



Dr. Manju

Professor

Department of Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar, Haryana (India) ('A' grade NAAC accredited)

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Date of Birth: 02.12.1978

Academic Qualifications: B.A. (Hons.), M.A., Ph.D

Examination Year Division % of Marks

B. A. 2000 (Psychology Honours) First 70

M. A. 2002 First (Gold Medallist) 75

UGC-NET (2002).

Ph. D 2008 Thesis title “**Individual differences in EEG wave forms under varied Cognitive processing**”

Experience:

Present Place of Work Dept. of Applied Psychology Guru Jambheshwar University of Sci. & Tech., Hisar Haryana INDIA

(B) Designation Professor

(C) Institute/University Guru Jambheshwar University of Sci. & Tech., Hisar Haryana INDIA

(D) Total Period 07-12-2005 to till date 16 Year

(E) Previous place of work DIPR-DRDO (New Delhi)

Teaching and Research Interests:

Neuro Psychology, Research Methods, Cognitive Psychology

Administrative Experience:

Chairperson, Department of Applied psychology.

Member of different committees at university level.

Member, U.G. Board of Studies of the Department of Applied Psychology, GJUS&T, Hisar.

Member, P.G. Board of Studies of the Department of Applied Psychology, GJUS&T, Hisar.

Member, Court of the GJUS&T, Hisar.

Member, Academic council GJUS&T, Hisar.

Member, Anti- ragging cell of the Department of Applied Psychology, GJUS&T, Hisar.

Member, Haryana Psychological Association, Haryana

Member, Faculty, GJUS&T, Hisar.

Research Contribution:

1. Research papers published in National and International journals: 28
2. Research papers presented in National and International conferences/ participation: 38
3. Scientific session chaired: 04
4. Book chapters: 01
5. National/International Conference/workshop organized: 01
6. Invited scientific lectures: 07
7. Supervision of M.Sc research projects: more than 50
8. Supervision of PGDGC research projects: more than 10

Supervision of PhD research work:

1. Emotional Intelligence, Spirituality and Religiosity as Predictors of Physical and Mental Health of Chronic Disease Group
2. Holistic Well Being of Type 2 Diabetics and Hypertensive
3. Predictors of Psychological Well Being among Dual Career Couples

4. Optimism, Life Satisfaction, Self Efficacy and Loneliness as Correlates of Happiness in Married Persons and Widows/Widowers
5. Psycho- Social Predictors of Juvenile Delinquency
6. A Study of Correlates and Predictors of Mental Health: A Cross Age and Gender Perspective
7. Construct validation and predictors of grit in Indian context
8. Role of Home Environment, School Climate and Temperament in Holistic Development of Children
9. Role of Emotional intelligence in Psychological Well- Being of Adolescents
10. Positive Deviance to increase adherence for physical activity among adolescents

Research papers published in National and International Journals:

- ❖ Radhika and Manju, “Life satisfaction and self-efficacy among married males and females”, IOSR Journal of Humanities and Social Sciences 22 (2017) 27-31
- ❖ Manju, “Marital adjustment and depression”, The International Journal of Indian Psychology 3 (2016) 44-51
- ❖ Manju, “A correlational study of self-esteem and family relationship among college students”, International Journal of Education and Management 6 (2016) 233-236
- ❖ Manju, “Marital adjustment and life satisfaction among employed and unemployed females”, Indian Journal of Positive Psychology 7 (2016) 261-263
- ❖ Manju, “Emotional intelligence as predictor of mental health among chronic disease group”, The International Journal of Indian Psychology 3 (2016) 1-7
- ❖ Manju, “Comparative study of adjustment, depression and parenting style among males and females”, IAHRW International Journal of Social Sciences 4 (2016) 263-266
- ❖ Randhir Singh and Manju, “Psychological well-being of diabetics people”, Indian Journal of Health and Wellbeing 5 (2014) 379-381

