



CURRICULUM VITAE

Meetu Khosla



PERSONAL INFORMATION

University of Delhi:
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<http://khosla.socialpsychology.org>

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

[http://in.linkedin.com/pub/meetu-](http://in.linkedin.com/pub/meetu-khosla/17/125/334/en)

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<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/>

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

EDUCATION

2001	P.h.D., Affect and Cognition, University of Delhi, Delhi.
1994	M.Phil., Clinical Psychology, University of Delhi, Delhi.
1991	M.A., Psychology, University of Delhi, Delhi.
1989	B.A. (Hons), Psychology, with honors, Jesus & Mary

College, University of Delhi, Delhi.

EDUCATIONAL TRAINING

2020	APA educational activity "COVID-19 and Mental Health: Caring for the Public and Ourselves, April 18, Washington ,DC, USA.
2015	Digital Literacy and Innovation for Tomorrow's Education (DLITE), Campus of Open Learning in association with Edinburgh College, Scotland under UKIERI.
2014	Collaborative Institutional Training Initiative, Online Research Ethics Module, University of Miami, USA.
2010	Sensitivity/Awareness/Motivation Workshop on Capacity Building for Women Managers in Higher Education, University Grants Commission, University of Delhi.
2010	Enhancing computer application techniques and skills, Higher Level workshop ,Institute of Life Long Learning, University of Delhi, Delhi.
2008	Advances in Research Methodology, Department of Adult Continuing Education and Extension, Faculty of Social Sciences, University of Delhi.
2006	Emerging Trends in Psychological Science organized by Center for Professional Development in Higher Education in the University of Delhi, Delhi.
2004	International training Level I and II on Positive Psychotherapy, Trans- Cultural Family Therapy and Psychosomatic Medicine, European Federation of the Centre for positive Psychotherapy, Wiesbaden Academy for Psychotherapy, Germany.
2003	Refresher course in Psychology, organized by Center for Professional Development in Higher Education in the University of Delhi, Delhi
2003	Hypnosis training Psychology Department, Zakir Hussain College University of Delhi, Delhi.
2001	Orientation Course organized by Center for Professional Development in Higher Education, in the University of Delhi, Delhi
1998	Women Studies, refresher course organized by Center for Professional Development in Higher Education, University of Delhi, Delhi.
1997	Recent Developments in Psychological Theory and Research Methods, refresher course organized by the Center for Professional Development in Higher Education, University of Delhi, Delhi.

ACADEMIC EMPLOYMENT

Total Teaching experience :**25.8 years**

2004- present	Associate Professor of Psychology, Daulat Ram College, University of Delhi.
2000-2004	Assistant Professor of Psychology, Daulat Ram College, University of Delhi.
1996-2000	Lecturer of Psychology, Daulat Ram College, University of Delhi.
1995-1996	Temporary Lecturer of Psychology, Kamla Nehru College, University of Delhi.
1993-1994	Temporary Lecturer of Psychology, Jesus & Mary College, University of Delhi.

HONORS

2018-2019	Visiting Professor, Warsaw, Poland
2016-2017	ICSSR Research Fellowship for France.
2016-2017	Visiting Professor, Warsaw, Poland
2014-2015	Erasmus Mundus Visiting Researcher, Poland
2013-2014	Fulbright-Nehru Visiting Lecturer, MN, USA.
2013-2014	ICSSR Visiting Research Scholar to France.
2012-2013	Shastri Institute Visiting Researcher, Canada.

GRANTS

2018-2019	ICSSR grant for organising International Conference on Integrating Traditional Indian Healing Practices with contemporary Western Health System, January 8-9 th , 2019, Daulat Ram College, University of Delhi, Delhi.
2018-2019	University Grants Commission Travel Award for participating in International conference in Guelph University, Canada
2011-2012	University Grants Commission Travel Award for participating In Sixth Self Biennial International conference on Self, Laval University, 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.

RESEARCH INTERESTS & CURRENT PROJECTS

- Cross-cultural psychology, Emotions and Morality, traditional healing, Health and wellbeing.
- Indian psychology, positive psychology, and neuro-cognition.
- The cognitive and neuro-affective mechanisms through which emotions are experienced, elicited and expressed in different cultures; how culture mediates social and emotional development and regulation; individual differences in moral cognition, the construction of self and wellbeing; how emotional reactivity can predict adjustment and coping; and developing emotional resilience and interventions for health and well-being.
- Cross-Cultural Studies on Emotion generation, recognition and decoding, and its influence on health and well-being (India, USA, France, Canada, Geneva, Finland, Poland)
- Investigating the nature of posed, spontaneous and dynamic Facial expressions of basic and self-conscious emotions among college students.(India, USA, France, Poland)
- Exploring gender differences in social acceptance, appraisal and personality and perception of emotions.(India, France, USA, Poland)
- Understanding Micro-Momentary facial expressions across the gender and life-span perspective.
- The mediating role of color, affective state and emotional clarity in the perception of posed expressions in depression and generalized epileptic disorder .
- Role of Emotional Resilience in Finding Benefit amidst Trauma: Implications for Post Traumatic Growth and Quality of Life.
- Role of passion in performing arts: Implications for psychological Well-being
- Regulation of Self Conscious Emotions in Bipolar Affective Disorder.

