

DR. MITIKA KANWAR

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Dept. of Psychology
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Education

- Ph.D. – **Ph.D. in Psychology with JRF/SRF** in April 2019 from Panjab University, Chandigarh
- Topic of Ph.D. Thesis – “Wisdom and its Correlates: A Study across Age and gender Differences”
- Post-Graduation – **M.A. in Psychology** in 2012 from Dept. of Psychology, Panjab University, Chandigarh
- Graduation – **B.A. with Psychology Honours** from Post Graduate Govt. College for Girls, Sector 11, Chandigarh
- Area of Specialization** - Developmental Psychology, and Positive Psychology

Teaching Experience

Total Experience – Five Years

- Presently working as Assistant Professor in Psychology, in P. G. Govt. College for Girls, Sector – 11, Chandigarh since August 2017.

RESEARCH PAPERS PUBLISHED IN JOURNALS

- Sehgal, M., & Kanwar, M. (2021). Virtuous Qualities and Personality Traits of Wise Individuals. *International Journal of Behavioural Sciences*, 14(4), 85-190.
- Midha, S., & Kanwar, M. (2021). Bored vs. Engaged Individuals during COVID-19 lockdown period. *Psychology and Education*, 58(4), 2741-2752.
- Kanwar, M. (2019). "Spend time in nature" Exploring the effects of nature on well-being. *Research Journal of Social and Life Sciences*, 28(2), 108-126.
- Sehgal, M., & Kanwar, M. (2016). Wisdom, Maturity and Coping Styles. *Indian Journal of Psychology*. ISSN: 00195553
- Kanwar, M., & Sehgal, M. (2016). Spiritual Intelligence in relation to Character Strengths and Coping Strategies among adolescents. *The International Journal of Indian Psychology*, 4(1), 214-225. Impact factor: .54. ISSN: 2348-5396 (Refereed Journal).
- Kanwar, M. (2015). A proposal of wisdom related intervention for adolescent impulsivity. *Indian Journal of Health and Wellbeing*, 6(1), 103. Impact Factor: .47. ISSN: 2229-5356. (Refereed Journal)
- Kanwar, M. (2014). Teaching for Wisdom: An Approach to a Flourishing Life. *International Journal of Education and Psychological Research (IJEPR)*, 3(3), 90-92. (Refereed Journal) Impact Factor: 3.46, ISSN: 2279-0179
- Kanwar, M. (2014). Misconceptions regarding Housewives among Young Females: A Psychological Perspective. *Indian Journal of Psychological Science*, 4(2), 109-115. (Refereed Journal) Impact Factor: 3.021
- Kanwar, M. (2013). Exploring wisdom in relationship with coping styles, social desirability, subjective wellbeing, age and gender. *Indian Journal of Positive Psychology*, 4(2), 227. (Refereed Journal) ISSN: 2229-493

CHAPTERS PUBLISHED IN BOOKS:

- Sehgal, M., & Kanwar, M. (2014). A Study of Wisdom in relation to Well Being and Emotional Intelligence among Older Adults. In Malhotra M., Vashisht, A. K., Luxmi, & Kansal, P. (Eds.), *Emotional Intelligence: Past and Present Trends- Shaping the Future* (pp. 213-221). New Delhi: YS Books International. ISBN- 13: 978-93-837931-7-4
- Kanwar, M. (2014). Are we educating the child holistically? Wisdom in Education. In Tyagi, N., Poorani, M., Rai, A., & Sharma, N. (Eds.), *Paradigm Shifts in Education as a Progressive Indicator- Issues, Approaches and Prospects* (pp. 33-36). New Delhi: Excellent Publishers. ISBN- 978-93-83083-61-9

