

### 3. Evaluative Report of the Department

1. Name of the Department : Psychology Department
2. Year of establishment : 1959
3. Is the Department part of a School/Faculty of the university?  
  
The department is a part of the Arts Faculty
4. Names of programmes offered (UG, PG, M.Phil., Ph.D., Integrated Masters; Integrated Ph.D., D.Sc., D.Litt., etc.)  
  
Post Graduation (M.A. in Psychology)  
Post M.A. Diploma in Professional Counselling and Psychotherapy  
Post M.A. Diploma in Psychological Testing  
Ph.D.
5. Interdisciplinary programmes and departments involved N.A.
6. Courses in collaboration with other universities, industries, foreign institutions, etc.  
N.A.
7. Details of programmes discontinued, if any, with reasons  
M.Phil  
Post Graduate Diploma in Psychological Testing  
Reason: Shortage of faculty
8. Examination System: Annual/Semester/Trimester/Choice Based Credit System  
  
Semester System
9. Participation of the department in the courses offered by other departments  
The faculty of the Department of Psychology is engaged in teaching courses to the following departments.
  1. Life Long Learning Education
  2. Human Rights Department
  3. B.ED. Special Education
  4. Academic Staff College
  5. Department of Public Health
  6. Police Administration

10. Number of teaching posts sanctioned, filled and actual (Professors/Associate Professors/Asst. Professors/others)

	<b>Sanctioned</b>	<b>Filled</b>	<b>Actual (including (CAS &amp; MPS)</b>
Professor	4	3	
Associate Professors	3	1	
Asst. Professors	4	1	
Others			

11. Faculty profile with name, qualification, designation, area of specialization, experience and research under guidance

<b>Name</b>	<b>Qualification</b>	<b>Designation</b>	<b>Specialization</b>	<b>No. of Years of Experience</b>	<b>N0. of Ph.D./ M.Phil Students guides for the last 4 years</b>
Prof. Jitendra Mohan	M.A., Ph.D.	Emeritus Professor	Personality, Experimental Psychology,  Psychology Applied to Sports, Drugs, Organizational Behaviour, Cross Cultural Research and		Five

			Health Psychology		
Prof. Anuradha Bhandari	M.A., Ph.D.	Professor	Health Psychology, Developmental Psychology, Personality, Applied Social Psychology, Police Administration, Women.	32 years	None
Prof. Meena Sehgal	M.A., Ph.D.	Professor	Health Psychology, Educational Psychology, Personality, Psychometrics, Positive Psychology Organisational Behaviour.	32 years	Eight
Prof. Seema Vinayak	M.A., M.Phil, Ph.D.	Professor	Media Psychology Organizational Behaviour Clinical Psychology	22 years	Four
Dr. Harpeet Kanwal Chhabra	M.A., Ph.D.	Associate Professor	Organizational Behaviour Cognitive Psychology	22 years	Five
Dr. Roshan Lal	M.A., M.Phil, Ph.D.	Assistant Professor	Clinical Psychology	23 years	None
Prof. Jitendra	M.A., Ph.D.	Emeritus Professor	Personality, Experimental		Five

Mohan			Psychology, Psychology Applied to Sports, Drugs, Organizational Behaviour, Cross Cultural Research and Health Psychology		
Prof. Anuradha Bhandari	M.A., Ph.D.	Professor	Health Psychology, Developmental Psychology, Personality, Applied Social Psychology, Police Administration, Women.	32 years	None
Prof. Meena Sehgal	M.A., Ph.D.	Professor	Health Psychology, Educational Psychology, Personality, Psychometrics, Positive Psychology Organisational Behaviour.	32 years	Eight

12. List of senior Visiting Fellows, adjunct faculty, emeritus professors

Prof. Jitendra Mohan, Emeritus Professor

13. Percentage of classes taken by temporary faculty – programme-wise information

NA

14. Programme-wise Student Teacher Ratio

M.A.	5 : 140
Post M.A. Diploma	2 : 23
Ph.D.	5 : 70

15. Number of academic support staff (technical) and administrative staff: sanctioned, filled and actual

	Post Sanctioned	Post Filled
Technical	Two	One
Administrative Staff	Three	Two
Peon	One	One
Cleaner	One	One

