

**Dr. Anjali Malik**



Present Position:	Professor
Department:	Psychology Department M. D. University, Rohtak
Educational Qualification:	M.A., Ph. D. (Psychology)

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**A) Educational Qualifications**

Degree	Year of Passing	University / Institute
Ph. D.	2002	M.D.U. Rohtak
PG	1989	M.D.U. Rohtak
UG	1987	M.D.U. Rohtak

**B) Career Profile**

Designation	Institution served	Duration	
		From	To
Lecturer	University College, Rohtak	24.07.1991	18.04.2006
Assistant General	HSIIDC, Panckhula (On	19.04.2006	17.04.2007
Lecturer	GCG, Panchkula (On	20.06.2007	18.06.2009
Associate Professor	Deptt. of Psychology, M.D.	19.06.2009	30.12.2013.
Professor	Deptt. of Psychology, M.D.	31.12.2013	Till Date

## AResearch Papers

1. **Batra, A**, Muhar, I.S. and Bhatia, P. Environmental Noise and Mental Work. *Indian Journal of Psychology*, 1990, 65 (1-4): 45-52.
2. Kohli, S. and **Malik. A.** Level of Aggression: A Gender Based Study. *Indian Psychological Review*, 2009, 72(3). 155-160.
3. Kohli, S and **Malik, A.** Social Conformity as a result of Age and Education level. *Indian Psychological Review*. 20100, 74(4), 227-232.
4. **Malik, A.**, Anand, M., Karamvir and Batra, A. Effect of Life Skill Training on Academic Anxiety, Adjustment and Self-esteem levels in Early Adolescents. *Journal of Indian Academy of Applied Psychology*, 2012, 38, 188-192
5. Anand, M., **Malik, A.** , Kavita and Devender. A Study of Self Efficacy and Self Esteem in Type-2 Diabetes Patients. In *Community Health Psychology : Research and Applications* edited by Promila Batra, Madhu Anand and Sarvdeep Kohli, 2012, 215-220
6. Anand, M. and **Malik, A.** Terrorism: Causes and Management. *Maharshi Dayanand University Research Journal (Arts)*, 2012, 11(2), 29- 38.
7. **Malik, A.** Gender Inequality: Humanity's Broken Wing. *Maharshi Dayanand University Research Journal (Arts)*, 2012, 12(1), 89- 98.
8. **Malik, A.**, Gupta, A. and Kohli, S. Efficacy of Sudarshan Kriya yoga in enhancing comprehensive well being. *Indian Journal of Health and Wellbeing*, Vol. 4, Issue 3 (Part III), March 2013, 444- 447.
9. Kohli, S., **Malik, A.** and Mamta. Academic anxiety and well being amongst rural and urban adolescents. *Indian Journal of Positive Psychology*. 2013, 4(1), 148-152.
10. **Malik, A.** and Kohli, S. Maximizing well-being through Democratic Decentralization. *Indian Journal of Positive Psychology*, 2013, 4(3), 449-452.
11. **Malik, A.**, Kohli, S. and Kumar, A. Applying the Constructs of Home Environment: Implications for Developing Self Esteem Amongst Adolescents. *Indian Journal of Health and Wellbeing*, 2013, 4(9), 1674-1678.

12. Gupta, A. and **Malik, A.** Sudarshan Kriya Yoga (SKY) as an Adjunctive Treatment in Mental Disorders: The Magic Unfolds. *Dysphrenia*, 2014, 5 (1), 56-61.
13. Kohli, S., Batra, P., **Malik, A.**, & Rani, N. (2013). Academic Anxiety and Insecurity : Connections to Bullingng Behaviour in Young Adolescents. *Behavioural Scientist*, 14 (2), 83- 92.
14. **Malik, A.**, & Kohli, S. (2013). Maximizing Well Being through Democratic Decentralization. *Indian Journal of Health and Wellbeing*, 4 (3), 449- 452. **(Impact Factor= 0.47)**.
15. **Malik, A.**, Kohli, S. & Batra, P. (2013). Towards a New Look at Maternal Work Status: Issues Pertaining to Adolescents. *Maharshi Dayanand University Research Journal (Arts)*, 12 (2), 69- 76.
16. **Malik, A.**, Kohli, S. & Kumar, A. (2013). Applying the Constructs of Home Environment: Implications for Developing Self Esteem among Adolescents. *Journal of Health and Wellbeing*, 4 (9), 1674- 1678. **(Impact Factor= 0.47)**.
17. Gupta, A., Kohli, S., **Malik, A.**, & Gahlawat, S. (2014). The Relationship of School Environment with Temperament and Aggression. *Journal of Rural and Community Psychiatry*. 1 (1), 32- 39.
18. **Malik, A.**, Kohli, S., Batra, P., Gupta, A.(2014). Does Family Structure Have an Impact on Mental Health of Adolescents? *Journal of Rural and Community Psychiatry*. 1 (1), 47- 54.
19. Rani, V., Hemlata., **Malik, A.**, & Kohli, S. (2014). Relationship of Perceived Gender Discrimination with Emotional Competence, Self Esteem and Subjective Well Being among Young Adults. *Behavioural Scientist*, 15 (2), 71- 80.
20. Rani, V., Hemlata., **Malik, A.**, & Kohli, S. (2015). Forgiveness and Gratitude as Correlates of Mental Health. *International Journal of Social Sciences Review*, 3(1), 21-16.

