

MY PROFILE



Dr. Mona Tabassum

Associate Professor in Psychology

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- **ACADEMIC QUALIFICATION**

Ph.D (2002) from Patna University on “ Depression Among College Students in Relation to Personality Characteristics”

PG Diploma in Clinical Psychology in 1997 from Patna University, Patna

MA in 1990 from LNMU, Darbhanga.

BA in 1988 from LNMU Darbhanga.

IA in 1984 from BIEC, Patna.

Matriculation in 1982 from AMU Aligarh.

- **Orientation Course in 2004 from University Patna.**
- **Refresher course 2008 from Patna University Patna**
- **Refresher Course in 2010 from Patna University Patna**
- **COURSES DONE :**

1. **The Science of Well-Being**, Yale University, An online course authorised by Yale University and offered through Coursera.

2. **Learning How to Learn: Powerful Tools to help you master tough subjects**, An online course authorised by McMaster University UC San Diego offered through Coursera.

3. **Psychological First Aid**, an online course authorised by JOHN HOPKINS University and offered through Coursera.

4. **Stanford Introduction to Food and Health** an online course authorised by Stanford University and offered through Coursera

- **EXPERIENCE:**

19yrs and six month teaching experience in UG and PG and Ph.D.

Joined as Assistant Professor - 26-06-2003 in PG Department of Psychology.

Transferred to R N College Hajipur - 23-08-2005
Promotion as Reader - 26. 06 2012
PromotiOn as Associate Professor - 26.06.2015
Date on which promotion as Professor is due - 26. 06. 2020

- **SPECIALIZATION**

Clinical Psychology, Health Psychology, Neuro-Psychology,,Social Psychology
General Psychology,Cognitive Psychology, Positive Psychology.

- **RESEARCH INTEREST**

1. Depression
2. Positive Psychology
3. Health Psychology
4. Clinical Psychology

- **COURSES TAUGHT**

- UG**

1. General Psychology
2. Social Psychology
3. History of Psychology
4. Clinical Psychology
5. Practical

- PG**

1. Advance General Psychology
2. Neuro Psychology
3. Health Psychology
4. General Counselling Skills
5. Psychological Assessment
6. Clinical Psychology

- **BOOK PUBLISHED**

One book published 2016

Tabassum.M, *Adolescents and Depression* : Novelty & Co, Ashok Rajpath,

Patna- 800004. ISBN: 978-93-81785-75-1.

➤ **MINOR PROJECT**

A Minor Project title " A Study of Psycho social Factor Conducive to Depression proneness Among the Adolescents in Context of Bihar" funded by UGC . Ref. No. F.PHB004 / 12-13 (ERO).

➤ **ARTICLE PUBLISHED IN DIFFERENT JOURNALS**

1. Khatoon R, Tabassum M & Ali MS (2020) *Cognitive Retraining Attention Module among Students with Internet Addiction* , Journal of Psychiatry and Psychology Research. JPPR,4(4): 352-358 www.scitcentral.com
2. Tabassum,M. (2019). Women's Mental Health: Indian Perspective. *Multilingual Academic Journal of Education and Social Sciences*, 7(1), 12-131. <http://dx.doi.org/10.6007/MAJESS/V7-i1/3769>.
3. Tabassum,M.& Shree,P. (2018) Effect of Home Environment on Children's Academic Anxiety. *Research Journal of Social& Life Sciences*,Vol.- XXV,year-13 Eng.-1 Sept. 2018.
4. Shree ,P. & Tabassum, M. (2016) Effect of Home Environment on the Educational Development of Adolescent in Bihar : A Study of Gender Differentiation. *Research Journal of Life Sciences* . Vol.-XXI, year-11,Eng-1-2016
5. Shree,P & Tabassum,M (2015) Academic Anxiety among the Children: A Comparative Study. *Indian Journal of Psychological Issues* Vol. 23(2) 2015,91-98
6. Tabassum,M (2013) Effect of some Psychological factors on the Depression proneness among Adolescents in Bihar. *Indian Journal of Psychological issues* , Vol.21(1&2) 2013, 1-8 ISSN. 0972-4427
7. Tabassum,M. (2013) A Brief Analysis of some Psycho social factors affecting Hypertension. *Recent Life Science Mirror: Vol.2(1)* pp.109-111

