Name: Dr. Ashu Dhawan

Designation: Assistant Professor

Department of Psychology, Kurukshetra University, Kurukshetra

PERSONAL DETAILS

Date of Birth: 29th January, 1986

Nationality: Indian

Gender: Female

Marital Status: Married

E-mail: ashudhawan@kuk.ac.in

Contact:74047-54043

RESEARCH AREAS

Clinical Psychology, Counseling Psychology, Psychological Testing, Child / Developmental Psychology, Biopsychology, Positive Psychology and Health Psychology.

CAREER OBJECTIVE

To attain a responsible and rewarding position that provides me with an opportunity for cross-functional learning and professional growth.

ACADEMIC QUALIFICATION

Degree	Institute	Year	Subjects	Percentage
PhD	Guru Jambheshwar University of Science and Technology	2020	"Effect of Mindfulness-Based Cognitive Therapy in Reducing Anger and Anxiety among Adolescents"	Awarded
M.phil	Pt.B.D.Sharma Universityof Health Sciences Rohtak	2014	Clinical Psychology	67 % (First Rank)
M.Sc	Guru Jambheshwar University of Science and Technology	2011	Psychology	74%

B.SC	Kurukshetra University, Kurukshetra	2008	Physics, Math, Computer Science	68%
10+2	Haryana Board	2003	Physics, Chemistry, Math	54%
10th	Haryana Board	2000	Hindi, Math, Science, Social Science, English	74%

EXPERIENCE

Time Period	Institute
1-9-15 to 30-4-16	Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar
22-7-16 to 5-12-16	Fateh Chand College for Women, Hisar
3-2-17 to27-4-17	Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar
1-8-17 to 4-5-2018	Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar

5-7-2018 to 2-5-2022 (FN)	Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar
(AN) 2-5-2022 to till date	Department of Psychology, Kurukshetra University, Kurukshetra

ACHIEVEMENTS

- UGC-NET awarded in 2012.
- Secured 1st rank in M.Phil (Clinical Psychology).

SCALE DEVELOPMENT

- Developed the ***Youth Loneliness Scale* (2026), published by Conscious Mind Solution.**

  Authors: Dr. Ashu Dhawan, Khusboo, and Alka

BOOK CHAPTERS PUBLICATION:

1. Batra, V., & **Dhawan, A.,** (2024). Exploring the role of Social Cognition in Virtual Relationships. In Singh, D., Uniyal, S. (Eds.), *Human Cognition in the Digital Era (pp. 98-105).*

2. Batra, V., & **Dhawan, A.,** (2024). Resilience and Coping Mechanisms for Military Personnel. In Sandeep, Kumar, R. (Eds.), *Introduction to Military Psychology (pp. 140-147).*

3. Sonal, & **Dhawan, A.,** (2024). Counselling for Sports Person (Eds.), *Introduction to Sports Psychology (pp. 169-174).*

PUBLICATIONS

1. Priyanka, **Dhawan, A.,** Vatika & Preeti, (2025). School Kindness as a Bridge between Gratitude and Subjective Happiness. *Mind and Society, 14 (1): 41-46.*
2. Preeti, **Dhawan, A.,** & Vatika, (2025). Delving into the Perks of Mindfulness for Mental Health: A Comprehensive Review. *Journal of Indian Health Psychology, Vol. 19 (1)*.
3. Vatika & **Dhawan, A.,** (2025). Prevention and Treatment of the Vedic Era for Contemporary Mental Health Issues. *Journal of Indian Health Psychology, Vol. 19 (1)*.
4. Devi, M., **Dhawan, A.**, Vatika, (2024). Helping Attitudes and Personal Values as Predictors of Happiness among Young Adults. *Journal of Indian Academy of Applied Psychology, 50*(2), 118-128.
5. Radhika, **Dhawan, A.**, & Saijel., (2024). Understanding Love and Sense of Belongingness from the perspective of Holy Gita. *The International Journal of Indian Psychology, 12*(1).
6. **Ashu Dhawan**, Sandeep Singh & Taruna (2018). A study of Anxiety among University Students in Relation to Mindfulness. Indian Journal of Psychological Science, V-10, N0-1, (91-94).
7. **Ashu Dhawan**, Sandeep Singh & Taruna (2018). Anger among Adolescents: The Role of Mindfulness. International Journal of Multidisciplinary and Current Research available online.
8. **Ashu Dhawan**& Sandeep Singh (2018). Mindfulness as Psychological Intervention: A Review. International Journal of Research in Social Sciences, volume 8, Issue 9(1), (255-299).
9. **Ashu Dhawan**& Sandeep Singh (2020). Effect of Mindfulness-Based Cognitive Therapy in Reducing State-Anger among Adolescents. Indian Journal of Psychology and Education, volume 10, Number 1, (142-145)
10. **Ashu Dhawan** (2015). Ethics and Law: A Current Scenario. International Journal of Social Sciences Review,3(4-2),551-559.

