

# **CURRICULUM VITAE**

<b>NAME:</b>	SHARMISTHA MITRA
<b>DEPARTMENT:</b>	PSYCHOLOGY
<b>DESIGNATION:</b>	STATE AIDED COLLEGE TEACHER
<b>DATE OF JOINING:</b>	MSTS- 09/08/2018 SACT- 01/01/2020
<b>E- MAIL ID:</b>	sharmisthamitra@hmmcw.in
<b>DETAILS OF PHD (PURSUING/ COMPLETED: NAME OF THE TOPIC</b>	N/A
<b>PRESENTATION/ PARTICIPATION IN SEMINAR/ WEBINAR: (IN LAST FIVE YEARS)</b>	<ol style="list-style-type: none"><li>1. Neuro-Linguistic Programming.</li><li>2. Therapeutic Formulation and Basic Family Therapy.</li><li>3. Intervention for Childhood Sexual Abuse Using Art Therapy</li><li>4. Self-Awareness and Self-Expression Using Creative Dance Movement Therapy.</li><li>5. Psychoanalysis: A Journey from Classical To Contemporary Perspectives.</li><li>6. Fragile X Syndrome.</li><li>7. The Human Side of Enterprise.</li><li>8. On Transience: Japanese contribution to Psychoanalysis.</li><li>9. Dealing with stress among students during COVID-19 Pandemic.</li><li>10. Parenting /care giving in a Pandemic.</li></ol>

	<p>11. Mapping the Pandemic: Plight of Women, Migrant Labourers and the Human Mind.</p> <p>12. Positive Living in the Nep-Normal World.</p> <p>13. On Art therapy</p> <p>14. Exploring open access E-Resource for knowledge enhancement.</p> <p>15. National Science Day.</p> <p>16. Narrative Therapy in Clinic and Community.</p> <p>17. Understanding the Mind in Buddhist Psychology and an Introduction of Mindfulness.</p> <p>18. Combating COVID: Maintaining mental health and wellness in the era of Pandemic.</p> <p>19. Child Labour.</p> <p>20. Child Psychopathology: Disruptive behaviour and externalized disorder in children.</p>
<b>PUBLICATION (IN LAST FIVE YEARS):</b>	
<b>i) PUBLICATION IN JOURNAL (TOPIC &amp; ISSN No.):</b>	<p>Mitra et al., "Nature of Personality Patterns and Coping Strategies among Female Indian Classical Dancers (Bharatanatyam Dancers) and Contemporary Dancers". Medicon Medical Sciences 2.5 (2022): 12-20. DOI: 10.55162/MCMS.02.033</p>
<b>ii) PUBLICATION OF BOOKS (TITLE &amp; ISBN No.):</b>	N/A
<b>iii) PUBLICATION OF ARTICLES IN BOOKS (TITLE OF THE ARTICLE &amp; ISBN No.):</b>	<p>Mitra, S. (2023). Monoroger Bortoman Chitra. In Paul, S.(Ed.). Mon: Sangkat Asukh Pratishedhak Swasthy, Punascha Books Kolkata, pp.- 128-134 ( ISBN 978-81-7572-242-2)</p> <p>Mitra, S. (2023). From Silent Frustration to Resilient Adaption: A comparative study of anger expression and coping strategies in mothers of hearing impaired children and normal hearing children. In Mullick, L. &amp; Das, M.(Ed.). COSMOS, Avenel Press Kolkata, pp. - 187-199 ( ISBN 978-81-9662-551-1)</p>

<b>IV) DETAILS OF PEER-REVIEWED JOURNALS:</b>	N/A
<b>V) PUBLICATION IN OTHER AREA (WITH DETAILS):</b>	N/A
<b>UGC SPONSORED RESEARCH PROJECT: (WHETHER ONGOING/ COMPLETED IN LAST FIVE YEARS):</b>	Titled: "Stress Appraisal, Personality, and Coping Repertoire of Mother with Disabled offspring, Working Both Within & Outside The Field of Disability: A Comparative Investigation with Non-Working Mothers."
<b>RESOURCE PERSON:</b>	N/A
<b>AWARD RECEIVED (IN LAST FIVE YEARS):</b>	<ol style="list-style-type: none"> <li>1. Achieved <b>First class Third rank</b> in University.</li> <li>2. Registered as <b>REHABILITATION PSYCHOLOGIST with the CRR NO.</b> given by REHABILITATION COUNCIL OF INDIA (RCI) on 29<sup>th</sup> Sep,2021.</li> <li>3. 2 times NET Category -III qualified.</li> </ol>
<b>OTHER INFORMATION:</b>	<ol style="list-style-type: none"> <li>1. Personality factor, self image profile, underlying perfectionism, and coping strategies of female Indian classical dancers (Bharatnatyam) and contemporary dancers: a comparative study (M.A Dissertation)</li> <li>2. SLD Out Reach Programme in Government Schools of Kolkata district Under University Of Calcutta.</li> <li>3. Former teaching faculty at psychology department in Panihati Mahavidyalaya.</li> </ol>