- ❖ Renu Sodhi and Manju, “Spirituality and religiosity as predictors of mental and physical health”, *Indian Journal of Health and Wellbeing* 5 (2014) 273-278
- ❖ Manju and Randhir Singh, “Psychological well-being of hypertensive people”, *Indian Journal of Health and Wellbeing* 5 (2014) 264-266
- ❖ Randhir Singh and Manju, “Self-regulation and emotional reactivity among hypertensive people”, *Indian Journal of Health and Wellbeing* 4 (2013) 636-638
- ❖ Renu Sodhi and Manju, “The role of religion/spirituality in mental and physical health”, *Indian Journal of Health and Wellbeing* 4 (2013) 556-561
- ❖ Renu Sodhi and Manju, “Spiritually and mental health among normal and chronic disease group”, *International Journal of Research Studies in Psychology* 2 (2013) 59-68
- ❖ Renu Sodhi and Manju, “A correlational study of stress and burnout among government and private sector employees”, *Proceedings of the national seminar “Community Health Psychology: Research and Applications”* held at MDU, Rohtak (March 26-27,2011)
- ❖ Randhir Singh and Manju, “Depression among type-2 diabetics and normal controls”, *Proceedings of the national seminar “Community Health Psychology: Research and Applications”* held at MDU, Rohtak (March 26-27,2011)
- ❖ Urvashi Singh and Manju, “Effects of mass media on youth. Review of Research”. *Volume 8, March 2019.*
- ❖ Manjeet and Manju, “Emotional intelligence among normal adolescents and juvenile delinquents”. *IAHRW International Journal of Social Sciences Review. Vol 7, 2025-2027, June 2019.*
- ❖ Sheetal Khatri and Manju, “Comparative study of marital adjustment and psychological well being among dual career couples”. *International Journal of Indian Psychology. Vol 7, September 2019.*
- ❖ Sheetal Khatri and Manju, “Marital adjustment and Emotional maturity among dual career couples. *Think India Quarterly Journal”.* Vol 22(3), August 2019.
- ❖ Seema, Gobind and Manju, “Comparative study of stress, anxiety and depression among males and females”. *SHODH SARITA. Vol 7, April-June 2020, 141-146.*
- ❖ Sheetal Khatri and Manju, “The role of work-family linkage and emotional maturity in prediction of marital adjustment for dual career couples”. *Studies in Indian Place Names. Vol 10(3), February 2020.*

- ❖ Gobind and Manju, “Family environment and personality as predictors of psychological well-being”. SHODH SANCHAR BULLETIN. Vol 10, April-June 2020, 24-28.
- ❖ Radhika and Manju, “Optimism and loneliness as correlates of happiness”. SHODH SARITA. Vol 7, July-September 2020, 76-81.
- ❖ Radhika and Manju, “Role of optimism and happiness in life satisfaction”. SHODH SANCHAR BULLETIN. Vol 10, July-September 2020, 90-96
- ❖ Manju and Gobind, “Role of yoga in psychological health among elderly”. International Journal of Creative Research Thoughts. Vol 8, November 2020, 1441-1447.
- ❖ Manjeet and Manju, “A Comparative Study of Aggression and Peer Pressure among Juvenile Delinquents and Normal Adolescents”. IAHRW International Journal of Social Sciences Review, 2021, 9(4), 311-314
- ❖ Sunil Kumar and Manju, “Construct Validation of Grit”. Turkish Online Journal of Qualitative Inquiry (TOJQI) Volume 12, Issue 9, August 2021: 371 – 378
- ❖ Sunil Kumar and Manju, “Correlates of Grit among adults”. Indian Journal of positive psychology, 2022, 13 (2), 110-112
- ❖ Gobind¹, Sheetal Khatri² and Manju³, “Gender differences in emotional maturity, marital adjustment and psychological well-being”. The International Journal of Indian Psychology (ISSN 2348-5396)