



Individual Faculty Profile

Name : Dr. Punam Midha

Desi : Professor

Dept : Psychology

1. Educational Qualifications

Degree	Year of passing	University/Institute
Ph.D	1992	MDU Rohtak
PG (MA, Psychology)	1985	" "
UG	1981	" "
Others (PG, MA English)	1983	" "

2. Career Profile

Designation	Institution served	Duration (from to)
Lecturer (part time)	Vaish Girls college ,Rtk	1985 - 1987
Lecturer (Regular)	MA CW Jhajjar	1987 - 1991
Lecturer (SG)	Uni/ Pt NRS Govt college ,Rtk	1991 - 2008
Ass. Professor	Psychology Dept MDU ,Rtk	2008 - Till date

Research Advisory

Ph.D. : 7 under supervision

M.Phil. : 7 completed, 2 under supervision

Papers published in National Journals

1. Midha,P.,Yadava ,A. and Muhar , I.S. (1987) Effect of CXM on retention of an Active Avoidance Task. Indian Journal of Current Psychological Research , Vol 2 (No 1),15-18.
2. Malhotra , S and Midha,P. (2003). Effect of Novel Experience prior to / after training on retention of passive avoidance responses albino rats – Involvement an opioid system , Advances in Bioscience, 22(2)

3. Midha, P., and Malik, S. (2010).E-Health ; Changing Psycho-socio Dynamics. MDU Research Journal , Vol. 9 , No. 1, 87-94.
4. Midha, P., and Malik , s. (2010).Emotional Intelligence Among Professionals A cross- sectional Study . Maharishi Dayanand University Research Journal (Arts), Vol. 9, No 2, 39-50.
5. Midha, P., and Malik, S. (2011).Impact of oral Health on the quality of life in elderly with and without dentures , Journal of Indian health Psychology , Vol. 5 ,No. 2, 97-104.
6. Malik, S., Midha, P., Singh, T.(2011). Women’s attitude towards Family Planning: A Study of incon-sistency between attitude and behavior. Indian Journal of Psychology and Education, Vol.1(2),57-66
7. Malik, S., Midha, P.(2011). A Content Analysis of Verbal Abstractions of Sir Chhotu Ram’s Attitude Towards Females. Journal of People and Society of Haryana. Vol. 11(2), 61-64.
8. Midha, P., Malik, S., & Manjeet (2011). Impact of Psycho-socio Environment on the Adjustment of Institutionalized vs. Home Bound Elderly. Proceedings of National Seminar on Psychological Antecedents and Moderators of Environment by O.D.Sharma and Shailja Sharma (eds.),Tosham(Bhiwani).
9. Gupta, A.,Midha, P. , & Malik, S.,(2012). Attitude towards medication adherence in chronic patients.Indian Journal of Health and well-being Vol.3 (1), 80-84.
10. Midha, P.&, Geetanjali(2012). Perceived Parenting style and its Relationship to Hope, Self-confidence and Inspiration in Adolescents. Youth and Positivism by Kamini C, Tanwer and Poonam Arora(eds),New Delhi: Excel India Publishers.
11. Midha, P. (2012) Changing Parent – Child Relationship. Diviner: A Research Journal of Humanities and Social Sciences, Vol. 9 .Issue 1, 161 -168.
12. Midha, P., Malik, S., & Rahar, P. (2012) Locus of Control Aggression and General Health among Ado-lescents: A Contemporary Study. Indian Journal of Psychology and Education, Vol. 2, Issue 2, 103 – 112
13. Midha, P., and Malik, S. (2012). Happiness Across the Life Span: A Cross – Sectional Study. Ma-harshi Dayanand University Research Journal [Arts] , Vol. 11 ; Issue 2 , 39 -46.
14. Midha, P., and Malik, S. (2012). Is Hope a Predictor of Academic Achievement? Maharshi Dayanand University Research Journal [Arts], Vol. 11, Issue 2, 51 -56.
15. Midha, P. (2013) Gender Equality and Equity. A Shukla (eds.) book entitled as Psyche of Indian Women. New Delhi: Concept Publishing Company Pvt. Ltd., 322-330.
16. Midha, P.(2013) Glass Ceiling. A. Shukla (eds.) book entitled as Psyche of Indian Women. New Del-hi: Concept Publishing Company Pvt. Ltd., 235-248.
17. Midha,P., & Malhotra, S. (2013) Impact of Novel Experience on Brain Chemistry- A Study on Memory Process of Albino Rats., International Journal of Pharmacy, Biology and Medical Sciences. Vol. 2 (2), 6-15.
18. Midha, P., and Malik, S.(2014). Gratitude as a Predictor of General Well-Being among Youth. Ma-harshi Dayanand University Research Journal (ARTS), Vol 13 (1), 89-94.

