

CURRICULUM-VITAE



DR MANOJ K PANDEY

[M.Phil, Ph.D]

RCI Registered CLINICAL PSYCHOLOGIST (RCI-CRR No: A40414)

UGC-NET

Member of Editorial/Reviewer Board of National and International Journals

1. Indian Journal of Clinical Psychology
2. Psychology Research and Behavior Management
3. Journal of Psychosocial Rehabilitation and Mental Health
4. Annals of Neurosciences
5. SIS Journal of Projective Psychology & Mental Health,
6. Cyberpsychology, Behavior, and Social Networking
7. Mind & Society
8. Psychological studies
9. **Former Assistant Editor- Indian Journal of Social Psychiatry**

Member of Professional Associations

1. **Fellow**-Clinical Psychology Society of India
2. **Life member**-The Indian Science Congress Association (L 38847)
3. **Life member**-Indian Academy of Applied Psychology (No. 1904)
4. **Life member**-Somatic Inkblot Society (LM 446, SIS 2018)
5. **Professional Life Member**-Indian Association of Clinical Psychology (PLM-521/12/17)
6. **Life Member**-Indian Academy of Health Psychology
7. **Life Associate Member**-Indian Journal of Social Psychiatry

ROLES & POSITIONS IN PREVIOUS INSTITUTION

1. **Associate Prof. & Head**, Dept of Clinical Psychology, JSS Medical College, JSS Academy of Higher Education & Research (JSS AHER), Mysuru (*NAAC A++ University. Ranked 24th in India by NIRF 2024, Ministry of Education, Government of India*).
2. **Advisor**- Students Support Centre Committee, JSS AHER, Mysuru
3. **Lead Co-ordinator**- JSS Mental Health Awareness and Nurturing Program (JSS MAN)
4. **Member**, PG Board of Studies in Medicine and Allied Subjects, JSS AHER, Mysore
5. **Member**, PG Board of Studies in Basic Medical Sciences, JSS AHER, Mysore
6. **Member**, Academic Council, JSS Academy of Higher Education & Research, Mysuru
7. **Member**, College Council, JSS Medical College, Mysuru

MEMBER IN EXAMINATION BOARD/PANEL (M.Phil, PhD)

1. Dept of Clinical Psychology, NIMHANS, Bangalore, KA
2. Dept. of Clinical Psychology, MAHE, Manipal, KA
3. Dept. of Clinical Psychology, IMHANS, Kerala

4. Dept. of Clinical Psychology, Amity University Noida, UP

ACADEMIC QUALIFICATION

Name of Examination	Institution / Board / University	Year of Passing
Ph. D. (Psychology)	Kumaun University S. S. J. Campus, Almora, Uttarakhand	2019
M. Phil. (Medical & Social Psychology)/Clinical Psy.	RINPAS, Ranchi, Jharkhand	2012
M. A. (Psychology)	University of Lucknow, Lucknow	2008
B. A.	University of Lucknow, Lucknow	2006
Intermediate	U. P. Board, U. P.	2003
High School	U. P. Board, U. P.	2001

WORK EXPERIENCE

Sr. No	Organization/ Institution	Positions	Job Profile	Key administrative/other roles	Tenure	Experience
1	<i>Post Graduate Institute of Behavioural & Medical Sciences, Raipur (C.G.),</i> (Affiliated to Pandit Ravishankar Shukla University, Raipur. Recognized by Rehabilitation Council of India (RCI) & National Board of Examination, New Delhi).	Professor & Head	Teaching, training, research, etc.	Head	11 th Feb 2025 to now	5 months

2.	<i>JSS Medical College & Hosptial, JSSAHER, Mysuru</i>	<i>Associate Professor & Head, Dept. of Clinical Psychology</i>	Teaching (M.Phil, M.Sc., Cl.Psy.), Research and consultant in the hospital	<ul style="list-style-type: none"> • Head, Department of Clinical Psychology • Advisor, Student Support Centre Committee, JSS Academy of Higher Education and Research 	Since 9 th Sept 2021 to 7 th Feb 2025	3 years 6 Months
3.	<i>Post Graduate Institute of Behavioural & Medical Sciences, Raipur (C.G.), (Affiliated to Pandit Ravishankar Shukla University, Raipur. Recognized by Rehabilitation Council of India (RCI) & National Board of Examination, New Delhi).</i>	<i>Assistant Professor, Department of Clinical Psychology</i> <i>Associate Professor, Department of Clinical Psychology</i>	Teaching and guiding the students of M.Phil. (Clinical Psychology, a degree course recognized by Rehabilitation Council of India (RCI) & affiliated to Pt. Ravishankar Shukla University, Raipur, C.G.) and associated with leading role on the different research projects run and funded by institute itself.	<ul style="list-style-type: none"> • RCI Cell In-charge • Member of Institutional Academic Committee and Departmental Committee. • Coordinator for workshops/CRE programs conducted by institute time to time. • In-charge of entrance examination (M.Phil Cl.Psy. & P.S.W.). 	Since March 20 th , 2015 to March 19 th , 2020 Since March 20 th , Sept 2021 to present	5 years as Assistant Professor <u>1 years 3 months as Associate Professor</u> <u>(2 years & 3 months of post PhD exp)</u>
4.	<i>Sahara Hospital, a corporate hospital, (Unit of Sahara India Medical Institute Ltd.), Viraj Khand,</i>	<i>Clinical Psychologist in Dept. of Psychiatry & Clinical Psychology</i>	Assessment, diagnosis & management (through psychotherapeutic methods) of psychiatric problems in child,	Exclusively started a special program designed for children <i>“Know Your Child Program”</i> with the purpose of Identification and	Since September 14, 2012 to March 7, 2015	2 years & 6 months.

