

CURRICULUM VITAE

Personal Information

Name : Dr. POONAM MUKHERJEE
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Education

Name of Degree	Year of Passing	Board/University	Division
Class X Boards	2004	ICSE	1 ST
Class XII Boards	2006	ISC	1 ST
B.Sc.(Hons.)	2009	Tripura University	First Class (Gold Medalist)
M.Sc.	2011	Calcutta University	First Class
• Qualified West Bengal State Eligibility Test(WBSET),Dec 2011 in Psychology			
• Qualified UGC National Eligibility Test (NET) December, 2018 in Psychology			
Awarded Ph.D. in Psychology in the Year 2022 from University of Calcutta (RET Qualified) Registration No. : 5069/Ph.D.(Sc.)Proceed/2016			

Details of Research Papers published

Sl. No.	Title of the Article	ISSN	Name of the Journal (Indexed)	Volume No.	Year	First Page No.	Last Page No.
1	Stress on the Edge: The hidden Catalyst of Substance Use among Youths	ISSN-Online :2676-7104	Frontiers in Health Informatics (Scopus)	13(5)	2024	7	13
2	Assessing Self-Control and Peer Pressure among Young Alcohol Addicts of Tripura	ISSN:2148-2403	Educational Administration: Theory and Practice (Scopus)	30(5)	2024	5986	5993
3	The Science of Happiness: Understanding Emotional Dynamics and Well-being	ISSN-Online :2676-7104	Frontiers in Health Informatics(Scopus)	13(5)	2024	1	6
4	To What Extent Personality Traits and Psychological Resilience affects Subjective Well-being? A study on Young Adults of Tripura	ISSN:2148-2403	Educational Administration: Theory and Practice (Scopus)	30(5)	2024	7172	7178

5	Attitude Towards the Use of Technology in the Classroom: A Learners' Perspective	ISSN(3048-698X)	INSPA Journal of Applied and School Psychology (UGC Care)	Vol.2	2024	211	220
6	Exploring the interplay of Emotional Competency and Subjective Well- being among young adults of Tripura	ISSN:2589-7799	Journal of ReAttach Therapy and Developmental Diversities (Scopus)	6(9s)	2023	1736	1740
7	Personality profile of the Young Substance Abusers of Tripura	ISSN:2589-7799	Journal of ReAttach Therapy and Developmental Diversities (Scopus)	6(9s)	2023	1745	1750
8	Measuring Academic Engagement among School Students: A Scale Construction	ISSN- p-2229-4937	Indian Journal of Positive Psychology (Peer Reviewed)	11(3)	Sept, 2020	203	209
9	Locus of Control, Birth Order and Residence as Predictors of General Wellbeing with special reference To Tripura	ISSN No:2277-7733	Voice of Research (Peer Reviewed)	Vol.3, Issue3	Dec, 2014	3	7
10	Personality Disposition of Juvenile Delinquents	ISSN No: 2277-7733	Voice of Research (Peer Reviewed)	Vol.2, Issue4	March, 2014	1	3
11	Presence of both the Parents in determining child's well-being	ISSN- p-2229-5356	Indian Journal of Health and Wellbeing (Peer Reviewed)	Vol.6, Issue10	Oct, 2015	990	993
12	Eating Styles and General Health among Established Gym-Goers, Novice Gym-Goers, and Non-Exercising Young Adults	ISSN-2347-3797, NAAS Rating 4.42 https://doi.org/10.5281/zenodo.21294068	IAHRW International Journal of Social Sciences Review	14(6)	2026	983	988

Details of Paper presented in Conference/Seminar/Workshop/Symposium

Sl. No.	Title of Paper presented	Title of Conference/Seminar etc. with date	Organized by	Level: College or University /Regional/State/ National/International
1	Inside-Outside Story of Happiness among Young Adults	Health and Well-Being of Adolescents and Young Adults: An Indian Perspective Dt:22 nd & 23 rd March,2014	Department of Psychology, Tripura University	National
2	Dictates of Conscience and Precision: Do They Shed Light on the Tribal Ethnicity	Educating Tribal Children: Issues and Remedies With Special Reference to Tripura Dt: 5 th & 6 th March, 2016	Institute of Advanced Studies in Education, Kunjaban, Govt. of Tripura	National
3	Psychosocial Correlates Of Academic Engagement: A Study On Adolescent Students	Seminar on Positive Psychology, Dept. of Psychology. 5 th January,2021	University of Calcutta	National
4	Tool Construction and Standardization on Online Academic Engagement of Adolescent Students in times of COVID-19 pandemic	57th National &26 th International Conference of Indian Academy of Applied Psychology (IAAP) Dt.:27 th -29 th January,2022	Mizoram University	International
5	Joint Action Plan of Tripura to prevent substance Abuse and Illicit Trafficking	National Level Review cum Consultation on Roll Out of Joint Action Plan on Prevention of Drugs and Substance Abuse among Children and Illicit Trafficking,2 nd March,2022at New Delhi	NCPCR, Govt. OfIndia	National
6.	Determining the Debilitating Impact of Test Anxiety and Ways to Conquer it	District Level Seminar on Pariksha Parv 4.0 on 25 th August,2022	NCPCR and SCPCR	National
7.	Understanding POCSO Act and Why it Matters	WebinaronPOCSOAct,27 th January,2023	Woxsen University, Hyderabad	National
8	Technology for Psychological Well-being and Psychopathology: The Online-Offline Balance	National Conference on Mental Health and Well-being, 15 December, 2023	CHRIST, Delhi NCR Campus	National

Research Experience:

Details of Ph.D. Awarded Under My Supervision: 02 Nos.

