Chandigarh. **Paper Presented:** THE ROLE OF GRIT AND SELF-EFFICACY IN SPORTS EXCELLENCE
63	**2015**	**Fifth Chandigarh Social Science Congress** (2015) on 'Governance: Issues, Challenges and Strategies with reference to India' from February 20- 21, held at Panjab University, Chandigarh. **Paper Presented:** THE ROLE OF POSITIVE PSYCHOLOGICAL ATTRIBUTES IN GOOD GOVERNANCE **[Awarded The Best Paper in the Department]**
64	**2015**	Workshop on Optimizing Organizational Behaviour Leadership by Professor Michel Gagne (2015) on 23rd October, held at Panjab University, Chandigarh.
65	**2015**	Workshop on Enhancing Excellence by Professor Terry Orlick (2015) on 22nd October, held at Panjab University, Chandigarh.
66	**2014**	**2nd International Conference** (2014) on 'Inclusive Innovation and Innovative Management' from December 11- 12, held at Valaya Alongkorn Rajabhat University, Pathumthani, Thailand. **Paper Presented:** INCLUSIVE INNOVATION IN HEALTHCARE IN INDIA
67	**2014**	**National Seminar** on Health and Well Being, Recent Developments and Challenges (2014) from November 12- 13, held at Department of Psychology, Jamia Millia Islamia, New Delhi. **Paper Presented:** THE ROLE OF PERFECTIONISM AND EMOTIONAL INTELLIGENCE IN ACADEMIC EXCELLENCE
68	**2014**	**UGC Sponsored International Congress** on Sport Psychology and 25th National Conference on Sport Psychology (2014) on 'Exercise and Sports Psychology in 21st Century: Research and Application Perspective' from October 15- 18, held at IGIPESS, Delhi University, Delhi. **Paper Presented:** A STUDY OF MENTAL TOUGHNESS AMONG DIFFERENT TRACK RUNNERS
69	**2014**	**UGC Sponsored International Conference** of Indian Psychological Association (2014) on 'Measurement and Evaluation in Psychology and Education' from March 29- 31, held at Magadh University, BodhGaya. **Paper Presented:** EXCELLENCE IN ACADEMICS AND SPORTS:

		DIMENSIONS FOR MEASUREMENT
70	**2014**	**CHASSCONG** (2014) on 'Millenium Development Goals: Retrospect and Prospects' from March 26-27, held at Panjab University, Chandigarh.
71	**2014**	**UGC- SAP Sponsored National Seminar** (2014) on 'Emotional Intelligence' on March 21st, held at University Business School, Panjab University, Chandigarh. **Paper Presented:** EMOTIONAL INTELLIGENCE AND HARDINESS AMONG HOSTELLERS AND DAY SCHOLARS: A COMPARATIVE STUDY **[Awarded the Best Paper in the Session]**
72	**2014**	**National Seminar** (2014) on 'Indian Culture and Gender Issues' from March 12-13, held at Department of Life Long Learning and Extension, Panjab University, Chandigarh. **Paper Presented:** THE EFFECT OF GENDER STEREOTYPES AND COACHING STYLES ON PERFORMANCE OF FEMALE ATHLETES
73	**2014**	**101st Indian Science Congress** (2014) on 'Innovations in Science and Technology for Inclusive Development' from February 3-7, held at University of Jammu, Jammu. **Paper Presented:** THE ROLE OF PERFECTIONISM AND SELF EFFICACY IN ACADEMIC EXCELLENCE
74	**2012**	**36th Indian Social Science Congress** (2012) on 'Science, Society and the Planet Earth', from December 27-31, held at KIIT University, Bhubaneswar.
75	**2012**	**International Conference** (2012) on 'Women, Peace and Security' from October 26-27, held at Women's Studies Centre, Punjabi University, Patiala.
76	**2012**	**International Forum of Physical Education and Sports Sciences** (2012) on 'Health, Physical Education, Sports and Wellness in Schools and Community: A holistic and Innovative Approach' from October 20-22, held at Panjab University, Chandigarh. **Poster Presented:** ROLE OF ENVIRONMENTAL MASTERY AND AUTONOMY IN SELF- ESTEEM AMONG ATHLETES **[Adjudged 2nd Best Poster]**
77	**2012**	**National Symposium** (2012) on 'Shaping India's Future: Role of Anthropology and Psychology' from March 26-27, held at Panjab University, Chandigarh.
78	**2012**	**International Conference of Applied Psychology** (2012), from February 24-25, held at Panjab University, Chandigarh. **Paper Presented: 1.** GOAL ORIENTATION IN INDIVIDUAL AND TEAM SPORTS: A GENDER STUDY 2. LOCUS OF CONTROL IN RELATION TO OPTIMISM
79	**2012**	**22nd National Conference** (2012) on 'Latest Trends in Sports Psychology- Performance and Development', from January 25-27, organized by Sport Psychology Association of India, held at Bhagoo Majra. **Paper Presented:** GOAL ORIENTATION IN RELATION TO OPTIMISM
80	**2012**	**International Workshop** on Healing, Counselling and Therapy based on the Principles of Indian Psychology (2012) from 13- 15th December, held at JAIN (Deemed-to-be-University), Bangalore.
81	**2012**	One- day **Workshop** on Enhancing Life Skills at International Conference of Applied Psychology (2012), held at Panjab University, Chandigarh.
82	**2011**	**Consultation Seminar** (2011) on 'Indian Psychology, challenges and prospects', from August 6-7, held at Jain University, Bangalore.

