

DR. SUDHA SHASHWATI  
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As a teacher I intend to make my classrooms energetic spaces where both teacher and students push each other's intellectual boundaries and engage in co-learning. I intend to teach with a broad repertoire of instructional strategies, including immersive exercises and unconventional assignments. I wish to share pedagogical space with my students, have a culture of high expectations, and operate with high emotional intelligence.

As a researcher, I intend to publish papers that push the boundaries of qualitative research in Psychology, and that bring attention to the ground realities in India when it comes to gender relations.

## EDUCATION

**2016- 2022**

**PHD IN PSYCHOLOGY, UNIVERSITY OF DELHI**

- Thesis submitted in February, 2020; PhD awarded in February, 2022.
- Title of PhD thesis- Exploring Gendered Realities in Everyday Living: A Qualitative Study.
- Supervised by Dr. Preeti Kapur, Associate Professor (Retired), Department of Psychology, Daulat Ram College, University of Delhi.

**2013- 2015**

**M.A. IN APPLIED PSYCHOLOGY WITH SPECIALISATION IN CLINICAL PSYCHOLOGY, TATA INSTITUTE OF SOCIAL SCIENCES, MUMBAI**

- 8.2 CGPA; Awarded Best Research Project in Clinical Psychology for M.A. Dissertation titled The Influence of Family Expressiveness on Emotion Regulation of Children in Middle Childhood.
- Editor of Inpsyght- Biannual newsletter of the Centre for Human Ecology
- Editor of Unmaad- Annual magazine of TISS
- Field Work Placement as Clinical Psychology Intern at: Family Court, Bandra (Nov '14-Feb '15), Psychiatry Ward, MGM Hospital, Kamothe, Navi Mumbai (Dec'13 to Sep '14), and Kumud Vidya Mandir, Mumbai (Aug '13 to Oct '13)

**2010- 2013**

**B.A. (HONS.) PSYCHOLOGY, DAULAT RAM COLLEGE, UNIVERSITY OF DELHI**

- 77.5% (DU Gold Medalist)
- University Gold Medal instituted by University of Delhi for securing highest marks in B.A. (Hons.) in Psychology 2010-2013
- Shree Krishna Mohan Memorial award for All Round Best Student of college of batch 2010-2013
- Dr. Indu Gupta Memorial Award for being the College Topper of B.A. (H) Psychology, all 3 years combined

- Dr. L. Chandran Memorial award for exceptional performance and securing highest marks in the paper 'Abnormal Psychology' in 3rd year
- Dr. Rama Kaushik Memorial Award for exceptional performance and securing highest marks in the paper 'Emergence and Growth of Psychology' in 3rd year
- Silver Jubilee Merit Scholarship instituted by DRC, DU for securing 1<sup>st</sup> position in North Campus, DU in combined 1st and 2nd year of B.A. (Hons.) in Psychology
- Shree R.C Murarka Memorial Award instituted by DRC, DU for securing 1<sup>st</sup> position in college in combined 1st and 2nd year of B.A. (Hons.) in Psychology
- Silver Jubilee Merit Scholarship instituted by DRC, DU for securing 3<sup>rd</sup> position in North Campus, DU in the 1st year of B.A. (Hons.) in Psychology
- Smt. Meenakshi Ammal Memorial Award for exceptional performance and securing highest marks in the paper 'Physiological Psychology' in 1st year of B.A. (Hons.) in Psychology

## **EXPERIENCE**

**JAN 2019 – PRESENT, JUL 2016- NOV 2016**

**ASSISTANT PROFESSOR, JESUS AND MARY COLLEGE**

IQAC Representative of Department of Psychology

Member of NAAC Teams for :

1) Research & Innovation, and 2) Best Practices of the Institution

Member, English Literary Association

Member, Sunny Mugs, Poetry Society

Member, Psychology Association Book Club

Subjects Taught: Introduction to Psychology, Research Methods in Psychology, Cultural and Indigenous Psychology, Emotional Intelligence, Intergroup Relations, Organizational Behavior, Community Psychology, Psychology of Disability, Development of Psychological Thought, Psychology of Health and Well-Being, Forensic Psychology, Human Resource Management, Psychology of Individual Differences

