

CURRICULUM VITAE

Dr. Ankur Mahida

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



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Position hold at present & Other Professional Appointments

- **Assistant Professor of Psychology & Programme Chair (Psychology)**
Institute of Language Studies and Applied Social Sciences (ILSASS), Faculty of Arts,
The Charutar Vidya Mandal (CVM) University, Vallabh Vidyanagar.
- **Chairperson, Board of Studies (Social Sciences)**
Faculty of Arts, The Charutar Vidya Mandal (CVM) University.
- **Ph.D. Guide (Psychology)**
Faculty of Arts, The Charutar Vidya Mandal (CVM) University, Vallabh Vidyanagar.
- **University Counsellor**
The Charutar Vidya Mandal (CVM) University, Vallabh Vidyanagar, Anand.
- **Counsellor, Student Support & Career Guidance Cell**
G. J. Patel Ayurveda Hospital and Maternity Home, The Charutar Vidya Mandal
(CVM) University, New Vallabh Vidyanagar.
- **University Examination Coordinator**
Institute of Language Studies and Applied Social Sciences (ILSASS), Faculty of Arts,
The Charutar Vidya Mandal (CVM) University, Vallabh Vidyanagar.

Positions Held

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

Visiting/Guest Faculty Appointments

- **Shree B.G. Patel College of Physiotherapy, Anand** (Academic Years 2016 to 2018 & 2020–2021).
- **Ashok & Rita Patel Institute of Physiotherapy, Charotar University of Science and Technology (CHARUSAT), Changa**, (Academic Years 2018–19).
- **CVM's R. N. Patel Ipcowala School of Law and Justice, Vallabh Vidyanagar, Anand** (Academic Years 2015 to 2018).
- **Manikaka Topawala Institute of Nursing, Charotar University of Science and Technology (CHARUSAT), Changa, Gujarat** (2017–18).

Skills and Specializations

- Clinical Psychology, Counselling Psychology, Psychological Assessment, Psychometric Testing, Counselling, and Psychotherapeutic Interventions.
- Curriculum Design and Development, Outcome-Based Education (OBE), and NEP-Aligned Academic Planning.

- Educational Administration, Board of Studies (BoS) Coordination, University Examination Management, and Academic Quality Assurance.
- Research Methodology, Faculty Mentoring, Student Counselling and Career Guidance, and Academic Programme Development.

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)**
 - Master of Arts (M.A.) in Clinical Psychology, 2011 (2nd Div.)
 - Bachelor of Arts (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:

- **CCC (Course on Computer Concepts)** – Dr. Babasaheb Ambedkar Open University (BAOU) –Ahmedabad (1st Div.)- 2026
- **Diploma in Community Mental Health for Psychologists** from NIMHANS Digital Academy –Bangalore. (1st Div.) – 2021
- **Qualified State Eligibility Test (GSET)** for Assistant Professor in Psychology (Gujarat), 2015

Member Board of Studies & Course Coordinators

- **Former Member, Board of Studies (BoS)**, Faculty of Nursing, Bhaikaka University – Karamsad, Anand (2020-23)
- **Former BoS Chairperson**, Psychology (School of Humanities and Social Sciences) Lokbharati University for Rural Innovation – Sanosara Bhavnagar (2022-2024)

- **Member, Board of Studies, Faculty of Arts, (Psychology)**, The CVM University-Vallabh Vidhyanagar. (External Member 2020- 2024)
- **Member of Anti Ranging Committee**, Lokbharati University for Rural Innovation – Sanosara Bhavnagar
- **Member of Staff Grievance Redressal Cell**, Lokbharati University for Rural Innovation – Sanosara Bhavnagar (September-2018 – October 2022)
- **Course Coordinator** - Department of Health Humanities and Social Sciences (HHSS) - BhaikakaUniversity – Karamsad (September-2018 – October 2022)

Awards, Honors & Professional Memberships

- **Gold Medal – Best Research Paper**, awarded by the **Indian Psychological Association** and the **Department of Psychology, Sardar Patel University**, at the National Conference sponsored by Sardar Patel University, Vallabh Vidyanagar, Anand, Gujarat (8–9 March 2024).
- **Mental Health Professional Honor – Certificate of Appreciation** for outstanding contribution to the field of mental health, presented by **Manas Charitable Trust**, - Ahmedabad. Gujarat, India.
- **Lifetime Member, Gestalt Psychology Welfare Association (GPA)**, Gujarat, India.

