

## Profile

- (a) Name: Dr Lovika P. Shikhu
- (b) Designation: Assistant Professor, Department of Psychology
- (c) Date of Joining: 19<sup>th</sup> October, 2012
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- (f) Educational Qualifications: BA (Honours) Psychology (University of Delhi),  
MA Psychology (University of Delhi),  
M.Phil Clinical Psychology (IHBAS, University of Delhi)  
PhD Psychology (Nagaland University)

## Academic and Research Contributions

### List of Publications:

- Shikhu, L.P., Jha, M., Sharma, V. (2012). Function- based Intervention for Tic disorder. *Delhi Psychiatry Journal*. October; 15(2): 428-431.
- Shikhu, L.P., Sharma, V., Singh, T.B. (2013). Association between I.Q. and S.Q. Scores on the basis of Performance test of Intelligence and Social Maturity Scale to determine Predictability. *Indian Journal of Developmental Disabilities*. 1(1): 18-25.
- Singh, N., Shikhu, L.P., Varma, R., Sharma, V. (2012). An exploratory study of caregiver burden and general wellbeing among the caregivers of patients with epilepsy. *Indian Journal of Health and Wellbeing*. 3(2), 503-506.
- Kumar, D., Shikhu, L.P., Sharma, V. (2017). Mental Health issues among Call Center Executives. *Behavioural Scientist*. 18 (1), 43-50.
- Mollier, S., Shikhu, L. P., Longkumer, I. (2017). Academic Achievement Motivation among Higher Secondary Students in Kohima. *Nagaland University Research Journal*. 10, 20-26

- Longkumer, I., Shikhu, L. P., Savino, S. (2019). A Study of Environmental Ethics among Nagas in Relationship with Gender. *Bio-Resources of North East India*, Purbayon publication, Satmail, Guwahati. 204-209
- Sharma, V., Shikhu. L. P., Jha. M. (2019). Sibling rivalry disorder: Issues of diagnosis and management- A case report. *Journal of Indian Association for Child and Adolescent Mental Health*. 15 (2), 140-153
- Shikhu, L. P., Longkumer, I. (2020). Parental Reflective Functioning and its relation with Type of Family and Level of Education among Naga Fathers. *Indian Journal of Psychology*. 210-213.

### **Seminar, Workshop, Congress in which participated**

- Attended and present a paper “Practical Intelligence: Its Implications on Ethnic Naga Women” in ICSSR Sponsored National Seminar from 26<sup>th</sup>-27<sup>th</sup> October 2013 on ‘Traditional Skill and Knowledge of Ethnic Women and Economic Development in North-East India’ at Moran Mahila Mahavidyalaya, Moranhat, Sivasagar, Assam.
- Attended and participated “A 10 days State Level Workshop on Methodology of Social Science Research” in ICSSR Sponsored in collaboration with ICSSR-NER, Shillong, from 30<sup>th</sup> October to 9<sup>th</sup> November 2012, organised by Department of Sociology, Nagaland University.
- Attended and participated “A Capacity Building Workshop for Faculty in Social Sciences” (Faculty Development Programme), in ICSSR Sponsored from 31<sup>st</sup> May to 13<sup>th</sup> June 2013, organised by Department of Sociology, Nagaland University.
- Attended and presented a poster paper “Sibling Rivalry Disorder: Diagnostic issues and management through Parent Child Interaction” in World Association for Infant Mental Health 14<sup>th</sup> World Congress, 14<sup>th</sup> – 18<sup>th</sup> June 2014 at Edinburgh International Convention Centre, Edinburgh, Scotland, United Kingdom.
- Attended one day Clinical exposure trip to Old Age Home Kohima on 22<sup>nd</sup> May 2015
- Attended one day Clinical exposure trip to Orphanage and Destitute Home Kohima on 27<sup>th</sup> May 2015
- Attended and participated “Gender, Social justice and Human rights: with reference to North-East” in National Seminar jointly organised by the National human Rights Commission, India and Nagaland University, Kohima campus, Meriema on 15<sup>th</sup> March 2017, SIRD Conference Hall, Kohima.