16. Research thrust areas as recognized by major funding agencies

1. Sports Psychology
2. Health Psychology
3. Personality Development
4. Psychopathology and Addictions
5. Applied Psychology with Special reference on Organizational Behaviour and Sports
6. Counselling and Testing
7. Enhancing happiness and Developing Mental training Programmes for performance Enhancement of Sports Persons
8. Advances in Positive Psychology

17. Number of faculty with ongoing projects from a) national b) international funding agencies and c) Total grants received. Give the names of the funding agencies, project title and grants received project-wise. : Two

National : UGC Prof. Emeritus report on Stress and Burnout Among Professionals

International : One

International proposal on Happiness studies (under negotiation)

18. Inter-institutional collaborative projects and associated grants received

- a) National collaboration: Two

b) International collaboration: One

19. Departmental projects funded by DST-FIST; UGC-SAP/CAS, DPE; DBT, ICSSR, AICTE, etc.; total grants received.

UGC, ICSSR, CAPP (U.K.)

**Two – funded by UGC**

20. Research facility / centre with

- state recognition Yes
- national recognition Yes
- international recognition Yes

21. Special research laboratories sponsored by / created by industry or corporate bodies

NA

22. Publications:

\* Number of papers published in peer reviewed journals (national / international)  
- 56

\* Monographs Nil

\* Chapters in

Books

Twenty

Edited Books

One

\* Books with ISBN with details of publishers

Since 2012, Prof. Jitendra Mohan as Editor in Chief and Prof. Meena Sehgal as editor are publishing ICSSR funded Indian Journal of Psychology.

\* Number listed in International Database (For e.g. Web of Science, Scopus, Humanities International Complete, Dare Database - International Social Sciences Directory, EBSCO host, etc.) - NA

\* Citation Index – range /

average \* SNIP

\* SJR

\* Impact Factor – range /

average \* h-index

23. Details of patents and income generated NA

24. Areas of consultancy and income generated

Honorary consultancy is being offered by the Department in the areas of Counselling and Organizational Behaviour and Stress Management.

25. Faculty selected nationally / internationally to visit other laboratories / institutions / industries in India and abroad : **Yes**

Prof. Jitendra Mohan, Emeritus Professor  
Prof. Anruadha Bhandari  
Prof. Meena Sehgal

26. Faculty serving in

a) National committees b) International committees c) Editorial Boards d) any other (please specify) : **Yes**

Prof. Jitendra Mohan, Emeritus Professor  
Prof. Anuradha Bhandari  
Prof. Meena Sehgal

27. Faculty recharging strategies (UGC, ASC, Refresher / orientation programs, workshops, training programs and similar programs). : **Yes**

Prof. Jitendra Mohan, Emeritus Professor  
Prof. Anruadha Bhandari  
Prof. Meena Sehgal  
Prof. Seema Vinayak  
Dr. Harpreet Kanwal Chhbara

28. Student projects

- percentage of students who have done in-house projects including inter-departmental projects - 100%
- percentage of students doing projects in collaboration with other universities / industry / institute - 10%

The students of M.A. and Post M.A. Diploma go for in service training and projects in groups to other institutes and organizations.

29. Awards / recognitions received at the national and international level by

- Faculty Five (Prof. Jitendra Mohan)
- Doctoral / post doctoral fellow NA
- Students N.A.

30. Seminars/ Conferences/Workshops organized and the source of funding (national / international) with details of outstanding participants, if any.

<b>31. Title of the seminar/Conference of the Director</b>	<b>Place</b>	<b>Participating Faculty</b>	<b>Name</b>
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International Conference on Enhancing Human Potential:	Organized by University 15-17 November 2010	Prof. Jitendra Mohan	
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## Bio-Psychosocial Perspectives

One Day UGC Seminar on Psychology Department Prof. Jitendra Mohan

Aggression Outside Home: 24-25 Feb,2012 Prof. Meena Sehgal

Psychological Perspective Dr. Harpreet Kanwal Chhabra Dr. Seema Vinayak

International Conference of Psychology Department Prof. Jitendra Mohan  
Prof. Jitendra Mohan Applied Psychology 24-25 Feb,2012 Prof. Meena Sehgal : Dr. Seema Vinayak

World Congress on Excellence 19 -23 October 2015 Prof. Jitendra Mohan (Director & president of ISMTE) :Code of ethics for research followed by the departments : Yes

The department uses anti-plagiarism software.