EXTERNAL GRANT SUPPORT

2010-2013 Indian Council of Social Science Research. *Understanding Micro-momentary Emotional Expressions: a Life-Span Perspective*

2015-2018 Star Innovation Project:DRC-02:To Investigate the Incidence of Polycystic Ovary Syndrome amongst the undergraduate college girls in Delhi University,Daulat Ram College, University of Delhi.

- 2018-2019 ICSSR Grant for organizing the International Conference on “Integrating Traditional Indian Healing Practices with Contemporary Western Health System” at Daulat Ram College, University of Delhi, Delhi, 8-9th January, 2019.
- 2019-2020 Study on attitudes towards educational policies in collaboration with Tilburg University, Netherlands.

BOOK

Khosla, M. (Ed.) (2017). *Physiological Psychology: An introduction*. Sage Texts, Delhi, India. ISBN 978-93-860-6211-6.

PEER REVIEWED PUBLICATIONS

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.

Aluria, S., Singh, S., & **Khosla, M.** (2019). Comparing the level of Spirituality and Resilience among Youth and Adults: Implications for Health. *Indian Journal of Psychology*, 2019 special issue on mental health, 86-97 , pp. 156-162 , UGC Care list, ISSN-0019-5553.

Khosla, M., & Singh, M. (2019). Healing through Mindfulness Meditation in the Indian Cultural Context. *Indian Journal of Psychology*, 2019 special issue on mental health, pp. 134-140 , UGC Care list, ISSN-0019-5553.

Khosla, M., & Ranganath, T. (2019). Decline of Traditional Healing practices among Millennials. *Indian Journal of Psychology*, 2019 special issue on mental health , pp. 177-187 , UGC Care list, ISSN-0019-5553.

Chopra, E., & **Khosla, M.** (2019). Aesthetics of Cure: A Review Analysis on Alternate Treatments Used in South India. *Indian Journal of Psychology*, 2019 special issue on mental health, pp. 109-114. , UGC Care list, ISSN-0019-5553.

Malhotra, L., & **Khosla, M.** (2019). “The Healing Touch”: Traditional Healing Practices of the Samoan People. *Indian Journal of Psychology*, 2019 special issue on mental health, pp. 169-176, UGC Care list, ISSN-0019-5553.

Khosla,M., & Das,J.(2018).“Understanding the importance of Indigenous Healing Practices form North-East Indian Tribe: Implications for Health and Wellbeing” abstract published in the conference book of abstracts 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.

Khosla,M.(2018). “Role of Religious Commitment and Cultural practices on Anasakti and life -Satisfaction: Implications for health and Wellbeing.”Abstract published in the book of abstracts of IACCP,International Conference for Cross-cultural Psychology Congress, Multiculturalism in a global perspective:benefits and challenges, University of Guelph, Canada, July 1-5th,2018.

Khosla,M.(2018, 8th June). “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, in conference proceedings by Shastri Indo-Canadian Institute, IIC, 8-9th June, Delhi.

Khosla,M.(2018).Understanding Micro-expressions of the Face. In A. Freitas-Magalhaes(Ed.),*Emotional Expression: The Brain and The Face*(Xth Volume).Porto:University Fernando Pessoa Press.In Press.

Khosla, M.(2018).Hinduism and Healing.In R Moodley(Eds.)The Routledge International Handbook of Race,Ethnicity and Culture in Mental Health. Routledge, Canada. In Press.

Kaur,M.,Singh,S.,&**Khosla,M.**(2018).Learning about the Tribes of North-East India.InS.Mehta&A.Senrunga(Eds.), North-East India:The Untapped Tourism Industry, pp8-14.Krishi Sanskriti Publications.ISBN:978-93-85822-65-0.

Goel,Y.,Keya,Y., &**Khosla,M.**(2018).Knowing the Nyishi Tribe of Arunachal Pradesh:Attire and Ornaments. In S.Mehta&A.Senrunga(Eds.), North-East India:The Untapped Tourism Industry, pp45-52.Krishi Sanskriti Publications.ISBN:978-93-85822-65-0.

