

RESUME

Name : Dr Meetu Khosla

Designation: Associate Professor in Psychology ,DRC,University of Delhi

Main Subject: PSYCHOLOGY

Area of Specialization: FACIAL EXPRESSIONS ,AFFECT, COGNITION,CROSS – CULTURAL & CLINICAL PSYCHOLOGY

Education Qualifications:

Ph.D. (2001). Affect and Cognition. Arts Faculty, Psychology department, University of Delhi, Delhi.

M. Phil. (1994) Clinical psychology. Arts Faculty, Psychology department, University of Delhi, Delhi. Secured First division with 74.8%. (clinical psychology, research methodology, head injury, community psychology, computer programming in psychology, research project). (Ist Division-Topped the University)

M.A. (1991) Clinical psychology. Arts Faculty, Psychology department, University of Delhi, Delhi. Secured first division (psychotherapy, psycho-diagnostics, personality, physiological psychology, experiments, testing, research methodology, social issues, and research project). (Ist division)

B.A (Hons.) (1989) Psychology, Jesus & Mary College, University of Delhi, Delhi. Secured First division with (general psychology, statistics, physiological psychology, systems of psychology, social psychology, testing, general experiments, abnormal psychology, industrial psychology, research project). (Ist division)

Research Projects:

ICSSR sponsored Research Project- ‘Understanding Micro-momentary Emotional Expressions: a Life-Span Perspective’ (2011-2012).

Role of mindfulness meditation and emotional expression among epileptics in India and Netherlandsí .(2010) in collaboration with a professor in Netherlands

Decoding of facial expressions in children across Indian and Austrian Culturesí (2010) in collaboration with a Professor in Austria.

Ph.D. (2001). Induced Affective States and Cognition. Arts Faculty, Psychology department, University of Delhi, Delhi.

M. Phil. (1994). Role of Affect in Mood, Memory and Comprehension. Arts Faculty, Psychology department, University of Delhi, Delhi. (82%).

M.A. (1991). Psychological reactions to Stressful film stimuli. Arts Faculty, Psychology department, University of Delhi, Delhi. (80%).

B.A (Hons). (1989). Psychological and Physiological responses to audiovisual film stimuli. Psychology department, Jesus & Mary College, University of Delhi, Delhi. (81%).

Research Projects IN PROGRESS:

Research on cross-cultural understanding of **Resilience in perceived trauma** among American and Indian breast cancer patients (2011-2012).

Role of optimism, resilience, hope in authentic leadership, cross cultural study with a professor in Germany, (2011-2012)

Cross cultural emotional expression and happiness among Indo-French young adults í ..in progress (2010--contitued) in collaboration with a Professor in France

Recognition of emotional expression and wellbeing in Indo-US college students í ..in progress (2010--continued) in collaboration with a Professor in USA

Resilience to real life trauma in Indo-US college students with a professor in US, longitudinal study(2009--continued)

Forthcoming Presentations:

Khosla,M.(July 2011).Poster presentation on ò **Qualitative differences in affect, memory and arousal for simulated and real-life traumatic event**ö at the 16th General Meeting of the European Association for Social Psychology, to take place July 12-16 2011 in Stockholm,Sweden .

Khosla,M.(July,2011). "**Does Emotional Forgiveness predict Happiness across the life span?**" poster presentation,II world conference on positive psychology,July23-26,Philadelphia, USA.

Presentations:

Khosla,M.(June,2011). **“The Role of Self in Self-Conscious Emotions: Implications for Self-regulation”**, paper presentation at the Sixth Self Biennial International Conference, The centrality of the Self theory and research for enabling human potential, Quebec City,Canada, June 19-22.

Khosla,M.(June,2011).Presentation on **“The Production and Decoding of Emotional Facial Expressions within a Life-Span perspective.”** At Boston college, 28 June, MA,USA.

Khosla, M. (February, 2011). **“Emotional Transformation of the Self: Life-Span Perspective”**, paper presentation at the National Conference being organized by University of Delhi, in collaboration and at India International Centre(IIC), New Delhi, 5-7 Feb on Individual and Collective Transformation: Insights from Indian Psychology, at India International Centre.

