



Faculty Details Proforma For College Web-site



| Title | Professor | First Name | Meetu | Last Name | Khosla | PI |
|---|--|---|-------|-----------|--------|-------------|
| Designation | | Professor | | | | |
| Address | | G 62,SF,Pushkar Enclave, Paschim Vihar, Delhi 110063 | | | | |
| Phone No. Office | | 27666024 | | | | |
| Residence | | | | | | |
| Mobile No. | | 9811110550 | | | | |
| Email - ID | | meetukhosla@dr.du.ac.in | | | | |
| Web Page | | https://du-in.academia.edu/meetukhosla http://in.linkedin.com/pub/meetu-khosla/17/125/334/en https://www.researchgate.net/profile/Meetu_Khosla https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=meetu+khosla&oq=m https://orcid.org/0000-0002-5926-1390 | | | | |
| Educational Qualification | | | | | | |
| Degree | Institution | | | | | Year |
| Ph.D | University of Delhi, Arts Faculty ,Psychology Department | | | | | 2001 |
| M.Phil | University of Delhi, Arts Faculty ,Psychology Department | | | | | 1994 |
| M.A. | University of Delhi,Arts Faculty, Psychology Department | | | | | 1991 |
| B.A.(Hons) | University of Delhi, Jesus & Mary College, Psychology Department | | | | | 1989 |
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| Career Profile | | | | | | |
| <p>2018-2023 Professor in the Department of Psychology So far Published 2 books by SAGE publications, published 95 research papers in National and International Journals and delivered more than 175 keynote addresses, presentations in National and International Conferences, published 57 e-courses for IGNOU, Organised one International conference on Traditional Healing systems, more than 25 training Programs, 53 workshops, and several SDPs. Have participated in 33 International cross-cultural research Collaborations, major research project by ICSSR, Star Innovation project by Delhi University.</p> | | | | | | |
| Administrative Assignments | | | | | | |
| 2022-2023 Teacher-in- Charge, Admission committee, Purchase committee, Prize committee, Time Table committee, Lab incharge, superintendent practical exams 2020-2023 Convener Skill Development Program 2022-2023 Convener Skill Enhancement Courses 2021-2023 Convener Psychology Resource Centre | | | | | | |

2020-2023 Convener Value Engagement Centre
2020-2023 Convener Mental Health Centre
2020-2021 Convener Students Amenities Committee

Areas of Interest / Specialization

Health psychology, Clinical psychology , Neuro-cognitive psychology, Cross cultural Psychology,
Indian Psychology, Compassion & Flourishing

Subjects Taught

Physiological Psychology, Introduction to psychology, Experiments in Psychology, Counselling Psychology, Health psychology, Psychological testing, Human Resource Management, Stress Management, Psychology of health & wellbeing

Research Guidance

Have guided 5 Ph.D students, 1 has received her Ph.D. form University of Delhi
Member of the Advisory Board of 5 Ph.D students of Delhi University and IIT,Delhi.

Publications Profile

Total publications so far are 95. The ones published in 2020-2023 are mentioned below:

Book:

Khosla,M.(2022). Understanding the Psychology of Health and Well-being. Sage Texts, Delhi.ISBN 9789354794391

Research Papers:

Buchanan et al....Khosla,M. (2023). The Psychological Science Accelerator's COVID -19 rapid-response dataset.Springer Nature, Scientific Data, 10(1),87 **Scopus** <https://doi.org/10.1038/s41597-022-01811-7>. **Scopus cite score 11.2**

Karakulak, a., ...Khosla,M. (2023). Empathy, Fear of Disease and Support for COVID-19 Containment Behaviors: Evidence from 34 Countries on the Moderating Role of Governmental Trust", Nature Human Behavior. Preprint. DOI: [10.21203/rs.3.rs-2412449](https://doi.org/10.21203/rs.3.rs-2412449) <http://www.scopus.com/inward/record.url?eid=2-s2.0-85150619190&partnerID=MN8TOARS>

Scopus cite score- 26.5

Khosla,M., Bansal, Y., & Malhotra, D.(2023). Understanding the relationship between values and self-conscious emotions: Implications for emotional well-being. Journal of the Indian academy of Applied Psychology,49(1),108-116.0019-4247, **UGC Care**

Khosla,M.(2022). Perspectives in Research. Perspectives in Social Science and Humanities Research,1(1),6-10.