83	**2011**	Special Session of The Section on Anthropological and Behavioural Sciences of The **Indian Science Congress** (2011) on 'Anthropological and Psychological Approaches for a Healthy Society" from March 26- 27, held at Panjab University, Chandigarh. **Poster Presented:** POSITIVE PARENTING: ANTHROPOLOGICAL AND PSYCHOLOGICAL APPROACHES FOR A HEALTHY SOCIETY
84	**2011**	**International Conference** on Advances in Military Psychology (2011) on 'Soldier Preparedness' from March 10- 12, held at IDSA, New Delhi.
85	**2011**	**3rd Chandigarh Social Science Congress** (2011) on 'Interface between Knowledge and Society' from February 24- 25, held at Panjab University, Chandigarh. **Paper Presented:** BELIEF IN RITUALISM IN RELATION TO LEVEL OF EDUCATION
86	**2011**	**Fully Sponsored Workshop** on Military Psychology at International Conference on Advances in Military Psychology (2011) on 'Soldier Preparedness' from 10- 12th March, held at IDSA, New Delhi.
87	**2010**	Pre-Conference **Workshop** on Mental Training on 14th November by Professor Lars Unestahl (Sweden) in International Conference (2010) on 'Enhancing Human Potential: Bio-Psycho-Social Perspectives', held at Panjab University, Chandigarh.
88	**2010**	**2nd Chandigarh Social Science Congress** (2010) on 'Economy, Society and Welfare: New Challenges before Social Sciences" from March 16-17, held at Panjab University, Chandigarh. **Paper Presented:** MENTAL HEALTH AND SOCIAL WELL BEING OF THE ADOLESCENTS AND THE AGED: TRENDS AND CHALLENGES
89	**2010**	**International Conference** (2010) on 'Enhancing Human Potential: Bio-Psycho-Social Perspectives' from November 15- 17, held at Panjab University, Chandigarh. **Paper Presented: 1.** BELIEF IN RITUALISM IN RELATION TO STRESS AND PERSONALITY 2. COMMUNITY PERCEPTION OF COMMONWEALTH GAMES: PRE AND POST THE EVENT
90	**2010**	**14th Commonwealth International Sports Science Congress** (2010) on **'**Play Triumph Scientifically' from September 27-30, held at Manav Rachna International University, Faridabad**.** **Paper Presented:** COMMUNITY PERCEPTION OF COMMONWEALTH GAMES
91	**2009**	**UGC National Seminar** (2009) on 'Parenting of Adolescent trends and role in Modern Era' from March 3-4, held at Government College, Chandigarh. **Paper Presented:** SUBSTANCE ABUSE AMONG ADOLESCENTS: A PSYCHOLOGICAL PERSPECTIVE

