

CURRICULUM VITAE

DR. DIMPY MAHANTA

Corresponding Address

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EDUCATIONAL QUALIFICATION

- PhD in Psychology (University of Delhi- North Campus) in 2009
- Masters in Psychology (University of Delhi- North Campus) in 2004
- Bachelors in Psychology (Indraprastha College for Women, Delhi University in 2002
- UGC NET/JRF in December, 2003

SUBJECT SPECIALIZATION

- Organizational Behavior & HRM
- Psychological Research & Testing
- Applied Psychology
- Positive Psychology
- Health and Wellbeing
- Police and Military Psychology

INTEREST AREA(S) OF RESEARCH

- Stress and Burnout
- Resilience and Well-being
- Suicide Prevention
- Positive Organizational Behavior
- Occupational Health Psychology
- Workplace Mistreatment
- Police and Military Psychology
- Substance Abuse Prevention
- School Psychology
- Gero-psychology

CAREER PROFILE

Full Time Teaching Experience

Name of University /College/ Institution	Designation	Status (Permanent/ Temporary/ Ad-hoc)	Course/ Subject	From	To	Experience (in Y-M)
Shyama Prasad Mukherji College	Assistant Professor	Adhoc	Psychology	10.08.2004	31.10.2004	2 months 22 days
Jesus & Mary College	Assistant Professor	Adhoc	Psychology	31.07.2007	30.11.2007	4 months
Keshav Mahavidyalaya	Assistant Professor	Adhoc	Psychology	16.07.2008	14.12.2008	4 months 28 days
Keshav Mahavidyalaya	Assistant Professor	Permanent	Psychology	16.12.2008	17.08.2015	6 years 8 months
Cotton University	Senior Assistant Professor	Permanent	Psychology	18.08.2015	Continuing	8 years 6 months 6 days
					Total Teaching Experience	<u>16 YEARS 5 MONTH 26 DAYS</u>

OVERALL ADMINISTRATIVE/ACADEMIC EXPERIENCES IN UNIVERSITIES

1. **External Expert Member**, Departmental Research Committee (DRC) of Department of Psychology, Girijananda Chowdhury University since July, 2024
2. **Convened** an Online Skill Development Workshop on 'Test Construction and Scale Development' jointly organized by North East Indian Association of Applied Psychology (NEIAAP) in collaboration with Indian Academy of Health Psychology (IAHP) and Cotton University on 27th-28th April, 2024 at Cotton University.
3. **Convened** an Interactive Session on 'Personality Development of the Youth' jointly organized by North East Indian Association of Applied Psychology (NEIAAP) in collaboration with Indian Academy of Health Psychology (IAHP) and Cotton University on 25th April, 2024 at Cotton University.
4. **Taken Ph.D. Course Work Lectures at the Department of Psychology, Girijananda Chowdhury University in February, 2024.**
5. **Coordinator** of Student Counselling Cell, Cotton University (2020-2022)
6. **Founder Head**, Department of Psychology, Cotton University (2015-2018)
7. **Cultural Coordinator** of the University Chapter of the North East Zone Cultural Council (NEZCC) from 2015-2018.
8. **Coordinator** and Developed Modules on (Organizational Behavior) Psychology under MHRD, Government of India for the E-PG Pathshala Mega Project of UGC in **2014-2016.**
9. **Convener** of Syllabus Formulation Committee for Post-Graduation (2015)
10. **Member**, Board of Studies for Curriculum Designing of MA, BA Psychology (Elective) as per CBCS in 2018
11. **Member**, Board of Studies for Curriculum Designing of BA (H) Psychology in 2020.

12. **Member**, Board of Studies for Curriculum Designing for PhD Course Work, Cotton University in 2018.
13. **Member**, Departmental Research Committee (DRC) since 2018 till date.
14. **Member**, Research Advisory Committee (RAC) since 2018 till date.
15. **Member**, Core Organizing Team of the Second Foundation Day Lecture of erstwhile Cotton College State University in 2016 and 2017.
16. **Convened** a day-long workshop of Neuro-Linguistic Programming (NLP) in CCSU.
17. **Organized and convened** a Lecture on 'Qualitative Methodology and Environmental Psychology with Special Emphasis on Conservation of River Dolphins in Brahmaputra'.
18. **Member, Core Organizing Committee** of the ICDA in the International Conference on Career Development (March 27-29, 2013), International Seminar on Gerontology: A Global Concern (March 2008), 5th International Conference on Enrichment of Human Life: Issues & Challenges (Feb. 19-20, 2005)

RESEARCH PROJECTS

1. Principal Investigator in a year-long In House Research Project funded by Cotton University titled 'Personality Attributes, Perception of Stress and Coping Styles among the Yoga and Non-Yoga Practitioners of Assam. Total Budget is **1 Lakh only**. Selected in January 2024.
2. Co-Principal Investigator (Co PI) in a Research Project funded by the Government of Uttar Pradesh in 2022 titled 'Yuvawo ke Kaushal Vikaas Ewam Aatm Nirbhar hetu Kendra va Uttar Pradesh Sarkar ke Abhinav Prayaas ke Sakaaraatmak Prabhav ka Ek Adhyayan'. Total Budget was **1.98 Lakhs**.
3. Principal Investigator in a Research Project funded by the Kaziranga National Park Staff Welfare Society titled 'Assessing Motivational Inputs, Stress Management and Mental Well-being of the Field Staff of Kaziranga National Park'. Total Budget was **3.5 Lakhs only**. The Recommendations have been incorporated in the Assam State Finance Budget- 2020.
4. Co-Principal Investigator (Co PI) in a Major Research Program funded by the ICSSR in 2019 titled 'Dynamics of Child Sexual Abuse in the Tea Plantation Community: From Vulnerability to Immunity'. Total Budget was **10 Lakhs**.
5. Organizational Role Stress amongst Police Personnel in Terrorist Affected Districts of Assam. Supported by the Indian Police Journal, Bureau of Police Research and Development, Ministry of Home Affairs, Government of India in 2009-10

