

## FACULTY PROFILE

**1.Name: DR. PRANGYA PARAMITA PRIYADARSHINI DAS**



**2.Qualification:**

<b>Degree</b>	<b>Institution</b>
PhD	P.G. Department of Psychology, Centre of Advanced Study in Psychology, Utkal University.
M.Phil	P.G. Department of Psychology, Centre of Advanced Study in Psychology, Utkal University
M.A.	P.G. Department of Psychology, Centre of Advanced Study in Psychology, Utkal University
BA	Ramadevi Women's College, Utkal University,

**3. Designation:** ASSISTANT PROFESSOR OF PSYCHOLOGY

**4. Email Id:** [prangya.ppdas@gmail.com](mailto:prangya.ppdas@gmail.com)

**5. Area of interest:** Counselling Psychology, Positive Psychology, Health Psychology, Adolescent Issues, Substance Addiction,

**6. Area of research:** Addiction Research, Happiness, Peace Education, Health Issues of Adolescents

**7. Teaching Area:**

- **UG:** Basic Developmental Processes, Basic Psychological Processes, Processes of Human Empowerment, Psychological Statistics, Social Psychology, Environmental Psychology, Psychopathology, Educational Psychology, Psychological Assessment, Organizational Behaviour, Health Psychology, Counselling Psychology, Positive Psychology, Psychology of Research and Measurement, Psychology and Social Issues, Psychology of Disability
- **PG:** Research Methods, Statistics in Psychology, Counselling Psychology, Health Psychology, School Psychology, Applied Social Psychology, Theoretical Systems in Psychology, Psychopathology, Developmental Psychology, Organizational Behavior.

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

- UG: 13 Yrs
- PG: 7.5 Yrs

## 9. Research Supervision

- Completed (M.Phil./Ph.D./D.Sc./D.Litt.)

Srl. No.	Name of the Student	Degree	University	Title of the Thesis	Date of Registration	Date of Submission	Date of Award of Degree
1	PRITI SRIRANJAN	Ph.D.	RAVENSHAW UNIVERSITY	Depression, Anxiety, and Loneliness Among Adolescents: The Role of Internet Addiction and Gender	16.11.2015	16.10.19	02.09.2020
2	SAUMYASHREE MOHAPATRA	Ph.D.	RAVENSHAW UNIVERSITY	Efficacy of Cognitive Behaviour Therapy in the Management of Obsessive-Compulsive Disorder: A Quantitative and Qualitative Analysis	16.11.2015	08.03.2022	14.03.23
3	SUCHITRA BARIK	Ph.D.	RAVENSHAW UNIVERSITY	Happiness among Women: The Role of Employment Status and Emotional Intelligence	26.03.2013	04.05.2022	29.08.2023
4	SIPRA KHUNTIA	M.Phil	RAVENSHAW UNIVERSITY	Improving Reading Skills In Children With Dyslexia: The Role of Cognitive	29.07.2016	11.05.2017	24.11.17

				Remediation Programs			
5	SANTOSH KUMAR PATHAK	M.Phil	RAVENSHAW UNIVERSITY	Life Satisfaction among Recovering Drug Addicts: The Role of Resilience and Optimism	29.07.2016	11.05.2017	24.11.17

• **Ongoing (M.Phil./Ph.D./D.Sc./D.Litt.)**

Srl No.	Name of the Student	Degree	University	Title of the Thesis	Date of Registration
1	NADIA AZADI	Ph.D.	UTKAL UNIVERSITY	Efficacy of Peace Education in the Management of Anger among Adolescents: An Intervention Study.	17.11.2020
2	SWAGATIKA SAMANTARAY	Ph.D.	UTKAL UNIVERSITY	Reading and Mathematical Ability among Children: The Role of Intellectual Abilities, Poverty and Home Literacy Environment	17.11.2020
3	LEKHA DAS	Ph.D.	UTKAL UNIVERSITY	Life Satisfaction among College Teachers: Role of Work-Life Balance, Self-efficacy and Resilience	19.12.2022

10.

### **Publication Profile**

**a) Research Articles Published:**

- I. Azadi, N., & Das, P.P.P., (2024). A thematic analysis of the significance of peace education in managing aggression in adolescents, Indian Journal of Psychological Medicine, ISSN: 0975-1564, accepted for publication (Scopus indexed).