INVITED TALKS/ FACULTY DEVELOPMENT PROGRAMS/ WORKSHOPS CONDUCTED/CHAIRED SESSIONS/INVITATION FOR GUEST LECTURE

1	**2026**	**International Keynote Address:** 4th International Conference on Mental Health and Behavioral Medicine (MHBM2026) on 'The Triguna Paradigm: An IKS-Informed framework for Sports Excellence in Para-athletes', June 26, Malaysia.
2	**2026**	**Invited Speaker** (topic- The Mind in Motion:

		Stress Management and Emotion Regulation) at the Sports Science Workshop for Coaches, June 19, 2026, organized by Bihar State Sports Authority.
3	**2026**	**Invited Speaker** (topic- Psychological First Aid, Return-to-Play Readiness, Athlete Burnout, Career Transitions & Life Skills in Sport) at the Certificate Course in Sports Psychology, 10th April, 2026, organized by the Centre for Physical Education and Fitness and Department of Psychology, Kristu Jayanti (Deemed to be University), Bangalore.
4	**2026**	**Judge** at the debate competition on the theme: "Economic Growth vs. Net Zero 2070: Is India's "Green Growth" strategy a realistic roadmap or an idealistic hurdle", as a part of the event of "National Science Day-2026 (NSD-2026)" celebration, February 25th, 2026, organized by Central University of Rajasthan.
5	**2026**	**Resource Person** (topic- Building Mentally Tough Career Counsellors: Insights from Sports Psychology) February 23rd, 2026, organized by AADI Career Guidance and Counselling Centre, Chandigarh.
6	**2026**	**Resource Person** (topic- Mind Training for Athletes: Mental Imagery and Performance Optimization) 28 January 2026, organized by Department of Psychology, Manipal University Jaipur.
7	**2026**	**Panelist** in the special technical session on "Mind Matters in Sports: Psychological Readiness, Performance Pressure & Athlete Well-being" National Level Sports Conference | 1st Edition titled "SRIJAN J&K Sports - The Making of a Legacy", January 17-18 2026, organised by Department of Youth Services & Sports, Government of Jammu & Kashmir at the Convention Centre, Jammu.
8	**2025**	**Invited Speaker (**topic- Awareness Talk on "Mental Health") at the Central University of Rajasthan, September 26 2025, organized by National Service Scheme (NSS) Cell, CURAJ.
9	**2025**	**Chaired a Session** at the International Conference on Psychosocial Support & Mental Health Services in Disaster Management, held at NIMHANS, Bangalore from October 10-12, 2025.
10	**2025**	**International Keynote Address:** 4th International Conference on Behavioral Sciences and Applied Psychology (BSAP2025) on 'Resilience in Motion: Indian Knowledge System (IKS) Informed Psychological Perspectives on Traditional Sports of North-East India', September 19, Malaysia.
11	**2025**	**Chaired a Session** at the International Conference on Fit for Life: Empowering youth though physical education, sports and traditional sports, organized by National Sports University, Imphal and Don Bosco College at Goa University from February 18-20, 2025.
12	**2025**	**Moderated a Panel Discussion** on *"Prioritizing Mental Health: Unlocking the Key to Athletic Success"* at the International Conference on Fit for Life: Empowering youth though physical education, sports and traditional sports, organized by National Sports University, Imphal and Don Bosco College at Goa University from February 18-20, 2025.
13	**2025**	**Invited Speaker** (topic- 1. Team Building in Games & Sports; 2. Sports Psychology of School Children) at the Induction program for newly recruited TGT's physical education, January 8, 2025, organized by Navodaya Leadership Institute, Mavli, Udaipur.
14	**2024**	**International Keynote Address:** 3rd International Conference on Behavioral Sciences and Applied Psychology (BSAP2024) on 'The Environmental Paradox of Sports Tourism and Well-Being', September 13-15, 2024,

