

Shyamolima Ghosh Choudhury (Ph.D.)



Curriculum Vitae

Current Position: Assistant Professor of Psychology

Contact Details: Department of Psychology, Gargi College
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Education

- Ph.D. Psychology, University of Delhi.
- M.A. Psychology, University of Delhi.
- B.A. Applied Psychology, University of Delhi.
- National Eligibility for Teaching, University Grants Commission, India.
- Advanced PGD in Mindfulness based Cognitive Psychotherapy (2024).
- Post Graduate Diploma in Psychotherapy and Counselling with Children and Adolescents, Tata Institute of Social Sciences, Mumbai.
- One year Narrative Therapy, Dulwich Centre.
- Solution Focussed Brief Therapy, IASFTI.
- Diploma in Community Mental Health, NIMHANS, Bangalore.
- Class X and XII, Meghalaya Board of School Education, India.

Employment

- Assistant Professor of Psychology at Gargi College, University of Delhi from 2017 till date.
- Faculty at Dept. of Psychology, Jamia Millia Islamia for the semester Jan-June, 2017.
- Faculty at Ambedkar University, Delhi from 2010-2014.
- Counsellor at Safdarjung Hospital, New Delhi from 2005-2007.
- Guest Faculty at Bharati College, University of Delhi, 2017.
- Guest Faculty at Gargi College, University of Delhi, 2005, 2006, 2008, 2012.

Awards and Honours

- University postgraduate scholarship for pursuing PhD.
- University Gold medal for First position in Applied Psychology, University of Delhi with highest marks obtained in all papers.
- First Position in First Year, BA (H) in Applied Psychology.
- First Position in Second Year, BA (H) in Applied Psychology.
- First Position in Class XII examinations, Meghalaya Board of School Education.
- Highest marks in Education, MBOSE Class XII examinations.
- National post-Matric scholarship award.

Publications

- Ghosh Choudhury, S., Chaudhary, S. & Phogat, P. (2023). Romantic Relationships during the COVID-19 pandemic: Stressors, Dyadic Coping and Conflict Resolution. *Indian Journal of Psychiatric Nursing*, Vol.20 (1): 13-20.
- Ghosh Choudhury, S. & Bhatia, S. (2023). Media Literacy: Relevance and Implications for Adolescents. *Journal of Media Literacy Education*. *Int J Edu Sci*, 40(1-3): 17-23. DOI: 10.31901/24566322.2023/40.1-3.1264
- Ghosh Choudhury, S. 2022. Environmental Perception and Cognition. *Indira Gandhi National Open University press*. <http://egyankosh.ac.in//handle/123456789/87639>
- Ghosh Choudhury S., Ananya, Katoch S. & Tanishqa (2021). Countering The Rise in Covid-19 Related Procrastination: An Intervention Study. *International*

Journal of Indian Psychology, 9(3), 616-627. DIP:18.01.060.20210903, DOI:10.25215/0903.060

- Ghosh Choudhury, S. (2015). New Discourses on Womanhood: exploration of Neoliberal Subjectivities in Contemporary India through a Case Study. *Psychological Studies*. DOI 10. 1007/s12646-015-0325-7.
- Bhola, R.M. and Ghosh Choudhury, S. (2013). A Psychological Critique of Womanhood and Identity. *International Journal of Social Science and Interdisciplinary Research*. Vol. 2 (11).
- Ghosh Choudhury, S. and Bhowmik, K.T. (2008). Stress and Coping strategies amongst cancer patients. *Radiation Oncology*, Vol. 8, Number 1.

Conferences

- Ghosh Choudhury, S. *Media Literacy: Relevance and Implications for Adolescents*. 56th National and 25th International conference of Indian Academy of Applied Psychology, 18th to 20th February, 2021.
- Ghosh Choudhury, S., Chaudhary, S. and Phogat, P. Lockdown due to Covid-19 pandemic and its effect on stress, conflicts and coping in close interpersonal relationships. 30th Annual Convention of the National Academy of Psychology (India), 19-21 March, 2021.
- Ghosh Choudhury, S. *Psychological Foundations of Social Harmony*. UGC sponsored national seminar on Psychology of National Integration, SPM College, University of Delhi. 30-31 July, 2019.
- A Psychological Critique on Womanhood and Identity. First WDC International Conference on Empowerment of Women in the Developing World. Organized by Shivaji College and WDDC, University of Delhi and NIDM, Ministry of Home Affairs, Govt. of India. April 01-02, 2013.
- Neoliberal discourses on womanhood. Women's worlds Congress organized by Women World Conference and University of Hyderabad. August 17-22, 2014.

