

# INDERPREET SANDHU

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Arts Block-2, Punjabi University,  
Patiala, India.

Research Areas : Personality Psychology, Counseling Psychology,  
Self and Identity

## Education

Ph. D, Psychology, Punjabi University, Patiala (2010)

Advised by Prof. B. S. Sandhu

Research Title: **Social, Cognitive and Affective Correlates of Ego Identity Formation in Female Adolescents.**

Post Graduate Diploma in Counseling Psychology, Punjabi University, Patiala (2004).

M. A., Psychology, Punjabi University, Patiala (2003).

B. A., Psychology, English Literature and Sociology, Punjabi University, Patiala (2001).

## Appointments

Assistant Professor, Psychology, Punjabi University, Patiala (2006-present).

Sr. Technical Assistant, Psychology, Punjabi University, Patiala (2004-2006).

## Teaching

S. No.	PAPERS TAUGHT	CLASS
1	Systems and Theories of Psychology	M.Sc. I Psychology
2	Cognitive Processes	M.Sc. I Psychology
3	Applied Social Psychology	M.Sc. I Psychology
4	Environmental Psychology	M.Sc. I Psychology
5	Personality Theories	M.Sc. II Psychology
6	Research Methodology III: Psychometry	M.Sc. II Psychology
7	Developmental Psychology	M.Sc. II Psychology
8	Counseling Psychology	M.Sc. II Psychology
9	Health Psychology	M.Sc. II Psychology
10	Psychology of Criminal Behavior	M.Sc. II Psychology
11	Self and Personal Growth	P.G. Diploma in Counseling Psychology
12	Ethical and Legal Issues in Counseling	P.G. Diploma in Counseling Psychology
13	Counseling Skills and Approaches	P.G. Diploma in Counseling Psychology
14	Criminal Profiling	M.Sc. I Forensic Science
15	Practicals / Field Studies	M.Sc. I , II , PGDCP

## **Professional Enhancement Programmes attended**

Womens' Studies Centre organized National Symposium on Surrogacy: Commercial, Legal and Social Implications, Punjabi University, Patiala (2011, Jan.).

University Grants Commission Workshop on Capacity Building of Women Managers in Higher Education, Punjabi University, Patiala (2011, Aug.).

University Grants Commission sponsored Workshop on Computer Applications in Social Science Research, Punjabi University, Patiala (2011, Feb.).

Therapy session on Putting Neuroscience to Work: Connecting the body & Mind in Therapy and in the Therapist at Vancouver, Canada (2010, June).

University Grants Commission sponsored Refresher Course in Environmental Studies, Punjabi University, Patiala (2010, Nov.).

Department of Pediatrics sponsored Workshop on Behavioral Problems in School Children: Intervention and Management Strategies, PGIMER, Chandigarh (2009, Nov.).

University Grants Commission Sponsored Orientation Programme, Panjab University, Chandigarh (2007, June).

Apprenticeship for 300 hrs at Dept. of Psychiatry, Govt. Medical College at Rajindra Hospital, Patiala (2004, July).

## **Presentations at Conferences/ Seminars (past 6 years)**

Sandhu, I., & Kaur, S. (2012, Oct). *Exercise: A positive mediator between your body, self and others*. Talk presented at National Seminar on Health, Fitness & Sports Technologies, Punjabi University, Patiala.

Sandhu, I., & Kaur, S. (2012, Sept). *Impact of work stress on family dynamics of female police personnel*. Talk presented at International Conference on Women, Peace and Security, Punjabi University, Patiala.

Sandhu, B. S., & Sandhu, I. (2012). *Yogic perspective of reality paradox in natural and social sciences*. Talk presented at National Seminar on Yoga and Aura, Metaphysical Science Research Institute, Chandigarh.

Sandhu, I., Sharma, S., & Sharma, B. (2012, March). *Organizational excellence: A creative innovative perspective*. Talk presented at National Seminar on Global Economy and Commerce: Challenges and Opportunities, School of Management Studies-Bhaddal, Bhaddal Institutes, Ropar.

