

## **FACULTY PROFILE**

**1.Name:**Name- Smt. Lekha Das

**2.Qualification:**

- M.A in Psychology (1993- 1995)- Gold Medalist from Centre of Advanced Study in Psychology, Utkal University
- UGC-NET-Qualified
- Ph.D- Pursuing in Centre of Advanced Study in Psychology, Utkal University
- M.Mus in Odissi Vocal from Pracheen Kala Kendra, Chandigarh.



**3. Designation:** Assistant Professor in Psychology

**4. Email Id:** daslekha2010@gmail.com/daslekha2024@gmail.com

**5. Area of interest:** Organizational Behaviour, Counselling Psychology, Human Development

**6. Area of research:** Organizational Behaviour, Positive Psychology

**7. Teaching Area:**

- **UG-**Introductory Psychology, Basic Developmental Processes, Basic Psychological Processes, Processes of Human Empowerment, Statistics, Social Psychology, Environmental Psychology, Psychopathology, Educational Psychology, Psychological Assessment, Organizational Behaviour, Health Psychology, Counselling Psychology, Positive Psychology, Psychological Research and Measurement, Psychology and Social issues, Psychology of the Disability
- **PG- Advanced General Psychology, Life Span Developmental Psychology, Social Psychology, Research Methodology, Psychological Statistics, Clinical Psychology, Organisational Behaviour, Educational Psychology, Applied Psychology, Basic Counseling Processes, Health Psychology.**

**8.Total No. of Teaching Experience (Yrs):**

- UG: 26 Years
- PG: 02 Years

**9. Publication Profile**

a) **Research Articles Published:**

b) **Books Chapters Published:**

c) **Books Published:**

- **Articles Published in Newspapers/Magazines:**An article published in Annual College Magazine of B.J.B Autonomous College titled “Selfie Craze in India” in 2017-18.
- Article published in Annual College Magazine “Mental Health of Youth in India” in 2019-20.

**10. Paper presented in Conferences/Seminars**

- Presented a paper titled “***Parasocial Interactions with Media Personalities : A Comparative Study on Heterosexual and LGB Adults***” in the International Conference on “Mental Health in the Digital Age : Response to Current Challenges” organized by PG Department of Psychology, Utkal University from 27.09.2024 to 28.09.2024.
- Presented a paper titled “***Psychological Hardiness among College Students : Role of Gender and NCC Training***” in the International Conference on “Mental Health in the Digital Age : Response to Current Challenges” organized by PG Department of Psychology, Utkal University from 27.09.2024 to 28.09.2024.
- Presented a paper titled “***Life Satisfaction of Government College Teachers : A Pilot Study***” in the International Conference on “Swabhiman: A Path to Holistic Development” organized by School of Psychology, G.M University, Sambalpur on 19.07.2024.
- Presented a paper titled “***Understanding the Role of Resilience and Self-Efficacy Concerning Life Satisfaction of Female College Teachers***” in the Multi Disciplinary International Seminar on International Seminar on “Passion, Performance and Professionalism for Excelling in Life” organized by PG Department of Home Science, S.B Women’s Autonomous College,Cuttack from 29.02.2023 to 01.03.2024.
- Presented a paper titled “***Subjective Well-being among Adolescent Girls : Role of Internet Addiction***” in the National Seminar on Psychology in the Post Pandemic Era : A Path Towards Mental Well-Being organized by PG Department of Psychology, F.M Autonomous College, Balasore on 4<sup>th</sup> November,2023.
- Presented a paper titled “***Impact of Mindfulness On Mental Well Being of Adolescent Girls***” in the International Seminar on Mental Health, NEP2020 and Psychology in Practice organized by PG Department of Psychology,Utkal University,Vani Vihar on 4<sup>th</sup> October,2023.
- Presented a paper titled “***Self Esteem of Adolescents: Role of Perceived Parenting Style***” in the International Seminar on Mental Health, NEP2020 and Psychology in Practice organized by PG Department of Psychology,Utkal University,Vani Vihar on 4<sup>th</sup> October,2023.

- Chaired a technical session in the International Seminar on **Mental Health, NEP2020 and Psychology in Practice** organized by PG Department of Psychology, Utkal University, Vani Vihar on 4<sup>th</sup> October, 2023.
- Presented a paper titled “**Work-life Balance among College Teachers-A Gender Based Comparison**” and co-chaired the session in the International Seminar cum Workshop on “People, Culture and Living Heritage” organised by B.J.B Autonomous College on 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> August, 2023.
- Presented a paper titled “**Decline in Female Labour Force Participation Rate Post Pandemic: A Psycho-social Perspective**” in the International Conference on “Contemporary Economy in Post Covid Era” on 17<sup>th</sup> and 18<sup>th</sup> February, 2023 organized by B.J.B Autonomous College, Bhubaneswar.
- Participated in the National Webinar on “Individual and Organizational Strategies to deal with Stress Issues during Corona Phase” held on 26.05.2020 by Department of Applied Psychology, IGNTU, Amarkantak (MP) in collaboration with Society of Industrial and Organizational Psychology, Varanasi and presented a paper on “**A Qualitative Study on Stress among Bank Employees During COVID 19 Lockdown in India**”.
- Participated in the International Conference on Psychology: The Path Ahead in Education, Health and Sports organized by P.G Department of Psychology, Shailabala Women’s Autonomous College, Cuttack on 31.01.2020 and 01.02.2020 and delivered an academic presentation on “**Growing Importance on Coaching Institutes in India: Issues and Concerns**”.
- Delivered two talks on “**Understanding and Managing Adolescent problems and issues: A holistic approach**” and “**Alternative Approach to Reduce Suicidal Cases in Navodaya Residential System**” on 07.01.2-19 as Resource Person at Navodaya Leadership Institute, Konark, Puri, Odisha.
- Participated in 42<sup>nd</sup> Indian Social Science Congress organized by Kalinga Institutes of Industrial Technology, Bhubaneswar and Indian Social Science Academy, Allahabad held during 27.12.2018-31.12.2018 and presented a paper on “**Rights Based Counselling and Internet Addiction : A Case Study**”.
- Participated in the XXVIII Annual Convention of National Academy of Psychology (NAOP, 2018) held on 19.12.2018-21.12.2018 and presented a paper titled “**Vulnerability of Adolescents to online Gaming Addiction: A Psychological Explanation**”.
- Participated in the 22<sup>nd</sup> International Conference of Indian Academy of Applied Psychology (IAAP, 2018), Pondicherry University during 16.03.2018-18.03.2018 on the theme “Psychology for Development and Wellness: Academic and Professional Partnership” and presented a paper titled “**Geriatric Mental Health and Wellbeing in India : Issues and Challenges**”.

