




Faculty Details Proforma

| Title | Prof | First Name | Meetu | Last Name | Khosla | Photograph |
|--|--|------------|-------|-----------|--------|---|
| Designation | Professor | | | | |  |
| Address | Daulat Ram College, Delhi University, 4 Patel Marg Maurice Nagar, Delhi 110007, India | | | | | |
| Email – ID | meetukhosla@dr.du.ac.in | | | | | |
| Web Page | | | | | | |
| Educational Qualification | | | | | | |
| Degree | Institution | | | | Year | |
| Ph.D | Arts Faculty, Psychology Department, University of Delhi | | | | 2001 | |
| M.Phil | Arts Faculty, Psychology Department, University of Delhi | | | | 1994 | |
| M.A. | Arts Faculty, Psychology Department, University of Delhi | | | | 1991 | |
| B.A.(Hons) | Jesus & Mary College, University of Delhi | | | | 1989 | |
| Career Profile | | | | | | |
| Professor, Psychology Department, Daulat Ram College 2018 Associate Professor, Psychology Department, Daulat Ram College 2007 Reader, Psychology Department Daulat Ram College , 2004 Permanent Lecturer, Psychology Department, Daulat Ram College 1996 Temporary Lecturer, Psychology Department, Kamla Nehru College, 1995-1996 Ad-Hoc Lecturer, Psychology Department, Jesus & Mary College, 1993-1994 | | | | | | |
| Administrative Assignments | | | | | | |
| Teacher- in Charge 2016-2017, 2022-2023(incharge of admissions for BA Hons, MA), Purchase committee, Lab-incharge, Prize committee(Convener), Deputy Superintendent Exams, Internal assessments and practical examination, paper setting, internal examiner, Teaching Program committee, workload, Timetable preparation, recruitment of staff Psychology Resource Centre Convener (2022-2025) Skill Development Program Convener(2020-present) Mental Health Centre & Value Engagement Centre Convener(2015-present) | | | | | | |
| Areas of Interest / Specialization | | | | | | |
| Clinical Psychology, Bio-Psychology, Cross-Cultural Psychology, Health and wellbeing, Flourishing | | | | | | |

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| Subjects Taught (in the last three years) |
| Bio-Psychology , Counseling Psychology, Child Psychology practicals, HRM, Health Psychology, Psycho-Diagnostics |
| Research Guidance |
| 6 Ph.D students, 10 Undergraduate students |
| Publications Profile (in the last three years) |
| <p>Bhalla,A., & Khosla,A.(December ,2024).Problematic Internet Use among emerging adults: Role of childhood trauma and Alexithymia.Journal of the Oriental Institute, 73,4, 801-819. Oo30-5324, UGC Care Group Hhttps://journaloi.com/index.php/JOI/article/view/534</p> <p>Karl, J.A., Dimitrova,R., ...Khosla,M....et al (2024). Novelty in the Moment: Cultural Differences in Mindfulness and Creativity Among 55 Countries", in PNAS, Proceedings of the National Academy of Sciences of the United States of America. in press, scopus, impact factor 9.4</p> <p>Yeh, K., Terpstra Tong, J., Ting, R. S., Bond, M. H., Khosla, M., Yadav, V. P., Shukla, S., Liu, C., & Sundararajan, L. (2024). Strong-ties and weak-ties rationalities: Toward a mental model of the consequences of kinship intensity. <i>Frontiers in Psychology, 15</i>, 1476018. https://doi.org/10.3389/fpsyg.2024.1476018</p> <p>Bhalla,A., & Khosla,M.(2024). Assessing Content Validity in the Development and Application of B-Come Intervention for Emerging Adults. Journal of the Indian Academy of Applied Psychology, September,Special issue 24-25, 24-34.(SCOPUS)</p> <p>Khosla, M. (2024,May). Understanding Micro-momentary emotional expressions: A Life-Span perspective. In Misra, G., & Misra, I. (Eds.), <i>Emotions in Cultural Context</i>, pp. 109-128. Springer. https://doi.org/10.1007/978-3-031-46349-5_7. Print ISBN 9783031463488; online ISBN 9783031463495</p> <p>Kaushal, N., Khosla, M., & Mangla, A. (2024,May). Does Optimism, resilience, & positive affect buffer the effects of perceived stress on mental health? <i>Journal of the Indian Academy of Applied Psychology,50(special issue)</i>, 170-179. (SCOPUS)</p> <p>Menon, S., & Khosla, M. (2024). Assessing the Content Validity of ‘RES-COPE’ – An Intervention Programme for Children from Indian Military Families <i>Journal of the Indian Academy of Applied Psychology, 50</i>(1), 177-185. (SCOPUS)</p> <p>Karakulak, A., Tepe, B.,Khosla, M. (2023). Trust in government moderates the association between fear of COVID-19 as well as empathic concern and preventive behaviour. <i>Communications Psychology, 1</i>:43. ISSN 2731 9121 https://doi.org/10.1038/s44271-023-00046-5(SCOPUS)</p> <p>Buchanan, E.M., Khosla, M. (2023). The Psychological Science Accelerator’s COVID -19 rapid-response dataset. <i>Springer Nature, Scientific Data, 10</i>(1),87 https://doi.org/10.1038/s41597-022-01811-7. (SCOPUS)</p> <p>Jovanovic, V., Rudnev, M.....Khosla,M.(2023). The Coronavirus anxiety Scale: Cross-National Measurement Invariance and Convergent Validity Evidence. Psychological assessment. ISSN 1040 3590.PP.1-17. (SCOPUS)</p> |

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- Dorison, C.A., Lerner, J.S., ...**Khosla, M.** (2022). In COVID-19 Health Messaging, Loss Framing Increases Anxiety with Little-to-No Concomitant Benefits: Experimental Evidence from 48 Countries. *Affective Sciences*, 3, 577-602. <https://rdcu.be/dxCKS>(SCOPUS)
- Menon, S., & **Khosla, M.** (2022). Understanding the Impact of Deployment on Children from Indian Military Families. *Indian Journal of Clinical Psychology*, 49(03), 36-43. <https://ojs.ijcp.co.in/index.php/ijcp/article/view/241> (UGC Care)
- Karakulak A, Tepe B, Dimitrova R, et al...**Khosla, M.** (2022). Empathy, Fear of Disease and Support for COVID-19 Containment Behaviors: Evidence from 34 Countries on the Moderating Role of Governmental Trust. *Research Square*, <https://doi.org/10.21203/rs.3.rs-2412449/v1>. (SCOPUS)
- Massey, D., ...**Khosla, M.**...et al. (2022). A Global experiment on Motivating Social Distancing during the COVID-19 Pandemic, Research Article, *Psychological and Cognitive Sciences*, PNAS, 119, 22, e22111091119. <https://doi.org/10.1073/pnas.2111091119>(SCOPUS)
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- 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.<http://www.jiaap.org.in/OnlineFirstDetail.aspx?str=155#>(SCOPUS)
- Wang, K., Goldenberg, A., Dorison, C. A., **Khosla, M.**,...Moshontz, H. (2021). Erratum: Author Correction: A multi-country test of brief reappraisal interventions on emotions during the COVID-19 pandemic. *Nature Human Behavior*, 6(9), 1318-1319. <https://doi.org/10.1038/s41562-022-01441-4>. (SCOPUS)
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- 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. <https://ojs.indrastra.com/index.php/liberalstudies/issue/view/30/20> (UGC CARE)
- 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. <https://journals.indexcopernicus.com/api/file/viewByFileId/1498461>
- 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.

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<https://doi.org/10.1038/s41562-021-01173-x>(SCOPUS)

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- 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
- Khosla, M., & Das, J.(2019). Psychological and Cultural facets of Traditional Healing Practitioners from Assam. *Indian Journal of psychology*,2019 special issue on mental health,pp. 86-97 , UGC Care list, ISSN-0019-5553.
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Perception

<http://www.egyankosh.ac.in/bitstream/123456789/62914/1/Unit-2.pdf>

E-course module on IGNOU course on Foundations of Psychology (BPCC-131)(2018) Unit 3:

Learning

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E-course module on IGNOU course on Foundations of Psychology (BPCC-131)(2018)Unit 4:

Memory

<http://www.egyankosh.ac.in/bitstream/123456789/62916/1/Unit-4.pdf>

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Motivation

<http://egyankosh.ac.in/handle/123456789/62919>

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E-course module on IGNOU course on Foundations of Psychology (BPCC-131)(2018) Unit 6:

Emotions

<http://www.egyankosh.ac.in/bitstream/123456789/62920/1/Unit-6.pdf>

E-course module on IGNOU course on Foundations of Psychology (BPCC-131)(2018) Unit 7:

Personality

<http://www.egyankosh.ac.in/bitstream/123456789/62924/1/Unit-7.pdf>

E-course module on IGNOU course on Foundations of Psychology (BPCC-131)(2018) Unit 8:

Intelligence

<http://www.egyankosh.ac.in/bitstream/123456789/62926/1/Unit-8.pdf>

E-course module on IGNOU course on Biopsychology (BPCC-102)(2018)

Block 1: Unit 1:Introduction to biopsychology (BPCC-102)

<http://www.egyankosh.ac.in/bitstream/123456789/61404/1/BLOCK1.pdf>

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pp.1-31.

E-course module on IGNOU course on Biopsychology (BPCC-102)(2018)

Block1: Unit 2: Neuron and Nerve Impulse (BPCC-102)

<http://www.egyankosh.ac.in/bitstream/123456789/61404/1/BLOCK1.pdf>

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E-course module on IGNOU course on Biopsychology (BPCC-102)(2018)

Block 2: Nervous system, Unit 3: Central Nervous system (BPCC-102)

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E-course module on IGNOU course on Biopsychology (BPCC-102)(2018)

Block 2: Unit 4: The peripheral Nervous system (BPCC-102)

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Block 4: Glands and Behavior, Unit 3: The endocrine system

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Khosla,M.,&Singh,M.(Nov 10-11,2017).Effects of Yoga Interventions on Mental and Physical Health, in conference proceedings of National conference on ,Holistic Yoga:Health, Happiness and Harmony, DRC, University of Delhi.pp.46-52.ISBN 978-93-85822-57-5.