RESEARCH GUIDANCE

1. Total Number of PhD Scholars being supervised: **3 (Awarded), 6 (Ongoing)**
2. Total Number of MA Dissertations supervised : **58 (Awarded)**

PUBLICATION PROFILE

WRITING AS COLUMNIST/EDITORIAL

1. Editorial titled “Corona Pandemic and its Psychological Impact” published in the leading English News Daily of Assam ‘The Sentinel’ on 21st March, 2020.
2. My Interview on “Ways to Battle Depression” published in Mind space in the leading English News Daily of Assam ‘The Assam Tribune’ on 20th June, 2020.
3. My views on “Holistic Care for Mental Health” published in the Education Times, Times of India on 10th June, 2019.
4. Editorial titled “Role of Mob Mentality Behind the Barbaric Dokmoka Incident” published in the leading English News Daily of Assam ‘The Sentinel’ on 18th June, 2018.
5. Article on “Marks are not more important than life goals” published in the leading English news daily of India, ‘The Times of India’ on 11th June, 2018.
6. Article on “Beyond Boards!” published in the leading English news daily of Assam, ‘The Sentinel’ on 8th June, 2018.
7. Article on “Importance of Psychology in Sports” published in the leading English news daily of Assam, ‘The Assam Tribune’ on 27th May, 2018.
8. Article on “Five Simple Ways to Raise Happy Kids” published in the leading English news daily of Assam, ‘The Sentinel: Mélange’ on 13th May, 2013.

IMPORTANT ARTICLE & RESEARCH ARTICLE IN ACADEMIC JOURNALS/ REFEREED/ PEER REVIEWED JOURNALS SINCE 2011

1. Sandeep¹; Roy, S.², **Mahanta, D.**³, Gupt, D.R.⁴, Rathore, S.⁵ & Gupta, S.⁶ (2024). Substance Use Disorder, Parenting Styles and Interpersonal Competency : A Review. *Journal of Educational and Social Research*. Volume 14 No. 1, January 2024. ISSN 2239-978X. E-ISSN 2240-0524. **(SCOPUS INDEXED)**
2. Bora, A.¹ & **Mahanta, D.**¹ (2023). Resilience Across Different Length of Service in the Assam Civil Service Officers. *International Journal for Multidisciplinary Research*. Volume 5, Issue 4, July-August, 2023. E-ISSN 2582-2160
3. Sharma, B.¹ & **Mahanta, D.**² (2023). Exploring the Association among Hope, Self-Efficacy and Psychological Resilience: An Empirical Analysis on the Flood Victims of Lower Assam Division. *International Journal for Multidisciplinary Research*. Volume 5, Issue 2, March- April 2023. eISSN 2582-2160
4. Sharma, B.¹ & **Mahanta, D.**² (2023). Hope, Self-Efficacy and Psychological Resilience among the Flood Victims of Assam: An Exploration from a Psychological Perspective. *Social Action*. Volume 73, Issue 01, January-March 2023. ISSN 0037-7627 **(UGC-CARE)**
5. Bora, A.¹ & **Mahanta, D.**¹ (2022). Job Satisfaction among Civil Service Officers of Assam. *Indian Journal of Psychological Science*. Volume 16, Issue 01, January 2023. ISSN 0976-9218 **(UGC CARE II – Web of Science)**
6. Bora, A.¹ & **Mahanta, D.**¹ (2022). Occupational Stress in the Assam Civil Service Officers (ACS): A Comparative Study. *International Journal of Advance Research and Innovative Ideas in Education*. Volume 8, Issue 5, 2022. ISSN 2395-4396

7. Dutta, P.¹ & **Mahanta, D.¹** (2022). Organizational Climate and Employee Engagement of School Teachers of Assam. *International Journal of Advance Research and Innovative Ideas in Education*. Volume 8, Issue 5, 2022. ISSN 2395-4396
8. Dutta, P.¹ & **Mahanta, D.¹** (2022). A Comparative Study on Employee Engagement of the Teachers of Private and State Government Schools of Assam. *International Journal of Early Childhood Special Education*. Volume 14, Issue 06, 2022. ISSN 1308-5581 (**UGC-CARE**)
9. Dutta, P.¹ & **Mahanta, D.¹** (2022). Quality of Work Life and Employee Engagement of School Teachers of Assam. *International Journal of Health Sciences*. 6 (S8), ISSN 2550-6978 (**SCOPUS**)
10. **Mahanta, D.¹** & Chakravarty, K.² (2022). Mindfulness as a Booster for Workplace Wellbeing : Its Significance and Effects. *International Journal of Advanced Research*. 10(05). 1230-1238. ISSN: 2320-5407. Doi: 10.21474/IJAR01/14839
11. Sarma, B.¹ & **Mahanta, D.¹** (2021). Mental Health in the Wake of Flood: A Review. *Dogo Rangsang Research Journal*. Volume 11, Issue 02, No. 01. ISSN 2347-7180 (**UGC CARE**)
12. Dutta, P.¹ & **Mahanta, D.¹** (2021). A Review Paper on Employee Engagement. *Dogo Rangsang Research Journal*. Volume 11, Issue 02. ISSN 2347-7180 ((**UGC-CARE**))
13. **Mahanta, D.¹** & Deuri, B.² (2019). Relationship between Depression and Psychological Well-being of Widowed Individuals. *IAHRW International Journal of Social Sciences Review*. Volume 7 (6-I). ISSN 2347-3797 (**UGC-CARE**)
14. Sandhu, D.¹, Kaur, K.¹ & **Mahanta, D.²** (2019). Psychosocial Consequences Of Child Sexual Abuse In The Tea Tribes Of Assam. *IAHRW International Journal of Social Sciences Review*. Volume 7 (6-I). ISSN 2347-3797 (**UGC-CARE**)
15. Sandhu, D.¹, Kaur, K.¹ & **Mahanta, D.²** (2019). Child Sexual Abuse and Mental Health Difficulties. *IAHRW International Journal of Social Sciences Review*. Volume 7 (Special Issue-II). ISSN 2347-3797 (**UGC-CARE**)
16. Sandhu, D.¹, Kaur, K.¹ & **Mahanta, D.²** (2019). A Study of Child Sexual in Relation to Parent and Peer Attachment. *IAHRW International Journal of Social Sciences Review*. Volume 7 (Special Issue-II). ISSN 2347-3797 (**UGC-CARE**)
17. **Mahanta, D.** (2019). Mental Well-being, Quality of Life and Work Motivation of the Unsung Heroes of the Kaziranga National Park: An Empirical Study. *IAHRW International Journal of Social Sciences Review*. Volume 7 (Special Issue-II). ISSN 2347-3797 (**UGC-CARE**)
18. **Mahanta, D.¹** & Dutta, P.² (2019). Life Satisfaction, Stress and Dyadic Adjustment: A Comparative Study between Single Earner and Dual Earner Married Couples. *IAHRW International Journal of Social Sciences Review*. Volume 7 (Special Issue-I). ISSN 2347-3797 (**UGC-CARE**)
19. **Mahanta, D.¹** & Khatoniyar, S.² (2019). Cyber-bullying and its Impact on Mental Health of Adolescents. *IRA International Journal of Management & Social Sciences*. Volume 14 (2). ISSN 2455-2267
20. **Mahanta, D.** (2016). Towards Holistic Education and Psychological Well-being. *IAHRW International Journal of Social Sciences Review*. Volume IV. ISSN 2347-3797 (**UGC-CARE**)
21. **Mahanta, D.¹** & Kannan, V.² (2015). Emotional Maturity and Adjustment in First Year Undergraduates of Delhi University: An Empirical Study. *Indian Journal of Psychological Science*. Volume V. ISSN 0976-9218 (**UGC-CARE**)
22. **Mahanta, D.¹** & Aggarwal, M.² (2013). Effect of Perceived Social Support on Academic Success of University Students. *Indian Journal of Psychology*. Special Edition. ISSN 0019-5553 (**UGC-CARE**)

