

UNIVERSITY OF CALCUTTA

DEPARTMENT OF PSYCHOLOGY

FACULTY ACADEMIC PROFILE



Full name of the faculty member: PROF. (DR.) TILOTTAMA MUKHERJEE

Designation: Professor - from September 2020.

Former Head of the Department from December 2020 - December 2022.

Specialization: Clinical Psychology, Personality Disorders (Borderline Personality Disorder), Child and Adolescent Mental Health, Cognitive Behaviour Therapy, Dialectical Behaviour Therapy, Acceptance and Commitment Therapy, Mindfulness Based Interventions.

Contact Information: tilottamamukherjee3@gmail.com

ResearchGate profile: <https://www.researchgate.net/profile/Tilottama-Mukherjee>

Google Scholar profile: <https://scholar.google.com/citations?user=6N-UY44AAAAJ>

RCI registered Clinical Psychologist

(Registration No- A51598)

Academic Qualifications:

| College / University from which the degree was obtained | Abbreviation of the degree |
|---|---|
| Gokhale Memorial Girls' College | B.Sc.- Psychology (Hons) -1 st class (Rank-1) |
| Applied Psychology- University of Calcutta | M.Sc. in Clinical Psychology-1 st class (Rank-1) |
| Central Institute of Psychiatry, Ranchi | M.Phil. in Clinical Psychology - Rank 1 with Distinction |
| Applied Psychology -University of Calcutta | Ph.D. in Science |
| St. John of God Hospital, Sydney, Australia (University of New South Wales) | Post-Doctoral Research and Training |

Administrative Experience:

Professor- from September 2020.

Former Head of the Department from December 2020 - December 2022.

Associate Editor- Indian Journal of Clinical Psychology (2021-2023)

Editorial Board member- Indian Journal of Clinical Psychology (August 2024 and continuing)

Former Coordinator of CUIIPP- 2014 - 2018

Current Coordinator of CUIIPP- October 2024 and Continuing

Coordinator- Special Assistance Project UGC DRS II (2020-2023)

M.Phil. Clinical Psychology Examiner- At various Institutes of National repute.

Ph.D. Examiner- At various Institutes of National repute.

Research Interest: Clinical Psychology, Child and Adolescent Mental health, Personality Disorders, Third Force in Cognitive Behaviour Therapy (Acceptance and Commitment Therapy & Dialectical Behaviour Therapy)

Research Guidance:

Ph.D. Degree Awarded: 5

M.Phil. Dissertation Awarded: 56

Number of Researchers Pursuing Ph.D.: 6

Projects:

Completed projects:

1. Under UGC -SAP – *Identification of learning disability in primary school children in Kolkata (Phase 1 and 2)*. (2012-2014)
2. Project on *Compatibility* - Funded by ABP Pvt Ltd. with total funding of 20 lakhs. (2014-2017)
3. SAP DRS II (Phase 1 and 2).

Current projects:

1. Project on *Development and Validation of a Mindfulness based Therapeutic Intervention Protocol for mitigating Nomophobia in a Young Adult Population*- Funded by ICSSR. It is a collaborative project with a total funding amount of 17 lakhs.
Project Director- Dr. Tilottama Mukherjee
2. *Predisposition to Smartphone Addiction in Adolescents: An Exploratory Study of Risk Factors with an Outcome Measure of a Brief Intervention Module*. Funded by RUSA 2.0. with total funding of 39 lakhs.
Principal investigator- Dr. Tilottama Mukherjee, Co-PI - Prof. Pritha Mukhopadhyay.

Book Published:

Covid 19 through the Lens of Mental Health-Current Status and Future Directions (2022). Edited by Dr. Tilottama Mukherjee. *Routledge, Taylor and Francis Group*. eBook ISBN 9781003348429

Research Publications:

Journals:

1. Chatterjee, S., & Mukherjee, T. (2024). What addiction spells for the female psyche: a five-factor model personality profile comparison between alcohol dependence and multiple substance dependence in females. *Open J Psychiatry Allied Sci.*, ISSN 2394(2053).

