

BRIEF CURRICULUM VITAE



NAME: Dr. Madhu Anand

DESIGNATION: Professor

DEPARTMENT: Psychology

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EDUCATIONAL QUALIFICATION: (M.A., Ph.D, Psychology)

- Post Doctoral Research Project (1985) from U.G.C sponsored Financial Aid to Teachers for Research Work.
- Ph.D (Psychology) (1983) from Kurukshetra University, Kurukshetra, Haryana.
- Master of Arts in Psychology (1980) from Kurukshetra University, Kurukshetra, Haryana, Gold Medalist.
- Bachelor of Arts with Psychology (1978) from Adarsh College, Bhiwani, Kurukshetra University, Kurukshetra, Haryana.
- 10th (1974) from Haryana Board of School Education, Bhiwani, Haryana.

TEACHING EXPERIENCE: (33 years)

- Graduation & Psychology Honours' (1982 to 2007)
- Post Graduation (Psychology) classes from 2007 till date.
- M Phil from 2007 till date.
- P.G. Diploma in School Psychology and Human Resource Competency Courses from 2012 till date.

RESEARCH EXPERIENCE: (30 years)

- Co-supervisor for Ph.D thesis (Child Psychology), Home Science Department, H.A.U, Hissar.
- Supervisor for nine M Phil Dissertations till date.
- Supervisor for five Ph.D Students at present (out of which two have been submitted).
- Acted as Ph.D examiner held at APS University, Rewa (M.P).
- Awarded Best Research Paper in an InSPA International Conference titled “Internet usage and health concerns among urban adolescents” held at Dept. of Psychology, Gauhati University, Assam from 21st to 23rd Nov., 2014.

WORK AREA OF INTEREST/PROFILE:

- Psychological Assessment: Intelligence, Personality, Vocational, Educational, Interest, Aptitude Assessment of School Students.
- To develop the innovative techniques for teachers to teach students.
- To meet the needs and develop the Psychological Skills for personal independence.
- To enable the social, emotional, behavioral and intellectual development and to improve health & quality of life.

MEMBERSHIP OF PROFESSIONAL BODIES: (4)

- Life member of “Indian Psychological Association” India.
- Life member of “Haryana Psychological Association” Rohtak.
- Life member of “Indian Psychiatric Society” (North Zone, Haryana Branch).
- Life member of “Indian School Psychology Association” Chennai.

EXTENSION SERVICES:

Areas:

- Specialized Vocational & Educational Guidance Services to students on campus and off-campus are provided.
- Moral values are enhanced & Health Promotional Services are provided to students.
- Specialized services to Adolescents in boosting harmonious relationship & in developing effective communication skills.

PUBLICATIONS:

- **BOOK**

Community Health Psychology: Research and Applications,(2011) edited by Promila Batra, Madhu Anand and Sarvdeep Kohli. ISBN-978-93-81818-04-6

- **RESEARCH PAPERS: (34)**

1. M. Walia and I.S. Muhar (1981), Odour-based responding in rats. *Indian Journal of Psychology*, 56, 29-36.
2. M. Anand (1990), Testing the implication for Orthogonality Hypothesis of Dual code theory. *Praachi Journal of Psycho-Cultural Dimension*, 6, 21-25.
3. Sharma D.D. and M. Anand (1990), Effect of interpolated task on Reading vs. Listening. *Experiments in Education*, 18, 145-149.
4. M. Anand and Renu (1990), Role of Imagery in Paired Associate Recall. *Experiments in Education*, 18(2), 275-283
5. Sudha Chhikara, Madhu Anand and Minakshi (1991), Behavioural Pattern and Interaction of Male and Female Adolescents. *Haryana Agriculture University Journal Research*, 21, 253-259.
6. Sudha Chhikara, Madhu Anand and Renu Beniwal (1992), Academic Achievement and Behavioural patterns of Adolescents in Haryana State. *Praachi Journal of Psycho-cultural Dimensions*, 8, 59-66.
7. M. Anand and S. Kohli (2002), Perceptions of Air pollution. *Praachi Journal of Psycho-cultural Dimensions*, 18(1), 55-58.
8. M. Anand and M. Sharma (2003), Interpersonal Attraction in Relation to Intelligence. *Praachi Journal of Psycho-cultural Dimensions*, 33, 65-67.
9. Gupta and M. Anand (2003), National Character: Indian vs. Western need to study group character in Souvenir Second Annual Conference. Indian Psychiatric Association (North Zone), Haryana Branch.
10. M. Anand and D. Arora (2009), Burnout, Life Satisfaction and Quality of Life of executives of Multi-National companies. *Journal of Indian Academy of Applied Psychology*, 35, 159-164.

