



ARPITA DAS

REHABILITATION PSYCHOLOGIST (Registered with RCI)

STATE AIDED COLLEGE TEACHER

Department of Psychology

H.M.M. College for Women

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EXPERIENCE

12.06.2017 – 30.09.2018

PROJECT FELLOW under DRS program (DRS-II, SAP-III) at the Department of Applied Psychology, University of Calcutta.

10.07.2019- till now

REHABILITATION PSYCHOLOGIST (Self Employed) at Apollo Clinic, Sodepur.

11.07.2019 – 31.12.2019

MANAGEMENT SUPPORTED TEACHING STAFF (Guest Teacher) at the Department of Psychology, Hiralal Mazumdar Memorial College for Women.

01.01.2020 – till now

STATE AIDED COLLEGE TEACHER (SACT) at the Department of Psychology, Hiralal Mazumdar Memorial College for Women.

EDUCATION

2012

B.Sc. in Psychology from West Bengal State University

2014

M.Sc. in Psychology (Specialization in Counselling Psychology) from West Bengal State University

2017

Post-Graduate Diploma in Rehabilitation Psychology from University of Calcutta

ADDITIONAL QUALIFICATIONS

- **MAY, 2020 - JUNE, 2020**
10 ONLINE COURSES ON COVID-19 Developed by WHO.
- **APRIL, 2017 – OCTOBER, 2017**
POST-GRADUATE CERTIFICATE COURSE ON PSYCHODYNAMIC STUDIES offered by Department of Psychology, West Bengal State University in Collaboration with The Indian Psychoanalytical Society.
- **APRIL, 2017**
FIRST DEGREE OF EXTENSIVE HAND WRITING ANALYSIS COURSE from Kolkata Institute of Graphology.
- **APRIL, 2017**
ADVANCED COURSE IN ENGLISH from School of Languages, The Ramakrishna Mission Institute Of Culture.
- **2013**
DIPLOMA IN INFORMATION TECHNOLOGY APPLICATION from Barrackpore Youth Computer Training Centre.

PUBLICATION IN JOURNAL

- Bhattacharya, S., Das, A. & Ghosh, P. (2018). A study on mental health status as expressed by the girl students belonging to north, central and south zone of Kolkata city. Paripex-Indian Journal of Research, 7(9), 17-19.

SEMINARS/ WEBINARS/ WORKSHOPS/ CONFERENCES/ CRE TRAINING PROGRAMS/ FACULTY DEVELOPMENT PROGRAMS ATTENDED (IN LAST FIVE YEARS)

- Participated in a **Workshop on Tech Addiction Amid Pandemic: A guide to Digital Detox** organized by Department of Psychology and IQAC, H.M.M. College for Women on 7th Sep,2021.
- Participated in a **Webinar on Balancing Between Work from Home and Work for Home** organized by Department of Psychology and IQAC, H.M.M. College for Women on 20th July,2021.
- Participated in a Five Days Long **Faculty Development Program** on Mental and Behavioural Health of students: Bridging the Teacher Student Gap organized by Amity Institute of Psychology and Allied Sciences, Amity University, Kolkata from July 12-16, 2021.
- Participated in a **Webinar on Combating Covid: Maintaining Mental Health and Wellness in the Era of Pandemic** organized by Department of Food and Nutrition and IQAC, H.M.M. College for Women on 11th June,2021.

- Participated in a Four-week long **Induction or Orientation Programme** for faculties in universities/Colleges/Institutes of Higher Education organized by **Teaching Learning Centre, Ramanujan College, University of Delhi**, from 18th May-17th June, 2021.
- Participated in a **Webinar** on Environment namely **ब्रह्मण्यं स्यात् सर्वत्र कर्म अक्षयिकारं** organized by Department of Sociology, H.M.M. College for Women on 4th June,2021.
- Attended **RCI Approved Online CRE Training Program on Workshop on Social Stories** conducted by National Institute for the Empowerment of Persons with Intellectual Disabilities (Divyangjan) Regional Centre Kolkata from 28-29th April, 2021.
- Participated in a **Workshop on Clean Campus Development & Waste Management** organized by NSS Cell, WBSU in collaboration with HMM College for Women on 27th Jan, 2021.
- Attended **RCI Approved Online CRE Training Programme on Media and Disabilities** conducted by National Institute for the Empowerment of Persons with Intellectual Disabilities (Divyangjan) Regional Centre Kolkata from 26-27th Nov, 2020.
- Attended **RCI Approved Online CRE Training Programme on Addressing Barriers in the Environment and Universal Design** conducted by National Institute for the Empowerment of Persons with Intellectual Disabilities (Divyangjan) Regional Centre Kolkata from 17-18th Nov,2020.
- Participated in a **state level Webinar on Leave Rules and Health Schemes For College Teachers In West Bengal** organized by Panihati Mahavidyalaya on 4th Oct,2020.
- Participated in an **International Webinar on Exploring Open Access E-Resources for Knowledge Enhancement** organized by Central Library, HMM College For Women on 30th Sep,2020.
- Participated in an **International Webinar on The Psychology Behind Substance Abuse and its Implications** organized by Department of Psychology and IQAC, Asutosh College on 29th Sep,2020.
- Participated in a **Workshop on Fundamentals of E-learning** organized by IQAC, West Bengal state University on 25th Aug,2020.
- Participated in an **International Webinar on Impact of Covid19 in the Field of Disability & Rehabilitation** organized by ICFAI university, Tripura also approved by Rehabilitation Council of India (RCI) on 20th and 21st Aug,2020.
- Participated in a **State level Webinar on A Deep Dive Into Machine Learning & Deep Learning** organized by Department Of Computer Science and IQAC, H.M.M. College For Women on 16th Aug,2020.
- Participated in a **state level Webinar on Covid-19 Pandemic: A Challenge to restore Mental Health** organized by Department Of Philosophy and IQAC, H.M.M. College For Women on 14th Aug,2020.
- Participated in an **International Webinar** organized by Department Of Mathematics and IQAC,H.M.M. College For Women on 7th and 8th Aug,2020