- II. Samantaray, S., & **Das, P.P.P.**, (2024). Cognitive processes and their relation to word reading, comprehension, and math competence in a sample of school children who live in poverty, *International Journal of Psychiatry Research*, 7(5), 1-10, ISSN: 2641-4317.
- III. Azadi, N., & **Das, P.P.P.**, (2023). Management of Anger among Adolescent Boys through Peace Education: Evidence from two High Schools of Odisha, *Scope*, 13, 1339-1349, ISSN:1177-5653(Scopus indexed).
- IV. Azadi, N., & **Das, P.P.P.**, (2023). Reduction of Aggression in Adolescents through Peace Education: A Review, *International Journal of Humanities Social Science and Management*, 3(4), 435-442, ISSN: 3048-6874.
- V. Barik, S., **Das, P.P.P.** & Rath, S., (2022). Life Satisfaction in Indian Women: The Role of Employment Status and Emotional Intelligence, *International Journal of Creative Research Thoughts*, 10(4), ISSN: 2320-2882.
- VI. Khuntia, S., & **Das, P.P.P.**, (2020). Mathematical Skills among Primary School Children: The Impact of Medium of Instruction and Gender, *Indian Journal of Psychology and Education*, 10(1), 21-29, ISSN: 2231-1432.
- VII. Rath, S., **Das, P.P.P.**, & Sriranjana, P. (2020). Anxiety among Adolescents: The Role of Internet Addiction and Gender, *Indian Journal of Health Studies*, 2 (1), 118-132, ISSN: 2583-0759.
- VIII. Barik, S., Rath, S., & **Das, P.P.P.** (2019). Self-esteem in Indian Women: The Role of Employment Status and Emotional Intelligence, *Indian Journal of Psychological Science*, 11(2), ISSN 0976 9218 (Web of Science indexed).
- IX. Khuntia, S., & **Das, P.P.P.** (2019). Improving Phonological Awareness, Phonological Memory and Rapid Naming in Children with Dyslexia: The Efficacy of Cognitive Remediation Programs, *Indian Journal of Psychological Science*, 11(2), ISSN 0976 9218(Web of Science indexed).

- X. Mohapatra, S., **Das, P.P.P.**, & Rath, S. (2019). Effectiveness of Cognitive Behavioural Therapy in the Management of OCD: A Case Study, *Indian Journal of Clinical Psychology*, 46 (2), 162-167, ISSN:0303-2582 (UGC Care listed).
- XI. Rath, S., **Das, P.P.P.**, & Sriranjana, P. (2018), Depression among Adolescents: The Role of Internet Addiction and Sex, *Indian Journal of Psychology and Education*, 98 (2), 93-97, ISSN: 2231-1432.
- XII. Rath, S., **Das, P.P.P.**, & Sriranjana, P. (2018), Loneliness among virtual adolescents: The role of internet addiction and gender, *Asian Journal of Research in Social Sciences and Humanities*, 8 (2), 8-18, ISSN: 2249-7315.
- XIII. **Das, P.P.P.** & Panda, B. (2016). Adolescents' problem-solving ability in mathematics and medium of instruction, *British Journal of Education, Society and Behavioral Science*, 14(4): 1-7, ISSN:2278-0998.
- XIV. **Das, P.P.P.** & Pattnaik, P. (2016). Self-esteem, locus of control and academic achievement among adolescents, *International Journal of Scientific Research in Multidisciplinary Studies*, 2 (1),1-5.
- XV. Shukla, A., **Das, P.P.P.** & Pattnaik, V. (2015). Resilience Outcomes of Adolescents in Adaptive Parentification, *International Journal of Psychosocial Research (Special Issue)*, 1(1), 99-105.
- XVI. **Das, P.P.P.** & Parveen, S (2015). Gender wise differences in stress and aggression, *Psyber News: International Psychology Research Journal*, 6 (2), ISSN: 09760709.
- XVII. **Das, P.P.P.** & Tripathy, S. (2015). Role of emotional intelligence on aggression: A comparison between adolescent boys and girls, *Psychology and Behavioral Sciences*, 4 (1): 29-35, ISSN: 2328-7837.