WORKSHOPS/ CONFERENCES / PAPER PRESENTATIONS

1. Participated in ISSP 14th World Congress in Seville, Spain from 10th-14th July, 2017
2. Presented research paper titled “*Psychological Well Being in relation to Wisdom and Coping among the Elderly*” at 2nd International Conference of Indian Academy of Health Psychology, Gautam Buddha University, Greater Noida from 16th-18th December, 2016.
3. Presented research paper titled “*A Study of Virtues in relation to Wisdom, Psychological Well Being and Life Satisfaction*” at International Conference on Youth and Well Being, Guru Jambheshwar University of Science and Technology, Hisar from 11th -12th November, 2016.
4. Participated in the 6th Chandigarh Social Science Congress, February 25th-26th, 2016 organized by Panjab University, Chandigarh.
5. Presented research paper titled “*Finding Consonance between Psychological and Spiritual approach to the Teaching of Self and Fear*” at National Institute of Teaching of Psychology, Florida, United States of America from 3rd-6th January, 2016.
6. Presented research paper titled “*Wise Coping: A Pathway to Excellence*” in the 3rd World Congress on Excellence organized by International Society of Mental Training for Excellence held at Panjab University, Chandigarh from 19th-21st October, 2015.
7. Presented research paper titled “*A Study of Psychological Well Being in Relation to Compassion, Causal Attributions and Empathy among Adolescents*” at International Conference on Work, Stress and Health: Recent Perceptions, Future Trends organized by St Bede’s College, Department of Psychology, Simla from 26th-27th October, 2015.
8. Participated in two-days Workshop on “*PREP: PASS Reading Enhancement Program and COGENT: Cognitive Enhancement Program*” conducted by Dr. J.P Das from 9th-10th December, 2016, New Delhi.
9. Participated in a one-day Workshop on “*Optimizing organizational behavior leadership*” organized by Asia Pacific Association of Psychology at Panjab University, Chandigarh on 23rd October, 2015.
10. Participated in a one-day Workshop on “*Enhancing excellence*” by Prof. Terry Orlick, organized by Asia Pacific Association of Psychology at Panjab University, Chandigarh on 23rd October, 2015.
11. Participated in national seminar on ‘*Informal Employment in India: Issues and Challenges*’ organized by Post Graduate Govt College for Girls, Sector 11, Chandigarh sponsored by ICSSR (New Delhi) on 28th March, 2019.
12. Organized and participated in RUSA Capacity Building Workshop on ‘*Optimizing Emotional Well Being*’ held at Post Graduate Govt College for Girls, Sector 11, Chandigarh under the aegis of State Higher Education Council on Nov, 2017.
13. Attended one day workshop on ‘*Psychosocial Adversity and Child Development*’ on Oct 4, 2019 organized by Advanced Pediatrics Centre, Post Graduate Institute of Medical Educational and Research, Chandigarh.

14. Attended a one day workshop on ‘*Promoting Child Friendly Schools and Homes*’ on 12th Oct, 2018 at Advanced Pediatrics Centre, Post Graduate Institute of Medical Educational and Research, Chandigarh.
15. Presented research paper titled “*A Study of Spiritual Intelligence in relation to Psychological Well Being, Emotional Intelligence and Wisdom*” at UGC-Sponsored International Conference of Indian Psychological Association organized by Magadh University, Department of Psychology, Bodhgaya from 29th-31st March, 2014.
16. Presented research paper titled “*Wisdom in relation to Personality and Character Strengths*” at 101st Indian Science Congress organized by the Indian Science Congress Association Kolkata at Jammu University from 3rd-7th February, 2014.
17. Presented research paper titled “*Are we educating the child holistically? Wisdom in Education*” at the National Conference on Paradigm Shifts in Education as a Progressive Indicator- Issues, Approaches and Prospects organized by the Department of Education, SRM University, Delhi NCR Campus on May 9th, 2014.
18. Presented research paper titled “*Psychology of Underachievers: Causes, Issues and Improvement*” at Chandigarh Social Science Congress organized by Panjab University, Chandigarh from 26th-27th March, 2014.
19. Presented research paper titled “*Traits of Wise Leadership*” at Chandigarh Social Science Congress organized by Panjab University, Chandigarh from 20th-21st February, 2015.
20. Presented research paper titled “*A Study of Wisdom in Relation to Emotional Intelligence and Well Being among Older Adults*” at UGC-SAP sponsored National Seminar on Emotional Intelligence organized by University Business School, Panjab University, Chandigarh on 21st March, 2014.
21. Presented research paper titled “*A Study of Wisdom in Relation to Spiritual Intelligence and Satisfaction with Life among Older Adults*” in the National Seminar on Health and Well Being: Recent Development and Challenges held at Jamia Millia Islamia, New Delhi from 12th-13th November, 2014.
22. Presented research paper titled “*Role of Positive Attitude in Recovery from Chronic Disease*” at the Special Section on Anthropological and Behavioral Sciences of the Indian Science Congress organized by Department of Anthropology, Panjab University, Chandigarh from 26th- 27th March, 2014.
23. Presented a research paper titled “*Learning and Empathy*” in the 3rd Chandigarh Social Science Congress at Panjab University, Chandigarh from 24th- 25th February, 2011.
24. Presented a research paper titled “*Happiness in Youth*” at International Conference on Enhancing Human Potential: Biopsychosocial Perspectives organized by Panjab University, Chandigarh from 15th-17th November, 2011.
25. Presented a research paper titled “*Application of Positive Psychotherapy: Treatment Plan for Depression*” in International Conference organized by Panjab University, Chandigarh from 24-25th February, 2012.