11. Madhu Anand and Ramesh Verma (2009), Women Many Steps Behind Men Inequality. *Understanding Women Behaviour*, Amrita Yadava, Sushma Sharma and NovRattan Sharma (Eds.), Global Vision Publishing House, New Delhi, pp. 97-106.
12. D. Arora and M. Anand (2010), Anxiety and Well-being among acute coronary syndrome patients: Overtime. *Journal of Indian Academy of Applied Psychology*, 36, 79-88.
13. M. Anand and Jyoti (2010), Maternal stress in relation to Academic Anxiety and Well-being of children. *Maharshi Dayanand University Research Journal*, 9(2), 31-38.
14. Madhu Anand (2010), Health and its Dimensions. *Psychology and Health Promotion*. Prof. Radhey Shyam and Prof. S.R. Khan (eds.), Global Vision Publishing House, New Delhi, pp. 3-11
15. M. Anand (2011), Role of Intolerance of Ambiguity in relation to self-esteem and Takdir S M. Anand and. self-efficacy of adolescents, accepted for publication from Maharshi Dayanand University Research Journal, Rohtak.
16. Takdir S M. Anand and. (2011), Depression in HIV+ patients: Effect of age and sex. *Journal of Well-being, Udaipur* (ISSN: 097487170), 5(2), 56-61. Takdir S M. Anand and.
17. Karamvir Kundu and Madhu Anand (2011), A Study of Relationship between Parenting Style and Youth Behaviour. *Community Health Psychology : Research and Applications* by Promila Batra, Madhu Anand and Sarvdeep Kohli, pp.159-166
18. Anjali Malik, Madhu Anand, Kavita and Devender (2011), A Study of Self Efficacy and Self Esteem in Type-2 Diabetes Patients. *Community Health Psychology : Research and Applications* by Promila Batra, Madhu Anand and Sarvdeep Kohli, pp. 215-220.
19. Malik A., Anand, M., Kundu, K. and Batra A. (2012), Effect of life skill training on Academic Anxiety, Adjustment and Self-esteem levels in early adolescents. *Journal of Indian Academy of Applied Psychology*, 38, 188-192.
20. Pooja Sangwan and Madhu Anand (2012), Hope Environment, Academic Anxiety and Happiness among Adolescents. *Journal of Indian Health Psychology*, 7, 107-114.
21. Anand, M., Malik, A., and Karambir Singh (2013). A study of Social Maturity and Adjustment in Intellectually Disabled children. *Shiv Shakti International Journal in Multidisciplinary and Academic Research*. Pp 1-5, (ISSN 2278-5973)

22. Ritu, Umed Singh and Madhu Anand (2014). A comparative study of burnout and organization commitment among police personnel of different hierarchies. *Indian Journal of Health and Wellbeing*, 5(5), 551-557.
23. Poonam, Sonia Dangi and Madhu Anand (2014). General health and security-insecurity among orphans at different age groups. *Indian Journal of Health and Wellbeing*, 5(5), 587-590.
24. Madhu Anand, Ritu and Reetu (2014), Rigidity and adjustment among school children: Gender study. *International Journal of Education and Management Studies*, 4 (2), 122-125.
25. Ritu and Madhu Anand (2014). Organizational commitment and personality of police personnel. *Maharshi Dayanand University Research Journal. (Arts)*. 13 (1), 109- 120
26. Laxmi, Madhu Anand and Dinesh Kataria (2014). Problem solving and cognitive style in patients of anxiety: Age and gender study. *Maharshi Dayanand University Research Journal (Arts)*. 13 (1), 121-132
27. Ritu and Madhu Anand (2014). Correlates of life satisfaction in adolescents. *Indian Journal of Positive Psychology*, 5(3), 332-340
28. Madhu Anand (2014) Constructed “Adolescents Health Concern Inventory”(both Hindi and English version). Delhi: Prasad Psycho Corporation.
29. Ritu and Madhu Anand (2014). Gratitude interventions and its applications in youth. *Indian Journal of Health & Wellbeing*, Volume - 5, Issue – 10, 1232-1235.
30. Ritu, Madhu Anand and Ritu (2015). Rigidity, Adjustment and Youth Problems in Adolescents: A correlational Study. *Indian Journal of Psychological Science*, V-5, No. 2, (113-118).
31. Madhu Anand and Ritu (2015) Life skill training for youth problems and adjustment. *Journal of the Indian Academy of Applied Psychology*. Vol. 41, No. 2, 314-322.
32. Madhu Anand (2015). Role of Psychological Competencies in the development of school students. *School Psychology: Enhancing Psychological Competencies* by Panch Ramalingam and Indranee Phooron Borooah. Puducherry, Puducherry Co-op, Book Society Ltd.
33. Ritu, Karamvir Singh and Madhu Anand (2015). Internet Usage and Health Concern among Urban Adolescents. *School Psychology: Enhancing Psychological Competencies*

by Panch Ramalingam and Indranee Phooron Borooah. Puducherry, Puducherry Co-op, Book Society Ltd.