11. **Ashu Dhawan** (2015). Domestic Violence: Current Perspectives. International Journal of Social Sciences Review,3(4),473-479.
12. **Ashu Dhawan** (2016). Women and Mental Health.Indian Journal of Health and Well Being. Review, 7(1), 30-36.
13. **Ashu Dhawan** (2016). Sleep Disorder: Etiology and Management. Indian Journal of Health and Well Being Review,7(2),270-73.
14. **Ashu Dhawan** and Rajeev Dogra (2017). To Study the Personality Profile of Blood Donors. International Journal of Social Sciences Review,5(3),450-52.

PRESENTATIONS/WORKSHOPS/CRE/SEMINAR

1. Presented a poster titled "*The mind, brain, and consciousness"* at the Indian Knowledge System and Mental Health Applications Centre Conference, Indian Institute of Technology Mandi, 2025.
2. Presented a paper titled *Impact of Workplace Harassment on Employee Retention and Organizational Sustainability* at the 3rd International Conference on Building Sustainable Organization: Psychological Issues and Challenges, Department of Applied Psychology, Guru Jambheshwar University of Science & Technology, in collaboration with Industrial and Organizational Psychology, Varanasi, sponsored by the Indian Council of Social Science Research, 2025.
3. Presented a paper titled *From Stress to Strength: Building Support Networks for Organizational Sustainability* at the 3rd International Conference on Building Sustainable Organization: Psychological Issues and Challenges, Department of Applied Psychology, Guru Jambheshwar University of Science & Technology, in collaboration with Industrial and Organizational Psychology, Varanasi, sponsored by the Indian Council of Social Science Research, 2025.
4. Presented a paper titled "*Nature and Self: The Bhagavad Gita's direction to psychological health and ecosystem sustainability"* at the International Conference on Shrimad Bhagwad Gita and Sustainable Ecosystem, Kurukshetra University, 2024.
5. Presented a paper titled "*Psychological insights from the Bhagwat Gita: Route to environmental sustainability"* at the 9th International Gita Conference on Shrimad Bhagwad Gita and Sustainable Ecosystem, Kurukshetra University, 2024.

6. Presented a paper titled "*Prioritizing health and well-being for a sustainable future"* at the International Conference on Positive Psychology in Action, National Positive Psychological Association, April 19–20, 2024.
7. Presented a paper titled "*Slow living, minimalism and mindful consumption: Sustainable approaches to address increasing issues of consumer behavior"* at the International Conference on Multidisciplinary Perspective Towards Sustainability in the Era of Artificial Intelligence (ICMPSAI), Integral University, March 5–6, 2024.
8. Presented a paper titled "*Gender equality: A non-negotiable right"* at the International Conference on Multidisciplinary Perspective Towards Sustainability in the Era of Artificial Intelligence (ICMPSAI), Integral University, March 5–6, 2024.
9. Presented a paper titled *"The Neuroscience of Social Emotions: Mechanisms of Human Attachment"* at the International Colloquium on Social Neuroscience (Tantrika), National Forensic Sciences University, March 11–13, 2024.
10. Presented a paper titled "*Untying the notes between neuroendocrinology and criminology"* at the International Colloquium on Social Neuroscience (Tantrika), National Forensic Sciences University, March 11–13, 2024.
11. Presented a paper titled "*Fostering gratitude practices and prosocial attitude: A key to holistic health and well-being"* at the International Conference on Mental Health at Crossroads: Contemporary Modalities and Strategies for Promotion of Health and Well-Being, University of Rajasthan, February 23–24, 2024.
12. Presented a paper titled "*Exploring the interplay between mental health and nutrition: A comprehensive review analysis"* at the International Conference on Hardware (Brain Health) and Software (Techniques, Therapies...) for Mental Health Management, KLE Academy of Higher Education and Research, March 27–28, 2024.
13. Presented a paper titled "*Preventions and treatments of the Vedic era for contemporary mental health issues"* at the National Conference on Yoga for Mental and Physical Health: Scientific Perspective and Trends in Emerging Research Fields, Doon University, March 11.
14. Presented a paper titled "*Peace, love, unconditional acceptance and sense of belongingness as pillars of world unity: Teachings of the Holy Gita"* at the International Gita Seminar on Vasudhaiva Kutumbakam: Srimad Bhagavad Gita and Global Unity, Kurukshetra University, December 17–19, 2023.
15. Presented a paper titled "*Role of Satvik Guna in fostering tolerance among people of the world: Srimad Bhagavad Gita"* at the International Gita Seminar on Vasudhaiva