		Malaysia.
15	**2024**	**Invited Speaker** (topic- 1. Management of Behavioral Problems of Adolescents; 2. Sports Psychology of School Children) at the Induction program for newly recruited TGT's physical education (Female), June 27, 2024, organized by Navodaya Leadership Institute, Mavli, Udaipur.
16	**2024**	**Expert** for Tool Framing and Development of Sports Science for District Institute of Education and Training, Delhi
17	**2024**	**Resource Person** (topic- 1. Psychological training techniques; 2. Psychological aspect of doping), 15th & 17th May, 2024, at the JSS College of Physiotherapy (Online mode), Mysore
18	**2024**	**Resource Person** (topic- Applying Excellence in Counselling Services) at the Two-Days seminar, 1st-2nd April, 2024, organized by AADI Career Guidance and Counselling Centre, Chandigarh.
19	**2024**	**Chaired a session** at the ICSSR Sponsored National Seminar on 'Impact of Science and Technology in Society', 27th-28th March, 2024, organized by Bebe Nanaki University College Mithra (Kapurthala), Punjab.
20	**2024**	**Resource Person** (topic- Psychological Challenges of Ageing and Care Giving) at the Two days Regional Workshop entitled 'Promoting Active Ageing through Care & Empowerment', 21st March, 2024, organized by Department of Social Work, CURAJ in collaboration with National Institute of Social Defence, New Delhi.
21	**2024**	**Chair a Technical session** in 3-day International conference on "Disability and the Everyday: Interdisciplinary Perspectives", February 8-10, 2024, organized by the Department of English, CURAJ in collaboration with Indian Disability Society Collective (IDSC), New Delhi.
22	**2024**	**Resource Person** (topic- Physical Activity and School Going Children) at the PE Teacher Training, 5th February, 2024, organized by ITC, Bounce of Joy and the Education Directorate of Rajasthan.
23	**2023**	**Resource Person** (topic- Emotional Competence) at the **National Conference** on "Elevating Grassroots: A Pathway to Health, Fitness and Olympic Excellence in India", 15th-16th December, 2023, organized by Satyawati College University of Delhi and Physical Education and Sports Sciences Department STAIRS
24	**2023**	**Chaired a session** at the 7th National Conference on Sports Sciences, 14th-15th December, 2023, organized by Physical Education Foundation of India under the auspices of Ministry of Youth Affairs and Sports, GoI.
25	**2023**	**International Keynote Address:** World Hydrogen Energy Summit & Expo on 'Human Dimension of transition to Net Zero Pathways: Supporting Wellbeing in Sports', October 17, 2023, organized by Energy And Environment Foundation with the support of Ministry of New and Renewable Energy, Government of India & NITI Aayog https://www.youtube.com/watch?v=4bzhvUs201U
26	**2023**	**International Keynote Address:** International Conference on Mental Health and Behavioral Medicine (MHBM2023) on 'Excellence in Sports: Redefining Psychological Preparedness', September 21-22, 2023, Malaysia.
27	**2023**	**Resource Person** (topic- Emotional Competence) at the Workshop, 9th August, 2023, organized by Department of Social Work, CURAJ.
28	**2023**	**Resource Person** (topic- Mental Toughness) at the Diploma in Sports and Exercise Psychology for Special athletes, Special Educators, Coaches,

