

Name of Course: PG DIPLOMA IN PSYCHOLOGICAL COUNSELLING

Faculty Profile:



Dr. Pushpa Misra

Designation: Former principal, Bethune College, Kolkata, psychoanalyst, Former President, Indian Psychoanalytical Society, affiliated to International Psychoanalytical Association,

Contact Details: Mobile: 9433024224

Email Id: pmisra.pushpa@gmail.com

Qualification: (i) M.A. Psychology, CU, 1964.

(ii) M. A. Philosophy, CU, 1965

(iii) Ph. D. philosophy, University of Rochester, New York, USA, 1988

(iv) Post-doctoral Research as **Fulbright Fellow:** University of Pittsburgh, 1993 – 1994.

Teaching Experience: 1. Lady Brabourne College and Bethune College, Kolkata under West Bengal Higher Educational Services.

2. Guest lecturer, Department of Philosophy, Calcutta University.

Research Experience: 1. Master's dissertation in Psychology on Juvenile Delinquency with TAT.

2. Ph. D. thesis: Scientific Status of psychoanalysis: Evidence and Confirmation.

3. Ecology and our internal world: work done with a research grant by international psychoanalytical Association, UK. Paper submitted and accepted.

4. Offer to write a book on the research work on Ecology by Taylor and Francis next year.

Publications: Books:

1. **Scientific Status of psychoanalysis: Evidence and confirmation**, Karnac books, later purchased by Routledge, (2016).

2. ED. **Sigmund Freud**: published by Ebang Mushayera (2014)

3. **Freud: Shikhak O Bandhu**: Translation of Hans Sach's classic book Freud: Master and Friend, published by Gangchil (2011)

4. **Manahsamikhaner Ruprekha**: Translation into Bengali Freud's classic book Outlines of Psychoanalysis with extensive explanatory notes, published by Central Educational Enterprise, (1984)

Other publications: 5. "**Parva**" Translation into Bengali SL Bhyrappa's classic novel in collaboration with Late Kanika Bose, published by Sahitya Academi (2002).

6. **Ardhanarishwar**: Translation into Bengali of Vishnu Prabhakar's classic book of the same name, published by Sahitya Academi (2009)

7. **Aborjana**: Translation into Bengali famous Punjabi author Ajeet Caur's first part of Autobiography "Kuda kabada", published by Ebang Mushayera, (2016).

8. **Galpa-Sangrah**: Translation into Bengali 20 short stories of Famous Punjabi author Ajeet Caur, published by Ebang Mushayera, 2018.

9. **Gauri**: Translation into Bengali famous Punjabi author Ajeet Caur's, short novel of the same name, a very

poignant story of the exploitation of a tribal girl, published by Ebang Mushayera, 2024.

Academic work: 2022 – 2024:

1. 4th January, 2023: Delivered Key note address: **"Diversity, Identity and Narcissism"** at the **4th Asia Pacific Conference, organized by International Psychoanalytical Association, UK**, at New Delhi.
2. Continued field work on Ecology and internal world on a research grant awarded by International Psychoanalytical Association. Paper titled, **"Development, Ambivalence and Containment: Through the Himalayan Lens"** - written by Dr. Pushpa Misra and Dr. Jhelum Podder. Submitted and **accepted for Publication** in August, 2024. **Principal investigator: Dr. Pushpa Misra**, Assisted by: Dr. Jhelum Podder.
3. Paper presented at the workshop on **Medical Ethics**, on 25th September, 2023, at **RKSMVV**.
4. October 11th, 2023: Paper presented at **Sister Nivedita University**, Titled **"Assessment and Intervention in Psychoanalytical therapy"**.
5. 15th December, 2023: Paper presented at a workshop on Ecology and its place in our Internal world at **RKSMVV**.
6. January 18th, 2024: Invited to teach a class on Dream Theory of Sigmund Freud at **Sister Nivedita University**.
7. 7. 4th February, 2024: Lekhaker Mukhomukhi: at **Ravindra Bharati University, Department of Philosophy**: participated as a discussant of Amita Chatterjee's book Kalpa Galpe Manodarshan.
8. 8th March, 2024: delivered Keynote address on Women's day titled 'Women and the Climate Crisis' at **Indian Statistical Institute** and conducted the panel on Women's achievements.
9. August 2023: delivered two lectures each of two- hour duration at

Presidency University on the Structural theory of Mind and Freud's Theory of Dreams in the short course on Personality Development and Emotional Management.