Das,J.,&**Khosla,M.**(2018).Exploring the rich Flora and Fauna of North East India. In S.Mehta&A.Senrunga(Eds.), North-East India:The Untapped Tourism Industry, pp78-84.Krishi Sanskriti Publications.ISBN:978-93-85822-65-0.

Khosla,M., & Chopra, E.(2018).Effectiveness of Value Engagement Program as an Intervention to enhance Self Efficacy and Wellbeing, in conference proceedings of the National Conference of Applications of Psychology, Reaching out and Making a Difference, (pp.37-45).Excel India Publishers, Delhi. ISBN:978:93:86724:38:0

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.

Khosla,M., & Chopra,E.(2017). The impact of exercising on resilience,depression and Successful aging. In Sarabjit Sran and Pooja Wadhawan(Eds.),Perspectives of successful aging,pp.65-78.book age Series, Delhi.

Khosla,M.,Khosla,S., &Khosla,I.(Nov 10-11,2017).Yoga and Transformation of the Inner Self: Implications for Wellbeing, in conference proceedings of National conference on ,Holistic Yoga:Health, Happiness and Harmony, DRC, University of Delhi.pp.20-26.ISBN 978-93-85822-57-5.

Khosla,M.(2017). Resilience and Health: implications for Interventions and Policy Making,*Psychological Studies*,August,pp1-8.(UGC Recognized,impact factor 0.35)ISSN: 0974-9861(online) 0033-2968(print ISSN).Psychological Studies, 62(3),233-240. 10.1007/s12646-017-0415-9.

Khosla,M.(2017).Spiritual theories of stress reduction and relaxation. In S.Wadhwa (Ed.).*Stress in the Modern World*,pp 45-54.ABC-CLIO, USA. ISBN:1610696067.

Khosla,M.(2016).Psychoanalytic Interpretation of the Film "Zindagi Na MilegiDobara" :a Peep into the Self.*Research Journal of Social Science and Management*, 6,4,pp.72-77.ISSN : 2251-1571.(UGC Recognized, Impact factor:6.86)

Khosla,M.(2016).Understanding Others Emotions.*Research Journal of Social Science & Management*,05, 9, 69-74.ISSN No.22511571 (UGC Recognized, Impact factor:6.86)

Khosla,M., Chopra, E., Choudhry, M., & Sharma, A.(2016).Role of Values in the Development of a Sustainable Community.Published in the Conference proceedings of the International Conference on Public Health: Issues, challenges, opportunities, prevention, awareness, 2,269-274.ISBN:978-93-85822-10-0.(15-16th January 2016).

Khosla, M., Sharma, A., & Chopra, E.(2016). Role of Values in Academic Achievement: implications on Mental Health and Emotional Wellbeing,Published in conference proceedings of the National Conference on "*Exploring the Meeting Ground of Moral, Medical and Legal Aspects of Social Dilemmas in Public Interface*" organized by Daulat Ram College, University of Delhi, from 21st -23rd October, 2016.

Khosla,M.(in press).Counseling in India in Social Defense. *Journal of the National Institute of Social Defense*, National Institute of Social Defense, Delhi, India.

Khosla,M.(2015).Yoga:a Way to Rediscover life.*Gorakhpur Social Scientist*,6,1,5-9.ISSN:0976-8521

Rajan, G., &**Khosla,M.**(2015). Exploring Self-Conscious Emotions and Emotion Regulation in Depression and Bipolar Affective Disorder: Implications for Therapeutic Interventions. *International Journal of Public Mental Health and Neurosciences*,2,2,34-47. ISSN: 2394-4668

Khosla,M.(2015).Conversations on Compassion.[Review of the book on *Conversations on Compassion*,USA,2015,by M.Brenner]. Create Space Independent Publishing Platform,ISBN-10: 1505280125.<http://www.amazon.com/Conversations-On-Compassion-Michelle-Brenner/dp/1505280125>

Khosla, M. (2015). A Clash of Cultural Ideologies: Are we still Evolving?How important is Sugar in Tea? *Research Journal of Social Science & Management*, 4,9,257-261.ISSN No.22511571 (UGC Recognized, Impact factor:6.86)

Khosla, M. (2014). Are Cultural Experiences Positive? *Research Journal of Social Science & Management*,4,8,102-107. ISSN No.22511571 (UGC Recognized, Impact factor:6.86)

Kapur,V., & **Khosla,M.**(2013). Subjective well-being and depression: A comparative study among college students. *Indian Journal of Positive Psychology*, 4(3), 418-422.ISSN No.2229 4937

Silfver-Kuhalampi,M., **Khosla, M.**, et al.(20 July, 2013) .369-S-2: “Values and Self-Conscious Emotions across Cultures”. Paper published in abstract book of 12 European Conference on Psychological Assessment, San Sebastian, Spain.