	<i>Gomtinagar, Lucknow.</i>		adolescent, & adult people. <i>Teaching & training psychological & psychiatric aspects to nursing students posted for training in dept. of psychiatry & clinical psychology.</i>	management of childhood and adolescent psychological and psychiatric problems.		
5.	<i>Abhinav, Anubhav, Abhijeet Anushandhan Sansthan, a Psychiatric Clinic, 18/235, Ring Road, Indira Nagar, Lucknow</i>	Clinical Psychologist	Same as Sr. No. 2	Successfully led special program for children & adolescent named as “ child guidance & growth program ”.	-Part time: eve 6 to 8:30 pm) -Since April 4 2014 to March 9, 2015	During same period as Sr. No. 2. Not counted separately
6.	SWASTI, Society for Mental Health and Counselling, Church Road, Aliganj, Lucknow, (U.P.)	Research Associate (Pre-M.Phil experience)	Interview with clinical populations, data analysis and writing research report for the development of Anxiety, Depression, and Stress Scale. (Manual Published)		May 2009 to Feb. 2010	Experience: 9 months

AREAS OF INTEREST:

- Research on digital technology addiction (internet addiction, etc.), psychotherapy, different mental health issues, and the development of indigenous assessment tools and treatment methods.
- Special interest in Cognitive behavior therapy in people with stress and related disorders, anxiety disorders, depression, personality problems, sexual disorders (male & female), marital and interpersonal disturbances.

SPECIAL SUCCESS:

- Management of stammering (in a particular case, the same problem was the key reason for the delay in marriage). Management of panic disorder & social phobia. Prevention of relapse in recurrent depression, BPAD, & dissociative disorders.

RESEARCH ENDEAVORS

THESIS AND DISSERTATION

Thesis (Ph.D)

- “*Streams of Education, Gender and Duration of Internet Use as Predictors of Academic Achievement, Academic Stress and Interpersonal Communication among Emerging Adults*” under guidance of Prof. (Dr.) Aradhana Shukla (Ex. Dean Arts), Ex. Head, Department of Psychology, Kumaun University S. S. J. Campus, Almora, Uttarakhand.

Dissertation (M. Phil)

- “*The Role of Attention Rehabilitation in Patients with Alcohol and Cannabis Dependence*” under guidance and supervision of Dr. Masroor Jahan, Additional Professor, Dept. of Clinical Psychology, RINPAS, Ranchi, Jharkhand.

PUBLICATIONS: Journal articles & Book chapters								
Descending order (Recent-Former)								
Sr. No	Title	Authors	Year & Month	Journal Name	Vol. Issue	Indexing	Impact factor/Q	Status
1.	Analysing the Effects of Attention Training Programs on Children with Learning Disabilities: A Comprehensive Review.	Rao, P. S., & Pandey, M. K.	Feb 2025	<i>Vidhyayan a-An International Multidisciplinary Peer-Reviewed E-Journal-ISSN 2454-8596,</i>	10(3)	Google Scholar		Published
2.	The dual edges of gaming: A comprehensive review of internet gaming disorder, happiness, self-compassion, and empathy	Trishala D, Manoj K Pandey	March, 2025	High Technology Letter		Scopus, Google Scholar		Published
3.	The Therapeutic Potential of Yoga for Mental Health and Trauma Recovery: Neurobiological Insights and Practical Implications	Manoj K Pandey, Krishan Kumar	2024 , Oct	Integrative Medicine and Case Report	5, 3	Google Scholar		Published
4.	Healing the Heart: The Role of	Ginya P, Abhiram M Ajay, Dr.	2024 , Nov	High Technology Letter	30, 11	Scopus, Google Scholar		Published

	Childhood Trauma in Romantic Dependency Among Young Adults: A Narrative Review	Manoj K Pandey, Aysha Jinan C, Fathima Fahmiya						
5.	Development and validation of the premenstrual dysphoric disorder scale in Indian females	Asmita Jain, Manoj K Pandey, TSS Rao	2024 , Oct	Indian Journal of Psychiatry	66	Scopus, WoS, PubMed, Google scholar	1.7	Published
6.	Decoding Threesomes : Insights into Motivations , Gender Dynamics, and Societal Impact	Manoj K Pandey, Harsiddhi Thakral , Prabha Mishra and T. S. Sathyanarayana Rao	Sept 2025	Journal of Psychosexual Health	Accepted	DOAJ, Google Scholar, J-Gate		Published
7.	The implementation of ZnS–SnS BM NPs for phenanthrene degradation: An adsorptive photocatalytic approach and its toxicity studies in adult zebrafish	Nityashree K L, Manoj K. Pandey, Mohammed F. Albeshr, Abdulwahed Fahad Alrefaei, Devaraj Bharathi. Jintae Lee, Vinay B. Raghavendra	2023 , Dec	Chemosphere	349 (article no. Article 140860)	-Scopus -Medline -Science Citation Index - Expanded (SCIE) -SCImago Journal Rank (SJR) -SNIP	IF=8.1 CiteScore=15.8	Published
8.	Internet gaming disorder and its varied impacts on	Chitra M.B, Trishala D, Manoj K Pandey, Girish Bhushan	2023 , Nov	International Journal of Sciences and	10(02), 170-173	Crossref, Google Scholar		Published

	adolescent age group			Research Archive				
9.	Attachment Dynamics and Gaming Addiction: A Comprehensive Review of Interconnected Influences on Child Development and Mental Health	ChitraM.B, Trishala.D, Manoj.K.Pandey	2023, Dec	High Technology Letters	29, 12	Scopus, Google Scholar		Published
10.	Unravelling the Enigma: How Behavioural Addictions Alter the Developing Child Brain?	Manoj K. Pandey , Krishan Kumar and Akshay Anand <i>Corresponding author: MKP</i>	2023, Sept	Annals of Neurosciences		WoS, Scopus, PubMed, DOAJ etc	1.5 (yearly) 2.5 (five yearly)	Published DOI: 10.1177/09727531231197513
11.	Behavioural Addictions: An Emerging Public Mental Health Crisis?"	Subhash Das Manoj K Pandey <i>(Corresponding author)</i>	2023	Indian Journal of Social Psychiatry		Scopus, SJR, DOAJ, ProQuest, Ebsco	1.5	Published
12.	Is Training Working Memory in Children with Learning Disabilities a Viable Solution? A Systematic Review	Priya S Rao, Prabha Mishra, Manoj K Pandey , Seema Deshmukh, Shivanand Manohar J <i>Corresponding author: MKP</i>	2023	Annals of Neurosciences		WoS, Scopus, PubMed, DOAJ etc	1.5 (yearly) 2.5 (five yearly)	Published
13.	Distracted Love:	Manoj K Pandey <i>(Correspon</i>	2023	Journal of Psychosexual Health		DOAJ, Google Scholar,		Published