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- 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*, 7, 323-325. ISSN No. 1871 2584 <https://doi.org/10.1007/s11482-011-9162-6>
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- Khosla, M. (2010). Understanding the Science of Facial Expressions: Implications for Health and Wellbeing. *Indian Psychological Abstracts and Reviews*, 16, 1 & 2, 2-39. ICSSR publication, Delhi, India. ISSN No. 0973 0885
- Khosla, M., & Dokania, V. (2010). Does Happiness promote Emotional Intelligence? *Journal of the Indian Academy of Applied Psychology*, 36, 1, 45-54. ISSN No. 0019 4247 (UGC Recognized, Impact Factor .11)
- 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) p. 285-302. Porto: University Fernando Pessoa Press. ISBN 9789896430610

- Khosla,M.(2009).Power of Written Emotional Expression on Health. In A. Freitas- Magalhaes(Ed.),
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- Khosla,M.(2008). Need for Coping with Life Crises: Implications for the Quality of Life.*Journal of the
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(UGC Recognized,Impact Factor .11)
- Khosla, M.,&Kapur, V.(2007-08).Benefits of coping with stress. *Journal of Personality and Clinical Studies*,
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of Applied Psychology*, 32,1, 54-62.ISSN No.0019 4247(UGC Recognized,Impact Factor .11)
- Gupta,A., &Khosla,M. (2006). Is Mood Congruency an effect of Affective State? *Psychological Studies*,51,4,
269-274. ISSN No.0033 2968(UGC Recognized,Impact Factor .35)
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- Gupta, A., &Khosla, M. (2002). Psycho-Physiological responses to Stress. *Journal of Research and Applications
in Clinical Psychology*,1 & 2,7-14.ISSN No.0972 0995
- Khosla, M. (2001). Gender differences in Coping with Stress. *Journal of Research and Applications in
Clinical Psychology*,4,1 &2, 63-72.ISSN No0972 0995
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and Applications in Clinical Psychology*,2,1 &2, 29-33.ISSN No0972 0995
- Khosla,M.(1997).So Little to give. In Jeffrey.A.Kottler(Ed.)*Finding your way as a
counselor*.American Counseling Association,VA. ISBN:1-55620-161-3

- Khosla,M.(2025, 10th Jan). Expert speaker in the program “Insights & Strategies: Civil Services Exam Preparation”, The Central Secretariat Library, Ministry of Culture, Government of India.
- Khosla,M.(2024,15th October). Invited Talk on “ True Health Initiative on mis-information, dis-information and mal-information about health”. Yale University, USA.
- Khosla,M.(2024, 10th October). Paper presentation on “ Culture, Emotion and Facial expressions of Emotions” at the 2nd World Congress on Facial Expression of Emotion, Fernando Pessoa University, Portugal.
- Khosla,M.(2024, 9th May). Invited talk “ Integrating Asian Healing Traditions in counseling and psychotherapy” at OISE, University of Toronto, Canada.
- Khosla,M.(2024, 27th March). Presentation on “Indian perspective of Flourishing: insights from indigenous studies” at Harvard University, MA, USA. (March 27-28)
- Khosla, M. (2024, 22nd February). “*Techniques to Enhance Mental Health in Youth*”. Invited Talk for Yuva Shakti Abhiyan, Youth Transformation program, organized by DRC, University of Delhi and Indraprastha Shakti.
- Khosla, M. (2024,27th January). “*Happiness and Wellbeing*”, Key speaker at the lecture series on “Mental Health, Wellbeing and Happiness” by Psychology Department, Govt.V.Y.T.PG Autonomous College, Durg.
- Khosla, M. (2023,15th December). Key note Presentation on “*The contribution of Indian Knowledge systems for mental health across the Globe*” National conference on mental health and well-being, dept of psychology, school of social sciences, Christ deemed to be university, Delhi NCR campus.
- Khosla, M. (2023, 1st December). Key note on “*Global Impact of Indian Healing Systems*” at the FIST International Conference on “Indian Psychology and Mental Health” Chinnmaya Vishwa Vidyapeeth deemed to be University, Dec 1-3, Ernakulam, Kochi.
- Khosla, M. (2023, 29th November). Key note on “*Values and Compassion: Road to Human Flourishing*” at the 2nd Annual International Conference of Human Flourishing by Templeton World Charity Foundation. Advancing Science and Solutions for a Flourishing World: Current and Future Perspectives.
- Khosla, M. (2023,17th November). Participated at the Humphrey Alumni Global Policy Series, New Delhi, November 17, Organised by USIEF-The Fulbright Commission in India.
- Khosla, M. (2023,5th October). “Yoga and Health in the Modern World” an invited lecture at the University of Saskatchewan, Canada.
- Khosla, M. (2023, 3rd October). Invited lecture on “Traditional Modern approaches to Health in India” at the University of Saskatchewan, Canada.
- Khosla, M. (2023,3rd October). A lecture on “Traditional Indian Approach to health” at the University of Saskatchewan, Canada.
- Khosla, M. (2023,1st October). Invited lecture on Vedanta lecture series on “Bhakti Yoga”, at the Lakshmi Narayan Temple in collaboration with University of Saskatchewan, Canada.

- Khosla, M. (2023, 28th September). Invited Lecture on Vedanta Endowment Lectures “The Promise of Hindu Yoga Heritage to the World’s Health and Well-being”, at the University of Saskatchewan, Canada.
- Khosla, M. (2023, 30th September). Invited Vedanta Endowment Lectures on “Maharishi Patanjali and Religious Dimensions of Yoga” at Shri Laxmi Narayan Temple organized by University of Saskatchewan, Canada.
- Khosla, M. (2023, 29th September). Paper on “*Resilient Coping and Contribution as Determinants of Youth Wellbeing in the Context of COVID-19 Experiences: A Study in High, Upper Middle, and Lower Middle-Income Countries*”. International Conference 19th Days of Applied Psychology, Transformative processes in society, environment, organization and mental health practice, University of Nis, Republic of Serbia, September 29-30.(as co-author) .
- Khosla, M. (2023). Paper on “*Promoting Youth Wellbeing Amidst COVID-19 Fear and Anxiety: A Global Perspective on the Role of Resilient Coping and Contribution in “ Being an adolescent and youth in the changing world”* II International Adolescence and youth research Congress, 6-8 September, 2023, Cappadocia. (as co-author).
- Khosla, M. (2023, 10th August). Invited address on “Crafting and conducting survey-based research in interdisciplinary areas” One Week Online Faculty Development Programme (FDP) Innovative Interdisciplinary Research & Publication Ethics- (August 8-14, 2023) Organized by School of Law In association with School of Humanities, Social Science & Education, GD Goenka University.
- Khosla, M. (2023, 5th January). “*Contribution of Indian Knowledge systems in Health around the globe*”. Invited Keynote Address to the 5th ICCP International Conference on Counselling, Psychotherapy and Wellness, Christ University, Bengaluru.
- Arora, N., Sharma, K., & Khosla, M. (2023, 5th January). “*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 Christ University, Bengaluru.
- Khosla, M. (2022, 5th December). “*Techniques to enhance wellbeing: Indian Perspective*”. Talk at University of Gdansk, Gdansk.
- Khosla, M. (2022, 25th November). “*Does happiness really matter*”. Talk at Digvijay School, Poland.
- Khosla, M. (2022, 2nd December). “*Life beyond the Pandemic: seeking opportunities in Pandemic*”. Bydgoszcz University, Poland.
- Khosla, M. (2022, 5th August). Paper presented on “The social construction of Peace in the Light of India’s Cultural Spirituality”, at the International Conference on Peace, Prudence and Prosperity, organized by the School of Education, Centre of Liberal Arts and IQAC, in collaboration with ICGSR, Gandhi Smriti & Darshan Samriti, Ministry of Culture, Govt of India. Apeejay Satya University, India’s 1st Industry-centric Technology & Liberal Arts University focused on Research & Innovation.
- Khosla, M. (2022, 1st July). “*Understanding the Psychology of Health and Well-being*”, Sage texts. Book launch at India International Centre, India.
- Khosla, M. (2022, 22nd April). “*Ethics in Research*”. Lecture for Faculty Development Program, Emerging perspectives in research methodology: A way forward. G D Goenka University.

- Khosla, M. (2022,17th April). “*Issues and Challenges in Traditional Healing research Initiatives*”. Panelist at the International conference on AYUSH in Public Health, organized by Jeevaniya Society, Lucknow.
- Khosla, M. (2022,1st April). “*Need to promote traditional healing practices*”. Talk at Hansraj college, Delhi.
- Khosla, M. (2022,29th March). “*Compassion & Flourishing*”. Talk at Community of practice, Harvard flourishing programme.
- Khosla, M. (2022, March). “*Indian Cultural model of Health and wellbeing*”. Talk at the University of Saskatchewan, Canada. (March,14).
- Khosla, M. (2022, 27th January). “*Art of Flourishing amidst the Pandemic: the Choice is ours.*” Invited Chair Address to 57th National & 26th International Conference of Indian Academy of Applied Psychology (IAAP,27th Jan 2022), University of Mizoram, Mizoram.
- Khosla, M. (2022, 5th March). Oral Presentation “What do Eating Preferences reveal? Implications on Mood and Cognition” at the 31st Convention of National Academy of Applied Psychology 2021-2022 “Psychology and Social Justice at the Time of COVID-19 Pandemic: The State, Community, and Individual Perspectives” organized by Psychophysiology Lab, Department of Humanities and Social Sciences, IIT, Bombay, 4-6 March.
- Khosla, M. (2022,4th March). Presented a paper on “Exploring the relationship and gender differences between Religious Commitment and Wellbeing in Indian Cultural Context” at the 31st Convention of National Academy of Applied Psychology 2021-2022 “Psychology and Social Justice at the Time of COVID-19 Pandemic: The State, Community, and Individual Perspectives” organized by Psychophysiology Lab, Department of Humanities and Social Sciences, IIT, Bombay, 4-6 March,2022.
- Khosla, M. (2021, 29th December). “*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.
- Khosla, M. (2021,15th December). “*Compassion and mental health*”, Talk the Capacity Building Program on “Health, well-being, and productivity, organized by the psychology resource center, from 13th December 2021- to 20th December 2021.
- Khosla, M. (2021,4th December). “*Traditional Healing practices in India*”, paper presented at The First Southeast Asian Indigenous Psychology Scientific Meeting (SEA-IP, 2021), organized by Monash University, Malaysia.
- Khosla, M. (2021, 7th October). “*Awareness(A), De-stigmatization(D) and Seeking-help(S): Promoting, Enhancing and Maintaining Mental Health*”, paper presented at National Conference, School of Behavioral science, National Forensic Sciences University, Gandhinagar.
- Khosla, M. (2021, May). Participated as a delegate at the 47th NACIACP 2021 virtual conference at AFMC Pune. (National Annual Conference of Indian Association of Clinical Psychologists) (May 28-30).
- Khosla, M. (2021,28th May).Paper presentation on “ Mindfulness as a protective factor against COVID-19 Pandemic” at 47th NACIACP, Pune.
- Khosla, M. (2021, 31stJuly). “*Indigenous Healing Practices and Well-being*”. Talk at

Assam Downtown University, India.