Khosla,M.(2012).Affect and Well-Being: A Spiritual Perspective. *Research Journal of Social Science & Management*,01,12,5-7. ISSN No.22511571 (UGC Recognized, Impact factor:6.86)

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* ,1-9. ISSN No.1871 2584

Khosla,M.(2011). Need for Coping and Evolving. E- Module of E-Book on Life Crises: Coping and Evolving, ILLI, Delhi, India.

Khosla,M.(2011).Application & Ethics in Counseling in areas like- Group,Career,Drug-Abuse, Traumatic events. E-Module of E-Book on Life Crisis: Coping and Evolving, ILLI, Delhi, India.

Khosla,M.(2011). Knowing the Self behind Self-Conscious Emotions: Cognitive and Affective perspective. In A. Friestas–Magalhaes (Ed.), *Emotional Expression: The Brain and the Face*. (3rd volume).Porto: University Fernando Pessoa Press. ISBN 9789896430849

Khosla,M., &Gargya,S.(2010,18-20 Feb).Paper printed in conference proceedings on “The Power of Expressive Emotional writing on Affect of Indian Women “in the 45 National and 14th International Indian Academy of Applied Psychology Conference at Vishakhapatnam, on Quality of Life and Globalization: Effective Self Care Interventions.

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). Suicidal Behavior: Assessment of people-at-risk.[Review of the book *Suicidal Behavior: Assessment of people-at-risk*, Sage Publications,byU.Kumar&M.K.Mandal]. *Psychological Studies*, 55,3, 281- 282. ISSN No.0033 2968(UGC Recognized, Impact factor:0.35)

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.),*Emotional Expression: The Brain and The Face*(p. 223-248).Porto:University Fernando Pessoa Press. ISBN 9789896431112

Khosla,M.(2008). 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.ISSN No.0019 4247(UGC Recognized,Impact Factor .11)

Khosla, M.,&Kapur, V.(2007-08).Benefits of coping with stress. *Journal of Personality andClinical Studies*, 23-24,89-101.ISSN No.0970 1206

Khosla, M. (2006). Positive Affect and Coping with Stress. *Journal of the Indian Academy of Applied Psychology*, 32(3), 281-288.ISSN No.0019 4247 (UGC Recognized,Impact Factor .11)

Gupta, A., & **Khosla, M.** (2006). Influence of Mood on estimation of Time. *Journal of the Indian Academy 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)

Khosla, M. (2005). Affect, Cognition and Behavior: An Overview. *Indian Psychological Abstracts and Reviews*, 12,1, 1-43. ISSN No.0973 0885

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. ISSN No.0970 1206

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 No.0972 0995

Khosla, M. (1999). Effects of Affective stimuli on Prospective duration Estimation. *Journal of Research and Applications in Clinical Psychology*, 2, 1 & 2, 29-33. ISSN No.0972 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

OPED and OTHER ARTICLES

Khosla, M. (1996, January). *Phobic Neurosis*, Hindustan Times.

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

Khosla, M. (1995). *Healthy survival*. You Magazine, Malaysia.

KEYNOTE AND INVITED ADDRESSES

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

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

Khosla, M. (2019, 21st December). Invited for a special talk on "Weaving Happiness in Life: Knowing Indian Culture as it is", XXIX Annual Convention of National Academy of Applied Psychology, (NAOP), India & International conference on "Making Psychology Deliverable to the Society" (20th -22nd December, 2019), Department of Applied psychology, Pondicherry University, Pondicherry, India.

Khosla, M. (2019, 6th December). Invited for a talk on "Indian Healing Traditions" at Gdansk Medical University, Gdansk, Poland.

Khosla, M. (2019, 6th December). Invited Talk on "Emotions and Morality: Implications for well-being" at Gdansk Kolokwia Psychologiczne, Gdansk, Poland.

Khosla, M. (2019, 26th November). Invited talk on "Weaving Happiness in your life: Knowing Indian Culture as it is", at University of Warsaw, Poland.

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

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

Khosla, M. (2019, 13th March). Chaired a session on "channelizing the Power of Youth" at NCC Annual event, DRC, University of Delhi, Delhi.

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

Khosla, M. (2019, 8th 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, 30th January). "Catching the Rainbow: Unveiling the essence of life". Talk at India Habitat Centre, Lodhi Road.

