

Resume

MEETU KHOSLA

June 2012

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ACADEMIC POSITIONS

Associate Professor	Psychology, DRC, University of Delhi (2006-present)
Assistant Professor	Psychology, DRC, University of Delhi (2000-2005)
Lecturer	Psychology, DRC, University of Delhi (1996-2000)
Head of the Department	Psychology, DRC, University of Delhi (2007-2008 & 2000-2001)
Guest Faculty	Psychology, University of Delhi (2006-2007)
Temporary Lecturer	Psychology, KNC, University of Delhi (1995-1996)
Temporary Lecturer	Psychology, JMC, University of Delhi (1993-1994)

EDUCATION

Ph.D. Psychology	Induced affective states and Cognition. University of Delhi, Delhi, India (2000).
M.Phil. Psychology	Role of Affect in Mood, Memory and Comprehension. University of Delhi, Delhi, India (1994). (Ist Division, topped in the University).
M. A. Psychology	Psychological reactions to Stressful film stimuli. University of Delhi, Delhi, India (1991). (Ist Division).
B. A.(Hons). Psychology	Psychological and Physiological responses to audiovisual film stimuli. Jesus & Mary College, University of Delhi, Delhi, India (1989). (Ist Division)

AWARDS AND HONORS

Indian Council of Social Science Research Award for Major Research Project, "Understanding Micro-momentary Emotional Expressions: a Life-Span Perspective" (2011-2012).

University Grants Commission Travel Award for participating in Sixth Self Biennial International conference on Self, in Quebec, Canada . (2011)
 Indian Council for Social Science Research travel award for participation in International Conference of Applied Psychology, ICAP, Australia.(2010).
 University Grants Commission Award for Research Fellowship and Lectureship (Master's Level), in Psychology,(1993).

PUBLICATIONS: PEER-REVIEWED SCHOLARLY ARTICLES

Khosla,M.(2012).Affect and Well-Being: A Spiritual Perspective. Research Journal of Social Science & Management,01,12,5-7.

Khosla,M.,&Dokania,V.(2010).Does Happiness promote Emotional Intelligence? Journal of the Indian Academy of Applied Psychology, 36,1,45-54.

Khosla,M.(2008). Need for Coping with Life Crises: Implications for the Quality of Life. Journal of the Indian Academy of Applied Psychology,34(special issue),46-52.

Khosla, M., & Kapur, V.(2007-08).Benefits of coping with stress. Journal of Personality and Clinical Studies, march-september,23-24,89-101.

Khosla, M. (2006). Positive Affect and Coping with Stress. Journal of the Indian Academy of Applied Psychology, 32(3), 281-288.Cited3 times. [Pdf] from medind.nic.in

Gupta, A., & Khosla, M. (2006a). Influence of Mood on estimation of Time. Journal of the Indian Academy of Applied Psychology, 32,1, 54-62. [PDF] from medind.nic.in

Gupta,A., &Khosla,M. (2006b). Is Mood Congruency an effect of Affective State? Psychological Studies,51,4,269-274.

Khosla, M. (2005). Affect, Cognition and Behavior: An Overview. Indian Psychological Abstracts and Reviews,Vol.XII, No.I, Jan-June, 1-43.

Khosla, M., & Hangal, E. (2004). Role of Optimism and Pessimism in Coping with Stress. Journal of Personality and Clinical Studies, 20, 1-2, 71-78.

Gupta, A., & Khosla, M. (2002). Psycho-Physiological responses to Stress. Journal of Research and Applications in Clinical Psychology,Vol.V,(I&II) ,7-14.

Khosla, M. (2001). Gender differences in Coping with Stress. Journal of Research and Applications in Clinical Psychology, Vol.IV (I & II), 63-72.

Khosla, M. (1999). Effects of Affective stimuli on Prospective duration Estimation. Journal of Research and Applications in Clinical Psychology,Vol.II (I &II), 29-33.

PUBLICATIONS: INVITED

- Khosla,M.(in press).Counseling in India in Social Defense, Journal of the National Institute of Social Defense, NISD, Delhi, India.
- Khosla,M.(2011).Emotion Regulation and Well-being.[Review of the book on Emotion Regulation and Wellbeing, Springer New York,2011, by I.Nyklicek, A.Vingerhoets &M.Zeelenberg]. Applied Research in Quality of Life ,on line first,18th November,1-9.
- Khosla,M.(2010). Suicidal Behavior: Assessment of people-at-risk.[Review of the book Suicidal Behavior: Assessment of people-at-risk, Sage Publications,2010,byU.Kumar & M.K.Mandal]. Psychological Studies, 55,3, 281- 282.
- Khosla,M.(2011). Need for Coping and Evolving.E- Module of E-Book on Life Crises: Coping and Evolving,ILLL,Delhi,India.
- Khosla,M.(2011).Application & Ethics in Counseling in areas like- Group,Career,Drug- Abuse, Traumatic events.E-Module of E-Book on Life Crisis: Coping and Evolving,ILLL,Delhi,India.