		Athletes, Therapists and Parents, April 30, 2023, organized by Oshan Brain Training Centre, Nagpur. https://www.youtube.com/watch?v=IZ8jrJPswG4
29	**2023**	**Resource Person** (topic- Destress and Recoup: Applying Sports Psychology for Excellence in Sport and Life) at the Workshop on Sports & Psychology for Stress Management and Coping, 21st February, 2023, organized by Department of Public Policy, Law and Governance and Department of Society-Technology Interface, CURAJ.
30	**2023**	**Chaired a session "Disability and Health" at the CURAJ IDSC International Conference 2023** on Disability and the Everyday: Interdisciplinary Perspectives, 8th April, 2023 organised by Department of English, CURAJ in association with Indian Disability Studies Collective.
31	**2023**	**Resource Person** (topic-Ethics in Research) at the Four-week Research Methodology Workshop for Ph.D. Scholars, January 18, 2023, organized by the School of Social Sciences, CURAJ.
32	**2022**	**Invited Speaker** (topic- 1. Management of Behavioral Problems of Adolescents; 2. The Young Champion's Mindset) at the Induction program for physical education teachers, December 12, 2022, organized by Navodaya Leadership Institute, Mavli, Udaipur.
33	**2022**	**Invited as Distinguished Guest** at joint mega Inaugural Ceremony of the World Hydrogen Energy Summit 2022 and World Waste-to-Wealth Summit & Expo-2022, 16-17th October, 2022, organized by the Energy and Environment Foundation and supported by Government of India-Ministry of New and Renewable Energy, Ministry of Road Transport and Highways and NITI Aayog.
34	**2022**	**International Keynote Address:** 2nd International Conference on Behavioral Science and Applied Psychology (BSAP2022) on 'Psychology of Excellence: A Peek into Peak Performance', July 29-31, 2022, Singapore.
35	**2022**	**Chaired a session at the Virtual International Conference** on "The Transformation of Arts and Humanities: An exploration of "Interdisciplinary", 30th March, 2022 organized by Department of Humanities, St. Claret College, Bangalore in association with IQAC.
36	**2022**	**Invited Speaker** (topic- Excellence in Sports: Psychological Preparedness) at the Certificate Course on Sports Psychology, 28th May, 2022, organized by Kristu Jayanti College, Bangalore.
37	**2022**	**Invited Speaker** (topic- 1. Sports Psychology: Inputs for Mental Training 2. Psychological Wellbeing and Coping Strategies for Health) for UGC-HRDC sponsored refresher course for college and university teachers, on 15th February, 2022, organized by Bangalore University, Bangalore.
38	**2021**	**Invited Speaker** (topic- Approaches to Counselling) for two days Online CRE programme on "Guidance & Counselling for Parents of PwIDs" with CRE status, on 13th -14th December, 2021, organized by National Institute of the Empowerment of Person with Intellectual Disabilities (Divyangjan) Regional Centre, Navi Mumbai.
39	**2021**	**Invited Speaker** (topic- Focus: An Essential Skill for Counsellors) at the Expert Lecture Series, on 31st August, 2021, organized by AADI Career Guidance and Counselling Centre, Chandigarh.
40	**2021**	**Invited Speaker** at the **Webinar** on Facing an Interview, on 29th May, 2021, organized by Department of Social Work, School of Social Sciences, Central University of Rajasthan.
41	**2021**	**Resource person** (topic- Research with High Achievers) at the **FDP** on

		'Innovation in Research and Sampling Design', on 21st May, 2021, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
42	**2021**	**Invited Speaker** (topic- Psychological Well-being and Coping Strategies for Women Health) at the **Webinar** on Women Health and Wellness, on 8th April, 2021, organized by Department of Yoga, Central University of Rajasthan.
43	**2021**	**Resource person** (topic- Expectation and Support: Essential Counselling Skills for Teachers) at the **FDP** on "Teaching Learning and Assessment" for HE teachers, organized by Teaching Learning Centre (Under the scheme of PMMMNMTT, Ministry of Education-GoI, New Delhi) on 19th March, 2021 at Central University of Rajasthan.
44	**2021**	**Resource person** (topic- "Be a champion" Excellence in Sports, Skills for achievement) for **UGC sponsored refresher course** for college and university teachers, on 2nd March, 2021 at Bangalore University, Bangalore
45	**2021**	**Resource person**- (topic- Wholistic practices for slow learners) at the **FDP** for HE teachers, organized by Teaching Learning Centre (Under the scheme of PMMMNMTT, Ministry of Education-GoI, New Delhi) on 4th March, 2021 at Central University of Rajasthan.
46	**2021**	**Resource person** (Management Activity- Unlocking Potential: Empowering for Excellence) at the **FDP** on "Indian Ethos in Management" for HE teachers, organized by Teaching Learning Centre (Under the scheme of PMMMNMTT, Ministry of Education-GoI, New Delhi) on 6th January, 2021 at Central University of Rajasthan.
47	**2020**	**Invited Speaker** at the **Webinar** on Research in Sports: Dimensions and Direction, on 3rd December, 2020, organized by Centre for Research in Social Science and Education (CeRSSE), JAIN (Deemed-to-be-University), Bangalore.
48	**2020**	**Resource person** (topic- **Health and Wellness**) for online Student Induction Program at the School of Humanities and Social Sciences on 10th, 12th and 20th August, 2020 at JAIN (Deemed-to-be-University), Bangalore.
49	**2020**	**Resource person** (topic- **Exploring Career Pathways in Psychology**) for online Webinar for students on 8th July, 2020 at JAIN (Deemed-to-be-University), Bangalore.
50	**2020**	**Resource person** (topic- **Research Writing**) for online Workshop for research scholars on 20th June, 2020 at JAIN (Deemed-to-be-University), Bangalore.
51	**2019**	**Resource person** (topic- **Plagiarism**) Workshop for research scholars on 27th July, 2019 at JAIN (Deemed-to-be-University), Bangalore.
52	**2019**	**Resource person** (topic- **Introduction to Scientific Writing**) Workshop for research scholars on 1st June, 2019 at JAIN (Deemed-to-be-University), Bangalore.
53	**2019**	**Resource person** (topic- **Teaching Excellence**) at the Induction Training Program (**Pandit Madan Mohan Malviya National Mission**) for College and University Teachers, on 1st April, 2019 at Central University of Kerala, Kasargod.
54	**2019**	**Resource person** (topic- **Emotional Intelligence and Effective Learning**) for **UGC sponsored refresher course** for college and university teachers, on 1st March, 2019 at Bangalore University, Bangalore.
55	**2019**	Invited for **Guest Lecture on 'Sports Psychology and its applications' for**

