

Dr. Bani Narula**Assistant Professor Psychology**
 Department of Psychology
 Post Graduate Government College for Girls,
 Sector 11, Chandigarh

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Educational Qualification

10th (2002)	Tender Heart School (I.C.S.E.) Sector 33, Chandigarh	69.5%
12th (2004)	Govt. Model Sr. Sec. School (C.B.S.E.) Sector 35, Chandigarh	83.6%
	Post Graduate Government College for Girls, Sector 11, Chandigarh.	
B.A (2007)	<u>SECOND</u> in Post Graduate Government College for Girls in Panjab University Examination	78.16%
B.A Psychology Honours (2007)	<u>FIRST</u> in the order of merit with <u>GOLD MEDAL</u> in Panjab University Examination	87.12%
	Department of Psychology Panjab University, Chandigarh.	
M.A Psychology (2009)	<u>SECOND</u> in the order of merit with first division in Panjab University in Psychology	80.37%
Doctor of Philosophy (2015)	Ph.D., Psychology with Course-Work Department of Psychology Panjab University, Chandigarh	
Title of Ph.d Thesis	Evaluating the efficacy of Strength Building Program of Gratitude and Forgiveness and study its effect on Happiness	
NET JRF- SRF (2008)	<u>FELLOWSHIP</u> from University Grants Commission, Delhi during Ph.D at Panjab University, Chandigarh	61.14%

Teaching Experience

2015-16	Assistant Professor (Ad hoc)	D.A.V College, Sector 10, Chandigarh	15.07.2015 to 15.03.2016
2016-17	Assistant Professor (Ad hoc)	D.A.V College, Sector 10, Chandigarh	16.07.2016 to 12.04.2017
2017-18	Assistant Professor (Ad hoc)	M.C.M D.A.V College, Sector 36, Chandigarh	8.07.2017 to 31.08.2017
2017 Onwards	Assistant Professor (Contract)	D.A.V College, Sector 10, Chandigarh Post Graduate Government College for Girls, Sector 11, Chandigarh	1.09.2017 to 2.10.2017 3.10.2017 till date

Invited Speaker/Resource Person

- Imparted lectures as Counsellor to Graduate & Post Graduate Students of Indira Gandhi National Open University (IGNOU) at D.A.V College, Sector 10, Chandigarh from January to July, 2017
- Delivered lecture on “Understanding & Interviewing Child Psychology” to Police Officers (Sub Inspectors & Dy. SP from Northern states of India) at Central Detective Training Institute (CDTI), Ministry of Home Affairs, Sector 36, Chandigarh on 26 October, 2018
- Conducted “Research Awareness & Research Methodology Workshop” for Post Graduate Students at D.A.V College, Sector 10, Chandigarh on 8 February, 2019
- Course on the topic “Positive Personality” (Session-11) for undergraduate students at Goswami Ganesh Dutta Sanatan Dharma College, Sector 32, Chandigarh on 28 May, 2021
- Imparted an interactive session for interdisciplinary students on the topic “Art and Science of Research” organized by the Research Cell of D.A.V College, Sector 10, Chandigarh on 9 April, 2022

Area of Specialization

- Applied Counselling Psychology and Psychotherapy
- Positive Psychology

Book published

- Narula, B. (2016). Happiness Quotient: Building Gratitude and Forgiveness, *The Readers Paradise*, New Delhi, ISBN- 978-93-85958-39-7

Book Chapter published

- Narula, B. (December, 2021). “A Study on Empathy and Professional Quality of Life among female frontline health workers” in entitled book Women in India: Issues and Challenges, Harshvardhan Publication, Maharashtra, 274-281, ISBN: 978-93-92584-99-2
- Narula, B. (2022). Women Empowerment: Role of Satisfaction and Quality of Life among Athletes in entitled book Women at Work: A Holistic Outlook