Paper Publications

- Desai S, Harihara Prakash R, Mehta J, **Mahida A**. *Common Psychological Stressors in Parents of Preterm Babies: A Cross-Sectional Study*. **Indian Journal of Natural Sciences**. 2024; 15(84):74098–74105.
- Desai SS, Prakash RH, Mehta JN, **Mahida A**. *Psychological Stress in Parents Delivering Preterm Child and Effects of Psychological Intervention on Them*. **Journal of the Scientific Society**. 2024;51(3):443–449.
- Varma J, Patel T, Prabhakaran A, Contractor J, **Mahida A**, Kharod U, et al. *Use of an Innovative Method to Create Suicide Prevention Awareness among Undergraduate Medical Students*. **Annals of Indian Psychiatry**. 2023;7:85–86.

- 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 Journal of Psychiatry**. 2022, 64(1):98–101.
- Thomas S, **Mahida A**. *Analysis of Academic Performance, Study Behaviour and Factors Influencing Study Behaviour among Nursing Students*. **Indian Journal of Continuing Nursing Education**. 2022;23:44–48.
- Sharma H, Sharma Y, Patel NM, **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**, 2022, 38 (3), 251-256
- Varma J, Prabhakaran A, Sharma H, **Mahida A**. *Addressing Confidentiality and Privacy Barriers to Mental Health Help-Seeking amongst University Students: An Experience*. **Indian Journal of Psychological Medicine**. 2022; 44(1):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*. **Annals of Indian Psychiatry**. 2022; 6:44–48.
- 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**. Mar 2022;11(3):987.
- **Mahida A**. *Role of Spiritual Psychology for Holistic Living*. **International Journal of Indian Psychology**. 2015;2(3).
- **Mahida A**. *Comparative Study of Frustration among Urban and Rural HIV/AIDS Patients*. **International Journal of Advanced Research and Innovative Ideas in Education (IJARIIE)**. 2016.
- **Mahida A**. *Locus of Control in Female Graduates from Urban and Rural Communities*. **Shabda Sadhana**. 2013;2(13).
- **Mahida A**. *Social and Educational Needs of Cognitively Exceptional Children*. **Sorath Suddha**. 2012; 1(4).

Book /Book Chapters Publications

- **Edited Books - *Pathways to Happiness: Insights from Emotional Intelligence and Positive Psychology*.** Lotus Book Publication (ISO 9001:2015 & IAF Certified). First Edition; 2026. ISBN: 978-93-5950-475-9.
- **Book - *Correlation of Happiness and Indian Personality Dimensions- A Study*** Publisher- LAP LAMBERT Academic Publishing ISBN -978-3-659-71476-4 (International Publication)
- **Book Chapter**
- **Mahida A. *The Psychology of Smart Workplaces: Trust, Technology, and Human Flourishing*.** In: Christian L, editor. *Beyond HR: Concepts, Strategies and Practices for the Future Workforce*. Variety Books Publishers & Distributors (ISO 9001:2015 & IAF Certified); 2026. p. 158
- **Mahida A. *From Theory to Classroom: Practical Psychological Strategies for Effective Teaching*.** In: Dave A, editor. *Insights and Innovations in Education*. New Delhi: Indu Book Services Pvt. Ltd.; 2026. p. 318–339.
- **Mahida A. *Streaming Minds: The Psychology of Cinema in the Digital Age*.** In: **Narahari AC, Saxena R**, editors. *Cinema in the Age of Streaming: Global-Local Narratives and Cultural Crossroads*. Freeman Press (ISO 9001:2015 & IAF Certified); 2026. p. 148
- **Mahida A. *The Psychology of Patriotism, Patriotic Souls*,** Young Minds: (2024, Publisher- Vibes Book Publication (National), ISBN: 978-81-951305-4-2.

Faculty Development Programs (FDPs)

- **One-Week Faculty Development Programme on "Artificial Intelligence – Applied AI Intensive (Batch 2)"**, organized by **The CVM University** at MBIT, New Vallabh Vidyanagar, Anand, Gujarat, **15–19 June 2026**.
- **One-Week Training Programme on "Outcome-Based Education and Curriculum"**, organized by the **National Institute of Technical Teachers' Training and Research (NITTTR), Bhopal** (Deemed to be University under Distinct Category), Ministry of Education, Government of India, **Online, 8–12 December 2025**.

