

Teacher's Profile:

Name of the Teacher	Anuraag Prasad Lama
Age	32
Gender	Male
Academic Qualification	Mphil
Professional Qualification	Assistant Professor
Awards and Recognitions	
Designation	Assistant Professor
Date of joining the college	30.07.2019
Years of Teaching Experience	4 years
Administrative Experience	
Professional Experience	
Research work/project	
Research Publications	Lama, A. P. (2023). Cognitive Emotion Regulation Strategies Among Young Adults and Elderly. <i>International Journal of Indian Psychology</i> , 11(1), 1265-1272. DIP:18.01.128.20231101, DOI:10.25215/1101.128
Seminars/Workshops/Certificate Courses/Professional Training Programmes/Webinars/E-Quiz attended	Completed 30 hour course on "Quality Enhancement Workshop: Methodologies of Social science research" Organized by Bijoy Krishna Girls College, Muralidhar Girls' College, P.N. Das College and Indian Association for Asian and Pacific Studies.
Papers Presented	Presented Paper titled "The role of self-construal and its moderating effect on the self-esteem of undergraduate students in Kolkata" in the International Conference on Multidisciplinary Research in Current Era (Organized by Research Solutions Global in Collaboration with Muralidhar Girls' College)
Methods followed in classroom teaching	Audio Visual Presentations Student Presentations Lecture
Any innovative ideas introduced to improve teaching learning	Use of documentaries and its critical analysis in understanding. Student Presentations
Academic and personal guidance and counseling of the students	