23. **Mahanta, D.¹ & Aggarwal, M.² (2013).** Effect of Perceived Social Support on Life Satisfaction of University Students. *European Academic Research*. Volume 1. ISSN 2286-4822
24. **Mahanta, D. (2013).** Organizational Role Stress amongst Police Personnel in Terrorist Affected Districts of Assam. *The Indian Police Journal*. Volume IX. **Bureau of Police Research and Development, Ministry of Home Affairs, GOI.** ISSN 0537-2429
25. **Mahanta, D. (2011).** Working in Retirement: Opportunities, Barriers and Risks. *International Journal of Psychosocial Rehabilitation*. Volume 15, Issue 01. ISSN 1475-7192 (**SCOPUS till 2020**)

CHAPTERS IN EDITED BOOKS:

1. **Mahanta, D. (2019).** *Social Coping Strategies for Wives of Soldiers Who Are Deployed: Based on Interaction with Military Wives*. In (Ed.) Lt Col Dr. Samir Rawat. WAG's Psychology for the Military Spouse. Rawat Publications, ISBN- 978-81-316-1102-9
2. **Mahanta, D. (2019).** *Trust in Military Organizations*. In (Ed.) Lt Col Dr. Samir Rawat. Cadet Diary 2.0. Psychology of Warrior Ethos and Cadet Leadership Development. Rawat Publications, ISBN- 978-81-316-1103-6
3. **Mahanta, D. (2016).** *Spirituality and Depression amongst the Elderly in Delhi*. In (Ed.) Sheema Aleem and Naved Iqbal. Positive Vistas on Health and Well-being, 1st Edition. Excel India Publishers, New Delhi, ISBN-978-93-85777-34-9
4. **Mahanta, D. (2016).** *Emotional Intelligence and Wellbeing: A Study of Young Adults Working in a Voluntary Organization in Delhi*. Book of Proceedings of the 12th EAOHP Conference: Occupational Health Psychology in Times of Change: Society and the Workplace. EAOHP Nottingham U.K. ISBN-978-0-9928786-2-7
5. Chadha, N.K. & **Mahanta, D. (2012).** *Performance Appraisal*. In (Ed.) Prof. Narender K. Chadha. Human Resource Management, 3rd Revised Edition, Shri Sai Printographers New Delhi, ISBN-81-89996-57-4

PRESENTATIONS IN NATIONAL/INTERNATIONAL CONFERENCES

1. **Mahanta, D. (2024).** Presented a Paper titled 'Mental Well-Being and Quality of Life as Predictors of Perceived Stress amongst the Forest Workers of Kaziranga National Park: A Mixed Method Study' in the 28th International and 59th National Conference of Indian Academy of Applied Psychology "Applying Psychology for Professional Excellence" organized at the Pondicherry University, Pondicherry, 2nd - 4th February, 2024.
2. **Mahanta, D. (2023).** Presented a Paper titled 'Stress, Resilience and psychological Wellbeing amongst the Musicians and Non-Musicians of Assam: An Exploratory Study' in the 8th International Conference of Indian Academy of Health Psychology (ICIAHP) "Health Psychology in Integrative Health Care: A Multidisciplinary Perspective" jointly organized by Indian Academy of Health Psychology & We Avec U Mental Health Organization & Kasturba Memorial Society at Calangute, Goa, 30th Nov - 2nd December, 2023.
3. **Mahanta, D. (2023).** Presented a Paper titled 'Personality, Job Satisfaction and Perceived Stress among the Police Personnel of Nagaland' in the 27th International and 58th National

Conference of Indian Academy of Applied Psychology “Psychology and Technology: Shaping the World” organized by the Department of Psychology Delhi University in collaboration with Indian Institute of Psychology at Vigyan Bhawan, New Delhi, 15th - 17th February, 2023.