- Participated in an **International Webinar on Picturing The Future Of Healthcare Through Molecular Imaging** organized by IQAC and Department Of Chemistry, H.M.M. College For Women on 2nd Aug, 2020.
- Participated in a **National Webinar entitled Support Breastfeeding For a Healthier Planet** organized by IQAC and Department Of Food and Nutrition, H.M.M. College For Women on 1st Aug, 2020.
- Participated in a **Staff Orientation Program entitled Cyber Security And Us** organized by IQAC and Department Of Computer Science, H.M.M. College For Women on 19th and 26th Jul, 2020.
- Participated in a Five Days Long **Faculty Development Program on Perspectives in Mental Health And Psychotherapy Post COVID-19** organized by Amity Institute Of Psychology and Allied Sciences, Amity University, Kolkata from Jul 13-17, 2020.
- Participated in a **National Webinar entitled Yoga: In Theory And In Practice** organized by Department Of Philosophy and IQAC, Ramakrishna Sarada Mission Vivekananda Vidyabhavan on 5th Jul, 2020.
- Participated in a **Webinar on Parenting /Caregiving in A Pandemic** organized by Department Of Sociology and Department Of Psychology, H.M.M. College For Women in collaboration with Bandhu Foundation on 10th Jun, 2020.
- Participated in a **Webinar on Pandemics in History** organized by Department Of History, H.M.M. College For Women on 4th Jun, 2020.
- Participated in a **Webinar on Dealing With Stress Among Students During COVID-19 Pandemic** organized by Department Of Psychology, H.M.M. College For Women on 27th May, 2020.
- Participated in a **Webinar on Mnemic Images: Untangling the art works inside an Art Therapy Room** organized by Centre For Psychodynamic Studies and Department of Psychology, West Bengal State University on 6th May, 2020.
- Participated in a **Workshop on Crime Against Women: Legal and Psychological Redressal**, organized by Department Of Psychology, H.M.M. College For Women on 14th Mar, 2020.
- Participated in a **State Level Conference on Cognitive Behaviour Therapy & Beyond**, organized by Department Of Clinical Psychology, IOP-COE, Kolkata from 12th-14th Sep, 2019.
- Attended **RCI Approved Continuing Rehabilitation Education (CRE) Programme on Importance Of Understanding, Assessing And Managing The Developmental Disability In Psychological Perspective**, organized by National Institute For Locomotor Disabilities (Divyangjan), from 6th-8th Mar, 2019.
- Attended a **Workshop on Rorschach-Exner Method** organized by UGC-CPEPA, University Of Calcutta from 21st - 22nd Jul, 2018.
- Attended an **International Conference on Women's Safety In Dogmatic Times**, organized by the COWAP (Committee On Women And Psychoanalysis) Kolkata associated with International Psychoanalytical Association, Indian Psychoanalytical Society, Crystal Minds & West Bengal State University- Centre For Psychodynamic Studies from 9th-10th Mar, 2018.

- Attended a **Seminar on Approaches To Indian Psychology** And Closing Ceremony Of The Golden Jubilee Celebration Of The Department Of Applied Psychology, University Of Calcutta on 13th Feb, 2018
- Participated in a **Workshop on Cognitive Behaviour Therapy**, organized by ANTARA from 19th-21st Jan, 2018.
- Attended **RCI Approved Continuing Rehabilitation Education (CRE) Programme on Importance Of Psycho-Social Intervention At Different Developmental Stages For Persons With Dissabilities**, organized by National Institute For Locomotor Disabilities (Divyangjan) from 22nd -24th Nov, 2017.
- Attended a **Workshop on Relaxation Techniques - A Current Update**, organized by ANTARA on 13th Oct, 2017.

I hereby declare that the above mentioned information is true to the best of my knowledge and belief.

ARPITA DAS