PUBLICATIONS: BOOKS

- Khosla, M.(Ed.) (in press). Physiological Psychology: An introduction. Tata McGraw-Hill, Delhi, India.

PUBLICATIONS: BOOK CHAPTERS

- Khosla,M.(2012 submitted for publication). Positive Cultural Experiences in India. In J.Sinnott (Ed.) Positive Psychology and Adult Motivation,Springer,New York,NY,USA.
- Khosla,M.(2011). Knowing the Self behind Self-Conscious Emotions: Cognitive and Affective perspective. In A. Friestas–Magalhaes (Ed.)Emotional Expression: The Brain and the Face. (3rd volume).Porto: University Fernando Pessoa Press.
- Khosla,M.(2010).Understanding Emotions from an Indian perspective: implications for Wellbeing. In A. Freitas-Magalhães(Ed.)Emotional Expression: The Brain and The Face (2nd Volume) . Porto:University Fernando Pessoa Press.
- Khosla,M.(2009).Power of Written Emotional Expression on Health. In A. Freitas-Magalhaes(Ed.)Emotional Expression: The Brain and The Face(pp. 223-248). Porto:University Fernando Pessoa Press.

SCHOLARLY PRESENTATIONS

Khosla,M.(2012,Jan).Culture and coping among Indian adolescents and youth, Indian Social Institute, Lodhi Road.

Khosla,M.(2012,Jan).Understanding Indian concept of emotions,seminar for an American delegation from Minnesota,USA,Psychology Department, DRC, University of Delhi,Delhi.

Khosla,M.(2011, Nov).Counselling process.National Institute of Social Defense,Delhi,India.

Khosla,M.(2011,June).The Role of Self in Self-Conscious Emotions: Implications for Self-regulation. Paper presentation at the Sixth Self Biennial International Conference, The centrality of the Self and research for enabling human potential, Quebec City, Canada.

Khosla,M.(2011,February). Emotional Transformation of the Self: Life- Span Perspective. Paper presentation at the National Conference being organized by University of Delhi, in collaboration and at India International Centre(IIC),on Individual and Collective Transformation: Insights from Indian Psychology, Delhi.

Khosla,M.(2011,January). Counseling Processes in India. Seminar at the National Institute of Social Defense, Ministry of Social Justice and Empowerment, New Delhi.

Khosla,M.(2010,December).The recognition of facial expression of emotions in epilepsy: Neuro-cognitive perspective. Paper presentation at XXth Annual Conference of National Academy of Psychology(NAOP) and International Conference on Mind, Culture and Human Activities, Psychological Sciences in twenty first century JNU, Delhi.

Khosla,M.(2010,December).Counseling Skills on Child Protection. Seminar at Indian Social Institute, Lodhi Road, Delhi.

Khosla, M. (2010,October).Presentation world web conference on the launch of Emotional Expression: The Brain and the Face (Vol.2); Understanding Emotions from an Indian perspective: implications for Wellbeing.

Khosla,M.(2010,February). Micro momentary Facial Expressions of Emotions. Seminar at Defense Institute of Psychological Research, DRDO, Delhi.

Khosla, M. (2010,January).Understanding Emotions from an Evolutionary-Cultural perspective: implications for Wellbeing. Presentation at National Symposium on Culture and Cognition: A developmental perspective at University of Delhi, Arts Faculty, Delhi.

Khosla, M. (2009,May).Trauma and Emotional Resilience :Indian Perspective. Seminar at the India International Centre on Max Mueller marg, Delhi.

Khosla, M. (2007,January).Affect, Coping and Spiritual wellbeing. Presentation at the National conference organized by the Psychology Department, University of Delhi, “Approaches to Mind Sciences Emanating from Indian Psychology: A Reflection on Yoga Consciousness, and Indian Psychology”, Delhi.

WORKSHOPS (Selected)

Capacity building of Women Managers in higher Education, SAM workshop(27-31st December,2010) UGC sponsored, University of Delhi.