- **International Faculty Development Programme (iFDP) – Phase I & Phase II:** *Enhancing 21st Century Teaching Methodologies by Integrating Applied Education and World of Work Skills for the Global Economy into Teaching Practices*, organized at **Sardar Patel University, Vallabh Vidyanagar**, coordinated by the **Knowledge Consortium of Gujarat**.
- **Ten-Day Research Methodology Course**, organized by the **Faculty of Social Work, The Maharaja Sayajirao University of Baroda**, sponsored by the **Indian Council of Social Science Research (ICSSR)**, New Delhi, 2015.
- **Two-Day Faculty Development Programme on Communication and Soft Skills**, organized by **Charutar Vidya Mandal's H.M. Patel Career Development Center**, Vallabh Vidyanagar, 7–8 June 2014.
- **One-Day Faculty Development Programme on "Using ICT"**, organized by the **Institute of Language Studies and Applied Social Sciences (ILSASS)**, Charutar Vidya Mandal, Vallabh Vidyanagar, 15 June 2018.

Conferences/Seminars Attended

- **Paper Presented:** *Social Media Addiction and Loneliness: Examining the Protective Role of Mindfulness*. **61st National & 30th International Conference of the Indian Academy of Applied Psychology (IAAP)** on *Applied Psychology: Current Challenges and Envisioning Future Possibilities*, organized by the Department of Psychology, Sardar Patel University, Vallabh Vidyanagar, Gujarat, **6–8 March 2026**
- **Paper Presented:** *Learning with AI and Its Impact on Student Intelligence and Dependency*. Two-Day International Conference on **AI-Powered Education: Opportunities, Challenges and Ethics**, organized by C. B. Patel Arts College, Nadiad under RUSA 2.0, **17–18 January 2026**
- **Paper Presented (Session Chair):** *Conceptions of Self and Consciousness in Indian Knowledge Systems: A Qualitative Psychological Review*. RUSA 2.0 (KCG)-Sponsored One-Day National Seminar on **Indian Knowledge Systems: A Multidisciplinary Approach**, organized by the Internal Quality Assurance Cell (IQAC), Anand Arts College, Anand, **3 February 2026**. *Also served as Session Chair.*
- 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.

- 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.
- 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”**
- 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
- 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
- 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.
- One Day National Seminar on **“Managing Human Resources at Workplace”** organized CVM’s ILSASS College, Vallabh-Vidyanagar,Anand held on 23rd Januar,2016
- One Day National Seminar **“Lab our Legislation in India”** organized by CVM’s ILSASS College,Vallabh-Vidyanagar,Anand held on 9th January,2015
- 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
- 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.
- 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

- 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
- National Convention -2017 on “**Excellence In HRD for Sustainable Growth**” organized by CVM’s ILSASS College Vallabh-Vidyanagar, Anand on 4h March 2017.

Expert Sessions, Resource Person, Guest Lectures, Workshop Coordination & Conference Leadership

- **Co-Organizing Secretary**, SAMVĀDA 2026 – 1st International Conference on "Arts, Humanities and Social Sciences in the Age of Innovation: A Global Synergy and Dialogue", organized by the Faculty of Arts, The CVM University, in collaboration with the Academy of Economic Studies of Moldova, Republic of Moldova, 13–14 February 2026. Served on the Paper/Poster Review and Acceptance Committee, responsible for paper review and acceptance, monitoring registrations, and coordinating with presenters and delegates for participation confirmation. February -2026
- **Session Coordinator and Session Chair**, 61st National & 30th International Conference of the Indian Academy of Applied Psychology (IAAP) on "Applied Psychology: Current Challenges and Envisioning Future Possibilities", organized by the Department of Psychology, Sardar Patel University, Vallabh Vidyanagar, Gujarat, 6–8 March 2026, where responsibilities included coordinating scientific sessions, facilitating presentations, and moderating technical discussions. March- 2026
- **Resource Person**, Mental Health Literacy Orientation Program – Delivered an expert session on "**Introduction to Mental Health & Psychological Well-being**" for University Counsellors, organized by the Internal Quality Assurance Cell (IQAC), The Charutar Vidya Mandal University (The CVM University), Vallabh Vidyanagar, -**June 2026**.
- **Resource Person, Empowering Educators: A Two-Day Expert Series** – Delivered an expert session on "**Beyond the Classroom: Enhancing Student Engagement & Faculty Wellbeing**", organized by the R. N. Patel Institute of Science and Liberal Studies (RNPISL), The Charutar Vidya Mandal University (The CVM University)-**Vallabh Vidyanagar** - July

2026.