Khosla,M.(February,2011). **“Happiness and spirituality”** invited for a talk in the psychology department, University of Delhi, DRC.

Khosla,M.(March,2011). **“Interpreting micro momentary emotions: implications for wellbeing”**, paper presentation at **International Conference on Advances in Military Psychology: Soldier Preparedness** ,jointly organized by DIPR,DRDO and NAOP, Delhi, 10-12 march,2011.

Khosla,M.(January,2011). Invited for a talk on “COUNSELING PROCESS” National Institute of Social Defense, Ministry of Social Justice & Empowerment, Govt.of India, West block1, Wing1, RKPuram, New Delhi.

Khosla, M. (December, 2010).Paper Presentation on “The recognition of facial expression of emotions in epilepsy: Neuro-cognitive perspective” at XXth Annual Conference of National Academy of Psychology(NAOP) and International Conference on Mind, Culture and Human Activities,Psychological Sciences in twenty first century JNU, Delhi.

Khosla,M.(December, 2010). Invited for a talk on “Counselling Skills on Child Protection” at Indian Social Institute, Lodhi Road.

Khosla, M. (December, 2010).Presented a talk on “Application & Ethics in counseling in areas like-group, career, drug-abuse, traumatic events” at ILL, South Campus, University of Delhi.

Khosla, M. (December, 2010). Invited for a talk on “Counseling Process in Social Defense” at National Institute of Social Defense, Ministry of Social Justice & Empowerment, Govt.of India, West block1, Wing1, RKPuram, New Delhi.

Khosla, M. (November, 2010). Presented a talk on “Need for Coping and Evolving from Crises” at ILL, University of Delhi, South campus.

Khosla, M. (October, 2010). Participated in world web conference on the launch of **Emotional Expression: The Brain and the Face (Vol.2); Understanding Emotions from an Indian perspective: implications for Wellbeing.**

Khosla, M. (July, 2010). Invited for an oral presentation on “Powerful Effects of Media on Emo-Cognitions: Implications for Mental Health” at International Congress of Applied Psychology, ICAP 2010 at Melbourne.

Khosla, M. (Feb, 2010). Invited for a lecture on “Micro momentary Facial Expressions of Emotions” at DIPR, DRDO, and Delhi.

Khosla, M. (Jan, 2010). Presented an oral paper on “Understanding Emotions from an Evolutionary- Cultural perspective: implications for Wellbeing”, at National Symposium on Culture and Cognition: A developmental perspective, at University of Delhi, 23-25 January, Arts Faculty, Delhi.

Khosla, M (Dec, 2009). Invited to speak on the “The Ethos of Globalized Education and Inclusivity”, at SPS, DK, Delhi.

Khosla, M. (May, 2009). Presented a talk at India International Centre on “Trauma and Emotional Resilience”, Max Mueller marg, Delhi.

Khosla, M. (Oct, 2008). **Affect and wellbeing** .Paper presented at the psychology department, DRC, University of Delhi.

Khosla, M. (Jan, 2007). **Affect, Coping and Spiritual wellbeing.** Paper presented 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. (Jan. 2006). **Positive Affect and Coping with Stress.** Paper presented at the refresher course at CPDHE, University of Delhi, Delhi

Khosla, M. (Feb.2005). Understanding the basic concepts of **Classical Psychoanalysis.** Invited for a talk in the English Department, Daulat Ram College, University of Delhi, and Delhi.

Khosla, M. (Sep.2004). **Sigmund Freud: Analysis of the Oedipus complex.** Presented a talk at the function of the English Society, Daulat Ram College, University of Delhi, Delhi.

Khosla, M. (Nov.2003). **Coping with stress and stress management in women.** Paper presentation at a refresher course, at CPDHE, University of Delhi, Delhi.

Khosla, M. (Oct.2003). **Freud, the unconscious, Oedipus complex and personality structure.** Presented a talk in the English Department, Daulat Ram College, University of Delhi, Delhi.

