



Dr. Manpreet Ola is an academician, researcher, and RCI-registered Clinical Psychologist currently serving as **Associate Dean, Department of Psychology, IILM University**. She brings extensive experience in higher education, clinical practice, research, curriculum development, and academic administration.

She has previously headed the Department of Clinical Psychology at G D Goenka University. Her expertise lies in Clinical Psychology, Positive Psychology, Mental Health, Psychological Assessment, Psychotherapy, and Well-being. She has actively contributed to the development and implementation of RCI-regulated psychology programs and has extensive experience in teaching, mentoring, curriculum design, and student development.

As a researcher and author, Dr. Ola has published numerous research papers, book chapters, and books on contemporary psychological and social issues. Her research focuses on mental health, resilience, positive psychology, gender issues, aging, well-being, and psychosocial interventions. She is committed to promoting evidence-based mental health practices and fostering an engaging learning environment that bridges academic excellence with clinical competence.

Educational Qualification

- **Ph.D. in Clinical Psychology**, The IIS University, Jaipur (2019)
- **M.Phil. in Clinical Psychology**, Amity University, Uttar Pradesh (2015)
- **M.A. in Psychology**, The IIS University, Jaipur (2013)
- **B.A. (Hons.) Psychology**, University of Delhi (2011)

Research and Scholarly Publication

BOOKS:

- **Stigmas to Hindrances (Notion Press, 2017)** – A book addressing contemporary social and psychological issues.

- **One with the Wings: Traveller's Tales** (Notion Press, 2020) – A collection of travel narratives and reflections exploring diverse cultures, experiences, and personal growth through travel.
- **Bhagavad Gita Gyan on Leadership and Psychology** (2025) – An interdisciplinary work integrating the timeless wisdom of the Bhagavad Gita with contemporary perspectives on leadership, psychology, well-being, and personal development.
- **A Tribute to My Mother: A Family's Journey Through Cancer** (2025) – A deeply personal and reflective work chronicling a family's journey through the challenges of cancer, highlighting resilience, caregiving, hope, grief, and the psychological dimensions of illness and healing.

Scopus/Indexed Publication

- Prasad, A., **Ola, M.**, Dheeraj, & Babbar, A. (2026). *Communication and Soft Skills for Youth Employability in Indian Higher Education: A Psychological Perspective Aligned with the Vision of Viksit Bharat 2047*. **Journal of Informatics Education and Research**, Vol. 5, Issue 4.
- Sharma, S. & Ola, M. (2025). *Cross-domain Vulnerabilities in Youth: The Need for Interventions to Enhance Emotional Regulation, Self-esteem and Self-compassion*. *International Journal of Economic Perspectives*.

UGC CARE LIST PUBLICATION

- **Ola, M. (2026)**. *Understanding Post-Traumatic Growth Through the Narratives of Disaster Survivors*. **International Journal of Indian Psychology**, Volume 14, Issue 1, January–March 2026.
- Ola, M. & Singh, D.C. (2016). *Promoting Resiliency in the Youth of Kashmir*. *Indian Journal of Positive Psychology*.
- Ola, M. (2016). *Impact of Eudaimonic Well-being on Depression, Anxiety, Stress and Meaning at Work in Male and Female Doctors*. *Indian Journal of Health and Wellbeing*.
- Borah, A., Sharma, V. & Ola, M. (2020). *Fathers as Caregivers of Children with Autism Spectrum Disorder: A Review*. *International Journal of Indian Psychology*.

- Pathak, S.K., Sharma, V. & Ola, M. (2020). *Mental Health and Resilience among Transgender: A Review*. International Journal of Indian Psychology.

BOOK CHAPTERS

- Depression, Anxiety, Stress and Spirituality in Homosexuals (Lesbians and Gays) and Heterosexuals: A Comparison, published in Psychological Issues and Interventions in Health and Well Being (ISBN: 978-93-85777-3-2).

OTHER PUBLICATIONS

- Ola, M., & Mathur, R. (2018). *Various environmental factors and their impact on subjective well-being on the older adults*. Indian Journal of Health and Wellbeing, 9(1), 89–92.
- Ola, M. (2016). *Impact of spirituality on depression, anxiety and stress of students preparing for competitive exams*. The International Journal of Indian Psychology, 3(3).
- Ola, M., & Singh, D. C. (2016). *Are people intolerant towards inter-faith and inter-caste marriages in India?* Indian Journal of Health and Wellbeing.
- Banerjee, P., & Ola, M. (2016). *Psychology behind metaphors*. Indian Journal of Health and Wellbeing.
- Ola, M. (2016). *Burnout and Mental Health: Imperial Journal of Interdisciplinary Research*, 2(11).
- Ola, M., Singh, D. C., & Verma, T. (2015). *Correlating internalized homophobia, depression, anxiety, stress and spirituality in homosexuals (lesbians and gays)*. Indian Journal of Health and Wellbeing, 6(7).