



DEPARTMENT OF PSYCHOLOGY & MENTAL HEALTH

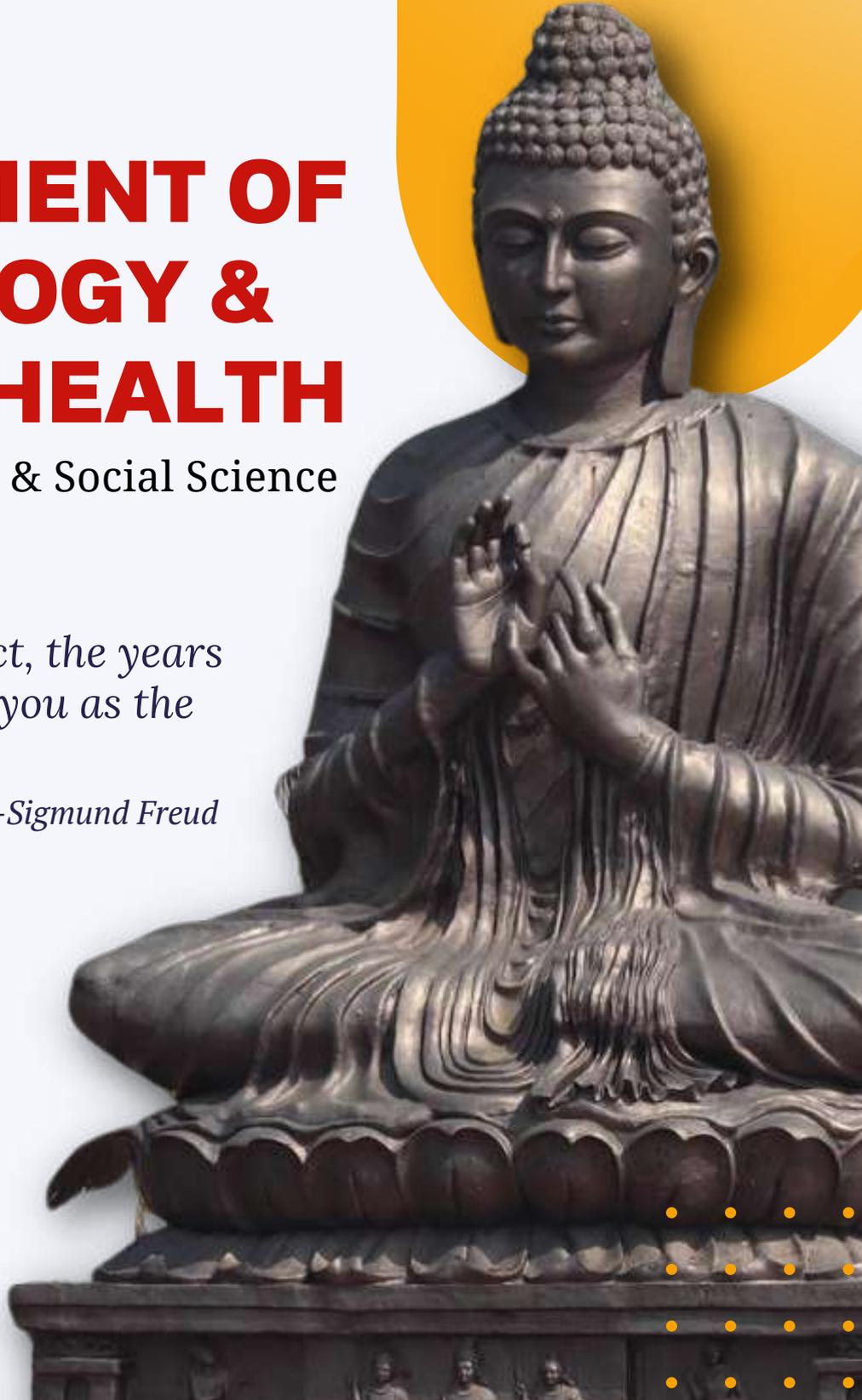
School of Humanities & Social Science

"One day, in retrospect, the years
of struggle will strike you as the
most beautiful"

