

FACULTY DETAILS PROFORMA

Title	Dr.	First Name	Thangbiakching	Last Name	Tunglut	Photograph
Designation		Assistant Professor				
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Web-Page		https://www.researchgate.net/profile/Thangbiakching https://du-in.academia.edu/ChingGuite				
Educational Qualifications						
Degree		Institution			Year	
M.A.		Department of Psychology, University of Delhi			2011	
Ph.D.		Department of Psychology, University of Delhi			2021	
Career Profile						
<ul style="list-style-type: none"> • Worked as a Project Assistant for South Asia Foundation, 2009. • 2 months field training at the Department of Clinical Psychology, Regional Institute of Medical Sciences, Manipur. • Taught as an Assistant Professor at Zakir Hussain Delhi College, University of Delhi, from January 2015 till December 2016. • Teaching as an Assistant Professor at Aryabhata College, University of Delhi, since August, 2018. 						
Administrative Assignments						
<ul style="list-style-type: none"> • Faculty Advisor for the departmental magazine, Srijan (2018-2019; 2019-2020, 2023-2024), Aryabhata College. • Faculty member of the college Music Society (2019-2023), North East Student Society (2019-2023), and the college photography society, Picwic (2019-2022), Aryabhata College. • A part of Aryabhata College Psycho-Social Helpdesk for students and faculties during covid pandemic. 						

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<ul style="list-style-type: none">• Responsible for the departmental timetable, Psychology Department, Aryabhata College.• Guided 6 dissertation students (Under-Graduate level) since 2019.• A part of the NAAC SSR review committee, Aryabhata College, University of Delhi (2021-2022).• A part of the core publication team for Vishwa Guru Bharat, national seminar by Aryabhata College, 2022.• Initiated and faculty facilitator of Sahāyana: the peer support program of Aryabhata College
Areas of Interest / Specialization
Jungian Analytical Psychology, and fairy tale studies
Subjects Taught
Counselling Psychology, Developmental Psychology, Health Psychology, Psychology of Health and Well Being, Stress Management, Paradigmatic Foundations of Psychological Inquiry.
Research Guidance
Guides dissertation students at Undergraduate level.
Publications Profile
Research Paper Published <ul style="list-style-type: none">• Thangbiakching & Soreng, E. (2017). Grace of God: A Phenomenological Inquiry. <i>International Journal of Indian Psychology</i>, 4 (4), 142-153. ISSN: 2348-5396 (e), ISSN: 2349-3429 (P).• Thangbiakching. (2019). The soul journey: a Kashmiri tale. <i>International Journal of Indian Psychology</i>, 7 (4), 776-780. ISSN: 2348-5396 (e), ISSN 2349-3429 (P).• Thangbiakching. (2020). The inner journey and the cultured self. <i>Journal of Psychiatry and Psychology Research</i>, 4 (2), 236-238. ISSN: 2640-6136.• Neera & Thangbiakching. (2020). Understanding social validation as a process and lived experience among college going students in Delhi. <i>International Journal of Advance Research and Innovative Ideas in Education</i>, 6 (3), 1222-1229. ISSN: (O) 2395-4396.• Datta, M, & Thangbiakching. (2020) Parenting Styles and Parent-Adolescent Relationship in the Indian Context. <i>International Journal of Multidisciplinary Approach and Studies</i>, 7(3), 38-53. ISSN: (O) 2348-537X.

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- Paliwal, S, & Thangbiakching. (2021). An Analytical Dwell into the Movie *Kuch Kuch Hota Hai*: a Cultural Portrayal. *International Journal of Advance Research and Innovative Ideas in Education*, 7 (5), 438-445. ISSN: (O) 2395-4396.
- Nighat, & Thangbiakching. (2022). Mindfulness-based Interventions for Weight Loss: a Review of Literature. *Journal of Psychosocial Research*, 17 (2), 359-370. ISSN 0973-5410.
- Paliwal, S, & Thangbiakching. (2023). Exploring Trauma and Stigma in Naruto: Primary Focus on Naruto's and Gaara's Character Arcs. *International Journal of Research Culture Society*, 7 (10), 1-9. ISSN(O): 2456-6683.
- Nighat, & Thangbiakching. (2023). Imposter Syndrome, Anxiety, and Indian College Students. *International Journal of Indian Psychology*, 11 (4), 2128-2144. ISSN: 2348-5396 (e), ISSN 2349-3429 (P).
- Neera, Thangbiakching, & Sahu, C. (2024). Triangulating altruism: gender differences in young adults' beliefs and practices. *International Journal of Applied Social Science*, 11(6). ISSN: 2394-1405 (E).

Non-Academic Publication

- Published a short story titled "The River Thought" in an online journal *Indian Ruminations: Journal of Indian English Writers*. ISSN 2249-2062. Dated 01/09/2019.

