



**KAZI NAZRUL UNIVERSITY
ASANSOL**

Faculty Profile

Name: VARSHA MITRA

Current Designation: Assistant Professor

Department: Department of Applied Psychology

Address for Communication (Present): Department of Applied Psychology, Vidyacharcha Bhavan, Kazi Nazrul University, P.O. Kalla CH, Asansol (W.B.)-713340

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Research Interest: Industrial & Organizational Psychology, Human Resource Management & Organizational Behaviour, Health & Positive Psychology, Social Psychology.

Academic Qualifications:

Name of the course	Institute	Board/University	Year of Passing	Percent age
M.Sc in Applied Psychology (Specialization: Stress Management & Community Psychology)	Rajabazar Science College	University of Calcutta	2019	69.8
B.Sc (Hons) in Psychology	Jogamaya Devi College	University of Calcutta	2017	53
Higher Secondary (12 th Board)	Kendriya Vidyalaya	CBSE	2014	67.8
Secondary (10 th Board)	Kendriya Vidyalaya	CBSE	2012	89.4

*Qualified UGC NET in Dec 2018

- Currently pursuing PhD from the Department of Applied Psychology, University of Calcutta under the supervision of Prof (Dr) Subrata Das Gupta.

Published Papers in Journals:

1. Samanta, R., Biswas, A., Das, A., Mitra, V., Sinha, A., Roy, D., ... & Bandyopadhyay, A. (2022). An Ancient Traditional Indian Archaeometallurgical Artefact: “Dokra”. *Journal of The Institution of Engineers (India): Series D*, 1-6.

Organising Seminar/Conference/Symposia:

Sl. No	Convenor /Co-convenor	Theme of the Conference/Seminar/Symposia	Whether International/National/Regional/State/University level	Funding	Date of the Conference / Seminar/Symposia
1	Joint Organizing Convenor	Two-Day National Conference on "Mental Health, Workforce and Productivity: A Multidisciplinary Approach"	National	KNU-UGC-STRIDE Project Component-1	16 th Dec 2022-17 th Dec 2022
2	Convenor	National Webinar on World Mental Health Day titled "Mental Health and Well-being for All"	National	Kazi Nazrul University	18 th October 2020
4	Convenor	Vigilance Awareness Week 2022	University	Kazi Nazrul University	3 rd November 2022
5	Convenor	Online State level Competition cum two-day Webinar on the occasion of 'Psychology Day'	State	Kazi Nazrul University	10 th and 13 th May 2022.

Academic Staff College Organised Orientation Refresher Courses Attended:

- Completed Inter-disciplinary Online Two-Week **Refresher Course** on ‘**Managing Online Classes & Co-creating MOOCS 10.0**’ organized by Teaching Learning Centre, Ramanujan College, University of Delhi in collaboration with Sree Narayana Guru College of Commerce, Mumbai under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching from 13th-27th December 2021 and obtained **Grade A**.

Training Courses, Teaching-learning Evaluation Technology programmes, Faculty Development Programme:

- Completed UGC Sponsored **Faculty Induction Programme** (Guru Dakshata) organized by Human Resource Development Centre (HRDC) Jadavpur University, Kolkata from 13th Feb- 16th March 2023 and obtained **Grade A+**.
- Completed 7-days Online **Faculty Development Programme** on ‘**Changing Trends in Media**’ organized by SRM Institute of Science and Technology, College of Science and Humanities, Department of Journalism and Mass Communication in association with Young Journalists’ Association from 28th June to 7th July 2022.
- Completed One-week AICTE Training and Learning Academy (ATAL) Online Elementary **Faculty Development Programme** on ‘**ROAD- Response Effectiveness, Organizing Self, Attitudinal Shift and Decision Making**’ from 22-26th November 2021 at Gauhati University Institute of Science and Technology.
- Completed 3 days certificate course as organised by QASPIR, on ‘**Online Learning and Digital Leadership**’ on 22-24th April 2020.
- Completed 3 days certificate course on ‘**Online Learning Workshop: Transitioning to Online Delivery**’ organised by QASPIR during 1-3 April 2020.

Research Guidance:

Master's Dissertation guided: 11 (2021-2023)

Sl. No	Name of the research student	Title of the Thesis	Year
1	Debarpita Chakraborty	Parenting style, Parental Stress and Life Satisfaction among Parents of Early Adolescents	2021
2	Tanushree Dutta	A Correlational Study on Self-esteem, Psychological Kindship and Passionate Love among Youth	
3	Kirtika Karmakar	Perceived Stress, Thought Suppression, Self-esteem and Perceived Social Support among Post Graduate Students during COVID-19 pandemic	
4	Sayanti Ghatak	Anxiety, Worry, Psychological Wellbeing, Meaning in Life among College students	
5	Sumedha Chandra	Argumentativeness, Social Support and Meaning in life among School Teachers	2022
6	Pallabi Biswas	Organizational Commitment, Workplace Spirituality and Perceived Stress among Employees working in the Public and Private Sector	
7	Ananya Paramanik	Dysfunctional Attitude and Self Righteousness: A Study on Gender Difference among College and University Students	
8	Wahida Mirza	Fear of Negative Evaluation, Emotional Intelligence and Happiness among College Students	

9	Debasmita Mondal	Psychological Capital, Emotional Maturity and Self-Actualization among psychology Students: A Comparative Study	2023
10	Shrayasi Biswas	Technostress, Time Management and Roel Performance among IT Professionals: Gender Perspective	
11	Sourima Bhowmick	Problematic Internet Use, Body Esteem and Happiness among Youths	

Participation:

- Participated in the **Republic Day Parade** at Kolkata on 26th January 2023 of behalf of Kazi Nazrul University.
- Participated in Two-Week Online National Level Workshop Cum Capacity Building Programme on **Research Methodology: I-O Psychology Perspective** organized by project titled ‘An Exploration of Psychosocial Factors Associated with Productivity and Accidents in Mining Industry’ under KNU UGC STRIDE in collaboration with Internal Quality Assurance Cell (IQAC), Kazi Nazrul University, Asansol, West Bengal, during 7th- 24th February 2022.
- Participated in one day National Webinar on ‘**IPR: Managing Patents in Educational Institute**’ held on 5th June 2021 organized by Innovation, Incubation and Entrepreneurship (IIE) Cell, Kazi Nazrul University.
- Participated in webinar on ‘**Building a Career Timeline, 8 Habits of Successful People, You can be a Leader, Salesman VS Brand Ambassador**’ organized by Skill-A-Thon on 21st May 2021.
- Participated in the 4-day virtual conference on the ‘**Changing Nature of Innovation**’ organized by Ahmedabad University and the Centre for Technology, Innovation and Economic Research (CTIER) from 26th to 29th May 2021.
- Participated in Big TALK Webinar series powered by Knimbus on 12th May 2020.
- Participated in live webinar conducted by IQAC, Triveni Devi Bhalotia College, entitled ‘**Living on the Edge with COVID-19**’ on 4th June 2020.

- Participated in live webinar conducted by EBSCO Information Services, entitled **‘Evolution of discovery’** on 9th June 2020.
- Participated in live webinar conducted by EBSCO Information Services, entitled **‘Strategies and tips for organizing a virtual learning environment during the lockdown’** on 5th May 2020.