

Personal Profile



Dr. Satchit Prasun Mandal
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Educational Profile

- Ph.D. : Banaras Hindu University (BHU), Varanasi, Uttar Pradesh;
Year of award: 2017
Supervisor: Prof. Rakesh Pandey and Prof. Yogesh Kumar Arya
- M.Sc. : Banaras Hindu University (BHU), Varanasi, Uttar Pradesh;
Year of award: 2010
Subject: Psychology
Specialization: Developmental Psychology, Human Factor, Health and Personality.
- B.Sc. : University of Calcutta, Kolkata, West Bengal;
Year of award: 2007
Subject: Psychology (Honors), Economics, Statistics.

Professional Experience

- **Assistant Professor**, Department of Psychology, Rajiv Gandhi University, Arunachal Pradesh, India
- 10 June, 2021-till date

- **Scientist C**,
Defence Research and Development Organization (DRDO), India.
- 01 July 2019 to 09 June 2021

- **Scientist B**,
Defence Research and Development Organization (DRDO), India.
- 30 Dec 2014 to 30 June 2019

Administrative Experience

Officer-in-Charge of Civil Administration,
4-Air Force Selection Board, Varanasi.

01 July 2016 to 09 June
2021

Awards & Honors

1. Awarded Junior Research Fellowship (J.R.F) by Indian Council of Medical Research (ICMR).
2. Awarded Senior Research Fellowship (S.R.F) by Indian Council of Medical Research (ICMR).
3. Awarded Junior Research Fellowship (J.R.F) by University Grant Commission (U.G.C).
4. Awarded Best paper Award by Indian Academy of Applied Psychology on 24/05/2013.
5. Awarded Best paper Award by Department of psychology, Banaras Hindu University on 25/01/2014.
6. Awarded Professor Deepak Bhat Award for best paper By Indian Academy of Applied Psychology on 25/02/2017.
7. Certified Military Assessor by Defence Institute of Psychological Research (DIPR).

Membership of Professional Bodies

1. Executive Member of SIS Society of Projective Psychology and Mental Health, India.
2. Member of National Academy of Psychology (NAOP), India.
3. Life Member of Indian Academy of Health Psychology (IAHP), India.

Research Interests

- Personality and Health Psychology.
- Culture and Cognition.
- Existential Psychology.

Research Publications

1. Tiwari, G. K., Pandey, R., Rai, P. K., Pandey, R., Verma, Y., Parihar, P., ... & **Mandal, S. P.** (2020). Self-compassion as an intrapersonal resource of perceived positive mental health outcomes: a thematic analysis. *Mental Health, Religion & Culture*, 23(7), 550-569.
2. Kumar, S. K., **Mandal, S. P.**, & Bharti, D. A. (2020). Perceived Stress and Psychological Wellbeing: The Moderating Role of Proactive Coping. *Journal of the Indian Academy of Applied Psychology*, 46(2), 200-209.
3. Karl, J. A., Prado, S. M. M., Gracanin, A., Verhaeghen, P., Ramos, A., **Mandal, S. P.**, ... & Druica, E. (2020). The Cross-cultural Validity of the Five-Facet Mindfulness Questionnaire Across 16 Countries. *MINDFULNESS*, 11(5), 1226-1237.
4. Majumdar, I. G., Singh, T., Arya, Y. K., **Mandal, S. P.**, & Kumari, S. (2017). Childhood parental emotional maltreatment: A study of its consequences in adulthood. *Indian Journal of Health and Wellbeing*, 8(1), 29-34.
5. **Mandal, S. P.**, Arya, Y. K., & Pandey, R. (2017). Mindfulness, Emotion Regulation, and Subjective Well-Being: Exploring the Link. *SIS Journal of Projective Psychology & Mental Health*, 24(1), 57-63.
6. Yadav, R. S., Mehra, R., & **Mandal, S. P.** (2016). Enhancing Gender Diversity in Organizations? An Indian Exploration. *Indian Journal of Human Relations*, 49(1), 129-135.
7. **Mandal, S. P.**, Arya, Y. K., & Pandey, R. (2016). Validation of the factor structure of the five facet mindfulness questionnaire. *Indian Journal of Health and Wellbeing*, 7(1), 61-66.
8. **Mandal, S. P.**, Arya, Y. K., & Pandey, R. (2014). Understanding emotion regulatory effect of mindfulness: Role of differentiation and range of emotional experiences. *Indian Journal of Positive Psychology*, 5(4), 356-362.
9. **Mandal, S. P.**, Arya, Y. K., & Pandey, R. (2012). Mental health and mindfulness: Mediation role of positive and negative affect. *SIS Journal of Projective Psychology and Mental Health*, 19(2), 150-159.
10. **Mandal, S. P.**, Arya, Y. K., & Pandey, R. (2011). Mindfulness, emotion regulation and subjective wellbeing: An overview of pathways to positive mental health. *Indian Journal of Social Science Research*, 8(1-2), 159-167.

Patent

NIL

Book/Book Chapter published

1. **Mandal, S. P.**, Arya, Y. K., & Pandey, R.: Mindfulness and its relationship with emotion and health, *Spirituality and human psyche*, Chaube, N., Partridge Publishing (A Penguin Company), New Delhi, 2015, pp 205-237.
2. Yadav, R. S., **Mandal, S. P.**, & Dubey, A.: Organizing the unorganized workforce: A challenge for make in India movement, *Make in India: A road map*, Pandey, D.K., & Tiwari, B. K., Global Vision Publishing House, New Delhi. 2016, pp 11-22.