34. Madhu Anand et al (2015). Personality and Intelligence: Across Gender. (In process)

BOOKS REVIEWED: (4)

1. Madhu Anand (2009), Twenty First Century Psychology (Spirituality Behaviour and Wellness), Edited by : Akbar Husain, Global Vision Publishing House, New Delhi.
2. Madhu Anand (2013). Suicide: Attitude and Prevention (Editors: Amrita Yadava and Nov Rattan Sharma) Global Vision Publishing House, New Delhi. Journal of Indian Health Psychology, 8,(1).
3. Madhu Anand (2014). Research Methodology in Behavioural Sciences (Editors: S.K Mangal and Shubhra Mangal), PHI Learning Pvt. Ltd., Delhi. Indian Journal of Psychology and Education.
4. Madhu Anand (2014). "Child Development and Pedagogy". New Delhi Pearson Education.

PARTICIPATION/PRESENTATION IN CONFERENCES & SEMINARS: (42)

1. **Presented Paper** in National Seminar sponsored by the U.G.C. New Delhi on 26th, 27th and 28th sept. 1985 in Dept. of Psychology at Dayalbagh Educational Institute, Dayal Bagh, Agra.
2. **Presented Paper** in National Seminar on Environment Psychology on 24th to 26th Oct., 1997 in Dept. of Psychology at M. D. University, Rohtak, Haryana.
3. National Seminar on Psychology and National Developmental on 21st – 22nd Dec., 1997 in Dept. of Psychology, Kurukshetra University, Kurukshetra.
4. National Seminar and 6th National Conference of Praachi Psycho-Cultural Research Association on Individual Differences and Behaviour on Oct. 11 – 12, 2002 in Dept. of Psychology, M.D.. University, Rohtak.
5. Inaugural Conference of Indian Psychiatric Society- North zone, Haryana Branch on Sept. 7th – 8th, 2002 in Dept. of Psychiatry, PGIMS Medical College, Rohtak.

6. Participation in Panel Discussion on “Promoting well-being: Challenges in the New Millennium” organized by the Dept. of Psychology on 19th Feb., 2002.
7. Orientation Programme (one day) for Psychology Teachers on 14th Feb., 2003 organized by Psychology Dept., M.D. University, Rohtak.
8. One day workshop on course curriculum development, organized by Dept. of Psychology on 17-01-2004, M. D. University, Rohtak.
9. Participated in ICSSR sponsored seminar on substance abuse/ misuse in north western region of India; causes, consequences & prevalence. Organized by Dept. of Psychology on 31-01-2004, M. D. University, Rohtak.
10. 8th International and 39th National Conference of Indian Academy of Applied Psychology on “Positive Health & Well Being” organized by Dept. of Psychology, on July 15-17, 2004, M. D. University, Rohtak.
11. **Presented Paper** in National seminar on ‘socio-psychological problems of youth’ organized by Govt. College, Bhadurgarh on Dec. 22-23, 2004.
12. National seminar on Mahatma Buddha- 2550th Mahapari-nirvana Mahotsava organized by M. D. University, Rohtak and Panchkula on 22nd March, 2007.
13. Seminar on declining sex ratio: problems and challenges organized by Institute of Development Studies on 25th March, 2007.
14. One-day workshop on Projective Techniques sponsored by Dr. Radha Krishna Foundation organized by M. D. University, Rohtak .
15. Mid-Term CME organized by Indian Psychiatric Society (North Zone) on 26th April, 2009.
16. **Presented a paper** entitled “Maternal stress as predictor of academic anxiety of students in school”. In National seminar on 22nd & 23rd Jan, 2010, organized by Dept. of Psychology, B.L.J.S. College, Tosham (Bhiwani), affiliated to M. D. University, Rohtak.
17. **Presented a paper** entitled “Role of intolerance of ambiguity in relation to self-esteem & self-efficacy in adolescents” on 45th & 14th international conference of the Indian Academy of Applied Psychology on 20th Feb. 2010 at Vishakhapatnam.

