

## DR. GUNJAN TEWARI (Ph.D.)

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### EDUCATION

- Ph.D. in Applied Psychology, University of Calcutta, India** 2002 – 2008  
Complete Thesis available [here](#).
- Masters in Science- Applied Psychology, University of Calcutta, India** 1995 – 1997
- Specialization in Clinical Psychology
  - Courses taken – Cognitive, Educational, Counselling, Clinical, Forensic, Personality and Social Psychology, Psychometry, Research Methodology, Psychodiagnostics, Psychotherapy. Practicals. Dissertation titled 'Impact of Paternal Perception on The Desired Characteristics of a Husband Among Unmarried Girls'
  - Grade Obtained – **First Class; GPA-3.73; Credits- 41 (WES credential)**
- Bachelors in Science, Gokhale Memorial Girls College, University of Calcutta,** 1992 – 1995
- Major- Psychology
  - Minor- English, Economics, Education
  - Grade Obtained – **First Class; GPA-3.14; Credits-126 (WES credential)**
- Indian School Certificate, Class XII, La Martiniere for Girls, Council for the Indian School Certificate Examination, New Delhi, India** 1992
- Subjects taken- English, Hindi, Home Economics, Psychology, Sociology, Structure of Commerce
  - Grade Obtained – **86.5%**

### PROFESSIONAL EXPERIENCES

- Practicing Clinical Psychologist, Psychotherapist, Psychometrician** 1997 – Ongoing
- Assessed and treated patients with Anxiety, Depression, OCD, Conversion Disorders, Psychosomatic Disorders using CBT, Behaviour Therapy, Behaviour Modification, Client Centred Therapy – eclectic approach
- Practicing Psychoanalyst, Member of International Psychoanalytical Association, Indian Psychoanalytical Society** 2010 – Ongoing
- Registered Psychologist with the Rehabilitation Council of India – CRR No. A 18714**
- School Counsellor, La Martiniere for Girls, Kolkata, India** 2009 – Ongoing
- Advised individual students on Behavioral, Academic, Psychosocial Issues and Careers Choices
  - Administered battery of tests for Career Counselling – Aptitude, Interest, Personality, Values
  - Assessed and referred children with developmental disorders
  - Designed and implemented yearlong school programs on Anti bullying, Peace, Citizenship, Empathy, Life skills
  - Conducted workshops for students on – Social Emotional Skills, Life skills, involving topics like Stress, Anger, Time Management, Concentration, Efficient Study Techniques, Body Shaming, Eating Disorders, Happiness, Resilience, Substance Abuse, Self-Harm, Mindfulness, Meditation, Mental Health, Employability Skills, Communication, Discipline, Empathy, Integrity, Team work, Conflict Resolution, Peer Pressure, Social Anxiety, Gender Roles, Relationships, Social Media Addiction, Cyber Bullying, Digital Footprints
  - Conducted workshops for teachers on Behavior Management in classrooms, Mojo, Teachers as Counsellors, Circle Time, Administering Pediatric Symptom Checklist (PSC), Implementing Life Skills, National Education Policy, POCSO, Capacity Building, Identification of Behavioral and Academic difficulties
  - Sensitized parents on child and adolescents' issues through individual counselling, workshops and regular articles on the school website.
- Psychologist, [Manochikitsa.com](http://Manochikitsa.com) – Online Counselling Portal** 2022 – Ongoing
- Working as Counsellor and Psychotherapist
- Resource Person** 2005 – Ongoing
- Conducted Behavioral workshops for corporate, social, non-governmental organizations

### TEACHING EXPERIENCES

- Guest Lecturer, Girindrashekhar Institute of Psychological and Educational Research, Affiliated to Netaji Subhash Open University** 2011 – 2016
- Taught students enrolled in Post Graduate Diploma in Psychological Counselling, courses such as Psychodiagnostics, Counselling and Psychotherapy
  - Responsible for Supervision of Dissertations, Conducting Theory, Practical and Viva Voce Examinations, Curriculum Appraisal

