

FACULTY PROFILE



Personal Information

Name : Dr. John Lalmuanawma
Designation : Assistant Professor
Department : Social Work
Mobile Phone : 8730840834/7005274893
Email : lalmuanawmajohn@gmail.com

Teaching Areas : Social Work Research, Social Case Work and Counselling
Research Interests : Family and Child Welfare, Human Sexuality, Gender Studies, Social Health and Development, Adolescents and Youth Development.

Educational Qualification:

- PhD : Mizoram University, Mizoram, 2024
- MPhil : Mizoram University, Mizoram, 2019
- MSW : St. Aloysius College, Mangaluru, Karnataka, 2017
- BSW : Martin Luther Christian University, Shillong, Meghalaya, 2015

Other Qualifications and Achievements:

- UGC NET-JRF, 2018
- Post Graduate Diploma in Counselling (PGDC), 2017
- Post Graduate Diploma in Human resource Management (PGDHRM), 2016

Professional Experience:

- Assistant Professor at ICFAI University, Mizoram since 2024 to present

Paper Publications:

1. *Psychosocial Issues and Well-being of Adolescents in Single Parent Families*. Mizoram University Journal of Humanities and Social Sciences. Vol. 6., Issue No. 1. Refereed Journal. June, 2020
2. *Psychosocial Issues of Working Women and Work-Family Conflict: A Systematic Review*. Madhya Bharti. Vol. 82., Issue No. 7. UGC-Care Listed Journal. June 2022.
3. *Implications of Work-Family Balance and Quality of Life: A Cross Sectional Study*. Journal for ReAttach Therapy and Developmental Diversities. Vol. 6., Issue No. 1. Scopus Indexed Journal. September, 2023
4. *The Impact of Children's Digital Addiction on their Lifestyle and Academic Performance: An-In-depth Review*. International Journal of Creative Research Thoughts. Volume 13., Issue 1. Peer Reviewed. January 2025
5. *Psychosocial Complexity and Effective Coping Mechanisms of Work-Family Balance in Mizoram, India*. International Journal for Multidisciplinary Research. Volume 7., Issue 2. Peer Reviewed. March, 2025

Papers Presented:

1. Presented a paper entitled "*Family Environment and Well-being of Adolescents Living with Single Parent Families*" on Contemporary Psychosocial Issues – II organized by MZU Psychology Alumni Assn. in collaboration with Psychology Department, MZU during 30th Nov, 2019, Aizawl.
2. Presented a paper entitled "*Social Support of Adolescents Living with Single Parents*" on Women's Participation in Research & Development in North-East India organized by Department of Management, MZU during 4 & 5th February, 2020.
3. Presented a paper entitled "*Dimensional Approach to Work-Family Balance*" on National Online Seminar on Family, Community, Health and Well-being: Patterns Process and Outcomes of Social Work Research in India organized by Department of Social Work, Mizoram University during 23-24 June, 2021.
4. Presented a paper entitled "*Single Parent Families, Family Environment and Well-being of Adolescents in Mizoram, India*" on 9th Indian Social Work Congress 2021 (ISWC) organized by MSSISW, Nagpur, MASWE and NAPSWE during 28th to 30th October, 2021.
5. Presented a paper entitled "*Working Women and Quality of Life during Covid-19 pandemic: An Insight*" on Realities of Marginalization and Marginality in Media

organized by Department of Mass Communication, Mizoram University during 21st & 22nd April, 2022.

6. Presented a paper entitled “*Social Perception on Work-Family Balance and Mental Health of Women*” on Recent Trends in Public Administration: G20 Perspectives organized by Dept. of Public Administration, Mizoram University during 23rd & 24th May, 2023.
7. Presented a paper entitled “*An Exploratory Review of the Existing Scheduled Tribe Laws in India*” on Tribal Law in India: Contemporary Social and Cultural Studies organized by Gov’t Mizoram Law College during 27th September, 2024.