2. Datta, S., & Mukherjee, T. (2023), Impact of Covid-19 Stress on the Psychological Health of the Sexual and Gender Minority Individuals: A Systematic Review. *Frontiers in Global Women's Health*, 4:1132768. doi: 10.3389/fgwh.2023.1132768.
3. Ganguly, A., Mukherjee, T., & Chowdhury, S. (2022). Social Media. Addiction, Fear of Missing Out and Social Competence of Adolescents - An Exploratory Study. *Indian Journal of Clinical Psychology*, 49(3), 69-75.
4. Mukherjee, T., & Ghosh, P. (2022). Effectiveness of Mindfulness- Based Stress Reduction (MBSR) on Body Change Stress and Mood States of Patients Suffering from Breast Cancer. *Indian Journal of Clinical Psychology*, 49(1), 03-09.
5. Basu, A., & Mukherjee, T. (2022). Prospective Memory as a Function of Reward Responsiveness and Ongoing Task Difficulty. *International Journal of Indian Psychology*, 10(4), 1641-1662.
6. Ghosh, P., & Mukherjee, T. (2022). Effectiveness of Mindfulness- Based Stress Reduction (MBSR) on Body Change Stress and Mood States of Patients Suffering from Breast Cancer. *Indian Journal of Clinical Psychology*, 49 (1),3-9.
7. Koorankot, J., & Mukherjee, T. (2022). Development of a Stroke Pattern Inventory: Measuring Stroking Pattern in a Clinical Population. *Transactional Analysis Journal-Taylor and Francis*, 52(2).
8. Chakraborty, M., & Mukherjee, T. (2021). Facebook and its effect on young adults in romantic relationships. *National Journal of Professional Social Work*, 22(2), 110-119.
9. Basu, A., & Mukherjee, T. (2021). Phubbing Behaviour, a Proclivity among Young Adults. *Indian Journal of Psychiatric Social Work*, 12(2), 81-89.
10. Ghose, U., & Mukherjee, T. (2021). Role of Self-Defining Autobiographical Memories in Major Depressive Disorder: An Exploratory Study. *Indian Journal of Clinical Psychology*, 8(1),41-47.
11. Chowdhury, S., & Mukherjee, T. (2021). A Study of Personality traits and Attachment in Romantic Relationships among Normal Weight, Overweight and Obese adults. *Journal of Psychiatrists' Association of Nepal*, 10(1), 50-56.
12. Chatterjee, A., & Mukherjee T. (2021). On Conversion Talk in Indian Clinical Contexts: A Pilot Venture. *Journal of Psychosexual Health SAGE Journal*, 1-7.
13. Sengupta, P., & Mukherjee, T. (2021). Sports Motivation and Perceived Autonomy Support among Badminton Players of West Bengal. *The International Journal of Indian Psychology*, 9(2), 207-219. ISSN: 2349- 3429.
14. Sharma, S., & Mukherjee, T. (2021). Exploring Personality Factors And Aggression In Young Adults With Video Game Addiction. *International Journal of Emerging Technologies and Innovative Research*, 8(2), 1154- 1160, ISSN:2349-5162.
15. Mukherjee, T., Chaudhuri, A., Mitra, N., Biswas, D., & Chowdhury, S. (2020). A Delve into the Psychosocial Experiences of Adults with Mild to Moderate Hearing Loss Using Leventhal's Self-Regulatory Model. *Journal of Disability Studies*, 6 (1), 18-25.