4. **Mahanta, D. (2022).** Presented a Paper titled ‘Perceived Social Support as a Predictor of Happiness in the Secondary School Students of Assam’ in the 7th International Conference of Indian Academy of Health Psychology organized by the Department of Psychology and Mental Health, Gautam Buddha University, 22nd - 24th December, 2022.
5. **Mahanta, D. (2022).** Presented a Paper titled ‘Psychological Capital and Workplace Mistreatment amongst the Government and Private Sector Employees of Assam: An Empirical Study’ in the 7th International Conference of Indian Academy of Health Psychology organized by the Department of Psychology and Mental Health, Gautam Buddha University, 22nd - 24th December, 2022.
6. **Mahanta, D. (2022).** Presented a Paper titled ‘A Study on Perceived Stress and Coping Styles amongst the Employees of Oil India Limited, Duliajan during Post Covid Scenario’ in the 7th International Conference of Indian Academy of Health Psychology organized by the Department of Psychology and Mental Health, Gautam Buddha University, 22nd - 24th December, 2022.
7. **Mahanta, D. (2022).** Presented a Paper titled ‘Environmental Hazards and its Impact on Occupational Stress in Civil Servants of Assam’ in an ICSSR sponsored *International Seminar on “Environmental Sustainability and Conservation: Issues and Challenges”* organized by IQAC, Bongaigaon College in collaboration with Department of Environmental Studies, Bongaigaon College, 3rd- 4th November, 2022.
8. **Mahanta, D. (2022).** Presented a Paper titled ‘Challenges Encountered by the Flood Victims of Assam: An Exploratory Study’ in an ICSSR sponsored *International Seminar on “Environmental Sustainability and Conservation: Issues and Challenges”* organized by IQAC, Bongaigaon College in collaboration with Department of Environmental Studies, Bongaigaon College, 3rd- 4th November, 2022.
9. **Mahanta, D. (2022).** Gave a talk on **Mental Health Awareness** to all the Cotton University Students on 21st September, 2022 at the Cotton University.
10. **Mahanta, D. (2020).** Presented a paper titled ‘Stress, Coping Strategies and Quality of Life among parents of children with Autism’ in the 7th International SIVUS Conference of Developmental Disabilities at Rajshahi University, Bangladesh on 24-25 January, 2020.
11. **Mahanta, D. (2019).** Presented a paper titled “Work environment and demographic variables as predictors of Psychological Wellbeing in the Domestic Helpers” in the International Conference titled Wellbeing: Lifespan Perspectives & Practices for Sustainable Communities held at Guwahati, Assam, India on 19.01.2019.
12. **Mahanta, D. (2019).** Presented a paper titled “Academic Life Satisfaction and Psychological Well-being: An Empirical Research in Young Adults” in the International Conference titled Wellbeing: Lifespan Perspectives & Practices for Sustainable Communities held at Guwahati, Assam, India on 18.01.2019.
13. **Mahanta, D. (2018).** Presented a paper titled “Stress and Coping Mechanisms of Institutionalized and Non-Institutionalized Elderly in Assam- A Comparative Study” in the National Seminar on Contemporary Anthropology and North-East India and Forty-Eighth Annual Conference of the Indian Anthropological Society, Kolkata organized by Department of Anthropology, Cotton University, Guwahati on 02.11.2018

14. **Mahanta, D.** (2017). Presented a paper titled "Physical Activity, Quality of Life and Life Satisfaction among Young Adults" in the 3rd International Conference of Indian Academy of Health Psychology (ICIAHP2017) at National P.G. College, Lucknow on 13.11.2017
15. **Mahanta, D.** (2017). Presented a paper titled "Challenges Encountered by Women Bureaucrats of Assam: An Exploratory Study." in the 3rd International Conference of Indian Academy of Health Psychology (ICIAHP2017) at National P.G. College, Lucknow on 12.11.2017
16. **Mahanta, D.** (2017). Presented a paper titled "Impact of Social Media on the Depression and Mental Health of Young Adults" in the 15th Conference of the European Congress of Psychology organized by the European Congress of Psychology, Amsterdam, Netherlands, July 11-14, 2017.
17. **Mahanta, D.** (2017). Presented a poster titled "Work-life Balance & Self-Esteem : A comparative study between Government and Private Institutions" in the 15th Conference of the European Congress of Psychology organized by the European Congress of Psychology, Amsterdam, Netherlands, July 11-14, 2017.
18. **Mahanta, D.** (2016). Attended a two-day workshop on 'Qualitative Research Methods' organized by the Department of Psychology (G.U.) in association with Psychologists' Association of North East India (PANEI), May 30-31, 2016
19. **Mahanta, D.** (2016). Presented a paper titled "Emotional Intelligence & Well-being in a Voluntary Organization in Delhi" in the 12th Conference of the European Academy of Occupational Health Psychology organized by the European Academy of Occupational Health Psychology, Athens, Greece, April 11-13, 2016.
20. **Mahanta, D.** (2016). Presented a paper titled "Spirituality & Depression amongst the Elderly in Delhi" in the International Conference on Health & Well-being organized by Jamia Milia Islamia University, New Delhi, India, March 1-2, 2016
21. **Mahanta, D.** (2016). Presented a paper titled "Towards holistic education & psychological well-being" in the 4th International Conference on Psychology and Allied Sciences, Positive Schooling : A Heaven for Holistic Development organized by Indian Association of Health, Research and Welfare, Goa, India, 16-18 January, 2016
22. **Mahanta, D.** (2015). Presented a paper titled "Role of Positive Psychology in Holistic Education and Wellbeing" in the International Seminar on Holistic Education for a Better World organized by Mahapurusha Srimanta Sankaradeva Vishwavidyalaya (MSSV) and Commonwealth Council for Educational Administration & Management (CCEAM), 8th -10th October, 2015
23. **Mahanta, D.** (2015). Presented a paper titled "Optimism and Psychological Well-being: A Correlational Study" in the 1st International & 3rd National Conference on Positive Psychology: The Ripple Effect organized by Indian Association of Positive Psychology & Manav Rachna International at Manav Rachna International University, 27th February- 1st March, 2015
24. **Mahanta, D.** (2015). Presented a paper titled "EQ and Altruism: An Empirical Study" in the 1st International & 3rd National Conference on Positive Psychology: The Ripple Effect organized by Indian Association of Positive Psychology & Manav Rachna International at Manav Rachna International University, 27th February- 1st March, 2015
25. **Mahanta, D.** (2015). Presented a paper titled "Gratitude and Well-being: A Correlational Study" in the 1st International & 3rd National Conference on Positive Psychology: The Ripple Effect organized by Indian Association of Positive Psychology & Manav Rachna International at Manav Rachna International University, 27th February- 1st March, 2015

