

Dr. Sonia Kapur

Assistant professor

MYAS-GNDU, Department of sports science and medicines.

Dr. Sonia Kapur have doctorate degree in Psychology. She accomplished her Master's degree (Psychology) in 1998 and her Doctorate in psychology (PhD) in 2006.

The research domain at the time of PhD was motivation and personality. Previous research publications were based on power motivation and gender difference. Current area of research is focused on sports psychology. The thrust area of research at present is coach-athlete relationships, athletic wellbeing (lifestyle, motivation, Emotional intelligence, self-esteem, anxiety, addictive behavior and attitude). In future perspective, the more work is expected by using advanced psychological apparatus like eye tracking and VTS system. The cognitive skills, reaction time and selective attention of athletes will be empirically studied to enhance their performance.

Total 13 research papers are published in peer reviewed journals till March, 2020.

Dr. Sonia has achieved mastery in counseling skills, cherished her helping nature by taking responsibility as co-founder of Each One Save One organization. The aim of the organization is to provide CPR training to the community through workshops.