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

Khosla, M. (2019, 8th 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 8-9th January, at Daulat Ram College, University of Delhi, Delhi.

Goel, Y., & Joshi, V., & **Khosla, M.** (2019, 4th 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, held at CHRIST (Deemed to be University), Bengaluru, India, January 3 and 6.

Khosla, M. (2019, 3rd 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, held at CHRIST (Deemed to be University), Bengaluru, India, January 3 and 6.

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

Goel, Y., Baghi, G.K., & **Khosla, M.** (2018, November 1st.) "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.

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.

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

Khosla, M., & Das, J. (2018, July 3rd). A paper presented on "Understanding the importance of Indigenous Healing Practices from North-East Indian Tribe: Implications for Health and Wellbeing" 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.

Khosla, M. (2018, July 4th). 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.

Khosla, M. (2018, 8th June). A paper presented “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, 8-9th June, Delhi.

Khosla, M. (2018, 24th Mar). Healing the Mind: Insights from Bhagvad Gita. Plenary address presented in the International Conference on “Indian Culture and Psychology: A consciousness perspective” Department of psychology, University of Delhi, 22nd-27th March 2018.

Khosla, M. (2018, 18th Jan). Chair of 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.

Khosla, M. (2018, 18th Jan). Chair of 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.

Khosla, M. (2018, 19th Jan). Chair of a session on “ Indian Psychology” in the National Conference of Applications of Psychology: Reaching out and Making a Difference, Daulat Ram College, University of Delhi, Delhi.

Khosla, M. (2018, 18th Jan). Paper presentation on “Effectiveness of Value Engagement Program as an Intervention to enhance Self Efficacy and Wellbeing”, in the National Conference of Applications of Psychology: Reaching out and Making a Difference, Daulat Ram College, University of Delhi, Delhi.

Khosla, M. (2017, 13th Nov). Talk on “Education today: Journey so far” in Face to Face program by OSA, Springdales School, Pusa Road, Delhi.

Khosla, M. (2017, 11th Nov). Chair of a session on “yoga and mental health” in a National conference on ,Holistic Yoga: Health, Happiness and Harmony, DRC, University of Delhi.

Khosla, M. (Nov 11th , 2017). Paper presentation on “Effects of Yoga Interventions on Mental and Physical Health”, in National conference on ,Holistic Yoga: Health, Happiness and Harmony, DRC, University of Delhi.

Khosla, M. (Nov 11th , 2017). Paper presentation on “Yoga and Transformation of the Inner Self: Implications for Wellbeing”, in National conference on ,Holistic Yoga: Health, Happiness and Harmony, DRC, University of Delhi.

Khosla,M.(2017,10th July).Talk on “Emotion Regulation and women Health choices” in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi.

Khosla,M.(2017,9th July).Talk on “Emotional health and ambition” in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi.

Khosla,M.(2017,8th July).Interactive session on “Stress management” in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi.

Khosla,M.(2017,th 8July).Talk on “Research ethics, testing and analysis” in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi.

Khosla,M.(2017,7th July).Interactive session on “Coping Strategies of Improving mental Health” in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi.

Khosla,M.(2017,6th July).Interactive session on “Experiential Learning in Life style management” in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi.

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

Khosla,M.(2017,31st May). Catching the Rainbow.A seminar for the non-professional helpers at DRC, University of Delhi.

Khosla,M.(2017,2nd March).Psychoanalytic movie review session.LadySriRam College, University of Delhi, Delhi.

Khosla,M.(2017,27th February).Participated in Delhi NCR Fulbright Alumni Meet on Sharing ideas, Green Fulbrighters Forum.

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

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

Khosla,M.(2016, 29th November).Culture, Emotion and Communication: implications for Well-being,Social High School of International Branches (IB) them. Jam Saheb Digvijay SinhjiRaszyńska , Warsaw, Poland.

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

Khosla,M.(2016, 25th November). Spirituality and emotional wellbeing. Invited seminar at University of KardynalaStefanaWyszynskiego, Warsaw, Poland.

Chopra, E. and **Khosla,M.**(2016,24th 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.

Khosla,M.,Chopra,E., and Sharma,A.**(2016)**. “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.

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

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

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

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

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

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

Khosla,M.(2016,15th Jan).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.

Khosla,M.(2016,5th -7th Jan). Engaging the Mind in Conversation: Insights from Bhagvad Gita. Key note 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, Bangaluru.

Khosla, M., & Khosla, S. (2016, 5th -7th Jan). 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, Bangaluru.

Khosla, M. (2016, 5th -7th Jan). 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, Bangaluru.

Khosla, M. (2016, 27th Jan). 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.

