

# **CURRICULUM VITAE- ANNU BISWAS**

## **ADAMAS UNIVERSITY WEBSITE**

**Name:** Ms. Annu Biswas

**Date Of Birth:** 08<sup>th</sup> April, 1991

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**Objective:** To obtain a full-time academic and research position in a reputed higher educational institution, where I can contribute meaningfully to teaching, mentoring, and psychological research. I aim to foster student development, promote mental health awareness, and advance knowledge through interdisciplinary and socially impactful scholarship.

**Professional Summary:** Ph.D. Scholar in Psychology at IIT Patna with over 7 years of diverse experience across higher education, research institutions, and clinical settings. UGC-NET and GATE qualified, with publications in UGC CARE and peer-reviewed journals. Expertise in psychological assessment, psychotherapy, counseling, and mentoring students in academic and applied research.

### **Achievements, Certifications and Registrations:**

GATE 2022- Psychology- AIR- 456- March 2022

NTA UGC NET – Qualified Assistant Professorship- Psychology- November 2020

NCAHP ID: 99-4848-5486-7650 (Registered as Psychologist, Allied and Healthcare Professionals, by NHA and MHFW)

### **Educational Background:**

1. Ph.D Scholar, Psychology, Department of Humanities and Social Sciences, IIT Patna
2. M.Sc in Psychology with specialization in Counselling Psychology, West Bengal State University (WBSU), 2015 – 64%
3. B.Sc in Psychology (Honours), Barrackpore Rashtraguru Surendranath College, Affiliated to WBSU, 2013- 78%
4. Higher Secondary (12<sup>th</sup>) from Army Public School, Allahabad, 2010 – 73.6%
5. Secondary (10<sup>th</sup>/Matriculation) from Army Public School, Nasirabad, 2008 –76.40%

### **Master's Dissertation:**

The interplay of Personality traits and Impulsivity on the pattern of Internet usage by Young Generation in context of Sexually Explicit Content.

### **Professional Experience:**

**Current Position:-** Assistant Professor of Psychology, Department of Psychology, School of Health and Medical Sciences, Adamas University, Kolkata, West Bengal, 700121 (From 1<sup>st</sup> September 2022- Present)

➤ ***Dissertation Guidance at Adamas University:***

1. Undergraduate Thesis: Completed- 17
2. Post Graduate Dissertation: Completed- 08
3. Research in collaboration with other universities and private organizations: Ongoing- 02

### **Previous Academic Affiliations**

1. **Assistant Professor (III) of Psychology**, Department of Humanities and Social Sciences, School of Liberal Arts and Management, **DIT University, Dehradun**, 248009 (10<sup>th</sup> October 2021- 13<sup>th</sup> August 2022)

**Assistant Professor of Psychology** at Department of Psychology, School of Allied Health Care and Sciences, **JAIN (Deemed- to- be) University**, Whitefield, Bangalore, 560066 (10<sup>th</sup> May 2021- 30<sup>th</sup> September 2021)

### **Research**

**Research Assistant** at Hospital Based Cancer Registry(HBCR project) funded by National Centre of Disease Informatics and Research(NCDIR) under Indian Council of Medical Research(ICMR) placed at Saroj Gupta Cancer Centre and Research Institute(SGCC&RI), Thakurpukur, Tollygunge, Kolkata, 700063 (15 March 2018- 30 June 2020)

### **Corporate**

1. **PGT- Psychology** at Griffins International School, Kharagpur, Khatranga, West Bengal, 721301 (05<sup>th</sup> April, 2021- 9<sup>th</sup> May 2021)
2. **Business Development Executive** at Bandhan Bank, Salt Lake City, Kolkata, 700091 for the Skill Development Center.(1<sup>st</sup> Jan 2017 to 31<sup>st</sup> Jan 2018).
3. **Counselling Psychologist**, at the Registered private clinic of Dr. Bidyut Banerjee, Pran Diagnostic Center, in Teghoria and Kalna respectively as part for mental health care initiative of Prokritochesta, the Kolkata based NGO(5<sup>th</sup> August 2015- 25<sup>th</sup> May 2017)

### **Internship Experience:**

1. 6 months internship at JNM Hospital, Silpanchal Station Rd, Kalyani, West Bengal 741235 ( 20<sup>th</sup> July 2015- 30<sup>th</sup> December 2015).
2. 2 months exposure to patients with Autism and ADHD, Mental Health Foundation, 6, Andul Raj Road, Near Lansdown, Hazra Crossing, Ballgunje, Kolkata (1<sup>st</sup> April 2014- 31<sup>st</sup> May 2014)