Verma, S., & Khosla, M.(2022). What do Eating Preferences Reveal? Implications for Mood and Cognition. Journal of the Indian Academy of Applied Psychology, 48, 2, 216-227.

Kondratowicz,B., Godlewska-Werner,D., Polomski,P., & Khosla ,M.(2022).Satisfaction with job and life and remote work in the COVID-19 pandemic: the role of perceived stress, self-efficacy and self-esteem.Current Issues in Personality Psychology, 10(1), 49-60.online doi: <https://doi.org/10.5114/cipp.2021.108097> **Scopus cite score 1.4, citations 9**

Wang,K., Goldenberg,A., Dorison,C.A.,...Moshontz,H.(2022). Erratum:Author Correction: A multi-country test of brief reappraisal interventions on emotions during the COVID-19 pandemic (Nature human behavior,5 8 (1089-1110).Nature human behavior, 2022, 6(9), pp 1318-1319. Scopus DOI: <https://doi.org/10.1038/s41562-022-01441-4>, **Scopus index cite score-26.5**

Khosla, S., Khosla, I ., & Khosla, M.(2021). Differences in Aggression and Resilience due to Exposure to Conflict Amongst Kashmiri and Delhi Youth. Liberal Studies, 6,1, 93-105.

Khosla,M., & Joshi, V.(2021). Understanding the relationship between Guru and shishya in Guru-Shishya Parampara: Implications for Wellbeing. Indian Journal of Health and Wellbeing, 12(3), 278-285.ISSN 2229 5356

Khosla, M., & Goel, Y.(2021). Comparing the beliefs and attitudes towards Traditional Healing Methods and Modern Medical Treatment Procedures: Implications for Developing Integrative Procedures. Indian Journal of Positive Psychology,12(3), 216-222.ISSN 2229-4937

Legate,N., Nguyen,TT, Weinstein,N., ...Khosla,M....et al(2022). A Global experiment on Motivating Social Distancing during the COVID-19 Pandemic.preprint PSACR_003_ 9.10.21PsyArXiv Preprints DOI: [10.31234/osf.io/n3dyf](https://doi.org/10.31234/osf.io/n3dyf) PPR: PPR349964 Proceedings of the National Academy of Sciences of the United States of America, 119(22),e2111091119. **Scopus , Citations 11**

Jhingran,A., Agarwal,S., & Khosla, M.(2021). The Virus that Locked the Country: Effects of lockdown Due to Covid-19 on Affect, Anxiety and Stress of people across India. Indian Journal of Health and Wellbeing, 12(3),310-315.ISSN 2229 5356

Khosla,M.(2021).Does Self-Compassion influence Life Satisfaction? Examining the effectiveness of Self-Compassion Training Program" Indian Journal of Psychology , pp.70-77. ISSN-0019-5553.**UGC Care.**

Adamkovic, M., et al. Khosla, M.(2021).A multi-country test of brief reappraisal interventions on emotions during COVID-19 pandemic. (Prof Jeremy Miller, Willamette University). Nature Human Behavior, Springer.(2021,5(8), 1089-1110. August)online, ISSN 2397 3374 DOI: 10.1038/s41562-021-01173-x impact factor 13.1 **Scopus cite score 26.5, 54 citations**

Khosla,S., Khosla,I., & Khosla, M.(2021). Exploring the relationship between resilience and perceived parental authority among adolescents. International Journal of Applied Research, 7(4), 222-226.ISSN 2394 7500

Verma,S., Khosla, M., & Goel, G.(2021). Does affect influence coping styles among people from North India during the Pandemic? Implications for Psychological wellbeing. International Journal of Indian Psychology, online ISSN 2348 5396; print ISSN 2349-3429, 9(2),979-991.