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

Khosla, M. (2021, May). “*Mindfulness as a protective factor against COVID-19 Pandemic*”. Presentation at Harvard University, USA.

Khosla, M. (2019, December). “*Weaving Happiness in Life: Knowing Indian Culture as it Is*”. Special talk at 29th Annual Convention of National Academy of Psychology, (NAOP), India & International conference on “*Making Psychology Deliverable to the Society*”, Department of Applied psychology, Pondicherry University, Pondicherry, India. (December 21).

Joshi, V., & Khosla, M. (2019, December). “*The essence of Guru-shishya Parampara: An insight into healing and wellbeing*”. Paper presentation at NAOP, Pondicherry University, Puducherry. (December 21).

Kaushal, N., & Khosla, M. (2019, December). “*Community resilience and its effect on Well-being*”, paper presented at NAOP, Pondicherry University, Pondicherry. (December 22).

Khosla, M. (2019, March). Chaired a session on “*Channelizing the Power of Youth*” at NCC Annual event, DRC, University of Delhi, Delhi.

Khosla, M. (2019, March). “*Engaging Values for Personal Development*” invited talk at ARSD college, University of Delhi, Delhi.

Khosla, M. (2019, March). “*Are you on the right path? Opportunities and challenges in pursuing Psychology*”, invited talk at the department of Psychology, Arts Faculty, University of Delhi, Delhi.

Khosla, M. (2019, January). “*Traditional Indigenous Healing in India*”, Panel Keynote presented at the international conference on Integrating Traditional Indian Healing Practices with Contemporary Western Health System, from 8th - 9th January, at Daulat Ram College, University of Delhi, Delhi. (January 8).

Goel, Y., & Joshi, V., & Khosla, M. (2019, January). “*Understanding the various perspectives on traditional healing*”, Paper presented at the 4th International conference on counseling, psychotherapy and wellness and the 5th congress of the Society for Integrating Traditional Healing into Counselling Psychology, Psychotherapy and Psychiatry, CHRIST (Deemed to be University), Bengaluru, India. (January 4).

Khosla, M. (2019, January). “*Indian Healing Traditions in Mental Health*”, Keynote presented at the 4th International conference on counseling, psychotherapy and wellness and the 5th congress of the Society for Integrating Traditional Healing into Counselling Psychology, Psychotherapy and Psychiatry, CHRIST (Deemed to be University), Bengaluru, India. (January 3).

Goel, Y., Baghi, G.K., & Khosla, M. (2018, November). *Exploring the Relationship between Humor, Optimism and Coping Strategies in College and Workplace Environment: A comparative study*, paper presented at the National Paper Presentation competition on Positive Psychology, DRC, University of Delhi. (November 1).

- Khosla, M. (2018, October 3rd). Presented a Keynote on *Pedagogy of East and West Cross-Cultural Research and Teaching Experiences of East with West, the socio-cultural and emo-cognitive challenges*, 6th International Psychology Congress of IFCU Psychology Sectoral group, Christ University, Bengaluru, India. (October 3).
- Khosla, M. (2018, July). A paper presented on “*Role of Religious Commitment and Cultural practices on Anasakti and life -Satisfaction: Implications for health and Wellbeing*”. IACCP, International Conference for Cross-cultural Psychology Congress, Multiculturalism in a global perspective: benefits and challenges, University of Guelph, Canada, July 1-5th,2018. (July 4).
- Khosla, M., & Das, J. (2018, July). “*Understanding the importance of Indigenous Healing Practices from North-East Indian Tribe: Implications for Health and Wellbeing*”, paper presented in IACCP, International Conference for Cross-cultural Psychology Congress, Multiculturalism in a global perspective: benefits and challenges, University of Guelph, Canada, July 1-5th,2018. (July 3).
- Khosla, M. (2018, June). A paper presented on” *A Cross-Cultural Comparison of the Traditional Healing Practices in India and Canada*” at the Conference on Engaging India and Canada: Challenges and sustainable Development Goals, by Shastri Indo-Canadian Institute, IIC, 8-9thJune, Delhi. (June 8).
- Khosla, M. (2018, March). “*Healing the Mind: Insights from Bhagvad Gita*”. Plenary address in the Swadeshi Indology Conference on Mind Sciences, Indian Culture and Psychology: A Consciousness Perspective, University of Delhi, March 22-27. (March 24).
- Khosla, M. (2018, January). Chaired a session on “*Health and Psychology*” in the National Conference of Applications of Psychology: Reaching out and Making a Difference, Daulat Ram College, University of Delhi, Delhi. (January 18).
- Khosla, M. (2018, January). Chaired a session on “*other applications of Psychology*” in the National Conference of Applications of Psychology: Reaching out and Making a Difference, Daulat Ram College, University of Delhi, Delhi. (January 18).
- Khosla, M. (2018, January). “*Indian Psychology*”. Chaired a session in the National Conference of Applications of Psychology: Reaching out and Making a Difference, Daulat Ram College, University of Delhi, Delhi. (January 19).
- Khosla, M. (2018, January). “*Effectiveness of Value Engagement Program as an Intervention to enhance Self Efficacy and Wellbeing*”, paper in the National Conference of Applications of Psychology: Reaching out and Making a Difference, Daulat Ram College, University of Delhi, Delhi. (January 18).
- Khosla, M. (2017, November). “*Yoga and Mental health*”. Chaired a session in a National conference, Holistic Yoga: Health, Happiness and Harmony, DRC, University of Delhi. (November 11).
- Khosla, M. (2017, November). “*Effects of Yoga Interventions on Mental and Physical Health*”. Paper presented in National conference on, Holistic Yoga: Health, Happiness and Harmony, DRC, University of Delhi. (November 11).
- Khosla, M. (2017, November).

Paper presented in National conference on, Holistic Yoga: Health, Happiness and Harmony, DRC, University of Delhi. (November 11).

- Khosla, M. (2016, January). *“Role of Values in the Development of a Sustainable Community”*. Paper presented at international conference on public health: Issues, challenges, opportunities, prevention, awareness. Daulat Ram College, University of Delhi, Delhi.
- Chopra, E., & Khosla, M. (2016, September). *“The impact of Exercising on Resilience, Depression and Successful Aging”*. Paper presented at the National Conference on Perspectives of Successful Ageing 23-24th September, in association with Indian Association of Positive Psychology, in Mata Sundari College, University of Delhi, Delhi. (September 24).
- Khosla, M., Chopra, E., & Sharma, A. (2016, September). *“Role of Values in Academic Achievement: Implications on Mental Health and Emotional Wellbeing”*. Paper presented at National conference on Exploring the Meeting Ground for Moral, Medical and Legal aspects of Social Dilemmas in Public Interface”, 21-23rd October, Daulat Ram College, University of Delhi, Delhi.(October 23).
- Khosla, M. (2016, January). *“Engaging the Mind in Conversation: Insights from Bhagvad Gita”*. Keynote address at 3rd International conference of counselling, psychotherapy and wellness and 4th congress of the society for traditional healing into counseling, psychotherapy and psychiatry, Christ University, Bengaluru. (January 5).
- Khosla, M., & Khosla, S. (2016, January). *“Impact of Forgiveness and Gratitude on Emotional Wellbeing and Health”*. Paper presentation at 3rd international conference of counselling, psychotherapy and wellness and 4th congress of the society for traditional healing into counseling, psychotherapy and psychiatry, Christ University, Bengaluru. (January 6).
- Khosla, M. (2016, January). *“Future directions in counselling, psychotherapy and wellness”*. Panel discussion delivered at 3rd international conference of counselling, psychotherapy and wellness and 4th congress of the society for traditional healing into counseling, psychotherapy and psychiatry, Christ University, Bengaluru. (January 7).
- Khosla, M. (2016, January). *“Globalization of the Education System and Emerging Cross Cultural Issues”*. Address at an International Seminar with US delegation, Daulat Ram College, University of Delhi, Delhi. (January, 27).
- Swati, S., & Khosla, M. (2015). *“Psychological Capital and its role in Organizational Commitment and Psychological Well Being”*. Paper presentation at the Centenary Conference on Psychology, 9-11 October, Kolkata.
- Rajan, G., & Khosla, M. (2014, January). *“Exploring Self-Conscious Emotions and Emotion Regulation in Depression and Bipolar Affective Disorder: Implications for Emotional Well-Being”*. Research paper presented at the 2nd International Conference on Cognition and Health held from January 23-25, 2014 in the Department of Psychology, Banaras Hindu University, Varanasi, India.
- Silver-Kuhlampi, M., Khosla, M., et al. (2013, July). *“Values and Self-Conscious Emotions across Cultures”*. Paper presented at symposium in 12 European Conference on Psychological Assessment, San Sebastian, Spain. (July 20).
- Khosla, M. (2011, June). *“The Role of Self in Self-Conscious Emotions: Implications for Self-regulation”*. Paper presented at the Sixth Self Biennial International Conference, the centrality of the Self and Research for enabling Human Potential, Laval University, Quebec City, Canada. (June 21).

- Khosla, M. (2011, February). "*Emotional Transformation of the Self: Life- Span Perspective*". Paper at the National Conference, University of Delhi in collaboration and at India International Centre, on Individual and Collective Transformation: Insights from Indian Psychology, Delhi. (February 6).
- Khosla, M., & Gargya, S. (2010, February). "*The Power of Expressive Emotional writing on Affect of Indian Women*". Paper at the 45th National and 14th International Indian Academy of Applied Psychology Conference at Vishakhapatnam, on Quality of Life and Globalization: Effective Self Care Interventions. (February 18-20).
- Khosla, M. (2010, December). "*The recognition of facial expression of emotions in epilepsy: Neuro-cognitive perspective*". Paper presented at 20th Annual Conference of National Academy of Psychology (NAOP) and International Conference on Mind, Culture and Human Activities, Psychological Sciences in twenty first century, at Jawaharlal Nehru University, Delhi. (December 14).
- Khosla, M. (2010, January). "*Understanding Emotions from an Evolutionary- Cultural perspective: implications for Wellbeing*". Paper presentation at the National Symposium on Culture and Cognition: A developmental perspective at University of Delhi, Arts Faculty, Delhi.(January 25).
- Khosla, M. (2009, November). "*Understanding Emotions from an Indian perspective: implications for Wellbeing*". Presentation at the world web conference on the launch of Emotional Expression: The Brain and the Face (Vol.2), University Fernando Pessoa Health Sciences School, Porto, Portugal. (November 23).
- Khosla, M. (2008, October). "*Affect and Wellbeing*". Paper presented at the Department of Psychology, Daulat Ram College University of Delhi. (October 28).
- Khosla, M. (2007, January). "*Affect, Coping and Spiritual wellbeing*". Paper 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", Aurobindo Ashram, Delhi.
- Khosla, M. (1990, December). "*Cognitive Appraisal of Stressful Stimuli*". Poster presented at the National Conference of Clinical psychologists, Arts Faculty, Psychology Department, University of Delhi, and Delhi.