		post graduate and undergraduate students, on 27th February, 2019 by Department of Psychology, Acharya Institute of Graduate Studies, Bangalore**.**
56	**2019**	Invited to **Chair** a session of paper presentations for the **International Conference 'Sports: An integral component of Nation Building'**, on 20th February, 2019 at Mount Carmel College Autonomous, Bangalore.
57	**2019**	Invited as **Resource Person** for the **National Conference "Insight 2019"** on the theme **"Modern Tools and Technology in Research: Transdisciplinary Perspective"**, on 28th January, 2019 at Kristu Jayanti College, Bangalore.
58	**2018**	**Resource person** (topic- **Excellence in Sports and Academics**) for **UGC sponsored refresher course** for college and university teachers, on 7th April, 2018 at Bangalore University, Bangalore.
59	**2018**	**Resource person (topic-"Challenges in life of a Teacher") for faculty development program** on 24th March, 2018, in Jain University, Bangalore for UG and PG teachers.
60	**2018**	**Invited to conduct a workshop on "Stress and Coping"** on 20th October, 2018, for MySchool, Bangalore for school teachers and management.
61	**2016**	Conducted a workshop on '**Personal Excellence**' for the chief executives of many organizations.

STUDENTS GUIDED/UNDER GUIDANCE (DETAILS)

Ph.D. (Currently Guiding)

Sr. No.	Name of the Scholar	Tentative Title	Enrolment Year
1	Rahmath Nishada K.	Psychological Skills Training for Injured Athletes	2022
2	Himanshu Gurung	Psychological Skills Training for Para-Athletes	2023
3	Mannat Nehra	Psychological Skills Training for E-Sports Players	2023
4	Archna Yadav	Sports Management	2024

M.Phil. (Awarded)

Sr. No.	Name of the Scholar	Title
1	Mr. Vinay A. L. (Co-Supervisor)	Construction and Validation of 21st Century Life Skills Assessment Battery
2	Ms. Apoorva Deshpande	The Perceived Impact of Artificial Intelligence Anxiety and Competitive Psychological Climate on Employee Attrition
3	Ms. Sangeeta Vijaysimha	The Effect of Hypnosis on Flow and Emotions among State Level Cricket Players
4	Mr. Kiran S. Sawekar	Relationship of Perceived Social Support with Resilience and Psychological Wellbeing amongst Patients undergoing Dialysis

Masters Dissertations

Sr. No.	Name of Student	Title
1	Anagha K. (Co-Supervisor: 2025)	Role of Social Support in Enhancing Career Satisfaction in Female Wrestlers
2	Aswathi Sasidharan	Relationship between Goal Orientation and Self-Esteem in

