

**Dr. (Mrs.) Promila Batra**

Father's Name : Mr. L.D. Grover  
Date of Birth : 11.04.1962  
Nationality : Indian

**A) Educational Qualifications:**

Degree	Year of Passing	University/Institute
Ph.D	1987	M.D.U., Rohtak
PG	1983	K.U.K., Kurukshetra
UG	1981	Panjab University, Chandigarh
Others: Advanced Diploma in Psychological Counseling	2003	IHCA, Chennai.

**B) Career Profile:**

Designation	Institution served	Duration( From-To)
Lecturer	S.J.K. College, Kalanaur	August, 1983- July,1984
Lecturer	University College, Rohtak	July, 1984-Feb., 1985
Lecturer	M.D.U., Rohtak	Feb.,1985- July,1995
Reader	M.D.U., Rohtak	July,1995-July,2003
Professor ( CAS)	M.D.U., Rohtak	July, 2003- Nov.,2008
Professor (Open)	M.D.U., Rohtak	Nov.2008- till now

**C) Research Advisory:**

No. Of Students Supervised	Ph.D	M.Phil
	10	08

**D) Publications:****i) Books:**

1. Malhotra, S., Batra, P., and Yadava, A. (2007). Health Psychology: Psychosocial Perspective. New Delhi: Commonwealth.

**Books under process:**

1. Sex Declining Ratio in Haryana: An Analysis of Trends and Causes. (Being edited in joint authorship)
2. Alternative Healing: the Power of Counselling as Integrated Approach (Individual Contribution)

**Teaching Experience:**

1. Undergraduate: One Year Six Months.
2. Post Graduate : 26 Years

**Area of Specialization:**

1. Health, Environment and Counseling
2. Biochemical Bases of Memory

**ii) Research Papers:**

- a) Published in Referred/ Peer Reviewed Journals
- b) Published in Academic Journals other than Referred/ Peer Reviewed Journals
- c) Published in Conferences/ Seminar Proceedings

**List of Papers Published Under Individual/ Joint authorship:**

1. Batra, P., and Muhar, I.S. ( 1987) ECS, Opiate Receptor antagonist and memory impairment. *Indian Journal of Psychology*, 62, 15-21.
2. Batra, P., Muhar, I.S., and Dheer, J.R. (1988). Electroconvulsive shock and retrograde amnesia. *Indian Journal of Current Psychological Research*, 3, 65-71.
3. Batra, P., and Muhar, I.S.(1991). Dose dependent effect of naloxone on memory. *Indian Journal of Psychology*, 66, 37-42.
4. Meenu, Muhar, I.S., and Bhatia P.( 1996). Effect of feedback on self confidence. *Indian Journal of Psychology*, 70, 1-9.
5. Batra P., Seema Muhar, I.S., and Bhatia P. (1996). Proactive effects of ECS on memory. *Indian Journal of Psychology*, 71,21-28.
6. Batra, P. (1996). ECS, anterograde amnesia and recovery. *Indian Journal of Psychology*, 72, 91-97.
7. Malik, A., Batra, P., and Muhar, I.S.(1997). Effect of crowding on a complex task. *Journal of Personality and Clinical Studies*, 13, 87-91.
8. Batra, P., Urvashi , and Muhar, I.S.(1997) . Hue and variation in CFF. *Journal of Indian Academy of Applied Psychology*, 24, 83-86.
9. Batra, P., Sumeera., and Rashmi(1998). Effect of water supply in reducing the negative effect of high temperature. *Indian Journal of Psychometry and Education*, 29,119-124.

