

CHAPTER-11

UNIVERSITY TEACHING DEPARTMENTS

DEPARTMENT OF APPLIED PSYCHOLOGY

(I) NAME : APPLIED PSYCHOLOGY

(II) Year of Establishment : 1996

(III) (a) Vision:

Perseverance and enhancement of bio-psychosocial-spiritual well-being

The sole aim of any stream of education is to improve the quality of life of living beings particularly the human beings. Psychological sciences are instrumental in understanding and developing the quality of life of people across the life span and in different fields. This is the era of the reflection of sea change in all the spheres. The antecedent and consequent factor is the human being. The pivot of all the research orientations in varied disciplines is to enhance the quality of life of human beings. Quality of all the materialistic and physical manifestations on the one side depend upon the efficiency, and quality of human brain but on the other side at the same time, now a days stress and anxieties are taking a toll on human cognitive affairs resulting into various psychological disorders, neurological problems, various psychosomatic problems and other behavioral aberrations. So as to alleviate the later type of problems the researches to deal with the cognitive, emotional and behavioural aspects are mainly targeting at encompassing the holistic view of human nature.

Research work being conducted in the department of applied psychology will further be beneficial and highly contributory in various fields. At present to achieve the above mentioned objectives the department is offering specializations in Clinical Psychology, Health Psychology, Industrial/Organizational Psychology, Human Resource Management, Psychological Testing, Guidance and Counseling, Social Psychology, Cognitive Psychology to name a few.

Preparing our students, whether they are aiming for careers in psychology or in other professional regimes to help them becoming aware of their abilities and aspirations, interests, preferences, skills and attributes.

(b) Mission:

Individual, Organizational and Social Growth.

(c) Objective of Department:

- Academic and research excellence
- Nurturance of positive emotion and inculcation of employability skills among students
- Infusing positivity and Perseverance among students
- Strengthening the coping skills
- To devise the methods and strategies for welfare of citizens

(IV) Course (s) offered in the department

Course	Sanctioned intake	Present strength(total)
Ph.D.	39	31
P.G	50(5 extended)+4 supernumerary	56
Any other PGDGC	15(supernumerary=04)	16

(V) Faculty detail

(Attach a list of the Faculty along with their qualifications and Experiences)

Professor		Associate Professor		Assistant Professor		Contract/ Guest Faculty
<i>Sanctioned</i>	<i>Filled</i>	<i>Sanctioned</i>	<i>filled</i>	<i>Sanctioned</i>	<i>Filled</i>	
01	01	02	01	04	03	06

Regular Faculty details

Name of Teacher	Designation	Qualification	Experience (in years)	H.Index (Scopus Based)
1.	Prof. Jyotsana	M.A, M Phil, Ph D.	22 years	
2.	Prof. Sandeep Singh	M.A, M Phil, Ph D.	18 years and 8 months	
3.	Dr. Rakesh Kumar Bahmani	M.A, Ph D.	18 years and 8 months	
4.	Dr. Manju	M.A., Ph. D, UGC (NET)	13years	
5.	Dr. Sanjay Kumar	M.A., UGC (NET), PGDRP, Ph. D,	10 years	
6.	Dr. Taruna	M.A., Ph. D, UGC (NET)	15 years	

Contract/ Guest Faculty details

Name of Teacher	Designation	Qualification	Experience (in years)	H.Index (Scopus Based)
Dr. Ashu Dhawan	Contractual Faculty	M.Sc., M. Phil		
Ms.Vijeta	Contractual Faculty	M.Sc.	One year	

(VI) Office staff detail:

Title of Position	Sanctioned strength	In position strength
Tech. Asstt. Grade-I	01	01
Lab Attendant	01	01
Steno-typist	01	01
Clerk	01	01
Peon	01	01 (On contract Basis)

(VII)

a) Students detail in respect of M.Sc.,

1 st Year		Final Year	
<i>Sanctioned Intake</i>	<i>filled</i>	<i>Sanctioned Intake</i>	<i>Filled</i>
50	50+5	50	50

Course	Sancti- oned intake	Total	Present strength							Pass in Final year	Fail
			Male	Female	HOG	Outside State	SC	BC	Mino- rity		
M.Sc.	100	105	39	66	49	01	22	33	Nil	27	14

(b) Students detail in respect of MCA, Dual Degree B.Sc. (Hons.) Psychology

1 st Year		2 nd Year		3 rd Year	
<i>Sanctioned Intake</i>	<i>Filled</i>	<i>Sanctioned Intake</i>	<i>Filled</i>	<i>Sanctioned Intake</i>	<i>Filled</i>
-	-	-	-	-	-

Course	Sancti- oned intake	Total	Present strength							Pass in Final year	Fail
			Male	Female	HOG	Outside State	SC	BC	Mino- rity		
B.Sc. (Hons.) Psy.											