- Resource person on the topic “Adolescents and Mental Health” as part of Community outreach programme, Department of Psychology, Nagaland University on 27<sup>th</sup> April 2017 at Model Higher Secondary School, Kohima.
- Resource person on the topic “Intellectual disability” as part of Community outreach programme, Department of Psychology, Nagaland University on 2<sup>nd</sup> May 2017 at Jo Foundation (Inclusive school), Kohima
- Attended one day Clinical exposure trip to State Institute of mental Health on 3<sup>rd</sup> May 2017
- Invited as Resource person in “Two days Psychology workshop” at Modern Institute of Teachers Education (M.I.T.E), AG road, Kohima on 10<sup>th</sup> and 11<sup>th</sup> August 2017.
- Organising Secretary at Two day National Seminar on the theme “Mental Health in the Workplace” on the occasion of World Mental Health Day on 10<sup>th</sup> and 11<sup>th</sup> October 2017, Organised by Department of Psychology, at Nagaland University, Kohima Campus, Meriema.
- Invited as resource person in ‘Training of Trainers’ on Women’s Rights and Peace at SIRD auditorium, Opposite Solidarity Park, Kohima, Organised by Department of English, Nagaland University in collaboration with Naga Mother’s Association and Human Rights Law Network, On the Topic ‘Women and Mental Health’ on 14<sup>th</sup> November 2017.
- Attended and presented a paper “Mentalization-Based Cognitive Behaviour Therapy for Agoraphobia: A case Report” in 44<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologist, 23<sup>rd</sup> – 25<sup>th</sup> February 2018 at Gautam Buddha University, Greater Noida, UP.
- Attended and participated at “International conference on contemporary American Literature, History, Culture and Politics” held from 28<sup>th</sup> February to 1<sup>st</sup> March, 2019, Organised by The Department of English, Nagaland University.
- Attended and presented a poster paper “Computer Game Addiction with underlying Depression: Management with Mentalization-based Cognitive Therapy” in World Psychiatric Association, 19<sup>th</sup> World Congress of Psychiatry, 21<sup>st</sup>- 24<sup>th</sup> August 2019 at Lisbon, Portugal.
- Invited and attended as Resource person in “One day Psychology workshop” for Teachers on the topics “Children Mental Health”, “Child Psychology”, “Psychological Assessment for Children” at Hope Kidz Early Education Centre, AG colony, Kohima on 10<sup>th</sup> September 2019.
- Resource person on the theme “Mental health promotion and prevention of suicide” on occasion of World Mental health day 2019. The target group was: 1<sup>st</sup> October 2019, 3<sup>rd</sup> Semester students, Department of English, NU; 3<sup>rd</sup> October 2019, 3<sup>rd</sup> Semester students, Department of Education,

NU, 1<sup>st</sup> and 3<sup>rd</sup> Semester students, Department of Geology, NU; 4<sup>th</sup> October 2019, Department of Tenyeidie, NU.