Khosla, M. (Sep.2003). **Methodological issues in Psychological Research.** Talk presented at a seminar organized by the Psychology Association, DRC, University of Delhi, Delhi.

Khosla, M. (Nov.2002). **Understanding the unconscious realms of the mind.** Invited talk, at a function of the English Association, Daulat Ram College, University of Delhi, Delhi.

Khosla, M. (April.2001). **Improving higher education.** Paper presentation at the orientation course held by the CPDHE, University of Delhi, Delhi.

Khosla, M. (Dec.1998). **The role of emotion in women's status and cognitive skills.** Paper presented at the CPDHE, university of Delhi, Delhi.

Khosla, M. (Oct.1997). **Coping with life stresses among women.** Paper presented at the South Campus, University of Delhi, Delhi.

Khosla, M. & Gupta, A. (May, 1997). **Affect and its Behavioral consequences.** Poster presentation in Arts Faculty, University of Delhi, Delhi.

Khosla, M. (Feb.1996). **Induced Affective States and Cognition.** Presentation of a paper in a programme of the Psychology Association, Kamla Nehru College, University of Delhi, Delhi.

Khosla, M. (Nov.1994). **Stress and its effects on Time Perception.** Paper presented in the Psychology Department, Jesus & Mary College, University of Delhi, Delhi.

Khosla, M. (Mar.1994). **Emotion, Affect and Stress.** Presented a paper in the Psychology Department, Arts Faculty, University of Delhi, Delhi.

Khosla, M. (1993). **Role of Affect in Recognition Memory.** Paper presented in the Psychology Department, University of Delhi, and Delhi.

Khosla, M. **Cognitive Appraisal of Stressful stimuli.** Poster presented at the National Conference of Clinical psychologists, Arts Faculty, Psychology Department, University of Delhi, and Delhi.

Publications:

Khosla, M. (2011). "Counseling in Social Defense", Journal of the National Institute of Social Defense, in press.

Khosla,M.(2011). "Knowing the Self behind Self-Conscious Emotions:Cognitive and Affective perspective".In Friestas-Magalhaes,A.(Ed.), "Emotional Expression: The Brain and the Face"(3rd volume).Porto: University Fernando Pessoa Press.In press.

Khosla,M.(2011). The Role of Self in Self-Conscious Emotions: Implications for Self-regulation,submitted for publication,Journal of General Psychology.

Khosla,M.,& Dokania,V.(2010).Does Happiness promote Emotional Intelligence? Journal of the Indian Academy of Applied Psychology, 36,1,45-54.

Khosla,M.(2010). Book review on U.Kumar and M.K.Mandal (Eds.),Suicidal Behavior:Assessment of people-at-risk.Psychological studies,55,3,281-282,July ,sage publications.

Khosla,M.(2010).Understanding Emotions from an Indian perspective: implications for Wellbeing.In Freitas-Magalhães,A.(Ed.)(2010) "Emotional Expression: The Brain and the Face" (2nd Volume) . Porto:University Fernando Pessoa Press.

Khosla,M(2009).Power of Written Emotional Expression on Health.In Freitas-Magalhaes,A(Ed.)(2009).Emotional Expression:The Brain and The Face(pp. 223-248).Porto:University Fernando Pessoa Press.

Khosla,M.(2008a). Need for Coping with Life Crises:Implications for the Quality of Life.Journal of the Indian Academy of Applied Psychology, 34(special issue),46-52. [\[PDF\] from medind.nic.in](#)

Khosla, M., & Kapur, V.(2007-08).Benefits of coping with stress.Journal of Personality and Clinical Studies, march-september,23-24,89-101.

Khosla,M.(1997).So Little to Give.In Jeffrey A.Kottler(Ed).(1997)Finding Your Way As a Counselor.American Counseling Association.

Khosla, M. (2006 a). Positive Affect and Coping with Stress. Journal of the Indian Academy of Applied Psychology, 32(3), 281-288. Cited 3 times. [\[PDF\] from medind.nic.in](#)

Gupta, A., & Khosla, M. (2006 b). Influence of Mood on estimation of Time. Journal of the Indian Academy of Applied Psychology, 32,1, 54-62. [\[PDF\] from medind.nic.in](#)

Gupta,A., &Khosla,M. (2006 c). Is Mood Congruency an effect of Affective State? Psychological Studies,51,4,269-274.