19. Midha, P., Malik, S, and Pinki . (2014). Emotional Intelligence As A Gateway To Happiness : A Study On Youth. Indian Journal of Psychological Science. Vol 5 (1), 72-77.
20. Rani, R., Midha, P.(2014).Does Resilience Enhance Life Satisfaction Among Teenagers ? IOSR(International Organization of Scientific Research)Journal of Humanities and Social Science,Vol 19(6) 16-19.
21. Midha, P. , and Geetanjali (2014) .Fathering vs mothering in fostering psychological strengths among adolescents.Indian Journal of Health and Well- Being ,Vol5 (6), 726-728.
22. Ritu, Shaym , R., and Midha, P. (2014). Maternal Employment and Anxiety: A Study of children of Employed vs Unemployed Mothers. Maharshi Dayanand University Research journal (ARTS),13 (2), 107 -112.
23. Midha,P., and Malik, S. (2015) Does Hearing Impairment Affect Quality of Life of Elderly.IndianJournal Of Gerontology, 29 (I) ,46-61.
24. Aggarwal ,S., and Midha, P. (2015). Unraveling Quality of Life through Self Evaluation. IOSR (International organization of Scientific Research) Journal of Humanities and Social science,Vol 20(3) ,36-40.
25. Rekha, Midha, P., and Rani, R. (2014). Adjustment :An Indicator of well-being among Young Adults. Journal of Indian Health Psychology, Vol 9(!), 71-77.
26. Budhiraja,A., and Midha, P. (2015). Hope and spirituality as portals to subjective well-being among geriatrics. Indian Journal of Positive Psychology,Vol 6 (2), 175-177.

Participation in Conference, Seminars & Workshops

Participated in Annual Conference of Haryana Psychiatric Society (21-22 Nov. 2009,Karnal).

Presented a paper entitled “ A comparative study of self esteem of employed/unemployed women” in HEC, Haryana sponsored two days National seminar on Psychology : Trends and directions, organized by the Dept. of Psychology, B.L.J.S. College, Tosham(Bhiwani,22-23 Jan ,2010).

Participated in one day Workshop on“ Experiential Training and Development” on 11/02/2010, organized by M.D.U. Rohtak.

Attended a National Seminar on “Gender policy in India: Problems and Prospectus” organized by the Dept. of Public Administration M.D.U. Rohtak on March 19, 2010.

Attended a National Seminar on “ Gender Equality and Economic development in India” on March 22-23, 2010 organized by the Dept. of Economics M.D.U. Rohtak.

Presented a paper entitled “ E-Health : Changing Psycho-Socio Dynamics” in a National Seminar on health and its dynamic: State Market and Society organized by the Dept. of Sociology, M.D.U. Rohtak. (March 26-27,2010)

Presented a paper entitled “ Impact of Oral Health on the Quality of Life in Elderly” in a in a National Seminar on Positive Psychology and Health: Interventions and Strategies organized by the Dept. of Psychology, M.D.U. Rohtak. (March 28-29,2010) Also Co-Chaired two Scientific Sessions in this Seminar.

Attended First Mid-term CME on May 2,2010 on the topic “ Genetic Counselling and Bio-ethics” organized by the Dept. of Psychiatry, Pt. B.D. Sharma P.G.M.I.S Rohtak.