	Navigating the Perils of Partner Phubbing in the Digital Age	<i>ding author)</i> T.S. Sathyanarayana Rao				J-Gate		
14.	"Community-Based Alcohol De-Addiction Camp: Participants' characteristics and alcohol use pattern	Manoj K Pandey et al.	2023	Archives of Medicine and Health Sciences		DOAJ, ProQuest, Ebsco		Published
15.	How men with alcohol use disorder perceive communication, couple satisfaction, relational boredom, and quality of life compared to wife: Findings from a hospital-based study	Manoj K Pandey et al.	2023	Journal of Ethnicity in Substance Abuse		WoS, Medline	1.4	Published
16.	Dance/Movement Therapy as an Adjunct in the Treatment of Patients Suffering from Schizophrenia	Aditi Boratkar, Mrs Aditi Priya Gupta, Manoj Kumar Pandey	2023	International Journal of Psychology and Counseling	13/1	Google Scholar		Published
17.	Sexuality Education in India Yet Remains a Taboo—An	Manoj K. Pandey and T.S. Sathyanarayana Rao	2023	Journal of Psychosexual Health	5/1	DOAJ, Google Scholar, J-Gate		Published

	Attempt to Dust-Off							
18.	An exploration of psychological distress, work efficiency, and job satisfaction among police personnel of Mysuru district	Sangeetha S R, Manoj K Pandey , Nityashree K L	2023	High Technology Letters	29/2	Scopus	Q3	Published
19.	Impact of Parental Deprivation and Psychological Well-Being among Adolescent Orphans: A Systematic Review	Patteswari Duraisamy, Rajesh Raman, Rithivik S Kashyap, Murali Krishna TN, Manoj K Pandey	2023	Journal for ReAttach Therapy and Developmental Diversities	6/1	Scopus, DOAJ, CorssRef, EBSCO, other	Q4	Published
20.	Role of Impulsivity, Compulsive Use, and Fear of Missing Out on Social Media Fatigue and Psychological Distress	Spurthi S P, Manoj K Pandey , Rithvik S Kashyap	2022	The International Journal of Indian Psychology	10/4	Crossref, Google Scholar, CiteSeer ^x Index Copernicus, J-Gate		Published
21.	Predictors of Quality of Life among Patients with Bipolar Disorder with and without Cannabis Use	Pushpanjali Vishwakarma, Anshul Kumar, Neetee Mehata, Sagar Lavania, Manoj K. Pandey	2022	DELHI PSYCHIATRY JOURNAL	25/1	National Library of Medicine (NLM), Index Medicus (by WHO for South East Asia Region), Google Scholar,		Published

	Disorder: A Hospital-Based Cross-Sectional Study					list, Indian Science Abstracts UGC approved list of Journals, medIND (Indian Medlar by National Informatic Centre; a project of ICMR, Govt. of India), Index Copernicus International		
22.	Psychological Well-Being, Loneliness, and Purpose in Life among Elders Living In an Institution and Family	Nityashree K L, Sangeetha S R, Geetha, BhaskarPhanindra, Manoj K. Pandey (<i>Corresponding author</i>)	2022	Zeichen Journal	8/5	Google Scholar, Cite Factor, Crossref, UGC Care list-II		Published
23.	A Pilot Study of Positive Memory Enhancement Training for Individuals with Clinical Depression in Raipur, India	Aditi Boratkar, Manoj K. Pandey , and Kimberly A. Arditte Hall	2022	International Research Journal of Management Sociology & Humanities	13/6	Ebsco, Google Scholar, Crossref		Published

24.	Demographic and occupational correlates of job satisfaction and work efficiency in police personnel	Sangeetha S R, Manoj K Pandey	2022	High Technology Letters	28/4	Scopus	Q3	Published
25.	Internalised stigma and self-esteem in patients with remitted schizophrenia and their spouses	A. Jobin, Prabha Mishra, Manoj K Pandey (Corresponding Author)	2021	Mind and Society	11/4	Google Scholar		Published
26.	Academic Achievement and Use of Internet among Undergraduate Students	Prabha Mishra, Manoj Kumar Pandey (Corresponding author) , K. S. Sengar, and Aradhana Shukla	2019	Indian Journal of Clinical Psychology	46/2	UGC Care-II, Google Scholar		Published
27.	Utility of SIS-II in Identifying the Therapeutic Change in Pathological Internet Use	Prabha Mishra, Manoj K. Pandey (Corresponding author) and Krishan Kumar	2020	SIS Journal of Projective Psychology & Mental Health	45	PsycINFO, Medline, WHO (Global Forum of Health Research)		Published
28.	Relevance of Patterns of Use and Preferred Contents in Problematic Internet Use among Undergraduate Students	Manoj Kumar Pandey (Corresponding author) , Prabha Mishra	2019	Delhi Psychiatry Journal	22/2	National Library of Medicine (NLM), Index Medicus (by WHO for South East Asia Region),G		Published

						oogle Scholar, list, Indian Science Abstracts UGC approved list of Journals, medIND (Indian Medlar by National Informatic Centre; a project of ICMR, Govt. of India), Index Copernicu s Internation al		
29.	IS EXCESSIVE USE OF ADDICTIVE CERTAIN UNDERLYING CONDITIONS ? A CONTROVERSY	SENIOR MANIFESTATION OF Manoj Kumar Pandey (Corresponding author) Prabha Mishra	2018	INDIAN JOURNAL OF JOURNAL	39/1	Google Scholar		Published
30.	EFFECT OF GENDER AND INTERNET USE ON INTERPERSONAL COMMUNICATION AMONG THE MANAGEMENT STUDENTS	Manoj K Pandey (Corresponding author), Aradhana Shukla	2018	Indian Journal of Applied Research	8/1	PubMed, CrossRef, Google Scholar		Published