10. Batra, P., and Mehta, S. (1998). Temperature as a factor influencing memory. *Proceedings of International Conference on Cognitive Systems*, Vol. II, 926-938.
11. Batra, P. (1998). Retention interval and ECS induced anterograde amnesia. *Proceedings of International Conference on Cognitive Systems*, Vol. II, 843- 848.
12. Sheenu and Batra, P (2002). Ambient Temperature and memory in Albino rats. *Praachi . Journal of Psycho-Cultural Dimensions*, 18, 21-26.
13. Batra, P. (2002). Effective Parentillg. *Maharshi Dayanand University Research Journal (Arts)*, 1. 49-62.
14. Batra, P., and Meenu. (2002). Memory Loss Induced by pre-training ECS: A result of Delayed Retention. Test, *Journal of the Indian Academy of Applied Psychology*, 28, 93-98.
15. Batra, P., and Garg, R (2003) Effect of temperature upon memory. *Journal of Indian Academy of Applied Psychology* (in press). Papers Accepted for Publications in National/international Journals:
16. Sunita, and Batra, P. (2004) 'Crowding and Subjective well being.' A paper accepted for publication in an International Journal of '*Pollution Research*'.
17. Batra, P., and Reema. (2004) 'Temperature, Humidity and Memory'. A paper accepted for publication in an International Journal of 'Ecology, Environment and Behaviour.
18. Arti, and Batra, P. (2004). 'Effect of learning style on free recall.' Accepted for Publication in *Journal of Applied Psychology*.
19. Priyanka, and Batra, P. (2004). A study of effect of Shankhapushpi on memory Accepted for publication in *.Journal of Indian Academy of Applied Psychology*.
20. Batra, P. and Rameshwari. 'Role of sports in personality development / character building'. Communicated to *Penalty Corner: A Premier Sports and Physical Education Magazine, Harnirpur*.
21. Batra, P. 'Logotherapy and a case'. Communicated to *Journal of Research and Application in Clinical Psychology*.
22. Batra, P. 'Use of imagery and mental practice in sports'. *Journal of Sports and Sports Sciences, NIS, Patiala*.
23. Batra, P., and Reema (2004). Temperature, Humidity, and Memory. *Ecology, Environment and Conservation*, 10, 295-302.
24. Sunita, and Batra, P. (2004). Crowding and Subjective Wellbeing. *Ecology, Environment and Conservation*, 10, 317-322.
25. Batra, P. (2005). Logotherapy and a Case. *Journal of Research and Application in Clinical Psychology*.
26. Batra, P.(2006). Use of imagery and mental practice in sports. *Journal of Sports and Sports Sciences, NIS, Patiala*.

27. Arti and Batra, P. (2004). Effect of learning style on free recall. *Journal of Applied Psychology*.
28. Batra, P., and Garg, R. (2005). Effect of Temperature upon memory. *Journal of Indian Academy of Applied Psychology*, 31, 41-46.
29. Batra, P., and Rameshwari (2006). Role of sports in personality development/character building. Penalty Corner: A Premier Sports and Physical Education Magazine, Hamirpur.
30. Arora, D. and Batra, P. (2008). Mental ability, health and well-being of children belonging to joint and nuclear family. In Radhey Shyam and Azizuddin Khan. *Clinical Child Psychology*. Kalpaz.
31. Batra, P. and Neha (2008). Epilepsy and Subjective well-being. In S.R. Khan *Clinical Psychology*. In Press.

**List of Papers Presented in National/ international Seminars/ Conferences under individual/joint Authorship**

1. Urvashi, and Batra, P. (1997). Effect of Noise on quality of Working Life. *National Seminar on Environmental Psychology*, 25-27 Oct., M.D. University, Rohtak. (Presented by Co-author).
2. Sumema, Batra, P. and Rathee, R. (1997). High temperature and physical task performance. *National Seminar on Environmental Psychology*, 25-27 Oct., M.D. University, Rohtak. (Presented by co-author).
3. Arpana, and Batra, P. (1997). Effect of wall colour upon performance (1997). *National Seminar on Environmental Psychology*, 25-27 Oct., M.D. University, Rohtak. (Presented by co-author).
4. Batra, P., and Rashmi. (1997). Negative IONIC exposure and retention in albino rats. *National Seminar on Environmental Psychology*, M.D. University, Rohtak. (Presented by co-author).
5. Singh, S and Batra, P (1998). Leadership style, Turnover and Psychological well being. *North West Sociological Seminar*" 6th to 8th Feb: M.D. University, Rohtak (Presented by co-author).
6. Gulia, R., Singh S., and Batra, P. (1999). Human Resource Development in 21<sup>st</sup> Century *IXth Annual Conference of National Academy of Psychology*. (Presented by co-author).
7. Batra, P. (1998) Subject matter of Puranas: A Psychological View. *National Seminar on Different, Aspects of Puranas*, 28th to 30th Nov. 1988, M.D. University, Rohtak.
8. Batra, P., and Mehta, S. (1998). Temperature as a factor influencing memory. *International Conference on Cognitive Systems*, 13th to 15th Dec. 1998, Delhi, India (already mentioned in published work).
9. Batra, P. (1998). Retention interval and ECS induced anterograde amnesia.