Details of participation in national / international conferences / seminars / workshops by the teachers with the title of the paper presented

Theme / Title of the conference / seminar / workshop	National or International	Duration of the conference / seminar / workshop	Date(s) of attendance by the teacher	Whether Chaired a session ? If yes, name of the session chaired	Whether presented a paper ? If yes, title of the paper and co-author(s) if any	Whether delivered Inaugural/valedictory/ invited lectures	Whether only participated as a delegate in the conference/ seminar / workshop ?
Recent advances in bio sciences	National	Nov. 3-5,1995	3-5 Nov,1995	---	A novel experience and retention-involvement of an opioid system	--	--
Management of depression	North zone India	1 day	1997	--	---	--	--

Environmental Psychology	National seminar	24-26 Oct. 1997	24-26 Nov., 1997		Environmental manipulation-An extrinsic variable in memory modulation		
Psychology and national development	National Seminar	21-22 Dec., 1997	21-22 Dec. 1997	--	---	--	--
Promoting Well-Being: Challenges in the new millennium	National Seminar	19 Feb, 2002	19 Feb. 2002	--	---	---	==
Individual differences and behavior	National Seminar	11-12 Oct. 2002	11-12 Oct 2002	--	Study of vocational interest amongst college students	--	--
Orientation program for psychology teachers	State	14 Feb 2003	14 Feb. 2003	--	--	--	--
Course program curriculum workshop	State(workshop)	17 Jan. 204	17 Jan 2004	--	--	--	--
Substance abuse/misused in north-western region of India: causes consequences and remedies	National	31 Jan. 2004	31 Jan. 2004	--	Effect of opiate in memory modulation	--	--
Positive health and well-being	National	15-17 Jul. 2004	15-17 Jul 2004	==	==	==	--
Socio-psychological problems of youth prevention and intervention	National	22-23 Dec. 2004	22-23 Dec. 2004	--	--	--	--
Psycho-physiology of well being	National	28-29 March 2006	28-29 March 2006	--	--	--	--
Projective technique	(workshop)State	31 ST March, 2007	31 ST March				
Positive perspective on Health and Individual Behaviour	National	1 ST -2 ND Feb,2008	National				

National Seminar on Psychology: Trends and Directions, Deptt. of Psychology, B.L.J.S. College, Tosham (Bhiwani)	National	22-23 January, 2010	22-23 January, 2010	---	A Comparative Study of Self Esteem of Employed/ Unemployed Women Coauthor: Alka	---	---
A National Seminar on Health and its Dynamics: State, Market and Society, Deptt. of Sociology, M.D.U. Rohtak	National	26-27 March, 2010	26-27 March, 2010	----	E-Health; Changing Psycho-Socio Dynamics Coauthor: Sonia Malik	----	----
National Seminar on Positive Psychology and Health: Interventions & Strategies, Deptt. of Psychology, M.D.U. Rohtak	National	28-29 March, 2010	28-29 March, 2010	Yes, Two Academic Sessions	Impact of Oral Health on the Quality of Life in Elderly Coauthor: Sonia Malik	----	----
Int. Conf. on Human Potential: Bio Psycho-Social Perspectives, Panjab, Univ., Chandigarh	International	15-17 November, 2010	15-17 November, 2010		Emotional Intelligence among Professionals : A Cross-Sectional Study. Coauthor: Sonia Malik	----	----
National Seminar on "Eliminating Daughters: Paradox of Development in India. Women's Study Centre, M.D.U. Rohtak	National	15-16 December, 2010	15-16 December, 2010	----	Women Gender Conscious-ness: Impact on family planning attitude. Coauthor: Sonia Malik	----	----
National Seminar on Psycho-social Antecedents and Moderators of Environment, Deptt. of Psychology, B.L.J.S. College, Tosham (Bhiwani)	National	10-12 March, 2011	10-12 March, 2011	----	Impact of Psychosocio Environment on the Adjust-ment of Institutionalized vs. Home Bound Elderly. Coauthor: Sonia Malik	----	----