26. **Mahanta, D.** (2013). Presented a paper titled “Working in Retirement: Opportunities, Barriers & Risks” in the first International Conference of ICDA “Colors of Career Development” in collaboration with NCD (USA), at Manav Rachna International University, March 27-29, 2013.
27. **Mahanta, D.** (2013). Presented a paper titled “Role of Gender Stereotyping in Women’s Career” in the first International Conference of ICDA “Colors of Career Development” in collaboration with NCD (USA), at Manav Rachna International University, March 27-29, 2013.
India Career Development
28. **Mahanta, D.** (2013). Participated in National Conference on Aging Workforce organized by Department of Applied Psychology South Campus, University of Delhi (1st March, 2013)
29. **Mahanta, D.** (2013). Presented a paper titled “Working in Retirement: Opportunities, Barriers & Risks” in the first International Conference of ICDA “Colors of Career Development”, at Manav Rachna International University, March 27-29, 2013.
30. **Mahanta, D.** (2008). Presented a paper titled “Predictors of Occupational Stress in Multinational Companies in India” in the 8th full conference of the European Academy of Occupational Health Psychology (EA-OHP), at the University of Valencia, Spain, 12-14 November 2008
31. **Mahanta, D.** (2008). Participated in the International Seminar on “Gerontology: A Global Concern” organized by Department of Adult, Continuing Education & Extension, University of Delhi on 29th February & 1st March, 2008.
32. **Mahanta, D.** (2007). Participated in the National Seminar on ‘Restructuring Psychology’ organized by Dept of Psychology, Delhi University in Nov.2007
33. **Mahanta, D.** (2007). Participated in the Fourth HR Meet on “Human Resources: Individual and Organization Interface” held in February, 2007
34. **Mahanta, D.** (2022). Participated in the IIIrd HR Meet on “Resourceful Humans- The New Mantra” held in February, 2006
35. **Mahanta, D.** (2022). Participated in the 5th International Conference on “Enrichment of Human Life: Issues and Challenges” in February, 2005

INVITED KEYNOTE SPEAKER/ AS A RESOURCE PERSON IN PUBLIC FORUM

1. **Invited Resource Person** to conduct a session on ‘The Impact of Teachers’ Burnout on Classroom Dynamics, Resilience and Coping Strategies’ as part of the **Teachers’ Orientation Programme** organized by the Holy Child Sr. Secondary School, Bijni on 29th July, 2024.
2. **Invited Resource Person** for an **Induction Programme** to carry out a session on ‘Career Scope, Future Scope and Higher Education Opportunities in India and Abroad’ conducted by the Department of Psychology, University of Science & Technology Meghalaya (USTM) on 5th July, 2024.
3. Delivered a lecture on ‘Anger Management, Controlling Anger and Aggression at Work’ to the trainees (DySPs) of the 54th Basic Course at North Eastern Police Academy (NEPA), Government of India, Ministry of Home Affairs, Umsaw, Meghalaya on 11th June, 2024.
4. **Invited Resource Person** for an ICSSR Sponsored **Two-Day National Seminar on NEP-2020 Model Curriculum: Content in Psychology** and addressed on the theme ‘Incorporating Indian Psychology in the Frame of NEP’ organized by the **Vidya Bharti Uchcha Shiksha Sansthan (VBUSS)** in collaboration with Department of Psychology, Gautam Buddha University, Greater Noida on 6th-7th June, 2024.

5. **Invited Resource Person** to conduct a session on 'The Impact of Teachers' Burnout on Classroom Dynamics, Resilience and Coping Strategies' as part of the **Faculty Development Programme** organized by the Army Public School Narangi on 5th June, 2024.
6. **Invited Resource Person** to carry out a session on 'Stress Management and Resilience Building' at the **Refresher Course in Social and Behavioral Science** organized by the **University Grants Commission (UGC) - Malaviya Mission Teacher Training Centre (MMTTC)** at Pt. Ravishankar Shukla University on 4th March, 2024.
7. **Invited Resource Person** to carry out a session on 'Exploring the Indigenous Healing Practices in North East India' at the **Refresher Course in Tribal Culture, Heritage and Folklores (IDC)** organized by the **University Grants Commission (UGC) - Malaviya Mission Teacher Training Centre (MMTTC), University of Delhi in collaboration with P.G.D.A.V. College (Evening)** on 27th February, 2024.
8. **Chaired** a Scientific Session in the 28th International and 59th National Conference of Indian Academy of Applied Psychology "Applying Psychology for Professional Excellence" organized at the Pondicherry University, Pondicherry, 2nd - 4th February, 2024.
9. **Invited Resource Person** to carry out a session on 'Assessing Students from a Psychological Perspective, ref. Indian Higher Education" at the **Guru-Dakshta Faculty Induction Programme (FIP-09)** organized by the **University Grants Commission (UGC) - Malaviya Mission Teacher Training Centre (MMTTC)** at Gauhati University on 25th January, 2024.
10. **Chaired** a Scientific Session in the 8th International Conference of Indian Academy of Health Psychology (ICIAHP) "Health Psychology in Integrative Health Care: A Multidisciplinary Perspective" jointly organized by Indian Academy of Health Psychology & We Avec U Mental Health Organization & Kasturba Memorial Society at Calangute, Goa, 30th Nov - 2nd December, 2023.
11. Delivered a **Keynote Address** on 'Suicide Prevention: The Indian Scenario' in the CBSE National Teachers' Conference on "Guidance & Counselling" organized by The Central Board of Secondary Education (CBSE) at Srimanta Sankardeva International Auditorium, Guwahati (Assam) on 11th October, 2023.
12. **Invited Resource Person** to carry out a session on '**Mental Health and Stress Management Techniques**' organized under the aegis of NAHEP-IDP at the College of Community Science, Central Agricultural University, Tura, Meghalaya on 29th September, 2023.
13. **Chaired** a Scientific Session in the 32nd Annual Convention of the National Academy of Psychology organized by the School of Arts and Sciences Ahmedabad University, 3rd – 5th March, 2023.
14. **Chaired** a Scientific Session in the 27th International and 58th National Conference of Indian Academy of Applied Psychology "Psychology and Technology: Shaping the World" organized by the Department of Psychology Delhi University in collaboration with Indian Institute of Psychology at Vigyan Bhawan, New Delhi, 15th - 17th February, 2023.
15. **Chaired** a Scientific Session in the 7th International Conference of Indian Academy of Health Psychology organized by the Department of Psychology and Mental Health, Gautam Buddha University, 22nd - 24th December, 2022.
16. Delivered a talk on **Mental Health Awareness** to all the Cotton University Students on 21st September, 2022 at the Cotton University.