Enhancing computer application techniques and skills, Higher Level workshop(21-24th January,2010) by ILL, University of Delhi, Delhi.

Advances in Research Methodology(20-29th September,2008) organized by the Department of adult continuing education and extension, Faculty of Social Sciences, University of Delhi.

International training Seminar on Positive Psychotherapy, trans- cultural family therapy and psychosomatic medicine, organized by the European Federation of the Center for positive Psychotherapy, Wiesbaden Academy for Psychotherapy. Participated in two levels: Level I and Level II (November, 2004)

SCHOLARLY PRESENTATIONS: POSTERS

Khosla,M.(2011,July). Qualitative differences in Affect, Memory and Arousal for Simulated and Real-life Traumatic Event. Poster at the 16thGeneral Meeting of the European Association for Social Psychology, Stockholm, Sweden .

PROFESSIONAL ACTIVITIES

Being the Convenor of the Fine arts society , psychology association, I have organized various extra-curricular and co-curricular activities at inter and intra level in the college as quiz, debate, art exhibition and competitions.Involved in admissions, discipline ,rules implementation, teaching programe being incharge of the department.

RESEARCH PROJECTS

Indian Council of Social Science Research sponsored Major Research Project- “Understanding Micro-momentary Emotional Expressions: a Life-Span Perspective” (2011-2012).

Multicultural study on Negative Self-Conscious Emotions (Geneva)(2011-2012).

Cross cultural emotional expression and happiness among Indo-French young adults.....in progress (2010-2012) in collaboration with a Professor in France.

COURSES TAUGHT AT UNDERGRADUATE LEVEL

Foundations in Psychology (Indian perspective on the development of self, personality, identity, socialization processes) Organizational Behavior; Experimental Psychology; Physiological psychology; Systems in Psychology(Indian psychology-yoga and consciousness, self development); Statistics and research methods in psychology; Social psychology; Counseling psychology(Indian techniques-Meditation, yoga, spirituality); Psychology for living; Health & Wellbeing(emotional development in Indian culture); Special practical: MMPI-2.

COURSES TAUGHT AT POST-GRADUATE LEVEL

Experimental designing; Indian Psychology- historical developments, yoga and meditation, self, identity, consciousness, health and wellbeing; Organizational behavior; Neuropsychology.

RESEARCH INTERESTS

Cognitive-Affective Cross-Cultural Neuroscience; The cognitive and affective mechanisms through which emotions are elicited, experienced and expressed in different cultures; Cultural influences on emotional and social development, emotion regulation and coping; Cultural and individual differences in moral cognition and development of self; Distinction between self-conscious and basic emotions and how they influence self regulation across the life-span; Appraisal processes involved in the generation and decoding of facial expressions across gender and life-span perspective; micro-momentary facial expressions of emotions; and the influence of emotional expression on health, well-being and quality of life.

COMPLETED PROJECTS

Regulation of Self Conscious Emotions in Bipolar Affective Disorder.(2012).
 Recognition of Facial Expressions of Emotion in Generalized Epileptic Disorder.(2012).
 Effect of Psychological Capital on Leadership Effectiveness.(2011).
 Motivation to change among Alcohol Addicts: Implications for Wellbeing.(2010).
 The Power of Written Emotional Expression on Psycho-Physiological Health.(2009).
 Role of Emotional Resilience in Finding Benefit amidst Trauma: Implications for Post traumatic Growth and Quality of Life. (2008).
 Effects of Happiness on Affective and Cognitive Processes: Implications for Perceived Health and Quality of Life. (2007)
 Finding Benefits in Coping with Stress: implications for Well-being (2006).
 Investigating the Role of Optimism and Pessimism in Coping with Stress (2002).

PROFESSIONAL AFFILIATIONS

Indian Council of Social Science Research (ICSSR), India
 Delhi Association of Clinical Psychologists (DACP), ICMR, India.
 India International Centre (I I C), Delhi, India.
 American Psychological Association (APA) Diversity Teaching group, USA
 The Indian Academy of Applied Psychology (IAAP), India.
 National Academy of Psychology (NAOP), India.
 International Society for Research on Emotion (ISRE), USA.
 International Society for Quality- of- life studies (ISQOL), USA.
 Social Psychology Network , (SPN), USA
 Society for study of Emotions in Organization (EMONET), Australia.
 Reviewer for Psych Journal, China, (2012).
 Editorial Board Journal of Brain, Face and Emotion, UK.
 Reviewer for United States Association for Small Business Entrepreneurship, USA. (2009, 2011).