

Curriculum Vitae

Personal Data

Name: Dr. Tahera Hoque Mozumdar
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Educational Qualifications

DEGREE/ EXAM	YEAR	UNIVERSITY/ BOARD	NAME OF THE INSTITUTE	PERCENTAGE/ CGPA/TITLE OF THESIS
PhD	2020	Gauhati University	Dept. of Psychology	Title: “Family Environment, Perceived Loneliness and Adjustment among adolescents in relation to Gender and Religion”
M.A. in Psychology	2013	Gauhati University	Dept. of Psychology	10 CGPA (100%)
M.Sc.in Home Science (Human Development)	2009	Jadavpur University	J.D. Birla Institute, Kolkata	52.4%
B.A. Hons (Home Science)	2006	Gauhati University	Handique Girls’ College	64.6%
H.S (Arts)	2003	AHSEC	Handique Girls’ College	66%
H.SL.C.	2001	SEBA	Ganesh Mandir H.S. School	65.6%

Other Qualifications

DEGREE/ EXAM	YEAR	UNIVERSITY/ BOARD	NAME OF THE INSTITUTE	PERCENTAGE/ CGPA/GRADE
One year Diploma in Guidance and Counselling	2016	NCERT, An Autonomous Organisation under Ministry of HRD, Government of India	North East Regional Institute Of Education, Umiam, Shillong	‘A’

Awards & Achievements

- **Ranked top** jointly with Grade ‘A’ in the 2016 batch of one year Diploma Course in Guidance and Counselling from NCERT, North East Regional Institute of Education, Umiam- 793103.
- **1st class 1st position** with CGPA 10 in M.A. Psychology from Gauhati University in the year 2013.
- **1st class 4th position** with distinction in B.A. Hons (Home Science) final examination 2006.
- **Awarded Home Science scholarship** by office of the Director of Higher Education, Assam, Kahilipara, Guwahati-19 during the year of 2003-2004.
- **State highest mark (86%) in Home Science** in Higher Secondary Examination in the year 2003.

Career Profile

- Worked as Counsellor (contractual) from 1st April to 7th May, 2014 at Kendriya Vidyalaya, AFS, Borjhar Mountain Shadow, P.O.-Azara, Guwahati-781017.
- Worked as Visiting Faculty in the Department of Education (Psychology), of University of Science and Technology, Meghalaya from 18th Feb, 2015 to 20th December, 2016. (9 months).
- Worked as a Guest Faculty in the Dept. of Psychology, Gauhati University from 17th February, 2017 till 30th June, 2017. (4 months).

- Worked as an Assistant Professor in the Dept. of Psychology and Counselling, Assam Don Bosco University, Tapesia Garden, Sonapur from 14th July 2017 to 31st December, 2018. Taught UG and PG level students and also provide counselling to students, teachers from all the dept. of the University as well as provide counselling to people to nearby village of ADBU.
- Worked as a Resource Person for the sessions related to Practicum activities of the Diploma Course in Guidance and Counselling, 2021 in North East Regional Institute of Education (NCERT), Umiam, Shillong from 23rd July, 2021 to 10th September, 2021.
- Working as an Assistant Professor in the Department of Psychology, The Assam Royal Global University from 21st October, 2021 to present.

Total Research/Teaching Experience:

- Research Experience: 10 years
- Teaching experience: 5 years and 5 months

PhD and Dissertation Guidance:

- Presently Guiding two PhD Scholars.
- Total 21 students (UG & PG) were given dissertation guidance.

List of students who were given dissertation guidance are mentioned below----

Sl No	Students' ID/Roll No	Name	Dissertation Topics
1	DU2016MSC0002	Abigail P. Warjri	Loneliness and Anxiety Among Old Age Citizens Living in Old Age Homes, Shillong.
2	DU2016MSC0009	Yemkong C. Chang	Gender Differences on Emotional Intelligence Among Adolescents.
3	DU2016MSC0013	Mayengbam Champakala	Parent-Child Relationship and Academic Achievement Among Adolescents.
4	DU2016MSC0017	Lalruatfeli	Alcohol Use and Aggression Among Adults of Aizawl, Mizoram.