Name	ID No.	Title of the Thesis	Date and Year of Award
Joydeep Roy Chowdhury	21IUT0350015	The Building Blocks of Subjective Well-Being: An Exploration of the Potential Factors among Young Adults of West Tripura	28/05/2025
Sagarika Debroy	21IUT0350016	Exploring Factors Contributing to High Risk Substance Use: A Predictive Study on Young Adults of West Tripura	28/05/2025

Ongoing Ph.D.: 2 Nos.

Master degree dissertation guided: 23 nos.

Membership in Professional bodies/societies

Name of Society	Grade of Membership
American Psychological Association	International Member (Membership Number C2505598152)
National Academy of Psychology (NAOP), India	Life Member

Experience (Teaching and Administrative)

- 1 year experience as a counselor in NIT Agartala (Aug 2011– Sept. 2012).
- 2 year teaching experience in undergraduate level for the academic session 2013-2015
- 3 years teaching experience in PG level in the Department of Psychology, Tripura University, A Central University, for the academic session 2013-2016.
- 1 year 6 months of teaching experience in Psychology (Classes XI and XII) in Auxilium Girls' School for the academic session 2017-2018 and from April 2018 to October 2018.
- Appointed as Member in Tripura Commission for Protection of Child Rights since July, 2021 till Oct., 2022.
- Worked in ICFAI University Tripura as Assistant Professor, H.O.D. Dept. of Psychology from 12/10/2022 till 11/06/2025

Faculty Development Program and Faculty Induction Program

- Attended Ten-Days Online Faculty Development Program on “Implementation of NEP 2020 in Humanities: Pedagogical Approaches” from 2nd July to 12th July, 2024, organized by ICFAI University Tripura.
- Completed 28 days FIP organized by MMTTC Mizoram University from 22nd April, 2026 till 19th May, 2026 (Secured Grade A)

Workshop/Training/Seminar Attended

1. Attended a seminar on “Stress & Mental Health” on 9th October, 2007 organized by the department of psychiatry, TMC & BRATH, Agartala, Tripura.
2. Attended a seminar on “Suicide & Deliberate Self Harm- current perspectives” on 2nd February, 2008 organized by the department of psychiatry, TMC & BRATH, Agartala, Tripura.
3. Participated in the Tripura State Science Fair 2008-2009 organized by Tripura State Council for Science and Technology & State Council of Educational Research and Training (27th December 2008 – 1st January 2009)
4. Has attended a national festival on “Unity In Diversity” organized by CCRT, New Delhi (26th December, 2006 – 1st January, 2007)
5. Attended two departmental seminars on psychological stress and drug addiction organized by the Applied Psychology Department, University of Calcutta
6. Attended 4 workshops on Music Therapy, Behaviour Management, Rorschach Ink-Blot Test and Statistics using SPSS organized by the Applied Psychology Department, University of Calcutta and Indian Statistical Institute (ISI).
7. Participated in the national workshop on ‘Teaching Children with Autism Spectrum Disorder (ASD)’ conducted by Rehabilitation Council of India and organized by Abhoy Mission, Tripura on 29th July, 2015.
8. Participated in 5 Day National Workshop on Elementary Statistics, Quantitative and Computational Techniques conducted by department of Microbiology and Sociology, Tripura University.
9. Attended several workshop and seminars in ‘how to use Smart Class’ and ‘Teachers in the 21st Century’.
10. Attended 2 day workshop on Structure Equation Modeling conducted by Department of Psychology, Calcutta University on 16th and 17th of September, 2018
11. Attended 1 day workshop on Qualitative Research conducted by Department of Psychology, Calcutta University on 9th October, 2018

List of Memorial Lectures

1. Delivered Lecture as a Resource Person on ‘Employment and Employability’ in a week long finishing school programme at Tripura Institute of Technology, organized by Tripura Institute of Technology, Agartala on 13th of June, 2014 from 2:00-4:30 P.M.
2. Delivered Lecture as a Resource Person on “Teenage Crisis and its Management” at NIT Kendriya Vidyalaya on 15th of November, 2013 from 11:00 A.M.-1:00 A.M.
3. Delivered a series of Special Lectures on “Importance of Psychology in Nursing Profession at ILS Nursing Institute from September, 2013 till 5th of July, 2014.
4. Delivered a lecture on the qualities of 21st Century teachers in the classroom.

5. Delivered a lecture on Effect of Online Classes on Students during covid-19 pandemic at Bhavan's College of Teachers' Education on 14/09/2021.
6. Delivered a lecture on "Child trafficking in Tripura: The present scenario" at DM Office, Sepahijala District on 2nd August, 2022
7. Delivered a lecture on "A journey towards effective parenting" at Tripureswari Shishu Mandir, Dharmanagar on 4th September, 2022
8. Delivered a lecture on 'Strengthening Mental Health and Life Skills among Adolescents' at a seminar on Stakeholders' Orientation on Child Rights organized by Voluntary Health Association of Tripura on 18th February, 2026 at IMA house
9. Delivered a lecture on 'Promoting Mental Wellbeing and Emotional Intelligence for Faculty' at a Faculty Upgradation Programme organized by National Institute of Technology, Agartala on 17th June, 2026

Honors and Awards

1. **Gold Medalist in graduation for securing Highest Marks in Psychology Hons., Tripura University, 2009.**
2. **National Scholarship received in the field of Kathak dance in the year 2001**