



GOVERNMENT GENERAL DEGREE COLLEGE, RANIBANDH

FACULTY PROFILE

DEPARTMENT OF EDUCATION

CHAYAN ADAK



Designation	Assistant Professor (W.B.E.S.)
Address	Vill-Ampala, P.O.-Rajhat, P.S.-Polba, Dist-Hooghly, Pin- 712123, West Bengal
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Educational Qualification

Degree	Institution	Year
Ph.D. (Pursuing)	Jadavpur University	2021 - till date
M.Phil	Jadavpur University	2020
P.G.	Jadavpur University	2018
U.G.	The University of Burdwan	2016

Research Areas

- Life Skills Education
- Positive Psychology
- Mental Health & Well-being

Areas of Interest/ Specialization

- Educational Technology
- Educational Research
- Educational Management, Administration and Leadership

Career Profile

- Teaching Assistant at UGC-NET Coaching, SC/ST/OBC Cell, Jadavpur University, Jadavpur, Kolkata (July 2022 - April, 2024)
- Visiting Faculty at The Bhawanipur Education Society College, Kolkata (May 2024-December 2024)

- Serving as an Assistant Professor of Education at Government General Degree College, Ranibandh since 02nd January 2025.

Publication (UGC-CARE -08; Peer reviewed - 06; Book Chapter - 01)

1. Adak, C., Mandal, C., Mura, G. C., Paria, M. & Sinha, M. (2024). **Relationship Between Self-Esteem and Well-Being of Tribal Students**. *International Journal of Educational Sciences*, 45 (3), 94-103, ISSN: 0975-1122
2. Khan, W.A., Sarkar, R., Hossain, A., Ansari, M. S. H. & Adak, C. (2024). **Prevalence of Depression, Anxiety, and Stress among Higher Secondary Students in Paschim Medinipur**. *The International Journal of Indian Psychology*, 12(3), 2951-2961. DIP:18.01.285.20241203, DOI:10.25215/1203.285
3. Sarkar, J., Das, D., Khan, W. A. & Adak, C. (2023). **Decision Making and Subjective Wellbeing: An Investigation on Secondary School Learners in West Bengal**. in P. Biswas, L. Mallick & D. A. Hansed (Eds), *Modern Trends and Innovation in Education* (pp. 221-234). Walnut Publication, ISBN: 987-93-5911-013-4
4. Adak, C., Khan, W. A., Panda, B. K. & Sinha, M. (2023). **A review of empirical studies on role of mindfulness practices in promoting subjective wellbeing**. *Education and Society*, 46(3), 68-76, ISSN: 2278-6864
5. Adak, C., Panda, B. K. & Sinha, M. (2022). **A study on resilience during the first wave of COVID-19 in India**. *Towards Excellence, UGC-HRDC Gujarat University*, 14(2), 1119-1131, ISSN: 0974-035X
6. Adak, C. & Panda, B. K. & Sinha, M. (2022). **Use of critical thinking skills by freshman year students in colleges of Hooghly district**. *South India Journal of Social Sciences*, XX(1), p.97-104, ISSN: 0972-8945
7. Adak, C. & Aich, P. (2022). **Mental Health status of corporate workers: A cross-sectional Survey in Assam**. *International Journal of Novel Research and Development*, 7(12), b404-b410, ISSN: 2456-4184
8. Khan, W. A., Adak, C., Hossain, A. (2022). **A study on perceived psychological stress among the Junior High Madrasah students at Paschim Medinipur district in West Bengal**. *International Journal of Enhanced Research in Educational Development*, 10 (1), 132-136, ISSN: 2320-8708
9. Adak, C. & Sarkar, K. (2021). **Gender differences on Self-esteem, Locus of Control and Resilience among young adolescents**. *Journal of Research in Humanities and Social Science*, 9(2), 1-6, ISSN: 2321-9467
10. Adak, C. & Hossain, A. (2020). **General Anxiety Disarray among Unemployed youths in Covid-19 Circumstances at Kolkata**. *Shodh Sanchar Bulletin*, 10(40), 13-19, ISSN: 2229-3620
11. Adak, C., Roy, B., Mandal, C. & Sinha, M. (2020). **Educational Ideals of Mahatma Gandhi: Nurturing Character, Values and Responsibility**. *Shodh Sarita*, 7(26), 27-31, ISSN: 2348-2397

12. Adak, C. & Panda, B. K. (2020). **Listening skill among socially disadvantaged students in relation to academic performance at higher education in West Bengal**. *Journal of Social Science Research*, 16, 99-107, ISSN: 2321-1091
13. Adak, C. (2020). **How empathetic the students in higher education at Hooghly district are?**. *International Journal of Advanced Education and Research*, 5(2), 95-100, ISSN: 2455-5746
14. Adak, C. (2019). **Relationship between Emotional Intelligence and Academic Performance among Scheduled Tribe students at Higher Education in Hooghly District**. *RESEARCH REVIEW International Journal of Multidisciplinary*, 4(11), 81-87, ISSN: 2455-3085
15. Adak, C. (2019). **Emotional Intelligence among Higher Education students in West Bengal: A study on Stream, Gender, Level of Education and Habitat**. *International Review of Social Sciences and Humanities*, 9(7), 641-649, ISSN: 2250-0715

Research Paper Presentation in Conferences

1. Adak, C. & Goswami, P. (2023). **"Children's Right to Mental Health: A Primary Education Teachers' perspective"**. Paper presented at two-day International seminar titled Dialogues on Human Rights: A Reflection of Contemporary Society. Organized by the Department of Education, Jadavpur University held on 21th & 22th March, 2013.
2. Adak, C. & Aich, P. (2021). **"Mental Health Status of Corporate Workers: A Cross-Sectional Survey In Assam"**. Paper presented at two-day Virtual National Conference titled Progressive India: Corporates and The Pandemic. Organized by the Department of Commerce (Morning Section), St. Xavier's University, Kolkata in collaboration with St. Xavier's University Kolkata Alumni Association held on 28th & 29th August, 2021.
3. Adak, C. (2020). **"The Effect of Life Skill Intervention Programme among the students at Higher Education in Kolkata"**. Paper presented at two-day international conference titled Community & Mental Health: Connect, Communicate and Care. Organized by the Department of Education, Jadavpur University in collaboration with Mental Health Foundation, Kolkata held on 3rd & 4th January, 2020.
4. Adak, C. (2019). **"A Study on Emotional Intelligence among students at Higher Education Level in Four districts of West Bengal"**. Paper presented at One Day International Seminar titled Education in 21st Century: Issues and Challenges. Organized by the Department of Education, Belda College in collaboration with Department of Education, Jadavpur University held on 1st April, 2019.

Awards and Distinction

- **Junior Research Fellowship (JRF)** awarded by University Grants Commission in 2018
- **Best Paper Presentation Award** in the 1st virtual national conference on "PROGRESSIVE INDIA: CORPORATES AND THE PANDEMIC" awarded by Department of Commerce, St. Xaviers University, Kolkata

Other Academic Achievements

- UGC-NET (2017)
- WBSSET (2017)
- UGC-NET (Junior Research Fellowship, 2018)

Vision

As an assistant professor, my vision is to excel in teaching, research, and service. I strive to create an engaging learning environment for students, actively participating in the advancement of knowledge within our field by producing high-quality research publications that significantly contribute to the existing body of literature and contribute to the broader academic community through service activities. Beyond research and teaching, I am passionate about serving the college community. I am eager to contribute to the academic life of the college through active participation in committees, develop and implement innovative outreach programs that benefit the community, and actively engage in initiatives that foster a sense of belonging and connection.