

Name: Prof. Rishika Baruah
Designation: Assistant Professor
Branch: Psychology



Educational Qualification(s):

Qualification(s)	University	Year of Completion
B. A (Hons. in Psychology)	Calcutta University	2018
M.A (Silver Medallist)	Sikkim University	2020
M.Phil. in Psychology	Sikkim University	2022
Ph.D. in Psychology	Tripura University	Thesis submitted May 2026
GATE (Psychology)		2021

Experience in years:

Academic :

Details:

Sl. No.	Organization	Position Held	Duration	
			From	To
	N/A			

Other Information:

a) PUBLICATION DETAILS

1. **Baruah, R., & Thingujam, N. S. (2025).** Personality Correlates of Alcohol Cravings among the Young Adult Males in Assam. *Indian Journal of Health and Wellbeing*, 16(1), 86-88.
2. **Baruah, R., & Panda, S (2025).** A Study on Psychological Well-being among Adolescents of Assam during the COVID-19 Pandemic. *Indian Journal of Health Studies*, 7(2)

3. **Baruah, R.**, Rai, S. Fear of COVID-19 2022. Psychological well-being and social support among the Working People of Assam during the 2nd wave of the COVID-19 pandemic. *Journal of Research in Humanities and Social Science*, 10 (5), 14-24.

Book Chapter:

1. **Baruah, R** and Thingujam, N. S. (2025). “Do Internet and Smartphone Use Predict Subjective and Psychological Well-being among the Tribal School-going Adolescents?” ed Ramalingam, Begum and Deori (254-264), Chennai, 2024.
2. Rai, S and **Baruah, R**. Impact of Social Media on the Mental Health of Adolescents in “Social Media Usage and Impact”, ed Swain and Das (259-269), New Delhi, Kunal Books, 2022.

(b) DETAILS OF SEMINAR/WORKSHOP/CONFERENCE.

- 1) **Baruah, R.**, & Thingujam, N. S. (July 21st-25th, 2026). Do gender, income, educational qualification, cultural drinking habits, and geographical location influence life satisfaction? Paper presented at the 31st *International Congress of Applied Psychology, ICAP-2026*. Florence, Italy.
- 2) **Baruah, R.**, & Thingujam, N. S. (December 10-13, 2025). Exploring Alcohol use among Working Professionals: A Theory of Planned behaviour Approach. Paper presented at the 10th *International Conference of the Indian Academy of Health Psychology*, Rajasthan International Centre, Jaipur, Rajasthan.
- 3) **Baruah, R.**, & Thingujam, N. S. (August 28- 30, 2025). Alcohol use and its Association with Life Satisfaction and Resilience in Women of Assam. Paper presented at the *International Conference on Global Perspectives in Psychology: Bridging Minds, Culture, Innovations at its Impact*, Department of Psychology, B.R.A Bihar University Muzaffarpur, Bihar.
- 4) **Baruah, R.**, & Thingujam, N. S. (November 22-24, 2024). Personality correlates of alcohol cravings among the young male adults of Assam. Paper presented at the 9th *International Conference of Indian Academy of Health Psychology, Mahatma Gandhi Kashi Vidyapith*, Varanasi.
- 5) **Baruah, R.**, & Thingujam, N. S. (November 3-5, 2023). Do Internet and Smartphone Use Predict Subjective and Psychological Well-being among the Tribal School-going Adolescents. Paper presented at 13th *InSPA International Conference, University of Science and Technology*, Meghalaya.

- 6) **Baruah, R., & Panda, S.** (January, 6-7, 2023). Psychological Well-being among the School-going Adolescents of Assam during the COVID-19 Pandemic. Paper presented at the *Graduate Research Meet organized by Department of Humanities and Social Sciences, Indian Institute of Technology, Guwahati, Assam.*
- 7) **Baruah, R., & Panda, S.** (February 23-24, 2022). A Qualitative Study on Parenting Styles and Psychological Well-being among School-going Adolescents of Assam during the COVID-19 Pandemic. Paper presented at the *International Conference on Positive Parenting (ICPP-2022) organized by the Department of Psychology and the IQAC, Christ Nagar College, Maranallor, Trivandrum, in association with Assumption University of Thailand & professional Psychologist of Kerala.*
- 8) **Baruah, R., Rai, S.** (January 27-29, 2022). Fear of COVID-19, Psychological distress and social support among the working people of Assam. Paper presented at the *57th National & 26th International Conference of the Indian Academy of Applied Psychology, Mizoram University, Mizoram.*

AWARDS AND RECOGNITIONS

- a. Qualified **GATE** Psychology 2021, AIR 271.
- b. Awarded with a **Silver Medal** at the 6th Convocation of Sikkim University for scoring the 2nd highest in the Masters of Psychology program.
- c. Invited as **guest speaker** in a webinar on “Stress Management” conducted by Master's students of the Department of Psychology, Tripura University.
- d. **Volunteered** at the 31st International Congress of Applied Psychology (ICAP-2026) in Florence, Italy, contributing to the successful organisation and coordination of this prestigious international conference.