17. **Chaired** a Technical Session in the International Conference on “Psycho-Social Changes in Organizations and Society during Pandemic Times” organized by the Department of Psychology, Allahabad University, 1st June, 2022.
18. Delivered invited lecture on ‘Self Awareness as a Means for Stress Management’ at the North Eastern Police Academy (NEPA), Meghalaya on 8th October, 2021.
19. Delivered an online invited lecture as a **Keynote Speaker** on ‘Drug Abuse: Prevention and Treatment’ organized by the Narcotics Control Bureau, Ministry of Home Affairs, Department of Internal Security, Guwahati Zonal Unit on 8th October, 2021.
20. Delivered invited lecture as a **Keynote Speaker** on ‘Building Resilience: Coping with the Pandemic’ in a National Webinar organized by the Bharathidasan Govt. College for Women (Puducherry) and IAPEN- Puducherry Chapter on 29th September, 2021.
21. Delivered invited lecture as a **Keynote Speaker** on ‘Developing Work Life Wellbeing for Women Extension Functionaries’ in a National Webinar organized by the Punjab Agricultural Management and Extension Training Institute (PAMETI) on 3rd August, 2021.
22. Delivered invited lecture as a **Keynote Speaker** on ‘Drug Abuse and Illicit Trafficking’ in a National Webinar organized by the CID Assam on 24th June, 2021.
23. Delivered invited lecture as a **Keynote Speaker** on ‘Post-Pandemic Challenges: The New Normal and Evolving Scenarios in Mental Health Care’ in a National Webinar organized by the Indian Institute of Technology BHU, Varanasi on 12th June, 2021.
24. Delivered invited lecture as a **Keynote Speaker** on ‘Mental Health for Educators’ organized by Kanoria PG Mahila Vidyalaya, Jaipur on 4th June, 2021.
25. Delivered invited lecture as a **Keynote Speaker** on ‘Mental Health during Pandemic’ organized by the Indraprastha Shakti on 8th May, 2021.
26. Delivered invited lecture on ‘Managing Conflict’ at the Institutional Programme for Mentee and Mentor for Meghalaya Police Service Officers organized by the Meghalaya Police Academy on 7th March, 2021.
27. Delivered invited lectures on ‘Personal and Organizational Goals’, ‘Problem Solving and Decision Making’ and ‘Managing Conflict’ at the Institutional Programme for Mentee and Mentor for Meghalaya Police Service Officers organized by the Meghalaya Police Academy on 28th February, 2021.
28. Delivered invited lecture as a **Keynote Speaker** on ‘Ways to Build Resilience for a Stronger You’ organized by the Daulat Ram College, University of Delhi on 21st October, 2020.
29. Delivered invited lecture as a **Keynote Speaker** on ‘Mental Health of Young Adults’ organized by the Birla Global University, Bhubaneshwar on 10th October, 2020.
30. Delivered **Keynote Address** on ‘Necessity of Positive Psychological Approach to Others’ at an International Webinar organized by The Professional Institute of Business, Dhaka (Bangladesh) on 8th August, 2020.
31. Delivered **Keynote Address** on ‘Elderly Mental Health Issues: Opportunities and Challenges During and After COVID-19’ on 12th June, 2020 at the International Webinar jointly organized by The School of Psychology Nepal, Association of Psychologists in Nepal, Nasirullah Psychotherapy Unit, Dhaka University (Bangladesh) and Psych desk Foundation, Nepal on 15th June, 2020.
32. Delivered **Keynote Address** on ‘Ways to Cope with COVID-19 Pandemic’ on 12th June, 2020 at the International Webinar on Navigating COVID-19 organized by the Government National College, Sirsa, Haryana on 12th-13th June, 2020.