(c) Students detail in respect of B.Tech , B.Pharm. and B.P.Th.
Programmes: N.A.

1 st year		2 nd year		3 rd year		4 th year	
<i>Sanctioned Intake</i>	<i>filled</i>	<i>Sanctioned intake</i>	<i>filled</i>	<i>Sanctioned intake</i>	<i>filled</i>	<i>Sanctioned intake</i>	<i>filled</i>

Course	Sancti- oned intake	Total	Present strength							Pass in Final year	Fail
			Male	Female	HOG	Outside State	SC	BC	Mino- rity		

(d) Detail of Foreign Students if any, admitted in the Department: No

Sr. No.	Name of Course	No. of students Admitted	Name of Country

(VIII) Research Scholars:

Total no of Ph.D. students	Registered during the year	Thesis completed during the year
34	11	07

Details of Students registered for Ph.D. programme: (during 2019)

Name of Student	Regn. No.	Topics of Research	Name of Supervisor
Ms.Rinku	180110090002	Psychological Correlates of Happiness among Police Personnel	Prof. Sandeep Singh
Ms.Priyanka	180110090003	Effect of Mindfulness Based Self Management Theory(MBSMT) on Happiness at Work place	Prof. Sandeep Singh
Ms. Rachna	180110090004	Psychological influence in Alcohol and Drug Abuse Behavior Among Adolescents	Dr. Taruna
Mr.Kapoor Singh	180110090005	Psychological Analysis of Disturbed and Non- Disturbed Married Couples	Prof. Rakesh Kumr Behmani
Mr. Sandeep	180110090006	Effects of Domestic Violence on Mental Health, Emotions and Coping among Males	Prof. Rakesh Kumar Behmani
Ms. Tamsha	180110090007	Effects of Mindfulness Based Stress Reduction Therapy on Emotional Health of Juvenile Delinquents	Prof. Sandeep Singh

Ms. Shalini	180110090008	Psychological Well- being and Menstrual Distress among Female Adolescents	Prof. Rakesh Kumr Behmani
Mr. Rajesh Kumar	180110090009	Perception of Workplace Harassment, Burnout, Mental Health, Quality of Work life and Family Adjustment among Women	Prof. Rakesh Kumr Behmani
Mr. Gaurav Sharma	180110090010	Effects of Gratitude Building in Enhancing Happiness and Psychological Well- Being among Adolescents	Dr. Taruna
Ms Poonam Devi	180110090011	Psychological Well- Being, Self Esteem, Depression and Emotive Reactions amongst Fertile and Infertile Women	Dr.Sanjay Kumar
Mr.Neeraj	180110090012	A study of abuse and Trauma among female sex workers and their relationship with mental health, social health and self acceptance	Prof.Rakesh Kumar Behmani

(IX) Sponsored Research/ Consultancy Project:

Title of the Project	Name of the Investigator(S)	Project in process	Awarded during the current year	Completed during the current year	Nature: Research/ Consultancy	Amount of Project
Effect of Mindfulness Based Interventions on Emotional Health of	Prof. Sandeep Singh		2019	yes	Research (DAA,GJUS&T)	
					Research (DAA, GJUS&T)	

Students						
Spirituality, Health Risk Behaviour and Psychological Well-Being of Adolescents	Dr.Taruna		2018-2019	yes	Research (DAA, GJUS&T)	One lakh
Why do children commit criminal offences	Dr. Sanjay Kumar (PI) Prof. Sandeep Singh (Co-PI)		2018-19	yes	Research (DAA,GJUS&T)	One Lakh
	TOTAL					

(X) Number of Publications of Faculty (in Total)

Books	Research papers		Research paper		Other Articles
	International (Foreign)	National (Indian)	Refereed	Non refereed	
00	6	22	7		None

(XI) Teacher/ Faculty wise detail of publication during the period:

a) Books/ Book Chapter/ Monograph

Type of			Authors	Title	Year of publication	Publisher
Books	Book Chapter	Monograph				

b) Papers/ Articles in Journals

Authors	Year	Title of paper	Name of journal	Vol. & No.	Pages	Publishers	Impact Factor Thomson Reuter
Prof. Sandeep Singh Prof. Sandeep Singh	2018	Career Indecision and Depression: The Moderation Effect of	<i>International Journal of Research in Engineering, IT and Social Sciences</i>	08(09)	106-108		