- XVIII. **Das, P.P.P.** & Mishra, C. (2013). Adolescents' loneliness: effect of gender and internet use, *Asian Journal of Research in Social Sciences and Humanity Studies*, 3(9),233-242, ISSN: 2249-7315.
- XIX. **Das, P.P.P.** & Behera, L.L. (2013). Effect of temperature on aggression level of university teachers, *Zenith International Journal of Multidisciplinary Research*, 3(8),134-138, ISSN: 2231-5780.
- XX. **Das, P.P.P.** (2012). Role of self-help group in substance addiction recovery, *International Journal of Advancements in Research & Technology*, 1,1-5, ISSN 2278-7763.
- XXI. **Das, P.P.P.** & Verma, S. (2012). Addiction, stress, and subjective wellbeing, *Elixir Online International Journal, Social Science*. 49, 9977-9980, ISSN-2229-712X.
- XXII. **Das, P.P.P.** (2012). Emotional intelligence and mental health among university teachers. *International Journal of Education and Management Studies*, 2,104-106, ISSN: 2229-4937.
- XXIII. **Das, P.P.P.** & Sahoo, R. (2012). Stress and depression among postgraduate students, *International Journal of Scientific and Research Publication*, 2, 1-5, ISSN 2250-3153.
- XXIV. **Das, P.P.P.** & Mishra, A. (2012). Loneliness and depression in old age. *Elixir Online International Journal, Social Science*, 45, 7751-7753, ISSN: 2229-712X.
- XXV. **Das, P.P.P.** & Panda, R. (2012). School counseling: an effective communication for improving academic achievement. *Mass Communicator: International Journal of Communication Studies*, 6, 21-25, ISSN: 0973-967X.
- XXVI. **Das, P.P.P.** & Mishra, A. (2012). Effect of gender and family setup on old age depression. *Learning Community: An International Journal of Educational and Social Development*, 3, 41-47, ISSN: 2231-458X.

- XXVII. **Das, P.P.P.** & Subhalaxmi, S. (2012). Effect of employment upon subjective wellbeing of women, *Indian Journal of Positive Psychology*, 3, 217-218, ISSN: 2229-4937.
- XXVIII. **Das, P.P.P** & Shukla, A. (2011), Psychological and emotional needs of displaced women. *Global Journal of Arts and Management*, 1, 69-72, ISSN: 2249-2658.
- XXIX. **Das, P.P.P** (2011). Gender difference in emotional intelligence and mental health among post-graduate students. *Educational Quest: International Journal of Education and Applied Social Science*, 2, 211-214, ISSN: 2230-7311.
- XXX. **Das, P.P.P** & Rath, P (2011). Effect of employment in the recovery process of drug addiction. *Indian Journal of Positive Psychology*, 2, 284-287, ISSN: 2229-4937.

b. **Books Published:**

- I. **Das, P.P.P.** (2012). *Recovery process in drug addiction: a lifetime journey*, Published by Lambert Academic Publishing, Germany. (ISBN 978-3-659-23671-6).
- II. Mishra, G. C., **Das, P.P.P.**, Makhmur, S., & Khuntia, S. (2018). Psychological Assessment. Kalyani: New Delhi. (ISBN NO. 978-93-272-8805-6).
- III. Mishra, G. C., **Das, P.P.P.**, Makhmur, S., & Khuntia, S. (2018). Psychological Research and Measurement. Kalyani: New Delhi. (ISBN NO. 978-93-272-9691-4).

## 11. Paper presented in Conferences/Seminars

- I. Presented a paper titled "Virtual Relationship, Internet Addiction, and Social Anxiety among Adolescents in the Digital Age: A Thematic Analysis" at the **International Conference** on Mental Health in the Digital Age: Response to Current Challenges, organized by the Department of psychology, Utkal University during 27-28 September 2024.
- II. Presented a paper titled "Social anxiety among adolescents: The role of Internet addiction" at the International **Conference** on Mental Health, National Education Policy (2020) & Psychology in Practice, organized by the Department of Psychology, Utkal University on 4<sup>th</sup> October 2024.
- III. Presented a paper titled "Role of Poverty in Understanding the Relationship between Reading Development, Home Literacy Environment and Cognitive Abilities in Children" at the **International Conference** on Contemporary

Economy in Post-COVID Era, organized by the Department of Economics from 17.02.2023 to 18.02.2023.