10. February, 2024: Conducted a value added course at the **Philosophy department of Ravindra Bharati University** on Psychological Counselling.

11. 18th March, 2024: Participated in a webinar organised by Explorations on Emotions in Climate Crisis. Introduced the topic and discussed Paul Hogget's presentation on "Grief and Anger in Climate Crisis".

12. Guided and conducted the students of **PGI, Chandigarh, Department of Psychiatry** on Structural Theory of mind.

13. Presented papers, organised on Depression and anxiety in the workshop organised by RKSMVV in collaboration with Taki Govt. College on 18th may, 2024.

13. Edited the **4th issue of Explorations**: an e journal on Climate Crisis.

14. Article on Ecology and our Mental World: published in the Exploration, 4th issue.

15. Wrote a monthly feature 'Iskule Muskil' in the Anandmela Section of **Anand Bazar Patrika** every 3rd Sunday of the month- a very popular feature dealing with the problems of young children. It has now been discontinued.

15. Selected as a **reviewer** for papers to be presented at the **Lisbon Congress** organised by International psychoanalytical Association.

Current occupation: Practising psychoanalyst and co-ordinator of the PG Diploma Course in psychological Counselling.



Ms. Kasturi Mukherjee

Designation:

- (i) Faculty, RKSMVV, PG Diploma in psychological Counselling;
- (ii) Faculty: Legal aid Services, Govt. of West Bengal
- (iii) Faculty, PG diploma course in Psychiatric Counselling, Indian psychoanalytical Society.
- (iv) Trainer and Counsellor at Samikshani: an organisation devoted to research and training in Psychoanalysis.

Contact:

- (i) Email: chakrat2947@rediffmail.com
- (ii) Mobile: +919831275131

Qualification:

- (i) M.A. Economics, RBU, 1992.
- (ii) M.A, Applied Psychology, Annamalai University, 2010;
- (iii) B. Ed. (CU), 1994;
- (iv) Post-graduate Diploma in Psychological Counselling offered by Samikshani: an organisation for research and teaching of psychoanalysis, 2003;
- (v) Diploma in social Work and Community Development, National Council of Education, JU, 2004;
- (vi) Certificate based experiential sessions on NLP and Creative Art Therapy, 2018;
- (vii) Training of Trainers Programme, Samikshani, 2011;
- (viii) Basic and advanced course in Graphology, 2015;
- (ix) Play Therapy advanced Course, Samikshani, 2006;
- (x) Modern Trauma Therapy< Indian Psychoanalytical society, 2010;

- (xi) Refresher course on Training of Trainers, Samikshani, 2019;
- (xii) Telecounselling, Indian psychoanalytical Society, 2020.

Teaching Experience: (i) Guest lecturer of Economics at Victoria Institution for seven years.

(ii) Teaching training programmes at Legal Aid Services, affiliated to Calcutta University;

(iii) Teaching at the PG diploma Course at Indian Psychoanalytical Society.

