

<b>Name :</b>	<b>Dr.Akanksha Tripathi</b>
	Designation – Assistant Professor Department- Psychology Email ID- <a href="mailto:akanksha.td@gmail.com">akanksha.td@gmail.com</a> Contact number- 09888800425

**Areas of Interest**

- Positive Psychology
- Health Psychology
- Counseling
- Bioenergetics and Energy Psychology

Degree	Year	University	Percentage	Medals/ Positions
<b>Matric</b>	1996	CBSE	69.4%	
<b>Intermediate(10+2)</b>	1998	CBSE	78.2%	
<b>B.A</b>	2002	Panjab University Chandigarh	68.5%	
<b>BA Hons Psychology</b>	2002	Panjab University, Chandigarh	78.56%	
<b>M.A. (Psychology)</b>	2004	Panjab University, Chandigarh	70.25 %	<b>(Secured 2<sup>nd</sup> position in P.U , M.A-1)</b>
<b>Ph.D.</b>	2008	Panjab University, Chandigarh		
<b>UGC-NET</b>	December 2004			Qualified NET

**Professional Details**

Designation	From	To	Organization
Guest Faculty	29.07.04	10.09.04	DAV College Sector 10 Chd
Assistant Professor(Contractual)	25.07.05	31.03.06	Guru Gobind Singh College, Sector 26, Chd
University Research fellow	05.07.05 19.10.06	25.07.05 21.03.07	Department Of Psychology, Panjab University
Assistant Professor(Contractual)	16.07.07	26.03.08	MCMDAV College for Women, Sector 36 A Chandigarh
Assistant Professor(Contractual)	4/07/08 to	27/03/09	Post Graduate Govt. College, Sector-11, Chandigarh
Assistant Professor(Contractual)	22/07/09	31/03/10	Post Graduate Govt. College, Sector-11, Chandigarh

Assistant Professor(Contractual)	14/08/10	31/01/11	Post Graduate Govt. College, Sector-11, Chandigarh	
Assistant Professor	1/2/11	Till present	MCMDAV College for Women, Sector 36 A Chandigarh	
<b>Awards and Recognition</b>				
Award	Institute		Year	
Awarded University Research fellowship (Secured 1 <sup>st</sup> position in Ph.D entrance examination) <b>First University fellow of the Dept. of Psychology</b>	<b>Panjab University</b>		2005	
<b>Research Publications</b>				
Title	Journal	Referred	Date and Year of Publication	Online Link
A study of Type-A Behavior Pattern in Relation to Subjective Well Being and Perceived stress	Osmania Journal of Social Sciences.	Yes	2007	
A study of Dispositional Forgiveness in relation to personality and spiritual well being among adolescents.	Research Journal: Social Sciences	Yes	2007	
Psychological Well Being in relation to Spiritual Well Being and Personality.	Journal of Psychosocial Research.	Yes	2008	
A study of Adolescents' Spiritual Well Being in relation to Their Emotions.	Chapter in a Book - Horizons of Spiritual Psychology (pp.75-104).		2008	
The Forgiving Personality: Identifying its structure in terms of Happiness and Well Being among Indian youth.	Journal of Well Being	Yes	2009	
'Conceptualizations of Forgiveness and Forgiveness among Hindus: Relationship between the two. International	Journal for Psychology of Religion.	Yes	2009	
Self Determined motivation in relation to Sportsmanship Orientations among Cricket players'.	Indian Social and Psychological Studies	Yes	2010	
Well-being: An Emerging Issue in Indian Higher Education Sector.	University News.	Yes	2010	
Emotional Intelligence among Executives:	Indian Journal	Yes	2010	

Relationship with their Strategic Planning and Organization ability.	of Health and Well Being.			
Health and Well Being: Role of Spirituality.	Indian Journal of Positive Psychology.	Yes	2011	
The Grateful Disposition: Pathway to Happiness and Well Being.	Psychological Profile: A Research Journal.	Yes	2011	
Dispositional Forgiveness, Stress and Health.	Chapter published in a book titled New Horizons in Stress Management (pp.112-138). New Delhi: Ayushman Publishing House.		2011	
Core Self Evaluation traits in relation to Job Satisfaction in BPO employees.	Chapter published in a book titled Well Being in the Workplace: Search for Synergy. (pp. 103-116). New Delhi: Gagandeep Publications	Yes	2011	
Examining the link between psychological needs and intimate relationships: A self Determination perspective.	Psyber News, International Psychology research publication.	Yes	2011	
Examining the Relationship of Need Satisfaction and Self-determined Motivation to Well-Being among Exercisers.	Journal of Psychosocial Research.	Yes	2011	
Examining Locus of control in relation to Spirituality and Religiosity.	Behavioral Scientist	Yes	2012	
Autonomy and Health in Working Women: Comparison with the male counterpart'.	Chapter published in a book titled Gender and Empowerment-Choice and Changes ' (pp.		2012	

	79-84). New Delhi: Himanshu Publications			
Gender Differences in offense specific and dispositional forgiveness among Indian adolescents.	Indian Journal of Positive Psychology.	Yes	2012	
Motivational orientations in relation to academic performance among adolescents.	Indian Journal of Psychological Science	Yes	2012	
Exploring Motives for engaging in Physical Activity in relation to Health and Vitality	. Journal of Research: The Bede Athenaeum,	Yes	2013	
Humor and subjective happiness as related to well being in males and females.	Behavioral Scientist.	Yes	2014	
Tradition religieuse et capacité de pardon.	Psychologie Française	Yes	2014	
			2015	
To compare Merchant Navy Officers on Job satisfaction ,Subjective well Being and Stress.	International Journal of Social Sciences Review.	Yes	2017	
A comparative study of Merchant Navy officers on Quality of life and sleep.	Indian Journal of Positive Psychology.	Yes	2017	
Savoring and Couples' Well being	Stress Management Professional : An International Journal	Yes	2017	
Perfectionism and Well Being among College students	Humanities and Social Science Studies	Yes	2017	
Savoring beliefs, relationship satisfaction and subjective well being among married couples	International Journal of Movement Education and Social Science	Yes	2018	

#### MISCELLANEOUS

#### Research Guidance

#### Supervision of Ph.D students-

- One Student awarded the Degree of Doctorate from Panjab University
- Currently guiding 3 Students (JRF-1) registered with Panjab University, Chandigarh.
- Taught Pre Ph.D Coursework Classes.

#### Research Presentations

**National- (Within India)-37**  
**International(Abroad)- 2**

**Paper Setter and Evaluation**

- **UG and PG( Panjab University)**

**Grants received for Travel**

Received a travel grant worth 1,42,534/- from UGC, on 13<sup>th</sup> March,2018, for presenting a research paper titled 'Mental Toughness, Mindfulness, Psychological Skills and Sportsmanship among Indian Competitive Athletes' at International symposium in ISSP 14<sup>th</sup> World Congress 2017, held at Seville, Spain from 10<sup>th</sup> to 14<sup>th</sup> July,2017.

Travel grant received by the Dean College Development Council, PU, worth Rs. 50,000/-, for presenting a research paper titled 'Forgiveness related motives reported by Indians from Hindu and Sikh communities', during the 1<sup>st</sup> Canadian Scientific meeting on Well Being, held in Toronto, Canada, on 23<sup>rd</sup> May, 2018.

**Member of Various Clubs/Committees in the present institution (MCM DAV College for Women)**

- **Admission Committee**
- **Research Committee**
- **Student Redressal Committee**
- **NAAC – (Criteria - Innovative Practices)**
- **Aids Awareness Committee**
- **Red Ribbon Club**
- **Mentoring committee**