### Dr. Vidhu Mohan

**Associate Professor** 

Department of Psychology

Punjabi University, Patiala 147002

9915715794

vidhu@pbi.ac.in



# **Academic Qualifications**

S.No.	Degree	Institution	Year
1	M.A	Punjabi	1998
		University, Patiala	
2	Ph.D	Punjabi	2005
		University, Patiala	

Areas of Specialization- Social Psychology and Organisational Behaviour

#### Awards/Honours

Honoured with Praman Patra by the Punjab Govt. for rendering exemplary services in district Patiala under the Anti Drug awareness program during the republic day celebrations on 26<sup>th</sup> Jan, 2020 at polo grounds, Patiala

# Life Membership

Life member of Bhartiya Counselling Association

### Number of Ph.d

Supervised-7

Under Supervision-5 (Details attached)

Number of M.Phil Supervised-6 (Details attached)

**Number of Research Publications** (National /International Journals)- 32 (Details attached)

#### **Conferences Attended**

National=20; International=16 (Details attached)

#### **Member Board of Studies**

Member, Post Graduate Board of Studies, Mata Gujri College, Fathegarh Sahib (Punjab) 2013-14

Member, Post Graduate Board of Studies, KMV, Jalandhar (Punjab) ,2019-20

## List of activities during the lockdown period

- Key speaker at the Webinar organized by the Office of Dean, Students
  Welfare, Punjabi University, Patiala on 27.05.2020 on the theme COVID 19 & Dean, Students
  Representation of the topic of
  presentation was 'Dynamics of Thought Modification in context of COVID19 Mental Health: Life Now & Dean, Students
- Key speaker at the Webinar organized by HMV College, Jalandhar on 16.07.2020 on the theme psychological first Aid for maintaining Mental Hygiene during Covid 19. The topic of presentation was 'Harnessing Psychological Capital to combat Covid related stress.
- Volunteered for providing telephonic Counselling services to people with mental health/psychological issues during Covid 19 through the helpline started by the Punjab Government since 17.03.2020
- Volunteered as a Counsellor in the helpline started by Punjabi University, Patiala for helping the students of the university deal with stress during Covid 19.
- Participated in the discussion on 'Comabting Covid 19-ten Strategies' under the banner of Bharatiya Manovgyan Parishad (BMP).

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

S. No.	Name of the Student	Title of Thesis	Year of Completion
1.	Parwinder Singh	Hostile Attribution of Intent: Social-cognitive intervention for aggressive adolescents	2011
2.	Sukhdeep Singh	Enhancing Academic Resilience in adolescents: A reattribution training perspective	2013
3.	Manpreet Kaur	Psychological Capital and social anxiety in Organizational set up:efficacy of reattribution training	2015
4.	Dharna Sharma	Work Motivation and Organizational Commitment- Role of Salutogenic Functioning and Organizational factors	2016
5.	Leena Sharma	Entrepreneurial talent among youth of Punjab: the role of Personality and metacognitive skills	2019
6.	Samuel Embiza Tadesse	Role of psychological capital and self-regulation in Teachers' professionalism and work motivation: A study in Tigrai regional state, Ethiopia	2020

7.	Mohita Verma	Attributional style and self- regulated learning strategies as predictors of intrinsic motivation and engagement among students	2020
8.	Rajni	Efficacy of PsyCap Intervention in enhancing Entrepreneurial Orientation	Ongoing
9.	Jaiprabh		Ongoing
10.	Harjinder Singh		Ongoing
11.	Sandeep	Title yet not registered	Ongoing
12.	Mansha Taneja	Title yet not registered	Ongoing

# M.Phil. Students guided(details):

S. No.	Name of the Student	Title of Thesis	Year of Completion
1.	Ravneet Kaur	Role of attributional styles and perceived control among university entrants	2012
2.	Saruchi Kheppar	Effect of occupational attributional style and work environment on job-satisfaction and work motivation of employees	2014
3.	PawanpuneetKaur	Self-Concept and attributional Stle as	2015

		predictors of academic achievement among adolescents	
4.	Mohita Verma	Attributional stle and self-regulated learning strategies in relation to Academic resilience	2016
5.	Hatinder Kaur	Compliance:Effectiveness of the foot-in-the door technique	2017
6.	Anureet Kaur Bhangu	Locus of Control as a factor in Conformity	2018