Academic work: 2022 – 2024:

2023

- ❖ 22/01 participated in Pannel discussion on ‘Graphology as a tool for psycho-diagnostics testing’ at Kolkata Institute of Graphology
- ❖ 25.03. Conducted mental health awareness camp held at RSMVV on
- ❖ June: Talk on ‘Exam anxiety and its remedial measures ’ at Gurudas college 21/06
- ❖ 06/10 Seminar on ‘Stress and wellbeing’ at Antara Mental Hospital
- ❖ 10/10: Seminar at Tara Devi Harakh Chand Kankaria Jain College on ‘Abuse, Violence and Mental Health in daily life’;
- ❖ Talk at Monohor Academy school on Exam anxiety 13/10

2024

- ❖ June: ‘Value education – its impact on young minds’ at A K Mitra Institution for girls on 28/06
- ❖ Conducted Play therapy and few other skills based sessions at IPS
- ❖ Attended monthly visits at Gurudas college and Acharya Girish Chandra Bose College for individual counselling session
- ❖ Attended monthly visits to Udbhas Spastic Welfare society to conduct interactive sessions
- ❖ Gender sensitivity workshop with teenager and adlolescent boys and girls with Hijli Inspiration at Kamarhati
- ❖ Staff counselling programme at ANJALI on behalf of Samikshani.



Dr. Payel Talukdar

Designation: (i) Head of the Department and Associate Professor, Dept of Psychiatry, R.G. Kar Medical College Kolkata.

(ii) Nodal officer District Mental Health Programme, North 24 Paraganas.

Contact Address: Email: drpayeltalukdar@gmail.com

Mobile: +919433272944

Qualification:

- MD in Psychiatry from Medical College and Hospital (guide: Prof. Malay Ghoshal);
- DMRD: RG Kar Medical College and Hospital;
- MBBS: National Medical College and Hospital.

Publications:

- Talukdar P, Ray I, Makhal M, Chakrabarty HN, Gargari P. Factors Influencing In-hospital Mortality in Acute Stroke Patients in a Tertiary Care Hospital in Kolkata, India. Indian Journal of Public Health Research and Development. 2017 Apr-Jun; 8(2):157. doi: 10.5958/0976-5506.2017.00102.4
- Karmakar S, Talukdar P, Talukdar A, Bhattacharjee B, Ghosh P. A study of Knowledge Awareness and the Psychological Impact of COVID-19 in West Bengal. International Journal of Current Research. 2021 Mar; 13(03) :16637-16641. doi: 10.24941/ijcr.41014.03.2021.

- Lal R, Pathak P, Chaturvedi KR, Talukdar P. A Comparative Study of Pre & Post Stress Appraisal and Coping Strategies between Engineering and Pharmacy Students. Indian Journal of Public Health Research and Development. 2018 May; 9(5): 158. doi: 10.5958/0976-5506.2018.00430.8.
- Chattopadhyay S, Kumar M, Singh OP, Talukdar P. Effect of Internet addiction on marital life. Ind Psychiatry J. 2020 JulDec;29(2):268-271. doi: 10.4103/ipj.ipj_76_19. Epub 2021 Mar 15. PMID: 34158711; PMCID: PMC8188910.
- Bhattacharya B, Nag A, Talukdar P, Talukdar A. Analysis of Covid 19 death cases in a tertiary level Covid Hospital in Eastern India from May 2020 to September 2020. EJPMR. 2021, 8(9).
- Talukdar A, Bhowmik A, Rana S, Talukdar P, Dutta K. Process of Community engagement in a mixed model research: A success story from Kolkata India. The Journal of Community Health Management. 2018.5(3):135-139. DOI 10.18231/2394- 2738.2018.0031
- Lal R, Pathak P, Chaturvedi KR, Talukdar P. Effect of dispositional mindfulness on perceived stress scores of engineering students: an empirical study. Indian Journal of Public Health Research and Development. 2019 January. 10(1). DOI Number: 10.5958/0976-5506.2019.00014.7 JULY 2024

Presentations:

- Hopecon 2024: How to approach a case of insomnia .
- HOPECON 2024. OCD-A guide to physicians .
- June 2024: Treatment Resistant Schizophrenia, NRS Medical College and Hospital Kolkata.
- June 2024. Decoding the Diagnostic ambiguity in neuropsychiatric disorder, Chairperson, Institute of Neurosciences, Kolkata
- April 2024. Autism awareness programme , Roshani, Kolkata
- March 2024. Tobacco awareness programme, Swami Vivekananda Universi
- PSYCON 2023. Innovation in healthcare in geriatric psychiatry

Mentoring:

- Mentoring 2018- Present
- 3 PG Students each year, Associate Professor
- 2012-2018 1 PG Student each year, Assistant Professor

Outreach & Professional Development:

TRAINING IN MEDICAL EDUCATION:

- 2024 BCME and CISP III , Andhra Medical College (Regional Centre)
- 2022 Good Clinical Practice, RG Kar Medical College and Hospital 2021
- rBCW , College of Medicine and Sagore Dutta Hospital

PROFESSIONAL MEMBERSHIPS:

- IPS, Life Fellow
- IAPP, Life Fellow



Dr. Pathama Choudhury

Designation: (i) Professor, West Bengal Medical Education Service;

(ii) Attached to Fortis and AMRI Hospitals, Kolkata;

(iii) Leading psychiatrist of Kolkata.

Qualification : (i) MBBS from Calcutta Medical College, Kolkata;

(ii) MD from the prestigious Central Institute of Psychiatry and DNB in Psychiatry;

(iii) World Health Organisation Fellowship from New South Wales Institute of Psychiatry, Sydney;

(iv) Brief training at the UK College of Hypnotherapy, London.

Additional Courses: Areas of Expertise

- Adolescent Mental Health and Wellbeing, Griffith University, Queensland;
- Workplace Stress Management, Coventry University, UK;
- Psychological First Aid, Johns Hopkins University;
- Sleep Medicine, University of Michigan;
- Mindfulness Based Psychotherapy, Leiden University, Netherlands;
- Hypnotherapy and Relaxation, UK College of Hypnotherapy, London
- Certificate Programme on Diagnosis and Management of Epilepsy (Thomas Jefferson University , USA)
- Certificate course in Social Psychology course from Wesleyan University

Research and Treatment: (i) Dr. Choudhury is a committed teacher with several national and international publications to her credit;

(ii) Dr Chaudhury believes in using the right combination of medicines, psychotherapy and social support for the treatment of psychological illnesses. She is also an active advocate for the rights of people in psychological distress, including children with learning disabilities.

(iii) Not just a doctor treating people in pain, she believes in promoting positive mental health for all to which end she conducts workshops and contributes regularly to the popular media.



Aiswarjya Banerjee

Designation:

- (i) **State Aided College Teacher** of Psychology in Ramakrishna Sarada Mission Vivekananda Vidyabhavan College (January 2019 to Date);
- (ii) Consultant Psychologist;
- (iii) Teaching Faculty at **Caring Minds: Psychological Wellness Centre** (Every Sunday from May, 2019 onwards);
- (iv) Facilitator of counselling courses recognised **by Jadavpur and Calcutta University;**
- (v) Facilitator of Psychotherapy course recognised by **Jadavpur University;**
- (vi) Teaching Faculty of professional courses on Psychological Counselling at Ramakrishna Sarada Mission Vivekananda VidyaBhavan, Dum Dum, Kolkata, recognized by West Bengal state University (February 2022 to Date);
- (vii) Mental Health Counsellor on a retainer Basis at Your Dost
(February 2023 to Date);
- (viii). Visiting Psychology Faculty and School Counsellor of Gospel Home School Rishra (April 2023 to Date).