31.	ROLE OF GENDER AND INTERNET USE IN DETERMINING ACADEMIC STRESS AMONG THE ENGINEERING STUDENTS	Manoj K Pandey (Corresponding author), Aradhana Shukla	2017	Paripex Indian Journal of Research	6/12	PubMed, CrossRef, Google Scholar		
32.	Locus of control and psychological wellbeing among PG Students	Manoj K Pandey (Corresponding author), Madhurima Pradhan, Masroor Jahan	Praachi Journal of Psycho-Cultural Dimensions	2012	28, 1			
33.	Role of attention rehabilitation in improving attention of patient having alcohol dependence: a case report	Manoj K Pandey (Corresponding author), Masroor Jahan, Amool R. Singh	Indian Journal of Clinical Psychology	2012	39, 2			
34.	Efficacy of Cognitive Behaviour Therapy in an Adult with Stammering	Manoj K Pandey (Corresponding author), Prabha Mishra, Aradhana Shukla	Indian Journal of Clinical Psychology	2017	44,1			

Book Chapters	
1	Pandey, M. K. & Shukla, A. & Mishra, P. (2022). Cultural Influence on Personality: A Cross-Cultural Analysis. In Shukla, A., Dubey, A. & Thagunna, N. S. (Eds), <i>Cognising Asian Societies Through Psychological Underpinnings</i> (pp. 321-28). New Delhi: Concept Publishing. ISBN: 9789354390487
2	Pandey, M. K., Lalawmpuia, Ralte, R., & Vanlalnguri, L. (2021). Adolescents' Attitude towards Substance Use in Mizoram: A North-Eastern. In Shukla, A. & Dubey, A. (Eds), <i>Mental Health Psycho-social perspectives: Adolescents & Children Mental Health</i> (pp. 71-97). New Delhi: Concept Publishing. ISBN : 9789354390173
3	Pandey, M. K., Mishra, P., & Shukla, A. (2020). Spirituality and mental health: Growth orientated aspects and influence of spirituality on mental health. In Ojha, S (Eds) <i>SPIRITUALITY AND HEALTH: EMERGING ISSUES</i> . New Delhi: Shree Publisher. ISBN: 9788183299930
4	Anjali A, Abhiram M Ajay and Manoj K Pandey (2024). The Effectiveness of virtual reality interventions in obsessive compulsive disorder. In, <i>Mental health and wellbeing challenges and opportunities</i>, 1st Edition, 2024: Allied publishers Pvt LTD, Noida India. ISBN: 978-93-89934-44-1
PUBLISHED ABSTRACTS IN CONFERENCE PROCEEDINGS	
BEST PAPER AWARDS	1. Narad, M. & Pandey, M. K. Emotional health and behaviour in response to Covid-19. Published in the abstract book, 47 th National Annual Conference of Indian Association of Clinical Psychologists held in AFMC Pune between 28-30 May, 2021.
	2. Neha Niharika, Prabha Mishra & Manoj K Pandey . An association of growth-oriented factors with distress in young adults. Published in the abstract book, 47 th National Annual Conference of Indian Association of Clinical Psychologists held in AFMC Pune between 28-30 May, 2021.
	3. Pal, S & Pandey, M. K. Happiness, hope and anxiety among women in three trimesters of pregnancy. Published in abstract book, 46 th National Annual Conference of Indian Association of Clinical Psychologist held in Chandigarh on February 21 st to 23 rd , 2020.
	4. Kumar, K. & Pandey, M. K. Exploration of problematic use of major addictive internet functions among adolescents and emerging adults. Published in abstract book, 46 th National Annual Conference of Indian Association of Clinical Psychologist held in Chandigarh on February 21 st to 23 rd , 2020.
	5. Pandey, M. K. Cognitive distortions, coping responses and internet use among adolescents. Published in book of abstracts, 43 rd National Annual Conference of Indian Association of Clinical Psychologists held at Coimbatore from January 27 to 29, 2017.
	6. Mukherjee, M. & Pandey, M. K. Emotional Intelligence and sexual dysfunctions among patients with schizophrenia. Published in book of abstracts, 43 rd National Annual Conference of Indian Association of Clinical Psychologists held at Coimbatore from January 27 to 29, 2017.
	7. Satpathy, A. & Pandey, M. K. Perceived risk and belief of smoking and locus of control among emerging adults. Published in book of abstracts, 43 rd National Annual Conference of Indian Association of Clinical Psychologists held at Coimbatore from January 27 to 29, 2017.
	The 2nd International Virtual Conference in Psychology, MANOPRABHA, was organized by Shri Vaishnav Institute of Social Sciences, Humanities, and Arts on the theme <i>Mental Health and Well-Being: Opportunities and Challenges</i>. Edited by Dr. Dinesh Nagar, Dr. Shubhi Vyas, and Dr. Sandeep K. Pandey, the conference took place on the 1st and 2nd of December 2023.
	8. Shraddha, AbhiramM Ajay & Dr. Manoj K Pandey , Mental Health Information Seeking Through Online And Effects On Cognitive Functioning: A Narrative Review