	(Co-Supervisor: 2025)	Sprinter Athletes
3	Neha Gurbaxani (Co-Supervisor: 2025)	Impact of Mindful Sport Performance Enhancement (MSPE) on Self-Efficacy, Attention Control and Flow in National and State Level Wushu Athletes
4	Siyoshna Sunil (Co-Supervisor: 2025)	Perfectionism and Cognitive Flexibility in Martial Arts: A Comparitive Study of Taekwando and Karate Athletes
5	Ashlesha Sarma (2025)	An Exploratory Study Music Preferences of Athletes During Training
6	Aayushi Thakkar (2025)	Goal Orientation among Individual and Team Games Athletes: A Comparative Study
7	Abhishek Saikia (2024)	Commuting Green, Riding for Well-Being: Analysis of Environmental Identity and Well-Being on Commuting
8	Ameena Shahin (2024)	Self- Compassion and Social Physique Anxiety: A Comparative Study Between Swimmers and Gymnasts.
9	Ancy S Raju (2024)	Effect of Athlete Identity on Cardiac Anxiety among Retired Athletes
10	Febin V P (2024)	The Relationship between Burnout and Perfectionism among Karate Players
11	Malayika Gupta (2024)	Tracking Tranquility: The Psychology Behind IOT in Sports: A Scoping Review
12	Mikhdad.O (2024)	Blocking out the Noise: Narcissism and Resilience in Volleyball Playing Position
13	Nafih P K (2024)	From Pixel to Progress: The Impact of Cognitive and Spatial Intelligence Skill Transfer From EFootball To Football
14	Ramshida P V (2024)	The Effectiveness of Imagery Intervention on Self Confidence and Coping Skills
15	Reethika Yadav (2024)	Sports Emotional Intelligence and Sports Mental Toughness among Young Cricket Players
16	Ridhin N K (2024)	Perception of Pain and Self-Control in Martial Arts: A Comparative Study of Kalaripayattu, Karate and Taekwondo Artists
17	Safa PTP (2024)	Mental Toughness and Grit: A Comparative Study of Combat Male and Female Athletes
18	Shilipi Tripathi (2024)	Self-Esteem, Empathy and Hope: A Comparative Study of Athletes and Non-Athletes
19	Sneha Pushpan P (2024)	Relationship between Body Image and Self Esteem among Gymnasts
20	Suhana Ummu Kuldhu E (2024)	Mindfulness and Self-Efficacy in Badminton Athletes: Analysing the impact of Gender and Athletic Level
21	Thanusha P (2024)	Sport Confidence and Sport Anxiety: A Comparative Study among Athletes and Para-Athletes.
22	Vaidehi Gupta (2024)	Passion, Goal Orientation and Aggression among Female Combat Sport Athletes: A Comparative Study on Boxing and Wushu Athletes
23	Annsweetta James (2023)	Effect of Self Compassion Intervention on Flow and Mental Toughness of Kalaripayattu Artists
24	Kummari Sangameshwar (2023)	Effect of Music Intervention on Mood Regulation among State Level Wrestlers and Cyclists
25	Mohd. Waseem	Effect of Tratak Meditation for Enhancing Concentration

