




**ZAKIR HUSAIN DELHI COLLEGE**  
(University of Delhi)

**Faculty Details**

(Please Fill the form and Email it to [website@zh.du.ac.in](mailto:website@zh.du.ac.in))

<b>Dr.</b>	<b>Grace</b>	<b>Lalkhawngaihi</b>	
<b>Designation</b>	<b>Assistant Professor (Psychology)</b>		
<b>Address</b>	<b>J-192, Anand Bhawan, Arjun Nagar, Safdarjung Enclave, New Delhi.</b>		
<b>Phone Number</b>	<b>Office</b>		
	<b>Residence</b>		
	<b>Mobile</b>	<b>8575552173</b>	
<b>Email Id</b>	<b>grace.dlalkhawngaihi@zh.du.ac.in</b>		
<b>Web Page</b>	<b><a href="https://orcid.org/0000-0001-6750-2556">https://orcid.org/0000-0001-6750-2556</a></b>		
<b>Educational Qualification</b>			
<b>Degree</b>	<b>Institution</b>	<b>Year</b>	
Secondary School Examination	Queen Mary's School, Tiz Hazari Delhi, CBSE	2006	
Senior School Certificate Examination	Delhi Public School, RK Puram CBSE	2008	
B.A. (Psychology Honours)	Lady Shri Ram College for Women, University of Delhi	2011	
M.A. (Psychology)	Department of Psychology, North Campus, University of Delhi	2013	
Ph.D in Psychology	Mizoram University	2021	
<b>Career Profile</b>			
1. Assistant Professor & Head, Department of Psychology, St. Xavier's College, Lengpui, Mizoram (27th June, 2017- 30th December, 2022)			
1. Assistant Professor-I, Amity Institute of Psychology and Allied Sciences, Amity University, Kolkata (11th September, 2023- 22th January, 2024)			
2. Assistant Professor, Department of Psychology, Zakir Husain Delhi College, University of Delhi (20 <sup>th</sup> February, 2024- till date)			
<b>Administrative Assignments</b>			

1. Member, Discipline Committee, The Viksit Bharat Inaugural Ceremony, Viksit Bharat Team, ZHDC on 29<sup>th</sup> February, 2024.
2. Member, Discipline Committee, National Youth Convention Taarunya-24, NSS, Zakir Husain Delhi College, University of Delhi on 21<sup>st</sup> March, 2024.
3. Coordinator, “Upcycling” on the theme- Sustainability during “Suvigyan” Science Festival’ 2024 in Psychology Lab, Department of Psychology, ZHDC on 4<sup>th</sup> April, 2024
4. Member, Organizing Committee for MUN Society Function, Zakir Husain Delhi College, University of Delhi from 6<sup>th</sup> -7<sup>th</sup> April, 2024.
5. Member, Discipline Committee, Main Gate Duty during Aadab Student’s Union Fest, Zakir Husain Delhi College, University of Delhi on 4<sup>th</sup> May, 2024
6. Committee Member – Student Aid Committee, ZHDC (2024-2025)
7. Co-Coordinator – Certificate Course in Counselling Skills, ZHDC (2025)

#### **Areas of Interest / Specialization**

Counselling Psychology, Culture and Cross-Cultural Psychology, Organisational Behaviour, Social Psychology

#### **Subjects Taught**

Managing Human Resources, Human Resource Management, Psychology at Workplace, Applying Psychology to Work, Social Psychology, Social Behaviour and Group Processes, Emotional Intelligence, Organisational Behaviour, Counselling Psychology, Youth and Mental Health