16. Sen, A., & Mukherjee, T. (2020). Personality and Parent-Child Relationship in Conduct Disorder Children. *International Journal of Education and Psychological Research*, 9(2),6-10. ISSN-2349-0853.
17. Banerjee, D., & Mukherjee, T. (2020). Effect of Gender Difference and Locus of Control on Meta Worry, Health Worry and Other Domains of Worry. *International Journal of Research and Analytical Reviews*, 7(2), 338-344, ISSN: 2348-1269.
18. Kalorath, N., & Mukherjee, T. (2020). Psychological Aspects of Infertility: A Comparative Study. *Indian Journal of Social Psychiatry*, 36(4) 321-326.
19. Ghose, U., & Mukherjee, T. (2020). The Role of Autobiographical memories in self perception of middle-aged adults. *The International Journal of Indian Psychology*, 8(3) 998-1018. ISSN: 2349-3429.
20. Das, T., & Mukherjee, T. (2020). Parent Child Relationship in Adolescents with Borderline Personality Disorder A Comparative Study. *East African Scholars Journal of Psychology and Behavioural Sciences*, 2(4) 22-27, ISSN-2663-1865.
21. Mukherjee, S., Ghosh, P., & Mukherjee, T. (2020). Benefit and loss of simulation technology- Real world vs Virtual world. *Studies in Indian Place Names*, 40(76), 371-386. ISSN-2394-3114.
22. Mukerjee, A., & Mukherjee, T. (2020). Anxiety, Depression and Counselling Awareness among Women with Breast Carcinoma. *RCI Recognised Three Days International Seminar-cum-Continuing Rehabilitation Education Programme on Skills for Counselling Parents of Students with Special Needs- Seminar Proceedings*. 28th , 29th February and 1st March, Department of Education, Jadavpur University.
23. Chowdhury, S., & Mukherjee, T. (2019). A study of personality traits and body image in normal weight, overweight and obese adults. *Indian Journal of Clinical Psychology*, 46(2),110-116. ISSN 0303-2582.
24. Mukherjee, T., & Chatterjee, S. (2019). Revisiting the Rorschach controversy: The Rorschach test-A ghost of the past or a bearer of further promise? *SIS Journal of Projective Psychology and Mental Health*, 26(2),118-127.
25. Dutta, S., & Mukherjee, T. (2017). A clinical case study using acceptance and commitment therapy. *Indian Journal of Clinical Psychology*, 44(1), 68-74, ISSN 0303-2582.
26. Mukherjee, T., & Sengupta, P. (2017). Play therapy as a remedial tool for children with Attention Deficit Hyperactivity Disorder. *Academia-GMGC*, ISSN:2348-7054.
27. Poddar, P., & Mukherjee, T. (2016). A study on cognitive emotion regulation and locus of control in LGBT. *IOSR Journal of Humanities and Social Science*, ISSN 2279-0837.
28. Das, T., & Mukherjee, T. (2016). A comparative study of emotional intelligence and cognitive emotion regulation of emotionally unstable Personality Disorder of Borderline Type. *International Journal of Multidisciplinary and Current Research*, 12, 23-33. ISSN:2321-3124.