	9. ALSHIFA, ABHIRAM M. AJAY & DR. MANOJ K. PANDEY , PARENTING FACTORS AND THEIR ROLE ON IRRITABLE BOWEL SYNDROME AMONG ADOLESCENTS: A NARRATIVE REVIEW
	10. K MEGHANA, ABHIRAM AJAY & DR. MANOJ K PANDEY . ROLE OF PROLONGED EXPOSURE TO PORNOGRAPHIC VIDEOS ON SEXUAL BEHAVIOUR AND EXPECTATIONS IN MARRIED ADULTS: A NARRATIVE REVIEW
	11. ISHA IRINE, ABHIRAM M. AJAY & DR. MANOJ K PANDEY . ROLE OF PORNOGRAPHY ON ADOLESCENCE SEX EDUCATION: A NARRATIVE REVIEW
	12. ESHA JAIN, ABHIRAM M AJAY & DR. MANOJ K PANDEY . ROLE OF PORNOGRAPHY ON BODY IMAGE AND SEXUAL SELF ESTEEM IN LGBTQ+: A SYSTEMATIC REVIEW
	13. GNANAPRIYA C, ABHIRAM M AJAY & DR. MANOJ K PANDE ROLE OF SPIRITUALITY AND RELIGION ON PSYCHOLOGICAL WELLBEING IN LGBTQ + COMMUNITY: A NARRATIVE REVIEW
	14. ANJALI, ABHIRAM M AJAY, DR. MANOJ K PANDEY . THE EFFECTIVENESS OF VIRTUAL REALITY INTERVENTIONS IN OBSESSIVE COMPULSIVE DISORDER: SCOPING REVIEW
	15. MEHREEN NAFEES, ABHIRAM M AJAY & DR. MANOJ K PANDEY THE EFFECT OF CHILDHOOD TRAUMA ON ADULT ATTACHMENT STYLES: A COMPREHENSIVE REVIEW

RESEARCH PROJECTS

1. **Lead Coordinator & Researcher**, JSS Mental Health Awareness & Nurturing Program (JSS MAN), research based mental health awareness, promotion and training program for above 1 lac students and over 700 staff of JSS Mahavidyapeetha, Mysuru
2. **PI** in a project on the “impact of bereavement after snake bite on family members and identifying mental health issues in snake bite survivors: A collaborative project between JSS Medical College and the Clinical Psychology Society of India. Status
3. **Co-PI**
Project title: Retrospective Evaluation of Effect of L-Carnosine on Cognition In Case of Traumatic Brain Injury
4. **Consultant** for the clinical psychology division
Project title: Impact of the use of oral nutritional supplement on physical health, mental health and immune health in growing children at risk of undernutrition.
 - Role in the study: Consultant Clinical Psychologist
 - Sponsor: Sun Pharmaceutical Industries Limited Sun House, Plot No. 201 B/1, Western Express Highway, Goregaon (E), Mumbai-400063

DEVELOPMENT OF SCALE (PATENT)

1. Bhatnagar, P. Singh, M. **Pandey, M.** Sandhya, & Amitabh (2011). *Manual for Anxiety, Depression and Stress Scale*. National Psychological Corporation, Agra, India.
2. Jain, A., Pandey, M. K., & Rao, T. S. (2024). Development and validation of the **premenstrual dysphoric disorder scale** in Indian females. *Indian Journal of Psychiatry*, 66(10), 929

EXPERT EVALUATOR FOR RESEARCH WORK

- Honored to review chapters in a book (*Lifestyle As Medicine-The Science of Healthy Living*) inaugurated by officials from the Government of India. The volume features writings from eminent figures in Indian medicine and health, including Dr. Randeep Guleria (Former Director, AIIMS, New Delhi), Dr. Devi Shetty (Founder, Narayana Health), Dr. Pratima Murthy (Director, NIMHANS), and Dr. Nimesh Desai (Former Director, IHBAS, Delhi), among others—reflecting his presence among national thought leaders in mental health.
- Reviewed and provided expert comments on Cognitive remediation workbook developed by Dr. Rajesh Kumar, Dr. Keshav J. Kumar, Dr. Vivek Benegal and Dr. B. N. Roopesh, **NIMHANS, Bengaluru, India**
- Reviewed and provided expert comments on Alcohol Withdrawal Symptoms Assessment Sacle developed by S. P. K. Jena, Professor, **Deptt. of Applied Psychology, University of Delhi, South Campus.**

CONFERENCE/WORKSHOP PARTICIPATION

SR.NO.	EVENTS, VENUES, & DATES
Chair, lecture, talk, keynotes, and presentations	
1.	Workshop- Psychosexual Medicine Training-Master Class- Resource faculty
2.	Resource person , member of the scientific committee and chaired symposium-scientific sessions 1 st CPSI-CON at NIMHANS, Bangalore, held 10 th to 12 of August, 2023.
3.	Chaired Scientific sessions (Invited Lecture on Grief Therapy By Dr. Keerthi Pai) in 48 th National Annual Conference of Indian Association of Clinical Psychologist to be held in Madurai on May 6 th to 8 th , 2022.
4.	Dr. Manoj K. Pandey Delivered a talk as a Resource Person on “School mental health: aspects of primary & secondary prevention” in the CRE program on “Public Mental Health” held on 5 th & 6 th Oct. 2022 conducted by Dept. of Psychiatry, POSTGRADUATE INSTITUTE OF MEDICAL EDUCATION AND RESEARCH (PGIMER), CHANDIGARH, an Institute which is a National Centre of Excellence and 2 nd Ranked NIRF-2022.
5.	Dr. Manoj K. Pandey had been a resource person for the De-addiction Camp organized by JSSMVP on 3 rd Oct. 2022 held at H. D. Kote and also attended the closing ceremony of de- addiction camp held at T. Narasipura.
6.	Dr. Manoj K. Pandey was invited by the Clinical Psychology Society of India (CPSI) to moderate a series of scientific sessions (workshops) named Tuesday Learnings on

