

Dr.Sandeep
Curriculum vitae (CV)

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Mob. No. 9718399772, 9467025239

Specialization: Clinical and Health Psychology, Sports Psychology

(3) Current Position: Assistant Professor in Psychology w.e.f. 25 Sept. 2018
Central University of Haryana, Mahendergarh (Haryana)

(2) WORK EXPERIENCE:

Sports Psychologist 15 Sept. 2017 to 14 March 2018,
Sports Authority of India, 12 Oct 2015 to 31 August 2017
Lodhi Road, New Delhi-110003.

(1) WORK EXPERIENCE:

Senior Research Fellow (SRF, Psychology) 04 Jan 2014 to 29 Sep 2015
Junior Research Fellow (JRF, Psychology) 04 Jan 2012 to 03 Jan 2014
Defence Institute of Psychological Research(DRDO), Timarpur Delhi-54

EDUCATION AND TRAINING:

Ph.D. Thesis Title: Role of Health, Negative Affect, Depression and Stress in Suicidal Ideation among Married Professionals.

Ph.D. (Psychology) Registration No.06-GH-207 **Awarded: 26April, 2018**
Dept. of Psychology, Kurukshetra University,
(HARYANA), INDIA.

Master of Philosophy(M.Phil.) in Psychology 15 Oct. 2012
Dept. of Psychology, Kurukshetra University, Haryana, India

Dissertation Title: Happiness in relation to social skills, quality of life and self-esteem among youth.

Master of Arts(M.A.) in Psychology 23 Aug. 2011

Dept. of Psychology, Kurukshetra University, Haryana, India

Bachelor of Arts (B.A.)

26 Jun.2009

Govt Post Graduate College, Hisar, Haryana, India

ACHIEVEMENTS:

- Qualified National Eligibility Test Twice (UGC, NET, JUNE, 2014,&CBSE, NET, DEC. 2014)
 - Qualified Haryana Teacher Eligibility Test (H-TET, Psychology 2014)
 - Senior Research Fellowship (Defence Institute of Psychological Research, DRDO,2012)
 - Second rank in Ph.D. Psychology Entrance held at Kurukshetra University in Nov. 2012
 - University Merit Certificate of N.S.S 2009 (Kurukshetra University)
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INTERNATIONAL PUBLICATIONS

1. Gautam, A., **Sandeep**,& Kumar, U. (2013). A study on anxiety, depression and mental health status among old age people. *International Journal of Scientific and Research Publications*, 3(6), 1-4.. (Peer Reviewed &Refereed), ISSN 2250-3153.
2. **Sandeep**,Mukerjee, S., & Kumar, U. (2016). Optimism in Relation to Well-being, Resilience and Perceived Stress.*International Journal of Education and Psychological Research (IJEPR)*, 5(2), 1-6. (Refereed), ISSN, 2279-0179.
3. **Sandeep**(2016). Role of mental skills in sports performance. *International Journal of Sports Sciences and Physical Education*, 4(1),01-04.(Peer Reviewed &Refereed), ISSN, 0976-2752, e-2229-6034.

NATIONAL PUBLICATIONS

1. Ranjana&**Sandeep**(2012). Personality correlates of depression. *Indian Journal of Psychology and Mental Health*,6(2), 63-67.(Peer Reviewed), ISSN, 0973-7286.
2. **Sandeep**& Joshi, H. L. (2013). Happiness in relation to social skills and self-esteem among youths. *Indian Journal of Positive Psychology*, 4(1),133-136.(Refereed), ISSN,2229-4937.
3. **Sandeep**& Joshi, H. L. (2013). सामाजिककौशलऔर खुशी में संबंध .In J. K. Suresh & K. Fooldeep (Eds.),*वर्तमान वैज्ञानिक अनुसंधान*(pp.130-133). DESIDOC, DRDO, Delhi. ISBN- 978-81-86514-48-1.
4. **Sandeep**, Mukherjee, S., & Kumar, U. (2014). Happiness in relation to locus of control and aggression. *Indian Journal of Psychology and Education*, 4(1), 63-68.(Refereed),ISSN, 2231-1432.
5. **Sandeep**& Joshi, H. L. (2014). Social skills in relation to quality of life among youths. In A. Sheema& I. Naved (Eds.), *Perspectives on Health and Well Being in India* (pp. 291-295). Excel India Publishers, New Delhi. ISBN, 978-93-83842-93-3.
6. **Sandeep**, Joshi, H. L., & Kumar, U. (2014). Role of Mental Health and Depression in Suicidal Ideation among Married Professionals.*Indian Journal of Health and Well Being*, 5(10), 1177-1180.(Peer-Reviewed),ISSN, 2229-5356.

7. **Sandeep**& Joshi, H. L. (2015).Loneliness among Youth: Role of Daily Stress and Perceived Social Support. *Indian Journal of Psychology and Education*, 5(2), 67-73. (Refereed),ISSN, 2231-1432.
8. **Sandeep**, Joshi, H. L., & Kumar, U. (2015). Role of Work Environment in Stress and Mental Health. *Journal of Research: The Bede Athenaeum*,6(1), 98-103. (Peer Reviewed), ISSN, 0976-0598.
9. **Sandeep**&Joshi, H. L. (2016). An Investigation of Psychological Distress, Negative Affect, Daily Stress, Suicidal Ideation and Mental Health among Married Professionals: A Comparative Study. *Indian Journal of Psychological Science*, 6(2), 095-106. (Refereed), ISSN-0976 9218.
10. **Sandeep** & Joshi, H. L. (2018). Mental Health Problems at Workplace: A review (In Press).
11. **Sandeep** & Joshi, H. L. (2018). Psychological Benefits of Exercise and Physical Activity (In Press).

Other Details:

- **Paper Presented in International Conference = 07**
- **Paper Presented in National Conference = 05**
- **Participation in Research Methodology Courses = 03**
- **Participated in Workshop/ Conclave/Conference/Training = 05**
- **Participation in Conference/Course Related to Sports Psychology = 05**
- **Guidance and Internship = 02 (Master Students)**
- **Invited Lecture/ Practical Viva Voce Examiner = 02**

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