- International Conference on Cognitive Systems*, 13th to 15th Dec. 1998, Delhi, India (already mentioned in published work).
10. Batra, P., and Rameshwari (2000). Role of sports in personality development! character building. A paper presented in the *National Conference on Physical Education in the New Millennium*, 18-19th Oct. 2000, Department of Physical Education. H.P. University, Shimla.
  11. Batra, P., and Garg, R. (2001). Effect of temperature upon memory (amongst Albino rats). A paper presented in an *International Conference on 'People and Environment'* 24 and 25.2.2001 by SAAP, Dhaka.
  12. Batra, P. (2001). Thermal stress and coping mechanisms: A physiological and psychological effect. A special invited address in the *International Conference on People and Environment*, 24th and 25th Feb., 2001 by SAAP in Dhaka.
  13. Batra, P., and Sheenu. (2001). Temperature and memory in the working environment: A variation in posture. A paper presented in the *1st International Seminar on Health Psychology*, 23rd and 24th March, 2001 by Astha, Delhi.
  14. Batra, P. (2001). "Logotherapy in sports - A case study of a 10 years old child". Presented in the *National Seminar on Counseling Practices for Emerging Counseling Needs*, 19-20 Dec. 2001 at University of Baroda.
  15. Singh, R., and Batra, P. (2001). Family Therapy - a case study presented in *National Seminar on Counseling Practices for Emerging Counseling Needs*, 19-20 Dec. 2001, Baroda. (Presented by co-author).
  16. Batra, P. (2002). Video-Display units—A boon or bane. Presented in the *National Seminar on 'Psychological aspects of Technological Development's*. 1-3 March, 2002, Delhi.
  17. Batra, P (2002) Gender discrimination in family relationships. A paper presented in the '*National Conference on 'Women & Human Rights'*', 5th - 6th March, Rohtak.
  18. Arti, and Batra P. (2002). Effect of Learning styles on Free Recall. *National Seminar and 6th National Conference of Praachi Psycho-cultural research association on 'Individual Differences and Behaviour'*, Oct, 11-12, 2002, Rohtak (Presented by co-author).
  19. Sharma, A., and Batra, P. (2002). Personality and Music: An effect of Arithmetic Performance. *National Seminar and 6th National Conference of Praachi Psycho-cultural research association on 'Individual Differenced and Behavioar'*, Oct, 11-12, 2002, Rohtak. (Presented by co-author).
  20. Ahlawat, S., and Batra, P. (2002). Effect of parenting style on creativity. *National Seminar and 6th National Conference of Praachi Psycho-cultural research association on 'individual Differences and Behaviour'*, Oct, 11-12, 2002. Rohtak (presented by co-author).
  21. Bhushan, S., and Batra, P. (2002). Self-change, Job-Innovation g Individual Factors: Correlational study amongst New hires in Private Sector Organisation.