29. Mukherjee, T., Ghosh, P. & Mitra, K. (2016). Effect of mother's employment on personality, adjustment, attachment to parent in single child adolescents: A comparative study between the two sexes. *International Journal of Education and Management Studies*, 6(1),1-7, ISSN-p-2231-5632-e-2321-3671.
30. Poddar, P., & Mukherjee, T. (2015). A study on ego functions and defense styles among lesbians, gays, bisexuals and transgenders. *Indian Journal of Psychological Issues*, 23 (2), 65-78. ISSN-0972-4427. ISSN-0972-4427.
31. Chatterjee, S., & Mukherjee, T. (2014). A study on parent-child relationship, ego identity and expression of aggression in juvenile delinquents. *Indian Journal of Clinical Psychology*, 41(2), 127-133. ISSN 2014-0303-2582.
32. Sen, A., & Mukherjee, T. (2014): Personality traits, nature of aggression and frustration tolerance in children with Conduct disorder. *Indian Journal of Social Psychiatry*, 30 (1-2), 61-65.
33. Koorankot, J., Mukherjee, T., & Ashraf, Z.A.A. (2014). Solution-focused brief therapy for depression in an Indian tribal community: A pilot study. *International Journal of Solution-Focused Practices*, 2(1), 4-8. ISSN 2014- 5453 (Print) ISSN 2014-6980 (Online).
34. Ghosh, P., & Mukherjee, T. (2013). Effectiveness of mindfulness training on psychological wellbeing of patients suffering from breast cancer. *Indian journal of positive psychology*, 4 (2), 387-390. ISSN 2229-4937.
35. Mohta, A., & Mukherjee, T. (2013). A Study of alienation, coping strategy, defense style and expression of aggression of transgender women. *Indian Journal of Clinical Psychology*, 40 (2),123-129. ISSN 0303-2582.
36. Patra, A., Mukherjee, T., & Goswami, S. (2013). Motivation and team effectiveness: A comparison of face to face and virtual teams in IT sector. *International Journal of Education and Management Studies*, 3(1),43-47. ISSN 2231-5632.
37. Mitra, S., & Mukherjee, T. (2013). Personality characteristics and development of psychopathology of Bipolar I and Borderline Personality disorder patients: A psychological inquiry. *Psychological Studies*, 58(2), 179-187. ISSN-0033- 2968.
38. Biswas, A., Mukherjee, T., & Basu, S. (2012) Alcohol Dependence: Personality and interpersonal perspectives. *Journal of Projective Psychology & Mental Health*, 19 (2),110-120. ISSN-0971-6610.
39. Sen, A., & Mukherjee, T. (2012). A study of Personality dimensions, perception of parents and parenting style in Conduct disorder children. *Indian Journal of Clinical Psychology*, 39(1),34-41. ISSN -0303-2582.
40. Soni, P., & Mukherjee, T. (2011). A Psychosocial profile of patients suffering from chronic skin diseases. *Indian Journal of Health and Wellbeing*, 2, 22-32. ISSN2229-5356.

41. Mukherjee, T., Sen, A., & Pulliannur, N. (2010). Psychosocial interventions for Alcohol use disorders. *Indian Journal of Social Psychiatry*, 26(3-4), 84-99. ISSN - 0971-9962.
42. Bhattacharya, A., & Mukherjee, T. (2010). A comparative study on cognitive style, subjective well-being, spirituality and emotional intelligence in institutionalized & non-institutionalized elderly. *Indian journal of positive psychology*, 1(1-2),70-76. ISSN-2229-4937.
43. Basak, T., & Mukherjee, T. (2010). Effect of parent child relationship on self concept and achievement motivation of male and female adolescents. *Journal of Psychometry*, 24(2),56-71. ISSN -0971-6939.
44. Subha, T. G., & Mukherjee, T. (2010). Optimism, superstitious beliefs and spirituality in chronic kidney disease. *Indian journal of community psychology*, 6(2),262- 274. ISSN-0974-2719.
45. Ghosh, P., & Mukherjee, T. (2008). Preliminary observations on the changes in Narcissistic injury, quality of marital life and coping style among nonurban women in West Bengal with breast and cervical cancer. *Indian Journal of Social Psychiatry*, 24(3-4). ISSN-0971-9962.
46. Mukherjee, T. (2006). A study on the psychosocial aspects of a group of chronic headache patients. *Journal of Psychometry*, July 2006. ISSN-0971- 6939.
47. Bhattacharjee, P., Mukherjee, T., Nath, D. C., & Bhattacharjee, N. K. (2001). A study on locus of control, anxiety and depression of female breast cancer patients. *Eastern Journal of Psychiatry*, 5(1- 2), 47-48. ISSN-0974-1313.
48. Mukherjee, T., Bhattacharjee, P., Nath, D. C., & Bhattacharjee, N. K. (2001). Disclosure of concerns and coping strategies adopted by female breast cancer patients: An explorative study. *Indian Journal of Psychological Issues*, 9(2), 63-66. ISSN-0972- 4427.
49. Khess, C. R. J., Das, J., Mukherjee, T., & Verma, A. N. (1999) Clinical characteristics of obsessive compulsive patients who seek psychiatric consultation. *Eastern Journal of Psychiatry*, 3(1&2), 41- 45.
50. Khess, C. R. J., Verma, A. N., Mukherjee, T., & Das, J. (1997). A comparison of the demographic features of obsessive compulsive disorder and mania: Its relevance in the Indian context. *Journal of Personality and Clinical Studies*, 13(1&2),81-85.