18. **Chaired** a technical session (VI) on 20-02-10 in 45th national and 14th international conference of IAAP on "quality of life and globalization: effect self care intervention" organized by Dept. of Psychology & Parapsychology, A.P. University, Vishakhapatnam.
19. **Co-chaired** a session on 29th March, 2010 in national seminar on Positive Psychology and Health: Intervention and strategies organized by Dept. of Psychology and financed from DRS-II under SAP of UGC.
20. Participated in one day workshop on "experimental training and development" on 11-2-2010 organized by Dept. of Psychology, M. D. University, Rohtak .
21. **Presented a paper** entitled "Terrorism, Society and Quality of life", on Oct. 3rd and 4th, 2010 in National Seminar organized by University of Rajasthan, Jaipur.
22. **Presented a poster** entitled "Terrism, responses and management", on March 10-12, 2011 in International conference on Advanced in Military Psychology: Soldier preparedness organized by Defense Institute of Psychological Research (DIPR), DRDO & National Academy of Psychology, New Delhi.
23. **Presented a paper** entitled "Promoting holistic well-being through tesching of life skills to economically challenged school children", on March 10-12, 2011 in International conference on Advanced in Military Psychology: Soldier preparedness organized by Defense Institute of Psychological Research (DIPR), DRDO & National Academy of Psychology, New Delhi.
24. **Presented a paper** entitled "Study of self efficacy and self esteem in type-2 diabetes patients", on March 26-27, 2011 in National seminar on community health psychology, organized by Dept. of Psychology, M.D.University, Rohtak and by DRS-II under SAP of UGC.
25. **Presented a paper** entitled "Study of relationship between parenting style and youth behaviour", on March 26-27, 2011 in National seminar on community health psychology, organized by Dept. of Psychology, M.D. University, Rohtak and by DRS-II under SAP of UGC.
26. **Presented a paper** entitled "Effect of life skills training on academic anxiety, adjustment and self-esteem in early adolescents" on 24-25 Sept., 2011 in National Conference of Indian Psychiatric Society North Zone, Rohtak, Haryana
27. **Presented a paper** entitled "A study of social maturity and adjustment in intellectually disabled children" on 26-28 Nov., 2011 in National Conference of InSPA on School Psychology : Challenges and Opportunities, Jodhpur, Rajasthan

28. **Chaired** a session in National Conference of InSPA on School Psychology : Challenges and Opportunities, Jodhpur, Rajasthan on 27 Nov., 2011
29. Participated in one day Internal Quality, Sensitizing Workshop on Process of Accreditation on 18 Nov. 2011.
30. Participated in Two days National Seminar on Development and Social Transformation under UGC (SAP) Program, organized by Dept. of Sociology MDU on 24-25 Feb, 2012.
31. Participated in One day Workshop on Work without Harassment – Rights of Women on 20-3-2012 at M.D.U. Rohtak
32. Participated in One day Workshop on Hypnosis on 28-3-2012 at Psychology Deptt., M.D.U. Rohtak
33. Participated in Two days National Workshop on Promoting Community Health and Wellbeing : Sharing Field Research and Experiences on 15-16 Sept. 2012
34. Participated in One day Workshop on Enhancing Success and Flourishing in Women on March 2012 at Women Studies Centre, M.D.U. Rohtak.
35. **Presented a paper** entitled “Complexities of Renegotiated Relationships in Manju Kapur’s custody” on 24-25 February 2012 in National Seminar on Contemporary Indian Women Writing: Recreating World Through Word, Bhiwani, Haryana
36. **Presented a paper** entitled “Study of relationship between family socio-economic status and mental health of their children” on 14-15 March 2012 in National Seminar organized under the UGC’s Special Assisted Programme, Deptt. of Economics, MDU Rohtak.
37. **Presented a paper** entitled “Burnout and quality of life among executives of multinational company” on 16-17 March 2012 in National seminar on Emerging Issues in Work Stress and Well Being, Faridabad, Haryana
38. Participated in One day workshop on Health and Legal awareness for members of Panchayat and Sarpanches on 16-3-2013 organized by Women’s Study Center M.D.U Rohtak.
39. **Presented a Poster** titled “Promoting Mental Health of School Students” in the 12th Annual Conference Indian Psychiatric Society-North Zone Haryana Branch, 30th Nov.-1st Dec. 2013, organized by Department of Psychiatry Pt. B. D. Sharma PGIMS Rohtak at State Institute of Mental Health, Rohtak.

40. **Presented a paper** titled “Women many steps behind men” in the National Seminar on ‘Gender Inequality and Violence Against Women in North-West India” held at Maharshi Dayanand University, Rohtak on Feb. 7-8, 2014.
41. **Presented a paper** in an International Conference titled “Role of life skill training on youth problems and adjustment among school students” organized by International Stress Management Association at ni-msme, Hyderabad on 6th to 8th Nov, 2014.
42. **Presented a paper** in an InSPA International Conference titled “Internet usage and health concerns among urban adolescents” held at Dept. of Psychology, Gauhati University, Assam from 21st to 23rd Nov., 2014.