	Psych dermatology-its psychological implication and interventions on 27 th September 2022
7.	Dr. Manoj K. Pandey Chaired a scientific session (invited lecture) on Greif therapy for adolescent by Dr. Keerthi Pai, Clinical Psychologist, Appolo Hospital, Chennai <i>in 48th National Annual Conference of the Indian Association of Clinical Psychologists held at Thiagarajar College, Madurai from 6th to 8th May 2022 as a part of the Faculty Development Program.</i>
8.	Dr. Manoj K. Pandey trained all the staff of JSS Hospital (excluding doctors & PGs) from 16 th March 2022 to 19 th March 2022 (daily) for soft-skill training (breaking the bad news) in refresher induction and orientation training conducted by the hospital for NABH assessment.
9.	Dr. Manoj K. Pandey presented a paper on “ <i>Problematic use of digital technology among adolescents during pandemic</i> ” at the 57 th national & 26 International conferences of the Indian Academy of Applied Psychology, held at Mizoram University, from 27 th -29 th January 2022 as part of the <i>Faculty Development Program.</i>
10.	Workshop coordinator in a workshop on “Psychological Management of Sexual Dysfunctions” organized by dept. of clinical psychology, PGIBAMS, Raipur, C.G. on 17 th & 18 th January, 2020.
11.	Key Note Speaker in Webinar on <i>Role of Digital Technology in Assessment and Management of Special Need Children</i> (Sept. 30 th , 2020) at CRC, Sundernagar, Mandi (HP) (NIEPVD. Dept. of Empowerment of PwDs (Divyangjan), Ministry of Social Justice & Empowerment, Govt. of India.
12.	Chaired 2 Scientific sessions in 46 th National Annual Conference of Indian Association of Clinical Psychologist to be held in Chandigarh on February 21 st to 23 rd , 2020.
13.	Chaired 2 Scientific sessions in International Conference of Indian Academy of Health Psychology held from 20 th to 22 nd Oct., 2019 in Mahata Gandhi Kashi Vidya Peeth, Varanasi, U.P.
14.	Guest speaker in one day Zonal Coordination Committee (ZCC-Central ZoneII) awareness programme on RPWD Act 2016 to be held on 28th March 2019, Raipur, C.G.
15.	Research paper presented “Internet Addiction Disorder: Reasons of Controversy in Diagnosis” in 8th International Conference of Somatic Inkblot Society (USA) held on April 28-29, 2018 at ICCSR complex, Punjab University, Chandigarh.
16.	Chaired Scientific sessions in 8 th International Conference of Somatic Inkblot Society (USA) held on April 28-29, 2018 at ICCSR complex, Punjab University, Chandigarh.
17.	Research paper presented “Is Excessive Internet Use an Entity of Addiction or Manifestation of Certain Underlying Conditions?” in a Seminar in Gorakhpur University in Feb, 2018.
18.	Research paper presented “Cognitive Distortions, Coping Responses and Internet Use among Adolescents” 43rd National Annual Conference of Indian Association of Clinical Psychologists held at Coimbatore from January 27 to 29, 2017.
19.	Research paper presented “The Role of Attention Rehabilitation in Improving Attention of Patient having Alcohol Dependence” presented in 38 th National Annual

	Conference of the Indian Association of Clinical Psychology held at Pune, Maharashtra (January, 2012)
20.	Key Note Speaker in a workshop attended by 3.5 thousand people on the topic “ <i>Stress, its role in Physical (Psychosomatic) & Psychological illnesses & management</i> ” chaired by Padamshree, Dr. Mansoor Hasan, Chief Cardiologist & Ex. Director of Sahara Hospital, Lucknow in 2012.
21.	Research paper presented “Locus of control & Psychological well-being among P.G. students” presented in International Conference on Transcultural Psychiatry held at RINPAS, Kanke, Ranchi, Jharkhand (Sep 2011).
22.	Research paper presented “Psychotherapy A Key Rehabilitation Approach for People suffering with Mental Illness” in 10 th Annual State IPS Conference (ASICON-2011) held at RINPAS, Ranchi on 25 th Sept., 2011.
Attendee in workshops/conference/seminar	
23.	Dr. Manoj K. Pandey participated in the National Continuing Rehabilitation Education (CRE) program on “Applied Behavioural Analysis” approved by RCI, a Statutory Body of the Ministry of Social Justice and Empowerment, Department of Empowerment of Person with Disability (Divyangjan), Govt. of India, New Delhi, held at National Institute for the Empowerment of Persons with Intellectual Disability, Regional Centre, Navi Mumbai, from 20th to 22nd July 2022, as a part of the Faculty Development Program
24.	Dr. Manoj K. Pandey participated in the <i>International Conference of CRE Programme on “Promotion of School Mental Health” held at the Indian Institute of Health, Education and Research, Beur, Patna</i> from 04.04.2022 to 06.04.2022 as a part of the <i>Faculty Development Program</i> .
25.	Dr. Manoj K. Pandey participated in 48th National Annual Conference of the Indian Association of Clinical Psychologists held at Thiagarajar College, Madurai from 6th to 8th May 2022 as a part of the Faculty Development Program.
26.	Dr. Manoj K. Pandey participated in an RCI-CRE-approved International Workshop on Compassion-Focused Therapy: Application In developmental Disabilities and Psychological Disorders, held at Amrita Institute of Medical Sciences, Kochi, on 12-13 August 2022 as a part of the Faculty Development Program.
27.	International Conference of Indian Academy of Health Psychology held from 20 th to 22 nd Oct., 2019 in Mahata Gandhi Kashi Vidya Peeth, Varanasi, U.P
28.	CRE workshop on “Psychotherapeutic Management of Children with ADHD” organized by Department of Clinical Psychology, Post Graduate Institute of Behavioural and Medical Sciences, Raipur, (C. G.) on November 16 th and 17 th , 2018.
29.	8 th International Conference of Somatic Inkblot Society (USA) held on April 28-29, 2018 at ICCSR complex, Punjab University, Chandigarh.
30.	Continuing Rehabilitation Education (CRE) programme on “Media & Disability” 3 days program, organized by Prayas Teachers Training Institute (HI) Lions Charitable trust, Bhilai (C.G.) on 2017.
31.	43 rd National Annual Conference of Indian Association of Clinical Psychologists held at Coimbatore from January 27 to 29, 2017.
32.	38 th National Annual Conference of the Indian Association of Clinical Psychology held at Pune, Maharashtra (January, 2012)
33.	10 th Annual State IPS Conference (ASICON-2011) at RINPAS, Ranchi (Sept. 2011) International Conference on Transcultural Psychiatry at RINPAS, Kanke, Ranchi (Sept. 2011)

34.	Workshop on “SUICIDE IN CHILDREN & ADOLESCENTS” at RINPAS, Kanke, Ranchi on the occasion of 85 th foundation day (Sept. 2010)
35.	9 th Annual State IPS Conference (ASICON-2010) on “Legal Aspects of Mental Health” at RINPAS, Ranchi (Sept. 2010)
36.	36 th Annual Conference of Eastern Zone Branch of IPS (CEZIPS-2010) on “child and Adolescent Mental Health” held at CIP, Ranchi (Oct. 2010)