8. Tabassum,M. (**2009**) Emotional Quotient (EQ) matters more than Intelligence Quotient(IQ) In Academic Performance. *Souvenir Golden Jubilee Celebration .R N College Hajipur. Pp 55-56.*
9. Tabassum, M (2011) Anger Management: A Study. *RJHSS Vol. 1 August 2011,pp 39-41*
- 10.Tabassum,M. (**2010-11**) Forgiving the Transgressors: The key to healthy interpersonal relations. *Samyak Drishti, Vol.2 & 3 year: August 2010-11, pp 60-61*
- 11.Tabassum,M. (**2009**) Stress and its Management. *Samyak Drishti: An Interdisciplinary Journal. R N College, Hajipur, August 2009.pp 86-89*
- 12.Verma,G,k Tabassum M & Kumari,M.(June 2009) The Role of Education in Empowerment of Women . *The Anusandhan, Vol.XI No.119, 255-259, June -2009 ISSN 0973-0923.*
- 13.Tabassum,M. (**2009**) The Relationship between Emotional stability and Depression among College Girls. *The Anusandhan, Vol. XI No 19,247-254, June 2009 , ISSN 0973-0923.*

➤ CHAPTER IN BOOKS

- Khatoon,R.,Tabassum,M.,Ratna,R.(2022) "Effect Decision Making Skills for Work Performance in Organization" *Contemporary issues in Organizational Behaviour* The Bhopal School of Social Sciences. 124-139.
- Shree,P., Tabassum,M. "Empathy and Cooperation Buffers Stress: In Perspective of COVID-19. *Emotional Intelligence to Cope with Stress During Lock down. Novelty&Co. ISBN: 978-94611-06-1.pg 140-149.*
- *Khatoon,R.,Tabassum,M.,Ali,Mir Shahid (2022)"Psychological Approaches of Management of Student's Emotional Intelligence: The Pandemic of COVID-19. Emotional Intelligence to Cope with stress During Lock-down.Novelty&co.ISBN 978-93-9461106 pg.150-155.*
- Khatoon,R.Satyam,Tabassum,M. (2022). "Management of Emotional Regulation in Alchohol Use Disorder: Novel Corona Virus." *Emotional Intelligence to Cope with Stress During Lock-down. Novelty& Co. ISBN; 987-93-94611-06. pg,156-160.*

- Tabassum,M. & Khan,Farhain (2021) "Some Challenges in Indian Perspective, Creating an Inclusive Schooling System" *LAMBERT Academic Publishing*. ISBN 978-620-4-19169-0 (2021)
- Tabassum,M.& Kumari, M (**2017**) Dyslexia: A Learning Disability in the Indian Context. *Routledge Taylor and Francis Group, London and New York, Pg 171-182.*
- Tabassum,M (**2010**) Psychodynamics of Women Leadership. *Women Political Leadership in India, Serials Publication, New Delhi, pg: 244-252.*

▪ **CONFERENCE/ SEMINAR/ WORKSHOP ATTENDED.**

- Presented paper on "Role of Internet addiction disorder in Emotional Intelligence among University students" organized by SGTU, Gurugram on 2nd & 3rd November 2022.
- Attended UGC sponsored Workshop on *"RESEARCH METHODOLOGY"* . *B R A Bihar University 27, 28 & 29 Feb. 2020* , organized by Univ. Department of Psychology .
- Presented a paper on ."Feminism and the Peril of Pseudo Female Empowerment" National seminar on WOMEN eMPOWERMENT organized by St. Xavier's College of Management and Technology, Patna, dated, 23-24 Feb. **2019**.
- Attended a UGC sponsored National Seminar on " Stepping into Future: Tapping the Talent, Contribution and Participation of Older Persons in Society". Organized by Institute of Gerontology and Gariatric , Univ. Department of Home Science. LNMU ON August , 10 ,**2018** .
- Presented a paper on "Effect of Stress on Asthma" three days International Conference organized by MSET-ICCB & METAS on 3-5 Dec .**2017** on the topic of *GLOBAL SCENARIO OF LIFE SCIENCE ,AGRICULTURE,NURSING AND MEDICAL RESEARCH FOR THE WELFARE OF RURAL & URBAN FOLK.*
- Presented a paper on "Women and Mental Health" in a National Seminar organized by St. Xavier's College of Management and Technology Patna, on 8th