Chapter in a Book

- Thangbiakching. (2021). Ethics in Counselling. In N. Kumar (Eds), *Counselling Psychology: Indian and Western Pathways* (pp. 79-100). Cengage.
- Pushkar, G & Thangbiakching. (2023). Yoga and Meditation in Health Promotion and Intervention: a Literature Review (pp. 27-35). In M. Sinha & P. Jagwani (Eds.) *Vishwa Guru Bharat- Use of Indian Knowledge in Developing Intervention and Innovation for Contemporary World*, Aryabhatta College.

Conference Organization/ Presentations

Organized

- Organized national level paper presentation for the department of psychology, Aryabhatta College, February 2020.
- Organized webinar series for the department of psychology, Aryabhatta College, 3 in May-July 2020; 2 in February, 2021:

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-“Managing Emotions in the Lockdown”, by Dr. Garima Srivastava, on 20th May, 2020.

-“Psychological Restoration”, presented by Soshomi Makang, on 29th May, 2020.

-“Engaging the Shadow in times of Corona”, presented by Nitika Kumar, on 8th June, 2020.

-“Pandemic: an Opportunity to Rethink Self and Social Identity”, presented by Prof. Anand Prakash, on 11th June, 2020.

-“Expressive Arts Therapy: An experiential session to explore stress relief”, presented by Avantika Malhautra, on 15th February, 2021.

-“Stress and Yoga: the stressed-out Yogi”, presented by Markus Hanna, on 17th February, 2021.

Paper Presentations

- “Lost Identity of the Tribe of North East India” at the *National Symposium on Culture and Cognition: A Developmental Perspective*, Department of Psychology, University of Delhi (2010).

- “Intra and inter Group Aggression Among North East Ethnic Communities” at the *National Seminar on Aggression and Violence: Challenges on Social Well-Being*, Jamia Millia Islamia (2010).

- “Social-Historical Context of Faith: the Lost Tribe of Israel in India” at the *XXth Annual Convention of NAOP & International Conference on Mind, Culture and Human Activities*, New Delhi (2010).

- “Myth of Lengtonghoih: Soul and Shamanism in Paite of Manipur” at the *National Conference on Individual and Collective Transformation: Insights from Indian Psychology*, Department of Psychology, University of Delhi (2011).

- “Grace of God: a Phenomenological Inquiry” at the *National Seminar on Health & Well Being: Recent Developments and Challenges*, Jamia Milia Islamia (2014).

- “Individuation in Fairytale: the Sleeping Beauty” at the *International Seminar on Indian Mind and Societal Concerns: An Interdisciplinary Dialogue*, Department of Psychology, Ramanujan College in association with National Academy of Psychology (2016).

- “The Soul Journey from a Kashmiri Tale of the Wicked Stepmother” at the *UGC sponsored National Seminar on The Unconscious Communication in Psychoanalysis*, Department of Psychology, Jesus and Mary College, University of Delhi (2020).

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- "Yoga and Meditation in Health Promotion and Intervention: A Literature Review" at ICSSR sponsored National Seminar on Vishwa Guru Bharat- Use of Indian Knowledge in Developing Intervention and Innovation for Contemporary World, Aryabhata College, University of Delhi (2022).

Invited as a Speaker/Facilitated Workshop

- Presented webinar on "Boredom and our Selves amidst the lockdown" on 21st May, 2020, at Aryabhata College.
- Invited as a speaker at the International Conference on "Alchemy: a Core Jungian Concept," at NHLMMC, Ahmedabad, Organized by AJC (DG of IAAP) on 24th to 26th February, 2023.
- Facilitated a workshop titled 'Dreams : Waking up to the Unconscious' for MH360°, November, 2023 at The India Habitat Centre, Delhi, organized by The Red Door, India.

Seminars/Conference/Workshop Attended

- Attended a One Day National Seminar on *The New Woman: Envisaging Newer Paradigms* organized by the Delhi Ao Students' Union in association with the Nagaland State Commission for Women, at the University of Delhi, North Campus, New Delhi (2012).
- Attended a seminar on *Crime Against Women, Women and Child Trafficking*, at Campus Law Centre, Faculty of Law, University of Delhi, Delhi, June 2013.
- Participated in International Conference on *Bhartiya Women: Past, Present and Future*, held at NDMC Convention Centre, New Delhi, February, 2019.
- Participated in International Conference on *Human Rights: National and International Issues and Challenges*, held at Dr. Ambedkar International Centre, New Delhi, February, 2020.
- Participated in National Seminar on *Health & Well-Being: Reflecting on Dominant Practices & Emerging Challenges*, organized by the Department of Psychology, University of Delhi, under UGC-SAP (DRS I) on 28-29th February, 2020.
- Participated in a webinar on *Helping People Matter: Strategies for Improving Well-Being in the Covid-19 Era*, held on 20th May, 2020, organized by Gargi college, University of Delhi.
- Participated in a webinar on *How to Combat Anxiety, Depression, and Fear Amid Covid-19 Pandemic* held on 23rd June, 2020, organized by Atma Ram Sanatan Dharma College, University of Delhi.

