

CURRICULUM VITAE

Dr. Ankur Mahida

Assistant Professor (Psychology)
Chairperson, Board of Studies (Social Sciences)
Faculty of Arts,
Institute of Language Studies and Applied Social Sciences,
Charutar Vidya Mandal University,
Vallabh Vidyanagar, Anand, Gujarat 388120



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Educational Qualification

- **Sardar Patel University, Vallabh Vidyanagar, Anand (Gujarat)**
 - Ph.D. in Psychology, 2020
 - M.Phil. in Psychology, 2013 (1st Div. With Distinction)
- **The Maharaja Sayajirao University of Baroda, Vadodara (Gujarat)**
 - M.A. in Clinical Psychology, 2011 (2nd Div.)
 - B.A. in Psychology, 2008 (2nd Div.)
- **Gujarat Secondary and Higher Secondary Education Board–Gandhinagar, (Gujarat)**
 - HSC (12th Standard), 2005 (1st Div.)
 - SSC (10th Standard), 2003, (1st Div. with distinction)

Other Qualification:

- **Qualified State Eligibility Test (GSET)** for Assistant Professor in Psychology (Gujarat), 2015
- **Diploma in Community Mental Health for Psychologists** from NIMHANS Digital Academy –Bangalore. (1st Div.) - 2021
- **Ten Days Research Methodology Course**, Organized by Faculty of Social Work, The Maharaja Sayajirao University of Baroda, and Sponsored by Indian Council of Social Science Research (ICSSR), New Delhi-2015

Position hold at present -

- **Assistant Professor, Department of Psychology**, Institute of Language Studies and Applied Social Sciences (ILSASS), Charutar Vidya Mandal University, Vallabh Vidyanagar, Anand
- **Chairman, Board of Studies**, Social Sciences, Faculty of Arts, Charutar Vidya Mandal University, Vallabh Vidyanagar
- **Ph.D. Guide (Psychology)**, Faculty of Arts, Charutar Vidya Mandal University, Vallabh Vidyanagar

Positions Held:

<u>Duration</u>	<u>Position /Designation</u>	<u>Organization/Institute</u>
November 1, 2022 – June 22, 2024	Head & Assistant Professor in Psychology University Examination Coordinator	Lokbharati University for Rural Innovation -Sanosara Bhavnagar
September 18, 2018 – October 31, 2022	Clinical Psychologist	Pramukhswami Medical College, Bhaikaka University, Karamsad, Anand (Gujrat)
June 13, 2013- September 17, 2018	Adhyapak Sahayak in Psychology	Institute of Language Studies & Applied Social Sciences (ILSASS), Charutar Vidya Mandal – Vallabh- Vidyanagar, Anand

Visiting/Guest Faculty:

- Visiting Faculty of Psychology, Shree B.G Patel College of Physiotherapy, Anand (2016/2017, 2017/18, and 2020/2021)
- Visiting Faculty of Psychology-Sociology, Ashok & Rita Patel Institute of Physiotherapy, Charotar University of Science and Technology - Changa, Gujarat 2018-2019
- Visiting Faculty of Psychology, Sociology & Criminal Psychology, CVM's R

N Patel Ipcowala School of Law and Justice- Vallabh Vidyanagar, Anand (2015 - 2017)

- Visiting Faculty –Centre for Studies and Research on Life and Works of Sardar Vallabhbhai Patel(CERLIP) - Vallabh Vidyanagar, Anand (2016-2017) for their MA integrated program in the subject of Sociology
 - Visiting Faculty of Psychology/Sociology, K.M Patel Institute of Physiotherapy & G.H.Patel Nursing College,Bhaikaka University– Karamsad from September 18 -2018 – October 31, 2022.
 - Visiting Faculty of Sociology, Manikaka Topawala Institute of Nursing, Charotar University of Science and Technology - Changa, Gujarat 2017-2018
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Specialization and Core Skills

- Clinical Psychology & Sociology
- Counselling, Psychotherapy
- Psychological Assessment/Testing
- Curriculum Design and Development
- Educational/Academic Administration

Member Board of Studies and Course Coordinator

- Former Member, Board of Studies, Faculty of Nursing, Bhaikaka University – Karamsad, Anand.
- Former BoS Chairperson, Psychology (School of Humanities an Social Sciences) Lokbharati University for Rural Innovation – Sanosara Bhavnagar
- Member, Board of Studies, Faculty of Arts, (Psychology), The CVM University- VallabhVidhyanagar.
- Member of Anti Ranging Committee, Lokbharati University for Rural Innovation - SanosaraBhavnagar
- Member of Staff Grievance Redressal Cell, Lokbharati University for Rural

Innovation -SanosaraBhavnagar

- Course Coordinator - Department of Health Humanities and Social Sciences (HHSS) - BhaikakaUniversity – Karamsad (September-2018 – October 2022)
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Examiner /Paper Setter at following Universities

- Charotar University of Science and Technology (CHARUSAT) - Changa, Anand
- Sardar Patel University- Vallabh Vidhyanagar,Anand
- Bhaikaka University – Karamsad,Anand

Paper Publications:

- Desai S, R.Harihara Prakash, Mehta, J **Mahida A** *Common Psychological Stressors in Parents of Preterm Babies: A Cross - Sectional Study* Indian Journal of Natural Sciences 15 (Issue 84), 74098 - 74105
- Varma J, Patel T, Prabhakaran A, Contractor J, **Mahida A**, Kharod U, et al. *Use of innovative method to create suicide prevention awareness among undergraduate medical students*. Ann Indian Psychiatry 2023;7:85-6
- Ansari M, Patel NM, **Mahida AN**, Phatak AG, Prabhakaran A, Varma JR. *Correlates of internet gaming among violent and nonviolent gamers and comparison of their psychological well-being with nongamers in a university student population*. Indian J Psychiatry. 2022 Jan-Feb; 64(1):98- 101.
- Thomas S, **Mahida A**. *Analysis of academic performance, study behaviour and factors influencing study behavior among nursing students*. Indian J Cont Nsg Edn 2022;23:44-8
- Sharma H, Sharma Y,Patel N M, **Mahida A**, Mistry HG, Rangwala TM. *Impact of disability on quality of life and coping in patients with allergic rhinosinusitis: A cross-sectional tertiary hospital-based study*. Indian Journal of Social Psychiatry 2021
- Varma J, Prabhakaran A,H, Sharma ,**Mahida A**, *Addressing Confidentiality and Privacy Barrier to Mental Health Help- Seeking amongst University Students: An Experience*. Indian Journal of Psychological Medicine, Volume:44 issue: 1, page(s):

94-95

- Naik S, Prabhakaran A, **Mahida A**, Singh SP, Sharma H, Varma J. *Telecounseling and guided relaxation for addressing patient, student, and health-care worker distress: An experience*. Ann Indian Psychiatry 2022; 6:44-8.
- Patel N ,Sharma H, **Mahida A**,Mistry H.*Relationship of alcohol use pattern with locus of control and impulsivity: A cross-sectional study in hospitalized alcohol use disorder patients in Western India..*Journal of Family Medicine and Primary Care, vol. 11, no. 3, Mar. 2022, p. 987
- **Mahida A**.*Role of Spiritual Psychology For Holistic Living., The international Journal of Indianpsychology*, Volume-2, Issue-3 , ISSN No- 2348-5396
- **Mahida A**. *Comparative study of frustration among urban and rural HIV/AIDS Patients*, International journal of Advanced Research and innovative Ideas in Educaion,ISSN No - 2395_4396
- **Mahida A**. *Locus of Control in Female Graduates From Urban and Rural Community*, Sabda Sadhana, volume-2, Issue-13
- **Mahida A**. *Social and Educational Needs of Cognitively Exceptional Children*.Sorath Suddha,Volume-1, Issue 4

Book /Chapter Publications:

- Title- **Correlation of Happiness and Indian Personality Dimensions- A Study**
Publisher- LAP LAMBERT Academic Publishing ISBN -978-3-659-71476-4
(International Publication)
- **Book Chapter - The Psychology of Patriotism, Patriotic Souls, Young Minds:**
(2024, Publisher- Vibes Book Publication (National), ISBN: 978-81-951305-4-2.

Conferences/Seminars attended

1. Paper presented in the National Conference on 8th and 9th March 2024

- sponsored by Sardar Patel University Organized by Department of Psychology, Sardar Patel University, Vallabh Vidyanagar, Anand-Gujarat, Entitled “Challenges and Opportunities in 21st Century Psychological Issues.
2. Attended online webinar on “The Value of Chat GPT in Teaching & Learning” on 7th March 2024, under the initiative TEERTH organized by Knowledge Consortium of Gujarat, Education Department, Government of Gujarat.
 3. Paper presented in 49th National & 18th International conference of Indian Academy of Applied Psychology, Organized by Gujarat Law Society’s Smt.Laxmiben & Shri Chimanlal Mehta Art College-Ahmedabad ,1st March – 3rd March,2014,Entitled “Psychology For Holistic Living in Global World”
 4. Attended & Paper presented, UGC Sponsored National Conference on “Women Insecurity and Mental health –Reasons and solutions” organized by Department of psychology, Sardar Patel University-Vallabh-vidyanagar,Anand held on 8-9 February2014
 5. Attended UGC Sponsored two days National Seminar On “Industrial and Organizational Psychology: Issues, Opportunities and Challenges” Organized by Anand Arts College- Anand held on 27th and 28th September,2014
 6. Attended One day national seminar on “Value based Higher education: Contemporary Indian context” organized by Shree Bhikhabhai Patel arts College- Anand held on 28th February, 2014.
 7. One Day National Seminar on “Managing Human Resources at Workplace” organized CVM’s ILSASS College, Vallabh-Vidyanagar,Anand held on 23rd Januar,2016
 8. One Day National Seminar “Lab our Legislation in India” organized by CVM’s ILSASS College,Vallabh-Vidyanagar,Anand held on 9th January,2015
 9. One Day Seminar on “Healthy Campus” organized by CVM’s ILSASS College in collaboration with the Narcotics Department, Gujarat and NSS Regional Office Ahmedabad at Vallabh- Vidyanagar, Anand held on 26th July 2017
 10. One Day National Seminar on “Social Work and HR: Emerging Challenges”

organized by CVM's ILSASS College, Vallabh-Vidyanagar, Anand held on 26th February 2018.

