

## **Neelam Rathee**

Associate Professor & Head  
Dept. of Psychology,  
P. G. Govt. College for Girls,  
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### ***Education***

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Ph.D. – **Ph.D. in Psychology** in April 2000 from M.D. University, Rohtak, INDIA.

Topic of Ph.D. Thesis – “Lability and Mobility of the Nervous System: Construct Validation”.

Post Graduation – **M.A. in Psychology** in 1994 from Dept. of Psychology, M.D. University, Rohtak with 76.13% marks.

Graduation – **B.A. with Psychology** from Govt. College for Women, Rohtak, M.D. University, Rohtak in 1992 with 66.67% marks.

***Area of Specialization*** - Psychophysiology, Peace Psychology, Positive Psychology, Research Methodology & Statistics, Psychological Testing.

### ***Teaching Experience***

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#### **Total Experience – Twenty Two Years**

- Presently working as Permanent Faculty in Psychology, in P. G. Govt. College for Girls, Sector – 11, Chandigarh since September 2002.
- Previously worked as Lecturer in Psychology on Ad-hoc basis in Kanya Mahavidyalaya, Kharkhauda from July 2000 to August 2002.

## **Research & Publications:**

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### **Books**

- Rathee, N. (Ed.) (2010). *Violence and Conflict Resolution: Contemporary Perspectives*. New Delhi, Globalvision.

### **Papers & Book Chapters**

- i. Rathee N. & Singh R. (2001). Mobility or/and Lability of Nervous Processes as Temperamental Trait(s). *Personality and Individual Differences*, 31(7), 1091-1104. (INTERNATIONAL)
- ii. Rathee N. & Singh R. (2001). Effect of Unemployment upon Psychological Well-Being in Rural Educated Youth. *Behavioural Scientist*, 2(1), 23-28.
- iii. Rathee N. & Singh R. (2003). Well-Being of Rural Educated youth. In C. S. Singhal (Ed.), *Behavioral Management in Rural Development*. Ambala Cantt, The Associate Publishers.
- iv. Rathee N. (2008). Prolonged Exposure to Air Pollution in Relation to Psychosomatic and Psychophysiological Parameters. *Journal of Indian Health Psychology*, 3(1), 64-71.
- v. Rathee, N. & Shergill, N. (2008). Attitudes toward Marriage and Cohabitation Among Adolescents. *Praachi Journal of Psycho-Cultural Dimensions*, 24 (1), 75-81.
- vi. Rathee, N. (2010). Introduction. In N. Rathee (Ed.), *Violence and Conflict Resolution: Contemporary Perspectives*. New Delhi, Globalvision.
- vii. Rathee, N. (2011). The Glory of a Woman. *Psyinsight*, 2(3), 3-4.
- viii. Rathee N. (2013). Yoga and Mental Health. *International Journal of Social Sciences Review*, 1(2), 145-148.
- ix. Rathee, N. (2013). Economic Empowerment of the Women: The Need of the Hour. *International Journal of Education and Management Studies*, 3(4), 515-517.
- x. Rathee, N. (2014). Hope. In S. Saini (Ed.), *Positive Psychology: In the light of Indian traditions*. Hisar, Indian Association of Health, Research and Welfare.
- xi. Rathee, N. (2017). Obesity and depression: Are they related? *Indian Journal of Health and Wellbeing*, 8(12), 1472-1475.
- xii. Rathee, N. (2018). The growing menace of child abuse : How to curb it? *Sanskar Chetna*, 7(5), 456-461
- xiii. Rathee, N. & Goyal, N. (2018). Musical preferences and their influence on emotional states and the orientation towards life. *International Journal of Social Sciences Review*, 9 (1), 125-129.
- xiv. Rathee, N. (2018). A brief review of Indian spiritual perspective of hope. *Intellectual Quest*, 9, 165-174.
- xv. Rathee, N. (2018). Freedom of choice in decision making as an indicator of wellness and personal growth. *International Journal of Social Sciences Review*, 9 (7), 881-883.
- xvi. Rathee, N. & Ishar, J.K. (2018). The invisible wounds: A peep into Kashmir's trauma. *International Journal of Social Sciences Review*, 9 (3), 1315-1319.

- xvii. Rathee, N. (2018). Cancer related post traumatic stress and depression in women patients and survivors. *Indian Journal of Psychological Science*, 10(1), 54-59.
- xviii. Rathee, N., & Dhanjal, H. (2020). Body Self-image of Beta Thalassemia Major Adolescents in relation to their Personality and Self-esteem. *Wesleyan Journal of Research*, 13(48), 77-87.
- xix. Rathee, N., & Dhanjal, H. (2021). Relationship between Health Promoting Lifestyle, Behavioural Strengths-Difficulties and Mental Health aspects of Beta Thalassemia Major Patients. *Journal of Oriental Research* 92 (1), 35-47.
- xx. Rathee, N. & Sangwan, A. (2020). Caring for Caregivers: The Children of Ageing Parents, *Journal of Oriental Research* 91 (54), 49-62.
- xxi. Rathee, N. & Sangwan, A. (2021). *Digital Revolution in Education Post Pandemic 2020*. In S. Kanjlia, & I. Chaudhary, *Leading the Digital Way*, 11-13. New Delhi, Authorspress.
- xxii. Rathee, N. & Dhillon, S.K. (2021). Self-transcendence, Mindfulness and Virtues. *Wesleyan Journal of Research*, 13 (59), 53-65.
- xxiii. Rathee, N. & Kaur, S. (2021). Coping with COVID-19: Cross- Cultural Comparison across Countries. *Wesleyan Journal of Research*, 13 (65), 45-56.
- xxiv. Rathee, N. & Kour, J. (2023) (in Print). The Psychology of Pro-Environment Action. In H. Kaur, P. Jaggi, & K. Singh (Eds.) *Environmental Psychology*. Delhi.
- xxv. Rathee, N., & Dhanjal, H. (to be published). Health related quality of life among adolescents with beta-thalassemia major: Issues and concerns. In M. Komala & R. Singh (Eds.) *Emerging health, behavior and development issues during adolescence*.