5	DU2016MSC0019	Helen Lalramnghahpuii	Peer Group Influence and Alcohol Consumption Among Adolescents of Aizawl South- II, Mizoram.
6	192062018	Raktim Ranjan Das	Parenting Styles and Adjustment Among College Going Students
7	192061005	Ankur Barman	Depression and Loneliness Among Smartphone Users.
8	192062008	Dikshita Borah	Childhood Trauma and Anxiety Among Adults.
9	192062014	Phibapynbiang Dohtdong	Creativity and Temperament Among Young Adults.
10	192062003	Almina Islam	Perceived Stress and Job Satisfaction Among Working Adults of Guwahati, Assam.
11	204063006	Monalisha Deka	Psychological Well-Being and Self-Acceptance Among Male and Female Adults
12	192062007	Chinmoy Sonowal	Body Image and Self-Esteem Among Adolescents of Guwahati, Assam
13	216061001	Aditya Prakash Borthakur	Job Satisfaction and Perceived stress among Government and Private Sector Employees
14	202062001	Anisha Parveen Laskar	Family Environment and Psychological Well-being among College Students
15	202061005	Arison Mochahari	Stress and Mental Health Among Young Adults
16	20201008	Diti Bakatial	Adjustment Level Between Hostellers And Day-Scholars: A Comparative Study
17	202061015	Linda Laishram	Parent-Child Relationship and Self-esteem among Emerging Adults
18	202062018	Soujanya Deka	Anxiety and Academic Achievement of secondary level school students of Guwahati city
19	202061023	Takhellambam Khristy	Emotional Intelligence and Adjustment Among College Students: A Comparative Study
20	214063005	Krishti Abhilasa Bhuyan	Family Environment and Personality Traits among university students of Guwahati city

21	214063010	Vilotsle Rhetso	Psychosocial Risk and Adjustment among Teenagers with Internet Addiction in Nagaland
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Administrative Assignments:

- Member of Anti-Ragging Committee in Assam Don Bosco University, Tapesia Garden, Sonapur.
- Helped in modifying of BA Developmental Psychology syllabus and Construction of BA Counselling Psychology syllabus during my tenure in Assam Don Bosco University.
- Member of Helping hand club in the Royal Global University.
- Actively engage in Royal Global University's convocation activities each year.

Other Professional Activities:

- Invited as a Resource Person in a Webinar on “**Adolescents’ mental health amidst pandemic**” organized by New Vista H.S. School, Duliajan, Assam on 17th August, 2021.
- Invited as a panelist to discuss on the topic “**Develop a positive body image among adolescents**” in live telecast on Swayam Prabha Channel # 31 conducted by NCERT on 27th July, 2021.
- Invited as a panelist to discuss on the topic “**Adolescents during pandemic**” in live telecast on Swayam Prabha Channel # 31 conducted by NCERT on 23rd August, 2020.
- Conducted a session under Student Development Programme on 11th August, 2017 at Don Bosco Institute of Technology, Guwahati, Azara, on the topic “**Overcome stress before it overcomes you**” with the students of B.Tech 3rd semester.
- Conducted a session on “**Nutrition and balanced diet**” under adult education programme on 12th October, 2017 at Hatimura Village, Sonapur, Guwahati.
- Invited as a resource person in three programmes in relation to International Women Day by the MSW dept, Assam Don Bosco University on 16th, 17th and on 23rd March, 2018 respectively at Jugdol Village, Upper Tapesia Village and

Jargaon village, Sonapur, Guwahati. In those programmes my lectures were on the topic “*awareness of women toward their rights and their contribution toward their family and society*”.

- Under community counseling scheme of Department of Psychology, Assam Don Bosco University did counseling of an 11.5 year old boy residing in the village name Najirakhat, Sonapur at his home.

Membership

- Member (Member no-211/2014) of Indian School Psychological Association (InSPA)
- Life Member of Psychologists’ Association of North East India (PANEI).

Areas of Interest

Guidance and Counselling, Adolescent Development, Social Psychology, Developmental Psychology and Research.

Publications

Published patent:

- A. D. Rroy, P.i Nayak, R. Bhattacharjee, M. Deb, T. H. Mozumdar, S. Chanda, R.Baruah (2023), “**System For Assessing Consumer Perception Towards Private Label Brand, And method Therefor**” by office of the controller general of patents, design & trade marks, Department of Industrial policy & promotion, Ministry of Commerce & Industry, Government of India.