-Sigmund Freud

**ACADEMIC
SESSION**

2024-25



GAUTAM BUDDHA UNIVERSITY

Greater Noida, Gautam Budh Nagar, Uttar Pradesh, 201312

Website: www.gbu.ac.in

Introduction

The inception of Department of Psychology & Mental Health under the aegis of University School of Humanities & Social Sciences at Gautam Buddha University took place in the academic year 2011. Having the philosophy of Buddhist Psychology in its roots. The department envisions earning the national and international recognition, particularly in the area of Applied Psychology and Mental Health. At its core, the department carries the mission to promote the virtues of mindfulness, social equanimity and psychological well-being among students and the people around through its academic and research ventures and mental health services. The department strives to be a premiere research & training centre in the area of psychology and mental health.



Messages

It is a matter of pleasure to me to introduce you the Department of Psychology and Mental Health at Gautam Buddha University. The department carries prominence for its strong foundation in application psychological principles with emphasis on evidence-based practices and multidisciplinary approach to psychological wellbeing & mental health.



Prof. Ravindra Kumar Sinha
Vice Chancellor, GBU

The department is nationally and internationally recognizable for providing the services and training in the area of applied Psychology and mental health. Besides the above, a large number of national and international conferences, seminars and workshops are organized by the department which provide a variety of exposures to the students and inculcate leadership skills and team spirit among them. This department is also accredited by Rehabilitation Council of India, New Delhi to offer the most prestigious training in the field of clinical psychology.

The department has a team of loyal & dedicated faculty members & staffs who have performed admirably and given their undivided support and relentless dedication in accomplishing and executing the vision and mission of the University. All the faculty members have wide and extensive experience of teaching, research and clinical practice which pave a strong path for enhancement learning and overall development for the students. The teaching & training pedagogy at the department is student-centric which promote application-based learning, critical thinking, research skills, and ethical practices in the field of applied psychology & mental health. Our state-of-the-art facilities at the psychology laboratory and clinical psychology OPD provide students with a conducive learning environment, where they can engage in research, internships, and other experiential learning opportunities.

The Department of Psychology and Mental Health at Gautam Buddha University strives to be the premier center in the field of mental health and produce a diverse and inclusive community of scholars in the fraternity. On behalf of the University fraternity, I assure you that being the part of the University family you would be able to pursue your objectives of life under the patronized academic environment and make the University proud of your attainments.

I wish the department of Psychology and Mental Health a grand success in its all endeavors.

It is indeed a matter of pleasure to me to introduce you the Department of Psychology and Mental Health under the edges of the School of Humanities & Social Sciences at Gautam Buddha University, Greater Noida.

During its 12 years of long journey the Dept of Psychology and Mental Health has been able to earn national and international recognition in the field of Psychology and Mental Health.



Dr. Bandana Pandey
Dean, SOHSS

At the Department of Psychology and Mental Health, we aim to provide students with a comprehensive understanding of human behavior, cognition, and mental health. We believe in an interdisciplinary approach of research and training in the field that draws from various sub areas of psychological studies vis-à-vis applied Psychology, clinical Psychology, Neuro Psychology, Forensic Psychology, Community Psychology and many other allied areas.

Our faculty members are committed to providing a nurturing learning environment that fosters creativity, critical thinking, and intellectual curiosity. Through rigorous coursework, research opportunities, and clinical training, students in our department gain the knowledge and skills necessary to excel in a wide range of careers. As mental health becomes an increasingly important issue in our society, the need for qualified professionals in this field has always been greater. At Gautam Buddha University, we are committed to preparing the next generation of leaders in the field of mental health.

I encourage and welcome all the aspirant to explore our department and learn more about our programs.

Thank You!

It gives me immense pleasure to welcome you all to the Department of Psychology and Mental Health under the aegis of School of Humanities & Social Sciences, at Gautam Buddha University, Greater Noida. The inception of department took place in the academic year, 2011 with a vision to be the premier research and training center in the field of applied psychology & mental health and to earn the national and international recognition in the field. The Department carries the mission to promote the psychological wellbeing and mental health in the society through its various academic ventures and mental health services.