		Resilience					
2018	Career Decidedness and Emotion Regulation as Predictors of Depression among Students	<i>International Journal of Education and Psychological Research</i>	7(2)	5-9			
2018	Effect of Career Indecision on Stress: The Moderating Role of Resilience	<i>International Journal of Multidisciplinary and Current Research</i>	6	442-444			
2018	Emotion Regulation and Depression: The Moderation Effect of Resilience	International Journal of Research in Social Sciences	8(9-1)	198-202			
2018	Effect of parenting style on Health Responsibility among Adolescents	<i>International Journal of Research in Social Sciences</i>	8(9-1)	304-x311			
2018	Effect of mindfulness therapy to reduce hyperactivity among adolescents	<i>International Journal of Social Studies</i>	4(09)	2455 - 3220			
2018	Anger among Adolescents : The Role of Mindfulness	<i>International Journal of Multidisciplinary and Current Research available online</i>	6	80-83			
2018	Mindfulness as	<i>International Journal of</i>	8	295-299			

		Psychological Intervention : A Review	<i>Research in Social Sciences</i>				
2018		Self efficacy among HIV positive persons: the role of coping processes and social support	<i>International Journal of Social Sciences Review"</i>	6(2)	205-210	IAHRW	
2018		Effect of coping strategies on social stigma: a study of persons with HIV	<i>International Journal of Social Sciences</i>	6(2)	263-267	IAHRW	
2018		A Study of Anxiety among University Students in relation to mindfulness	<i>Indian Journal of Psychological Science</i>	10(1)	91-94		
2018		Hope as a correlate of health promoting behavior among adolescents	<i>International Journal of Research in Engineering, IT and Social Sciences</i>	8(11)	39-43		
2018		Depression and Death anxiety among HIV positive persons in relation to self-efficacy	<i>Indian Journal of Community Psychology</i>	14(2)	292-303		
2018		Anger among adolescents in relation to emotional maturity and resilience	<i>International Journal of Research</i>	5(20)	956-966		
2018		Emotional Correlates	<i>International Journal of</i>	6(8)	1504-		

		of Anxiety among adolescents	<i>Social Science Review</i>		1507		
	2018	Spiritual correlates of wellbeing a co relational study	<i>International Journal for Research and Social Sciences</i>	8(9)	300-303		
	2018	Spirituality and mindfulness a co relational study	<i>International Journal for social studies</i>	5(12)	2742 - 2748		
Prof. Rakesh Kumar Behmani	2018	A Review on the Relationship of Materialism with Well-being and Self esteem among adolescents.	International Journal of Social Sciences Review	6	317-319	IAHRW	
	2018	Influence of Parenting style on life satisfaction of the adolescents: A Review.	International Journal of Social Sciences Review	6	226-230	IAHRW	
	2018	Role of Poverty in Coping and life satisfaction among Male Villagers of Haryana.	International Journal of Academic Research and Development	3	1138-1144		
	2018	Parenting style and adolescent suicide ideation: A Review.	<i>International Journal of Academic Research and Development</i>	3	1245-4197		
	2018	Attitude and Attribution towards domestic violence among women in India.	<i>International Journal of Social Sciences Review</i>	6	146-149		
	2018	Modernization and Social Marital Adjustment of Earning Women.	<i>International Journal of Social Sciences Review</i>	14	156-160		
	2018	A Review on Materialism in	<i>Remarking and Analisation</i>	3			

		Relation to Personality and Quality of Life.					
Dr. Sanjay Kumar	2018	Self Esteem, Depression, Resilience amongst University Students: A Comparative study	Indian Journal of human Relations	2 (52)	108-114		ISSN: 0974-1089 UGC Listed
	2019	Guidance and Counseling in an Organizational setting	IAHRW International Journal of Social Science Review	1(7)	160-161		ISSN: 2347-3797
Dr. Taruna	2019	Health Risk Behaviour amongst Adolescents in Relation to Impulsivity	<i>International Journal of Multidisciplinary and Current Research.</i>	Vol-07 (Jan-Feb 2019)	(13-18).		ISSN: 2321-3124. Enlisted at Thomson Reuters, Google Scholar and Scholarsteerwith GIF-5.126.
Dr. Taruna	2018	A Study of Anxiety among University Students in Relation to Mindfulness	<i>Indian Journal of Psychological Science.</i>	Vol. 10(1) (091-094)	(091 - 094)		ISSN-09769218. Impact Factor-6.696

(XII) Participation of faculty in Seminar/Conference/Workshop and refresher courses etc. during the period:

Dr. Sanjay Kumar successfully attended Refresher Course at Punjabi University, Patiala organized by HRDC, PUNJABI University, Patiala from 03/10/2018 to 23/10/201823.