- **Workshop Coordinator, One-Day Workshop on Rorschach Inkblot Test**, organized by the Department of Psychology, Institute of Language Studies and Applied Social Sciences (ILSASS), The Charutar Vidya Mandal University, Vallabh Vidyanagar, Anand, March 2025.
- **Invited Subject Expert, Curriculum Review and Course Revision Committee for B.A. Psychology (Semester IV)**, Krishna School of Arts & Humanities, **Drs. Kiran & Pallavi Global University**, Vadodara, 20 February 2025. Contributed to the review, revision, and academic enhancement of the undergraduate psychology curriculum.
- **Resource Person, Two-Day Workshop on Positive Psychology**, Lokbharati University for Rural Innovation, Sanosara, **22 February 2025**.
- **Expert Speaker, "Diabetes Awareness and Mental Health"**, Awareness Programme on Diabetes, Shree B.G. Patel College of Physiotherapy, Anand, **25 January 2025**
- **Guest Lecturer, "Deception and Deceptive Techniques in Forensic Psychology"**, Nalini-Arvind & T.V. Patel Arts College, Vallabh Vidyanagar, **18 January 2025**.
- **Expert Speaker, Mental Health Awareness Session** on the occasion of **World Mental Health Day**, Institute of Nursing Sciences, Bhaikaka University, Karamsad, **10 October 2024**.
- **Expert Speaker, "Managing Self"**, World Suicide Prevention Day Programme, Indukaka Ipcowala College of Pharmacy, CVM University, Vallabh Vidyanagar, **10 September 2024**.
- **Chief Guest & Moderator, CHARUSAT Model United Nations (MUN)**, organized by Charotar University of Science and Technology (CHARUSAT), Changa Campus, **30 July 2024**.
- **Invited Subject Expert, Curriculum Review and Course Revision Committee for B.A. Psychology (Semester IV)**, Krishna School of Arts & Humanities, **Drs. Kiran & Pallavi Global University**, Vadodara, **20 February 2025**. Contributed to the review, revision, and academic enhancement of the undergraduate psychology curriculum.
- **Co-Chair, Scientific Technical Session**, National Conference on "*Challenges and Opportunities in 21st Century Psychological Issues: The Role of Mindfulness, Envisioning*

New Horizons, Wellness, and Resilience", organized by the **Department of Psychology, Sardar Patel University, Vallabh Vidyanagar, Gujarat, 8–9 March 2024.**

- **Guest Speaker, Guest Lecture on "Mental Health – Managing Stress"** for school teachers, Vasantiben and Chandubhai Patel English School (CBSE), Charutar Vidya Mandal, Vallabh Vidyanagar, **7 June 2022.**
- **Resource Person, Basic Training on Palliative Care for Nurses**, conducted by **Shri G. H. Patel School & College of Nursing, Bhaikaka University, Karamsad, 5–7 August 2021.**
- **Invited Speaker, Webinar on "Coronavirus Anxiety: Coping with Stress, Fear & Worry"**, organized by **Shree Gunatit Jyot Mahila Trust, Vallabh Vidyanagar, 25 October 2020.**

Examiner /Paper Setter and Subject Expert at following Universities

- Charotar University of Science and Technology (CHARUSAT) - Changa, Anand, Gujarat,
- Parul University -Vadodara, Gujarat,
- Sardar Patel University- Vallabh Vidhyanagar, Anand, Gujarat,
- Bhaikaka University – Karamsad, Anand, Gujarat
- Vidhyadeep University -Olpad, Gujarat
- Drs. Kiran & Pallavi Global University, Vadodara, Gujarat

Personal Information:

- **Date of Birth** : 11 September 1988
- **Languages** : Gujarati, English, Hindi
- **Current Address:** B/22, GCET Staff Quarters, Near G. H. Patel College of Engineering & Technology, Vallabh Vidyanagar, Anand – 388120, Gujarat, India
- **Official Email** : ankur.mahida@cvmu.edu.in
- **Personal Email** : ankmahida@gmail.com

Research Profile:

- **ORCID iD** : <https://orcid.org/0000-0002-7505-0403>
- **Scopus Author ID** : 57411671100
- **Scopus Profile** : <https://researchid.co/ankurmahida>
- **Google Scholar** : <https://scholar.google.com/citations?user=zgeDj5gAAAAJ&hl=en>
- **LinkedIn** : <https://www.linkedin.com/in/dr-ankur-mahida-84b346b9/>

References

Name	Dr. Archana C. Narahari	Dr. Pankaj Suvera
Designation	Principal & Dean ,Faculty of Arts	Professor & Head
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
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Place- Vallabh Vidhyanagar

Dr.Ankur Mahida