Dr. Anand Pratap Singh
Head, Department of Psychology
& Mental Health

The course curriculum designed for various programs at our department offer a strong foundation in the theory and practice of psychology with a focus on developing the skills necessary to understand, assess, diagnose, and treat a wide range of psycho-social issues. Our faculty members are experts in their respective fields with extensive experiences who bring a wealth of knowledge and its application for the students in the classroom. Besides the above, the Department is first of its kind in any university setup to offer the clinical services by RCI registered professionals for all kind of psychological problems and disability conditions through its Clinical Psychology Specialty OPD which is fully equipped with advanced testing materials, tools & machines.

We believe that learning is an ongoing process, therefore, committed to providing opportunities for our students to continue their education and professional development beyond the classroom. Hence, we offer a range of opportunities for research & training, internships, and professional development, for our students to bring them par excellence to pursue a successful career in the field of mental health.

I invite you to explore our department to learn more about our programs and the exciting opportunities available to our students and professionals. We are confident that you will find the Department of Psychology and Mental Health at Gautam Buddha University to be an outstanding choice for your educational and professional goals.

Thank You!

Academic Programmes

The Department currently offers various programs in the area of applied psychology, clinical psychology, and mental health at different levels. The details are as below:



The Course Curriculum for Diploma, Graduation, Post-Graduation & Ph.D. programs are designed in accordance with NEP 2020 and UGC guidelines, however, for the M. Phil. (Clinical Psychology) program, it is as per the Rehabilitation Council of India (RCI) guidelines.



Facilities

The department is equipped with enriched laboratory facilities and Clinical Psychology specialty OPD for clinical exposure & training at its university campus. The department has two laboratories namely, Applied Psychology Laboratory and Brain-Behavior Research Laboratory which facilitate the practical training of the students for their practical understanding & in-depth learning. The Clinical Psychology OPD located at the University campus facilitates the clinical exposure of the student and provides mental health services to people in need. Besides the above, the department also consists of center of excellence in the area of intellectual & learning disability and academic clubs for extracurricular activities of the students. The details of the facilities are as below:

Facilities

1

Psy. Lab Facilities

2

Neuro & Bio- feedback
Laboratory

3

Clinical Psychology
Specialty OPD

4

Center of Excellence

5

Superspeciality Center for
Autism Research & Training

OPD

The Department has its own Clinical Psychology specialty OPD located at the dispensary area of the University campus. The OPD services are open to the students, faculty, staffs of the university as well as the patients from outside areas. The OPD services are provided by trained and RCI licensed Clinical Psychologists of the department. The clinical psychology OPD aims to facilitate the clinical training of the students for various programs and also catering the needs of mental health for the patients with various psychiatric conditions. Through this clinical psychology OPD the clinical services are also extended to the community of nearby areas by conducting mental health camps and awareness programs in collaboration with various health organizations. The details of OPD activities are as below:



O.P.D. ACTIVITIES

The Department offers clinical psychology services on each weekday by conducting the following clinics:

- o Mental Health Clinic*
- o Child & Adolescent Clinic*
- o Neuro-psychological Clinic*
- o Mental Retardation and Developmental Pathology Clinic*
- o De-addiction Clinic and*
- o Marital & Psychosexual Clinic*

In O.P.D. the Department has provisions of Psycho-diagnostic assessment, Psychotherapeutic management of psychological problems, Psychotherapeutic intervention & counseling, biofeedback training and relaxation therapy by EEG, ECG & EMG machines to the patients of depression, anxiety, phobia, OCD, tension headache, and other psychological conditions.

COLLABORATION FOR PRACTICAL TRAINING

The department has its collaboration with many health setups & organizations where the students of different programs are posted for a variety of clinical exposure and field training. The names of the organization are as follows:

- Government Institute of Medical Sciences (GIMS), Greater Noida, U. P.*
- SHANTI HOME, Psychiatric and De-addiction Hospital, Greater Noida*
- District Government Multispecialty Hospital, Noida*
- District Mental Health Program, Gautam Budh Nagar*
- Bakson Homoeopathic Medical College & Hospital*
- World Brain Center, New Delhi*