(a) Total Number of Seminars/ Conferences/ Workshop attended by faculty and papers presented (Attended)

Positions	Attended			Papers presented		
	International	National	Total	International	National	Total
Prof. Sandeep Singh	03	01				
Dr. Rakesh						
Dr. Manju						

Dr. Sanjay Kumar						
Dr. Taruna		01			01	

(b) International Seminar /Conference/ Workshop:

Name of the Teacher/Faculty	Title of paper presented	Theme of Seminar/conference	Name of Host organization	Place	Dates
Prof. Jyotsana		01		GJUS&T, Hisar	
Prof. Sandeep Singh					
Dr. Rakesh					
Dr. Manju					
Dr. Sanjay Kumar					
Dr. Taruna	01				
	TOTAL				

(c) National Seminar / Conferences/ Workshop:

Name of Teacher/Faculty	Title of paper presented	Theme of Seminar/conference	Name of Host organization	Place	Dates
Prof. Jyotsana		Workshop		GJUS&T, Hisar	
Dr. Taruna	01				
	TOTAL				

(d) Regional/ State Level Seminars/ Conferences/Workshops:

Name of Teacher/Faculty	Title of paper presented	Theme of Seminar/Conference	Name of Host organization	Place	Dates
	TOTAL				

(e) Total number of Refresher/ Orientation Courses attended:

- i) Refresher Courses : 02**
- ii) Orientation Courses :**
- iii) Total : 02**

(f) Refresher: 02

(g) Orientation Courses :

Name of Teacher/Faculty	Title of Refresher Course	Host organization	Dept	University	Place	Date/Duration

(XIII) Association with National and State Level Bodies (Give teacher-wise details):

i) Membership of Professional Bodies:

ii) Member of Expert Committee :

iii) Member of Academic Bodies of other institutions:

Prof. Jyotsana

- Member of admission committee
- Member of DRC
- Member of PGBOS of university.

Prof. Sandeep Singh

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, CDLUUniversity, 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. North Zone Secretary of Indian Association of Health Psychology

Dr. Rakesh

- Chairperson of the Department.
- Member of admission committee
- Member of DRC
- Member of Board of Studies & Research

Dr. Manju

- Member of admission committee
- Member of DRC

Dr. Sanjay Kumar

- Member of Admission Committee
- Programme Coordinator-PGDCBM (DDE)
- Coordinator Training and Placement cell
- Coordinator Aptitude Testing Lab
- Coordinator Counseling Cell
- Member of DRC
- Registered as Rehabilitation Psychologist RCI CRR No. A60631
- Member of Medical Faculty
- Indian association of Health, research and welfare, Hisar
- Indian journal of contemporary research, Gujrat.
- International Journal of Application of Innovation Engineering & Management

Dr. Taruna

- Member of Admission Committee
- Member of DRC
- Programme coordinator- B.A. Psychology (DDE)
- Member of Cultural council

iv) Member of Academic Bodies of other institutions:**(XIV) Detail of Consultancy Work in Department:**

Name of Teacher	Job Work	Name of Agency	Total Amount

Prof. Jyotsana: Free of cost consultancy on psychological issues and psychological counseling to needy students and other segments of the society.

Prof. Sandeep Singh: Providing psychological counselling to the needy students and other segments of community on regular basis without any consultancy fee.

Dr. Sanjay Kumar: Students counselling at university counselling cell, Department of Applied Psychology, GJUS&T, Hisar

(XV) Lecture (other than class) delivered (Give teacher wise detail)-**Prof. Sandeep Singh:-**

1. Delivered two invited lectures on the topic “Self-Management” in orientation program on 20-06-2018 at UGC-HRDC, GJUS&T, and Hisar
2. Delivered two lectures on the topic “Self-Management” in orientation program on 22-05-2018 at UGC-HRDC, GJUS&T, and Hisar.
3. Delivered a lecture on the topic “Self-Management” in orientation program for faculty members on 25-07-2018 at UGC-HRDC, LUVAS, Hisar
4. Delivered two lectures on the topic “Self-Management” in orientation program on 16-11-2018 at UGC-HRDC, GJUS&T, and Hisar.
5. Delivered a lecture on the topic “Cognitive behavioral Therapy” at CRS University, Jind.