11. One Day seminar on "Recent trends in HRM and Social Work" organized by CVM's ILSASS College, Vallabh-Vidyanagar, Anand held on 11th September 2013

12. One-day seminar on "Re-inventing HRM, Challenges and New direction" organized by CVM's ILSASS College, Vallabh-Vidyanagar, Anand held on 7th February 2015

13. National Convention -2017 on "Excellence In HRD for Sustainable Growth" organized by CVM's ILSASS College Vallabh-Vidyanagar, Anand on 4h March 2017.

**Expert Session / Resource Person/ Guest Lectures/Subject Expert/Workshop/
Conference Chair/Co-Chair (2024-2025)**

- **Workshop Coordinator** – One Day Workshop on **Rorschach Inkblot Test** organized by Department of Psychology, Institute of Language Studies and Applied Social Sciences (ILSASS), The Charutar Vidya Mandal University, Vallabh Vidyanagar, Anand on 29th March 2025 (Saturday).
- **Resource Person** - **Two-Day Workshop on Positive Psychology** at Lok Bharati University for Rural Innovation-Sanosara – 22nd February 2025 (Saturday).
- **Subject Expert Session** - **BA Psychology (Semester IV)** at Krishna School of Arts & Humanities, Drs. Kiran & Pallavi Global University, Vadodara – 20th February 2025 (Thursday).
- **Expert talk** on Diabetes Awareness and Mental Health - **Awareness Program on Diabetes** at Shree B.G. Patel College of Physiotherapy, Anand – 25th January 2025 (Saturday).
- **Guest Lecture** on **Deception and Deceptive Techniques in Forensic Psychology** at Nalini-Arvind & T.V. Patel Arts College, Vallabh Vidyanagar – 18th January 2025

(Saturday).

- **Expert Session on Mental Health Awareness Session on the occasion of World Mental Health Day Celebration -2025** at the Institute of Nursing Sciences, Bhaikaka University -Karamsad – 10th October 2024 (Thursday).
- **Expert Session on Managing Self on the occasion of World Suicide Prevention Day** at Indukaka Ipcowala College of Pharmacy, CVM University, Vallabh Vidyanagar – 10th September 2024 (Tuesday).
- **Co-chair – Scientific technical Session**, at National Conference on “Challenges and Opportunities in 21st Century Psychological Issues organized by Department of Psychology, Sardar Patel University, Vallabh Vidyanagar, Anand-Gujarat, 8th and 9th March 2024
- **Chief Guest/Moderator - The CHARUSAT Model United Nations (MUN)** organized by Charotar University of Science & Technology (CHARUSAT) – Changa CHARUSAT Campus, on July 30, 2024 (Tuesday)

Faculty Development Program (FDP):

- Attended two days **Faculty Development Program (FDP)** by Charutar Vidya Mandal's H.M.Patel Career Development Center-Vallabh-Vidyanagar on 7th and 8th June, 2014. The program was designed to be interactive and cover all aspects of good communication and soft skills.
- **International Faculty Development Program (i FDP)** Phase I & Phase II of iFDP -3 days International Workshop on Enhancing 21st Century Teaching Methodologies by Integrating Applied Education and World of Work Skills for the Global Economy into their teaching Practices held at Sardar Patel University - Vallabh-Vidyanagar and coordinated by Knowledge Consortium of Gujarat
- **One Day Faculty Development Program (FDP) Using ICT** by ILSASS Charutar Vidya Mandal's-Vallabh- Vidyanagar on 15th June, 2018.

Awards

- **Gold Medal , Best Research Paper** Indian Psychological Association and Department of psychology, Sardar Patel University , in the National Conference on 8th and 9th March 2024 sponsored by Sardar Patel University Organized by Department of Psychology, Sardar Patel University, Vallabh Vidyanagar, Anand-Gujarat.
- **Mental Health Professional Honor**, A certificate of appreciation for contribution in the field of mental health by Mamas Charitable Trust in Amraiwadi, Ahmedabad.

Personal Details:

- **Date of Birth:** 11th September 1988
- **Birth Place:** Keshod, Junagadh ,Gujarat
- **Marital Status:** Married
- **Languages known:** Gujarati, English, Hindi
- **Current Address -** B/22, GCET Staff Quarter, Near G H Patel College of Engineering, Vallabh-Vidhyanagar, Anand, Gujarat, India

References:

Name	Dr. Archana C. Narahari	Dr. Samir J Patel
Designation	Principal,	Professor
Organization /Institute	Institute of Language Studies and Applied Social Sciences (ILSASS) The Constituent College of CVM University, Vallabh Vidhyanagr, Anand	Department of Psychology , Sardar Patel University Vallabh Vidhyanagr, Anand
Contact	9429807691	9825025994

Place- Vallabh Vidhyanagar

Dr. Ankur Mahida
- 9824948794