Research guidance

- **Post-doc fellow**
NIL
- **Ph.D scholar**
NIL

Course/Conference/Workshop organized

1. Conference on Adaptability in Crisis: Psychology, Education and Society by Department of Psychology, Rajiv Gandhi University, Arunachal Pradesh, India.
 - a. Duration: 17 August-18 August, 2021
 - b. Role: Co-Convenor.
2. Workshop on 21 Century Skills for Personal and Professional Life by Department of Psychology, Rajiv Gandhi University, Arunachal Pradesh, India in collaboration with Department of Psychology, Banaras Hindu University.
 - a. Duration: 23 August- 01 September, 2021
 - b. Role: Co-Convenor.

Course/Conference/Workshop etc. attended

1. Mandal, S.P., Arya, Y.K. (2011). Potential Role of Mindfulness in Cultural Integrity and Work Performance in Organizational Context. National Conference on Management of Innovation in Business & Technology: New Studies. School of management Studies (SMS), 19-29 February, 2011.
2. Mandal, S. P., Arya, Y. K. (2011). Mindfulness, Curiosity and Well-being: An Overview. International Conference on Stress: Health, Society and Technology, organized by IISMAAS, 20-21 April 2011.

3. Mandal, S. P., Arya, Y. K., & Pandey, R. (2012). Potential Role of Emotion Regulation in Explaining the Relationship of Mindfulness and Well-being: An Overview. International Conference on Recent Advances in Cognitive Psychology and Health. Department of Psychology, Banaras Hindu University. January 23-24, 2012.
4. Mandal, S. P., Arya, Y. K., & Pandey, R. (2012). Mindfulness and Emotion Regulation as Related to Physical Health: An Empirical Study. International Conference on Positivism: Foundation For Human Dimension. Amity University, Rajasthan. August 6-8.
5. Mandal, S. P., Arya, Y. K., & Pandey, R. (2012). Mindfulness and Mental Health: Mediatonal Role of Positive and Negative Affect. International Conference on Positivism: Foundation for Human Dimension. Amity University, Rajasthan. August 6-8.
6. Mandal, S. P., Arya, Y. K., & Pandey, R. (2012). The Mindfulness and Subjective Well-being: Emotional Psthways to Positive Health. National Conference on Positive Behaviour: Perspective and Applications. Department of Applied Psychology. Pondicherry University, 21- 22 September, 2012.
7. Mandal, S. P., Arya, Y. K., & Pandey, R. (2012). Emotional Complexity, Emotion regulation and Subjective well-being. National conference of Indian association of positive psychology .Department of Psychology, Kashi Vidyapith, Varanasi. December, 24-26.
8. Mandal, S. P., Arya, Y. K., & Pandey, R. (2013). Mindfulness based therapeutic techniques and its implications: An overview. National Conference on Current Concerns and Emerging Areas of Application of Counseling. Department of Psychology, Banaras Hindu University. February 27-28, 2013.
9. Mandal, S. P., Arya, Y. K., & Pandey, R. (2013). Revisiting the hyphenated role of emotion regulation in trait mindfulness-subjective well-being relationship. 48th National and 17th International conference of Indian Academy of Applied Psychology. Department of Psychology, Karnataka University, Dharwad, Karnataka. May 22-24, 2013.
10. Mandal, S. P., Arya, Y. K., & Pandey, R. (2013). Role of emotional differentiation and Range of emotional experiences in Mindfulness-Emotion regulation relationship. XXIII Annual Convention of National Academy of Psychology (NAOP), India. December 13-15, 2013.
11. Mandal, S. P., Arya, Y. K., & Pandey, R. (2014). Expounding Mindfulness in relation to emotional traits: psychometric explication of the construct of emotional mindfulness. 2nd International conference on Recent Advances in Cognition and Health, department of psychology, BHU. Varanasi. January 23-25, 2014.
12. Mandal, S. P., Arya, Y. K., & Pandey, R. (2015). The role of trait mindfulness in repairing negative mood and enhancing mental health/wellbeing. Indian Academy of Health Psychology. Jammu University, 2015.
13. Mandal, S. P., Arya, Y. K., & Pandey, R. (2016). Validation of factor structure and measurement invariance of range and differentiation of emotional experience scale 4th Conference on Recent Advances in Cognition and Health. Department of Psychology., Banaras Hindu University., 2016.
14. Mandal, S. P., Arya, Y. K., & Pandey, R. (2017). Deconstructing mindfulness in relation to emotional variables: The advent of emotional mindfulness. **Indian Academy of Applied Psychology/University of Jaipur. 2017**
15. Mandal, S. P., Arya, Y. K., & Pandey, R. (2017). Dispositional mindfulness and mental health problems: Exploring the superordinate role of affect. Health and

WellBeing: Issues and Challenges. Department of Psychology, National P.G. College, Lucknow., 2017.

Sponsored Project

Title of the project	Funding agency	Year of sanction	Role
Pictorial Situational Judgment Test of Affect: Development and Validation of Item Bank for Women and Service Entry.	Defence Research and Development Organization (DRDO)	2017	Co-PI
