


CURRICULUM VITÆ

Name	Dr. Nilanjana Mitra	
Qualification	Ph.D. in Psychology (Calcutta University) PGD in Rehabilitation Psychology (RCI registered CRR No. – A60409)	
Designation, Department and School	Assistant Professor & Head, Department of Psychology, School of Allied Health Sciences	
Subject teach	Cognitive Psychology, Developmental Psychology, Positive Psychology, Health Psychology, Educational Psychology, Psychometrics.	
Research Interest	Positive Psychology, Marginalized Community & their wellbeing, Gerontology, Rehabilitation Psychology	
Experience	11 years	
Publications	<p style="text-align: center;">Research article</p> <ol style="list-style-type: none">1. Mukherjee, S. & Mitra, N. (2025). A comprehensive review of sexual prejudice: Societal attitudes towards homosexuality and bisexuality. <i>International Journal of Clinical Biology and Biochemistry</i>. 7(1):25-28. DOI: https://doi.org/10.33545/26646188.2025.v7.i1a.792. Mitra, N. & Mitra Bhaumik, P (2025). The value of forgiveness in human life. <i>International Journal of Biology Sciences</i>. 7(2):22-27. DOI: 10.33545/26649926.2025.v7.i2a.2943. Roy, M. & Mitra, N. (2025). Impact of body image, social support, and psychological well-being on gender identity. <i>International Journal of Research in Psychiatry</i>. 5(1):01-04. DOI: 10.22271/27891623.2025.v5.i1a.554. Mukherjee, S., Bhowmick, A. & Mitra, N. (2025). A comparative study of parental attitude towards their children with intellectual disability based on educational qualification, financial background and	

region. *International Journal of Multidisciplinary Trends*. 7(1):23-26. DOI: 10.22271/multi.2025.v7.i1a.565

5. Biswas, M. & **Mitra, N.** (2025). Prosocial and altruistic behaviours as predictors of adolescent relationship satisfaction and self-esteem: A comprehensive review. *International Journal of Psychiatry Research*. 7(1):01-04. DOI: 10.33545/26649241.2025.v7.i1a.17
6. Mukherjee, S. & **Mitra, N.** (2025). Homophobic attitudes in sports: Fan behaviour in stadiums and online spaces: A comprehensive review. *International Journal of Psychiatry Research*. 7(1):01-04. DOI: 10.33545/26648962.2025.v7.i1a.78
7. Majumder, T., **Mitra, N** & Ghosh, S. (2024). Ergonomics in Management of Stress Amongst the Night Shift Workers: A Preliminary Review. *International Journal for Multidisciplinary Research*. 6 (6): 1-8, <https://doi.org/10.36948/ijfmr.2024.v06i06.30360>.
8. Saha, M., Arora, R., & **Mitra, N.** (2024) Impact of Parenting Style on Resilience and Mental Health of Adolescents. *The International Journal of Indian Psychology*. 12(4): 312-318, DOI: 10.25215/1204.031.
9. Pal, P. & **Mitra, N.** (2024). Emergence of online dating apps & its psychological impact. *Int. J. Psychol. Sci.*; 6(1):08-12. DOI: [10.33545/26648377.2024.v6.i1a.35](https://doi.org/10.33545/26648377.2024.v6.i1a.35)
10. Jha, K., Shaw, T., Sarkar, S. & **Mitra, N.** (2024). Effect of student's attachment styles on rejection sensitivity and self-esteem. *Int. J. Psychol. Sci.*, 6(1):04-07. DOI: [10.33545/26648377.2024.v6.i1a.34](https://doi.org/10.33545/26648377.2024.v6.i1a.34)
11. Saha, M. & **Mitra, N.** (2024). A comparative study of personality traits and anger amongst street children & normal developing children. *Int. J. Psychol. Sci*, 6(1):13-16. DOI: [10.33545/26648377.2024.v6.i1a.36](https://doi.org/10.33545/26648377.2024.v6.i1a.36)
12. Sahay, S & **Mitra, N.** (2024). Non-suicidal self-injury among youths: A probe into the 'what's' and 'whys' of self-harm. *Int. J. Psychol. Res*, 6(1):14-16. DOI: [10.33545/26648903.2024.v6.i1a.44](https://doi.org/10.33545/26648903.2024.v6.i1a.44)