Khosla,M., Moodley,R., & Killicka,E. (2020).Hinduism and Healing. In R Moodley(Eds.),The Routledge International Handbook of Race,Ethnicity and Culture in Mental Health, pp. 250-261. Routledge, Canada. ISBN 978-1-138-27999-5

Khosla,I., & Khosla, M.(2020). Exploring the Dynamics of Temple Healing and the faith in the Pandit as a Messenger of God. Indian Journal of Psychology, 277-287.UGC Care list, ISSN-0019-5553

Jhingran,A.,Agrawal S.,& Khosla,M.(2020).Is Self -Esteem of a person affected by the Body Image one holds of themselves? Asian Journal of Psychology and Education, 53(1-2),2-20. ISSN 0971-2909.

Khosla,I., & Khosla,M.(2020).Exploring Gender differences and the relationship between Religious Commitment and Wellbeing in the Indian cultural context. Asian Journal of Psychology and Education,53(3-4),2-16. ISSN 0971 2909.

Singh, A.,Yangzes,T., & Khosla,M.(2020). Status of women in North-East India.Research Journal of Social Science and Management,10,04,pp.47-54.ISSN 2251-1571.

Khosla,I., Khosla,S., & Khosla, M.(2020). Does Religious Commitment Facilitate Forgiveness? A Study on Indian Young Adults. The International Journal of Indian Psychology, ISSN 2348-5396(Online); ISSN 2349-3429(Print); DOI: 10.25215/0802.121

Khosla,S., Khosla,I., & Khosla, M. (2020). Exploring the Relationship between Cognitive Well-being and Affect among young adults. The International Journal of Indian Psychology, 8, 2, April-June, ISSN 2348-5396(Online); ISSN 2349-3429(Print); DOI: 10.25215/0802.100

Khosla,S., Khosla,I., & Khosla, M. (2020). Internet usage and happiness: a comparison of working and non-working mothers.The International Journal of Indian Psychology, 8, 2, April-June, ISSN 2348-5396(Online); ISSN 2349-3429(Print); DOI: 10.25215/0802.125

Conference Organization / Presentation (in the last three years)

Khosla,M.(2023, January 5th). Key note on “ Contribution of Indian Knowledge systems in Health around the globe” at the 5th ICCP International conference on counselling, psychotherapy and wellness held between January 3 to 7 at Christ University.

Arora,N., Sharma, K., & Khosla, M.(2023, January 5). Social Media:An Escape from reality? Implications for self esteem and health. Paper presentation at the 5th ICCP International conference on counselling, psychotherapy and wellness to be held between January 3 to 7 at Christ University.

Khosla,M.(2023). Organised ADS III from 7th February to 9th February 2023 for first year students of DRC.

Khosla,M.(2023).Organised the II Capacity building program for the non-teaching staff of DRC on “ Values for enhancing Happiness and Productivity” , 6th March-20th March 2023.

Khosla,M.(2022. December 5). “Techniques to enhance wellbeing: Indian Perspective” University of Gdansk, Gdansk, Poland.

Khosla, M.(2022, November 25). "Does happiness really matter". Digvijay School, Warsaw, Poland.

Khosla, M.(2022, December 2). "Life beyond the Pandemic: seeking opportunities in Pandemic"
Bydgoszcz University, Bydgoszcz, Poland

Khosla, M.(2022, June 8th). Talk at IHC on "Can you image life without movies? Let us understand."

Khosla, M.(2022, July 1st).Book launch at IIC "Understanding the Psychology of Health and Well-being"
Sage texts.India.

Khosla, M.(2022, June 8th 2022). Talk at IHC on "Can you image life without movies? Let us understand."

Khosla. M.(2022, April 22). "Ethics in Research" resource person for FDP, Emerging perspectives in research methodology:A way forward. G D Goenka University(18-22 April).

Khosla, M.(2022, April 17). " Issues and Challenges in Traditional Healing research initiatives".Invited Panelist at the International conference on AYUSH in Public Health, organized by Jeevaniya Society, Lucknow.