33. Delivered invited lecture as a **Keynote Speaker** on 'Qualitative and Quantitative Research Designs' at the 1st IJO-NEROSA Regional Workshop on Research Methodology and Scientific Publication organized by the Department of Orthopaedics and Trauma, NEIGRIHMS, Shillong, Meghalaya on 22nd February, 2020.
34. **Chaired** a Scientific Session in the 7th International SIVUS Conference on Developmental Disabilities at University of Rajshahi, Bangladesh on 24th – 25th January, 2020.
35. Invited as a Speaker & Panelist at the Assam State Level Round Table on the theme: Assam's Pursuit for the United Nations Sustainable Development Goals 2030 on 26th September, 2019 at Taj Vivanta, Guwahati.
36. Presented a paper titled 'Importance of Psychology Services for Uniformed Personnel' at the fifth WARMCAMP International Military Psychology Conference at Mumbai (15-18 August, 2019)
37. Delivered a lecture on 'Conflict Management and Negotiation with the Victim' in the International Seminar on "Victim Psychology & Victim Assistance" by North Eastern Police Academy (NEPA), Government of India, Ministry of Home Affairs, Umsaw, Meghalaya on 04.07.2019.
38. Delivered a lecture on 'Emotional Intelligence and Self-Management: Key to Stress Management' in the National Seminar on "Stress Management & Self Awareness" by North Eastern Police Academy (NEPA), Government of India, Ministry of Home Affairs, Umsaw, Meghalaya on 11.04.2019.
39. Delivered a lecture on 'Management of Stress and Way to Happiness' in the National Seminar on "Stress Management & Self Awareness" by North Eastern Police Academy (NEPA), Government of India, Ministry of Home Affairs, Umsaw, Meghalaya on 20.02.2019
40. Delivered a lecture on 'Occupational Stress in the Work-life of Police' in the National Seminar on Stress Management & Self Awareness" by North Eastern Police Academy (NEPA), Government of India, Ministry of Home Affairs, Umsaw, Meghalaya on 20.02.2019
41. Delivered a lecture on 'Gandhian Philosophy and Positive Mental Health in the International Conference on "Mahatma Gandhi's Vision and Contemporary Political Leadership in North East India" organized by International Centre for Gandhian Studies, University of Science and Technology, Meghalaya on 05.10.2018
42. Invited as a **Keynote Speaker** at the INDIAN ASSOCIATION OF PALLIATIVE CARE PROGRAM (NORTH EAST ZONE) to address on the *General Perceptions of Palliative Care: The Ground Reality*, held in Guwahati on 2nd December, 2017.
43. Invited as a **Keynote Speaker & Guest of Honor** at inaugural session of the 1ST NORTHEAST OPEN TENNIS CHAMPIONSHIP to address the tennis players on the 'Importance of Sports Psychology' in the august presence of the Governor of Assam Prof. Jagdish Mukhi on 29th October, 2017 at Sports Authority of India Complex, Paltan Bazar.
44. Invited as a **Keynote Speaker & Guest of Honor** at the 9TH NATIONAL CONFERENCE ON EDUCATION FOR SCHOOL PRINCIPALS AND EDUCATIONAL ADMINISTRATORS organized by the Don Bosco Institute, Guwahati from 19-21 October, 2017.

DESIGN NEW COURSE MATERIAL/CURRICULA

1. Designed Course Curriculum for the four year UG Programme of BA(H) Psychology as per NEP 2020 for the Psychology Programme of **Cotton University**, Guwahati in 2023.
2. Designed Course Curriculum for the four year UG Programme of BA/B.Sc. (H) Psychology as per NEP 2020 for the Psychology Programme of **Pragjyotishpur University**, Guwahati in 2023.
3. Designed Course Curriculum for the four year UG Programme of BA (H) Psychology and MA Psychology as per NEP 2020 for the Psychology Programme of **Girijananda Chowdhury University**, Guwahati in 2023.
4. Designed Course Curriculum for Bachelor in Liberal Arts for the **Department of Psychology, Cotton University**, Guwahati in **2020**.
5. Designed Course Curriculum for BA (H) Psychology under CBCS Scheme for the **Department of Psychology, Cotton University**, Guwahati in **2020**.
6. Designed Curriculum for Course Work in PhD Psychology for the **Department of Psychology, Cotton University**, Guwahati in **2017**.
7. Designed Course Curriculum for MA Psychology for the **Department of Psychology, Cotton University**, Guwahati in **2015**.
8. Coordinator and Developed Modules on (Organizational Behavior) Psychology under MHRD, Government of India for the E-PG Pathshala Mega Project of UGC in 2014-2016.
9. Prepared syllabus for the Four-Year Undergraduate Program of Delhi University in 2013-14.

COMMUNITY OUTREACH PROGRAMME & EXTRA-CURRICULAR ACTIVITIES

Organized Mental Health Awareness Camp

1. Led a Team of Masters Students of Psychology (Cotton University) in 2017 and carried out door-to-door survey to understand the level of Mental Health Awareness of the residents of North Guwahati (near Dol Govinda Temple). This was followed by Mental Health Awareness Drive in that locality.
2. Organized Regional Seminars 'Nari Shakti : Celebrating Womanhood' on the theme "Women and Mental Health" on 8th March in 2016, 2017 and 2018 respectively at the KBR Auditorium. This was an initiative to create mental health awareness in North Eastern Region amongst the youth and adult population.
3. Organized and convened Lectures and mass awareness-drives by students on World Mental Health Day in association with the North East Indian Association of Applied Psychology at Sudmersen Hall, Cotton University every year.

Free Classes on UGC NET/JRF/SLET Preparation

1. Took free lectures for Cotton University students as a part of the Five-Day Workshop on UGC NET/JRF/SLET preparation organized by the SC/ST Cell in collaboration with DSW, CCSU from 6th-10th June, 2016 at the Sudmersen Hall.

2. Took free lectures for Psychology Department students of Cotton University students for UGC NET/JRF/SLET preparation between 2016-2019 after regular University Hours. Five students could clear UGC NET between 2016-2020.