32. Student profile programme-wise:

Name of the Programme (refer to question no. 4)	Applications received	Selected		Pass percentage	
		M	Female	Male	Female
M.A. Semester I 2009-2010	333	7	64	99%	99%
M.A. Semester I 2010-2011	305	7	60	99%	99%
M.A. Semester I 2011-2012	286	6	64	99%	99%
M.A. Semester I 2012-2013	335	7	66	99%	99%
M.A. Semester I 2013-2014	299	7	65	99%	99%
Post M.A. Diploma in Professional Counselling and Psychotherapy (2009-2010)	58			100%	100%
Post M.A. Diploma in Professional Counselling and Psychotherapy (2010-2011)	42			100%	99%



Post M.A. Diploma in Professional Counselling and Psychotherapy (2011-2012)	68	23	23	100%	99%
Post M.A. Diploma in Professional Counselling and Psychotherapy (2012-2013)	43			100%	100%
Post M.A. Diploma in Professional Counselling and Psychotherapy (2013-2014)	43			NA	NA

### 33. Diversity of Students

<b>Name of the Programme</b> (refer to question no. 4)	<b>% of students from the same university</b>	<b>% of students from other universities within the State</b>	<b>% of students From Universities outside the State</b>	<b>% of students from other countries</b>
M.A. Semester I 2013-2014	73%		26%	1%
Post M.A. Diploma in Professional Counselling and Psychotherapy	81%		6%	13%
Ph.D.	80%	5%	6%	9%

34. How many students have cleared Civil Services and Defense Services examinations, NET, SET, GATE and other competitive examinations? Give details category-wise.

Twenty Five

35. Student progression

Student progression		Percentage against enrolled
UG to PG		NA
PG to M.Phil.		NA
PG to Ph.D.		30%
Ph.D. to Post-Doctoral		NA
Employed		
<input type="checkbox"/>	Campus selection	NA
<input type="checkbox"/>	Other than campus recruitment	
Entrepreneurs		NA

36. Diversity of staff

Percentage of faculty who are graduates of the same university	25%20%
From other universities within the state	60%
From Universities from other states	20%
From Universities outside the country	NA

37. Number of faculty who were awarded M.Phil., Ph.D., D.Sc. and D.Litt. during the assessment period

100%

38. Present details of departmental infrastructural facilities with regard to

- a) Library - The Department has approximately 480 books and 10 journals. Catalogue has been prepared and is used by the students and the faculty. The faculty and the students of the department have access to the computerized central library of the University through computers available in the library. The students have the facility to search books/journals either call numbers wise, title wise or author wise or partial title wise or partial author wise.

Doctoral thesis are also stacked in the library, all the basic text books and reference books , in addition the current Journals are also available.

- b) Internet facilities for staff and students      Yes
- c) Total number of class rooms                      Three
- d) Class rooms with ICT facility                      One
- e) Students' laboratories                              Two
- f) Research laboratories                                One

39. List of doctoral, post-doctoral students and Research Associates

- a) from the host institution/university              70%
- b) List of students awarded Ph.D. 2009-2013:

1.	Amandeep Banga
2.	Ms. Fariba Moradi Goloshejerdi
3.	Ms. Bela Jain
4.	Ms. Archana Sharma
5.	Mr. Nosratollah Montezeri
6.	Ms. Prerna Sharma
7.	Shilpi Nangloo
8.	Sarita Malik
9.	Vipin
10.	Ajay Gauri
11.	Sabeena Manchanda

12.	Roopali Cheema
13.	Garima Yadav
14.	Manjit Sidhu
15.	Jasleen Kaur
16.	Charu Talwar
17.	Navkeerat Khurana
18.	Parampreet Kaur
19.	Diljot Kaur Soin
20.	Shreya Nayyar
21.	Jasbir Singh
22.	Ashima Soni
23.	Geeta Bhagat
24.	Nisha Rani
25.	Harmeet Kaur
26.	Mehryar Anasseri
27.	Savneet
28.	Shweta Sharma
29.	Nitika Gupta