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- Participated in a Special Lecture on *Pursuing Wellness and Health: Issues and Challenges* held on 23rd July, 2020, organized by Mata Sundri College for Women, University of Delhi.
- Attended International Conference on *Various Jungian Analytical Perspectives*, held on virtual platform organised by Ahmedabad Jung Canter (DG of IAAP), February, 2021.
- Attended International Conference on *Self: Analytical and Clinical Management*, held on virtual platform organised by Ahmedabad Jung Canter (DG of IAAP), September, 2021.
- Attended International Conference on *Life and its Complexes*, organised by Ahmedabad Jung Canter (DG of IAAP), February, 2022.
- Attended a program for continuation education credits on *Complexes and Working with Shadow Issues*, organized by C.G. Jung Institute of Chicago, May, 2022.
- Attended a program for continuation education credits on *the Route of Individuation and the Collective*, organized by C.G. Jung Institute of Chicago, May, 2022.
- Attended XXII International Congress for Analytical Psychology, IAAP Buenos Aires, August 29 to September 2, 2022.
- Attended and a part of the organizing team of the National Seminar on Vishwa Guru Bharat, Aryabhatta College, December, 2022.
- Attended International Conference on Alchemy: a Core Jungian Concept on 24th to 26th February, 2023, AJC (DG of IAAP).
- Attended Intensive International Conference on “Anima and Animus- the Other” on 22nd to 24th September, 2023, AJC (DG of IAAP).
- Attended Seminar on “Fairy Tales and the Symbolic Dimension” facilitated by Dariane Pictet, Senior Jungian Psychoanalyst, on 2nd to 3rd December, 2023. Organized by AJC (DG of IAAP).
- Attended the “Theory and Hands on Experience of Sand Play Therapy” facilitated by Lisbet Myers Zacho, Senior Jungian Psychoanalyst, on 16th to 17th December, 2023. Organized by AJC (DG of IAAP).
- Attended an Intensive International Conference on “Furthering Our Understanding of Myths and Fairy Tales: A Jungian, Eastern and Clinical Perspective” on 16th to 18th February, 2024, AJC (DG of IAAP).

Research Projects (Major Grants/Research Collaboration)

Awards and Distinctions

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- Awarded Highest Scorer Award (Philosophy), Gargi College, University of Delhi (2007-2008)
- Awarded runner-up for the Gargi Pathfinder Award, Gargi College, University of Delhi (2009)
- Awarded Second Place for a paper titled “Myth of Lengtonghoih: Soul and Shamanism in Paite of Manipur,” presented at a three day National Conference on *Individual and Collective Transformation: Insights from Indian Psychology*, organized by Department of Psychology, University of Delhi (2011)
- Indian Council of Social Science Research –Doctoral Fellowship (ICSSR-JRF, 2013).
- Awarded third place in an essay writing competition at the International Conference on "Alchemy: a Core Jungian Concept," at NHLMMC, Ahmedabad, Organized by AJC (DG of IAAP) on 24th to 26th February, 2023.

Association With Professional Bodies

Ahmedabad Jung Centre (DG of International Association of Analytical Psychology)

Other Activities

Courses Completed

- Completed a course “Know Thyself- The Value and Limits of Self-Knowledge: The Unconscious,” on 16/03/2020; an online non-credit course authorized by The University of Edinburgh and offered through Coursera.
- Completed “Jung Lite,” a twelve-month course on the concept of Analytical Psychology of Carl Gustav Jung, offered by the Centre for Applied Jungian Studies in May, 2020.
- Completed “Jungian and Post-Jungian Clinical Concepts,” a twelve month course offered by the Centre for Applied Jungian Studies, May 2021.
- Currently a Router in the International Association for Analytical Psychology (IAAP) Router Training Program since August 2021.
- Completed online two - week Interdisciplinary Refresher Course in “ADVANCED RESEARCH METHODOLOGY” from 22 May – 05 June, 2023 and obtained Grade A+. Organized by Ramanujan College, University of Delhi in collaboration with M.V.S. Government Arts & Science College.
- Completed a 4-Week Faculty Induction/Orientation Programme for “Faculty in Universities/Colleges/Institutes of Higher Education” from 23 May – 21 June, 2023 and obtained Grade A+. Organized by Ramanujan College, University of Delhi in collaboration with Army Institute of Education.

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- Completed Course “A Fresh Look at The Red Book, Session 1: Introduction” earning 3 CEs on 27th Jan, 2024. Organized by C. G. Jung Institute of Chicago.
 - Completed Course “A Fresh Look at The Red Book, Session 2: Liber Primus: "My soul, where are you?"” earning 3 CEs on 24th Feb, 2024. Organized by C. G. Jung Institute of Chicago.
 - Completed Course “A Fresh Look at The Red Book, Session 3: Liber Secundus: The Red One” earning 3 CEs on 30th March, 2024. Organized by C. G. Jung Institute of Chicago.
 - Completed Course “A Fresh Look at The Red Book, Session 4: Liber Secundus: The Incantations” earning 3 CEs on 20th April, 2024. Organized by C. G. Jung Institute of Chicago.
 - Completed Course “A Fresh Look at The Red Book, Session 5: Liber Secundus: The Magician” earning 3 CEs on 25th May, 2024. Organized by C. G. Jung Institute of Chicago.
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