**AUG 2018 – NOV 2018**

**GUEST FACULTY, LADY SHRI RAM COLLEGE**

Subjects Taught: Human Resource Management, Understanding and Dealing with Psychological Distress

**JAN 2018 – APR 2018, SEP 2018- OCT 2018, SEP 2017- NOV 2017**

**GUEST FACULTY, DAULAT RAM COLLEGE**

Subjects Taught: Youth, Gender and Identity, Community Psychology, Psychology of Individual Differences, Psychology of Gender

**JAN 2016 – MAY 2016**

**ASSISTANT PROFESSOR, KAMLA NEHRU COLLEGE**

Subjects Taught: Psychology of Individual Differences, Psychology of Health and Well-being

**AUG 2015 – DEC 2015**

**GUEST FACULTY, JAMIA MILIA ISLAMIA**

Subjects Taught: Abnormal Psychology, Counseling, Introduction to General Psychology, Systems and Theories of Psychology

**APR 2015 – JUN 2015**

**ASSOCIATE RESEARCH STRATEGIST, MAVEN MAGNET, MUMBAI**

Market Research (Qualitative Research)

Member of QC Team (Quality Check)

## **ACHIEVEMENTS**

Reviewer for Journal ‘The Learning Curve’, published by Lady Shri Ram College, University of Delhi (2021, 2022)

Launched Research Connect for Department of Psychology, Jesus and Mary College, University of Delhi (2022)

Member of committee for design and development of UGCF Psychology curriculum of University of Delhi (2022)

Invited as speaker on the occasion of World Mental Health Day on October 10th, 2021 for webinar titled ‘Cultivating an empowered relationship with our thoughts’ organised by The American College, Madurai, Tamil Nadu in association with MSSW Chennai and Tamil Nadu Career Counsellors Association, and Tamil Nadu Counsellors and Psychotherapists Association.

Invited as speaker for webinar titled ‘Putting the mind on a leash: Cultivating an empowered relationship with our thoughts’ by Delhi Public School, Eldeco, Lucknow on August 26th, 2021.

Invited as speaker for webinar titled ‘Letting our Hearts Break: Self Care in the Context of Collective Coping and Activism’ by Reform The Norm on February 21<sup>st</sup>, 2021.

Invited as an expert facilitator for Research Bootcamp Program “Discover: Intricacies of Psychological Inquiry” by You Are Wonderful Project in January, 2021.

Launched Psychology Association Book Club in the Department of Psychology, Jesus and Mary College, University of Delhi in September, 2020.

Invited as an expert by Project Humrahi, One Future Collective for two training sessions on ‘Self Care using Acceptance and Commitment Therapy’ in September, 2020.

Program Coordinator and Lead, Content Creation for the campaign ‘Nurturing the Youth: Life Skills for Psychosocial Competence’ by a not-for-profit organisation based in Delhi NCR KHUSHII (Kinship for Humanitarian Social and Holistic Intervention in India) in July-August 2020.

Co-author of a manual titled ‘Nurturing the Youth: Life Skills for Psychosocial Competence’, published by KHUSHII, designed to serve as a toolkit for teachers and counsellors who are engaged in imparting life skills training to students in schools.

Consultant Psychologist and Lead, Community Mental Health Program at KHUSHII from June 2016 to August 2020. A few key responsibilities were: developing training programs for

Psychology interns, conducting workshops for over 30 teachers and 2500 students, developing the 'Guidance Unit' - a non-professional helpers' training program for teachers, developing a 'Classroom Management Program' for teachers, and co-authoring the organization's first manual for imparting life skills training.

Invited as an expert for a talk titled 'Being the best that you can be: Lessons from Psychology' at Life Sciences Society Festival, Ramjas College, University of Delhi on February 18<sup>th</sup>, 2019

UGC NET-JRF qualified (Dec, 2014).

Certificate of merit from CBSE for reasons of outstanding performance and for being among the top 0.1% of successful candidates of AISSCE 2010 in English Core.