Job responsibilities:

- Taking theoretical and practical classes;
- Creating course materials;
- Supervising clinical work of the students;
- Question paper setting

Educational Qualification: (i) M.A in Clinical and Counselling Psychology (WBSU)

Contact: (I) Mob: 9163296283/9831233235;
(ii) email: aish94banerjee@gmail.com

Job Experience: (i) Worked as a Psychologist in Speech Plus, Better Speech for a better life (July 2018 to July 2019)



Job Responsibilities

- Conducting various psychometric assessments in Speech Plus like:
 - Vineland Social Maturity Scale (VSMS)
 - Developmental Psychopathology Check-List (DPCL)
 - Intelligence Tests (SFBT, BKT, MISIC,DST,WISC-IV)
 - Autism Scale (ISAA, CARS , M-CHAT)
- CONNERS, Parent Report

(ii) Worked with ICSSR funded major project titled “Exploration of Mental Health Literacy and Intervention for Promotion of Mental Health Awareness in North 24 Parganas, West Bengal” undertaken by Dr. Sreemoyee Tarafder.

CLINICAL INTERNSHIP

2017 to 2018

Attended Clinical Internships at:

- College of Medicine & Sagar Dutta Hospital, Agarpara
- Sevac Mental Hospital & Rehabilitation Centre, Thakurpukur
- Lighting Lives, A charitable Trust

Treatments Executed:

- Psychometric Tests :
 - **IQ assessments** (WAIS-IV,WISC-IV, DST, BKT, MISIC, SFBT)
 - **Neuropsychological assessments** (PGI-BBD, BGT, MMSE)
 - **Personality assessments** (MMPI, MCMI, NEO-FFI, EPQ, TCI)
 - **Projective Tests** (Rorschach Inkblot Test, Thematic Apperception Test, Children Apperception Test)

- Therapies :
 - **Progressive Muscle Relaxation**
 - **Exposure and Response Prevention**, Cognitive Behavioural Approach of Obsessive Compulsive Disorder
 - **Cognitive Behavioural Therapy** for Depression
 - Behavior Modification techniques

Seminars Attended

- Participated in a Two Day ICSSR Sponsored National Seminar on “ Psychotherapies – Contemporaries Approaches in 21st Century India” organised by Dept. of Psychology, Loreto College, Kolkata in collaboration with Dept of Psychology, WBSU on 24th and 25th November, 2016.
- Participated in the Seminar on “Transience: Japanese Contribution to Psychoanalysis by Dr. Osamu Kitayama” Organised by Centre for Psychodynamic Studies, WBSU on 5th January, 2017.
- Participated in UGC State Level seminar on “ Development of Personality from Different Schools of Thought” organized by Dept. of Psychology in association with IQAC, Barrack-pore Rastraguru Surendranath College on 17th February, 2017.
- Participated in COWAP International Conference on “Women’s Safety on Dogmatic Times” in Association with International Psychoanalytical Association, Indian Psychoanalytical Society, Centre for Psychodynamic Studies, WBSU and Crystal Minds on 9th and 10th March, 2018, Kolkata.
- Participated in a seminar on “Mental Health Awareness” organised by Women’s Cell & Dept, of Psychology, The Bhawanipur Education Society College on 8th March, 2019.

Research Activities / Projects

- **2018** : Dissertation submitted in partial fulfilment of Masters' in Psychology

TOPIC: Effect of Indian Ragas on tests of cognition: An Experimental study with post graduate students under the guidance of Dr. Sreemoyee Tarafder

Invited Lectures/ Paper Presentations

- Participated as a resource person in the state level webinar on “Sexual Harassment and Trauma Management” organised jointly by Internal Complaint Committee and Gender Resource Committee, RKSMVV College on 10Th april, 2021.
- Participated as a resource person in a seminar on Suicide Prevention: From historical and Psychological Lenses organized jointly by Departments of History and Psychology Of RKSMVV on 22nd September, 2022.
- Participated as a resource person in a seminar on Youth and Mental Health organized by RKSMVV on 7Th January, 2023 to celebrate Students' Week.
- Participated as a resource person in the Value Added course on Personality Development and
- Emotion Management at Department of Sociology, Presidency University on 20th August, 2023.