- National Seminar and 6th National Conference of Praachi Psycho-cultural research association on 'Individual Differences and Behaviour', Oct, 11-12, 2002. Rohtak (Presented by co-author).*
22. Juneja, S., and Batra, P. (2002). Parental attitudes and Aggression. *National Seminar and 6th National Conference of Praachi Psycho-cultural research association on 'Individual Differences and Behaviour', Oct, 11-12, 2002, Rohtak. (Presented by co-author).*
  23. Dahiya, J., Batra, P., and Malik, S. (2002). Drug addiction among various Personality types and Socio-economic groups. *National Seminar and 6th National Conference of Praachi Psycho-cultural research association on 'Individual Differences and Behaviour', Oct, 11-12, 2002, Rohtak. (Presented by co-author).*
  24. Kumar, P., Batra, P., and Ahlawat. S. (2002). Self confidence & Self concept as a result of Parental attitudes. *National Seminar and 6th National Conference of Praachi Psycho-cultural research association on 'Individual Differences and Behaviour', Oct, 11-12, 2002, Rohtak. (Presented by co-author).*
  25. Malik, S. and Batra, P. (2003) Crowding and Subjective well being. An International Seminar on 'Quest for Well-Being', 14-16 Feb, 2003, Delhi.
  26. Batra. P. (2003) Yognidra and Jacobson s Progressive muscle relaxation. *The International & 38th National Conference on Applied Psychology. Emerging Trends.* 11-13 Oct., 2003 Jodhpur.
  27. Priyanka, and Batra. P. (2003). Role of Shankhapushpi In memory *7<sup>th</sup> International & 38th National Conference on Applied Psychology Emerging Trends.* 11-13 Oct. 2003 Jodhpur.
  28. Batra, P, Priyanka. and Arti (2003). Comparison of the Self-esteem in Rural and Urban Population of Haryana. *VII North-West Indian Sociological Association Conference*, 14-15 Nov. 2003.
  29. Batra, P., and Rajesh (2003) Comparison of family relationship with adolescents In rural and urban areas of Haryana, *VII North-West Indian Sociological Association Conference*, 14-15 Nov, 2003.
  30. Kumar, R., and Batra, P. (2003). Comparison of Family Relationship with Adolescents in Rural and Urban areas of Haryana. NWIS. A conference on 'Village Transition in North West India', 14-15, Nov., Rohtak.
  31. Malik, S. and Batra, P. (2003). Crowding and Subjective Wellbeing. An International Seminar on Quest for Well-Being, 14-16 Feb., 2003, Delhi.
  32. Priyanka, and Batra, P. (2003). Effect of Shankpuspi on Memory. *7<sup>th</sup> International and 38<sup>th</sup> National Conference of Indian Academy of Applied Psychology (IAAP).* 11-13 Oct. University of Jodhpur.
  33. Batra, P (2004) The developing science, Air-ions and Health. *91st Session of Indian Science Congress Association*, Poster presented at Chandigarh, Jan 3-7, 2004.
  34. Batra, P. (2004). Working with Video display units & subjective well being

- amongst bank employees, Paper presented at *91st Session of Indian Science Congress Association*, Poster presented at Chandigarh, Jan 3-7, 2004 .
35. Batra, P. (2004). Role of Parental attitude during Childhood in later drug addiction. *ICSSR Sponsored Seminar on substance abuse/misuse in North-Western Regions of India. Causes, consequences and remedies'*, on 31<sup>st</sup> January 2004, M. D. University, Rohtak.
  36. Rajesh, and Batra, P. (2004). A study of self-esteem amongst drug addicts in Rohtak. *ICSSR Sponsored Seminar on substance abuse/misuse in North-Western Regions of India. Causes, consequences and remedies'*, on 31st January 2004, f'v1 0 UniverSity, Rohtak.
  37. Dahiya, J, and Batra, P (2004) An analysis of Introversion/Extroversion and Peer pressure amongst various Substance abusers. *ICSSR Sponsored Seminar on substance abuse/misuse in North-Western Regions of India. Causes, consequences and remedies'*, on 31<sup>st</sup> January 2004. M.D. University, Rohtak
  38. Batra. P. (2004). A study of the cognitive abilities amongst computer operators. *International Workshop on Recent trends in Environmental Sciences, 24-26 April, 2004, NESA Delhi.*
  39. Batra, P. (2005). A study of cognitive abilities amongst computer operators. International conference on Environmental Psychology. NESA.
  40. Dahiya, J., and Batra, P. (2004). Counselling and Detoxification of a multiple Drug abuser: A case study. 8<sup>th</sup> International and 39<sup>th</sup> National Conference of Indian Academy of Applied Psychology (IAAP) on Positive Health and Well Being, 15-17 July, M.D. University, Rohtak.
  41. Kumar, R., and Batra, P. (2004). A study of Self-Esteem amongst Drug Addicts in Rohtak. ICSSR sponsored seminar on Substance Abuse/ Misuse in North-Western Region of India: Causes, Consequences and Remedies, 31 Jan., M.D. University, Rohtak.
  42. Dahiya, J., and Batra, P. (2004). An analysis of Introversion/ Extroversion and Peer Pressure amongst various Substance Abusers. ICSSR sponsored seminar on Substance Abuse/ Misuse in North-Western Region of India: Causes, Consequences and Remedies, 31 Jan., M.D. University, Rohtak.
  43. Priyanka, and Batra, P. (2004). Effect of varied durations of Shankhpuspi on Memory span. National Seminar on Psycho-Social Problems of Youth Prevention and Intervention, 22-23, Dec., Govt. College, Bahadurgarh (Haryana).
  44. Arti and Batra, P. (2004). Effect of learning style on free recall and Recognition. National Seminar on Psycho-Social Problems of Youth Prevention and Intervention, 22-23, Dec., Govt. College, Bahadurgarh (Haryana).
  45. Kumar, R., and Batra, P. (2006). Correlation between Self-concept and Subjective Well-Being. National seminar on Psychophysiology of Well-being, 28-29, March, M.D. University, Rohtak.
  46. Dahiya, J., and Batra, P. (2006). Subjective Well-Being amongst Drug Dependents. National seminar on Psychophysiology of Well-being, 28-29, March, M.D. University, Rohtak.