30.	Mr.Sajjan Kumar
31.	Nidhi Jaswal
32.	Poonam Sharma
33.	Preeti Nagpal
34.	Nasrin Jaber Ghaderi
35.	Dipika
36.	Mahesh Chand
37.	Aditi Sharma
38.	Manmohan Singh
39.	Nitasha Sharma
40.	Harnoor Sandhu
41.	Neha Saini
42.	Maman Paul
43.	Hardeep Kaur
44.	Pooja Singh

List of students enrolled for Ph.D. 2009-2013:

1. Kuldeep Singh
2. Ashrafalsadat Giti Goreishi
3. Akram Ansari Mogaddam

4. Seyed Mehdi
5. Mojgan Beytaneh
6. Guneet Inder Jit Kaur
7. Navdeep
8. Zahra Jafari
9. Amit Kumar Dwivedi
10. Ibadat Khan
11. Rajiv Kumar
12. Harmeen K. Basra
13. Ritu Sekri
14. Shelly Bhagat
15. Rini Sharma
16. Alireza
17. Pooja Thakur
18. Pinki
19. Harsha Aggarwal
20. Nidhi Verma
21. Jyoti Verma
22. Priya
23. Mitika
24. Aastha Sharma
25. Kimmi Vaneet Kaur
26. Sukhmani
27. Usha
28. Sharanjit Kaur
29. Yashu bansal

30. Priyapreet Kaur
31. Ramanpreet Kaur
32. Sonali Kondal
33. Divleen
34. Jasgeet Kaur
35. Anuradha Ranjan
36. Payal Goyal
37. Monika Saini
38. Guneet Singh
39. Bharti Mor
40. Seema Aggarwal
41. Anupreet Kaur Arora
42. Aparajita Sharma
43. Akriti Jain
44. Simplejit Kaur
45. Najmeh
46. Bani Narula
47. Nidhi Kataria
48. Anubhuti Sharma
49. Dharmeshwari
50. Tarini Mohil
51. Akriti Dadwal
52. Nirupama
53. Harshmeet Kaur
54. Prerna Manchanda
55. Lakhwinder Singh

56. Saloni Walia
57. Neha Chopra
58. Megha Agarwal
59. ChandanPreet
60. Sherry Brar
61. Sheena Shivinder Kaur
62. Shilpa Singh Rohilla
63. Beenu
64. Ankita
65. Preetinder Kaur
66. Mallika Gupta

c) from other institutions/universities 30%

40. Number of post graduate students getting financial assistance from the university.  
M.A. Part I (2013-2014) Four  
M.A. Part II (2013-2014) Four

41. Was any need assessment exercise undertaken before the development of new programme(s)? If so, highlight the methodology.  
Yes, through Board of Studies.

42. Does the department obtain feedback from

a. Faculty on curriculum as well as teaching-learning-evaluation? If yes, how does the department utilize the feedback?

**Yes,** Though no formal feedback is taken but informally the faculty gets it during interacting with the students.

**Yes,** Revises the syllabi from time to time in Under Graduate and Post Graduate board of Studies.

b. Students on staff, curriculum and teaching-learning-evaluation and how does the department utilize the feedback?

**Yes,** the department improves the teaching pedagogy on the basis of feedback



from the students.

- c. Alumni and employers on the programmes offered and how does the department utilize the feedback?

NA

43. List the distinguished alumni of the department (maximum 10)

Prof. Jitendra Mohan

Prof. Vidhu Mohan

Ms. Sudha Pillai, IAS

Dr. Cheema, IPS

Prof. V.V. Upmanyu

Prof. Vipin Sobti

Dr. Gurminder Kuldeep Singh

Ekroop Caur, IAS

R.K. Handa, IPS

Kimmi Vaneet Kaur Sethi, PCS

44. Give details of student enrichment programmes (special lectures / workshops / seminar) involving external experts.

Prof. Lars – Eric Unesthal

Prof. A. Linley

Prof. S.S. Nathawat

45. List the teaching methods adopted by the faculty for different programmes.

Audio Visual methods, power point presentation and brain storming methods are used by the faculty for teaching and seminars. In addition, the students are given practical training through projects, small research programmes and discussion in addition to the Lecture and discussion methods are used by the faculty for teaching.