## RESEARCH PUBLICATIONS

Shashwati, S., Konantambigi, R.M. Beyond the 'Self' in Self-regulation of Emotions in Children: Role of Parental Expressiveness. *Psychol Stud* (2022). <https://doi.org/10.1007/s12646-022-00678-3> **Scopus Indexed**

Shashwati, S., Kansal, P., & Sethi, D. (2022). Exploring Artistic Representations in Psychological Research: A Step-by-Step Guide for Using Found Poetry. *The Qualitative Report*, 27(8), 1621-1637. <https://doi.org/10.46743/2160-3715/2022.5446> **Scopus Indexed**

Shashwati, S. & Kapur, P. (2018). I Am How I Think You See Me: Body Image Concerns among Young Adults. In Kapur, P. & Anand, P. (Ed.), *Applications of Psychology: Reaching out and making a difference* (pp. 255-262). New Delhi: Excel

Uttam, N. & Shashwati, S. (2019). Ability, Aesthetics and the Journey: Excavating Stories of Body Image Concerns among Sports Persons. *International Journal of Innovative Studies in Sociology and Humanities.*, 4 (4): 76-85. **UGC CARE List S. No. 10945 Journal no. 62928**

Shashwati, S. & Tandon, C. (2019). Co-constructing Outstanding Classrooms in Higher Education: Lessons from Positive Psychology. *Indian Journal of School Health and Wellbeing*, 5 (1): 97-108.

Shashwati, S. & Kansal, P. (2019). Is There A Right Way To Love?: Mindset in Romantic Relationships. *International Journal of Innovative Studies in Sociology and Humanities.*, 4 (2): 65-73. **UGC CARE List S. No. 10945 Journal no. 62928**

Shashwati, S. (2019). The Unbearable Gendering of Being: Performance of 'Womanhood' as a Source of Stress. *International Journal of Applied Social Sciences*, 6 (1): 217-223. **UGC CARE List S. No. 10320 Journal no. 62754**

Sethi, D. & Shashwati, S. (2019). Say No to Setbacks: Grit and Growth Mindset Have Got Your Back. *International Journal of Innovative Studies in Sociology and Humanities.*, 4 (3): 18-26. **UGC CARE List S. No. 10945 Journal no. 62928**

## PAPER PRESENTATIONS

Title	Title/Subject of Conference	Organizing Institution
‘Showing Up and Saving Lives: Citizen Volunteering Efforts during the Covid-19 Pandemic’	31st convention of National Academy of Psychology 2021-2022 (Online)	Department of Humanities and Social Sciences, Indian Institute of Technology, Bombay, and NAOP, on March, 4-6, 2022
‘Methods That Work: Adapting Qualitative Research to the Pandemic Context’	31st convention of National Academy of Psychology 2021-2022 (Online)	Department of Humanities and Social Sciences, Indian Institute of Technology, Bombay, and NAOP, on March, 4-6, 2022
‘Gender related prejudice in youth: Exploring connections with career beliefs and choices’	53rd National and 22nd International Conference of Indian Academy of Applied Psychology (IAAP) held in Pondicherry University	Indian Academy of Applied Psychology (IAAP), Pondicherry, India on 16-18 February, 2018
‘Womanhood & Work: Could sexism influence career aspirations?’	1st Indian Congress of Industrial & Organisational Psychology held in Jaipur University	Jaipur University, Jaipur, Rajasthan, India, on 29-31 January, 2018.
‘I am how I think you see me: Body image concerns among young adults’	National Conference on Psychological Applications & Interventions held in Daulat Ram College, Delhi University	Daulat Ram College, Delhi University, Delhi, India, on 18-19 January, 2018.
‘Conversations on being a woman: Straddling convention and aspirations of equality’	XXVIth Annual Convention of National Academy of Psychology held in IIT Khargpur	National Academy of Psychology held in IIT Khargpur, West Bengal, India, in December 2017
‘The unbearable gendering of being: Performance of womanhood as a source of stress’	International Conference of Stress Management Association held in Goa	International Stress Management Association held in Goa, India in November 2017.
‘Emotion Regulation in Children and their relationship with Parental Expressiveness’	XXVth Annual Convention of National Academy of Psychology held in Allahabad University	Allahabad University in February 2016.

'The psychological manifestations of exclusion: A case of hidden structural violence'	International Seminar on Psychology of Trauma in Jamia Millia Islamia	Jamia Millia Islamia, New Delhi, India, held on 13- 14 March, 2013.
'Emergence of a new folk hero in Anna Hazare: When the crest of tolerance broke'	XXIst Annual Convention of National Academy of Psychology and International Conference on Human Development and Poverty	Institute of Rural Management, Anand, Gujarat, India held on 12-14 December, 2011.