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

S. No.	Paper	Class
1.	Social Psychology	M.A.I
2.	Industrial Psychology	M.A.I
3.	Organizational Behaviour	M.A II
	Developmental Psychology	M.A.II
4.	Personality Theories	M.A II
5.	<b>Guidance &amp; Counselling</b>	PGDCP
6.	Counselling Skills and Approaches	PGDCP
7.	General Psychology	B.A.I
8.	Experimental Psychology	B.A.II

## **Community Work**

- Was team member in the module making for Buddy program under STF, Punjab Govt.'s initiative to tackle drug problem in the state of Punjab
- Was member of the team providing telephonic Counselling for tackling academic stress among board class students in the state of Punjab as part of the Punjab State Commission's Protection of child's rights 'Prakhiya Parv'
- Resource person in the selection process of head masters/mistresses in the department of school education, Government of Punjab in Dec. 2019

### LIST OF PUBLICATIONS

- 1. Sharma, V., & Mohan, V. (2002). Improvement of Depressed student's performance on Spelling test after Attributional Retraining. Journal of the Indian Academy of Applied Psychology, 28 (1-2), 117-120.ISSN 0019-4247
- 2. Sharma, V., & Mohan, V. (2002). Promoting the Mental Health of Depressed Children through Attributional Retraining. Personality study and Group Behaviour, 22,65-73
- 3. Mohan V., & Sharma, V. (2004). Role of Reattributional Training: From Self-Defeating to Self-Enhancing. In R. Singh, N. Sharma & A. Yadav, Psychology of Individual Differences, 230-235. Wisdom Publication, New Delhi ISBN 81-902068-3-4
- 4. Sharma, V., & Mohan, V. & Gunjan (2005). Role of Attributional Retraining in enhancing the subsequent Self-Efficacy beliefs. In R Singh & N Sharma, health Psychology, 405-412. New Delhi: Global Vision Publishing House, ISBN 81-8220-109-8
- 5. Sharma, V., & Mohan, V.& Bhalla, S. (2007). Attributional style of shy females. In A. Yadava, S. Sharma & N Sharma, Understanding Women behavior, 169-177. New Delhi: Global Vision Publishing House, ISBN 8182202019
- 6. Mohan, V., Singh, P., & Singh, N. (2009) Aggressiveness and Narcissism: Validating relationship in Indian context. Pakistan Journal of Social and Clinical psychology, Vol.7,55-64. ISSN 1727-4931

- 7. Mohan, V., Singh, P., & Singh, N. (2009). Aggressiveness and Hostile Attribution Bias. Diviner: A Reasearch Journal of Humanities and Social Sciences. Vol.6(1), 181-187. ISSN 0978-8320.
- 8. Mohan, V., & Kaur, M. (2011). Self-Efficacy and adjustment among children of working and non-working mothers. Diviner: A research journal of Humanities and Social Sciences. ISSN 0973-8320
- 9. Mohan, V., & Kaur, M. (2012). Effect of Resilience and Meaningfulness in life on Occupational Stress among Punjab Police Personnel. Indian Journal of Psychology and Mental Health, 6 (2), 148-155, ISSN, 0973-728.
- 10. Mohan, V., & Kaur, M. (2012). Effect of Job satisfaction and Tenure on Organizational Commitment of college teachers. International Journal of Business and Management and Research, Vol, 2 (2) 52-57, ISSN, 2249-2143.
- 11. Mohan, V., & Kaur, M. (2012). Effect of Attributional Style and Resilience on Motivation of Players. International Journal of Fitness and Exercise Science, 5-9. ISSN, 978-81-302-0141-2.
- 12. Mohan, V., & Kaur, M. (2013). Effect of Job Satisfaction, Work Tenure and Work Motivation on Organizational Commitment of College Teachers. Indian Journal of Psychology, 80-91. ISSN 0019-5553.
- 13. Mohan, V., & Kaur, M. (2013). Effect of Meaningfulness in Life and Stress Resilience on Mental Health of Punjab Police Personnel. The Indian Police Journal, Vol. LX (1), 139-149. ISSN 0537-2429.
- 14. Mohan, V., & Kaur, M. & Kaur, B. (2013). Achievement Motivation and Self-concept of Adolescents: Significance of Parental Attitude. Indian Journal of Psychological Science, Vol.4 (1), 30-38. ISSN 0976-9218.
- 15. Mohan, V., & Kaur, R. (2013). Effect of Attributional Style and emotional regulation on social anxiety among university students. International journal of Behavioural Science, 28 (1-2), 1-8. ISSN 0971-3196