Sandhu, I., & Kaur, M. (2012, Feb). *Personality and identity statuses in relation to problem-solving appraisal among adolescents*. Talk presented at International Conference of Applied Psychology, Panjab University, Chandigarh.

Sandhu, I., & Kaur, M. (2012, Feb). *Youth today: Problem-solving from personality and identity perspective*. Talk presented at National Conference on Social & Cultural Changes: Prospects & Challenges for Youth, Department of Philosophy, Govt. Rajindra College, Bathinda.

Sandhu, I. (2011, Nov.). *Psychological dimension of social exclusion of young generation rooted in primary education in rural Punjab*. Talk presented at Golden Jubilee Social Science Conference on Emerging Dimensions in Social Sciences, Punjabi University, Patiala.

Sandhu, I., & Kaur, S. (2011, Nov). *The paradoxical Punjabi psyche: Attitude towards girl child*. Talk presented at International Conference on Mainstreaming Gender: Issues and Challenges, Punjabi University, Patiala.

Sandhu, I., & Kaur, S. (2011, Oct). *Subjective well-being in relation to self-esteem and occupational stress in employed females*. Talk presented at International conference on Enhancing Human Potential: Bio-Psychosocial Perspectives, Panjab University, Chandigarh. **(PRIZE WINNING PAPER)**.

Sandhu, I., & Kaur, S. (2011, Sept). *Implications of perception of health and well-being in today's youth*. Talk presented at National Seminar on Sports & Fitness Culture: Role of Media, Punjabi University, Patiala.

Sandhu, I. (2011, Sept.). *Personality and coping strategies in relation to identity statuses of adolescents*. Talk presented at National Seminar on Ecological Crisis, Punjabi University, Patiala.

Sandhu, I., & Kaur, S. (2011, March). *Ego identity statuses as a predictor of psycho-spiritual development*. Talk presented at National Seminar on Indigenous Techniques in Psychotherapy: Concept & Applications, Dev Sanskriti Vishwavidyala, Haridwar.

Sandhu, I., & Kaur, S. (2011, Feb). *A study of subjective well-being, self- esteem and perceived stress in relation to employed and unemployed females*. Talk presented at International Conference on Women and Child Issues: National and International Perspectives, Punjabi University, Patiala.

Sandhu, B.S. & Sandhu, I. (2011, Feb.). *A study of anxieties and apprehensions in context of globalization among educated females*. Talk presented at International Conference on Women and Child Issues: National and Internal Perspectives. Punjabi University, Patiala.

Sandhu, B.S. & Sandhu, I. (2010 Dec.). *Cognitive styles in relation to ego identity formation in female adolescents*. Talk presented at International conference on Mind, Culture and Human Activities. J. N. University, New Delhi.

Sandhu, I. (2010, Nov.). *Psychological correlates of mental health in employed and unemployed females*. Talk presented at International Conference on Enhancing Human Potential: Bio-Psychosocial Perspectives, Panjab University, Chandigarh.

Sandhu, I. (2010, Sept.). *Implications of identity statuses for managerial skills*. Talk presented at International Conference on New Paradigms in Management Theory and Practice, Punjabi University, Patiala.

Sandhu, I. (2010, March). *Women and globalization: An identity perspective*. Talk presented at International Conference on Women and Development: Issues and Initiatives, Punjabi University, Patiala.

Sandhu, I., & Kaur, S. (2009, March). *Issues and challenges related to adolescents in modern era*. Talk presented at National Seminar on Parenting of Adolescent- Trend and Role in Modern Era, Govt. College, Sector-46, Chandigarh.

Sandhu, B.S., & Sandhu I. (2008, Feb.). *Adolescent identity in the context of family relationships*. Talk presented at National Conference on Community Mental Health: Issues and Challenges, Kurukshetra University, Kurukshetra.

Sandhu, B.S., & Sandhu I. (2008, Feb.). *Family relationship patterns in relation to ego identity formation and cognitions of adolescents*. Talk presented at National Seminar on Positive Perspectives of Health and Behavior, M.D. University, Rohtak.