Khosla, M. (2016, 29th Jan). Ethos of Indian Culture and Globalization of Education. Key note address at an International Seminar at Indian Council of Social Science Research, Delhi.

Khosla, M. (2015, Dec 21st). Enhancing mental health. Talk presented at the Sustainable health Programme, Daulat Ram College, University of Delhi, Delhi.

Swati, S., & **Khosla, M.** (2015). Psychological Capital and its role in Organizational Commitment and Psychological Well Being. oral presentation at the Centenary Conference on Psychology, 9-11 October, 2015, Kolkata.

Khosla, M. (2015, 19th 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.

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

Khosla, M. (2015, 14th May). Does Indian Psychology reveal the Essence of Indian Culture? Invited seminar at University of Kardynala Stefana Wyszynskiego, Warsaw, Poland.

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

Khosla, M. (2015, 28th January). Understanding Psychology of Health and Wellbeing. Invited seminar at Jesus and Mary College, University of Delhi.

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

Rajan, G. and **Khosla, M.** (2014, January). Exploring Self-Conscious Emotions and Emotion Regulation in Depression and Bipolar Affective Disorder: Implications for Emotional Well-Being, University of Delhi. 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.

Rajan, G. and **Khosla, M.** (2014, December). Exploring Self-Conscious Emotions and Emotion Regulation in Depression and Bipolar Affective Disorder: Implications for Emotional Well-Being. Accepted for poster presentation at the International Conference of Public Mental Health and Neurosciences (ICPMN-2014). ICPMN-2014, December 18-20, 2014 at Bangalore, India.

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

Khosla, M. (2014, 18th 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.

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

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

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

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, 24th March). *Understanding Emotions from an Indian Perspective: Implications for Health and Wellbeing*. Invited address presented at the Department of Psychology and Women Studies, The Pennsylvania State University, University Park, PA, USA.

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

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

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

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

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

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

Khosla, M. (2014, 11th 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.

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

Rajan, G., & **Khosla, M.** (2014, Jan 23-25th). Exploring Self-Conscious Emotions and Emotion Regulation in Depression and Bipolar Affective Disorder: Implications for Therapeutic Interventions. 11th International conference on Recent Advances in Cognition and Health. SAP DRS-I Department of Psychology, Banaras Hindu University, Varanasi, India.

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

Khosla, M. (2013, 9th December). *Understanding The science of Facial expressions*. Invited presentation at the Paris Descartes University, Psychology Institute, Paris, France.

Khosla, M. (2013, 10th December). *Culture and Emotions: Cross-cultural perspective*. Invited presentation at the social psychology department, Paris Descartes University, Psychology Institute, Paris, France.

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

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

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

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

Silfver-Kuhlampi, M., **Khosla, M.**, et al. (20 July, 2013) .369-S-2: "Values and Self-Conscious Emotions across Cultures". Paper presented at symposium in 12 European Conference on Psychological Assessment, San Sebastian, Spain.

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

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

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

Khosla, M. (2013, 8th 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.

Khosla, M. (2013, 23rd 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.

Khosla, M. (2012, 2 April). Role of Counseling in Social defense Issues: Meaning, Types, importance, skills and characteristics of a good counselor. Invited Seminar at National Institute of Social Defense, Delhi.

Khosla, M. (2012, 21 November). *Emotional Transformation of the Self: Hindu Perspective*. Invited address at the Psychiatry Department, New College, University of Toronto, Canada.

Khosla, M. (2012, 27 November). *Introduction to Indian Psychology: Self, Identity & Personality*. Invited address delivered at the Department of Psychology, New College, University of Toronto, Canada.

Khosla, M. (2012, 26th 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.

Khosla, M. (2012, 7th 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.

Khosla,M.(2012,12th December). *Overview of Indian Psychology:implications for Well-being*. Invited address delivered at the Department of Psychology, Science wing, University of Toronto,Canada.

Khosla,M.(2012, 11 December). *Emotional Expression:Indian Perspective*. Invited address at the Affect and Cognition Lab, Department of Psychology, St.George Campus, University of Toronto, Canada.

Khosla,M.(2012,5th December). *Generation and Decoding of Facial Expressions: Indian Perspective*.Invited presentation at the Neuropsychologylab,Department of Psychology , St.George Campus, University of Toronto, Canada.

Khosla, M.(2012,5th 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.

Khosla,M.(2012,5th 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.

Khosla, M.(2012,7th Dec). *Yoga and Meditation in Mental Health and Well-being*.WorkshopatOISE, University of Toronto,Canada.

Khosla, M.(2012,6th December).Understanding Micro-momentary facial Expressions:Influence of Indian Culture.Seminar presented at the St.George Campus, University Of Toronto, Ontario, Canada.