Book Chapters:

1. Mukherjee, S., & Mukherjee, T. (2024) Gender Discrepancies in Household Labor: An Embedded Stereotype. *Gender Equality: An International Perspective*. Nova Science.
2. Chatterjee, A., & Mukherjee, T. (2024). Gendering psycho-social vulnerabilities in the Indian context. *Gender equality: An international perspective*. Nova Science.
3. Mukherjee, T., Chatterjee, S., Chowdhury, S., Ahmed, T., & Mukherjee, A. (2023). Contextualising Intersections between Digitalization and Education: Post- Pandemic

Psychosocial Insights from Indian classrooms. *Digital Technologies for Smart Business. Economy and Education*. Springer. eBook ISBN 9783031241017.

4. Koorankot, J., & Mukherjee, T. (2022). Empowering through Solution-Focused Conversations. *Covid 19 through the Lens of Mental Health-Current Status and Future Directions*. Routledge, Taylor and Francis Group. eBook ISBN 9781003348429.
5. Ghose, U., & Mukherjee, T. (2022). Impact of Loneliness and Cognitive Emotion Regulation in Psychological Well-Being of Students during the Pandemic. *Covid 19 through the Lens of Mental Health-Current Status and Future Directions*. Routledge, Taylor and Francis Group. eBook ISBN 9781003348429.
6. Chowdhury, S., Ahmed, T., & Mukherjee, T. (2022). Quality of living in the Aftermath of a Pandemic. *Covid 19 through the Lens of Mental Health- Current Status and Future Directions*. Routledge. Taylor and Francis Group. eBook ISBN 9781003348429.
7. Mukherjee, A., Ghose, U., & Mukherjee, T. (2022). Health Beliefs and Compliance to Health Behaviours during the Covid-19 Pandemic. *Covid 19 through the Lens of Mental Health-Current Status and Future Directions*. Routledge, Taylor and Francis Group. eBook ISBN 9781003348429
8. Basu, A., & Mukherjee, T. (2022). Unveiling Stigma: Exploring Mental Health Literacy in the Time of Covid-19 Pandemic. *Covid 19 through the Lens of Mental Health-Current Status and Future Directions*. Routledge, Taylor and Francis Group. eBook ISBN 9781003348429.
9. Mukherjee, S., & Mukherjee, T. (2021). Psychological Journey of Women of Bengal through 19th century to 21st century. Psyche of Asian Society. *Cognising Asian Societies through Psychological Underpinings*. Concept Publishing Company. ISBN: 978-93-5439-048-7.
10. Ahmed, T., & Mukherjee, T. (2021). Parenting Styles and Perceived Social Support as Predictors of Social Anxiety in Adolescent Boys and Girls. *Mental Health: Psychosocial Perspectives; Volume 5 Adolescents & Children Mental Health*. Concept Publishing Company. ISBN: 978-93-5439-025-8.
11. Mukherjee T., Chowdhury, S., & Ahmed, T. (2021). A Patriarchal Pandemic: Looking at Covid 19 through a Gendered Lens. *Mental Health: Psychosocial Perspectives; Volume 6-Women Mental Health*. Concept Publishing Company. ISBN: 978-93-5439-017-3.