- Resource person in “One day Psychology workshop” for parents and teachers on the topics “Psychological perspective on Parenting” and “A Secure base” at Hope Kidz Early Education Centre, AG colony, Kohima on 24<sup>th</sup> October, 2019.
- Resource person on the theme “Young people and mental health in a changing world” on occasion of Annual session of Thilixu Village Students Union, Dimapur, held on 22<sup>nd</sup> December 2019 at Thilixu Village Baptist Church, Dimapur, Nagaland.
- Resource person on the theme “Young people and mental health in a changing world” on occasion of 54<sup>th</sup> Annual session of Natsumi Students Union, held on 27-29<sup>th</sup> December 2019 at Natsumi Baptist Church, Pughoboto Area, Nagaland.
- Attended and participated at State level Workshop on “Gender Budgeting for Gender Equality in Rural Areas” held from 19<sup>th</sup> to 21<sup>st</sup> February, 2020, at Ladies Common room, Nagaland University, Kohima Campus, Organised by National Institute of Rural Development & Panchayati Raj, North Eastern Regional Centre, Ministry of Rural Development, Govt. of India in collaboration with Women’s Studies Centre & Department of Education, Nagaland University.
- Resource person on the theme “Psychological perspective on parenting” and “Women’s issues in mental health” on the occasion of one day women seminar held on 7<sup>th</sup> March, 2020, organised by Department of women ministry, Thahekhu Village Baptist Akukuhou, Dimapur.
- Resource person on the theme “Family and mental health in a changing world” on the occasion of International Women’s Day, held on 8<sup>th</sup> March, 2020, organised by Department of women ministry, Thahekhu Village Baptist Akukuhou, Dimapur.
- Resource person on the topic “Importance of mental health care for women, correlation of mental health to the wellbeing of women” on the Webinar theme “A pursuit of peace for women amidst challenges during COVID-19 lockdown, held on 12<sup>th</sup> June 2020, organised by Women’s studies centre, Nagaland University.
- Attended and participated at Webinar on “Naga peoples’ aspiration and ‘law and order’, held on 8<sup>th</sup> July 2020, organised by Naga peoples movement for human rights (NPMHR) Delhi chapter.
- Attended and participated at International Webinar on “Psychosocial impacts of COVID 19 Pandemic: Challenges and ways forward”, held on 10<sup>th</sup> July 2020, organised by National Academy of Psychology (India).

- Attended and participated at International Webinar on “Religion and Religious Conflict in India”, held on 31<sup>st</sup> July 2020, organised by National Academy of Psychology (India).
- Resource person on the theme “Media and Mental Health”, held on 18<sup>th</sup> February, 2021, WSBK centre, Akuvuto, Thahekhhu on Youth Pastors Symposium on Revival & Ministry, organised by Department of Youth Ministry, Western Sumi Baptist Akukuhou Kuqhakulu (WSBAK).
- Resource person on the theme “Women’s issues in mental health” and “Family and Mental Health in a changing world” on the occasion of one day women seminar held on 24<sup>th</sup> April, 2021, organised by Department of women ministry, Mao Baptist Church, Kohima.
- Attended and presented a paper “Mentalization Therapy for Reaction to Severe Stress and Issues of Attachment: A case Report” in 47<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologist, Virtual conference, 28<sup>th</sup> -30<sup>th</sup> May 2021, Armed Force Medical College, Pune.
- Resource person on the theme “Mental Health among Students” on 17<sup>th</sup> September, 2021, on 3<sup>rd</sup> Induction Programme for B.Tech First Year, Organised by School of Engineering and Technology, Nagaland University.
- Delivered a Talk as a Guest speaker on “National Symposium on Discrimination and Disparities”, on 23<sup>rd</sup> October, 2021, organised by North-East Cell, Hansraj College, University of Delhi.
- Convenor, International Symposium on Technology and Mental Health, Organised by Department of Psychology, Nagaland University on 26<sup>th</sup> November, 2021.
- Resource person on the theme “Media and Mental Health among Young People” held on 11<sup>th</sup> December, 2021, on Youth Revival, organised by Western Sumi Baptist Churches Association, venue, Xelhozhe Baptist Church.
- Resource person on the theme “ Youth mental Health: Diagnosis and Intervention, A clinical Perspective” on 17<sup>th</sup> February, 2022, organised by St Joseph University, Virgin Town, Ikishe Model Village, Chumoukedima, Nagaland.