Sandhu, I. (2008, Jan.). *Teachers' role in positive youth development*. Talk presented at International Conference on Internalizing Higher Education, L.P. University, Jalandhar.

Sandhu I. (2007, Dec.). *Personality of adolescents in relation to pathological internet use*. Talk presented at National Conference on Psychology, Technology and Society, Indian Institute of Technology, Kanpur.

Sandhu, I. (2007, Feb.). *Psychosocial perspective of identity development in Indian youth*. Talk presented as a Resource Person on National Seminar on Psychosocial Perspectives of Psychology in Contemporary Life, D.A.V. College for Women, Ferozepur.

## Publications

Sandhu, I & Kaur, S. (2012). Punjabi psyche in a paradox: Attitude towards female child. In conference proceedings of International conference on "Mainstreaming Gender Issues and Challenges". *Women Studies Centre, Punjabi University, Patiala*. (ISBN-9978-81-302-0182-5).

Sandhu, I & Kaur, S. (2012). Implications of perception of health and well-being in today's youth. *International Journal of Fitness & Exercise, 1*, 21-28. (ISBN-978-81-302-0141-2).

Sandhu, I & Kaur, S. (2011). A study of subjective well-being, self-esteem and perceived stress in relation to employed and unemployed females. In conference proceedings of International conference on "Women and child Issues: National and International Perspectives". *Women Studies Centre, Punjabi University, Patiala*. (ISBN-978-81-302-0112-2).

## Research Guided/ Under Guidance:

<b>Manmeet Kaur</b> (M.Phil Completed, Sept. 2012)	She researched upon " <u>Role of Personality and Identity Statuses in Problem-Solving among Adolescents</u> ". She got enrolled in the M.Phil (research) programme in 2010 and completed in 2012. While doing her research work, she was particularly intrigued by the versatility of problem-solving solutions that adolescents presented in discussions.
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<p><b>Swati Sharma</b> (Registered for Ph. D, Aug. 2012)</p>	<p>The topic of her doctoral research is "<u>Dynamics of ego identity in the context of critical thinking and creativity among adolescents</u>". She has been awarded Junior Research Fellowship (Scholarship) by University Grants Commission of India in the year 2011 and is interested in understanding the psychology of adolescents, especially how their critical thinking and creativity influence their identity processes and functions.</p>
<p><b>Bharti Sharma</b> (Registered for Ph. D, Jan. 2013)</p>	<p>She is working on understanding personality of individuals at their workplace and in what makes them to put extra effort in their work (work engagement) and what leads to their burnout. Her Ph.D. topic is "<u>Personological Predictors of Burnout and Work Engagement among Employees</u>".</p>
<p><b>Sagneet Kaur</b> (Enrolled for Ph. D, Sept. 2012)</p>	<p>She was awarded Gold Medal for standing first in the University (M.Sc. Psychology) and has also qualified UGC- NET (eligibility test for lectureship) examination in the year 2012. She has also been awarded with the Maulana Azad National Fellowship (2013) from UGC for pursuing Ph.D. Her primary area of interest is the study of ego-identity development in adolescents, particularly by carrying out action research.</p>

## Workshops Facilitated

Conducted a National level workshop on Self-Enhancement Skills at College of Education, Dhuri.

Conducted Stress Management Workshop for Women College Teachers at Punjabi University, Patiala.

Healthy Parenting Workshop for parents of adolescents in different schools.

Workshop on Self-Enhancement for University Students, Punjabi University, Patiala.

Various Workshops on Personality Development, Time Management, Anxiety Management and Effective Communication for school, college and university students.

Work Motivation and Relaxation Training at various research departments and workplace organization in North India.

## **Voluntary Work**

Conducted Relaxation Therapy sessions for students at Thapar University, Patiala.

Regularly conduct counseling and testing services for adolescents in schools.

Counseling sessions for students of neighborhood campuses.

Awareness camps for female foeticide in villages of Punjab.

Time Management workshops for employees in different organizations.

## **Professional Membership**

National Academy of Psychology, India

Indian Academy of Applied Psychology

The Punjab Heritage