

# EDITORIAL BOARD MEMBER PROFILE

## **Name:**

Dr. Mansi Kapoor

## **Designation:**

Assistant Professor, Department of Psychology  
Desh Bhagat University, Mandi Gobindgarh, Punjab, India  
Email: 2795mansi@gmail.com  
Nationality: Indian

## **Academic Qualification (Highest):**

Ph.D. in Psychology – CT University, Ludhiana

## **Professional Summary:**

Dr. Mansi Kapoor is a psychologist, researcher and academician dedicated to advancing mental health awareness and emotional well-being. Her doctoral research examined the impact of social media addiction on emotional competence, happiness and aggression among school-going adolescents. With a strong academic foundation and clinical experience, she integrates theory with therapeutic practice to mentor students and support clients effectively.

## **Teaching & Academic Experience:**

- Assistant Professor, Desh Bhagat University
- Supervises UG & PG research projects
- Conducts seminars on Behavioral & Clinical Psychology
- Former Counselling Psychologist, Refocus Behavioural Sciences, Ludhiana (2019–2024)

## **Professional Certifications:**

- Cognitive Behavioral Therapy (CBT) for Depression – AIIMS New Delhi
- Emotional Regulation Therapy – AIIMS New Delhi
- Organizational Behaviour Counselling – KARMA Counselling, New Delhi
- Certified in Rorschach Inkblot, Intelligence & Fairy Tale Testing
- Training in Relationship & Family Therapy

## **Research Publications & Conferences:**

- 2 UGC-CARE-listed publications
- Research areas: emotional regulation, adolescent psychology, digital exposure
- Presented papers at national & international conferences

## **Skills & Expertise:**

Psychological Assessment • CBT • Emotional Regulation • Adolescent Behaviour • Therapeutic Intervention • Counselling Psychology • Research Supervision

## **Editorial Role:**

Member, Editorial Advisory Board