46. How does the department ensure that programme objectives are constantly met and learning outcomes are monitored?

Open feedback through student research seminars.

Regular faculty meetings and meetings of different committees are held to monitor and assess the various academic activities.

47. Highlight the participation of students and faculty in extension activities.

All the faculty members are regularly participating in various international and national conferences. The workshops are organized by the department and are attended by the students, faculty of the department and neighbouring states.

Two members of faculty and ten research scholars participated in the 101<sup>st</sup> Indian Science Congress session held in Jammu from 3 – 7 February, 2014.

One faculty member and twelve research scholars participated in the International Conference of Psychology held at Bodh Gaya from 29 – 31<sup>st</sup> March, 2014.

- In 2010, Professor Jitendra Mohan chaired and presented a paper in 26<sup>th</sup> International Congress of Applied Psychology, Melbourne, Australia. 7-14 July, 2010.
- In 2011, Professor Jitendra Mohan, Professor Meena Sehgal and 7 students participated in World Congress on Excellence in Pristina, Kosovo. July 2011.
- In 2013, Professor Jitendra Mohan and, Professor Meena Sehgal and one student participated in an invited Symposium on Excellence, during ISSP World Congress of Sports Psychology from 21 to 27 July, 2013.

48. Give details of “beyond syllabus scholarly activities” of the department.

For the benefit of students of the department:

- Various training programmes and activities are organized.
- The Diploma students go regularly for internship in various NGO's.
- The Master level students also do active project work in the field.

49. State whether the programme/ department is accredited/ graded by other agencies? If yes, give details. : NA

50. Briefly highlight the contributions of the department in generating new knowledge, basic or applied.  
Faculty members have contributed a lot by writing many books, chapters in edited books and research papers.

Prof. Jitendra Mohan, emeritus professor is President of International Society of Mental training for Excellence and Asia Pacific Association of Psychology and on the Board of Directors of International Association of Applied psychology, International Society of Sports Psychology and member Governing Council of Indian Council of Social Science Research (GOI, Ministry of HRD).

51. Detail five major Strengths, Weaknesses, Opportunities and Challenges (SWOC) of the department.

**Strengths:**

- International recognition of the members of the faculty for leadership in associations; faculty on editorial boards of more than twenty research journals and publications in national and international journals.
- Highest number of doctoral theses in the field of Social Sciences in Panjab University.
- National recognition of first ever ICSSR National Fellowship and ICSSR Council Membership.
- Active participation in academic, research, organization of national and international conferences/seminars in India as well as abroad.
- The department is considered a leader in the field of research, guidance by our

students from Iran and other countries.

- f) The syllabi are revised regularly. The students are regularly engaged in outreach programmes/counselling activities.
- g) Many Foreign Scholars get enrolled in the department for doing Ph.D.
- h) The biggest strength of the department is its proactive faculty.

**Weaknesses:**

- a) Due to infrastructure and shortage of faculty members (vacant positions) the department is unable to compete for UGC (SAP) DSA II.
- b) The department immediately needs enhancement of the laboratory and library facilities through greater inputs in terms of computers, journals, books and research material.
- c) All the Post Graduate students and Doctoral students need funding on the lines of inspire programmes.

52. Future plans of the department.

- 1. To start HRD programmes for training of soft skills to professionals.
- 2. To have centre for sports excellence and health enhancement programme through yoga biofeedback and mental training.
- 3. To strengthen collaborative research with renowned international research centres and Universities.
- 4. To upgrade the student counselling centre.
- 5. To become world leader in teaching research and training in the field of positive psychology.

**VISION:**

To become centre for excellence in Psychology by developing innovative programmes for young researchers, upgrading the skills of serving psychologists and developing in network of research collaboration, publication and application.

**MISSION:**

To create excellent research resources, empower students with life skills and evolve socially relevant image.