Teaching Experience

2022-2023 : Peace Psychology, Applied Social Psychology, Cognitive Psychology, Neuropsychology, Media Psychology, Systems in Psychology, Foundations of Intelligence, Personality and Affect, Basic Processes in Psychology, Statistical Methods in Psychological Research (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India).

2020-2021: Applied Social Psychology, Systems in Psychology, Cognitive Psychology, Media Psychology (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India).

2019-2020: Cognitive Psychology, Applied Social Psychology, Advertising, Media Psychology. Communication Competence (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India).

2017-2018: Cognitive Psychology, Applied Social Psychology, Environmental Psychology, Psychology of Women, Human Resource Management, Psychology for Living (Undergraduate Applied Psychology Honours and Pass Course, Department of Psychology, Gargi College, University of Delhi, India).

2017-2017: Masters courses in Clinical Psychology including Understanding and dealing with Psychological Disorders, Understanding Personality, Guidance and Counselling, Disability and Rehabilitation Psychology, Psychopathology and Psychotherapy all of which had practical components. I also served as faculty for the Post-graduate Diploma program in Guidance and Counselling offered by Jamia Millia Islamia University. As a part of this program I have guided several field-experience based dissertations of students.

2017-2017: Undergraduate courses on Cognitive Psychology, Research Methods and Data Processing at Bharati College, University of Delhi.

2014-2015: MPhil research courses: Discourses on Wellbeing, Gender and Development taught at Centre for Development Practice, Ambedkar University, Delhi.

2012 Aug- Nov: Undergraduate courses on Statistics, Clinical Psychology, Research Methods and Data Processing at Gargi College, University of Delhi.

2008 Jan- March: Undergraduate courses on Statistics, Clinical Psychology, Research Methods and Data Processing at Gargi College, University of Delhi.

2006 Feb-March: Undergraduate courses on Statistics, Clinical Psychology, Research Methods and Data Processing at Gargi College, University of Delhi.

2005 Aug-Sep: Undergraduate courses on Statistics, Research Methods and Data Processing at Gargi College, University of Delhi.

Research Supervision

- Supervised Ms. Ananya, Ms. Simran Katoch and Ms. Tanishqa Sadana for a research project titled '*Countering Procrastination during the Covid-19 Lockdown: An Intervention Based Study*' (2021) which was published in a national peer reviewed journal. All the three students have secured admission in reputed US universities in Masters programs of their respective interests.

- Supervised Ms. Sakshi Awasthi for a thesis titled '*Internet Addiction among young adults in urban India*' (2021) leading to the award of Masters in Psychology.
- Supervised Ms. Alankrita Alok and Ms. Shriya Aggarwal in research entitled '*Stress experienced by people participating in farmer protests*' (2019).
- Supervised Ms. Varunika Gupta and Ms. Khanak Pinhatiya in their research project titled '*Impact of Family Environment on Coping Resources Among Young Adults During the COVID-19 Pandemic*' (2020).
- Supervised Ms. Nikita Saxena on research titled '*Impact of Peer Pressure and Fear of Missing Out on the Self-Esteem of Young Adults in India*' (2021).
- Supervised Ms. Ishani Bhardwaj on research titled '*Understanding the Relationship Between Sexist Discrimination, Self Esteem and Flourishing in Young Indian Women*' (2022).

Additional Professional/Administrative Roles

- Reviewer with *Psychological Studies* - official journal of the National Academy of Psychology (NAOP), India.
- Review Editor with *Frontiers* - Publisher of peer reviewed articles in open access.
- Reviewer with Bentham Press.
- Internal and external examiner, question paper setter for various BA Honours Applied Psychology, BA Program Psychology papers in the University of Delhi.
- External examiner for MA Counselling Psychology, Christ University.
- External examiner for Ambedkar University Delhi.
- Apni Shala Foundation; facilitated Socio emotional learning programs for children, adolescents and young adults, 2021.
- Member: UG Curriculum Revision Committee for B.A. (Hons.) Applied Psychology, 2022-23.
- Member: UG Curriculum Revision Committee for B.A. (Hons.) Applied Psychology, 2019.
- Co-convenor of paper 'Intergroup Relations'.
- Co-convenor of paper 'Understanding Mental Health'.
- Co-convenor of paper 'Systems and Theories in Psychology'.
- Co-convenor of paper 'Contemporary Therapeutic Approaches'.