- 16. Mohan, V., & Sharma, D. (2015). Organizational Climate in Relation to Work Motivation and Organizational Commitment. Voice of Research, Vol.4(3), 38-42. ISSN-2277-7733
- 17. Mohan, V., & Sharma, D. (2016). Employee Motivation: Role of Salutogenic Functioning. Journal of Management and Commerce, Vol.1, Issue 2, 40-51. ISSN 2455-961X
- 18. Mohan, V., & Verma, M. (2016). Attributional Style in Relation to Academic Resilience International Journal of Psychosocial Research, Vol.5, 28-32. ISSN-2320-6381
- 19. Mohan, V., & Sharma, D. (2016). Salutogenic Functioning as a Predictor of Organizational Commitment. Indian Journal of Psychology and Education, Vol.6 (2), 14-23. ISSN 2231-1432
- 20. Mohan, V., & Kaur, P. (2017). Role of academic Self-concept and attributional style in academic achievement motivation. Recent Advances in Psychology, An International Journal Vol. 4, (1), 62-70. ISSN No. 2395-5465
- 21. Mohan, V. & Sharma, L. (2017). Effect of Meta-Cognitive skills on entrepreneurial talent: A contextual study. Indian Journal of Health and Well-Being, Vol.8(12), 1514-1517. ISSN No. 2229-5356
- 22. Mohan, V. (2018). A study of Entrepreneurial skills among youth of Punjab. Asian Resonance, Vol.7(1), 127-132. ISSN No(P). 0976-8602
- 23. Mohan, V. & Sharma, D. (2019). Transformational leadership style as a predictor of organizational commitment Journal of emerging technologies & innovative research (No.63975, ugc approved), 6(6), 111-120, ISSN-2349-5162
- 24. Embiza, S. & Mohan, V. (2019). Teachers' Professionalism: a case of eastern zone of Tegrai-Ethiopia IJRAR(no.43602,UGC approved, peer reviewed), 6(1),568-575, E ISSN 2348 –1269, PRINT ISSN 2349-5138
- 25. Embiza, S. & Mohan, V. (2019). Comparing Psychological Capital among teachers in a rural & urban area: A case in Tegrai regional state. Asian Resonance

- (UGC listed, no.40888, peer-reviewed), 8(2), 191-198 P: ISSN No. 0976-8602 E: ISSN No. 2349-9443
- 26. Mohan, V. & Verma, M. (2020). Examining the Relationship between Learning Strategies and the Four C's of Academic Resilience among School Students. International Journal of Science and Research (IJSR), 9(5), 1419-1424, ISSN: 2319-7064 ResearchGate Impact Factor (2018): 0.28 | SJIF (2019): 7.583
- 27. Mohan, V. & Verma, M. (2020). Self-regulated Learning Strategies in Relation to Academic Resilience. Voice of Research, 9(3), 27-34, ISSN 2277-7733
- 28. Mohan, V. & Kaur, Hatinder. (2020). Assessing the effectiveness of foot-in-the-door technique of compliance in Indian context. The international journal of Indian Psychology (peer reviewed), 8(4), ISSN 2348-5396 (online), ISSN 2349-3429 (print)
- 29. Mohan, V. & Kaur, J. (2021). Assessing the relationship between Grit and academic resilience among students. Issues and Ideas in Education, 9(1), 39-47, ISSN No.: 2320-7655(Print) ISSN No.: 2320-8805(Online)
- 30. Mohan, V. (2021). Entrepreneurial intention among youth in rural Punjab. International Journal of Multidisciplinary Research and Growth Evaluation,
- September-October, 2 (5), 145-149. E-ISSN: 2582-7138
- 31. Rajni & Mohan, V. (2021). Entrepreneurial orientation and psychlogical among youth: exploring gender differences IJRAR (no.43602, UGC approved, peer reviewed), 8(3), E-ISSN 2348-1269, P- ISSN 2349-5138), 861-875
- 32. Sharma, D. & Mohan, V (2021). Role of transformational leadership in work motivation. Indian Journal of Psychology (CARE list)