### **Publications**

#### A) Peer Reviewed/UGC Care Journals- Research Papers

1. Biswas, A. & Mukhopadhyaya, S. (2025). The Vedic Nexus: Sci-Fi Psychological Journey from Ancient Wisdom. *International Journal of Indian Psychology*, 13(2), 5130-5147. [DIP:18.01.453.20251302](https://doi.org/10.25215/1302.453), [DOI:10.25215/1302.453](https://doi.org/10.25215/1302.453)
2. **Biswas, A. (2025)** Impact of Reward Anticipation on Performance among Pre-adolescent Indian Children- An Experimental Study, *International Journal for Multidisciplinary Research*, Volume 7, Issue 3, May- June 2025, **E-ISSN:2582-2160**, <https://doi.org/10.36948/ijfmr.2025.v07i03.49972>
3. **Biswas, A. (2025)** Social Media Reels Usage towards Religious Minorities and Political Mind-shift in India- An In-depth Content Analysis, *International Journal for Multidisciplinary Research*, Volume 7, Issue 3, May- June 2025, **E-ISSN:2582-2160** <https://doi.org/10.36948/ijfmr.2025.v07i03.49971>
4. Aye, T. L., **Biswas, A. (2025)** A Mixed-Methods Study of Psychological Well-Being and Adjustment in Relation to Gender Differences and Institutional Support among Non-Local Students in Kolkata, *International Journal for Multidisciplinary Research*, Volume 7, Issue 3, May- June 2025, **E-ISSN:2582-2160**, <https://doi.org/10.36948/ijfmr.2025.v07i03.49970>
5. **Biswas, A. (2025)** Mapping Human Evolution through the Lens of Cosmic Science and Spirituality- A Review Analysis, *International Journal for Multidisciplinary Research*, Volume 7, Issue 3, May- June 2025, **E-ISSN:2582-2160**, <https://doi.org/10.36948/ijfmr.2025.v07i03.49969>
6. **Biswas, A., & Ghosh, S. (2025).** Qualitative Investigation into the Mental Health Effects of Social Media among Educated Individuals. *Indian Journal of Educational Technology*, 7(1), 159–172, **ISSN: 2581-8325**, <https://journals.ncert.gov.in/IJET/article/view/853>
7. **Biswas, A. (2025)** The Impact of Sexual Violence on the Psycho-physical Well-being of LGBTQIA+ Individuals: A Qualitative Approach to Holistic Health and Recovery, *International Journal for Multidisciplinary Research*, Volume 7, Issue 1, January-February 2025, **E-ISSN: 2582-2160**, <https://doi.org/10.36948/ijfmr.2025.v07i01.34766>

8. **Biswas, A. (2024)** A Cross-sectional Survey on the Quality of Sex Education in India, Journal of Social Work and Social Development (UGC Care Indexed), Volume 14, p. 120- 148, Special Issue, **ISSN- 2229- 6268**.
9. **Biswas, A. (2022)** Inter-relation of Personality, Impulsivity and Internet Consumption on Sexual Attitude Among the Youth, Journal of Social Work and Social Development(UGC Care Indexed), Volume 19, Special Issue, p. 81- 99, December 2022, **ISSN: 2229-6268**, <https://doi.org/10.13140/RG.2.2.19634.38084>

#### B) Book Chapters with ISBN

1. **Biswas, A. (2024)** A Survey on the Influence of News Media during Political Events on Public Mental Health, Psychology and Mental Health, Maniben M. P. Shah Arts College Publishers, Kadi, India, p. 1-29, **ISBN: 978-81-971187-1-5**
2. **Biswas, A. (2024)** Author Misrepresentation in Academic Research: Prevalence, Patterns, and Implications- A Review Analysis, Intellectual Property Rights, p. 120- 137, Maniben M. P. Shah Arts College Publishers, Kadi, India, **ISBN- 978-81-969178-1-4**
3. **Biswas, A. (2024)** A Proposal of Bhagwad Therapy: Philosophical Psychotherapeutic Approach to Healing, The Bhagwad Gita for Daily Life, p. 01- 22, Maniben M. P. Shah Arts College Publishers, Kadi, India, **ISBN: 978-81-969178-4-5**
4. Ali, A., **Biswas, A. (2023)** Understanding Ethics and Values in Unorganized Sector : The Way Forward, Ethics and Values in Organization: Contemporary Issues and Challenges, Anu Books International Publication, Meerut, India, p. 19-34, **ISBN: 978-93-90879-83-0**, <https://doi.org/10.31995/Book.AB274-M23>
5. Ali, A., **Biswas, A. & Chatterjee, B. (2023)** Work Life Balance: Changing Scenario During COVID-19, Multidisciplinary Research Approaches In Humanities And Social Sciences, Anu Books International Publication, Meerut, India, p. 236-258, **ISBN: 978-93-90879-77-9**