Khosla, M.(2012,7th 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.

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

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

Khosla,M.(2012,28th 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.

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

Khosla,M.(2011,21st 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 Univeristy,Quebec City, Canada.

Khosla,M.(2011,28th June). *Understanding the Emotional Experience*.Invited address in the Department of Psychology, Boston College,MA, USA.

Khosla,M.(2011,6th February). *Emotional Transformation of the Self: Life- Span Perspective*.Paperpresentated at the National Conference, University of Delhi in collaboration and at India International Centre,on Individual and Collective Transformation: Insights from Indian Psychology, Delhi.

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

Khosla,M.&Gargya,S.(2010,18th -20th Feb).Paper presentation on “The Power of Expressive Emotional writing on Affect of Indian Women “in the 45 National and 14th International Indian Academy of Applied Psychology Conference at Vishakhapatnam, on Quality of Life and Globalization: Effective Self Care Interventions.

Khosla,M.(2010,14th December).*The recognition of facial expression of emotions in epilepsy:Neuro-cognitive perspective*. Paper presented 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,at Jawaharlal Nehru University, Delhi.

Khosla,M.(2010,2nd 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.

Khosla,M.(2010,20th 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.

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

Khosla, M. (2010,25th 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.

Khosla, M. (2009,23rd 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. (2008,28th October). *Affect and Wellbeing*. Paper presented at the Department of Psychology, Daulat Ram College University of Delhi.

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. (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. (2005,8th February). *Understanding the basic concepts of Classical Psychoanalysis*. Invited address given to the English Department, Daulat Ram College, University of Delhi, and Delhi.

Khosla, M. (2004,12th September). *Sigmund Freud: Analysis of the Oedipus complex*. Invited Seminar at the function of the English Society, Daulat Ram College, 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. (2003,27th October). *Freud, the unconscious, Oedipus complex and personality structure*. Presented a talk in the English Department, Daulat Ram College, University of Delhi, Delhi.

Khosla, M. (2003,12th September). *Methodological issues in Psychological Research*. Presented at a seminar organized by the Psychology Association, Daulat Ram College, University of Delhi, Delhi.

Khosla, M. (2002,2nd November). *Understanding the unconscious realms of the mind*. Invited presentation at the annual function of the English Association, Daulat Ram College, 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.

Khosla,M.(1997,27th October). *Coping with Life Stresses among Women*. Paper presented at South Campus, University of Delhi, Delhi.

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

Khosla,M.(1996,3rd February). *Induced Affective States and Cognition*. Paper presentation at Kamla Nehru College, University of Delhi, Delhi.

Khosla,M.(1994,4th November). *Stress and its effects on Time Perception*. Paper presented in the Department of Psychology, Jesus & Mary College, University of Delhi, Delhi.

Khosla,M.(1994,23rd March). *Emotion, Affect and Stress*. Presented a paper in the Department of Psychology, Arts Faculty, University of Delhi, Delhi.

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

ORGANIZATION OF TRAINING PROGRAMS/ WORKSHOPS/CONFERENCES/ SEMINARS/ SYMPOSIUM

Khosla,M.(2019, 1st October). **Organised** World Mental health Day program,DRC, University of Delhi.

Khosla, M.(2019, 1st 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, 1st August-30 September).**Values enhancing Well-being**, Organised the **Vth Value Engagement Program**, for students at DRC, University of Delhi.

Khosla,M.(2019, January8-9th).**Convener** of the ICSSR sponsored **International Conference** on “Integrating Traditional Indian Healing Practices with contemporary Western Health System”, January 8-9th, 2019, Daulat Ram College, University of Delhi, Delhi.

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

Khosla,M. (2018,August 1st-11th September).Organized the **IVth Value Engagement Program on “ Experiencing Values through Art”**, DRC, University of Delhi.

Khosla, M.(2018, 24th - 29th May).**Enhancing mental Health: True Health Initiative.** Organised a training program for undergraduate students, DRC, University of Delhi.

Khosla,M.(2017,29th May). **Skills to enhance self esteem. Organised a** workshop in the summer camp for wives of Policemen, Delhi.

Khosla, M. (2017, 29th March)Organised National Symposium & Awareness Program on "Life Style & Reproductive Health Challenges" at Conference Centre , Daulat Ram College, University of Delhi.

Khosla,M. (2017, 16th - 26th September).Organised the IIIrd Value Engagement Program on “**Values Optimizing lifestyle**”, in DRC, University of Delhi.