Invited Lectures

- Khosla, M. (2025, 10th January). Invitation to participate as an expert in the program " Insights and Strategies: Civil Services Exam Preparation". Central Secretariat Library, Ministry of Culture, Government of India
- Khosla, M. (2024, February). "*Techniques to Enhance Mental Health in Youth*". Invited Talk for Yuva Shakti Abhiyan, Youth Transformation program, organized by DRC, University of Delhi and Indraprastha Shakti. (February 22nd).
- Khosla, M. (2024, January). "*Happiness and Wellbeing*", Key speaker at the lecture series on "Mental Health, Wellbeing and Happiness" by Psychology Department, Govt.V.Y.T.PG Autonomous College, Durg. (January 27th).
- Khosla, M. (2023, November). Participated at the Humphrey Alumni Global Policy Series, New Delhi, November 17, Organised by USIEF-The Fulbright Commission in India. (November 17th).
- Khosla, M. (2023, October). "Yoga and Health in the Modern World" an invited lecture at the University

of Saskatchewan, Canada. (October 5th).

Khosla, M. (2023, October). Invited lecture on “Traditional Modern approaches to Health in India” at the University of Saskatchewan, Canada. (October 3rd).

Khosla, M. (2023, October). A lecture on “Traditional Indian Approach to health” at the University of Saskatchewan, Canada. (October 3rd).

Khosla, M. (2023, October). Invited lecture on Vedanta lecture series on “Bhakti Yoga”, at the Lakshmi Narayan Temple in collaboration with University of Saskatchewan, Canada. (October 1st).

Khosla, M. (2023, September). Invited Lecture on Vedanta Endowment Lectures “The Promise of Hindu Yoga Heritage to the World’s Health and Well-being”, at the University of Saskatchewan, Canada. (September 28th).

Khosla, M. (2023, September). Invited Vedanta Endowment Lectures on “Maharishi Patanjali and Religious Dimensions of Yoga” at Shri Laxmi Narayan Temple organized by University of Saskatchewan, Canada. (September 30th).

Khosla, M. (2023, August). Invited address on “Crafting and conducting survey-based research in interdisciplinary areas” One Week Online Faculty Development Programme (FDP) Innovative Interdisciplinary Research & Publication Ethics- (August 8-14, 2023) Organized by School of Law In association with School of Humanities, Social Science & Education, GD Goenka University. (August 10th).

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

Khosla, M. (2022, November). “*Does happiness really matter*”. Talk at Digvijay School, Poland. (November 25th).

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

Khosla, M. (2022, July). “*Understanding the Psychology of Health and Well-being*”, Sage texts. Book launch at India International Centre, India. (July 1st).

Khosla, M. (2022, April). “*Ethics in Research*”. Lecture for Faculty Development Program, Emerging perspectives in research methodology: A way forward. G D Goenka University (April 22).

Khosla, M. (2022, April). “*Issues and Challenges in Traditional Healing research Initiatives*”. Panelist at the International conference on AYUSH in Public Health, organized by Jeevaniya Society, Lucknow. (April 17th).

Khosla, M. (2022, April). “*Need to promote traditional healing practices*”. Talk at Hansraj college, Delhi. (April 1st).

Khosla, M. (2022, March). “*Compassion & Flourishing*”. Talk at Community of practice, Harvard flourishing programme. (March,29).

Khosla, M. (2022, March). “*Indian Cultural model of Health and wellbeing*”. Talk at the University of Saskatchewan, Canada. (March,14).

- Khosla, M. (2021, December). “*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 29).
- Khosla, M. (2021, December). “*Compassion and mental health*”, Talk the Capacity Building Program on “Health, well-being, and productivity, organized by the psychology resource center, from 13th December 2021- to 20th December 2021. (December 15).
- Khosla, M. (2021, December). “*Values in Flourishing*”, Inaugural address for the 7th Value Engagement Program, DRC, Values for Flourishing, Psychology Resource Centre, University of Delhi. (December 6).
- Khosla, M. (2021, September). “*Skill development program: the road so far and vision for Future*”. Skill Development Program, DRC, University of Delhi, Delhi. (September 22).
- Khosla, M. (2021, July). “*Indigenous Healing Practices and Well-being*”. Talk at Assam Downtown University, India. (July 31).
- Khosla, M. (2021, June). “*Following the heart: Opening Mind to research*”, at CoP Community of Practice, Harvard University. (June 7).
- Khosla, M. (2021, May). “*Mindfulness as a protective factor against COVID-19 Pandemic*”. Presentation at Harvard University, USA.
- Khosla, M. (2021, April). “*Following the heart: Opening the mind to Research*”. Talk at Bharti College, University of Delhi. (April,12).
- Khosla, M. (2021, 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>(March 12).
- Khosla, M. (2020, October). “*Steps Enhancing Mental Health*”, invited lecture at Mizoram University on world mental health Day program.
<https://www.youtube.com/watch?v=a9jXRH71PnU> (October 10)
- Khosla, M. (2020, August). “*Health and Wellbeing: Reflecting on Dominant Practices & Emerging Challenges*”. Session in National Seminar on Health and Well-Being, 28-29 February, Department of Psychology, Arts Faculty, University of Delhi. (August 24).
- Ekta, C., & Khosla, M. (2020, February). “*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. (February 29).
- Khosla, M. (2019, December). “*Indian Healing Traditions*”, talk at Gdansk Medical University, Gdansk, Poland. (December 6).
- Khosla, M. (2019, December). “*Emotions and Morality: Implications for well-being*”. Talk at Gdansk Kolokwia Psychologiczne, Gdansk, Poland. (December 6).
- Khosla, M. (2019, November). “*Weaving Happiness in your life: Knowing Indian Culture as it*

Is". Talk at University of Warsaw, Poland. (November 26).

Khosla, M. (2019, March). "*Engaging Values for Personal Development*", Talk at ARSD college, University of Delhi. (March 11).

Khosla, M. (2019, March). "*Are you on the right path? Opportunities and challenges in pursuing psychology*", talk at the department of Psychology, University of Delhi, Delhi. (March 8).

Khosla, M. (2018, August). "*Emotional Regulation & Intelligence: A Cultural Perspective*". International Emotional Webinar Series by ISRE, University of Pennsylvania. (August 9)

Khosla, M. (2017, November). "*Education today: Journey so far*", Face to Face program by OSA, Springdales School, Pusa Road, Delhi. (November 13).

Khosla, M. (2017, July). "*Emotion Regulation and women Health choices*". Life style Management Course on Skill Development Program, DRC, University of Delhi, Delhi. (July 10).

Khosla, M. (2017, July). "*Emotional Health and Ambition*". Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi. (July 9).

Khosla, M. (2017, July). Interactive session on "*Stress management*". Life Style Management Course on Skill Development Program, University of Delhi, Delhi. (July 8).

Khosla, M. (2017, July). "*Research ethics, testing and analysis*". Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi. (July 8)

Khosla, M. (2017, July). "*Coping Strategies of Improving mental Health*". Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi. (July 7).

Khosla, M. (2017, July). "*Experiential Learning in Life style management*". Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi. (July 6).

Khosla, M. (2017, March). "*Psychoanalytic movie review session*". Lady Sri Ram College, University of Delhi, Delhi. (March 2).

Khosla, M. (2017, February). "*Sharing Ideas for green Environment*". Fulbright Alumni Meet on Green Fulbrighters Forum, USIEF, Delhi. (February 27)

Khosla, M. (2017, January). "*Morality, Culture and Health*". Seminar presented at university of Paris Descartes, Paris France. (January 28)

Khosla, M. (2016, November). "*Role of Emotions in Human Development and Growth: an Intercultural Perspective*". WISP, University of Warsaw, Poland. (November 15)

Khosla, M. (2016, November). "*Culture, Emotion and Communication: implications for*

Well-being”, Social High School of International Branches (IB) them. Jam Saheb Digvijay Sinhji Raszyńska, Warsaw, Poland. (November 29).

Khosla, M. (2016, December). “*Role of Emotions in Human Development and Growth: An Intercultural Perspective*”. Psychology Department, University of Gdansk, Gdansk, Poland. (December 1).

Khosla, M. (2016, November). “*Spirituality and Emotional Wellbeing*”. Invited seminar at University of Kardynala Stefana Wyszynskiego, Warsaw, Poland. (November 25).

Khosla, M. (2016, February). “*Zindagi na milaegi dobara: Psycho-analytical perspective*”. Invited Talk at DRC, University of Delhi. (February 17).

Khosla, M. (2016, January). “*Ethos of Indian Culture and Globalization of Education*”. Keynote address at an International Seminar at Indian Council of Social Science Research, Delhi. (January 29).

Khosla, M. (2015, December). “*Enhancing Mental Health*”. Talk presented at the Sustainable health Programme , Daulat Ram College, University of Delhi, Delhi. (December 21).

Khosla, M. (2015, May). “*Generation and Decoding of Facial Expressions across Cultures: How much do we know?*” Invited Seminar at the psychology Faculty, Warsaw International Studies in Psychology, University of Warsaw, Warsaw, Poland. (May 19).

Khosla, M. (2015, May). “*Culture, Emotions and Morality: Indian perspective*”. Invited Lecture at Gdansk University, Gdansk, Poland. (May 11).

Khosla, M. (2015, May). “*Does Indian Psychology reveal the Essence of Indian Culture?*” Seminar at University of Kardynala Stefana Wyszynskiego, Warsaw, Poland. (May 14).

Khosla, M. (2015, January). “*Understanding Psychology of Health and Wellbeing*”. Seminar at Jesus and Mary College, University of Delhi. (January 28).

Khosla, M. (2015, May). “*Zindagi na milaegi dobara: Psycho-analytical perspective*”. Centre for Academics and Counselling services, Delhi.

Khosla, M. (2014, July). “*Essence of Indian Culture and Education System in India*”. Invited address delivered to the students and Professors from Penn State University at the Sri Ram College of Commerce, University of Delhi. (July 18).

Khosla, M. (2014, May). “*Gender and Education in Indian Socio-Cultural Context*”. Invited address delivered at St. Olaf College, MN, USA. (May 6).