Perception of Medication Adherence in Chronic Patients: A Comparative Study	National	26-27 March, 2011	26-27 March, 2011	----	National Seminar on Community Health Psychology: Research and Applications, Deptt of Psychology, M.D.U., Rohtak Coauthor: Arunima Gupta, Sonia Malik	----	----
National Seminar on Community Health Psychology: Research and Applications, Deptt of Psychology, M.D.U., Rohtak	National	26-27 March, 2011	26-27 March, 2011	----	Quality of Hearing impaired Elderly : Need for Community Interventions. Coauthor: Sonia Malik	----	----
International Conference on Positivism: Path to Success, Satisfaction and Bliss, Amity University, Jaipur (Raj.)	International	6-8 August, 2011	6-8 August, 2011	----	Happiness across the life span: A Cross-sectional study. Coauthor: Sonia Malik	---	----
36 th Annual Conference of Indian Psychiatric Society North Zone, Deptt of Psychiatry, Pt. B.D. Sharma PGIMS, Rohtak	National	24-25 Sept., 2011	24-25 Sept., 2011	--	Positive Psychological States as Enhancers of Mental Health: A Comparative Review (Poster presentation) Coauthor: Sonia Malik	--	--
36 th Annual Conference of Indian Psychiatric Society North Zone, Deptt of Psychiatry, Pt. B.D. Sharma PGIMS, Rohtak	National	24-25 Sept., 2011	24-25 Sept., 2011	----	Socio-cultural Determinants of Aggression/Violence : A Comparative Review (Poster Presentation) Coauthor: Punam Midha	----	----
International Conference on Recent Advances	International	23-24 January	23-24 January	----	Impact of Novel Experience on the Brain Chemistry of	----	----

in Cognition and Health, Deptt of Psychology, B.H.U. Varanasi		2012	2012		Albino Rats. Coauthor: Sunita Malhotra, Sonia Malik		
International Conference on Recent Advances in Cognition and Health, Deptt of Psychology, B.H.U. Varanasi	International	23-24 January 2012	23-24 January 2012	----	Locus of Control, Aggression and General Health among Adolescents. A Contemporary Study Coauthor: Punam Midha	----	----
National Seminar on Women Society and State, Women's Study Centre, M.D.U. Rohtak	National	9-10 February, 2012	9-10 February, 2012	----	Sex Composition of Family as a determinant in Life Satisfaction of Mothers. Coauthor: Punam Midha	---	----
National Seminar on Women Society and State, Women's Study Centre, M.D.U. Rohtak	National	9-10 February, 2012	9-10 February, 2012	----	Death Before Birth: A Review of Paradoxical Fact. Coauthor: Punam Midha	----	----
National Seminar on Development and Social Transformation, Deptt. of Sociology, M.D.U. Rohtak	National	24-25 February, 2012	24-25 February, 2012	---	A Comparative Study of Self vs. Fate Oriented Behavioural Approach Among Adolescents : A need for Cognitive Restructuring. Coauthor: Sonia Malik	----	----
National Seminar on Emerging Issues in Work Stress and Wellbeing, Deptt. of Psychology, Pt. J.L.N. Govt.	National	16-17 March, 2012	16-17 March, 2012	----	Stress in the Contemporary Society : A need for Management. Coauthor: Punam Midha	----	----

College, Faridabad (Haryana)							
International Conference on Youth and Positivism, AIBAS, AMS and ABS, Manesar (Gurgaon)	International	24-25 March, 2012	24-25 March, 2012	Yes Academic Session	Is Hope a predictor of Academic Achievement. Coauthor: Punam Midha	----	-----
International Conference on Youth and Positivism, AIBAS, AMS and ABS, Manesar (Gurgaon)	International	24-25 March, 2012	24-25 March, 2012	Yes Academic Session	Perceived Parenting Style and its Relationship to Hope, Self Confidence and Inspiration in Adolescents. Co-author: Geetanjali	---	----
2 nd Indian Psychological Science Congress on Psychological Well-being Building Bridges for Tomorrow, Dept. of Psychology, P.G. Govt. College, Chandigarh	National	5-6 October, 2012	5-6 October, 2012	----	Gratitude as a predictor of General Well-Being among Youth. Coauthor: Sonia Malik	----	----
2 nd Indian Psychological Science Congress on Psychological Well-being Building Bridges for Tomorrow, Dept. of Psychology, P.G. Govt. College, Chandigarh	National	5-6 October, 2012	5-6 October, 2012	----	Happiness of Men and Women across Life Cycle: A comparative study. Coauthor: Punam Midha	--	----