### ***Seminars/Conferences Attended/ Paper Presented:***

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- Attended and presented research at International Convention of Psychological Science (ICPS) held At Paris, France from March 6-9, 2019. Paper Titled – “Caring for caregivers: The children of ageing parents”
- Attended and Presented Paper at 123<sup>rd</sup> Annual Convention of American Psychological Association (APA) held at Toronto, Canada from August 6-9, 2015.
- Attended and Presented Paper at AT-CURA Youth Strengths Conference, City of Surrey, Metro Vancouver, British Columbia, Canada, from July 23 - July 25, 2014.
- Participated and Presented Papers in many National and International Seminars/Conferences in India.
- Paper Accepted in APPRA 2015- Kathmandu, Nepal; APS 2017-Boston, USA; APS 2018- San Francisco, USA; IAAP 2018 – Montreal, Canada; APPRA 2019 - Jakarta, Indonesia.

### ***Research Projects:***

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- Completed successfully Research Project Approved and Awarded by ICSSR, New Delhi on “Social Physique Anxiety among Young Females: An Exploration of Perceptions about Body Image, Influences, Corrective Measures Adopted and the Impact on Health”.
- Completed UGC Major Research Project titled “Evaluating the Role of Peace Education in Developing the Culture of Peace and Non-violence for Juvenile Delinquents”
- Completed Major Research Project under IMPRESS Scheme of Ministry of HRD on “Caring for Caregivers: How changes in the household composition are affecting elder caregivers?”

### ***Research Supervision***

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- Approved as Ph.D. Research Supervisor by Panjab University, Chandigarh.
- Four Research Scholars (Three JRF and one ICSSR Fellow) enrolled and pursuing Ph.D. presently.

### ***Training***

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1. ICT (Information And Communication Training Course) by Department of Technical Education, UT, Chandigarh Administration from 05/10/2020 to 19/11/2020
2. Seven Day International Online Faculty Development Program on 'Research Methods and Analytical Techniques' organized by A E Kalsekar College, Nallasopara in association with the Parul University, Vadodara, Gujarat from 17th June 2020 to 23rd June 2020
3. Three Day National Level Online Faculty Development Programme on "Recent Trends in Artificial Intelligence and Impact on Teaching Professionals" held on 22/04/2020 to 24/04/2020.

### ***Other Professional Activities:***

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- On Editorial Board of the ‘Journal of Social and Political Psychology’
- On Referee Panel of APA Division 48 Journal “Peace and Conflict: Journal of Peace Psychology”
- Written Course Material for M. A. – Psychology by Distance Education for IGNOU, New Delhi.
- Contributed in the Global Edition of ‘Introduction to Biopsychology’ by P. J. Pinel & S. J. Barnes.
- Many Articles on Social Issues and Middles in Leading National Dailies.

### ***Continuing Education (via Distance Education):***

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- Post Graduate Diploma in Computer Applications in 2012 from M. D. University, Rohtak.
- Diploma in Statistics with Distinction in April 2008 from Panjab University, Chandigarh.
- P. G. Diploma in Guidance & Counselling – May 2004

### ***Professional Membership:***

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- i. Member (International Affiliate), American Psychological Association (APA).
- ii. Member of Association of Psychological Science (APS), USA.
- iii. Member of Alliance for Peacebuilding, Washington D.C., USA.
- iv. Member, National Academy of Psychology (NAOP), India.
- v. Life Member, Indian Academy of Applied Psychology (IAAP), India.
- vi. Life Member, Praachi Psycho - Cultural Research Association, Agra.
- vii. Life Member, Haryana Psychological Association (HPA).

### ***Professional Training Programs Attended:***

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- i. 'Campaign for Peace, City Chandigarh', Training Program for trainers for the Promotion of Culture of Peace & Nonviolence.
- ii. Orientation Program at Academic Staff College, Panjab University.
- iii. ICSSR Training Programme on 'Research Methodology in Social Sciences'.
- iv. Attended Ten Days Orientation Course for NSS Programme Officers.
- v. 'Faculty Development Program' held at ICFAI National College, Chandigarh.
- vi. Refresher Course in Psychology/Education.
- vii. Short Term Course in 'Tackling Mid-Career Challenges in Academics' at ASC, PU, Chandigarh.

### ***Other Activities/Skills:***

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- i. National Eligibility Test for Lectureship qualified.
- ii. Awarded University Research Fellowship for Ph.D.
- iii. Graduate with Merit & Post Graduate with distinction.
- iv. Proficiency in Computer Applications.
- v. Strong Hold on Statistics.
- vi. Highly interested in Quality Research.
- vii. Participated and got recommendation in various extra-curricular activities at University and National level.

***(Neelam Rathee)***