Participated/ attended in Conferences/Seminars/Workshops

- Two-day workshop on “*Enhancing Psychological Capital and Emotional and Spiritual Intelligence*” at Department of Psychology, Panjab University, Chandigarh on 10-11 March, 2008
- CHASCON 2nd Chandigarh Science Congress organized by Psychology Department, Panjab University, Chandigarh on the theme “*Empowering India by Scientific Integration, Innovation and Invention*” on 14-15 March, 2008
- Seminar of UGC on the theme “*Aggression Outside Home: Psychological Perspectives*” at Department of Psychology, Panjab University, Chandigarh on 5 March, 2009
- 5th International Seminar on Celebrating Diversity, Increasing Intercultural Understanding among Youth held at Panjab University, Chandigarh on 19-20 February, 2011
- International Conference of Applied Psychology at Panjab University, Chandigarh on 24-25 February, 2012
- One-day Workshop on “*Enhancing Excellence*” of Asian Pacific Association of Psychology at Panjab University, Chandigarh on 22 October, 2015
- One-day workshop on “*Optimizing Organizational Behaviour Leadership*” of Asian Pacific Association of Psychology held at Panjab University, Chandigarh on 23 October, 2015
- One-day National Workshop on “*Research Methodology in Social Sciences: New Trends*” at Post Graduate Government College, Sector 11, Chandigarh on 16 March, 2016
- One-day Workshop on “*Prospects of Research and Funding in Colleges*” organized by Editorial Board of International Journal of Neosciences held at D.A.V College, Sector 10, Chandigarh on 30 March, 2016
- One-day Workshop on “*Fostering Psychosocial Development of Children: The Importance of Early Years*” held at Post Graduate Institute of Medical Education and Research, Chandigarh on 9 April, 2016
- One-week Workshop on “*Mindfulness Based Skills Training*” at D.A.V College, Sector 10, Chandigarh from 3-10 August, 2016

- CME-cum-Workshop on “*Intellectual Disability: Assessment and Management*” held at Post Graduate Institute of Medical Education and Research, Sector 12, Chandigarh on 18 November, 2016
- Capacity Building Workshop on “*Life Skills Training*” at Post Graduate Government College for Girls, Sector 11, Chandigarh on 2 March, 2017
- Mendeleev presentation session on Research workflow held at D.A.V College, Sector 10, Chandigarh on 2 March, 2017
- One-day Capacity Building Workshop on “*Language Difficulties: Leading to Social Disability*” at Post Graduate Government College, Sector 11, Chandigarh on 16 March, 2017
- Capacity Building Workshop on “*Optimizing Emotional Wellbeing*” held at Post Graduate Government College for Girls, Sector 11, Chandigarh on 15 November, 2017
- One-day Workshop on “*Promoting Child Friendly Schools and Homes*” at Post Graduate Institute of Medical Education and Research, Sector 12, Chandigarh on 12 October, 2018
- Capacity Building Workshop on “*Dynamics of Interpersonal Behaviour*” held at Post Graduate Government College for Girls, Sector 11, Chandigarh on 27 November, 2018
- RUSA sponsored Capacity Building Workshop on “*Web based Educational Resources*” at Post Graduate Government College for Girls, Sector 11, Chandigarh on 23 February, 2019
- National Seminar on “*Informal Employment in India: Issues and Challenges*” held at Post Graduate Government College for Girls, Sector 11, Chandigarh on 28 March, 2019
- One-day Workshop on “*Psychosocial Adversity and Child Development*” held at Post Graduate Institute of Medical Education and Research, Sector 12, Chandigarh on 4 October 2019
- International Webinar entitled “*How to Thrive in a Stressful Situation: Practical Tips and Techniques*” conducted by Government College for women, Karnal, Haryana on 28 June, 2020
- National Webinar on “*New Education Policy: A New Era from School to Higher Education*” held at Post Graduate Government College, Sector 46, Chandigarh on 17 August, 2020
- National Webinar on “*Mental Health and Virtual World*” held at Post Graduate Government College, Sector 46, Chandigarh on 10 October, 2020
- National Webinar on “*New Education Policy 2020*” conducted by Guru Nanak College, Moga on 11 December, 2020
- Two day International E-Conference on “*Post-pandemic Education and Employment: Challenges and Opportunities*” conducted by Ram Lal Anand College, University of Delhi in association with Samartha Bharat on 4 & 5 March, 2021

