

## SUDHA SHASHWATI

Pursuing PhD in Psychology (Nov. 2016-Present), NET-JRF Qualified

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### Academic Qualifications:

PhD in Psychology (Pursuing)	Delhi University		2016- Present
M. A. in Applied Psychology; specialisation in Clinical Psychology	Tata Institute of Social Sciences, Mumbai	8.2	2015
B. A. Hons. Psychology	Daulat Ram College, Delhi University	77.5% (DU Gold Medallist)	2013

### Other Courses and Certifications:

TARSHI's e-learning course on Sexuality, Sexual and Reproductive Health and Rights	TARSHI	2018
Faculty Development Program on Self-Positive	DRC, DU	2018
UGC NET-JRF	UGC (CBSE)	Dec. 2014

### Work Experience:

Adhoc Assistant Professor	Jesus & Mary College, DU	2019- January to Present
Guest Faculty	Lady Shri Ram College, DU	2018- August to November
Guest Faculty	Daulat Ram College, DU	2018- January, April, Sep-Oct. 2017- September to November
Adhoc Assistant Professor	Jesus & Mary College, DU	2016- July to November
Adhoc Assistant Professor	Kamla Nehru College, DU	2016- January to May
Guest Faculty	Jamia Milia Islamia University	2015- August to November
Associate Research Strategist	Maven Magnet, Mumbai	2015- April-June

### Volunteer Work & Extra-curricular activities:

Consultant Psychologist; Head & Coordinator- Mental Health Team	KHUSHII, Delhi	2016- 2018
Editor of Unmaad- Annual magazine of TISS	TISS, Mumbai	2014-2015
Editor of Inpsyght- Biannual newsletter of the Center for Human Ecology	TISS, Mumbai	2014-2015

## Fieldwork Experience (as part of academic requirements):

Family Court Bandra	Clinical Psychology Intern	Nov '14- Feb '15
Psychiatry Ward, MGM Hospital, Kamothe, Navi Mumbai	Clinical Psychology Intern	Dec'13 to Sep '14
Kumud Vidya Mandir, Mumbai	Clinical Psychology Intern	August '13 to Oct '13

## Awards and Achievements:

Won Best Research Project in Clinical Psychology for M.A. Dissertation titled The Influence of Family Expressiveness on Emotion Regulation of Children in Middle Childhood in 2015

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 awarded by Daulat Ram College

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 1<sup>st</sup> 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 1<sup>st</sup> year of B.A. (Hons.) in Psychology

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.

Certificate of merit from Indian Association of Physics Teachers (IAPT) for being among the top 10% of the candidates in the center (K.V. Jharsuguda) in National Standard Examination in Biology 2009-2010 at class XII level.

## Interests and hobbies:

Conducting workshops, writing and reading. Proud feminist and advocate of mental health issues.

## Research Work:

### Recent Publications:

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.

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.

Shashwati, S. (2019). The Unbearable Gendering of Being: Performance of 'Womanhood' as a Source of Stress. *Internat. J. Appl. Soc. Sci.*, 6 (1): 217-223.

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.

Shashwati, S. (2019). The Political is the Personal: The Social Psychology of Inclusion & Exclusion around Reservation in India. *International Journal of Innovative Studies in Sociology and*