## SEMINARS, WORKSHOPS & CONFERENCES

Organizing Committee Member for webinar for faculty members titled Anti-Plagiarism Software in Higher Education: An Overview of Ouriginal (Urkund) organized by Jesus and Mary College, University of Delhi on 18 June, 2022

Attended workshop on 'Neuropsychotherapy and its Relevance in Contemporary Practice Today' organized by Indian Academy of Professional Supervisors in August, 2022

Attended training workshop on academic writing conducted by Scholarly Writing Institute with NVivo and Citavi in June, 2022

Attended 8th International Congress of Stress, Performance & Wellness (ICSPW 2021) organized by Indian Stress Management Association in December, 2021

Attended two days' workshop on 'Art of thesis writing and academic publishing' conducted by BML Munjal University (Online) from 14-16 August, 2020

Attended two days' workshop on 'Letters, songs, murals and bodies: Documents on challenging structural inequalities' in Mumbai, India held on 3<sup>rd</sup>-4<sup>th</sup> February, 2020 organised by Ummeed Child Development Centre, Mumbai, India

Attended International Narrative Practices Conference in Mumbai, India held on 1st-2nd February, 2020 organised by Ummeed Child Development Centre, Mumbai, India

Organizing Committee Member, National Seminar, 'The unconscious communication in psychoanalysis' organized by Jesus and Mary College, University of Delhi on 22<sup>nd</sup> January, 2020

Attended one day training workshop on NVivo conducted by IIT, Delhi on 1<sup>st</sup> October, 2019

## PARTICIPATION IN FDP

Details	Place and Period	Sponsoring Agency
One week online Faculty Development Program on 'The Nuances of Scientific Writing and Publishing'	Online- Jul. 11-19, 2022	AIACHE, New Delhi and Madras Christian College, Chennai

Faculty Development Program on Qualitative to Mixed Method Research Analysis Using MAXQDA and Academic Writing	Online- Mar. 26-30, 2022	Koach Scholar
Five days international faculty development program on 'Trending fields of Psychology'	3G School of Applied Psychology, IIT Madras Research Park- Sep. 6-10, 2021	3G School of Applied Psychology, IIT Madras Research Park
Two weeks faculty development program on 'Enhancing psychological skills for teaching and practice'	Ramanujan College, University of Delhi (Online)- Sep. 15-29, 2020	Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of Human Resource Development Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching
Two weeks faculty development program on 'Managing online classes and co-creating Moocs 3.0'	Ramanujan College, University of Delhi (Online)- Jul. 25 to Aug. 10, 2020	Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of Human Resource Development Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching
Two Days' Faculty Development Program on Transforming Teaching Learning Process Using ICT Tools	PGDAV College (Online)- Jul. 23-25, 2020	PGDAV College, University of Delhi
Two days' Faculty Development Program on Online Teaching Tools	Jesus and Mary College (Online)- Jul. 24-25, 2020	Jesus and Mary College, University of Delhi
One Week Faculty Development Program on Psychological Perspectives of Well-being	Amity University (Online)- Jun. 22-27, 2020	Amity University

## **SKILLS AND INTERESTS**

Mental Health Advocacy, Psychotherapy and Outreach, Community Interventions, Existentialism, Gender Relations, Innovative Research Methods, Social Justice, Narrative Therapy, Reading

Professional Member, Association for Contextual Behavioral Sciences (ACBS)

Member, ACBS India Chapter

Member, Special Interest Groups (SIG): ACT for Health SIG, ACT in Education SIG, College/University Student Mental Health SIG, Leadership, Organisational Behavior Management, & Public Policy SIG, Gender and Sexual Diversity SIG, Student SIG, Women in ACBS SIG

Member, Academic Advisory Board of 3G International Psychology Forum, IIT Madras

Feminist and Queer Affirmative Therapy (Certified in Queer Affirmative Counselling Practices by Mariwala Health Initiative)

MOOC Certifications: Psychological First Aid from Johns Hopkins University, The Science of Wellbeing from Yale University

Certified Comprehensive Sexuality Educator (TAARSHI, 2018)