and 9th April **2017** on the topic of REVISITING PARADIGMS OF WELLNESS.

- Attended a National Seminar on "Science and Technology for Indigenous Development in India" organized by THE INDIAN SCIENCE CONGRESS ASSOCIATION . BIHAR COUNCIL ON SCIENCE AND TECHNOLOGY, ON 08 Feb.**2016**.

1. Presented paper on the topic "A Brief analysis of some Psychological Factors Affecting Asthma" in UGC Sponsored International seminar organized by Psychological Association on 29, 30 & 31 March **2014** on Evaluation and Measurement in Psychology and Education .
2. Presented a paper on the topic "The Psychological Consequences of Child Labour" in UGC sponsored National Seminar on RURAL LABOUR PROBLEMS AND PROSPECTS held on 21-22 Sept. **2012**.
3. Attended a State Level UGC sponsored Workshop on MANAGEMENT OF STRESS AMONG CHILDREN AND ADOLESCENTS organized by Department of Psychology Patna Women's College Patna & S M D College Punpun, on 1&2 March **2012**.
10. Presented a paper on the topic of " Impact of Globalization on Adolescents Mental Health" in UGC sponsored National seminar on IMPACT OF GLOBALISATION ON EDUCATION on 24 & 25 March **2012** .
11. Presented a paper on the topic "Empowerment of Women through Panchayati Raj" in UGC sponsored National seminar on WORKING OF PANCHAYATI RAJ INSTITUTION IN BIHAR. Organized by R N College and Srijan Bharti, Hajipur on 26 & 27 ,March **2011** .
12. Presented a paper on "Dyslexia: in Indian context " in an International Conference on EDUCATION AND SOCIAL INCLUSION held during November 25-27 **2011**.
13. Attended 18th National Conference on the topic PSYCHOTHERAPY Indian Association for Social Psychiatry in **2011** . Co sponsored by World Psychiatry Association , World Association for Social Psychiatry.

14. Attended an International seminar sponsored by UGC & ICSSR on the topic "Women, Work and Poverty in Bihar" on 7-8 **2009**.
15. Presented a paper on "Psychodynamics of Women Leadership" organized by R N College & IIPA, Patna. an UGC sponsored National Seminar on DIMENSIONS OF WOMEN POLITICAL LEADERSHIP held on 24-25 Feb. **2009**.
16. Attended an UGC sponsored National Symposium on CONTRIBUTIONS & RELEVANCE OF H.J. BHABHA, JC. BOSE AND CHARLES DARWIN. organized by Jagdam College J P University, Chapra, Bihar on October 30, **2009**.
17. Attended an UGC sponsored and ICSSR funded National seminar on INFORMATION TECHNOLOGY AND WOMEN EMPOWERMENT organized by Department Personal Management and Industrial Relations. Patna University, Patna, on 24 & 25 January **2009**.
19. Attended a National seminar sponsored by UGC & W.D.C on CRIME AGAINST GIRL CHILD, organized by Department of Sociology, Magadh Mahila College, Patna University, Patna on 21&22 Feb. **2009**.
20. Attended UGC sponsored National seminar on LITERACY SCENARIO IN BIHAR: PROBLEMS, ISSUES INTERVENTIONS, organized by GBM College, Gaya, on 29-30 March, **2008**.
21. Attended UGC sponsored National seminar on PSYCHO-SOCIAL ASPECT OF FEMALE FOETICIDE ON organized by Department of Psychology, VMC, Hajipur, BRA BU, Muzaffarpur on 27& 28 May **2007**.
22. Attended UGC sponsored National seminar on STRESS MANAGEMENT: PSYCHO-SOCIAL INTERVENTIONS, organized by Department of Psychology, Jagjiwan College, Ara on 7th March **2008**.
23. Attended UGC sponsored National seminar on STRESS MANAGEMENT AMONG PEOPLE WITH REFERENCE TO EDUCATION, organized by Mahila Mahavidyalaya, Khagaul, Patna, on 23& 24 November, **2006**.
- **SEMINAR/ WORKSHOP ORGANIZED**
1. Organized a webinar "Managing Mental Health During Covid -19" on 12 July **2020**.
2. Organized a Departmental seminar on the topic "Ageing- Problem and Preventions". on 23 July **2019**.