- Training Programme on “*Disability Awareness and Support for Inclusive Education*” organised by Manovikas Institute for Higher Education (MIHE) and State Nodal Agency Centre (SNAC), Delhi on 6March, 2021
- International Intercollegiate Webinar to celebrate “*International Women’s Day*” organised by R.D. National College, Department of Psychology Department of Psychology in collaboration with IQAC on 8March, 2021
- National Webinar on “*Revised NAAC Accreditation Framework: Understanding and Challenges*” conducted by IQAC of Clara’s College of Commerce, Mumbai on 9March, 2021
- RashtriyaUchchar Shiksha Abhiyan (RUSA) Sponsored Online Workshop on “*Online Assessment Tools: A Step Forward*” held at Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh on 22March, 2021
- National Webinar on “*Drug Abuse Awareness*” conducted by Post Graduate Government College, Sector 11, Chandigarh on 27March, 2021
- International Webinar on “*Indian Diversity, Pluralism and Constitutional Nationalism*”conducted by RAFFLES University, Neemrana, Rajasthan and RAYS Global Foundation, USAon 17 April, 2021
- National Webinar on “*Positive Youth Development: Way out to pandemic*” conducted by Department of Psycholog, Gandhi Memorial National College, Ambala Cantt on 29 June, 2021
- National Webinar on “*Preparing Teachers for 21st Century: Challenges and Responsibilities*” organized by the Department of Education, Dr. B.R. Ambedkar University, Srikakulam, Andhra Pradesh on 5 July, 2021
- National Webinar on “*Personality Development and Interpersonal Skills*”Department of English & Postgraduate Center, Y & M Anjuman Khairul Isla’s Poona Collegeon 10 July, 2021
- International Webinar on “*Psychology of Happy and Meaningful Life*”organized by Department of Psychology & Counselling Cell, Sat JindaKalyana College, Kalanaur, Rohtak, Haryanaon 18 July, 2021
- National Webinar on “*Stories of Mind: Causes and Prevention of Suicide*”organized byPost Graduate Government College, Sector 46, Chandigarh on 10September, 2021
- International symposium on“*Budh se Kabir tak: A Movement towards Peace and Empathy*” organised by Vishwaneedam Center for Asian Blossoming, Pudhuvherry and Chennai in collaboration on13March, 2022

Research Papers presented in Conferences/Seminars

- *Strategies of Conflict Resolution*in National Conference at Government College for Girls, Sector 11, Chandigarh on 17-18 February, 2009
- *The Present and Future Trends of Counselling* at 2nd International and 4th Indian Psychological Science Congress held at P.G. Government College, Sector 46, Chandigarh on 8-9 October, 2015

- *Internet Addiction: Cause of Concern* at ICSSR sponsored National Seminar on Media Technologies: A Critical Evaluation organized by University School of Open Learning, Panjab University, Chandigarh on 16 February, 2016
- *Effect of Health Enhancing Behaviours on Sport Professionals* in National Seminar-cum-Workshop on Advances in Applied Sport Psychology at D.A.V College, Sector-10, Chandigarh on 18-19 March, 2017
- *The Digital Divide: Education post Corona* in an Online National Seminar titled Reshaping Education amidst Corona: Psychosocial Concerns conducted by Post Graduate Government College for Girls, Sector 11, Chandigarh on 30 June, 2020

Research papers published in National Journals

- Banth, S. & Narula, B. (2010). Cultivating Practice of Gratitude among youth and study its effect on Happiness, *Research Journal of Social and Life Sciences*, Vol. 9, 106-111. ISSN No. 0973-3914
- Narula, B. (2015). Enhancing Forgiveness among youth and study its effect on Happiness, *Research Journal of Social and Life Sciences*, Vol. XVIII-I, 78-87. ISSN No. 0973-3914
- Narula, B. (2015). Augmenting Happiness by means of Intentional Activities, *Indian Journal of Positive Psychology*, Vol. 6, (2), 211-214. ISSN No. 2229-4937
- Narula, B. (2016). Trends of Counselling: A Comprehensive Overview, *Indian Journal of Applied Research*, Vol. 6, (5), 14-15. ISSN No. 2249-555X
- Narula, B. (2018). When Happiness fears us: Cheroophobia, *Research Journal of Social and Life Sciences*, Vol. XXIV (II), 156-161. ISSN No. 0973-3914

