



**Name: Dr. Parvati Varma**

**Designation: Assistant Professor**

**Qualifications: M.Sc, Ph.D.**

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### ***Biographical Sketch***

Dr. Parvati Varma is an Assistant Professor in the Department of Psychology at St. Xavier's University. She completed her M.Sc. in Psychology and received the Gold Medal for her meritorious rank from Sikkim Central University. She received her PhD from Sikkim Central University in 2024. With over five years of dedicated teaching and mentorship, her academic career is driven by a commitment to integrating rigorous research. Before her current appointment, she served as a Guest Faculty at Sikkim Central University for two years, where she taught postgraduate courses and supervised student dissertations. She further expanded her interdisciplinary engagement as a Visiting Faculty at Sikkim Government Nursing College for one year, teaching interdisciplinary courses.

As a researcher, Dr. Parvati Varma actively contributes to the scholarly community. Her work includes publications in Scopus-indexed international journals and national peer-reviewed journals, as well as authored book chapters in edited volumes. She regularly presents and engages with peers at national and international conferences, fostering academic collaboration.

Central to Dr. Parvati's teaching philosophy is the belief that failure is a critical and necessary component of academic and professional development. She aims to cultivate not only skilled researchers but also empathetic, ethically grounded future psychologists, empowering them to make meaningful contributions to both the field and society.

### ***Areas of Specialisation and Research***

Her primary areas of interest lie in Social Psychology and Organizational & Industrial Psychology. A central pillar of her research agenda is working in interdisciplinary spaces where

these core fields intersect with other domains, exploring areas such as interpersonal relationships, digital mental health, the relationship between fashion and psychology, and the psychosocial impact of mass media.

### **Teaching Experience**

- Assistant Professor at St. Xavier's University, Kolkata - 2026 till date
- Assistant Professor at Amity University, Kolkata - 2024 to 2026
- Guest Faculty at Sikkim Central University, Gangtok - 2017 to 2019
- Visiting Faculty at Sikkim Government Nursing College - 2018 to 2019

### **Administrative Responsibility**

She served as an active member of the Examination Sub-Committee for University Examinations, representing Amity Institute of Psychology and Allied Sciences at Amity University Kolkata. Further, her responsibilities also extended to setting and moderating question papers, as well as examining answer scripts. In addition to her academic duties, she also contributed to campus life by acting as the Faculty Co-ordinator for the annual Inter-Amity Sports Meet, 'SANGATHAN' in Amity University, Kolkata.

### **Publications**

#### **Chapter published in Books**

- (2025) **“A Rising Toll: Socio-Psychological Insights into Suicides in Northeastern India”**, Bridges of Knowledge: Integrating disciplines for a new era, (Akshat Bose, Parvati Varma), Edited by Dr. K. Mahesh. CIRS Publishers, New Delhi. Pp 105-113, ISBN: 978-81-982859-8-0
- (2025) **“The Hidden Toll of Ageism: Mental Health, Social Relationships and Vulnerability to Abuse”**, Recent Research Trends in Psychology. (Atreyee Bhattacharyya, Rajashree Roy Som, Parvati Varma) Edited by Dr. M. Muthamizhselvan. Integrated Publications, (2nd ed) Pp 15-38, ISBN:978-93-5834-798-2.
- (2025) **“Fashion Illustration in the Age of AI: From Handcrafted Artistry to Algorithmic Aesthetics”**, The Fabric of Code in the Age of Digital Fashion and Identity, (Swapnil Hazra, Parvati Varma), Writersgram Law House.Pp 368-378, ISBN: 978-93-5485-738-6

## Article published in Peer-reviewed journals

- (2025) **“Exploring Online Romance in India During COVID-19: A Case of Committed vs. Casual Romantic Relationships”**, *Interpersona: An International Journal on Personal Relationships*, (Maheshwari, S., Varma, P., Barman, J. D., & Narain, S) Vol.19 (2), e632-e632.
- (2025). **“Emotional consequences of infidelity: Guilt and regret experiences among perpetrators of cheating in heterosexual dating relationships.”**, *The Family Journal*, (Varma, P., & Maheshwari, S.) Vol. 33(3), 392-398.
- (2024). **“How do people betray in relationships? Understanding the process of infidelity in dating relationships.”** *Deviant Behavior*, (Varma, P., & Maheshwari, S.) Vol. 45(1), 126-138.
- (2023). **“Why did I cheat on my partner? Mapping the motives of infidelity in dating relationships through the perpetrators.”** *The Family Journal*, (Varma, P., Barman, J. D., & Maheshwari, S.)
- (2023). **“Infidelity and Social Media: Investigating Differences in Social Media Use among Perpetrators and Victims of Infidelity.”** *International Journal of Indian Psychology*, (Varma, P.) Vol. 11(3).
- (2022). **“The conflicts and conflict management in stable middle-class marriages: An Indian perspective.”** *The Family Journal*, (Barman, J. D., Maheshwari, S., & Varma, P).