#### **Publication in Book**

**Malik, A** and Singh, R. Personality, Moods and Bodily Responses. In Singh, R., Sharma, N.R. and Yadava A. (eds.) *Psychology of Individual Differences*. Delhi : Wisdom

Publications.

Batra, P. and **Malik, A.** The Healing Power of Relaxation and Sudarshan Kriya Yoga as methods of Positive Health. In Saini, S. (ed.) Positive Psychology: In the Light of Indian Traditions. Hisar: Indian Association of Health, Research and Welfare.

**Participation in Conferences / Seminars**

1. Attended conference of Indian Psychiatric Society (North Zone) Haryana Branch, organised by Psychiatry Department, Medical College on 7<sup>th</sup> -8<sup>th</sup> Sep. 2002.

2. Presented paper titled '**correlates of Arousability**' in National Seminar on Individual Differences and Behaviour organised by **Praachi Psycho-Cultural Research Association** under the auspices of the Department of Psychology, M.D.U. Rohtak on 11<sup>th</sup>, 12<sup>th</sup> Oct. 2002.
3. Attended **one day Orientation Programme for Psychology Teachers** organised by Dept. of psychology, M.D.U. Rohtak on 14<sup>th</sup> Feb. 2003.
4. Attended **one day workshop on course curriculum** development organised by Dept. of Psy., M.D.U. Rohtak on 17<sup>th</sup> Jan. 2004.
5. Attended ICSSR sponsored seminar on "**Substance Abuse / Misuse in North- Western Region of India : causes, consequences and remedies**" organised by Dept. of Psychology, M.D.U. Rohtak on Jan. 31<sup>st</sup>, 2004.
6. Attended 8<sup>th</sup> International and 39<sup>th</sup> National Conference of Indian Academy of Applied Psychology on **Positive Health and Well Being** organised under the auspices of Dept. of Psychology, M.D.U. Rohtak from July 15 – July 17, 2004.
7. Presented poster titled "**Psychological Responses to Terrorism**" in National Seminar on **Terrorism, Society and Quality of life** under the aegis of UGS organised by Univ. of Rajasthan, Jaipur held on Oct 03-04, 2010.
8. Presented Paper titled "**Terrorism : Responses and Management**" at International Conference on "**Advances in Military Psychology : Solider Preparedness**" organised by Defence Institute of Psychological Research, DRDO and National Academy of Psychology from March 10-12, 2011.

9. Presented Poster titled "**Promoting Holistic well-being through teaching of life skills to Economically challenged school children**" at International Conference on "**Advances in Military Psychology : Solider Preparedness**" organised by Defence Institute of Psychological Research, DRDO and National Academy of Psychology from March 10-12, 2011
10. Presented Poster titled "**Psychological Preparedness : Construct and its personality conelates**" at International Conference on "**Advances in Military Psychology : Solider Preparedness**" organised by Defence Institute of Psychological Research, DRDO and National Academy of Psychology from March 10-12, 2011
11. Presented paper titled "**A study of self efficacy and self-esteem in Type 2 Diabetes Patients**" at National Seminar on **Community Health Psychology : Research and Applications** organised by Deptt. of Psychology, M.D.U. Rohtak March 26 and 27, 2011.
12. Attended One Day Experiential Workshop on **Combating Stress** on April 09, 2011 sponsored by University Grant Commission and organized by Dept. of Psychology, M.D. University, Rohtak.
13. Attended 36<sup>th</sup> Annual Conference of Indian Psychiatric Society, North Zone on **Integrating Culture in Mental Health Care** on Sept. 24-25, 2011 held at Dept. of Psychiatric, Pt. P. D. Sharma Post Graduate Institute of Medical Sciences, Rohtak and presented a poster entitled "**Impact of Short term Intervention Program on Reducing Academic Anxiety in School Students**".
14. Attended National Seminar on **School Psychology : Challenges and Opportunities** organized by TEPSE and HEPSN Centre, Dept. of Psychology, JNV University,