Research papers published in International Journals

- Narula, B. (2015). An Additive Impact of Relationship between Gratitude and Forgiveness: A Review. *The International Journal of Indian Psychology*, Vol. 3, (1), 43-48. ISSN No. 2349-3429
- Narula, B. (2016). Meditation as an alternative state of consciousness. *The International Journal of Indian Psychology*, Vol. 3, (2), 145-150. ISSN No. 2349-3429
- Chadha, N. & Narula, B. (2016). Pygmalion Effect: Fostering Performance among adolescents. *Educational Quest: International Journal of Education and Applied Social Science*, Vol. 7, (1), 1-4. ISSN No. 0976-7258
- Narula, B. (2016). Integrating Free Play as Developmental Trajectory among children. *Elixir International Journal*(2016). Vol. 101, 43534-43536 ISSN No. 2229-712X
- Narula, B. (2017). Well Being as Health Promoting Behaviour: Positive Psychology Perspective. *Educational Quest: International Journal of Education and Applied Social Science*, Vol. 8, (1), 43-46. ISSN No. 0976-7258

- Narula, B. (2017). Spirituality and Positive psychology: Are they Related? *Educational Quest: International Journal of Education and Applied Social Science*, Vol. 8, (3), 761-764. ISSN No. 0976-7258
- Mann, A. & Narula, B. (2017). Positive Psychology in Sports: An Overview. *International Journal of Social Sciences*, Vol. 6 (2), 153-158 ISSN No. 2249-6637
- Narula, B. (2017). Hope: The Psychology of what makes one Happy. *The International Journal of Indian Psychology*, Vol. 4, (4), 146- 154. ISSN No. 2349-3429
- Narula, B. (2017). The Undying Quest for Intelligence. *International Journal of Education and Management Studies*, Vol. 7, (2), 184-186. ISSN No. 2231-5632
- Narula, B. & Midha, S. (2018). Positive Psychology in Schools: Where do we stand? *International Journal of Research and Analytical Reviews*, Vol. 5 (4), 1145-1154. ISSN No. 2349-5138
- Narula, B. & Midha, S. (2019). Aging can be Beautiful: Intervention Strategies for Elderly by their Children. *International Journal of Emerging Technologies and Innovative Research*, Vol. 6 (5), 11-17. ISSN No. 2349-5162
- Narula, B. (2019). Psychology of Social Connections. *International Journal of Emerging Technologies and Innovative Research*, Vol. 6 (5), 525-531. ISSN No. 2349-5162
- Narula, B. (2020). An Inquiry into Transpersonal Psychology of Shirdi Sai Baba. *International Journal of Future Generation Communication and Networking*, Vol. 13, No.3, 154-158. ISSN No. 2233-7857
- Narula, B. (2020). Hindi movies: An overview of Psychiatry. *International Journal of Psychosocial Rehabilitation*, Vol. 24, Issue 06, 9716-9722. ISSN No. 1475-7192
- Narula, B. & Midha, S. (2020). Covid-19: A Qualitative Study from Shelter Homes. *International Journal of Grid and Distributed Computing*, Vol. 13(1), 2912-2920. ISSN No. 2005-4262
- Narula, B. & Jolly, A. (2020). Positive Psychology meets Health Psychology: Resilience Amidst Death Anxiety among the Elderly. *International Journal of Future Generation Communication and Networking*, Vol. 13(2), 1642-1653. ISSN No. 2233-7857
- Narula, B. & Kaur, S. (2020). Augmenting Psychological Immunity by Intervention Strategies for COVID-19 Pandemic. *International Journal of Disaster Recovery and Business Community*, Vol. 11(1), 3315-3326. ISSN No. 2005-4289
- Narula, B. & Midha, S. (2021). Exploring Indigenous concepts of Western Psychology. *Psychology and Education*, Vol. 58, Issue 04, 2785-2793. ISSN No. 0033-3077

- Narula, B. & Gupta, A. (2022). Health Empowerment: Menopausal Intervention for Indian Women. Purakala, Vol. 31, Issue 02, 522-528. ISSN No. 0971-2143
- Narula, B. & Kaur, E. (2022). To Study the Attitudes towards Cosmetic Surgery among Indian Adult Women. Purakala, Vol. 31, Issue 02, 529-543. ISSN No. 0971-2143