47. Batra, P., and Jain, N. (2006). A study of well-being amongst epileptics of varying duration. National seminar on Psychophysiology of Well-being, 28-29, March, M.D. University, Rohtak.
48. Batra , P. and Kumar, V. (2006). Negative air ions and psychomotor performances. National seminar on Psychophysiology of Well-being, 28-29, March, M.D. University, Rohtak.
49. Ahlawat, S. and Batra, P. (2007). Causes of declining Sex ratio amongst population having different levels of education. Seminar on Declining Sex Ratio: Problems and Challenges, 25 March, M.D. University, Rohtak.
50. Dahiya, J., and Batra, P. (2007). Gender Discrimination: How much it exists in Rohtak. Seminar on Declining Sex Ratio: Problems and Challenges, 25 March, M.D. University, Rohtak.
51. Kumar, R. and Batra, P. (2007). The Role of Society, Technology and Government Regulation in declining Sex ratio. Seminar on Declining Sex Ratio: Problems and Challenges, 25 March, M.D. University, Rohtak.

### **Participation in conferences/ seminars**

1. XIIth Zone Secretariat Association Conference, PGIMS, Rohtak, Sept. 1987  
Seminar held by USEFI in Jaipur, 1987,
2. National Seminar on Environmental Psychology, M.D. University, Rohtak, October 1997,
3. National Seminar on Environmental Psychology, M.D. University, Rohtak, October, 1997.
4. National Seminar on 'Role of Psychology in National Development' held in Kurukshetra University, Kurukshetra, Dec. 1997,
5. VIth World Environment Science Congress, Delhi, Dec. 1997,
6. North West Sociological Seminar, M.D.University, Rohtak, Feb. 1998.
7. National Seminar on different aspects of Puranas, Rohtak, Nov, 1998.
8. International Conference on Cognitive Systems Delhi, Dec, 1998.
9. National Seminar on Psychological Interventions and Management of Environment, Meerut, March 1999.
10. National Conference on Physical Education in the new millennium, Shimla, Dec.2000.
11. Seminar on Guidance – Latest tools and techniques, M.D.U., Rohtak, Nov. 2000.
12. International Conference on People and Environment, Dhaka, Feb. 2001
13. 1st International Seminar on Health Psychology, Astha Delhi, March, 2001.
14. Workshop on HYPNOSIS, Astha Delhi, March 2001.
15. National Workshop on syllabi and curriculum in Physical Education, M.D.U., Rohtak, March, 2001.