#### **Research Guidance**

#### **Publications Profile**

- Lalkhawngaihi, G. (2018). Treatment of Trauma in the Poem ‘Tho la, ding ta che’: Thematic Analysis. In K. Vanlalruati., Rochhazela., & F. Lalzuthanga (Eds.). Tlaizawng (A study of Selected Mizo Poetry). *Mizo Department, St. Xavier’s College, Lengpui, Aizawl.*
- Lalkhawngaihi, G., Ralte, L., Lalramthara, Lalzathanga, Varte, L., Lalchungnungi, R.L., & Fente., H.K.L. (2019). Sense of community and group participation as predictors of well-being in a Mizo society. *Contemporary Psychosocial Issues, Vol.1, pp.1-20. MZU Psychology Alumni Association.*
- Lalkhawngaihi, G. (2019). Gender. In Vanlalhruaia, C., Ralte, L (Eds.) *Psychology Mitin tan*, pp, 140-148, *Mizoram Psychological Association.*
- Lalkhawngaihi, G & Fente, H.K.L. (2020). Collectivistic Culture Orientation across Age and Gender in a Mizo Society. *Mizoram University Vol (6), pp- 199-209. Journal of Humanities and Social Sciences. Vol. VI, Issue 1 - Mizoram University Journal of Humanities & Social Sciences (mzuhssjournal.in)*
- Lalkhawngaihi, G & Fente, H.K.L. (2022). Well-being in Relation to Identity Consistency in a Collectivistic Culture . *Indian Journal of Health Studies Vol. 4 (2), pp. 32-49. Current*

[Issue - JHS \(journalofhealthstudies.in\)](http://journalofhealthstudies.in)

- Lalkhawngaihi, G., Ralte, R & Zothanmawia, C. (2023). Effects of Gender and Type of Institutions on Teacher’s Self-Efficacy and Job Satisfaction among Mizo Secondary School Teachers. InSPA Journal of Applied and School Psychology Vol. IV (2), pp. 73-79. [INSPA April 2023, Vol. IV, No. 2 – Page 2 \(ijasp.in\)](http://inspa.org.in)

**Conference Organization/ Presentations (in the last five years)**

1. “A study on attitudes of Mizo Christian youth towards women leadership in religious institutions”- Two-day National Seminar on Social Issues and Challenges. Department of Psychology, Mizoram University (20<sup>th</sup> & 21<sup>st</sup> October, 2014).
2. “Sense of Community and Group Participation as Predictors in Mizo Society.” - National Seminar on Contemporary Psychosocial Issues. MZU Psychology Alumni Association (19<sup>th</sup> October, 2018).
3. (Co-author) "Moderating role of Identity Consistency between Group Participation and Well-Being in a Collectivist"- Xenophobia vs. Patriotism: Where is my home?. Proceedings of IACCP 2020+ Virtual 25th International Congress of IACCP (July 27<sup>th</sup> - 31<sup>st</sup>, 2021).
4. “Social well-being of self-consistent youth in a collectivistic setting”- 2-Day International Conference on Health Psychology and Allied Sciences. Department of Psychology, Pachhunga University College (26<sup>th</sup> -27<sup>th</sup> May, 2023).

**Research Projects (Major Grants/Research Collaboration)**

1. Co-Principal Investigator- “Teachers Efficacy and Job Satisfaction among Secondary Teachers” . A collaboration of Indian School Psychology Association (InSPA) and Government of Mizoram, Directorate of School Education (Funding Agency), Government of Mizoram, Directorate of School Education.
2. Research Officer- “Attitude towards Condom Use among the General Population in Mizoram” under the Department of Psychology, Mizoram funded by Mizoram State AIDS Control Society (MSACS), National AIDS Control Organisation (NACO)

**Awards and Distinctions**

**Association With Professional Bodies**

1. Life member- MZU Psychology Alumni Association
2. Executive Committee Member- Mizoram Psychological Association
3. Life member- Indian School Psychology Association
4. Member- DMAN (Delhi Mizo Academic Network)