3. Organized a Departmental Workshop on the topic "Importance of Rorschach Test" on 23 July 2018 conducted by Rbya Khatoon, a Clinical Psychologist in AIIMS.
4. Organized a College level seminar on "Role of Statistics in Psychology" on 15 Sep. 2018 chaired by Prof. Sharat Chandra, Rajasthan University, Rajasthan.
5. Organized a College level seminar on the topic "Mental Health Awareness Programme" on 05 Oct, 2017.
6. Organized a College level seminar on the topic "Role of Social Media in Society", on 29 August, 2017.
7. Organized a College level seminar on "Memory Enhancement and Study Technique" on 04 October 2014.
8. Organized a College level Workshop on "Art of Counselling" on 25 April 2013 conducted by Dr. Manoranjan Prasad, a Counsellor in HITAISHI, Patna.
9. Organized a college level Workshop on "Goal Setting on 06 November 2012
10. conducted by Prof. Rajeshwar Mishra.

WEBINAR

Attended at least 20 National and International webinar.

➤ RESEARCH GUIDANCE

Rabindra Prasad : A Comparative Study of Scientific Attitude of Government and Private School Teachers of Sahibganj District in Jharkhand. (awarded in 2022)

1. Udyam Chakarwarty: An Empirical Study to investigate into the Effect of Personality factors on Depression proneness among Adolescents of both Sexes. (awarded **05-03-2019**).
2. Tahseen Haider : Effect of some Psycho social Factors on some Psycho physiological disorder. (awarded in **2018**)
3. Prabhashree : Effect of Home Environment and Cognitive Differentiation on Children's Academic Anxiety in Indian Context. (awarded in **2017**)
4. Kanak Lata : Academic Stress and Pattern of Adjustment Among Tobacco Users in Patna. (awarded in **2015**).

➤ CORPORATE RESPONSIBILITY IN COLLEGE

1. Coordinator of Counselling Cell, Department of Psychology, R N College, Hajipur.
2. Coordinator of Gender sensitization Cell
3. Member of IQAC

4. Member of Library Committee

➤ **VISIT TO OUTSIDE CAMPUS**

1. Appointed as an Examiner to evaluate thesis in Magadh University, Bodhi Gaya.
2. Invited as a resource person in different colleges.
3. Appointed as External Examiner in different Universities to conduct PG practical.
4. Invited as Resource person in ICSSR-ERC Sponsored three days International Workshop on Research Methodology & SPSS at Vaishali Mahila College from 12th to 14th

1. The Indian Academy of Applied Psychology.

➤ **MEMBER OF PROFESSIONAL BODIES/ SOCIETIES**

2. Bihar Psychological Association
3. Indian Science Congress
4. Recent Life Science Mirror

➤ **EDITORSHIP OF JOURNALS**

1. Recent Life Science Mirror
2. Research Journal of Humanities and Social Science.
3. Indian Journal of Psychological Issues

➤ **BEST PRACTICE**

1. Deliver an online weekly programme on Mental Health named " *yehi hai zindagi*"

2. Provide counselling to the students in various problems related to adjustment and mental health.