- Resource person on the theme “Commemorating yourself towards a New Beginning” on 2<sup>nd</sup> June, 2022, organized by Nagaland University Student’s Union, Meriema Campus on the occasion of 18<sup>th</sup> Parting Social at RCEMPA Hall, Jotsoma.
- Resource person on the theme “Parents Mental Health” on 25<sup>th</sup> June, 2022, organised by Hope Kidz Early Education Centre, AG Road, Kohima.
- Resource person on the theme “Personal Counselling” on 19<sup>th</sup> July, 2022, on the occasion of Capacity Building programme, Don Bosco College, Kohima.
- Resource person on the theme “Mental Health among Students” on 30<sup>th</sup> August, 2022, on 4<sup>th</sup> Induction Programme for B.Tech First Year, Organised by School of Engineering and Technology, Nagaland University.
- Delivered a talk on the theme “I run for the prize” on occasion of 8<sup>th</sup> Biennial Conference of Mishikito Students Union, Dimapur, held on 6<sup>th</sup> January 2023 at Mishikito Baptist Church, Dimapur, Nagaland.
- Presented paper “Mentalization-Based Cognitive Therapy for Depression with underlying issues of Attachment” in 49<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologist, 10<sup>th</sup> to 12<sup>th</sup> February 2023 at SGT University, Gurugram.
- Resource person on the theme “Impact of mobile game addiction and social media among young people: The challenge for ministry” in Youth Board meeting cum Reskilling and upskilling, Nagaland Baptist Church Council, 23<sup>th</sup> March 2023 at NBCC Platinum Hall, Bayavu Hill, Kohima.
- Resource person on the theme “ Child Developmental Psychology: Current Perspectives” in 2-Day National Workshop on Child Developmental Psychology and Pedagogy, 6-7<sup>th</sup> June 2023, Organised by Bhavan’s Tripura Teacher Training College, Agartala, Tripura.
- Resource person on the theme “Young people and mental health in a changing world” and “Internet Gaming addiction: Issues & Prevention among young people” in Youth Seminar, 10<sup>th</sup> June, 2023 at Khamniungan Baptist Church Kohima.

- Resource person on the theme “Child developmental Psychology” and “Developmental disorders in children: Identification and Management” on 4<sup>th</sup> July 2023, on one day capacity building programme for teachers in Capstone school, Thilixu Village, Block II.
- Presented poster paper titled “Personality traits among hypertensive Naga Adults” on 1<sup>st</sup> Clinical Psychology society of India National Annual Conference, from 10<sup>th</sup> to 12<sup>th</sup> August, 2023, in association with Department of Clinical Psychology, National Institute of Mental health and neuroscience, held at Convention Center, NIMHANS, Bengaluru
- Resource person on the theme “Challenges and Management of Mental health issues among young people” and “Addictive behaviours among young people” on One day seminar of Youth pastors of Nagaland Police Baptist Association held on 6<sup>th</sup> September 2023 at Police headquarter, Chumukedima, Nagaland
- Attended and presented an oral lecture entitled “obsessive compulsive disorder with underlying attachment issue: Management with Mentalization based Cognitive Behaviour Therapy” in World Psychiatric Association, 23<sup>rd</sup> World Congress of Psychiatry, 28<sup>th</sup> September- 1<sup>st</sup> October at Vienna, Austria.
- Attended and presented poster paper “Is Depression indicating lack of spirituality? Management with Mentalization based Cognitive Therapy” in World Psychiatric Association, 23<sup>rd</sup> World Congress of Psychiatry, 28<sup>th</sup> September- 1<sup>st</sup> October at Vienna, Austria.
- Resource person on the theme “parent’s mental health” and “Mental disorders and management on children” on one day parents/teachers workshop, held on 1st November 2023 at Hope Kidz Early education centre, Kohima, Nagaland
- Resource person on the theme “Mental health and wellbeing: how to support your children and yourself” on the occasion of World Sunday school day, held on 5<sup>th</sup> November 2023 at Mao Baptist church Kohima, Nagaland
- Invited as a resource person on the theme “Mental Health for youth: Emotional intelligence and addiction” at 48<sup>th</sup> Sumi Aphuyemi Kiphimi Kuqhakulu Biennial conference held on 9<sup>th</sup> to 12<sup>th</sup> January 2024 at Puneboqa, Zunheboto.
- Invited as a resource person on the theme “Child Psychology and Mental Health” at Teacher’s Orientation Programme 2024, The Vineyard School, Kohima
- Invited as a resource person on the theme “Christian response to Mental Health” in Kohima Intercollegiate Evangelical Union, Leadership training camp 2024, held at Genesis Retreat Center, Jotsoma
- Invited as a resource person on the theme “Sexuality and Mental Health”, organized by Western Sumi Baptist Akukuhou, Department of Youth Ministry, on 10<sup>th</sup> February, 2024