Khosla, M. (2014, April). “*Are Emotional Expressions Culturally Mediated?*” Invited address presented at St Olaf College, MN, USA. (April 16).

Khosla, M. (2014, April). “*Culture, Emotion and Communication: implications for Well-being*”. Invited address given at the Howard University, Washington, DC, USA. (April 24).

Khosla, M. (2014, April). “*Generation and Decoding of Facial Expressions. How much do we know?*” Invited address delivered at IL University, IL, USA.

Khosla, M. (2014, March). “*Understanding Emotions from an Indian Perspective: Implications*

for Health and Wellbeing". Talk at Department of Psychology and Women Studies, The Pennsylvania State University, University Park, PA, USA. (March 24).

Khosla, M. (2014, March). "*Hindu concept of Self*". Invited address presented at the Department of Psychology and Women Studies, The Pennsylvania State University, University Park, PA, USA. (March 25).

Khosla, M. (2014, March). "*The Essence of Indian Culture*". Talk at St.Olaf College, MN, USA. (March 17).

Khosla, M. (2014, April). "*Decoding the Mystery of a Smile*". Invited address delivered at the Carleton College, MN, USA. (April 10).

Khosla, M. (2014, April). "*Indian Cultural Context in Health Psychology*". California State University, Los Angeles. (April 30).

Khosla, M. (2014, March). "*Building a Meaningful Society*". Talk at Fulbright Enrichment Seminar, organized by the University of Texas at Austin, TX, USA. (March 22).

Khosla, M. (2014, March). "*Culture Matters: Why Personal Happiness Isn't Necessarily All It's Cracked Up to Be*". Invited address at Merrimack College, MA, USA. (March 12).

Khosla, M. (2014, March). "*Role of Emotion Decoding and Regulation in Mental Health and Wellbeing: An Indian Perspective*". Invited address at Yale Center for Emotional Intelligence, Yale University, New Haven, CT, USA. (March 11).

Khosla, M. (2014, March). "*The Key to Happiness: A Psycho-Social Perspective from India*". Talk at the Asian and Asian American Studies Institute, Indian Studies and Office of Global affairs public lecture, University of Connecticut, Storrs, CT, USA. (March 10).

Khosla, M. (2013, December). "*Decoding the Mystery of Facial Expressions*". Talk at the Department of Social Psychology, Paris Descartes University, Paris, France.(December 2).

Khosla, M. (2013, December). "*Understanding The science of Facial expressions*". Talk at Paris Descartes University, Psychology Institute, Paris, France. (December 9).

Khosla, M. (2013, December). "*Culture and Emotions: Cross-cultural perspective*". Talk at Social psychology department, Paris Descartes University, Psychology Institute, Paris, France.(December 10).

Khosla, M. (2013, December). "*The Emotional Expressions on the Face*". Invited lecture at University of Strasbourg, Department of Psychology, Strasbourg, France.(December 11)

Khosla, M. (2013, October). *Building Emotional Resilience*". Invited address at Jesus & Mary College, University of Delhi, Delhi.(October 18).

Khosla, M. (2013, January). "*The Psycho-Analytic Study of the Mind*". Invited address at the English department, Daulat Ram College, University of Delhi, Delhi.(January 23).

Khosla, M. (2013, January). "*Facial Expression of Emotion: Moderating Variables and Nonverbal Mapping – The Paralanguage, Culture and Society: Session I*". Invited presentation at the e-learning postgraduate Course on Facial Expression of Emotion, University Fernando Pessoa Health Sciences School, Porto, Portugal.(January 8).

- Khosla, M. (2013, January). "*The moderating variables of Decoding of Facial expressions: Session II*". Invited presentation at the e-learning postgraduate Course on Facial Expression of Emotion, University Fernando Pessoa Health Sciences School, Porto, Portugal. (January 23).
- Khosla, M. (2012, November). « *Emotional Transformation of the Self: Hindu Perspective* ». Talk at the Psychiatry Department, New College, University of Toronto, Canada. (November 21).
- Khosla, M. (2012, November). "*Introduction to Indian Psychology: Self, Identity & Personality*". Invited address delivered at the Department of Psychology, New College, University of Toronto, Canada. (November 27).
- Khosla, M. (2012, November). "*Decoding the Mystery of Facial Expressions: Implications for Health and Wellbeing*". Invited address presented at the Department of Psychology, University of Toronto Scarborough, Ontario, Canada.(November 26).
- Khosla, M. (2012, December). "*Indian thought on Consciousness, Morality and Emotional Development*". Invited address given at the Centre for Buddhism and Psychology, New College, University of Toronto, Canada.(December 7).
- Khosla, M. (2012, December). "*Overview of Indian Psychology: implications for Well-being*". Invited address delivered at the Department of Psychology, Science wing, University of Toronto, Canada.(December 12).
- Khosla, M. (2012, December). "*Emotional Expression: Indian Perspective*". Invited address at Affect and Cognition Lab, Department of Psychology, St. George Campus, University of Toronto, Canada.(December 11).
- Khosla, M. (2012, December). "*Generation and Decoding of Facial Expressions: Indian Perspective*". Invited presentation at the Neuropsychology lab, Department of Psychology, St.George Campus, University of Toronto, Canada.(December 5).
- Khosla, M. (2012, December). "*Understanding Emotions from a Spiritual and Cultural Perspective: Implications for well-being*". Invited presentation at the Department of Psychology, University of Toronto, Ontario, Canada.(December 5).
- Khosla, M. (2012, December). "*Understanding the Science of Facial Expressions: Implications for Health and Well-being*". Invited presentation at the Affect and Cognition Lab, Department of Psychology, University of Toronto, Ontario, Canada.(December 5).
- Khosla, M. (2012, December). "*Yoga and Meditation in Mental Health and Well-being*". Workshop at OISE, University of Toronto, Canada.(December 7).
- Khosla, M. (2012, December). "*Understanding Micro-momentary facial Expressions: Influence of Indian Culture*". Seminar presented at the St.George Campus, University of Toronto, Ontario, Canada.(December 6).
- Khosla, M. (2012, December). "*Yoga and Meditation in Mental Health and Well-being*". Invited address at the Brain Health Sciences Centre, Rotman Research Institute, Baycrest, Bathurst St, University Of Toronto, Canada.(December 7).
- Khosla, M. (2012, January). "*Understanding Indian concept of Emotions*". Seminar presented to the American Delegation from St. Olaf College, Minnesota, USA in the Department of Psychology, Daulat Ram College, University of Delhi, Delhi(January 28).

- Khosla, M. (2011, June). "*Understanding the Emotional Experience*". Invited address in the Department of Psychology, Boston College, MA, USA.(June 28).
- Khosla, M. (2005, February). "*Understanding the basic concepts of Classical Psychoanalysis*". Talk to the English Department, Daulat Ram College, University of Delhi, and Delhi.(February 8).
- Khosla, M. (2004, September). "*Sigmund Freud: Analysis of the Oedipus complex*". Seminar at English Society, Daulat Ram College, University of Delhi, Delhi. (September 12).
- Khosla, M. (2003, October). "*Freud, the unconscious, Oedipus complex and personality structure*". Talk in the English Department, Daulat Ram College, University of Delhi, Delhi.(October 27).
- Khosla, M. (2003, September). "*Methodological issues in Psychological Research*". Talk at the Psychology Association, Daulat Ram College, University of Delhi, Delhi.(September 12)
- Khosla, M. (2002, November). "*Understanding the unconscious realms of the mind*". Talk at the English Association, Daulat Ram College, University of Delhi, Delhi.(November 2)
- Khosla, M. (1997, October). "*Coping with Life Stresses among Women*". Paper presented at South Campus, University of Delhi, Delhi.(October 27)
- Khosla, M., & Gupta, A. (1997, May). "*Affect and its Behavioral Consequences*". Poster presentation in Arts Faculty, University of Delhi, Delhi.
- Khosla, M. (1996, February). "*Induced Affective States and Cognition*". Paper presentation at Kamla Nehru College, University of Delhi, Delhi.(February 3).
- Khosla, M. (1994, November). "*Stress and its effects on Time Perception*". Paper presented in the Department of Psychology, Jesus & Mary College, University of Delhi, Delhi.(November 4).
- Khosla, M. (1994, March). "*Emotion, Affect and Stress*". Presented a paper in the Department of Psychology, Arts Faculty, University of Delhi, Delhi.(March 23)
- Khosla, M. (1993, December). "*Role of Affect in Recognition Memory*". Paper presented in the Department of Psychology, University of Delhi, and Delhi.

Public Talks /Non-Academic Organisations

- Khosla, M. (2022, June). "*Can you image life without movies? Let us understand*". Public lecture at India Habitat Centre. (June 8).
- Khosla, M. (2021, June). Webinar on "*Mental Health Awareness*" for Umeed NGO, Delhi. (June 19).
- Khosla, M. (2020, December). "*Coping with Mental Health issues during COVID times*", invited talk at UNIDAD, The silver lining. (December 7)
<https://www.facebook.com/UNIDADUniverseofDads/videos/1281145082251578>.
- Khosla, M. (2020, 24th August). "*Mental Health: Perceiving Challenge as an Opportunity*". Talk

at India International Centre, recorded webinar, (August 24).

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

Khosla, M. (2019, January). “*Catching the Rainbow: Unveiling the essence of life*”. Talk at India Habitat Centre, Lodhi Road.(January 30).

Khosla, M. (2019, January). “*Mental Health Opportunities and Challenges: Initiatives that will make a difference*”. Talk at India International Centre, Delhi.(January 10).

Khosla, M. (2018, December). “*Exploring the opportunities and challenges in cross-cultural education and research*”. Public presentation at the India International Centre, Delhi, India.(December 27).

Khosla, M. (2017, July). “*The Role of Media in our lives*”. Talk at India Habitat Centre, Delhi. (July 3).

Khosla, M. (2017, May). “*Catching the Rainbow*”. A talk for the non-professional helpers at DRC, University of Delhi.(May 31).

Khosla, M. (2016, April). Resource person for “*Mentoring program for Fulbright applicants*” for Academic and Professional Excellence, Fulbright House, Hailey Road, Delhi. (April 22).

Khosla, M. (2016, May). Invited Talk on “*Developmental changes in Childhood: implications for health*” at Centre for Academics and Counselling services, EHSAS, Delhi. (May 13).

Khosla, M. (2016, May). Talk on “*Steps to Enhance Mental Health*” at the American Centre organized by USIEF, Delhi.(May 19).

Khosla, M. (2016, May). “*Living on the US Campus*”, talk for Fulbright-Nehru Scholar Orientation Program, USIEF, Delhi.(May 26).