### **Workshops and Invited lectures**

- 1. Invited as a resource person to deliver a lecture on Emotional Intelligence at Deash Bhagat College, Bardwal (Dhuri) on 28.03.2019
- 2. Invited as resource person to conduct a workshop on Assertiveness Skills as part of Buddy Program organized by the School of Management Studies, Punjabi University, Patiala in February, 2019
- 3. Invited as a resource person to conduct workshop on Psychological testing for the students of University College of Engineering, Punjabi University, Patiala on 12.09.2017
- 4. Invited as a resource person to conduct workshop on Psychological testing for the students of University College of Engineering, Punjabi University, Patiala on 17.10.2016
- Invited as a resource person to deliver lecture on Personality Development in the training workshop cum course organized by department of Empallened training Institution, N.S.S., Punjabi University, Patiala from 03-09 August,2016
- 6. Invited as a resource person to conduct workshop on Police Behaviour and Psychology for Police trainees of Basic Commando course batch No.124 organized by Commando Training centre Patiala on 18.05.2016.

- 7. Invited as a resource person to deliver lecture on Personality Development in the training workshop cum course organized by department of Empallened training Institution, N.S.S., Punjabi University, Patiala from 23-29 July, 2015
- 8. Invited as a resource person to conduct workshop on Psychological testing for the students of University College of Engineering, Punjabi University, Patiala in July & Sept.2014
- 9. Invited as resource person for conducting workshop on 'Learning how to bounce back in adversity in life and be successful' for the students of Dept.of Public Administration, Punjabi University, Patiala on 9th Aug.2012
- 10.Invited as resource person for conducting workshop on the topic 'Managing stress by Managing thoughts' for the faculty members of various departments of Punjabi University organized by Women's Studies Centre, Punjabi University,Patiala inSept.2012
- 11.Invited as resource person for conducting workshop on the topic 'from self-defeating to self-enhancing: significance of reattribution training' for the students of dept. of hotel management organized by Women's Studies Centre inSept.2011

# International conferences:

- 1. Presnted paper entitled 'Self-regulated learning strategies as predictors of motivation: Implications for Students' well-being' in two days online international webinar on 'Psychosocial factors in sustainable health and well being among students' organized by Faculty of Behaviour and Cognitive Sciences. CBLU, Bhiwani (Haryana) on June 17-18, 2020
- 2. Presented paper entitled 'Influence of attributional Style on Self-regulated learning strategies among students' 56<sup>th</sup> National and 25<sup>th</sup> international conference of the Indian Academy of Applied Psychology (IAAP) on 'Actualizing Human Potential' organized by the department of Psychology, Punjabi University, Patiala 18<sup>th</sup>-20<sup>th</sup> Feb., 2021
- 3. Presented paper entitled 'Entrepreneurial Orientation and Psychological Capital among youth: Exploring Gender differences' in 11<sup>th</sup> International Conference on Holistic Health of Women: Issues and Challenges organized by Women's Studies Centre, Punjabi University, Patiala on 20<sup>th</sup> and 21<sup>st</sup> November, 2019
- 4. Presented paper entitled "Enhancing Resilience among players through Reattribution Training" in the International Seminar on "Issues and fitness Management" held at Department of Sports Science, Punjabi University, Patiala on October 28th, 2015.