RESEARCH SUPERVISION AND GUIDANCE

Ph.D. GUIDANCE: TOTAL NUMBER OF CANDIDATES: 08

BREAKUPS-[Under guidance- 06 & Under co-guidance No: 02]

Awarded-2

1. Candidate's name: Sangeetha S R (Reg.No. 19PLM027)
Research title: **An exploration of the level of Psychological distress, job satisfaction and work efficiency among police personnel of Mysore district**
2. Candidate's name: Ms. Nityashree K L. (Reg.No. 20PLM022)
Research title: **Zebrafish as complementary to human model in selected psychological factors**

PhD Submitted-3

1. Candidate's name: Mrs. Chitra MB (Reg.No. 22PBM002)
Research title: **An exploration of psychological and familial factors in children and adolescents with gaming disorder**
2. Candidate's name: Subrahmanaya Bhat (Reg.No. 22PY002)
Research title: **Effects of Yoga on Erectile Dysfunction**
3. Ms. Trishala D (Reg. No. 22PBM001)
Research title: **Exploration of positive and clinical personality traits in young adult internet gamers**

Ongoing-3

4. Candidate's name: Priya K Bhat
Research title: **Development and validation of technology-based cognitive training for children with learning disabilities**
Current status: 4th HALF YEARLY PROGRESS REPORT submitted
5. Candidate's name: Asmita Jain (*Co-guide*)
Research title: **Understanding food addiction in India: Clinical and Psycho-social Distinctions**
Current status: 2nd Half yearly report submitted
6. Candidate's name: Abhiram M Ajay (*Co-guide*)
Research title: **Exploring pornography addiction in India: examining prevalence and psycho-social correlates**
Current status: RAC is formed, 1st Half yearly report submitted

M.PHIL RESEARCH GUIDANCE: TOTAL NUMBER OF CANDIDATES= 34

1. Sexual Dysfunction and Marital Satisfaction among Patients with Alcohol and Cannabis Dependence and their Spouses by Pranav Raj P in academic session 2014-2016 at PGIBAMS, Raipur, C. G.

2. Application of Dialectical Behaviour Therapy on Patients with Alcohol Dependence by Gauri Chadha in academic session 2016-2018 at PGIBAMS, Raipur, C. G.
3. A Study on Nomophobia and Clinical Personality Patterns among the Nomophobic College Students by Dolly Singh in academic session 2016-2018 at PGIBAMS, Raipur, C. G.
4. Influence of Self-regulation, Sensation Seeking and Attachment Style on Internet Use among Adolescents by Abhipsa Satpathy in academic session 2016-2018 at PGIBAMS, Raipur, C. G.
5. Positive Memory Enhancement Training in Patients suffering from Clinical Depression by Aditi Boradkar in academic session 2017-19 at PGIBAMS, Raipur, C. G.
6. Mindfulness based Exposure and Response Prevention in Patients with OCD: A Case Series by Md Asif Ali in session 2018-19 at PGIBAMS, Raipur, C. G.
7. Correlates and Consequences of Problematic Internet Use among Emerging Adults by Swati Daruka in session 2018-19 at PGIBAMS, Raipur, C. G.
8. Impact of Growth Oriented Processes and Dysfunctional Attitude in Emotion Distress among Emerging Adults by Sonal Chadha in session 2018-19 at PGIBAMS, Raipur, C. G.
9. Development and validation of Comprehensive Digital Technology Addiction Scale by Komal Kumari in session 2019-20 at PGIBAMS, Raipur, C. G.
10. Impact of internet addiction on creativity by Samriddhi Dadwal in session 2019-20 at PGIBAMS, Raipur, C. G.
11. Exploration of personality attributes in people with TGNC by Shubhika Singh in session 2019-20 at PGIBAMS, Raipur, C. G.
12. Impact of trimesters and marital adjustment in hope, happiness, and anxiety among pregnant women by Sambuddha Pal in session 2019-20 at PGIBAMS, Raipur, C. G.
13. Development of facial emotional recognition ability test using Indian faces by Abhiram M. Ajay in session 2021 at PGIBAMS, Raipur, C. G.
14. Development of premenstrual dysphonic disorder syndrome scale by Asmita Jain in session 2021 at PGIBAMS, Raipur, C. G.
15. Role of psychological mindedness in determining client's satisfaction, therapy outcome, and clinician's perception of therapeutic improvement by Devanshi Goradia in session 2021 at PGIBAMS, Raipur, C. G.
16. Association in attachment style and self-compassion with eudaimonic well-being adults by Pooja Chhajed in session 2021 at PGIBAMS, Raipur, C. G.
17. Influence of parental guilt, expressed emotions, self-transcendence, and mental health on resilience among parents of children with thalassemia by Lidia in session 2021 at JSS MC, Mysuru
18. Influence of locus of control, psychological health, and self-regulation on quality of life and disability among patients with migraine by Raksha in session 2021 at JSS MC, Mysuru
19. Influence of cognitive flexibility and experience of flow states on mental health and psychological well-being among it professionals by Shanu in session 2021 at JSS MC, Mysuru
20. Role of impulsivity, compulsive use, and fear of missing out on social media fatigue and psychological distress Spurthi in session 2022 at JSS MC, Mysuru
21. Influence of locus of control, psychological health, and self-regulation on quality of life and disability in patients with migraine. Ms. Raksha (2022)
22. Influence of parental guilt, expressed emotion, self-transcendence & mental health on resilience among parents of children with thalassemia. MS. Lidia (2022).