Jodhpur on November 26-28, 2011 and presented the paper entitled **“A Study of Social Maturity and Adjustment in Intellectually Disabled Children”**

15. Attended National Seminar on **Contemporary Indian Women Writing: Recreating World Through Word** organized by Adarsh Mahila Mahavidyalaya, Bhiwani on February 24-25, 2012 and presented the paper entitled **“Complexities of Renegotiated Relationships in Manju Kapur’s Custody”**
16. Attended National Seminar on **Haryana in National Perspective** organized under the auspices of UGC’s SAP by Dept. of Economics, M. D. University, Rohtak on March 14-15, 2012 and presented the paper entitled **“Study of Relationship between family Socio- economic Status and Mental Health of their Children”**
17. Attended National Seminar on **Emerging Issues in Work Stress and Well Being** organized by Dept. of Psychology, Pt. J. L. N. Govt. College, Faridabad on March 16-17, 2012 and presented the paper entitled **and “Role of Breath in Promoting Health and Restoring Health Through Sudarshan Kriya”**.
18. Attended Two Day International Conference on **Governance Issues and Corruption** on March 19-20, 2013 organized under UGC’s Special Assistance Programme held at Department of Economics, M. D, University, Rohtak and presented a paper entitled **“Corruption: A Psychological Perspective”**.
19. Attended Regional Seminar on **Democratic Decentralisation and District Planning Committee in North-West India** on March 21-22, 2013 Jointly organized by Centre for Haryana Studies and Dept. of Public Administration, M. D University, Rohtak and presented a paper entitled **“Role of Democratic Decentralization in Promoting Individual Well Being”**.
20. Attended 2<sup>nd</sup> International Conference on **Psychology and Allied Sciences** on March 21-22, 2013 organized by Centre for Behavioural Research and Intervention, Guru Jambheshwar University of Science and Technology, Hisar and Indian Association of Health, Research and Welfare, Hisar and presented papers entitled **“Efficiency of Sudarshan Kriya Yoga in Enhancing Comprehensive Well Being ”**.
21. Attended DGHE sponsored National Seminar on **Adolescence: Issues and Challenges** on April, 5, 2013 held at Adarsh Mahila Mahavidyalaya, Bhiwani and presented papers entitled **“ Impact of Maternal Employment Status on Academic Anxiety and Self Concept of Adolescents ”** and **“A Study of Anxiety and Well Being amongst Rural and Urban Adolescents”**.

22. Attended 12<sup>th</sup> Annual Conference Indian Psychiatric –North Zone Haryana Branch on **Promoting Mental Health** on 30<sup>th</sup> Nov. - 1<sup>st</sup> Dec.2013, organized by Department of Psychiatry, Pt. B.D. Sharma, PGIMS, Rohtak held at State Institute of Mental Health and presented papers entitled **“Perceived Home Environment as Related to Adolescent Self Confidence Level”** and **“Does Family Structure Have an Impact on Mental Health of Adolescents?”**.
23. Attended One Day Workshop on **Workplace Sexual Harassment** on January 24, 2014 held at Women’s Study Centre, M. D. University, Rohtak.
24. Attended ICSSR North West Regional Centre, Chandigarh sponsored National Seminar on **Gender Inequality and Violence against Women in North-West India** on Feb. 7-8,2014 held at Women’s Study Centre, M. D. University, Rohtak and presented paper entitled **“ Does Work Status of Wife Influence the Husband’s Wellbeing?”**
25. Attended National Seminar on **Law and Social Justice in India** on March 8-9, 2014, held at Department of Law, M.D. University, Rohtak and presented a paper entitled **“Perceiving Gender equality: Implications for Wellbeing”**.
26. Attended One Day Workshop on **Story Telling: A Qualitative Research** on March 25, 2014 held at Dept. of Psychology, M. D. University, Rohtak.
27. Attended One Day Workshop on **Hypnosis: A Therapeutic and Wellness Tool** on March 27, 2014 held at Dept. of Psychology, M. D. University, Rohtak.
28. Attended National Seminar on **Health and Well Being: Recent Development and Challenges** on November 12-13, 2014 held at Dept. of Psychology, Jamia Millia Islamia, New Delhi and presented a paper entitled **“Subjective Well Being In End-Stage Renal Disease Patients Undergoing Maintenance Hemodialysis”**.
29. Attended National Seminar on **Social Transformation Forcing Inclusive Development in India** on March 13-14, 2015 held at Dept. of Sociology, M.D. University, Rohtak and presented papers entitled **“Tobacco or Mental Health: Fallout of Social Development”** and **“Gender Differences in Emotional Competence and Work Related Quality of Life in Call Centre Employees”**.

#### **Other contributions**

- Guiding and counselling the students and community.
- Participated in various health camps organized by the department for community services.