Communicated Research/ Manuscript Under Review:

1. Ghose, U., Conner, J., Mukherjee, T., Ngo, A., & Singer, J. (in press). A cross-cultural study of self-defining memories and academic stress in Indian and American college students. *Imagination, Cognition and Personality*.

Book Chapters- Accepted:

1. Datta, S., Mukherjee, T., & Ganguly, A. (in press). Application of clinical ecopsychology and ecotherapy in psychological intervention and wellbeing: Scopes and challenges. In *Urban climate: A comprehensive assessment of climate issues in cities*. Springer.
2. Mukherjee, T., Banerjee, S., & Banerjee, D. (in press). Immersive wellness: Exploring multisensory approaches for stress reduction and mental health. *Immersive wellness: Journey beyond the senses*. Emerald.

List of Conferences (National and International) Attended, Presented a Paper / Symposium, Chaired a Session / Invited Speaker:

1. Co-Patron of ICSSR sponsored Two day National Conference on “Nomophobia and its Management - Insights for Vision Viksit Bharat@2047”, on 13th-14th February 2025, Organised by Government General Degree College, Singur.
2. Invited to deliver a talk on “student’s mental health during Covid 19” from 9th -10th October, 2022, organized by National Forensic Sciences University, Ahmedabad.
3. Invited to deliver a talk on “The interplay of trauma and borderline personality disorder”, on 9th October, 2022, organized by Therapeal.
4. Invited to deliver a talk on “Understanding Mental Health in India in the Midst of a Pandemic”, on 8th October, 2022 at IPhA virtual conference.
5. Invited to deliver a talk on “Embracing you Demons: Acceptance and Commitment Therapy in our Daily Lives and Clinical Settings”-A Masterclass on Psychotherapy organized by Torrent Pharma.
6. Invited to deliver a lecture on “Basic Tenets of Freudian and the role of the Unconscious” and “Behaviourism” by Jawaharlal Nehru University (JNU).
7. Presented a Paper titled “Suicidal Ideation, Impulsivity, Loneliness and Perception of Social support among the young adults” at the virtual International Conference of the International Congress of Psychology. 2020+ held at Prague, 18th -23rd July, 2021.
8. Invited to deliver a talk on “Mental Health: Depression and Young Age Problems” in celebration of World Health Day organized by Professor JJ Ghosh Foundation and Indian Science News Association.
9. WSWD 2021, 4th International Conference, 3rd -6th April 2021, Dhaka, Bangladesh. Co-author of a paper presented by a research scholar titled “A study of the Impact of Event, Quality of life and Resilience among Covid 19 survivors in India”.
10. WSWD 2021, 4th International Conference, 3-6th April 2021, Dhaka, Bangladesh. Co-author of a paper presented by a research scholar titled “Social Connectedness and Emotional Well-being: A study among Young Adults during Covid 19 Pandemic”.

