



# Pooja Sengupta

College Whole Time Teacher  
Department of Psychology

## Contact Information

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## Specialization

- Clinical Psychology



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## Biographical Sketch

Pooja Sengupta is currently associated as College Whole Time Teacher, in the Department of Psychology, The Bhawanipur Education Society College, affiliated to University of Calcutta. Prior to joining this institution, she worked as a project assistant in SAP and Project sponsored by ABP Pvt. Ltd in the Department of Psychology, University of Calcutta.

She completed her B. Sc from Gokhale Memorial Girls' College and M. Sc from Department of Psychology, University of Calcutta, with Clinical Psychology specialization. She received Distinction in M. Phil degree in Clinical Psychology from Department of Psychology, University of Calcutta, and currently undergoing training in Psychoanalytic Treatment modality (since 2013) from Indian Psychoanalytic Society, Kolkata. She is a licensed Clinical Psychologist (Registered by Rehabilitation Council of India) and has almost 5 years of experience in clinical practice. She has presented her research papers in national conferences and published research paper in a reputed international journal as well. She has also participated in several national and international seminars / webinars / conferences and online course. She has been recipient of many awards and scholarships.

## Academic Qualifications

Abbreviation of the Degree	Name of the College / University	Class Obtained	Area of Specialization	Year of Passing
M. Phil	Department of Psychology, University of Calcutta	Distinction 1 <sup>st</sup> class 1st	Clinical Psychology	2016
M. Sc	Department of Psychology, University of Calcutta	Gold Medal 1 <sup>st</sup> class 1st	Clinical Psychology	2013
B. Sc (Honours)	Gokhale Memorial Girls' College, Kolkata	1 <sup>st</sup> class 2nd	Psychology	2011



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## Position Holding (Full Time)

- College Whole Time Teacher, Department of Psychology, The Bhawanipur Education Society College, University of Calcutta, July 2017 -Present.

## Professional Experience

Serial No.	Nature of Work	Work Position	Duration
1	Project of Special Assistance Programme (SAP-DRS-I) funded by UGC	Project Fellow	February-March, 2016
2	Project on Compatibility funded by Ananda Bazaar Patrika Pvt Lmt.	Project Assistant	March to August, 2016
3	Clinical Diagnosis, Psychological testing and Psychotherapy in the Department of Psychology, Calcutta University under CUIIPP	Clinical Psychologist	April 2016- August, 2016

## Research Experience

- M.Sc. Dissertation entitled "A Comparative Study of Personality Profile, Perceived Autonomy Support, Sports Motivation and Reactions to Frustration Amongst Different Levels of Badminton Players" under the supervision of Dr Tilottama Mukherjee.
- M.Phil. Dissertation entitled 'Effect of play intervention on children with Attention- Deficit Hyperactivity Disorder (ADHD)' under the supervision of Dr Tilottama Mukherjee.





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## Specialized Training

- The Control Analysis has been shifted to Dr Nilanjana Sanyal from February 2023.
- Undergoing Psychoanalytical Training at the Indian Psychoanalytical Society, Kolkata since December 2013 under Dr. Amarendranath Basu (Personal Analysis more than 400 sessions) and had begun Control Analysis that is, case supervision under Dr Sarala Kapoor. Attended four semesters on theoretical psychodynamic concepts.

## Subjects Taught

General Psychology | Social Psychology | Clinical Psychology | Statistics and Research Methods

## Research Interests

Clinical Psychology | Child and Adolescent Psychology | Sports Psychology | Psychotherapeutic approaches | School and Educational psychology | Psychoanalysis

## Articles

- Article on Schizophrenia entitled 'ক ন জগত রম ন ষ ত ম ?' Published by an Bengali journal 'Moner Jagat', November 2014.
- Article on Working Mother and their Children entitled 'কর মরত ম ষ্ দ র সন ত নদ র সম ষস', Published by Bengali Journal 'Moner Jagat', October 2015..

## Journal Publications

- Sengupta, P., & Mukherjee, T. (2023). "The Effect of Game Play Intervention on Children with Attention-Deficit Hyperactivity Disorder"- Accepted in The International Journal of Indian Psychology ISSN No. 2348-5396 (Online), 2349-3429 (Print).
- "Play Therapy as a Remedial Tool for Children with Attention-Deficit Hyperactivity Disorder"- A paper co-authored by Dr. Tilottama Mukherjee. Accepted in an academic journal named "Academia: GMGC" (ISSN No. ISSN 2348-7054) published by Gokhale Memorial Girls' College, 2017.
- Sengupta, P., & Mukherjee, T. (2021). Sports Motivation and Perceived Autonomy Support among Badminton Players of West Bengal- Published in The International Journal of Indian Psychology ISSN No. 2348-5396 (Online), 2349-3429 (Print).





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## Paper Presentation At Conferences

- “Sports Motivation and Perceived Autonomy Support among Badminton Players of West Bengal” - Poster Presentation in the 44th National Annual Conference of Indian Association of Clinical Psychologists (NACIACP), 23rd-25th February, 2018 at Gautam Buddha University, Noida.
- “Effect of Play Intervention on Children with Attention-Deficit Hyperactivity Disorder” - Paper Presented in the 51st National and 20th International Conference of Indian Academy of Applied Psychology (IAAP), 6th-8th May, 2016 at Bangalore University.