Khosla, M. (2005). Affect, Cognition and Behavior:An Overview. Indian Psychological Abstracts and Reviews,Vol.XII, No.I, Jan-June, 1-43.

Khosla, M., & Hangal, E. (2004). Role of Optimism and Pessimism in Coping with Stress. Journal of Personality and Clinical studies, 20, 1-2, 71-78.

Gupta, A., & Khosla, M. (2002). Psycho-Physiological responses to Stress. Journal of Research and Applications in Clinical Psychology, Vol.V,(I&II) ,7-14

Khosla, M. (2001). Gender differences in Coping with Stress. Journal of Research and Applications in Clinical Psychology, Vol.IV (I & II), 63-72.

Khosla, M. (1999). Effects of Affective stimuli on Prospective duration Estimation. Journal of Research and Applications in Clinical Psychology, Vol.II (I & II), 29-33.

Khosla, M. (Jan.1996). Phobic Neurosis. Hindustan Times.

Khosla, M. (1995). Coping with stress. YOU Magazine, Malaysia.

Khosla, M. (1995). Healthy survival. YOU Magazine, Malaysia.

Khosla,M.(2006). Need for Coping and Evolving. Module for B.A.(Prog) Ist Year on Life Crises:Coping and Evolving.

Khosla,M.(2006).Application & Ethics in Counselling in areas like- Group, Career, Drug-Abuse,Traumatic events.Module for B.A.(Prog).Ist year on Life Crisis:Coping and Evolving.

Awards Granted:

Qualified the University Grants Commission (UGC) National Test for Junior Research Fellowship and eligibility for Lecturership (Master's Level), in Psychology, January 1993.

Professional experience:

16th July 1996 ó present, Psychology department, Daulat Ram College, University of Delhi, Delhi.

16th July 2006 ó Feb 2007 teaching as a **guest lecturer in the Applied Psychology Dept, University of Delhi South Campus.**

17th July 1995 ó 27th March 1996, Psychology Department, Kamla Nehru College, University of Delhi, Delhi.

29th July 1993 ó 17th November 1994, Psychology Department, Jesus & Mary College, University of Delhi, Delhi.

August 2000, Conducted interviews for the selection of the temporary lecturers in psychology, Psychology department, University of Delhi, Delhi.

Have guided research project students, setting and evaluation of examination papers, practical and research projects.

Total Teaching Experience: 15 years, University of Delhi, Delhi.

Present Post: Associate Professor in Psychology, Psychology Department, Daulat Ram College, 4 Patel Marg, Maurice Nagar, University of Delhi, Delhi 110007.

Courses Taught: at undergraduate level

1. General Psychology
2. Experimental Psychology
3. Physiological psychology
4. Systems in Psychology
5. Statistics and research methods in psychology
6. Social psychology
7. Counseling psychology
8. Psychology for living
9. Research Methods
10. Special practical :MMPI-2
11. Research project

Courses taught at the postgraduate level:

1. **Experimental designing:** Assumptions for ANOVA, simple ANOVA, Factorial designs, two factor, three factor designs, Latin square designs, multifactor experimental designs, within and between subjects design, simple effects, correlation.
2. **Organizational behavior:** leadership qualities and behavior, work satisfaction, morale, persuasion, groups.
3. **Neuropsychology** at masters level.

Curriculum Related activities:

Attended a workshop on **CAPACITY BUILDING OF WOMEN MANAGERS IN HIGHER EDUCATION, SAM WORKSHOP**, 27-31st Dec,2010, UGC sponsored, Delhi, SGND Khalsa College, Delhi.

Attended a workshop(Jan 21-24,2010) on **Enhancing computer application techniques and skills,Higher Level** by ILL, University of Delhi, Delhi.

Ten day **workshop on Research Methodology**(20-29 September 2008) organized by Department of adult continuing education and extension, Faculty of Social Sciences, University of Delhi.