11. WSWD 2021, 4th International Conference, 3rd -6th April 2021, Dhaka, Bangladesh.
Co-author of a paper presented by a research scholar titled "Exploring Stigma and Community Attitude Towards Mental Illness"
12. Invited to deliver a talk on "Mental Health: Depression and Young Age Problems" at the Webinar and Panel Discussion organized by Prof JJ Ghosh Foundation and Indian Science News Association in celebration of World Health Day.
13. Invited to deliver a talk on "Pandemic and Beyond: Emerging Mental Health Issues from a Multidisciplinary Perspective" at the Webinar organized by Clinical Psychology Centre of University of Calcutta (CPCUC) on observation. of World Mental Health Day, 2020.
14. Invited to deliver a talk on the "Uncertainty & Fear of The New Normal: Mental Health and Counselling in the Indian Context" at the International Webinar by St. Xavier's College (Autonomous) Kolkata.
15. Invited to present a symposium on "Borderline Personality Disorder and Dialectical Behaviour Therapy" at Rajshahi University Bangladesh at the International Sivus Conference on 24th and 25th January 2020.
16. Invited to deliver keynote address on Dialectical Behaviour Therapy at The State Level Conference on Cognitive Behaviour Therapy and Beyond (CRE Status) Institute of Psychiatry, Kolkata (Centre for Excellence), 12th -14th Sept 2019.
17. Invited to deliver a series of lectures on Dialectical Behaviour Therapy at IMHANS -Kozhikode for M.Phil. students on Dialectical Behaviour Therapy, 11th and 12th May, 2019.
18. Invited by Madras School of social work to deliver a talk on Acceptance and Commitment Therapy on 9th March, 2019.
19. Invited lecture at the Department of Clinical Psychology NIMHANS, Bangalore, on Competency Based Frameworks in Psychotherapy Training on 24th November, 2018.
20. Delivered a talk on Emotional Challenges in Adolescence at Pratt Memorial School, Kolkata in August, 2018.
21. Presented three symposiums for the pediatricians on behalf of Indian Association of Clinical Psychologists in Mumbai and Kolkata in April and May 2018 on Emotional Disorders in Children.
22. Presented a paper entitled, "Anger, Impulsiveness, Interpersonal functioning and Personality Factors In Patients with Borderline Personality Disorder and their Parents" at ICAP, 2018, Montreal, Canada.
23. Chaired a scientific session at the Golden Jubilee conference of Indian Association of Clinical Psychologists, GBU, Noida, February 2018.
24. Presented a paper at the International conference of child and adolescent psychopathology at Roehampton University, London from 17th -19th, July 2017 entitled, "Effect of play intervention on children with Attention Deficit Hyperactivity Disorder."

25. International Conference on Neurodegenerative Disorders, Grand Hotel, 2017, Kolkata. Attended.
26. National Conference on Expanding frontiers of Applied Psychology, Department of Applied Psychology, 3rd and 4th March, 2017, Kolkata. Presented a symposium on "Acceptance and Commitment therapy" and Chaired a session.
27. 43rd National Annual Conference of Indian Association of Clinical Psychologists, January 27th -29th, 2017, Coimbatore. Presented a symposium on "Solution Focused Brief Therapy."
28. International Congress of Psychology, Yokohama, Japan, 2016. Presented a paper.
29. Centenary conference of the Department of Psychology. University of Calcutta, 2015. Organising committee.
30. International Conference of Applied Psychology, Paris, 2014. Presented a paper.
31. Workshop on Psychotherapy processes, 9th February, 2013, organised by IACPWB and Mental Health Foundation, Kolkata. Organising Secretary.
32. 39th National Annual Conference of the Indian Association of Clinical Psychologists, AIIMS, New Delhi, 18th -20th February, 2013. Chaired a session on Health Psychology.
33. International Congress of Psychology, Cape Town, South Africa 2012. Presented a paper and was awarded the prestigious ARTS (Advanced Research Training Seminars) Fellowship Grant.
34. National conference on Emerging Research Paradigms in Business Managements, 3rd March, 2012, organised by George College, Kolkata. Chaired a session.
35. Annual Conference of European Brief Therapy Association, 21st -23rd September, Poland, 2012. Co-author of paper presented by research scholar entitled "SFBT in Community Psychiatry Setting."
36. 38th National Annual Conference of the Indian Association of Clinical Psychologists, January 27th -29th , 2012, Pune. Chaired a scientific session- Organ Transplantation- Interdisciplinary collaboration between Clinical Psychology and Medicine.
37. Translator's Orientation Programme in Bangla, 17th -20th December, Jadavpur University, Kolkata, organised by National Translation Mission. Invited Speaker.
38. ITAA-SAATA conference organised by Internal Transactional Analysis Association, 9th -11th August, 2012, Chennai. Co-author of a paper presented by a research scholar on "Transactional Analysis Model of Depression."
39. Conference on Child and Adolescent Mental Health, 8th and 9th January, 2011, organised by Mental Health Foundation, Kolkata. Participated.
40. 37th National Annual Conference of Indian Association of Clinical Psychologists 21st -23rd January, 2011 organised by the Institute of Behavioural Science, Gujarat Forensic Sciences University, Gandhinagar, Gujarat. Chaired a scientific session.

