

# Anuraag Prasad Lama

Date of joining college:

30th July 2019

Present designation:

Assistant Professor

Teaching experience:

Salesian College, Don Bosco Institution, Department of Psychology. (July 2017-July 2018)  
Worked as Assistant Professor.

Research area:

Industrial Psychology and Human Resource Management.

Achievements:

**National Eligibility Test** (July 2018).

Conducted by CBSE UGC

Activities:

**Workshop attended:** 23rd to 25th August, 2018. Co-convenor, Workshop on "Behavioral skills for effective living".

**Paper presented:** 16th-18th march, 2017. Paper titled "Cognitive emotion regulation strategies among young adults and elderly" at the 53rd National and 22nd International Conference of Indian Academy of Applied Psychology (IAAP- 2018), Department of Applied Psychology, Pondicherry University.