**Other Activities**

1. Invited Lecture (Resource Person) for Workshop on 'Time Management' organized by Department of Commerce and Curricular Aspects Cell, IQAC, Govt. Aizawl College on 9th October, 2020.
2. Organizing Member in the Two Days International Online Workshop on Mental Health, Well-Being and Life Skills Education for Secondary School Teachers in Mizoram organized by the Indian School Psychology Association (InSPA) Mizoram in collaboration with Directorate of School Education, Government of Mizoram on 18th & 19th August, 2020.
3. Chairperson in the Two Days International Online Workshop on Mental Health, Well-Being and Life Skills Education for Secondary School Teachers in Mizoram organized by the Indian School Psychology Association (InSPA) Mizoram in collaboration with Directorate of School Education, Government of Mizoram on 18th & 19th August, 2020.
4. Coordinator in the International Online Workshop on School Psychology: Mental Health and Learning Disability for Elementary School Teachers in Mizoram organized by the Indian School Psychology Association (InSPA) Mizoram in collaboration with Directorate of School Education, Government of Mizoram from 20th to 23rd October, 2020.
5. Chairperson of Technical Session-IV at the International Online Workshop on School Psychology: Mental Health and Learning Disability for Elementary School Teachers in Mizoram organized by the Indian School Psychology Association (InSPA) Mizoram in collaboration with Directorate of School Education, Government of Mizoram from 20th to 23rd October, 2020.
6. Organizing Secretary in the National Level Webinar Series on Life Span Development – Coping with Psychosocial Issues organized by the Department of Psychology, St. Xavier's College, Lengpui, Mizoram on 28th October, 2020.
7. Chairperson of the Third Technical Session in the National Level Webinar Series on Life Span Development: Coping with Psychosocial Issues organized by the Department of Psychology, St. Xavier's College, Lengpui, Aizawl held on 28th October, 2020.
8. Organizing Secretary in the Online Workshop on HIV/AIDS in Mizo context co-organized by the Department of Psychology and National Service Scheme of St. Xavier's College, Lengpui on 2nd December, 2020.
9. Organizing Secretary in the Online International Workshop on Issues in School Psychology for Secondary School Teachers in Mizoram organized by the Indian School Psychology Association (InSPA) Mizoram in collaboration with Directorate of School Education, Government of Mizoram from 20th & 21st July, 2021.
10. Invited Lecture (Resource Person) on "Developing a Positive Mindset and Managing Stress" at the Two Months Internship cum Entrepreneurship Skills Training for Returned Migrants organized by Mizoram University Incubation Centre in collaboration with Mizoram Youth Commission, and Planning & Programme Implementation Department, Government of Mizoram on 22nd January, 2021.
11. Chairperson of Scientific Session of the Indian Academy of Applied Psychology (IAAP) RCI- Accredited organized jointly by Department of Clinical Psychology and Department of Psychology, Mizoram University on 27th to 29th January, 2022.
12. Invited Lecture (Resource Person) for Pathway 2023: Bridging the Gap, a Finishing School Programme for graduating students organized by Govt. Aizawl College from 1st to 3rd May, 2023.
13. Invited Lecture (Resource Person) for Peractio Course on the topic of "Stress and Resilience" in the Department of Sociology, Mizoram Christian College on 15th March, 2023.
14. Invited Lecture (Resource Person) for Peractio Course on the topic of "Stress and Resilience" in the Department of English, Mizoram Christian College on 15th March, 2023.
15. Invited Lecture (Resource Person) on the topic " Life Skills" in the Finishing School

Course (A Certificate Course in Life Skills Development) conducted by Pachhunga University College, Aizawl from 12th – 23rd June, 2023.

16. Attended and completed One week Faculty Development Programme (Online) on NEP 2020 Orientation & Sensitization Programme (Programme Code:MMC-138-2024-MAY-A-01600) by Malaviya Mission Teacher Training Centre, Shri Ram College of Commerce (MMTTC, SRCC), University of Delhi from 1st-1-th May, 2024)
17. Attended and completed International Faculty Development Programme on Academic Writing and Research (Online) by Andhra Loyola Institute of Engineering and Technology, Andhra Pradesh, India in collaboration with Office of the Internationalization, Mindanao State University- Sulu, Phillipines in association with Cape Comorin Trust, India from 25<sup>th</sup> May- 31<sup>st</sup> May, 2024.
18. Attended and completed 11th Faculty Induction Programme (Online) organized by UGC-Malaviya Mission Teacher Training Centre, Mizoram University, Aizawl during 25th June – 22nd July, 2024.