41. Workshop on Providing Crisis Mental Health in Disasters, 16th June 2010, organised by Indian Association of Clinical Psychologists and Psychology Department of Calcutta University. Organising Secretary.
42. Workshop on Transactional Analysis organised by International Transactional Analysis, 22nd -23rd April 2010, Kolkata. Participated.
43. UGC sponsored State Level Seminar come Workshop on Stress Syndrome of the Adult Youth and Degeneration of Moral Values, organised by Women's College, Calcutta. Invited Speaker.
44. 35th Annual National Conference of Indian Association of Clinical Psychologists, January 16th -18th, organised by Sweekaar Academy of Rehabilitation Sciences, Secunderabad. Presented a paper entitled "Narcissism, Quality of Marital Life and Coping Styles in Female Breast Cancer and Cervical Cancer patients- An Explorative Study."
45. The 12th International and 43rd National Conference of the Indian Academy of Applied Psychology, February 7th -9th, 2008. Organised by the Department of Applied Psychology, Kolkata. Presented a paper entitled "Cognitive Style and Locus of Control of Female Breast Cancer Patients."
46. XXXIV Annual National Conference of the Indian Association of Clinical Psychologists, 7th -9th January, 2008, hosted by Department of Psychology. Organising committee member.
47. Education in Human Values and Pratyahara Yoga organised by the Institute of Value Orientation and Environmental Education, Kolkata, 14th -15th March, 2005. Participated.
48. National conference on Applied Psychology, Dec 21st -23rd, 2005, organised by the Department of Applied Psychology, University of Calcutta. Presented a paper entitled "An Explorative Study of Concerns and Coping Strategies Adopted by the Female Breast Cancer Patients."

Membership Of Learned Societies:

- Professional member of American Psychological Association
- Life Member of International Association of Applied Psychology
- Fellow of Indian Association of Clinical Psychologists
- Elected executive council member representative (past) of Indian Association Of Clinical Psychology
- Elected honorary secretary of Indian Association of Clinical Psychology, West Bengal Branch, India
- Life Member of Cancer Foundation of India
- Life member of Somatic Inkblot Society

- Life member of Indian Institute of Psychometry

Awards Received:

- Best outgoing student award for securing 1st position in B.Sc. Psychology (Hons) from Gokhale Memorial Girls College.
- University Gold medal for securing top position in Masters from Department of Applied Psychology, University of Calcutta.
- Distinction and Gold medal for securing 1st position in M.Phil. Programme from Central Institute of Psychiatry - Ranchi (Ranchi University).
- Psychological Union of Science - most promising scientist award in 2012 at Stellenbosch University- Cape Town.
- Best Paper Award- A study on Cognitive Emotion Regulation and Locus of Control in LGBT: Presented at the Centenary Conference on Psychology, Kolkata, 2015.
- Best Paper Award - A study on Ego functions among Lesbians, Gays, Bisexuals and Transgenders : Presented at the 40th National Annual Conference of Indian Association of Clinical Psychologists, Chennai, 2014.
- Best Poster Award- Psychosocial Correlates of High Paid and Low Paid Sex Workers: Presented at the 44th National Annual Conference of Indian Association of Clinical Psychologists, Gautam Buddha University, Greater Noida, 23rd - 25th February, 2018.
- Best Paper Award- Mindful Self-care as a Buffer Against Loneliness in Promoting Psychological well-being of students during Covid 19 Pandemic: Presented at the International Conference on Research Advancement Resilience in the Pandemic Era: A Drive for Innovative Transformation, NSHM School of Health Sciences, 26th -27th August, 2021.