Contributed Book Chapter:

- T. H. Mozumdar & M. Deb (2023). Gender inequality and subjective happiness: A comparative study between male and female tea workers of Dibrugarh, Assam. In A. D. Rroy, *Harmonizing Progress: Navigating sustainable development through education, innovation, industry and consumption* (1st Ed. pp. 341-352), ISBN: 978-81-19757-33-6, Bharati Publications, Ansarai Road, New Delhi- 110002.

- T. H. Mozumdar & A. Mochahari (2023). Exploring stress and mental health among young adults in Guwahati, Assam: Fostering sustainable development. In R. Bhattacharjee, *Good governance and sustainable development* (1st Ed. pp. 161-176), ISBN: 978-81-965414-1-5/ Research and Development cell, Nalbari Commerce College, Nalbari- 781334, India.
- I. P. Borooah & T.H. Mozumdar. “Perceived Loneliness and Social Adjustment among Adolescents” (2015). *School Psychology: Enhancing Psychological Competencies* (1st edition), Pp: 246-252, ISBN 81-87299-101-X/ Puducherry Co-op. Book Society Ltd.

Published in journals:

- T.H. Mozumdar, M. Deb, A. D. Rroy, R. Baruah and R. Bhattacharjee (2023). Social Sustainability of Tea Industries: Measuring Through Subjective Happiness of Tea Garden Workers of Dibrugarh District, Assam. *International Management Review* (UGC CARE I listed), Vol 19, special Issue.
- T.H. Mozumdar (2023). Avyontorin shukh wo manoshik shushthota: monosthattik bishlashon (অভ্যন্তরীণ সুখ ও মানসিক সুস্থতা: মনস্তাত্ত্বিক বিশ্লেষণ). Barak Sahityo: ekti sahityo shankalon (1st edition), Pp 147-152, Minority Welfare Society, Guwahati-781006.
- T.H. Mozumdar, & I.P. Borooah (2020). Perceived Loneliness in Relation to Gender and Religion among the Adolescents of Guwahati, Assam, *Journal of Emerging Technologies and Innovative Research (JETIR)*, Vol. 07, Issue, 03, Pp. 1997-2009. ISSN-2349-5162.
- T.H. Mozumdar, & I.P. Borooah (2019). Adjustment among Adolescents of Guwahati City in Relation to Gender and Religion, *IRA International Journal of Management & Social Sciences*, Vol. 14. Issue 02, Pp. 64-72. ISSN 2455-2267.

- T.H. Mozumdar & I.P. Borooh. “Counselling as a means of capacitating Minority Muslims” (2015). *Chinaky- A Research Journal on Humanities and Social Science*, (a Bi-annual Referred Journal), Indexed by Ulrich’s Directory, USA, Vol. 4, No. 2, Pp 184-192. ISSN: 2349-0500.
- T.H. Mozumdar (2015). “Adjustment with Loneliness in old age”. *PANEI Newsletter*, Vol. 1, No. 2.
- T.H. Mozumdar (2015). “Career Prospects in Psychology”. *BARAK: An Annual Journal*, Vol. 3.
- **"Need for Counselling among Minority Women Affected by Ethnic Violence in Assam"**—An abstract published in the "Proceedings of the National Seminar" on Educational Status of Minority Women in NE India organized by University of Science and Technology, Meghalaya, 1st March, 2014.
- T.H. Mozumdar (2014). "Need for Marriage Counselling". *BARAK: An Annual Journal*, Vol. 2.

Paper presentation in International/National Seminars

- Presented a paper jointly on, “**Perceived stress, emotional intelligence and coping skills of the university freshers students**” at the 13th InSPA International Conference on ‘Technology in the Practice of School Psychology’ held at University of Science and Technology, Meghalaya, India on 3rd-5th November, 2023.
- Presented a paper jointly on “**Gender Inequality and Subjective Happiness: A Comparative Study Between Male and Female Tea Workers of Dibrugarh, Assam**” in the National Seminar organized by Royal School of Commerce, The Assam Royal Global University on 2nd & 3rd June, 2023.
- Presented a paper titled “**Subjective Happiness among male and female tea garden workers of Dibrugarh district, Assam**” in the International Conference on “emerging technologies, business, sustainable innovative business practices and social well-being”

held on 10th and 11th December, 2022 organized by Confab 360 Degree (An educational and research platform) in collaboration with Department of Commerce, NEF College, Guwahati.