- Co-convenor of paper ‘Approaches and Practice of Counselling’.
- Co-convenor of paper ‘Intergroup Relations’.
- Psychologist (voluntary) at Vidyasagar Institute of Mental Health and Neurosciences.
- Psychologist (voluntary) at Institute of Human Behaviour and Allied Sciences.
- Voluntary psychologist at Spastics Society of Northern India.
- Association Incharge, Gargi Psychology Association, 2020-21.
- Teacher Mentor, Gargi Psychology Association, 2017-18, 2018-2019, 2023-24.
- Mentor, *Izhaar*, Gargi College Mental Health Awareness initiative, 2019-22.
- Member, Library Committee of the Department of Psychology of Gargi College, 2019-2022, 2023-24.
- Member, Lab Committee of the Department of Psychology of Gargi College, 2018, 2019-2022.
- Member of National Assessment and Accreditation Council sub-committee, 2020-2022, 2023-24.
- Member of Admissions Committee, 2019-21.
- Member of Alumni Association of Gargi College, 2017-2023.
- Co-convenor of *Samranjini* - the Indian Music society of Gargi College, 2018-2023.
- Co-convenor of *Samarth* - the enabling unit of Gargi College, 2022-25.

Professional Trainings

- ‘Online training of psychologists for providing brief & basic telephonic psychological support in the context of COVID-19’, NIMHANS, India (2020).
- Trauma Informed Expressive Arts Therapy foundation course, Trauma-Informed Practices and Expressive Arts Therapy Institute, United Kingdom (2020).
- ‘Qualitative Data Analysis using NVivo’, Dr. B. R. Ambedkar University Delhi, 08 March to 12 March, 2021.
- ‘Qualitative Research & Issues in Plagiarism (An Interdisciplinary Approach)’, GAD Khalsa College: A Centre of MoE, Govt. of India under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT). 5th August- 11th August, 2021.

- Successfully completed certificate course on 'Digital Teaching Techniques' conducted by ICT academy from 07 December, 2020 to 12 December, 2020.
- Winter School on Cognitive Modelling- 2022 held between 16th -18th October 2022, IIT Mandi.
- One Week (Online) interdisciplinary Faculty Development Programme on "WE TOO WERE THERE: Recapitulating the Role of Women in India's Freedom Struggle" organized by Mahatma Hansraj Faculty Development Centre, Hansraj College during 8th July – 14th July 2022.
- Basic IT tools: Advanced Spreadsheet Tools 3. SEC: Statistical Software Package with SPSS. GAD Khalsa College: A Centre of MoE, Govt. of India under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT). 27 Oct-11 November, 2022.
- Statistics with 'R': Financial Database and Analysis Software. GAD Khalsa College: A Centre of MoE, Govt. of India under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT). 27 Oct-11 November, 2022.
- 'Transformation in Higher Education: Issues and Road Ahead' organised by Mahatma Hansraj Faculty Development Centre: A Centre of MoE, Govt. of India under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT). 28th September- 12th October, 2020.
- Participated in 'Mentoring the Teacher-Mentors: Capacity Building Programme' organised by IQAC of Gargi College, University of Delhi. 19-20 January, 2018.
- Attended Expressive Arts Workshop organised by Gargi College, University of Delhi. 24-28 February, 2018.
- Completed short term PG Level course 'Gender and Society' organised by Women's Studies and Development Centre, University of Delhi. 16 October 2007 to 29 February, 2008.
- Attended an international conference on 'Cultural Psychology: Theories and Methods' organised by JNU. November 15-19, 2006.
- 'Pursuing Wellness and Health: Issues and Challenges', University of Delhi, 23 July, 2020.
- 'Staying Nourished with Correct Nutrition', Department of Physical Education and Sports Sciences, Gargi College, University of Delhi, held on 29th May 2020.
- 'Staying Mobile with Lifestyle Interventions', Department of Physical Education and Sports Sciences, Gargi College, University of Delhi, held on 25th May 2020.

- 'Staying Centred with Meditation and Pranayama' ,Department of Physical Education and Sports Sciences, Gargi College, University of Delhi, held on 23rd May 2020.
- Helping People Matter: Strategies for Improving Well-Being in The COVID-19 Era, Gargi College, 20 May of 2020.
- Coping Strategies for dealing with anxiety During the pandemic, Gargi College, 20 May of 2020.
- Being Connected in the Times of COVID 19, Gargi College, 20 May of 2020.
- The impact of Corona Lockdown on Family System and Mental Health, University of Delhi, held on 3 June, 2020.
- 'Tools for Virtual Classes', Gargi College, University of Delhi, held on 11th May, 2020.
- 'Fostering Social Responsibility and Community Engagement in HEI, University of Delhi, held on 02 May, 2020.
- Mental Health Challenges During COVID-19 and Beyond, University of Delhi, held on 01 May, 2020.
- 'Covid-19: Managing Uncertainties' , University of Delhi, held on April 30th, 2020.

Memberships

National Academy of Psychology, India

Language Skills

Hindi - Native or bilingual proficiency

Bengali - Native or bilingual proficiency

English - Full professional proficiency

Assamese - Native or bilingual proficiency

Nepali - Elementary proficiency