16. National Seminar on Counselling Practices for emerging counseling needs”, University of Baroda, 19-20 Dec., 2001.
17. National Seminar on 'Psycho-social aspects of technological development', Jamia Milia, Delhi, 1-3 March, 2002.
18. National Seminar on Women and Human Rights, Rohtak, March, 2002.
19. National Seminar and 6th National Conference of Praachi Psycho-cultural Research association on Individual Difference and Behaviour. Rohtak, Oct. 11-12, 2002.
20. International Seminar on Quest for well being. Delhi. 14-16 Feb., 2003
21. 7<sup>th</sup> International & 38<sup>th</sup> National Conference on Applied Psychology Emerging Trends, Jodhpur, Oct. 2003
22. VII North-West Indian Sociological Association Conference Deptt. of Sociology, M. D. University, Rohtak, Nov. 2003.
23. 91<sup>st</sup> Seminar of Indian Science Congress Association, Chandigarh. Jan., 2004.
24. One day Workshop on course curriculum development in Dept. of Psychology, Rohtak, Jan. 2004.
25. ICSSR Sponsored Seminar on Substance Abuse/Misuse in north-Western region of India: Causes, Consequences and remedies, Dept. of Psychology, M. D. U., Rohtak, Jan. 2004.
26. International Workshop on Recent trends in Environmental Sciences on, NESAI, Delhi, April, 2004.
27. 7<sup>th</sup> International and 38<sup>th</sup> National Conference of Indian Academy of Applied Psychology (IAAP). 11-13 Oct., University of Jodhpur.
28. 8<sup>th</sup> International and 39<sup>th</sup> National Conference of Indian Academy of Applied Psychology (IAAP) on Positive Health and Well Being, 15-17 July, M.D. University, Rohtak.
29. A conference on 'Village Transition in North West India', 14-15, Nov., Rohtak.
30. ICSSR sponsored seminar on Substance Abuse/ Misuse in North-Western Region of India: Causes, Consequences and Remedies, 31 Jan., Workshop National Seminar on Psycho-Social Problems of Youth : Prevention and Intervention, 22-23, Dec., Govt. College, Bahadurgarh (Haryana). M.D. University, Rohtak .
31. National Workshop on towards facing challenges of the mentally challenged: Their aches and its Alleviations. 12-13 Feb., 2005. Organized by Shraavan, Institute of Special Education and Research. Rohtak (Haryana).
32. Workshop on 'Projective Indicators of Well-Being in Somatic Inkblot Series (SIS)- A Projective Test' Dept. of Psychology, 7 June, 2005, M.D. University, Rohtak.

33. Northern Region Consultation Workshop in Women Studies. Women Student's Research Centre, 12-14, Dec., 2005, K.U. Kurukshetra.
34. National seminar on Psychophysiology of Well-being, 28-29, March, 2006, M.D. University, Rohtak.
35. Training programme on Juvenile Justice organized and held at HIPA, Complex, 19-21, April, 2006, Gurgaon.
36. Sensitization/ Awareness/ Motivation Workshop under UGC's Capacity Building for Women Managers in Higher Education Programmes. Organized by UGC and held at M.K.J.K. College, 11-16, Dec., 2006, Rohtak.
37. Seminar on Declining Sex Ratio: Problems and Challenges, 25 March, 2007, M.D. University, Rohtak.
38. Workshop on 'Projective Technique', Dept. of Psychology, 31 March, 2007, M.D. University, Rohtak.
39. Workshop on 'Depression and Ischemic Heart Disease (2009) at PGIMS, Rohtak.

**Awards and Distinctions:**

1. Deen Dayal Prakash Memorial Award( Gold Medal) for Best Research, 1996.
2. Recommendation by UGC for Commonwealth Fellowship, 1996.
3. Shiksha Rattan Puraskar (2007)
4. Best Citizen of India Award (2008).

**Assignments outside M.D. University, Rohtak**

**i) India**

- ❖ Member Magistrate, Juvenile Justice Board.
- ❖ President, Shravan College for B.Ed.
- ❖ Working as the President of Jagriti, a family counseling center, being run under the supervision of the D.C. at govt. level to deal with marital and family problems.
- ❖ Member of Advisory Committee of PNDDT.
- ❖ Had been a member of EC of South Asian Association of Psychology.
- ❖ Member of EC of Jan Shikshan Samiti.
- ❖ PNDDT Task Force.
- ❖ Member of various committees at UGC level and other academic bodies.

**ii) Abroad**

**Other contributions**

- Actively engaged in Counseling and Consultancy.