- Presented a paper jointly on, “**Parenting Styles and Adjustment among Emerging Adults of Guwahati Metro City, Assam**” in the International Conference on “emerging technologies, business, sustainable innovative business practices and social well-being” held on 10th and 11th December, 2022 organized by Confab 360 Degree (An educational and research platform) in collaboration with Department of Commerce, NEF College, Guwahati.
- Presented a paper jointly on “**Occupational Stress and Job Satisfaction among employees in the private sector: predictors of sustainable development**” in the International Conference on “emerging technologies, business, sustainable innovative business practices and social well-being” held on 10th and 11th December, 2022 organized by Confab 360 Degree (An educational and research platform) in collaboration with Department of Commerce, NEF College, Guwahati.
- Presented a paper on “**Adjustment among Adolescents of Guwahati City in Relation to Gender and Religion**” in an International Conference on “**Wellbeing: Lifespan Perspectives & Practices for Sustainable Communities**” held on January 18 and 19, 2019 organized by MIND India, Institute of Positive Mental Health & Research.
- Presented a paper on “**Counselling as a means of capacitating Minority Muslims**” at ICSSR sponsored International Seminar on “**Women Empowerment: Issues and Challenges**” held at Gossaigaon College, Assam on 4th, 5th & 6th February, 2015. The abstract of the paper is published in the “**Book of Abstracts**”.
- Presented a paper on “**Perceived Loneliness and Social Adjustment Among Male and Female Adolescents of Guwahati City**” at Annual InSPA International Conference, 2014, on “**School Psychology: Enhancing Psychological Competencies Among School Students for Overall Development**”, held at Gauhati University on 21 – 23 November, 2014.

- Presented a paper on "**Need for Counselling among Minority Women Affected by Ethnic Violence in Assam**" at National Seminar on "**Educational Status of Minority Women in NE India**" organized by University of Science and Technology, Meghalaya, supported by Ministry of Minority Affairs, Govt. of India, 1st March, 2014.

Seminars/Workshops/FDP Attended

- Attended One Week Faculty Development programme on "**SLR, publications in top tier journals and developing proposals for research grants and scopus-indexed books**" from 26th June to 2nd July, 2023 organized by Confab 360 Degree (An educational and research platform).
- Completed 7 days Faculty Development programme on "**Data Analysis using Machine Learning Software**" from 26th April to 4th May, 2023 organized by Department of Mathematics, The Assam Royal Global University.
- Participated in 5 days National Faculty Development Programme on "**Recent Advances in Psychology**" organized by Department of Psychology, University Institute of Liberal Arts and Humanities, Chandigarh University during July 12-16, 2022.
- Participated National One week Faculty Development Programme on "**Basics of Research Methodology and Issues in Plagiarism (An interdisciplinary approach)**" from 31st to 06th June, 2022 organized by Guru Angad Dev Teaching Learning Centre of Ministry of Education and Department of Business Economics, SGTB Khalsa College, Delhi University.
- Participated in three days National Webinar Lecture Series on "**Academic Writing and Research Ethics**" from 27th to 29th June, 2020 organized by IQAC, Janata College, Kabuganj, Assam in association with Don Bosco College Central Library, Itanagar.
- Participated in Webinar on "**Mental health and resilience of working women during the pandemic**" on 16th June, 2020 organized by Royal Global University, Guwahati.

- Participated in two days Webinar on “**Promoting Mental Health during COVID-19 Crisis**” from 2nd to 3rd June, 2020 organized by Department of psychology in collaboration with Department of Education, Rajiv Gandhi University, Arunachal Pradesh.
- Participated in Indian School Psychological Association (InSPA) Innovative Lecture Series ‘**Positive Psychology in the pursuit of well being- A Strengths- based approach**’ held on Google Meet on 29th May, 2020.
- Participated in the one day workshop entitled “**Construction and Application of Psychometric Tools**” held on 9th January, 2020 in the Department of Psychology, Gauhati University.
- Participated as a Resource Person in the Adult Literacy Programme “**Educate to Empower**” organized by Assam Don Bosco University from 27th July 2017 to 14th December 2017.
- Participated in the two days workshop entitled “**Specific Learning Disabilities and Remedial Education**” held on 25th and 26th August, 2017 organized by North East Counsellors’ (NECA), Department of Psychology, Assam Don Bosco University.
- Participated in the one day workshop entitled “**Self-Awareness: Developing Skills for Overall Success in Life**” held on 24th March 2017 in the Department of Psychology, Gauhati University.