Khosla, M.(2022, April 1st) . Talk at Hansraj college on " Need to promote traditional healing practices".

Khosla ,M.(2022, March 29). 8.30 pm. Presentation on "Compassion & Flourishing", Community of practice , Harvard flourishing programme, Harvard University, USA.

Khosla, M.(2022, March 14). "Indian Cultural model of Health and wellbeing" At the University of Saskatchewan, Canada.

Khosla, M.(27 Jan, 2022). "Art of Flourishing amidst the Pandemic: the Choice is ours" invited chair address at 57th National & 26th International Conference of Indian Academy of Applied Psychology(IAAP,27th Jan 2022), University of Mizoram, Mizoram.27-29 January.

Khosla, M.(2022). ADS II program from February 2 to February 27th 2022, for all students of DRC, University of Delhi.

Khosla, M.(2021). 13 December to 20th December, Capacity building program for non-teaching staff at DRC, on Health, Well-being and Productivity.

Khosla, M.(29 Dec, 2021). Yoga and Mental Health an invited address in SDP on "Wellness through Yoga and Healthy Lifestyle" An online Skill Development Program, organized by Sanskrit, NHE and Health Education, DRC,(December 27 2021-1 Jan 2022).

Khosla, M.(2021, 15th December). Invited talk on " compassion and mental health", in the Capacity Building Program on "Health , well-being, and productivity, organized by the psychology resource centre, from 13th December 2021- to 20th December 2021.

Khosla, M.(2021, 6 December). Values in Flourishing, Inaugural address for the VII Value Engagement Program, DRC, Values for Flourishing, Psychology Resource centre, University of Delhi.

Khosla, M.(2021, 4 December). Presented a paper on Traditional Healing practices in India, The First Southeast Asian Indigenous Psychology Scientific Meeting (SEA-IP, 2021), organized by Monash University, Malaysia.

Khosla,M.(2021, 1st December-29 January 2022).Organised the VII Value Engagement Program on “Values for Flourishing” under IQAC, at DRC, University of Delhi.

Khosla,M.(2021, 7th October).”Awareness(A), De-stigmatization(D) and Seeking-help(S):Promoting, Enhancing and Maintaining Mental Health” at National Conference, School of Behavioral science, National Forensic Sciences University, Gandhinagar.

Khosla,M.(2021, 22nd September). “Skill development program: the road so far and vision for future” in Skill Development Program, DRC, University of Delhi, Delhi.

Khosla,M. (2021, 31 July). Talk on “Indigenous Healing Practices and Well-being”, Assam Downtown University, India.

Khosla,M.(2021, 19th June). Webinar on “Mental Health and awareness” for Umeed NGO, Delhi.

Khosla,M.(2021, 7th June).Presentation on “Following the heart:Opening Mind to research” at CoP Community of Practice, Harvard University .

Khosla,M.(2021, 28th May).Paper presentation on “ Mindfulness as a protective factor against COVID-19 Pandemic” at Harvard University, USA

Khosla, M.(2021, 12 April). Invited webinar on “ Following the heart: Opening the mind to Research” at Bharti College, University of Delhi.

Khosla,M.(2021, 12th March). Mental Health is real: Youth and their Mental Health Issues. Youth Summit 21 invited speaker, ARSD College, University of Delhi, Delhi.

<https://www.youtube.com/watch?v=eSaK8EXwdMM>

Khosla,M.(2021, 27th January, 3rd Feb, 10th Feb 2021). “ADS”A true health initiative:Awareness, De-stigmatization and Seeking help campaign: Promoting, Enhancing, and Maintaining Mental Health.DRC, University of Delhi.

Khosla,M. (2020 ,10th December to 7th February 2021).Organised the VIth Value Engagement Program on “ Living by your Values:Steps towards mental health”. DRC, University of Delhi.

Khosla,M.(2020, 7th December). “Coping with Mental Health issues during COVID times”, invited talk at UNIDAD, The silver lining.