PROFESSIONAL DEVELOPMENT COURSES UNDERTAKEN

1. Successfully completed a Five-Day “FACULTY DEVELOPMENT PROGRAMME ON GENERAL MANAGEMENT AND RESEARCH METHODOLOGY FOR FACULTY MEMBERS OF HIGHER EDUCATIONAL INSTITUTIONS OF NORTH-EASTERN REGION (NER)” from 8th – 12th May, 2023 organized by the Dr. APJ Abdul Kalam Centre For Policy Research And Analysis Of Indian Institute Of Management Shillong **(IIM SHILLONG)**.
2. Successfully completed Two-Week “ONLINE REFRESHER COURSE IN PSYCHOLOGY” from 12-26 April, 2021 organized by the Teaching Learning Centre, Ramanujan College (University of Delhi) under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching in collaboration with Center for Psychosocial Resource Development and Training, Ramanujan College.
3. Successfully completed Two-Week “ONLINE INTERDISCIPLINARY REFRESHER COURSE ON BLENDED LEARNING & FLIPPED CLASSROOM” from 08-22 March, 2021 organized by the Teaching Learning Centre, Ramanujan College (University of Delhi) under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching in collaboration with GNIOT.
4. Successfully completed Two-Week “FACULTY DEVELOPMENT PROGRAMME ON ENHANCING PSYCHOLOGICAL SKILLS FOR TEACHING & PRACTICE” from 15-29 September, 2020 organized by the Teaching Learning Centre, Ramanujan College (University of Delhi) under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching.
5. Successfully completed One-Week “ONLINE FACULTY DEVELOPMENT PROGRAMME ON ICT ENABLED TEACHING LEARNING” from 7-13 September, 2020 organized by the Ministry of HRD Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching; Teaching Learning Centre, Ramanujan College (University of Delhi) and Janki Devi Memorial College (University of Delhi)
6. Successfully completed One-Week Interdisciplinary “ONLINE WORKSHOP ON E-CONTENT DEVELOPMENT FOR ONLINE TEACHING AND LEARNING: NEED OF THE HOUR” from 25th June- 1st July, 2020 organized by the Harsish Chandra PG College, Varanasi (UP) and Govt. P.G. College, Obra, Sonbhadra (UP).
7. Successfully completed a Five-Day online training program on “DEVELOPMENT & STANDARDIZATION OF PSYCHOLOGICAL ASSESSMENT” on 13th, 14th, 22nd, 23rd, & 26th June, 2020 organized by the prestigious International Career Coaching Association, Maryland, USA.

8. Successfully completed a Three-Day online training program on “COGNITIVE BEHAVIOR THERAPY” on 25th, 28th and 29th May, 2020 organized by the prestigious International Career Coaching Association, Maryland, USA.
9. Successfully completed Ten Days Workshop (Multidisciplinary) on “EFFECTIVE AND BALANCED HUMAN DEVELOPMENT: AN OVERVIEW” from 22nd-31st August, 2019 organized by the Centre of Excellence, Department of Sociology, Mahatma Gandhi Kashi Vidyapith.
10. Participated in a Four-Day Capacity Building Programme on “CAREER GUIDANCE AND COUNSELLING” from 24-27 September, 2018 organized by the Rajiv Gandhi National Institute of Youth Development (RGNIYD) Chandigarh in association with the Internal Quality Assurance Cell (IQAC), Cotton University, Guwahati.
11. Successfully completed One-Week Interdisciplinary “WORKSHOP ON GANDHI KA GRAM SWARAJ” from 19th- 25th February, 2017 organized by the Gandhi Adhyayan Kendra, Harish Chandra Snatkottar Mahavidyalaya, Varanasi in association with Bindeshwari Snatkottar Mahavidyalaya, Wardha.
12. Participated in a Two-Day Workshop on “QUALITATIVE RESEARCH METHODS” from 30-31 May, 2016 organized by the Department of Psychology, Gauhati University & PANEL.
13. Successfully completed One-Week Interdisciplinary “WORKSHOP ON AMBEDKAR AUR SAAMAJIK NYAY: VARTAMAAN PARIDRISHYA” from 15th- 21st February, 2016 organized by the Ambedkar Adhyayan Kendra, Harish Chandra Snatkottar Mahavidyalaya, Varanasi in association with Shri Baldev Snatkottar Mahavidyalaya, Varanasi
14. Successfully completed Four-Week “ORIENTATION PROGRAMME (OR-75)” from Oct. 5-15, Nov. 9-19 2013 and Dec. 14-20, 2013 organized by the UGC-ASC Centre for Professional Development in Higher Education (CPDHE) University of Delhi.
15. Successfully completed Three-Week “PROFESSIONAL DEVELOPMENT PROGRAMME – REFRESHER COURSE IN PSYCHOLOGY, COUNSELLING & SOCIAL WORK” from Sept. 15- Oct. 6, 2012 organized by the UGC-ASC Centre for Professional Development in Higher Education (CPDHE) University of Delhi.
16. Successfully completed a Five-Day Training Course on “STATISTICAL PACKAGE FOR SOCIAL SCIENCES” from 06.08.2007 to 10.08.2007 organized by the Delhi University Computer Centre.

AWARDS AND ACCOMPLISHMENTS

1. The **Bharat Gaurav Puraskar** in June by KTK Outstanding Achievers & Education Foundation for her **Outstanding Achievements and Remarkable Contribution in the Field of Psychology** at New Delhi on 27th June, 2021
2. **BW Wellbeing 40 Under 40 Award** by BW Business World in November, 2021 at New Delhi.

3. **Nari Amrit Samman 2022** by Time-8 at Guwahati (Assam) for her **Outstanding and Remarkable Contribution towards Mental Health in the North East** on 8th March, 2022.
4. **Mental Health Leadership Award- 2024 at the North East Leadership Awards 2024 at Taj Vivanta** by EILM-Kolkata, Confederation of Businesses with World Health Congress as its Strategic Partner and Stars of the Industry Group as a Research Partner on 28th February, 2024.

MEMBERSHIP OF PROFESSIONAL BODIES

1. Elected Member of the American Psychological Association (APA)
2. Full Member of the European Academy of Occupational Health Psychology (EAOHP)
3. Executive Committee Member of Indian Academy of Health Psychology (IAHP)
4. Full Member of National Academy of Psychology (NAOP)
5. President of North East Indian Association of Applied Psychology (NEIAAP)

(Dr. Dimpy Mahanta)

-----As Updated till 8.08.2024-----