- IV. Presented a paper titled “Polycystic Ovary Syndrome in Adolescent Girls: The Role of School Counsellors” at the **National Conference** on Youth, Wellness and Social Welfare organized by Gangadhar Meher University, Sambalpur on 13.11.2022.
- V. Presented a paper titled “Life Satisfaction of Women with Polycystic Ovary Syndrome” at the 31st Convention of the **National Academy of Psychology**, organized by IIT, Bombay from 4.3.2022 to 6.3.2022.
- VI. Presented a paper titled “Understanding the Mental Health Needs of Women with Polycystic Ovarian Syndrome” at the 8th **International Congress** of Stress, Performance, and Wellness hosted by the International Stress Management Institution from 17th-19th December 2021.
- VII. Presented a paper titled “Importance of Learning and Teaching Life Skills in the Post-Covid World” at the Annual **International Conference** of VIT-AP School of Social Sciences and Humanities in association with Cambridge University Press from 11th-12th December 2021.
- VIII. Presented a paper titled “Optimism Among Women: Understanding the Role of Employment Status and Emotional Intelligence” at the 30th Annual Convention of the **National Academy of Psychology** hosted by the Indian Institute of Technology Kanpur from 19th-21st March 2021.
- IX. Presented a paper titled “Coping among Adolescents: Understanding The Role of Gender” in the **National Seminar** on “IATE National Seminar 2020 on 'Education for Social Inclusion, Sustainable Development and Empowerment’” held on 27<sup>th</sup> January 2020, organized by the Department of Education, Ravenshaw University, Cuttack.
- X. Presented a paper titled “Aggression among Drug addicts: A self-help X Employment interaction” in the **International Seminar** on “Psychology: The Path Ahead in Education, Health and Sports” held on 31.01.2020, organized by the Department of Psychology, Sailabala Women’s College, Cuttack.
- XI. Presented a paper titled “Psychological Needs of Tribal Adolescent Students” in the **National Seminar** on “Teaching Methodology for Tribal Students: Issues and Concerns” held on 27<sup>th</sup> September 2019, organized by the

Department of Tribal Heritage and Tribal Ideology, School of Education and Extension, KISS, Bhubaneswar.

- XII. Presented a paper titled “Life-Satisfaction, Resilience, and Optimism among Recovering Drug Addicts” at the **27<sup>th</sup>** Annual Conference of the **National Academy of Psychology** on “Psychology of Millennials” held from 22<sup>nd</sup> to 24<sup>th</sup> December 2017, organized by the Department of Humanities & Social Sciences, IIT, Kharagpur.
- XIII. Presented a paper titled “Efficacy of cognitive remediation programs for improving reading skills in children with dyslexia” at XXXV Annual Conference of Indian Academy of Neurosciences and **International Conference** on Translational Neuroscience and its Application in Mental Health held from 29.10.2017 to 31.10.2017, organized by the Department of Zoology, Ravenshaw University.
- XIV. Presented a paper titled “Education in Mother Tongue” in the UGC–Sponsored **National Seminar** on “Right to Education and Its Implementation” issues and Challenges” held on 31<sup>st</sup> March 2017 organized by the Department of Education, Ravenshaw University, Cuttack.
- XV. Presented a paper titled “Healthcare Needs of Transgender People” in the UGC–Sponsored **National Seminar** on “Frontiers of Human Rights and Duties in India: Situating Dialogues, Debates, and Dissents” held on 30<sup>th</sup> March 2017 organized by the Department of Sociology, Ravenshaw University, Cuttack.
- XVI. Presented a paper titled “Gender Differences in Occupational Stress among Bank Employees” at the **International Conference** on “Gender and Management: Issues and Challenges” held on 5-6 January 2017 organized by Birla Institute of Management Technology (BIMTECH), and Institute of Public Enterprise (IPE) Hyderabad in collaboration with University of Ljubljana, Slovenia, Europe.
- XVII. Presented a paper titled “Organizational Commitment: The Role of Psychological Empowerment” in the UGC–Aided **National Seminar** on “Organizational Commitment among the Employees of Higher Educational Institutions” held during 4-5 September 2016 organized by the Department of Psychology, Government Women’s College, Baripada.

- XVIII. Presented a paper titled “Mental Health among Drug Addicts: The Role of Employment” in the “**UGC sponsored Seminar** on Perspectives of Positive Psychology in India” held on 20-21 December 2015, organized by Mangala Mahabidyalaya, Kakatpur.
- XIX. Presented a paper titled “Employment: A Critical Issue in the Development of Substance Addiction Recovery” in the “**ICSSR Sponsored National Seminar** on Reconstructing Development and its Discontents in India: Problems, Paradoxes, and Possibilities” held on 14-15 November 2015 organized by the Department of Sociology, Ravenshaw University.
- XX. Presented a paper titled “Mental Health among Drug Addicts: The Role of Self-help Groups” at the “**Centenary Conference on Psychology- An International Event**” held from 9-11 October 2015 organized by the Department of Psychology and Department of Applied Psychology, Calcutta University.
- XXI. Presented a paper titled “Empowerment of Women: A Psychological Perspective” in the UGC Sponsored **National Seminar** on “Perspectives of Women Empowerment” held on 27-28 September 2015 organized by Khordha Women’s College.
- XXII. Presented a paper titled “Educational Aspiration Among Adolescents: The Role of Self-concept & Gender” in the UGC Sponsored **National Seminar** on “Learning and Decision Making in Education” held on 25-26 April 2015 organized by the Department of Education, Indira Gandhi Women’s College, Cuttack.
- XXIII. Presented a paper titled “Stress among Teaching and Non-teaching Employees: A Comparative Study” in the UGC Sponsored **National Seminar** on “Stress and its Effect on Health and Coping” held from 28-29 March 2015 organized by the Department of Psychology, Indira Gandhi Women’s College, Cuttack.
- XXIV. Participated in the two-day **state-level** Seminar-cum-Workshop on “Counselling: Skills and Application”, organized by the Department of Psychology, Ravenshaw University, Cuttack held on 28<sup>th</sup> and 29<sup>th</sup> January 2015.
- XXV. Presented a paper titled “Problem-Solving Ability among Adolescents and Medium of Instruction” in the **National Conference** on “Quality Assurance