## Participation In Seminars / Webinars / Workshops / Conferences

- Participated in an Online CRE training programme titled, “Community Based Rehabilitation” by National Institute for the Empowerment of Persons with Intellectual Disabilities (Divyangjan) Regional Centre Kolkata, 17.1.2022 and 18.1.2022.
- Participated in International Conference- IPA 4th Asia Pacific Conference, named ‘Containing Diversity; Bridging Difference’, from 4th to 6th January 2023 in New Delhi, India (Sponsored by College).
- Participated in Three days CRE Programme on “Assessment and Diagnosis of Autism Spectrum Disorder”: A One Day Workshop on CARS II by Dr. Mallika Banerjee and a Two-Day Workshop on ISAA by Dr. Saroj Arya on November 22nd, 23rd & 24th, 2017 held at Pradip Centre for Autism Management, Kolkata.
- Participated in One-day Workshop organized by Bijoy Krishna Girl’s College, Howrah in collaboration with Under Graduate Board of Studies in Psychology, University of Calcutta on Choice Based Credit System (CBCS) Teaching Learning Programme of Psychology on 6th December, 2017.
- Participated in One-Day 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 February, 2018.
- Participated in 44TH National Annual Conference of Indian Association of Clinical Psychologists, 2018 (NACIACP-2018) and Celebrating the Golden Jubilee Year of Indian Association of Clinical Psychologists (IACP) on the theme of “Role of Clinical Psychologists on Mental Health Advocacy: Challenges and Perspectives in Global Scenario” held on 23rd to 25th February, 2018 at Gautam Buddha University, Noida.
- Participated in Two-day Workshop organized by Ashutosh College in collaboration with Under Graduate Board of Studies in Psychology, University of Calcutta on Choice Based Credit System (CBCS) Teaching Learning Programme of Psychology on 16th and 23rd February, 2019.





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## Participation In Seminars / Webinars / Workshops / Conferences

- Participated in One day orientation programme on the curriculum of the undergraduate in third semester Choice Based Credit System (CBCS) 2019 held on July 27th, 2019 organized by the Department of Psychology, Loreto College, Kolkata in Collaboration with the Under Graduate Board of Studies in Psychology, University of Calcutta.
- Participated in State Level Conference on Cognitive Behaviour Therapy & Beyond by Department of Clinical Psychology, Institute of Psychiatry- A Centre of Excellence, Kolkata held from 12th to 14th September 2019.
- Participated in two days'Workshop on Play Therapy held from 23rd to 27th September 2019, organized by Ali Yavar Jung National Institute of speech and Hearing Disabilities and Indian Institute of Psychometry held at AYJNISHD auditorium and Indian Institute of psychometry.
- Participated in Online Webinar on Challenges and Opportunities in Defense Research: Role of Psychological Science organized by Department of Psychology, Bethune College, 24th July, 2020.
- Participated in Online Webinar on Socializing Distance: Pandemic and Human Relations organized by Department of Bengali, The Bhawanipur Education Society College, 31st July to 2nd August.
- Participated in Online Webinar on The Value of Conversation in Ending Stigma Attached to Mental Health organized by Department of Commerce (UG & PG), The Bhawanipur Education Society College, 20th August 2020.
- Participated in Online Webinar on Three Day Orientation Programme on UG Semester IV Prioritised Syllabus of Psychology under CBCS organized by Department of Psychology, Bethune College in collaboration with Undergraduate Board of Studies in Psychology, University of Calcutta, 24th to 26th November, 2020.
- Participated in Online Webinar on Three Day Orientation Programme for the Curriculum of Fifth Semester IN UG CBCS 2021 organized by Department of Psychology, Ashutosh College and Muralidhar Girls' College, 28th January, 4th and 5th February 2021.

## Online Certification

- Completed certification course on Essentials of CBT: The Beck Approach from the Beck Institute of Cognitive Behaviour Therapy (USA) on 1st October, 2019.
- Earned Record of Achievement certificate on Standard precautions: Hand hygiene (IPC-HH-en), June 2020.
- Earned Record of Achievement certificate on Introduction to COVID-19: methods for detection, prevention, response and control (introduction-to-ncov).





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## Awards And Achievements

- Received 'Chandrima Goswami Memorial Prize' for securing the first position in Psychology in the B.A. /B. Sc. Part II (Honours) Examination (2010).
- Received 'Priyangshu Shekhar Bhattacharya Memorial Prize' for securing the first position in Psychology Honours in the B.A./ B.Sc. Examination (2011).
- Received 'Kulada Prasad Choudhury Memorial Prize' for securing the first position in Psychology Honours in the B.A./ B.Sc. Examination (2011).
- Received Indira Gandhi Single Girl Child Scholarship for Post-Graduation (2011-2013).
- Received Saugata Basu Memorial Scholarship for securing highest marks in 'Clinical Psychology' special paper in M.Sc. (2013).
- Gold Medal (M.Sc., 2013).
- Distinction-M. Phil in Clinical Psychology (2016).

## Special Invitation

- Invited to a special lecture on "Approaches in Psychological Counselling" organized by the Department of Psychology, Victoria Institution (College) on 30.4.2022.
- Invited for a special lecture on "Mental Health and Adjustment" by the Department of Psychology, Gokhale Memorial Girls' College, 2018.
- Invited as a resource person in Three Day Orientation Programme for the Curriculum of Fifth Semester IN UG CBCS 2021, organized by the Department of Psychology, Ashutosh College and Muralidhar Girls' College.

## Membership

- Member of Gokhale Memorial Girls' College Alumni Association.
- Member at Indian Psychoanalytical Society, Kolkata.





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## Vision Statement

“Psychology cannot tell people how they ought to live their lives. It can however, provide them with the means for effecting personal and social change” --- Albert Bandura.

- Help students to reflect on their actions and thoughts to bring about positive change, which would guide them in their every aspect of life.
- Encourage students to be aware of their own thoughts, feelings and action and to incorporate their experiences in their understanding of a discipline.
- Promote ethics, morale and virtues of research and scholarly inquiry so that students not only become efficient in their studies but also prepares a ground for work ethics.

Signature of the  
Faculty Member

Date: 01st September, 2022



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