<https://www.facebook.com/UNIDADUniverseofDads/videos/1281145082251578/>

Khosla,M.(2020, 10th October). Steps Enhancing Mental Health, invited lecture at Mizoram University on world mental health Day program. <https://www.youtube.com/watch?v=a9jXRH71PnU>

Khosla, M.(2020, 24th August). “Mental Health: Perceiving challenge as opportunity” Talk at India International Centre, recorded webinar, https://www.youtube.com/watch?v=-zj_knOsMRU&feature=youtu.be

Khosla.M.(2020, 24th August). Mental Health:Perceiving Challenge as Opportunity”India International Centre, Delhi.

https://www.youtube.com/watch?v=-zj_knOsMRU&feature=youtu.be

Khosla,M.(2020, 28th February). Chaired a session on “Health and Wellbeing: Reflecting on Dominant Practices & Emerging Challenges” in National Seminar on Health and Well-Being, 28-29 February, Department of Psychology, Arts Faculty, University of Delhi.

Chopra, E., & Khosla, M. (2020, 29th February). Paper presentation on, "The Right Way to Social Media" in National Seminar on Health and Well-Being, 28-29 February, Department of Psychology, Arts Faculty, University of Delhi.

Research Projects (Major Grants/Research Collaboration)

2020-2022 - Cross cultural research with Tilburg University
Netherlands & University of Paris DesCartes

"Cognitive Dissonance Replication Study across cultures"

2019-2022 – Research on exploring the Traditional Healing Practices in India.

2020-2023- Exploring Cognitive, Affective and Psycho-social
indices during corona pandemic: Mental health issues,
interventions, & implications for wellbeing in India.

2020-2021 - Cross cultural research with Ashland University, Ohio, USA
"The Psychological Science Accelerator member on
studies related to covid"

2020-2022 - The Impact, perceptions and experiences of Covid-19
among young people in a multidimensional and international
perspective", University of Stockholm 2020 -2022

2020-2022 - Developing STRAEQ-II Research with University of Grenoble
Alpes, France

2021-2023 - Strong Ties weak ties rationality scale (STWTRS)
Collaboration with Institute of Ethnology, Academia Sinica,
Taiwan, Republic of China

2022-2023 – Cross-cultural study on mental health, Psychology Department,
University of Bydgoszcz, Poland

2022-2023 - Cross-cultural study on COVID-19 Assessment, Psychology Department,
University of Warsaw, Poland

2022-2023 – Cross cultural study on Emotion Regulation, University of Warsaw,
Psychology Department, Poland

2022-2023 – Indian -Polish study on Psycho-social costs of practicing Profession,
Psychological and social sciences studies,
University of Gdansk, Poland

Awards and Distinctions

2023 Excellence Award for Teaching and Research, March 22nd
University of Delhi, Delhi.

2022-2023 SSTS G Shastri-Indo Canadian Institute award, Canada

- 2021 The Bharat Panchal Award for Excellence in Psychological Research
 Runner up award, for paper “Examining Community Resilience
 and Psychological Well-being during pandemic among college students”
 organized by Fortis national mental health program Fortis healthcare
 in association with School of psychology and counseling O.P.
 Jindal University, 26 th December 2021.
- 2021 Best Paper award “ Mindfulness as a protective factor against
 COVID- 19 Pandemic” at 47th National Annual 2019- conference of
 Indian association of clinical psychologists, (47th NACIACP) 28-30
 May, AFMC, Pune.
- 2019-2020 SSTSG Shastri-Indo Canadian Institute award, Canada.

Association with Professional Bodies

APA- American Psychology Association, USA
 Indian Association of Clinical Psychologists, India
 National Academy of Applied Psychology, India
 Delhi Association of Clinical Psychology, India
 Indian Academy of Applied Psychology, India
 International Society for Quality of Life Studies, Australia

Other Activities

Initiated the DRC Human Research Ethical Committee (2021-2023)
 Guided 11 research projects at Undergraduate level
 Member of Green -Fulbrighters Forum for environmental awareness programs in the community
 Member representative official of India of True Health Initiative, USA