13. Datta, S., Guria, P., Mondal K., & **Mitra, N.** (2024). Psycho-social effects of social media & peer-pressure on body image. *Int. J. Psychol. Res*, 6 (1):17-21. DOI: [10.33545/26648903.2024.v6.i1a.45](https://doi.org/10.33545/26648903.2024.v6.i1a.45)
14. Ghowrui, A., Roy, D., Bhattacharyya M., & **Mitra, N.** (2024). Effects of cyberbullying on women's mental health. *Int. J. Psychol. Res*, 6(1):25-29. DOI: [10.33545/26648903.2024.v6.i1a.47](https://doi.org/10.33545/26648903.2024.v6.i1a.47)
15. Bhattacharya, S., Mitra, S., Sharma, S., & **Mitra, N.** (2024). Evaluation of smart phone addiction & its related factors among college students. *Int. J. Psychol. Res*, 6(1):30-33. DOI: [10.33545/26648903.2024.v6.i1a.48](https://doi.org/10.33545/26648903.2024.v6.i1a.48)
16. **Mitra, N.**, Mam, S., & Biswas, P. (2023). Impact of music intervention on Quality of Life and Anxiety amongst residents of Old age homes. *Social Evolution and History*, 12(2), 417-422.
17. Chatterjee, R. P., Chatterjee, S., Pal, S., Das, B., **Mitra, N.**, & Ghosh, R. R. (2023). A Retrospective Assessment of Male Sexual Dysfunction in COVID-19 Infected Patients: A Witness in Kolkata, India. *European Journal of Medical and Health Sciences*, 5(3), 22-25. <https://doi.org/10.24018/ejmed.2023.5.3.1451>
18. Chatterjee, R. P., Chatterjee, S., Sikdar, S., Chowdhury, A., Bhattacharjee, D., Majumder, T., **Mitra, N.**, Pramanik, B., Das, B., & Ghosh, R. R. Impact of Serum Pro-calcitonin Level Among SARS-CoV-2 Infected Patients: Emphasizing on A Medullary Thyroid Cancer Survivor in Kolkata, India. *SVOA Microbiology*, 4(2), 42-47. <https://doi.org/10.58624/SVOAMB.2023.04.030>

Book Chapter

1. Roy, K., Datta, S., & **Mitra, N.**, (2024). Effects of Parenting Style on Identity Formation and Self Esteem in Adults. In L. Mallick (Ed.). *Multidisciplinary Approaches in Educational Studies*, (pp. 20 - 29). Department of Education: Swami Vivekananda University. (ISBN no: 978-93-340-7138-2).
2. Roy, K., & **Mitra, N.**, (2024). A Comparative Study of Trait Emotional Intelligence, Emotional Adjustment,

Temperament and Character Between Female Dancer and Non-Dancer Adolescents. In N. Mitra (Ed.). *Mapping the Mind: An Exploration of Psychology*, (pp. 91 - 101). Integrated Publications: New Delhi. Doi: <https://doi.org/10.62778/int.book.433>

3. Hazra, M., Biswas, A., Chatterjee, S., & **Mitra, N.**, (2024). Effect of Leadership on Organizational Behaviour and Workplace Stress. In N. Mitra (Ed.). *Mapping the Mind: An Exploration of Psychology*, (pp. 123 - 130). Integrated Publications: New Delhi. Doi: <https://doi.org/10.62778/int.book.433>
4. Hazra, M., Gupta, S., Ghowri, A., & **Mitra, N.**, (2024). Effect of Sleep Deprivation on Emotional Regulation of the Adults. In N. Mitra (Ed.). *Mapping the Mind: An Exploration of Psychology*, (pp. 131 - 137). Integrated Publications: New Delhi. Doi: <https://doi.org/10.62778/int.book.433>
5. Mallik, S., Samanta, M., & **Mitra, N.**, (2024). Role of Self-Esteem, Family Pathology, Social Support among the Relapse Prevention of Delinquents: A Comparative Study. In N. Mitra (Ed.). *Mapping the Mind: An Exploration of Psychology*, (pp. 157 - 167). Integrated Publications: New Delhi. Doi: <https://doi.org/10.62778/int.book.433>
6. Mallik, S., Mukherjee, S., & **Mitra, N.**, (2024). Psychosocial Factors Influencing Online Buying Behaviour amongst College Students in Metropolitan Area. In N. Mitra (Ed.). *Mapping the Mind: An Exploration of Psychology*, (pp. 169 - 179). Integrated Publications: New Delhi. Doi: <https://doi.org/10.62778/int.book.433>
7. **Mitra, N.**, (2023). Decoding Consumer Minds: Insights into Buying Behaviour. In N. Mitra (Ed.). *Emergence of Psychology*, (pp. 18 - 37). Swami Vivekananda University, Kolkata. ISBN: 978-93-5967-757-6