Whether a Conference / Seminar / Workshop etc.	National / International / Regional	Place [address of the host institution	Title of the paper presented	Date	CO – authors if any
Psychological Science Congress	National	Psychology Dept. , P, G Gov. College ,Chandigarh	Happiness of Men and Women across Life Cycle ;A Comparative Study	05 -06 Oct. , 2012	Yes ;Sonia Malik
Psychological Science Congress	National	Psychology Dept. , P, G Gov. College ,Chandigarh	Gratitude as a Predictor of General Well-Being among Youth	05 -06 ,2012	Yes, Sonia Malik
Conference	International	Dept. of Economics, M.D.U Rohtak	Effect of Corruption on the Psyche of the Person	19-20 March, 2013	Yes , Sonia Malik
Seminar	Regional	Dept. of Public Administration, M.D.U Rohtak	Only Participated	21-22 March, 2013	
Seminar	National	Dept. of Home science and Psychology , Adarsh Mahila Mahavidyala , Bhiwani	Perceived role of mother /father in the development of psychological assets among adolescents	06-04-2013	Geetanjali
Seminar	National	Dept. of Home science and Psychology , Adarsh Mahila Mahavidyala ,	Emotional maturity as a correlate of adjustment among school children : A need	06-04-2013	Sonia Malik

		Bhiwani	of Psycho- education		
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Acted as a Joint Secretary of Workshop on Promoting Community Health and Well-being : Sharing Field Research and Experiences, 15-16th Sept. 2012

Presented a paper entitled Social intelligence among contemporary youth: A need of community based intervention in a national seminar on “Problems and challenges to counseling in present social scenario”. October 19, 2013 organized by Dayanand Mahila Mahavishvividhyalaya Kurushetra.

Coordinated 1 day experiential workshop on cognitive behavior therapy March 18 ,2013 by Department of Psychology M.D.U Rohtak.

Presented a poster paper title “Mental well-being by fostering PsyCap among employees in a 12th annual conference India Psychiatry society north zone Haryana branch on promoting mental health 30 Nov. -1 Dec. 2013 organized by Department of Psychiatry Pt. B.D sharma P.G.I.M.S Rohtak.

Presented a poster paper titled as Mental Health of Slum Dwellers: The need for sensitization in a 12th Annual conference: Indian Psychiatric Society-North Zone Haryana Branch on Promoting Mental Health 30th Nov-1st Dec,2013, organized by Dept. of Psychiatry Pt. B.D.Sharma PGIMS, Rohtak.

Presented a paper titled Life Style as predictor of health and well-being among young adults in a 12th annual conference India Psychiatry society north zone Haryana branch on promoting mental health 30 Nov. -1 Dec. 2013 organized by Department of Psychiatry P.T B.D sharma P.G.I.M.S Rohtak.

Participated in a workshop on Fulfilling Aspirations: Transition from Academic to Professional Psychology on 8th Jan, 2014, organized by Dept. of Psychology, M.D.U. Rohtak.

Participated in the workshop on “workplace sexual harassment of women” in Jan 24, 2014, organized by women’s studies center M.D.U Rohtak.

Presented a Paper titled Job: A Boon or Bane in Marital Adjustment of Females in National Seminar on Gender Inequality and Violence against in North West India Feb 7-8, 2014, organized by Women’s Studies center, M.D.U., Rohtak.

Presented a paper titled Unwelcome Sexual Behavior at Corporate World: A Critical Review in National Seminar on Gender Inequality and Violence against Women in North West India Feb 7-8, 2014, organized by Women’s studies Centre, M.D.U., and Rohtak. Also chaired a session of above mentioned seminar.

Presented a paper titled Emotional Intelligence as a gateway to Happiness: A study on Youth, in 1st International and 3rd Indian Psychological Science Congress, Feb 24-25, 2014, organized by National Association of Psychological Science- India held at P.G. Govt. College, Chandigarh.

Presented a paper titled Adjustment: A Key resource of well-being among young adults, in 1st International and 3rd Indian Psychological Science Congress, Feb 24-25, 2014, organized by National Association of Psychological Science- India held at P.G. Govt. College, Chandigarh.

Presented a paper titled Emotional maturity of superordinate and subordinate female professionals; A comparative Study, in a 1st International and 3rd Indian Psychological Science Congress, Feb 24-25, 2014, organized by National Association of Psychological Science- India held at P.G. Govt. College, Chandigarh.

Presented a paper titled Resilience as a correlate of life satisfaction among teenagers ; A contemporary study, in a 1st International and 3rd Indian Psychological Science Congress, Feb 24-25,2014,organized by National Association of Psychological Science- India, held at P.G. Govt. College, Chandigarh.