in Education” organized by the Department of Education, Ravenshaw University, Cuttack in collaboration with All India Association for Educational Research (AIAER) held from 26-28, December 2014.

- XXVI. Presented a paper titled “Old Age Depression: Nuclear Family vs. Joint Family” in UGC Sponsored **National Seminar** on Gerontological Issues: A Humanitarian Approach organized by SSS College; Bhubaneswar held in August 2013.
- XXVII. Participated in a **State Level Seminar** “Empowering Women: Psycho-Social Perspectives” organized by Utkal University in February 2012.
- XXVIII. Presented a paper titled “Loneliness and Depression in Old Age: A Qualitative Analysis” at the **International Symposium** on Brain Aging and Dementia at Banaras Hindu University held in December 2010.
- XXIX. Presented a paper titled “Psychological and Emotional Need of Displaced Women” at the **International Conference** on Displacement and Rehabilitation at NIT Rourkela held in November 2010.
- XXX. Presented a paper titled “Recovery Process in Drug Addiction: A Journey from Alienation to Purpose” at the **International Conference** on Alcohol and HIV: Insights from Intervention at Indian Habitat Centre, New Delhi held in September 2010.
- XXXI. Presented a paper titled “Adolescent Substance Abuse” in an **International Seminar** organized by the Centre of Advanced Study in Psychology on “Adolescent Health” in 2008.
- XXXII. Presented a paper titled “Adolescent Substance Abuse: Developmental Considerations” at a **state-level conference**, organized by Ranjita Mishra Memorial Trust in 2008.
- XXXIII. Presented a paper titled “Emotional and Psychological Needs of Disaster Affected Victims: Role of Psychologists and Counsellor” in a **National Seminar** organized by the Centre of Advanced Study in Psychology on Disaster Mental Health in 2007.
- XXXIV. Presented a paper titled “Alcoholism: A Case Study” in a **National Seminar** organized by Kamala Nehru Women’s College on “Perspective in Psychology in the New Millennium” in 2007.

## **12. Invited Lectures/Special Lectures/Resource persons or presentations at Conferences/Workshops**

- i. **Resource person** in the ICSSR-sponsored National Seminar on Current Trends, Techniques and Treatment Strategies for Anxiety, Depression and Stress Management on the topic titled "Polycystic Ovary Syndrome: A Biopsychosocial Perspective" from 26th March 2022 to 27th March 2022 organized by U.N. (Auto) College of Science & Technology, Adaspur, Cuttack, Odisha.
- ii. **Resource person** in the Course Module Seminar on "Freud's Theory of the Unconscious" organized by the Department of English on 18<sup>th</sup> April 2019.
- iii. **Resource person** in the Annual Seminar on "How to Write a Research Project" on 02<sup>nd</sup> March 2019 by Pathani Samanta (Degree) College, Khandapada, Odisha.
- iv. **Resource person** in Seminar on "Building Positive Attitude among Adolescents" on 14<sup>th</sup> March 2018 by PG Department of Clinical Psychology, Udayanath Autonomous College of Science and Technology, Adaspur, Cuttack.
- v. **Resource person** in Annual Seminar on "Adolescents: Stress, causes & Management" on 05<sup>th</sup> December 2017 by Mangala Mahavidyalaya, Kakatpur, Puri, Odisha.

### 13. Awards and Distinctions

- i. Topper in M.Phil (Psychology)
- ii. Topper in M.A. (Psychology)
- iii. Topper in B.A. (Psychology)
- iv. Recipient of University Gold Medal for securing highest marks in M.A.
- v. Recipient of Damodar Mishra Cash Prize for securing highest marks in M.A.- Part- I examination.
- vi. Recipient of National Scholarship for securing highest marks in B.A.
- vii. Recipient of Special Prize for securing highest marks in B.A.
- viii. First prize winner in Oriya Essay competition organized at Utkal University.