	(2023)	and Self-confidence among National Level Archers
26	Nasna Ruksana (2023)	Effect of Imagery Intervention on Mood States among National Youth Female Football Players
27	Nikethan Dileep (2023)	Effect of Imagery Intervention on Flow and Imagery Ability among District, State and National Level Badminton Players
28	Nishkala Sai (2023)	Goal-Oriented Imagery Training for Grit and Growth Mindset in District Level Archers
29	Sneha Mole Biju (2023)	Effect of EFT Intervention on Resilience and Emotional Regulation among State Level Polo Players
30	Ms. Parvathi K. (2022)	Sports competitive anxiety, sports achievement motivation and mental toughness among Kabaddi Players
31	Ms. Sargun Kaur Sethi (2022)	Passion, growth mindset and burnout among Indian Para-Athletes
32	Ms. Sneha Jha (2021)	Relationship of orthorexia nervosa with personality and perfectionism among nutrition students and gym goers
33	Ms. Elangbam Nancy Leima (Co-Supervisor) (2020)	Social Media Usage in relation to Body Image Satisfaction and Eating Habits among young adults
34	Ms. Aishwarya Verma (Co-Supervisor) (2020)	Relationship Between Internet Addiction Self Efficacy and Academic Procrastination Among College Students
35	Ms. Shiwa Khamosh (Co-Supervisor) (2020)	Academic Pressure on Students: The Initiation of Substance Abuse and Depression
36	Ms. Darshana Dixit (Co-Supervisor) (2020)	Relationship between Grit and Cognitive Flexibility: A Study to Understand Linguistic Advantages
37	Mr. Mukesh Bhattarai (Co-Supervisor) (2020)	Emotional Intelligence and Authentic Leadership in Bilingual and Trilingual Young Adults
38	Ms. Ummehani Bharmal (2019)	Self-Stigma, Attitude Towards Seeking Professional Help and Perfectionism among Medical Students
39	Ms. Malvika Krishnan (2019)	Influence of social support of victim of rape on Attitude towards rape victims and rape myth acceptance among Young and Middle Adults
40	Ms. Chandreyee Roy (2019)	Perceived Stress, Personality and Decision-Making Styles among Karnataka Police Officers
41	Ms. Nabanita Chattoraj (2019)	Relationship between Perceived Social Support, Psychological Well-Being and Rumination among Clinical Psychologists and Psychiatrists
42	Ms. Chandana S. (2019)	A Study Effect of Blood types on Grit and Psychological Well-Being among Athletes in Bangalore
43	Ms. Aaliyah Sheikh (2019)	Quality of Life and Self Esteem among working and non working mothers
44	Ms. Sahana V. (2018)	Posttraumatic Growth and Existential Thinking among Young Adults
45	Ms. Chinmayi Raju (2018)	Psychological Well-Being, Optimism and Self Esteem Among Married and Unmarried Individuals
46	Ms. Prashi Jain	Comparative Study of Toppers Average and Below Average

	(2018)	Students on Resilience and Grit
47	Ms. Meghana M. Jain (2018)	Relationship Between Interparental Conflict, Parental Criticism, Fear of Negative Evaluation, and Mattering among Late Adolescents
48	Ms. Varsha Vijaya Kumar (2018)	Relationship of Emotional Regulation, Self-Esteem, Rumination with Depression among Middle Aged Adults
49	Ms. Mahati Systla (2018)	Psychological Contract, Organizational Climate and Organizational Commitment amongst Employees of Start-Ups
50	Ms. Kajal Sheshadri (2018)	Psychosocial and Economic Factors in Employee Retention
51	Ms. Diksha Agarwal (2018)	Relationship Between Passion, Goal Orientation and Personality among State Level Hockey Players
52	Ms. Farnaaz Fatima (2018)	Perspectives in Shopping Behavior Based on Peer Influence
53	Ms. Chinmayi J (2017)	Conception Through IVF: Exploration of Perceived Changes in Marital Relationship among Fathers during Early Parenthood
54	Mrs. Abhigale Frauline Leonora D'Cruz (2017)	Cognitive Abilities in Athletes and Non-Athletes: A Comparative Study
55	Ms. Nandana Priya Kamasani (2017)	Tolerance for Ambiguity and Cognitive Style among Novice and Established Entrepreneurs: A Comparative Study
56	Ms. Shreya Bajaj (2017)	Effect of Appreciation on Self-Esteem and Affect
57	Ms. Shazia Hassan (2017)	The Influence of Burnout and Personality on Counterproductive Work Behavior at Workplace among IT Professionals
58	Ms. Eshana Arjun (2017)	Aggression and Goal Orientation among Hockey Players and Cricket Players: A Comparative Study
59	Ms. Zeina Sravya Ahmed (2017)	Dance Motivation and Body Image Satisfaction among Male Kathak and Ballet Dancers

RESEARCH PROJECTS

- Guided 31 PGD Sport Psychology Projects.
- Guided University Research Funded Project (2018) on 'Visual Media's Portrayal of Suicide: Counsellor's Perspective'.