Presented a paper titled mother and Father Employment: Does Cause of Behavioral Problems among Youngster? in a national seminar on Society in Contemporary India: Psychological and Social Response, March 21-22, 2014, organized by Dept. of Psychological Science, National Academy of Psychology, held at Aurobindo College (evening) University of Delhi.

Presented a paper titled Life Style as a Pillar of Adjustment in a National seminar on Society in Contemporary India: Psychological and Social Response, March 21-22, 2014, organized by Dept. of Psychological Science, National Academy of Psychology, held at Aurobindo College (evening) University Of Delhi.

Presented a paper titled Is self-esteem-A gender specific? in a national seminar on Community and New Generation, March 24, 2014 organised by Dept. of Psychology of Bljs College Tosham.

Presented a paper titled Confinement in Networking World: An impact on Psyche of adolescents/ young adults in a National seminar on Community and New Generation, March 24, 2014, organised by Dept. of Psychology of Bljs College Tosham.

Presented a paper titled “Mother’s job – A cause of anxiety among adolescents, in a National seminar on Community and New Generation, March 24, 2014 organised by Dept. of Psychology of Bljs College Tosham. Also chaired a session thereof.

Participated on a workshop on story telling: A qualitative research organised by Psychology Dept. M.D.U Rohtak. On 25.3.14

Attended a workshop on Hypnosis: A therapeutic and wellness tool, March 27, 2014, organised by Dept. of Psychology, M.D.U. Rohtak.

Presented a paper entitled as “ Unwelcome Sexual Behaviour at Corporate World: A Critical Review in a National Seminar on “Gender Inequality and Violence against Women in North- West India” organized by Women

Studies Centre held at M.D.U. Rohtak, on Feb 7-8, 2014.

Chaired one scientific session of above mentioned seminar.

Presented four papers (1) Emotional Intelligence As A Gateway To Happiness:A Study on Youth (2) Adjustment: A key resource of well- being among young adults. (3) Emotional maturity of superordinate and subordinate female professionals: A comparative study. (4) Resilience as a cor-relate of life satisfaction among teenagers: A contemporary study ,in 1ST International and 3RD Indian Psychological Science Congress ,organized by NAPS at P.G. Govt. College, Chandigarh, Feb 24-25,2014.

Participated in a work shop on workplace sexual harassment of women organised by Women’s study center held at MDU Rohtak on 24 January 2014

Presented a paper entitled Job: A Boon or Bane in marital adjustment of females, Organised by women study center at MDU Rohtak, Feb 7-8, 2014

Presented two papers (1) "Lifestyle as a pillar of adjustment", (2) Mother and Father Employment-Does Cause Behavior Problems Among Youngsters in a national seminar on social change in contemporary India : Psychological dimensions and social response, organized by dept. of Psychological science, National Academy of Psychology (NAOP) at Sri Aurobindo college (evening) D.U on March 21-22, 2014.

Presented three papers (1) Is Self Esteem: A Gender Specific, (2) Confinement In E-Networking World: An impact on Psyche of adolescents/young adults, (3) Mother's Job: A Cause of Anxiety among adolescents in a national seminar on community and new generation, Dept. of Psychology BLJS College Tosham, 24-25 March 2014

Presented a paper, "Is glass ceiling a reality or a myth?" in a national seminar on social transformation forcing inclusive development, 13-14 March 2015 organised by Dept. of Sociology M.D.U Rohtak.

Participated in a national seminar on Sir Chhotu Ram: Life and Ideology, on Nov. 22, 2014 organised by center for Haryana studies and Chhotu Ram chairs.

Presented two papers (1) Self Efficacy as a correlate of hope and resilience among elderly. (2) Impact of socio-economic status on happiness among youth, in first international 3rd national conference on positive psychology: The Ripple Effect organised by Indian association of positive psychology and Manav Rachna International University on 27 Feb- 1st March 2015

Also chaired one technical section in above mentioned conference

Attended 2 days NAAC sponsored work shop on quality assurance and accreditation 19-20 March 2015

Any other information, if any.;

Book Reviewed : Positive Psychology by Sunil Kumar and S.B. Yadav, Edited Book, Journal of Indian Health Psychology (2012), Vol 6(2)

Member of UG and PG board, faculty of social sciences, academic council

Counselor of Elderly people, frequently deliver extension lectures in various colleges.