- 5. Presented paper entitled "Social Intelligence as a predictor of work motivation" in the 7th International conference on "Empowering women, empowering Humanity" held at Punjabi University, Patiala on December 11-12,2015.
- 6. Presented paper entitled "Enhancing Resilience among players through Reattribution Training"in the International Seminar on "Issues and fitness Management" held at Department of Sports Science, Punjabi University, Patiala on October 28th, 2015.
- 7. Presented paper entitled "Implications of Reattribution Training in enhancing the performance of players" in the 7<sup>th</sup> International Seminar on "Sports Science: Challenges and Endeavours" held at Department of Sports Science, Punjabi University, Patiala on February 9-10,2015.
- 8. Presented paper entitled "Gender Differences in Stress Resilience and Attributional Style among Players" in the 5<sup>th</sup> International Conference on "women and Development", held at Punjabi University, Patiala on November 22-23, 2013.
- 9. Presented paper entitled "Self Esteem and Locus of Control as determinants of Emotional Intelligence of Players" in the International conference on Futuristic Trends in Physical Education held at Punjabi University, Patiala on January 24-26, 2013.
- 10. Presented paper entitled "Enhancing Leadership Skills of MBA Students: A Way to Overcome HR Challenge" in the 6<sup>th</sup>

- International Conference on "Challenges in Human Resource Management", held at Desh Bhagat Institute of Management and Computer Science, Mandi Gobindgarh on September 21-22, 2012.
- 11. Presented paper entitled "Effect of meaningfulness in life and stress resilience on Occupational stress among Punjab Police Personnel" in International Conference of Applied Psychology held at Panjab University, Chandigarh on February 24-25,2012.
- Parent Child Relationship in Adolescents: A Gender Based Study" in the International Conference on "Mainstreaming Gender: Issues and Challenges", held at Punjabi University, Patiala on November 25-26, 2011.
- 13. Presented paper entitled "Self Efficacy and Adjustment among Children of Working and Non-Working Mothers" in the International Conference on "Women and Child Issues: National and International Perspectives", held at Punjabi University, Patiala on February 11-12, 2011.
- 14. Presented paper entitled "Organizational Commitment in College Teachers: Effect of Work Motivation & Work Experience" in the XX<sup>th</sup> Annual Convention of NOAP & International Conference on "Mind, Culture and Human Activities" held at Jawaharlal Nehru University, New Delhi on December 12-15, 2010.

- of Mental Health & Marital Adjustment" in the 7<sup>th</sup> International Conference on "New Paradigms in Management theory and Practice" held at School of Management Studies, Punjabi University, Patiala on September 4-5, 2010.
- 16. Presented paper entitled "Professional and Non-Professional Working Women: Social Psychological Correlates" in the International Conference on "Women and Development: Issues and Initiatives" held at Punjabi University, Patiala on March 26-27, 2010.

## National conferences:

- 1. Presented paper entitled 'Health promoting behaviour among adolescents: Assessing the relationship with self-efficacy and Stress resilience' in the National seminar on Stress Management; A holistic perspective organized by the department of Psychology. Akal University, Talwandi Sabo (n Punjab) sponsored by ICSSR (northwest central region) on 6<sup>th</sup> dec., 2021
- 2. Presented paper in the National Conference on Skill India: Knowledge & Education (Human and Social Capital Formation in Emerging India) organized by the department of Education and Community Service, Punjabi University, Patiala on February 1-2,2016.
- 3. Presented paper entitled "self-esteem as a determinant of achievement among players" in "National conference on wellness through Physical activity: Future Perspective" held at Punjabi University, Patiala on January 17-18,2014.

- 4. Presented paper entitled "Meta cognitive skills and Entrepreneurial attitude of rural Punjabi Youth from agrarian community" in "the annual conference of Indian association of Social Science Institutions" held at Punjabi University, Patiala on October 30-31,2012.
- 5. Presented poster entitled "Stress Resilience in Players: Effect of Motivation and Efficacy Beliefs" in the "National Seminar on Health, Fitness & Sports Technologies", held at Punjabi University, Patiala on October 12, 2012.
- 6. Presented paper entitled "Empowering Youth: Implications of Leadership Skills" in "National Seminar on Empowered Youth Resurgent India" held at Chandigarh Group of Colleges, Landran on April 14, 2012.
- 7. Presented paper entitled "Social anxiety and youth: Role of attributional styles and Emotional regulation" in "National Seminar on Empowered Youth Resurgent India" held at Chandigarh Group of Colleges, Landran on April 14, 2012.
- 8. Presented paper entitled "Prosocial behavior as a mediator of well-being in youth" in "National Seminar on Empowered Youth Resurgent India" held at Chandigarh Group of Colleges, Landran on April 14, 2012.