- Presented paper titled “Mentalization and Trauma among Naga adolescents” on 50<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologist, from 8<sup>th</sup> to 10<sup>th</sup> February, 2024, organized by Department of Clinical Psychology, Sri Aurobindo University, Indore, Madhya Pradesh
- Presented paper titled “Internet Gaming Disorder, Self esteem and Depression among Naga Adolescents” on 50<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologist, from 8<sup>th</sup> to 10<sup>th</sup> February, 2024, organized by Department of Clinical Psychology, Sri Aurobindo University, Indore, Madhya Pradesh
- Invited as a resource person on the topic “ Psychological determinants of entrepreneurial intentions and behaviors” on 5 days Faculty Development Programme on Entrepreneurship, organised by Department of Management, NU, sponsored by Northe Eastern Council (NEC), Shillong and Indian Institute of Entrepreneurship, Guwahati held on 22<sup>th</sup> February, 2024 at Nagaland University, Kohima Campus
- Resource person on the topic “Women’s Mental Health: Current Perspective”, on One day state level Seminar on the theme “Focus on Women’s Mental Health for Economic Empowerment”, organized by Department of Psychology in collaboration with NABARD, Nagaland on 6<sup>th</sup> March, 2024 in Ladies Common Room, Nagaland University, Kohima Campus

### **Orientation Course attended**

- UGC Sponsored Orientation Course attended from 11<sup>th</sup> November 2013 to 06<sup>th</sup> December 2013 at Academic Staff College, Jawaharlal Nehru University, Delhi.

### **Refresher Course/ Faculty Development Programmes attended**

- UGC Sponsored Refresher Course in Contemporary Studies (Multi-disciplinary) attended from 6<sup>th</sup> April 2015 to 1<sup>st</sup> May 2015 at Academic Staff College, Jawaharlal Nehru University, Delhi.
- Attended and participated at “Capacity Building Programme for Young Faculty Members in Social Sciences” Sponsored by ICSSR, New Delhi from 8<sup>th</sup> to 21<sup>st</sup> May, 2018, organised by Department of Department of Education and Department of Teachers Education, Nagaland University, Kohima Campus, Meriema.
- Completed Swayam ARPIT online course certification on Refresher Course in Psychology, proctored examination held on 16<sup>th</sup> Feb, 2020.
- Completed Two weeks Faculty Development Programme on “ENHANCING PSYCHOLOGICAL SKILLS FOR TEACHING & PRACTICE” organised by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of Human Resource Development Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, from 15<sup>th</sup> September to 29<sup>th</sup> September, 2020.



- Completed online weeklong Faculty Development Program on “Implementation of NEP 2020 in Higher Education Institutions” organized by Teaching Learning Centre, Tezpur University under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, from 26<sup>th</sup> April to 2<sup>nd</sup> May 2023.
- Completed online weeklong Faculty Development Program on “Academic writing and Publication” organized by Teaching Learning Centre, Tezpur University under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, from 10<sup>th</sup> May to 16<sup>th</sup> May 2023.
- Completed “5 days Faculty Development Programme on Design, Develop and Deliver online/Blended learning courses ” Sponsored by National Institute of Educational Planning and Administration, New Delhi, from 7<sup>th</sup> Nov to 11<sup>th</sup> Nov, 2023, organised by Department of Teacher Education, Kohima Campus, Nagaland University.
- Completed four days “Academic Writing Workshop” from 13<sup>th</sup> to 16<sup>th</sup> February 2024 at NIT Silchar, Assam organized by National Institute of Education Planning and Administration (NIEPA) in collaboration with NIT Silchar, Assam