#### 11. Invited Lectures/Special Lectures/Resource persons or presentation at Conferences/Workshops

- Invited as **Resource Person** to the Webinar “Careers in Arts and Humanities” designed for Class IX and X students organized by Odisha School Education Programme Authority (OSEPA) and UNICEF on 16.11.2024.
- Invited as **Chief Guest** to the YRC Induction Programme of Raja Madhusudan Dev Degree College, Patia, Bhubaneswar on 11.11.2024.
- Invited as **Guest** to the YRC and NSS Induction Programme of Srusti Academy of Management, Bhubaneswar on 30.10.2024.
- Invited as **Jury Member** to the Seminar “Psyche Perspective : Navigating through the fascinating landscape of thoughts and behaviours” organized by DAV Public School, Chandrasekharpur on 05.10.2024.
- Invited as **Chief Guest** to the YRC Induction Programme of Maharshi Women’s Degree College, Bhubaneswar on 27.07.2024.
- Invited as **Chief Guest** to the “Awareness Programme on Eye Donation organized by Debaray Nayapalli College on 06.09.2024.
- Invited as **Guest Speaker** to the Induction Programme of Nilachal Polytechnic, Bhubaneswar on 03.09.2024.
- Invited as **Chief Guest** to the NSS Special Camp organized by Chandaka Junior College on 01.07.2024.
- Invited as **Guest Speaker** to the Parents-Teachers Meet of freshers organized by Nilachal Polytechnic, Bhubaneswar on 12.05.2024.
- Invited as **Guest** to the Regional Level Capacity Building Workshop on Mental Health organized by Srusti Academy of Management, Bhubaneswar on 30.04.2024.
- Invited as **Resource Person** to deliver a talk in Disabilities organized by Maharshi Women’s Degree College on 19.03.2024.
- Invited as **Guest** by KIDZ World Pre School, Bhubaneswar to address the parents on **Presented a paper titled “Parasocial Interactions with Media Personalities : A Comparative Study on Heterosexual and LGB Adults” in the International Conference on “Mental Health in the Digital Age : Response to Current Challenges” organized by PG Department of Psychology, Utkal University from 27.09.2024 to 28.09.2024.**
- 09.02.2024.
- Invited as **Guest** by Odisha State AIDS Control Society (OSACS) to deliver a talk on the prevention of HIV/AIDS during the Red Run Marathon held on 22.08.2023.
- Invited as **Subject Expert** by OSEPA (Odisha School Education Programme Authority) to review the Career Guide Material prepared for school student of class VIII to XI on 20<sup>th</sup> and 21<sup>st</sup> July, 2023.
- Invited by Regional Directorate, DAV Institutions, Odisha as “**Expert of the Selection Committee**” to conduct the interview for the selection of pre-primary teachers in D.A.V Schools of Odisha on 6<sup>th</sup> June, 2023.
- Invited by Regional Directorate, DAV Institutions of Odisha, as “**Expert of the Selection Committee**” to conduct the interview for selection of PGT (Psychology).
- Invited as **Guest of Honour** to the Youth Red Cross District Level Study cum Training Camp held at Srusti Academy of Management on 31<sup>st</sup> January to 2<sup>nd</sup> February, 2023

- Invited as Chief Guest to deliver a talk on “Evolution of Youth Red Cross” by Kalinga Institute of Commerce, Bhubaneswar on 12<sup>th</sup> December,2022.
- Invited as a **Guest** to speak on Youth Development on the occasion of International Youth Day organised by OSACS on 12<sup>th</sup> August, 2022.
- Invited as Resource Person to Navodaya Leadership Institute, Konark, Puri to deliver talks on the prevention of suicide among students on 7<sup>th</sup> January,2019

## **12. Awards and Distinctions**

- Topper in MA
- Topper in BA
- University Gold Medallist for securing highest mark in Psychology
- Qualified the UGC-NET
- P.G Merit Scholarship
- Senior Merit Scholarship.
- Sangeet Visharad for completing B.Music in Odissi Vocal
- Sangeet Bhushan for completing M.Mus in Odissi Vocal
- Odisha Sangeet Natak Academy Scholarship in Odissi Vocal
- Youth Red Cross Convenor Secretary of Regional Branch, Bhubaneswar since 2022-23
- Felicitated for voluntary services in Youth Red Cross in the session 2022-23 during YRC State Level Study cum Training Camp -2023.

## **13.Association with Professional Bodies**