**XVI) Additional Duties Performed/Positions held in the University
(Teacher-wise)**

Sr. No.	Name of Teacher	Additional Positions
1.	Prof. Jyotsana	<ol style="list-style-type: none"> 1. Member of admission committee 2. Member of DRC Member of Board of Studies & Research
2	Prof. Sandeep Singh	<ol style="list-style-type: none"> 1. Director, Psychological Guidance & Counseling Cell of Guru Jambheshwar University of Science & Technology, Hisar (Since, 2018.) 2. Programme Coordinator, Youth Red Cross (Since, 2009.) 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. Member, GIAN committee of the university. 7. Member, Internal Quality Assurance Cell (IQAC), GJUS&T, Hisar 8. Member, anti-ragging committee of the university. 9. Member of NSS advisory board of the university 10. Member of Cultural council of the university 11. Member of sports council of the university 12. Organizing member of university alumni meet. 13. Organizing member of Youth festival of university 14. Organizing member of university convocation 15. Member, organizing committee for youth festival. 16 Nodal officer of the University for District Election Office, Hisar 17 Member, syllabus re-structuring committee of the department. 18 Member, anti-eve teasing committee of the university. 19 Member, students counseling cell of the department.

		20 Member of Swachh Bharat-Swasth Bharat Programme of the university.
3.	Dr. Rakesh Behmani	<ol style="list-style-type: none"> 1. Chairperson, Department of Applied Psychology 2. Member of admission committee 3. Member of DRC 4. Member of Board of Studies & Research
4.	Dr. Manju	<ol style="list-style-type: none"> 1. Member of admission committee 2. Member of DRC 3. Member of Board of Studies & Research 4. Coordinator biofeedback lab 5. Proctorial duties if the university
5.	Dr. Sanjay Kumar	<ol style="list-style-type: none"> 1. Member of Admission Committee 2. Programme Coordinator-PGDCCBM (DDE) 3. Coordinator Training and Placement cell 4. Coordinator- Aptitude Testing Lab 5. Faculty coordinator of department –NIRF 6. Paper drafted for various subjects 7. Coordinator Aptitude Testing Lab 8. Coordinator Counseling Cell 9. Member Anti Ragging Cell of the Department 10. Member of DRC 11. Member of faculty of medical sciences 12. Nodal Officer, Drug Prevention Cell, GJUST, Hisar.
6.	Dr. Taruna	<ol style="list-style-type: none"> 1. Member of Admission Committee 2. Member of DRC 3. Programme coordinator- B.A. Psychology (DDE) 4. Co-ordinator, 5. Cultural council

(XVII) Training & Placement Activities of the Department:

Activity	No. of Students placed	No. of Companies in which placed*
Training	Career oriented Workshops organized in the last year	<ul style="list-style-type: none"> • Aptitude testing • Careers in psychology • Communication skills and employability • Students underwent internship in various premier institutes

Placement	09	HPSC, College Cadre
	01	Amity University Haryana, Gurgram
	01	Counsellor, GD Goyanka School, Hisar
	01	Brain Chech, Chandigarh
	02	CBLU, Bhiwani

- **Note:- Please attach a list of companies along with number of students placed, dates of placement and average package.**

(XIX) Awards/ Honours received by Faculty (Give teacher-wise details about title of award, awarding agency and date of conferment):

Prof. Sandeep Singh:-

Received the Youth Red Cross award by Hon'ble Governor of Haryana on 20.01.2018.

(XX) Any other important Information/ Achievement of the Department:

Signature of the Chairperson

ANNEXURE

DEPARTMENT OF Applied psychology

- (I) TOTAL NO. OF RESEARCH PAPERS PUBLISHED: 02
NATIONAL: 01
INTERNATIONAL: 01
- (II) TOTAL NO. OF FUNDED RESEARCH PROJECTS: 01
COMPLETED: NA
ON GOING: 01
- (III) TOTAL NO. OF PARTICIPATED AND CONTRIBUTED RESEARCH PAPERS: _____
SEMINARS & CONFERENCES: _____
INTERNATIONAL LEVEL: _____
- (IV) TOTAL NO. OF BOOKS PUBLISHED: NIL
- (V) NUMBER OF SCHOLARS COMPLETED THEIR PH.D. DEGREE: 07
- (VI) TOTAL NUMBER OF SCHOLARS REGISTERED TO PH.D.
PROGRAMME 11

Signature of the Chairperson

Sr. No.	Name of Faculty	Qualifications	Experience
1.	Prof. Sandeep singh	M.A, M Phil, Ph D.	20 years
2.	Prof. jyotsana	M.A, M Phil, Ph D.	21 years
3.	Dr. Rakesh Kumar Bahmani	M.A, Ph D.	16 years and 6 months
4.	Dr. Manju	M.A., Ph. D, UGC (NET)	12years
5.	Dr. Sanjay Kumar	M.A., UGC (NET), PGDRP, Ph. D,	09 years
6.	Dr. Taruna	M.A., Ph. D, UGC (NET)	12 years