**Guest Lecturer, Manovikas Kendra -Training and Research Centre for Special Education** **2005 – 2013**

- Taught students of Bachelors in Education, (Special Education), courses such as ABA, Behavior Modification, Behavior Therapy, Developmental Disorders and its Management, Growth and Development, Guidance and Counselling, Psychodiagnostics, Statistics. Taught under the 'Continuing Rehabilitation Education' program of the Rehabilitation Council of India

**Guest Lecturer, Jogomaya College, University of Calcutta** **2002 – 2003**

- Taught students enrolled in Undergraduate Course with Psychology major, courses such as General, Developmental, Educational Psychology, Guidance and Counselling

## OTHER EXPERIENCES

- Conducted Webinars on Mental Health, Behavioral Problems of Childhood, 2020 – Ongoing
- Participated in Panel Discussions/ Interactive Sessions on Television for Behavioral Problems in Children
- Provided consultation at Dakshin Kalikata Sevashram – Orphanage for boys, 2012 – 2014
- Assessed and counselled at the "Service Program Unit" of Calcutta University, Dept. of Applied Psychology, 1995 – 1997
- Volunteered for Manovikas Kendra – Training and Research Centre for Special Education, 1996 – 1997
- Volunteered for Substance Abuse Program of Institute for Psychological and Educational Research, 1995

## AWARDS

- Passed **National Eligibility Test**, Eligibility for Lectureship in Universities and Colleges of India **1999**
- Received **Scholarship from National Scholarship Scheme of Government of India**, for studying Masters **1995**

## WRITINGS

- **'Transformation of Aggression to Aggressive Symptoms'**- Clinical Paper
- **'Aggressive Instincts and its Different Forms'** – Theoretical Paper, as part of the requirements for membership to International Psychoanalytical Association.

## OTHER QUALIFICATIONS

- **Foundations of Positive Psychology**, Coursera, University of Pennsylvania **2023 – Ongoing**
- **Masters in Hindi**, Indira Gandhi National Open University **2020 – Ongoing**
- **Vedanta and Advanced Vedanta Course**, Chinmaya International Foundation, Ernakulam, India **2020**
- **Post Graduate Diploma in Vaastu Shastra** (Ancient Science of Architecture) **2019**  
Government of Rajasthan, India
- **Certificate in Play Therapy**, Samikshani, Centre for Psychoanalytical Studies and Mental Therapy, Kolkata, India **2015**
- **EPICT Certification Course**, (Technology in Classrooms), NIIT, India **2013**
- **Certificate in Guidance**, Indira Gandhi National Open University [Grade – First Class] **2001**
- **Diploma in Human Resource Development**, National Institute of Personnel Management, Chennai, India, [Grade – First Class] **2000**
- **Diploma in Interior Designing**, Jenson & Nicholson, India **1993**

## CONFERENCES & WORKSHOPS ATTENDED

- Jenny Mosley's - 'Quality Circle Time'
- **Working with Children & Adolescents with Learning Difficulties & Autism**
- **Challenges in Meeting Mental Health Needs of Children and Adolescents in Schools**
- **Building Schools That Care**
- **Family Health Education** for Educators to deal effectively with **Sexuality issues in Adolescents**
- **Classroom Management Techniques**, Council for Indian School Certificate Examination
- **Stress Management**, Council for Indian School Certificate Examinations
- **Students' Mental Health**, University of Calcutta
- **School Mental Health**, Institute of Neuroscience, Kolkata
- **International Autism Conference**, India Autism Centre, Kolkata

## RESEARCH INTERESTS

- Children and Adolescent Issues
- Social Emotional Learning
- Happiness, Self-Actualisation and Positive Psychology
- Marriage and Relationship Dynamics
- Family Dynamics
- Mothering and Parenting
- School Milieu, School Systems, Teaching Methodologies
- Relationship Of Culture and Communities to Mental Health
- Religion, Spirituality and Psychological Well Being
- Mindfulness Meditation