Khosla, M. (2016, May). “*Culture and Education*” talk for Fulbright-Nehru Scholar Orientation Program, USIEF, Delhi.(May 27).

Khosla, M.(2015, February). “*Indian techniques of Counselling*”. Invited Seminar at National Institute of Social Defense, Delhi, India. (February 10).

Khosla, M. (2014, November). “*Role of Counselling in Social Defense*”. Invited address delivered at the National Institute of Social Defense, Delhi, India.(November 14).

Khosla, M. (2013, February). “*Counselling Process for the Delinquents and Youth*”. Invited presentation at the National Institute of Social Defense, Delhi.(February 1).

Khosla, M. (2013, April). “*Decoding the Mystery of a Smile*”. Invited address at the India Habitat Centre, Delhi.(April,16).

Khosla, M. (2013, September). “*Counselling practices in India*”. Invited address at the Indian Social Institute, Delhi.(September,25).

Khosla, M. (2013, January). “*The key to happiness*”. Invited address at Shastri Indo-Canadian Institute, Delhi.(January 21).

Khosla, M. (2012, April). “*Role of Counseling in Social defense Issues: Meaning,*

Types, importance, skills and characteristics of a good counselor". Seminar at National Institute of Social Defense, Delhi.(April 2).

Khosla, M. (2012, September). "*Counselling children and women in Indian Culture*". Seminar at the National Institute of Social Defense, Delhi.(September 16).

Khosla, M. (2012, February). "*Culture and coping among Indian adolescents and youth*". Lecture delivered at the Indian Social Institute, Lodhi Road, Delhi.(February 21).

Khosla, M. (2011, November). "*Understanding the basics of Counselling process*". Invited address given at the National Institute of Social Defense, Delhi, India.(November 25).

Khosla, M. (2011, January). "*Group Counseling Process in India*". Invited address delivered at the National Institute of Social Defense, Ministry of Social Justice and Empowerment, New Delhi.(January 27).

Khosla, M. (2010, December). "*Counseling Types, processes, skills and qualities*". Invited address delivered at the National Institute of Social Defense, Ministry of Social Justice and Empowerment, New Delhi.(December 2).

Khosla, M. (2010, December). "*Counselling: its definition, concept, details of counseling Skills*". Invited address delivered at the Indian Social institute with National Institute of Social Defense, Ministry of Social Justice and Empowerment, New Delhi. (December 20).

Khosla, M. (2010, February). "*Micro momentary Facial Expressions of Emotions*". Seminar at the Defense Institute of Psychological Research, Defense Research and Development Organization, Delhi.

Khosla, M. (2009, November). "*Understanding Emotions from an Indian perspective: implications for Wellbeing*". Presentation at the world web conference on the launch of Emotional Expression: The Brain and the Face (Vol.2), University Fernando Pessoa Health Sciences School, Porto, Portugal.

Khosla, M. (2008, October). "*Affect and Wellbeing*". Paper presented at the Department of Psychology, Daulat Ram College University of Delhi.

Khosla, M. (2006, January). "*Positive Affect and Coping with Stress*". Paper presented at the refresher course at Center for Professional Development in Higher Education, University of Delhi, Delhi.

Khosla, M. (2003, November). "*Coping with Stress and Stress Management in Women*". Paper presentation at a refresher course, at Center for Professional Development in Higher Education, University of Delhi, Delhi.

Khosla, M. (2001, April). "*Improving Higher Education*". Paper presentation at the orientation course held by the Center for Professional Development in Higher Education, University of Delhi, Delhi.

Khosla, M. (1998, December). "*The Role of Emotion in Women's Status and Cognitive Skills*". Paper presented at Center for Professional Development in Higher Education, University of Delhi, Delhi.

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| 2011-2013 | <i>Understanding Micro-momentary emotional expressions: Life-span Perspective, sponsored by ICSSR.</i> |
| 2015- 2018 | Star Innovation project, University of Delhi DRC-02: <i>To Investigate the Incidence of Polycystic Ovary Syndrome amongst the undergraduate college girls in Delhi University, Daulat Ram College, University of Delhi.</i> <i>Psychology project: Its all in the cycle: Understanding the impact of menstrual cycle on health and well-being.</i> |
| 16.1.19-2022 | DRC Human research ethical committee permission for project on <i>exploring the attitude, beliefs and acceptance of traditional healing practices and modern medical procedures in India: Implications for health and wellbeing.</i> |
| 25.9.20-2023 | DRC Human research ethical committee permission for project on <i>Exploring Cognitive, Affective and Psycho-social indices during corona pandemic: Mental health issues, interventions, & implications for wellbeing.</i> |
| 2020-2024 | On going Research projects with DRC Undergraduate students: i) <i>Building self compassion and resilience through mindfulness meditation,</i> ii) <i>mantra meditation on health and wellbeing;</i> iii) <i>pranayama on enhancing health and wellbeing;</i> iv) <i>Yoga and mental health; hath yoga on health and wellbeing;</i> v) <i>Meditation on emotion regulation and wellbeing;</i> vi) <i>Yoga asana and relaxation exercises on health and wellbeing.</i> |
| 2023-2025 | Navdhara research Project, funded by DRC, University of Delhi, <i>On Enhancing Psycho-physiological Immune System of young adults via Resilience Building Program.</i> |

Research dissertations guided at Undergraduate level:

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| 2001 | The Power of Positive thinking: The role of optimism in affect and coping with stress. |
| 2006 | Effects of Happiness on Affective and Cognitive Processes: Implications for Perceived Health and Quality of life |
| 2007 | Changes in emotional resilience, arousal, and memory in post traumatic stress disorder (PTSD): Finding benefit in breast cancer. |
| 2007 | Benefits of coping with stress, Subjective well-being and depression: A comparative study among college students. |
| 2008 | The Power of Written Emotional Expression on Psycho-physiological Health |
| 2010 | Role of Psychological capital and authentic leadership in organizational commitment and well-being. |
| 2011 | Exploring self-conscious emotions and emotion regulation in depression and bipolar affective disorder: implications for emotional well-being. |
| 2012 | The role of passion and grit in men and women engaged in performing arts (Indian Classical Dance and Indian Classical Instrumental music) and its effects on their emotional well being. |

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| 2015 | Resilience and coping in Alcoholism |
| 2017 | The impact of social media usage on coping, emotional regulation, depression and resilience. |
| 2017 | Exploring the effects of birth order and gender on an individual's personality, moral foundations, and pro-social tendencies |

Details of research Guidance at PhD Level.

Ms Meenakshi Singh (2.12.15-February 2022) Effect of self-conscious emotions on moral self belief (received degree)

Mr Amit Prakash (20.12.2018) Psychological resilience: implications for subjective well-being

Ms Chetna (28.12.2018) Effectiveness of multisensory approach specific learning disability

Ms Menon Shreeya Ajaykrishnan (16.01.2019) Hope, resilience, optimism

Ms Ayushi Bhalla (14.08.2020) Internet addiction, alexithymia and traumatic experience.

Co-Supervisor for PhD student

Ms Vishruti, (14.9.2023) classical music and emotion expression

Member of Advisory board for Ph.d Students

Aman Kumar Raturi (UDSC) Cognitive Psychophysiology of suggestibility, Learning and decision making styles in adults. (Date of Regis- 15 July 2021)

Ms Jasleen kaur(UDSC) Effects of neurocognitive Intervention on Cognitive skills and scholastic achievement of children with ADHD. (Date of regis 15.July 2021)

Ms Naina Nagpal (IIT) An exploration into the pursuit of the Good Life: From Conceptualisation to Measurement (date of Regis- sep 28, 2020)

Mr harish Kumar 'loniness feeling, self-esteem and goal setting of students pursuing post graduate courses(North Campus)(1.7.22)

Ms Chitranshi Shukla (North Campus, 2024)

International Collaborations:

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| 11.6.07-2008 | Research project (<i>on Happiness index</i>) with Erasmus University Rotterdam, Netherlands. |
| 17.7.09-2011 | Cross-cultural research <i>on PTSD</i> with Columbia University, USA. |
| 20.7.10-2011 | India-France Cross Cultural Research Project on <i>Emotion Recognition, Intensity of felt emotion & social acceptance of emotion expression between Indian and French sample using simulated cartoons</i> with University of Paris Des Cartes, France. |
| 2010-2011 | India-France Cultural Research Project on <i>Deception study in emotion generation using IAPS in Indian sample.</i> |
| 2011-2012 | Cross cultural research project with Boston College on <i>translation of emotion words for emotion recognition and judgments of spontaneous facial expressions of emotions, Boston, USA.</i> |
| 2011-2012 | India-France Cultural Research Project on <i>Generation of Spontaneous and posed emotional expressions in Indian /French sample, University of Paris Des-Cartes, France.</i> |

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| 2.5.12 – 2013 | Cross cultural research project on <i>shame and guile across cultures</i> with University of Helsinki, Finland, and University of Ghent, Belgium. |
| 14.5.13- 2014 | India-France Cross Cultural Research Projects on: i) Cultural <i>differences in antecedents, social acceptance & recognition of emotion: implications for communication and wellbeing.</i> ii) <i>Social acceptance of emotion, self-construal in independent and interdependent sample.</i> iii) <i>Emotion identification & judgment of emotional expression of emotion in French and Indian men and women</i> with University of Paris-Des Cartes, France. |
| 1.3.15 – 26.5.15 | Cross cultural research on <i>Emotion generation using Facial expressions, Cultural differences in antecedents, social acceptance and recognition of emotions: Implications for well-being in Polish sample,</i> University of Warsaw, Poland. |
| 2014 – 2015 | Cross cultural research projects with North Eastern University, USA on: i) <i>Generation of Compassion</i> and ii) <i>Emotion perception.</i> |
| 9.1.16 – 2017 | India-France Cross Cultural Research Project on <i>Culture, Dissonance and Emotion Perception: implications for Communication & Wellbeing.</i> University of Paris Des-Cartes, France. |
| 5.3.17 – 2018 | India-France Cross Cultural Research Projects on : i) <i>Cambodian Implicit emotions using films to induce emotions in French Sample.</i> ii) <i>Recognition of Facial expressions in French and Indian participants.</i> iii) <i>Cognitive dissonance in emotion and self- appraisal processes in emotion perception.</i> |
| 2018-2020 | India-France cross-cultural project on <i>Coping and emotion regulation with effects on wellbeing among Indian and French participants.</i> |
| 13.3.20- 2022 | Cross cultural research with Tilburg University, Netherlands & University of Paris Des-Cartes on : i) <i>Cognitive Dissonance Replication Study across cultures.</i> ii) <i>Study on attitudes towards educational policies. The intention of this study is to research and gain knowledge of student attitude towards a variety of educational policies.</i> |
| 2019- 2021 | Cross cultural research on <i>COVID -19</i> with Ashland University, Ohio, USA. |
| 2020-2022 | <i>The Impact, perceptions and experiences of Covid-19 among young people in a multidimensional and international perspective across Generations (IMPACT-C19),</i> cross-cultural research project with University of Stockholm. |
| 2020-2022 | <i>Developing STRAEQ-II Research</i> with University of Grenoble, Alpes |

France.