Khosla,M. (2017,3-15th July).Organised 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.(2016,17th August-8th October). Organised the **IInd Value Engagement Program** on “**Values for Enhancing Academic Achievement in higher Education**”, Psychology Department, Daulat Ram college.

Khosla,M.(2015, 22nd September-4th November). Organised **the Ist Value Engagement Program** on “**Values and Sustainable Environment**”, DRC, University of Delhi.

WORKSHOPS

Khosla,M.(2019, September). “**Let us Smile:Values that help us in Managing Emotions**” workshop in Daulat Ram College, University of Delhi.

Khosla,M.(2018,24-29th May).**Enhancing mental Health: True Health Initiative.** A training program for undergraduate students, DRC, University of Delhi.

Khosla,M.(2018,29th May). Skills to enhance self esteem. Workshop in summer camp for wives of Policemen, Delhi.

Khosla,M. (2018, 1st August). “Learning Values through Art”, workshop in Daulat Ram College, University of Delhi, Delhi.

Khosla, M.(2018,25th August). “Learning Values through Pictures”, workshop in DRC, University of Delhi.

Khosla,M.(2017,16th Sep-26th September).Organized the IIIrd Value Engagement Course on “Values Optimizing Lifestyle”, Psychology Department, University of Delhi.

Khosla,M.(2017,16th September).Workshop on “Values optimizing Spiritual health” in the IIIrd Value Engagement Course on “Values Optimizing Lifestyle”, Psychology Department, University of Delhi.

Khosla,M.(2017,9th July).Talk on “Guided meditation” in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi

Khosla,M.(2017,8th July).Workshop on “Emotion Regulation techniques” in the Life Style Management Course on Skill Development Program, at DRC, University of Delhi, Delhi.

Khosla,M.(2017,7th 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, 17th August). Resource person for Moral Education in Academic Context” for the IInd Value Engagement Programme on “values for Enhancing Academic Achievement in Higher Education”, Psychology Department, Daulat Ram College, University of Delhi, Delhi.

Khosla,M.(2016, 17th August-8th October). Organized the IInd Value Engagement Program on “Values for Enhancing Academic Achievement in higher Education”, Psychology Department, Daulat Ram college.

Khosla, M.(2016, 16th August). “Personal values that facilitate academic learning”, workshop at DRC, University of Delhi.

Khosla,M.(2016, 30th August). “Character Strengths and Academic Achievement”, workshop at DRC, University of Delhi.

Khosla,M.(2015, 11,14 Dec).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.(23 September,2015). Resource person for Value Engagement Program on “Developing a sustainable Environment”, in the Psychology Department, Daulat Ram college, University of Delhi.

Khosla,M.(30 September,2015). 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, 22 Sep-4th Nov).Organized a certificate course on Value Engagement Programme, 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.(2014,8 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.(2013,12August). *Learning Yoga to Cope with Stress*.Workshop presented at the Department of Psychology, Jesus & Mary College, University of Delhi, Delhi.

Khosla, M.(2012,7December). *Yoga and Meditation in Mental health and Well 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.(2009,21May). *Building Emotional Resilience*.Workshop presented at India International Center, Delhi.

EDITORIAL DUTIES

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.

2009-2012	Editorial Board Journal of Brain, Face and Emotion, UK.
2017-	Editor for Psychology and Behavioral Medicine Open Access Journal(PBMOAJ),Budapest.
2018-	Reviewer for Current issues in Personality Psychology, Poland.
2019-	Associate Editor for Indian Journal of Psychology, India

PROFESSIONAL MEMBERSHIPS

Indian Council of Social Science Research ,India
Delhi Association of Clinical Psychologists , Indian Council of Medical Research, India.
India International Centre , Delhi, India.
American Psychological Association Diversity Teaching group,USA
The Indian Academy of Applied Psychology , India.
National Academy of Psychology, India.
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.
India Habitat Centre,Delhi

PUBLIC ADDRESSES

Khosla,M.(2019, 8th March). Are you on the right path? Opportunities and Challenges in Pursuing Psychology, Department of Psychology, Arts Faculty, University of Delhi.

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

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

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

Khosla, M.(2017,July 3rd). *The Role of Media in our lives*. Public Presentation at the India Habitat Centre, Delhi.

Khosla,M.(2013,April). *Decoding the Mystery of a Smile*.Public Presentation at the India Habitat Centre, Delhi.

Khosla, M. (2009,May). *Trauma and Emotional Resilience :Indian Perspective*. Public address delivered at the India International Centre on Max Mueller Marg, Delhi.

COMMUNITY SERVICE

2017-present	True Health Initiative Official(USA, India)
2014-present	Green Fulbrighters Forum Member (India)