- 9. Presented paper entitled "Effect of Job Satisfaction, Work Motivation and Work Tenure on Organizational Commitment of College Teachers" in "PTU sponsored National Seminar on Global Economy & Commerce: Challenges & Opportunities 2012" held at Bhaddal Institutes, Ropar on March 16-17,2012.
- 10. Presented paper entitled "Effect of Parental Attitude on Self Concept and Achievement Motivation of Adolescents" in the "UGC sponsored National Conference on Social and Cultural Changes: Prospects and challenges for youth" held at Govt. Rajindra College, Bathinda on February 21-22, 2012 and won the best paper award for this paper
- 11. Presented paper entitled "Enhancing Psy-Cap among Managers: Implications of Yoga" in the National Seminar on "Yoga and Aura" held at metaphysical Science Research Institute, Sector 19-A, Chandigarh on February 17-18, 2012.
- 12. Presented paper entitled "Effect of Attributional Style and Resilience on Motivation of Players" in 22<sup>nd</sup> National Conference in Sports Psychology on "Latest trends in Performance and Psychological Approach" held at Shaheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar on January 25-27, 2012.

- 13. Presented paper entitled "A study of Entrepreneurship and Innovation in Punjabi Youth" in Golden Jubilee Punjabi University Social Science Conference on "Emerging Dimensions in Social Sciences" held at Punjabi University, Patiala on November 21,2011.
- 14. Presented poster entitled "Role of attributions in Determining Motivation & Wellness in Adolescent Players" in the National Seminar on "Sports & Fitness Culture: Role of Media", held at Punjabi University, Patiala on 28th September, 2011.
- 15. Presented paper entitled "Personal Effectiveness: A Prerequisite to Optimal Management" in the National Conference on "Strategic Management of Business Development: Issues & Prospects" held at Baba Farid College of Management & Technology, Bathinda on April 20-21, 2011.
- 16. Presented paper entitled "Moral Education: A Psychological Perspective" in the 1<sup>st</sup> National Conference on "Moral & Ethical Values for Professionals" held at Institute of Engineering & Technology, Bhaddal (Punjab) on April 15-16, 2011.
- 17. Presented paper entitled "Effect of meaningfulness in life and Stress resilience on Mental Health of Punjab Police Personnel" in the "National Seminar on Indigenous Techniques in Psychotherapy-concept & applications", held at Dev Sanskriti Vishwavidyalaya, Haridwar on 25-27 March, 2011.

- 18. Presented entitled "Maintaining Focus during paper Competition: A Psychological Perspective" in UGC sponsored National Conference on "Physical Education: The Key for Holistic Inter-disciplinary Collaboration", held at **Post** Graduate Government College, Chandigarh on March 11-13, 2011.
- 19. Presented paper at the II<sup>nd</sup> National Conference on "Mental Health Challenges 2020- A Vision for the Future" held at AIBHAS, Amity University Campus, Noida on August 3-5, 2006.
- 20. Presented paper at UGC sponsored National Seminar on "KNOW AIDS-FOR NO AIDS" organized by Kanya Maha Vidyalaya, Jalandharn on November 6-7, 2004
- 21. Attended 91<sup>st</sup> Indian Science Congress held at Panjab University, Chandigarh from January 3-7,2004.
- 22. Presented paper entitled "Role of Reattributional Training: From Self-Defeating to Self Enhancing" in the National Seminar and 6<sup>th</sup> National Conference of Praachi Psycho-Cultural Research Association on "Individual Differences and Behavior", held at M.D. University, Rohtak on October 11-12, 2002.