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| 2021-2023 | <i>Strong Ties weak ties rationality scale (STWTRS) collaboration with Institute of Ethnology, Academia Sinica, Taiwan, Republic of China.</i> |
| 2022-2024 | i) <i>Cross cultural study on mental health</i> , with University of Bydgoszcz, Poland ii) <i>Cross-cultural study on Covid 19 assessment</i> , University of Warsaw, Poland iii) <i>Cross- cultural study on Emotion Regulation</i> , University of Warsaw, Poland iv) <i>Indian-Polish study on Psycho-social costs of practicing profession</i> , University of Gdansk, Poland. |
| 2023-2025 | <i>Cross-cultural study of Values, compassion and Flourishing, Harvard Flourishing Program, Harvard University & Baylor University, USA.</i> |

Awards and Distinctions

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| 22.03.2023 | Excellence Award for Teachers in service in College-Age above 45 years, University of Delhi, Delhi, India. |
| 23.09.2023 – 9.10.2023 | SSTSG Shastri-Indo Canadian Institute Award, Canada |
| 26.12.2021 | 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, India. |
| 28.05.2021 | 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, University of Saskatchewan, Canada |
| 01.07.2018 | UGC Travel Award for paper presentation at International Conference in University of Guelph, Guelph, Canada. |
| 09.01.2017 | ICSSR Fellowship for data collection to University of Paris Des Cartes, Paris, France. |
| 01.03.2015 – 31.05.2015 | IBIES, Erasmus Mundus Fellowship for Research and Lectureship, University of Warsaw, Warsaw, Poland. |
| 01.02.2014 – 31.05.2014 | Fulbright Nehru Visting Lectureship Fellowship, by USIEF, St Olaf College, Minnesota, USA. |
| 15.11.2013 – 15.12.2013 | ICSSR Indo-France Cultural Exchange Fellowship, University of Paris Des Cartes, Paris, France. |

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| 15.11.2012 - 15.12.2012 | Shastri-Indo Canadian Fellowship, Faculty Mobility Award, New College, University of Toronto, Toronto, Canada. |
| 04.05.2011 | UGC Travel Award for paper presentation at International Conference in University of Laval, Quebec City, Quebec, Canada. |
| 2010 -2011 | Indian Council of Social Science Research travel award, International Conference of Applied Psychology, ICAP, Melbourne, Australia |
| 1993 | University Grants Commission Award for Research Fellowship and Lectureship (Master's Level), Psychology, University of Delhi, Delhi, India. |

Association with Professional Bodies

National Academy Of Psychology, India
American Psychological Association, USA
Indian Academy for Applied Psychology, India
Delhi Association of Clinical Psychologists, India
Indian Association of Clinical Psychologists, India
 Community of Practice, Harvard Flourishing Group, USA.
 American Psychological Association Diversity Teaching group, USA
 Society for the Teaching of Psychology (APA Division 2), USA.
 International Society for Research on Emotion, USA.
 International Society for Quality- of- life studies, USA.
 Social Psychology Network, USA.
 Society for study of Emotions in Organization, Australia.

Editorial Board

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| 2012 | Reviewer for Psych Journal, China. |
| 2009-2012 | Reviewer for United States Association for Small Business Entrepreneurship, USA |
| 2009 - present | Reviewer for Psychological Studies, Sage publications. |
| 2009- present | Editorial Board Journal of Brain, Face and Emotion, UK. |
| 2017-present | Editor for Psychology and Behavioral Medicine Open Access Journal (PBMOAJ), Budapest. |
| 2018- present | Reviewer for Current issues in Personality Psychology, Poland. |
| 2019-present | Associate Editor for Indian Journal of Psychology, India |

Other Activities

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| 14.07.2023 | “ <i>DELNET Resources and Services,</i> ” organized by DELNET, University of Delhi, Delhi. |
| 26.12.2020- | FDP on <i>Emerging Teaching Pedagogy for Developing skills of Teaching</i> |

- 31.12.2020 *Learning & Well-being in Virtual World: T.E.A.C.H.* Amity University, Noida.
- 10.10.2020 Attended National Webinar on “*Reboot and Rebuild: Implications for Mental Health post Covid19*” by School of Social Sciences, IGNOU, Delhi.
- 18.04.2020 APA educational activity “*COVID-19 and Mental Health: Caring for the Public and Ourselves*,” Washington , DC, USA.
- 30.07.2020 “*Growing during the Pandemic: what we can learn from the new science of flourishing and suffering, why is Viktor Frankl’s cure essential for overcoming COVID-19? Learn the existential positive interventions for meaning-focus therapy.*” International network on personal meaning, by Dr Paul .T .P. Wong Webinars, Toronto, Canada.
- 21.07.2020 - 23.07.2020 E-Faculty development program on “*Empowering Teaching- Learning process using Google Classroom & other ICT Tools: A comprehensive Practical Approach*”, Daulat Ram College, University of Delhi.

ORGANIZATION OF TRAINING PROGRAMS/ SEMINARS/ SYMPOSIUM

- Khosla,M.(2024).Convener of Skill Development Program and organized SDP on ICT tools for Undergraduate students, at DRC, University of Delhi.
- Khosla, M. (2023). organized Skill Development Program on *Hand -on training in psychological testing*, July 24-31th at Daulat Ram College, University of Delhi.
- Khosla, M. (2023). organized 3rd *Capacity Building Program* for non-teaching staff on *Engaging Values for productivity, health and Flourishing*, 2-9 August 2023, at DRC.
- Khosla, M. (2023). organized *the Faculty Training Program on basic ICT Tools*, from 19-21st July, for teaching staff, Daulat Ram College, University of Delhi.
- Khosla, M. (2023). organized *Awareness of mental health issues, De-stigmatization and Seeking help (ADS)*, 3rd *Mental health campaign*,7th February to 9th February, for first year students of DRC.
- Khosla, M. (2023). Organized the 2nd *Capacity Building Program* for the non-teaching staff of DRC on *Values for enhancing Happiness and Productivity* 6th March-20th March.
- Khosla, M. (2022). *ADS II Awareness of mental health issues, De-stigmatization and Seeking help (ADS)*,2nd *Mental health campaign* program from February 2 to February 27th, for all students of DRC, University of Delhi.
- Khosla, M. (2021). 1st *Capacity building program* for non-teaching staff at DRC, on *Health, Well-being and Productivity*,13 December to 20th December.
- Khosla, M. (2021-2022). Organized the 7th *Value Engagement Program on Values for Flourishing* under IQAC, at DRC, from December 1st to January 29th) University of Delhi.
- Khosla, M. (2021, October). organized the *Mental Health Day celebrations*, 7th October.
- Khosla, M. (2021, September). organized Inaugural function of *Skill Development Program*, at DRC, University of Delhi.

- Khosla, M. (2021, September). Organized a talk on *Qualitative research method: easy steps to understand human behavior* by Prof Anand Prakash, Psychology Department, University of Delhi.
- Khosla, M. (2021, January). “*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, October). Organized the *mental health day program*, DRC, University of Delhi.
- Khosla, M. (2020, December). Delivered a workshop on “*Building Emotional Resilience*” in the 6th Value Engagement Program, Psychology Department, Daulat Ram College.
- Khosla, M. (2020, December). Organized the 6th Value Engagement Program on “*Living by your Values: Steps towards mental health*”. DRC, University of Delhi.
- Khosla, M. (2019, October). Organized *World Mental health Day* program, DRC, University of Delhi.
- Khosla, M. (2019, October). Chair for a panel discussion on “*promoting Eudaimonia: A State of Happiness and Satisfaction in the World Mental health Day program*”, DRC, University of Delhi.
- Khosla, M. (2019, August). *Values enhancing Well-being*, Organized the 5th Value Engagement Program, for students at DRC, University of Delhi.
- Khosla, M. (2018, August). Organized the 4th Value Engagement Program on *Experiencing Values through Art*, DRC, University of Delhi.
- Khosla, M. (2018, May). *Enhancing mental Health: True Health Initiative*. Organized a training program for undergraduate students, DRC, University of Delhi.
- Khosla, M. (2017, May). *Skills to enhance self-esteem*. Organized a workshop in the summer camp for wives of Policemen, Delhi.
- Khosla, M. (2017, March). Organized National Symposium & Awareness Program on “*Life Style & Reproductive Health Challenges*” at Conference Centre, Daulat Ram College, University of Delhi.
- Khosla, M. (2017, September). Organized the 3rd Value Engagement Program on *Values Optimizing lifestyle*, in DRC, University of Delhi.
- Khosla, M. (2017, July). Organized *Life Style Management Skill development program*, DRC, University of Delhi, Delhi.
- Khosla, M. (2016, June). *Established Psychology Alumni Resource Association, PARA*, Psychology Resource Centre, Psychology department, University of Delhi, Delhi.
- Khosla, M. (2016, August). Organized the 2nd Value Engagement Program on *Values for Enhancing Academic Achievement in higher Education*, Psychology Department, Daulat Ram college.
- Khosla, M. (2015, September). Organized the 1st Value Engagement Program on *Values*

Workshops Delivered

Khosla, M. (2023, July). *Faculty Training Programme on ICT Tools*, at DRC for Teaching faculty.

Khosla, M. (2023, July). *Application and analysis of TAT* in SDP organized by the Psychology department on “Hands-on training with psychometric tools”, DRC.

Khosla, M. (2023, July). *Ethical issues in Psychological testing* in SDP organized by the Psychology department on “Hands-on training with psychometric tools”, DRC.

Khosla, M. (2023, July). *Introduction and administration of TAT* in Skill Development Program organized by the Psychology department on “Hands-on training with psychometric tools”, DRC.

Khosla, M. (2023, August). *Art of Flourishing through deep relaxation*. 4th Capacity Building Program on “Engaging Values for Enhancing Productivity, Health and Flourishing” organized by the Psychology Resource Centre and Value Engagement Centre, Department of Psychology, Daulat Ram College, University of Delhi from 26th July to 9th August 2023.