Participated in a refresher course in psychology **“Emerging Trends in Psychological Science”** organized by CPDHE, University of Delhi, Delhi, 4th January to 25th January, 2006.

International **training Seminar on Positive Psychotherapy**, trans- cultural family therapy and psychosomatic medicine, organized by the European Federation of the Center for positive Psychotherapy, Wiesbaden Academy for Psychotherapy.

Participated in two levels: Level I from 8th to 10th April 2004
Level II from 1st to 3rd November 2004

Hypnosis (Jan, 2003). Participated in a workshop on hypnosis presented by Dr. M. Baquar, in the Psychology Department, Zakir Hussain College, University of Delhi, Delhi.

“Refresher course in Psychology” participated in the refresher course organized by CPDHE, University of Delhi, Delhi, 3rd November to 24th November 2003.

Participated in an “orientation course” organized by CPDHE, in the University of Delhi, Delhi, 16th March to 16th April 2001.

Participated in a refresher course on **“Women Studies”** organized by CPDHE, University of Delhi, Delhi, 23rd November to 12th December 1998.

Participated in a refresher course organized by the center for professional development in higher education (CPDHE), University of Delhi, Delhi, on **Recent Developments in Psychological Theory and Research Methods.** 17th April to 7th May 1997.

Memory and Cognition. Participated in a talk by Prof. Alan Baddeley, Psychology Department, Arts Faculty, University of Delhi, and Delhi.

Treatment of Various Psychological Disorders (Nov, 1989). Participated in a workshop by Dr. M. Baquar, at RMLH, Delhi.

Career Counseling (Nov, 1988). Participated in a seminar organized by the Psychology Association, Jesus & Mary College, University of Delhi, Delhi

Overcoming Drug addiction (Jan, 1988). Participated in a workshop organized by the Psychology Association, Jesus and Mary College, University of Delhi, Delhi.

Administrative Activities:

Admission – in – charge for B.A.(Hons), and M.A., (2007-2008), and (2000-2001), Psychology Department, Daulat Ram College, University of Delhi, Delhi.

Head of the department (2007-2008),(2000-2001), Daulat Ram College, Psychology Department, University of Delhi, Delhi.

Examination Suprintendent, for conducting the practical examinations in the Psychology Department, Daulat Ram College(2007-2008 and 2000-2001).

Member of the **discipline committee**, 2006-2007 and 1999-2000 , Daulat Ram College, University of Delhi, Delhi.

Research Interests:

- **AFFECT (MOOD, POSITIVE AND NEGATIVE AFFECT)**
- **CROSS- CULTURAL STUDY**
- **FACIAL EXPRESSIONS**
- **STRESS, TRAUMA, DEPRESSION,HAPPINESS,PTSD**
- **COGNITION(APPRAISAL,MEMORY,BENEFIT FINDING,RESILIENCE)**
- **PHYSIOLOGICAL AROUSAL(HR, BP, SC)**
- **HEALTH(PHYSICAL,PSYCHOLOGICAL, PHYSIOLOGICAL)**
- **WELLBEING, QUALITY OF LIFE**
- **EMOTIONAL INTELLIGENCE**
- **WRITTEN EMOTIONAL EXPRESSION(CBT)**
- **COPING(STYLES, RESOURCES)**
- **GROWTH(PSYCHO-PHYSIOLOGICAL)**

To understand Affective processes. To investigate to what extent gender and culture mediates affective responses and cognition. How affect plays a role in optimal human functioning? How positive and negative affect influence various psycho physiological variables across cultures?The role of affect in promoting, inhibiting cognition. Also explored the duality of the affect- cognition relationship, the underlying mechanisms predicting cognitive functioning, affective, social and, emotional well-being and quality of life. Have examined psycho physiological aspects of affect like mood, memory(recall, recognition, autobiographical) ,time estimation, comprehension, stress, optimism, coping resources, coping skills, wellbeing, quality of life, post traumatic growth, intrusions,

resilience, benefit finding, mood regulation, health, emotional intelligence, positive meaning making, mindfulness and heart rate, skin conductance, blood pressure, EEG measures among non- depressed, mildly depressed, induced- depressed , PTSD breast cancer patients, happy and unhappy normal participants, optimists, pessimists . Induced mood in the laboratory using media (film clips), statements, pictures, thoughts, imagery etc. Experimental designing is my strong points (ANOVA-factorial, between and within subjects design, ANCOVA ,multivariate designs, correlations, pie charts, t tests for paired comparisons ,post hoc tests etc),Quantitative and qualitative analysis, and narrative analysis.