23. Influence of cognitive flexibility and experience of flow states on mental health and psychological wellbeing among IT adolescents. (Ms . Shanu-2022)
24. Role of impulsivity, compulsive use and fear of missing out on social media fatigue and psychological distress (Ms. Spurthi-2022).
25. Technological Addiction and its neurological correlates among adolescents. Ms. Akhila R Krishna (2023)
26. Effectiveness of positive psychology intervention in improving well-being in medical undergraduates. Ms. Joanna Joseph Samuel (2023)
27. Development and Validation of a scale to assess technology addiction among emerging adults. Ms .Maryam Hannan (2023)
28. Effectiveness of brief mindfulness intervention on executive functioning and resilience in elderly population. Ms. Samarchitha S (2023)
29. Effectiveness of Brief Mindfulness Intervention on Academic Resilience, Distress Tolerance and Coping Self-Efficacy among Undergraduate Medical Students. Ms Shreyaa S Murthy (2023)
30. Effect of emotional maturity on the level of resilience and optimism among adolescents living in institutional homes. Ms.Arptha.R (2023)
31. Impact of Dispositional Optimism and Attributional Styles on Placement-Related Anxiety and coping Styles in final year Engineering students. Ms.Rumana Aisha Ateeq Siddiqui- (2023-MSc)
32. Impact of Emotion Regulation on Binge-Watching and Emotional eating in Adolescents and Emerging Adults. Ms.Shamma Pulavar (2023)
33. Prevalence of Smart phone Addiction and It's relationship to Quality of Life in Elderly Population. Ms.Vedashree S (2023)
34. Consumption of Pornography, Preference for Porn Like-Sex, and its Influence on Adult Men's Sexual satisfaction. Mr.Y Abhiram (2023)

GUIDED M.PHIL. DISSERTATION AS CO-GUIDE=12

1. The association of spiritual coping, autonomy, and environmental mastery with death anxiety and life-satisfaction in people living with HIV by Nain Bhardwaj in academic session 2016-2018 at PGIBAMS, Raipur, C. G.
2. Perceived stress, coping and life-satisfaction in association with mindfulness among the care-givers of patients with schizophrenia and alcohol dependence Blessed Ranjan Nayak in academic session 2016-2018 at PGIBAMS, Raipur, C. G.
3. Aggression and creativity among juvenile delinquents and normal controls by Muhammed Rabeeh. M in academic session 2015-2017 at PGIBAMS, Raipur, C. G.
4. Emotional intelligence and sexual dysfunction among the patients with schizophrenia and alcohol dependence by Madhummita Mukherjee in academic session 2015-2017 at PGIBAMS, Raipur, C. G.
5. Disability among patients with schizophrenia and obsessive compulsive disorder and burden of care in their caregivers by Shakuntla Kushwaha in academic session 2015-2017 at PGIBAMS, Raipur, C. G.
6. Executive function and its relationship with self-efficacy and emotional intelligence among persons with alcohol dependence and normal control by Vikas Singh Rawat in academic session 2015-2017 at PGIBAMS, Raipur, C. G.
7. Executive functioning and its relationship with insight in patients with schizophrenia, alcohol induced psychosis and normal controls by Stuti Singh in academic session 2014-2016 at PGIBAMS, Raipur, C. G.

- 8.** A comparative study of psychological flexibility and social functioning among patients with schizophrenia and normal population by Jasmeen Kaur Sandhu in academic session 2014-2016 at PGIBAMS, Raipur, C. G.
- 9.** Effect of psycho-education on expressed emotion, perceived stigma, and general well-being of caregivers of patients with schizophrenia and substance abuse by Ambika Chawla in academic session 2014-2016 at PGIBAMS, Raipur, C. G.
- 10.** Lived Experiences of People with Dementia and Their Spouses by Lanunpuui in academic session 2017-19 at PGIBAMS, Raipur, C. G.
- 11.** Mental Health Awareness and Stigma among General Population by Pushpa in academic session 2017-19 at PGIBAMS, Raipur, C. G.
- 12.** Impact of cyber bullying on emotional health, psychological well being and self-esteem in young adult social media users by Richa Mehrotra in academic session 2019-21 at PGIBAMS, Raipur, C. G

Executive Committee

JSS MAN - Executive / Implementation Committee	
Chairperson	Dr. H Basavanagowdappa Principal, JSS Medical College, Mysuru
Administrative Assistance	Dr. Sunil Kumar D Head, Dept of Community Medicine, JSS Medical College, Mysuru
Lead Coordinator	Dr. Manoj K Pandey Head, Dept of Clinical Psychology, JSS Medical College, Mysuru
Deputy Coordinator	Mr. Rithvik S Kashyap Asst Prof, Dept of Clinical Psychology, JSS Medical College, Mysuru
Resource Support	Dr. Kishor M Head, Dept of Psychiatry, JSS Medical College, Mysuru
Well-being Mentors	Faculties of Dept of Clinical Psychology & Psychiatry, JSS MC - Mr. Sudeep P K - Dr. Rajesh Raman - Dr. Megha Sadashiv G - Mrs. Prabha Mishra - Dr. Sathyanarayana Rao T S - Dr. Murali M R - Mrs. Trishala D - Dr. Shivananda Manohar J - Mr. Abhiram M Ajay - Dr. Padeepkumar P C - Ms. Asmita Jain - Dr. Bindu Annigeri
Report submission to	Dr. B Manjunatha, Registrar, JSS AHER Dr. Vishal Kumar Gupta, Dean (Academics), JSS AHER Dr. Prashanth S, Deputy Dean (Academics), JSS AHER

JSS Mental Health Awareness & Nurturing Program

Metrics of Mental Health Awareness and Skill Development Program Implementation for Students and Teachers



PHOTOGRAPHS OF THE SCHOOL MENTAL HEALTH ACTIVITIES



Publication in National Newspaper:

- **The Hindu Article: Why India needs comprehensive school mental health programmes?**
Published in The Hindu, a renowned national newspaper.
 - **Link:** <https://www.thehindu.com/sci-tech/health/why-india-needs-comprehensive-school-mental-health-programmes/article69743827.ece>
- **An article** focused on parenting issues, & awareness, identification & prevention of childhood emotional (psychological) problems and suggestions.
- **An article** focused on creating awareness & identification of psychological problems among children, adolescent, adult & old populations.
- Publication of opinions & notes in news paper on different current social problems like rape and murder etc.

Place: Raipur

Dated: August 08, 2024

(Dr. MANOJ K. PANDEY)