	<p>Patent:</p> <p>Smart Voice Assisted Learning Device for Visually Impaired Students</p> <p>Design number: 6295358, Grant date: 18 July 2023, Registration date: 10 July 2023</p> <p>Editor of Books</p> <p>Mitra, N. (2024). Emergence of Psychology, Swami Vivekananda University, Kolkata, ISBN: 978-93-5967-757-6.</p> <p>Mitra, N. (2024). Mapping the Mind: An Exploration of Psychology, Integrated Publications: New Delhi. ISBN: 978-93-5834-551-3. Doi: https://doi.org/10.62778/int.book.433</p>
<p>Academic Awards</p>	<p>Recipient of Dipak Bhat Award twice in the year of 2015 and 2019 at the International & National Conference of Indian Academy of Applied Psychology.</p> <p>Grant Awarded:</p> <p>1. Post-Covid Era and the Zero Generation: Vulnerability, Resilience and Adaptive Capacity in Ageing Communities of Select Urban Spaces of North-East India</p> <p>Grant agency: Indian Council of Social Science & Research (ICSSR) Grant Amount: Ten Lakhs</p> <p>2. The Role of Resilience in Mitigating Parental Stress in the families having children with Down Syndrome.</p> <p>Grant agency: Trisomy 21 Research Society (Netherlands) Grant Amount: One Thousand Euro</p>
<p>Symposium/Workshop/Conference/Seminar/Webinar organized or conducted:</p>	<ul style="list-style-type: none"> • Convener of International Conference on Advances in Psychology & Disability Management (ICAPDM 2025). (4th – 6th February, 2025). • Convener of Two Day International Workshop on Solution Focused Brief Therapy (17th & 18th February, 2025). • Convener of workshop on Rorschach Inkblot Test on 13th & 14th January, 2024, at Department of Psychology, Swami Vivekananda University.

	<ul style="list-style-type: none"> • Convener of workshop on Thematic Apperception Test (TAT) on 27th & 28th January, 2024, at Department of Psychology, Swami Vivekananda University. • Convener of a 1-day workshop on SFBT. (15th February, 2024) • Joint-Convener of Global Healthcon 22nd to 24th February, 2024. • Joint-Convener of Global Healthcon 20th & 21st June, 2024. • Joint-Convener of International Conference on Scripting SDGs: Strategies of Affirmative Action & Capacity Building (24th & 25th September, 2024). • Joint Convener of International Conference on Restructuring the Canon: Gender, Transgender & Subversion of Identity ((August, 2024). • Joint-Convener of Global Healthcon September, 2023. • Organized a seminar on World Autism Awareness Day on 3rd April, 2023 at SVU as a member of Department of Psychology, Swami Vivekananda University. • Organized a workshop named Healthy Mind Camp on 23rd November, 2022 at Swami Vivekananda University. • Organized an awareness program on National Grief Awareness Day as member of department of Psychology, on 30th August, 2022 at Swami Vivekananda University. • Participated as a Panelist in a panel discussion session of the CME Programme, on the occasion of World Autism Awareness Day, organized by Indian Psychiatric Society West Bengal Branch, 2024. • Invited as the Keynote speaker in the International webinar on Stress Management & Work-Life Balance on 8th December, 2024. • Invited as a Resource Person in workshop on “Soft-Skills Development for Entrepreneurship” held in Department of Psychology, University of Calcutta from 21st September to 3rd October, 2023 as “part of 6 months Certification Course. • Invited as a Resource Person in workshop on Parental Counselling on 14th December, 2023 by Nandannagar
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	<p>High School under the School Education Department, Govt. West Bengal.</p> <ul style="list-style-type: none">• Invited as a Resource Person for a Career Counselling Session on 7th January, 2024 at Kalinagar Mahavidyalaya.• Invitation as an External Evaluator for a Ten Days International Capacity Development Programme on Research in Practice from 20th April to 3rd May, 2023 at Siddhinath Mahavidyalaya.• Invited to deliver a special lecture for a D.Ed. Special Education Course at Autism Society West Bengal.
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