Khosla, M. (2023, August). *Developing Compassion* in 4th Capacity Building Program on “Engaging Value for Enhancing Productivity, Health and Flourishing” organized by the Psychology Resource Centre and Value Engagement Centre, Department of Psychology, Daulat Ram College, University of Delhi from 26th July to 9th August 2023.

Khosla, M. (2023, August). *Values, Creativity and Flourishing*. 4th Capacity Building Program on “Engaging Values for Enhancing Productivity, Health and Flourishing” organized by the Psychology Resource Centre and Value Engagement Centre, Department of Psychology, Daulat Ram College, University of Delhi from 26th July to 9th August 2023.

Khosla, M. (2023, August). *Meditation and relaxation* 4th Capacity Building Program on “Engaging Values for Enhancing Productivity, Health and Flourishing” organized by the Psychology Resource Centre and Value Engagement Centre, Department of Psychology, Daulat Ram College, University of Delhi from 26th July to 9th August 2023.

Khosla, M. (2023, August). *Building resilience*. 4th Capacity Building Program on “Engaging Values for Enhancing Productivity, Health and Flourishing” organized by the Psychology Resource Centre and Value Engagement Centre, Department of Psychology, Daulat Ram College, University of Delhi from 26th July to 9th August 2023.

Khosla, M. (2023, August). 4th Capacity Building Program on “Engaging Values For Enhancing Productivity, Health and Flourishing” organized by the Psychology Resource Centre and Value Engagement Centre, Department of Psychology, Daulat Ram College, University of Delhi from 26th July to 9th August 2023.

Khosla, M. (2023, April). In house Skill Development Program Valedictory Function *Skills*

for employability, Building Competency, Cultural Sensitization and Diversity Integration at DRC, University of Delhi, Delhi.

Khosla, M. (2023, March). 4th Capacity Building Program on *Values For Enhancing Happiness & Productivity* organized by the Psychology Resource Centre and Value Engagement Centre, Department of Psychology, Daulat Ram College, University of Delhi from 6th March to 20th March 2023.

Khosla, M. (2023, March). *Taking care of Mental Health Issues* at 2nd Capacity Building Program on Values for enhancing Happiness and Productivity, 6th March to 20th March at DRC.

Khosla, M. (2023, March). *Relaxation and Meditation exercises* at 2nd Capacity Building Program on “ Values for enhancing Happiness and Productivity”, 6th March to 20th March at DRC.

Khosla, M. (2023, March). *Regulating Negative Emotions at work* at 2nd Capacity Building Program on *Values for enhancing Happiness and Productivity*, 6th March to 20th March at DRC.

Khosla, M. (2023, March). *Values Promoting Happiness* at 2nd Capacity Building Program on *Values for enhancing Happiness and Productivity*, 6th March to 20th March at DRC.

Khosla, M. (2022, January). *Mindfulness Meditation* at the 7th Value Engagement Program(VEP) at DRC.

Khosla, M. (2022, January). *Values related to social relationships* at the 7th VEP at DRC.

Khosla, M. (2021, December). *Values providing Meaning and Purpose* at the 7th VEP, DRC.

Khosla, M. (2021, December). *Values promoting Life satisfaction and Happiness* workshop at the 7th Value Engagement Program, DRC.

Khosla, M. (2021, December). *Values enhancing physical and mental Health* workshop at the 7th Value Engagement Program, DRC.

Khosla, M. (2021, December). *Values enhancing Flourishing*, Workshop at the 7th Value Engagement Program on “Values for Flourishing”, DRC, University of Delhi.

Khosla, M. (2021,February). *Loving Kindness Meditation training*, DRC, University of Delhi, Delhi.

Khosla, M. (2021,March). *Training on self-acceptance*, DRC, University of Delhi, Delhi.

Khosla, M. (2021,March). *Gratitude training*, DRC, University of Delhi, Delhi.

Khosla, M. (2021, March). *Progressive deep relaxation and mindfulness meditation*, DRC, University of Delhi, Delhi.

Khosla, M. (2021, February). *Emotional Breathing exercise*. DRC, University of Delhi, Delhi.

Khosla, M. (2021, February). *Mindfulness training*, DRC, University of Delhi, Delhi.

Khosla, M. (2021, February). *Self-Compassion induction*, DRC, University of Delhi, Delhi.

- Khosla, M. (2021, February). *Seeking Help for Mental Health Issues*, DRC, University of Delhi, Delhi.
- Khosla, M. (2021, February). *De-stigmatization of Mental Health Issues*, DRC, University of Delhi, Delhi.
- Khosla, M. (2021, January). *Spreading Awareness of Mental Health Issues*. DRC, University of Delhi, Delhi.
- Khosla, M. (2021, January). *Spreading Smiles via Values*. DRC, University of Delhi.
- Khosla, M. (2021, January). *Pathway to Happiness via Values*. DRC, University of Delhi.
- Khosla, M. (2021, January). *Building Emotional Resilience*. 6th Value Engagement Program on Living by your Values: Steps towards mental health.
- Khosla, M. (2021, January). *Values and Mental Health: Living by your values*. 6th Value Engagement Program on *Living by your Values: Steps towards mental health*.
- Khosla, M. (2020, December). *Building Compassion and Self-care through Values: Implications for mental health*. 6th Value Engagement Program on Living by your Values: Steps towards mental health.
- Khosla, M. (2020, December). *Values through Art: Enhancing Mental Health*. 6th Value Engagement Program on Living by your Values: Steps towards mental health.
- Khosla, M. (2020, December). *Values and Mental Health*. DRC, University of Delhi.
- Khosla, M. (2020, December). *Values Changing minds :Buffer against psychological illnesses*, 6th Value Engagement Program on *Living by your Values: Steps towards mental health*.
- Khosla, M. (2019, September). *Let us Smile: Values that help us in Managing Emotions* workshop in Daulat Ram College, University of Delhi.
- Khosla, M. (2018, May). *Enhancing mental Health: True Health Initiative*. A training program for undergraduate students, DRC, University of Delhi.
- Khosla, M. (2018, May). *Skills to enhance self-esteem*. Workshop in summer camp for wives of Policemen, Delhi.
- Khosla, M. (2018, August). *Learning Values through Art*, workshop in Daulat Ram College, University of Delhi, Delhi.
- Khosla, M. (2018, August). *Learning Values through Pictures*, workshop in DRC, University of Delhi.
- Khosla, M. (2017, September). Organized the 3rd *Value Engagement Course on Values Optimizing Lifestyle*, Psychology Department, University of Delhi.
- Khosla, M. (2017, September). Workshop on *Values optimizing Spiritual health* in the 3rd Value Engagement Course on *Values Optimizing Lifestyle*, Psychology Department, University of Delhi.

- Khosla, M. (2017, July). Workshop on *Guided meditation* in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi.
- Khosla, M. (2017, July). Workshop on *Emotion Regulation techniques* in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi.
- Khosla, M. (2017, July). Workshop on *Relaxation exercises and Yoga for health* in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi.
- Khosla, M. (2016, August). Resource person for *Moral Education in Academic Context* for the 2nd Value Engagement Programme on *Values for Enhancing Academic Achievement in Higher Education*, Psychology Department, Daulat Ram College, University of Delhi, Delhi.
- Khosla, M. (2016, August). Organized the 2nd *Value Engagement Program on Values for Enhancing Academic Achievement in higher Education*, Psychology Department, Daulat Ram college.
- Khosla, M. (2016, August). *Personal values that facilitate academic learning* workshop at DRC, University of Delhi.
- Khosla, M. (2016, August). *Character Strengths and Academic Achievement* , workshop at DRC, University of Delhi.
- Khosla, M. (2015, December). Resource person for *Interpersonal Understanding*. In-house skill development certificate course, on *Enhancing Emotional Intelligence Skills*, Daulat Ram College, Psychology department Developing Emotional resilience. DRC, University of Delhi, Delhi.
- Khosla, M. (2015, September). Resource person for Value Engagement Program on *Developing a Sustainable Environment*, in the Psychology Department, Daulat Ram college, University of Delhi.
- Khosla, M. (2015, September). Resource person for *Value Engagement Program on Developing a vision of the Future*, in the Psychology Department, Daulat Ram College, University of Delhi.
- Khosla, M. (2015, September). Organized a certificate course on *Value Engagement Programme on Future and sustainable development*, DRC, University of Delhi, Delhi.
- Khosla, M. (2015,17,18 June). Resource person for *Building Emotional Resilience*. In-house skill development certificate course, short-term job-oriented summer course in psychology on self-enhancement skills. Daulat Ram College, Psychology department.
- Khosla, M. (2014, April). *Meditation techniques* .Workshop presented at the Department of Psychology and Women Studies, The Pennsylvania State University, University Park, PA.
- Khosla, M. (2014, March). *Learning Relaxation Techniques*. Workshop presented at the Department of Psychology, St Olaf College, MN, USA.

Khosla, M. (2013, August). *Learning Yoga to Cope with Stress*. Workshop presented at the Department of Psychology, Jesus & Mary College, University of Delhi, Delhi.

Khosla, M. (2012, December). *Yoga and Meditation in Mental health and Wel- being*. Workshop presented at the Ontario Institute for Studies in Education, University of Toronto, Bloor street, Toronto, Canada.

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

Khosla, M. (2009, May). *Building Emotional Resilience*. Workshop presented at India International Center, Delhi.

International Conferences Organized

Khosla, M. (2019, January). Organized an *International Conference on “Integrating Traditional Indian Healing Practices with contemporary Western Health System”*, January 8-9th, 2019, Daulat Ram College, University of Delhi, Delhi. Sponsored by ICSSR.

Khosla, M. (2023, January). Core committee member of 27th International and 58th National Conference of Indian academy of Applied Psychology, Delhi.

Khosla, M. (2019, September). Member of the Scientific Committee at the 1st International Congress of Applied Psychology, Poland.

WebLinks

<http://khosla.socialpsychology.org>

<https://du-in.academia.edu/meetukhosla>

<http://in.linkedin.com/pub/meetu-khosla/17/125/334/en>

<http://meetukhosla.wordpress.com>

https://www.youtube.com/watch?v=_rN8yR02PAk (International Webinar on Emotional Expression)

<https://www.youtube.com/watch?v=RRJy-6-gu3U> (Fulbright Ambassador)

https://www.researchgate.net/profile/Meetu_Khosla

<http://www.truehealthinitiative.org/councils/meetu-khosla/>

<http://psychologyjournals.com/pbmoaj/editorialBoardMembers>

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=meetu+khosla&oq=m

<https://orcid.org/0000-0002-5926-1390>

<https://publons.com/researcher/3607774/meetu-khosla/>

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

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

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