Presently interested in facial expression and regulation across gender. Interested in the evolutionary perspective of emotion generation and across lifespan across cultures. Also micro momentary expression of emotion. How colors induce a variation in emotion recognition in in-groups and out groups. How regulation of emotional expression varies across cultures with implications on health.

Research projects:

Effect of Psychological Capital on leadership effectiveness(2010-2011).

Motivation to change among Alcohol Addicts: Implications for Wellbeing (2010)

Emotion recognition across cultures(2010)

The Power of Written Emotional Expression on Psycho-physiological Health. (2009)

The impact of Affective Forecasting on Cognition.(2009)

Role of Emotional Resilience in Finding Benefit amidst Trauma: Implications for Post traumatic Growth and Quality of Life. (2008).

Effects of Happiness on Affective and Cognitive Processes: Implications for Perceived Health and Quality of Life. (2007)

Finding Benefits in Coping with Stress: implications for Well-being (2006).

Investigating the Role of Optimism and Pessimism in Coping with Stress (2002).

Other Interests and Activities

Convener of the **Fine Arts Society**, òSpectraö (1996-present), Daulat Ram College, University of Delhi, Delhi. Organized various art workshops in the college such as paintings in water color, oil, fabric, acrylic, metal, poster, alpana, pot, box, madhubani, calligraphic, sand, emboss, and glass. Also organized workshops in paper craft, box making, basket making, gift-wrapping, candle making, file and card making and alpana

making with flowers etc. Organized various inter and intra college competitions in poster making, painting, sketching, real life paintings, pot painting in college. Encouraged students to participate in the various Art Exhibitions organized in the college on the college day. Also designed the cover for the College magazine Promilla.

In charge of the **Psychology association** (1997-1998, 2005-2006). Organized various academic related activities as lectures by different experts in fields related to psychology, Psychology Quiz, paper reading and debate competitions, Relaxation Therapy workshops organized various seminars and talks on recent trends in industrial psychology, applications of psychometrics, dream analysis, career counseling, well as educational tours to the mental hospital, and S O S village.

Testing and (CBT) **therapy** of alcoholic and addicted clients as a part of the training in an addiction center, Delhi (1992).

Participated in **Population Education programmes**, spreading awareness using puppet shows in various slum areas (Oct ó Dec, 1987) organized by the Population Education Society, Jesus & Mary College, University of Delhi, Delhi.

Testing and brief therapy of depressive and psychotic patients as a part of the course work at RML Hospital, Delhi (Dec, 1991- Feb, 1992).

Community Counseling (1991), participated in awareness campaign of better hygiene and mental health among the building workers community, also techniques of overcoming stress and problems of addiction.

Participated in Teaching programmes, as a part of the **social service**, Jesus & Mary College, University of Delhi, Delhi (1987-1989). Taught slum children from a railway community.

Member of:

Association of Clinical Psychologists (DACP), ICMR, India.

India International Centre (I I C), Delhi, India.

The Indian Academy of Applied Psychology (IAAP), India.

National Academy of Psychology(NAOP), India.

International Society for Research on Emotion(ISRE),USA.

International Society for Quality- of- life studies(ISQOL), USA.

Broadcasting Education Association,(BEA),USA.

Social Psychology Network ,(SPN),USA.

Society of Social Issues(SPSSI), USA.

EMONET(study of emotions in organization), Australia.

India International Centre (I I C), Delhi, India.

Lecturer representative in the Governing Body of Daulat Ram College, University of Delhi, Delhi (2004-2005).

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