#### C) Edited Volumes

1. **Biswas, A., & Lakum, D. (Eds.). (2025, June).** *Consciousness unveiled: A multi-dimensional perspective*. Brilliant Waves Publication. **ISBN 978-81-959691-8-0**

#### D) Accepted

1. The Cognitive Impact of Culturally Prevalent Sexual Slangs on College Students of Kolkata: A Psycholinguistic Thematic Study, Accepted at Jadavpur Journal of Languages and Linguistics, UGC Care Listed

2. A Review Analysis of Multilingual and Monolingual Social Approach: Impact on Cognition and Neuroplasticity, Accepted at Jadavpur Journal of Languages and Linguistics, UGC Care Listed

Creative Work, Anthologies, Magazines, Newspapers and Virtual Media

1. **Biswas, A. (2024)** Navigating Indian Socio- Religious- Political Tensions: A Reflection on Hindu-Muslim Relations and Governance, Jagriti Media, News Media Uttarakhand, Jan 28<sup>th</sup>, 2024, <https://jagritimedia.com/navigating-indian-socio-religious-political-tensions-a-reflection-on-hindu-muslim-relations-and-governance/>
2. **Biswas, A. (2023)** Gugu Nunu Ki Kahaniya, Brilliant Waves Publication. **ISBN: 978-81-959691-73**
3. **Biswas, A. (2023)** India- my beloved- Thinking about you with Hope! Psych-ED Magazine, Vol. I, October 2023
4. **Biswas, A. (2021)** Sex and Erotica in Global Social Scenario, Anthology: The Society of Taboos, Publicave Publications, Correspondent Writer; **ISBN- 978-93-90635-06-1**

**Skills:**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>Psychometry /psychological testing /talk therapy:-</u><br>Taking the detailed case history, Performing diagnostic formulation, Diagnostic psychological testing, Proficient in IQ test, Personality profile test, Autism- spectrum disorder assessment and Psychological counseling( Trained in Marriage counseling, school counseling, AIDS Counselling and career counseling), Rehabilitation, Psychotherapy (CBT for depression, PTSD And OCD, REBT, Family therapy and Group therapy). | <u>Data management:</u> Collection, recording, managing, Coding data from source documents into excel spreadsheets with precision, administering questionnaires and screening |
| <u>Software used for data management:</u> SPSS (Statistical Package for social sciences) [ANOVA, MANOVA, Correlation, Regression analysis etc], Excel spreadsheets (XLStats).                                                                                                                                                                                                                                                                                                                 | <u>Other Skills:</u> Trained and Certified in Basic computer, MS office, Internet savvy, Typing speed 30wpm, Creative Writing                                                 |

**Languages known:**

| Read                                 | Write          | Speak                   | Comprehend                           |
|--------------------------------------|----------------|-------------------------|--------------------------------------|
| English, Hindi,<br>Bengali, Gujarati | English, Hindi | English, Hindi, Bengali | English, Hindi, Bengali,<br>Gujarati |

**Professional associations and positions:**

Coach- Part Time, UGC NET Psychology, Paper I and II, Online Mode Teaching, Mind Company, 47A, OM Vihar, Uttam Nagar West, Delhi, 110059

**Virtual Profile:**

- <https://vidwan.inflibnet.ac.in/profile/429505>
- <https://adamas.academia.edu/AnnuBiswas>
- <https://in.linkedin.com/in/annubiswas>
- <https://www.researchgate.net/profile/Ms-Annu-Biswas>
- <https://scholar.google.com/citations?user=4SFB5yUAAAAJ&hl=en>
- <https://orcid.org/0000-0003-4907-322X>
- Web of Science Researcher ID: [MFH-1403-2025](#)

**References-**

1. Dr. Moumita Mukherjee, Head and Associate Professor of Psychology, Department of Psychology, School of Health and Medical Sciences, Adamas University, Phone: +91 98303 18719, Email: [moumita.mukherjee1@adamasuniversity.ac.in](mailto:moumita.mukherjee1@adamasuniversity.ac.in)
2. Dr. Monika Srivastava, Professor of Psychology, Department of Humanities and Social Sciences, School of Liberal Arts and Management, DIT University, 9307911816, Email- [monika.srivastava@dituniversity.edu.in](mailto:monika.srivastava@dituniversity.edu.in)
3. Dr. Sreemoyee Tarafder, Assistant Professor, Department Of Psychology, West Bengal State University, 9433098787, Email- [sreemoyeetarafder@gmail.com](mailto:sreemoyeetarafder@gmail.com)

**Declaration:** All the above information is true to the best of my knowledge.

**Note:** Publication certificates and copies can be produced on Demand.