Kutumbakam: Srimad Bhagavad Gita and Global Unity, Kurukshetra University, December 17–19, 2023.

16. Presented a paper titled "*Women and Indian society: A journey from oblivion to recognition"* at the National Conference on Women's Health and Well-being, Central University of Haryana, October 12–13, 2023.
17. Presented a paper titled "*Maternal health, postpartum depression and well-being"* at the National Conference on Women's Health and Well-being, Central University of Haryana, October 12–13, 2023.

18. Participated in the Annual CME of the Indian Psychiatric Society based on the theme "Geriatric Mental Health- An Update" held on 6th October 2013 at the Haryana Institute of Public Administration, Gurgaon.
19. Presented a paper entitled "Family Pathology of Persons with Alcohol Abuse-A Comparative Study" in the 12th Annual Conference organized by the Department of Psychiatry, Pt. BD Sharma PGIMS Rohtak from 30th Nov-1st Dec.
20. Presented a poster on 12th Annual Conference organized by the Department of Psychiatry, Pt. BD Sharma PGIMS Rohtak from 30th Nov-1st Dec.
21. Attended a workshop on "Positive Life Skills" conducted by the Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar, on 15 Oct. 2015.
22. Attended one-day National Conference on the theme "Recent Trends in Health Care" conducted by Faculty of Medical Sciences, Guru Jambheshwar University of Science and Technology, Hisar, dated 14 March 2016.
23. Attended a workshop on "Positive Life Skills" conducted by the Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar, dated 15 Oct. 2015.
24. Attended a workshop on "Intelligence Testing" conducted by the Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar, on 26 August 2016.
25. Attended the 2nd Annual Conference organized by the Society for Rural Mental Health on the theme "Mental Health and Domestic Violence" from 28-29 October,2017.
26. Attended and presented a paper entitled "Happiness: The role of Mindfulness-Based Cognitive Therapy "In the International Conference on Youth and Well Being

conducted by the Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar, from 11-12 November 2016.

27. Attended and presented a paper entitled "Understanding students' Mental Health in the Perspective of Mindfulness" in the International Conference on Positive Psychology for Health and Well Being conducted by the Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar, from 9-10 March 2018.

ADDITIONAL ACADEMIC SERVICE & LEADERSHIP

- Evaluation of the post-doctoral fellowship scheme by the Indian Council of Social Science Research (ICSSR)
- Served as a Session Chairperson, 3rd International Conference on BUILDING SUSTAINABLE ORGANIZATION: PSYCHOLOGICAL ISSUES AND CHALLENGES, Department of Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar, in collaboration with Industrial and Organizational Psychology, Varanasi, sponsored by ICSSR.

PERSONAL SKILLS

Hard working, keen observer, ability to perform in a team, good listener, self-starter, dedicated and confident.

HOBBIES

Listening to music and spending time with nature.

DECLARATION

It is hereby declared that all the particulars stated in this resume are true and correct to the best of my knowledge.

Ashu Dhawan