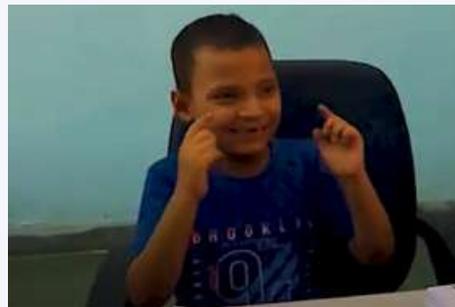
CEILD

Center of Excellence For Intellectual & Learning Disability

The Department of Psychology & Mental Health at Gautam Buddha University has successfully established a Center of Excellence for the Intellectual & Learning Disability (CEILD). The center provides assessment facilities, psycho-social rehabilitation and disability certification to children and adolescents experiencing learning and intellectual disabilities in congruence with the Mental Health Act and RPWD Act of Govt. of India. The details of the services are as below:



**Cognitive Retraining
for Disability**



**Rehabilitation Services
& Behavior Modification
Training**



**Psychological Assessments
& Disability Certification**



To enhance their attention
and concentration



COGNITIVE EXERCISES were
planned for children with
Special needs



S CART

SUPERSPECIALITY CENTER FOR AUTISM RESEARCH AND TRAINING

This superspeciality center for autism research and training has been established with the objective of providing the psychological assessment and rehabilitative services to the children with Autistic spectrum disorder. This center is first of its kind in the Gautam Buddh Nagar district, equipped with equipment, tools and training materials to provide sensory-motor training, behavior modification, social skills, and cognitive retraining among the children with ASD.



Psy Orbit

Club & Society

A Space for learning and innovation in the field of Psychology and Mental Health. A community where individuals from diverse backgrounds come together to develop, grow and cultivate a culture of learning, questioning and expressing.

PsyOrbit-GBU Psychology and Mental Health Society envision enhancing the thinking and learning patterns of students towards psychology and mental health. Building and structuring the activities oriented towards innovation and learning and creating self-awareness among students of the department. The subdivisions of the psy-orbit club are as below:

DIFFERENT COMMITTEES At Psy Orbit

1 Psy Shodh

2 Psy Tech

3 Psy Expression

4 Psy Drama

5 Psy Naukri

Colloquium & Events



8th International Conference of Indian Academy of Health Psychology (ICIAHP-22) with the support of many International and National organizations.

International Conference on Mental Health & Wellbeing in Post Covid Scenario with Global perspective, comprised of many awards for exclusive contribution of researchers and scholars.



World Mental Health Day celebration and Mental Health Awareness Camp for elementary school students.

Mental health awareness camps for the community on the occasion of World Alzheimer's Day.



International Conference on "Health Psychology: Expanding horizons" in collaboration with Indian Academy of Health Psychology (IAHP).

Golden Jubilee Conference of Indian Association of Clinical Psychology on the theme of "The role of Clinical Psychologists in Mental Health Advocacy: Challenges and Perspectives in Global Scenario."



Extracurricular Activities by Psy-Orbit Club. Performances by the students of Department of Psychology & Mental Health, on different occasion.



RESEARCH PROJECTS

- *In-house Projects: “Effect of alpha, beta and theta Audio-Visual Brainwave Entrainment on Mood, cognition, heart rate variability and psychological profile of healthy adult volunteers.”*
- *Funded Projects: “Post imprisonment psychosocial rehabilitation of Juvenile Delinquents” Funded by ICSSR, New Delhi.
Principal Investigator:Dr. Anand Pratap Singh
Head, Department of Psychology & Mental Health
Gautam Buddha University*

Faculty Members

Dr. Anand Pratap Singh

Designation

Head, Department of Psychology and Mental Health, registered Clinical Psychologist (RCI CRR No. A10595)

Area of Interest and Specialization

M.Phil., Ph.D. Clinical Psychology. Specialization in Clinical Neuropsychology. Areas of interest lie in Neurocognitive functions, Neuro-feedback Therapy, Neural Entrainment Therapy, and Brain Finger-printing Technology.

Email: apsingh@gbu.ac.in



Dr. Anu Malik

Designation

Assistant Professor, Department of Psychology and Mental Health

Area of Interest and Specialization

She has earned PhD in psychology from IIT Kanpur. She has diverse teaching experiences in institutes such as LNMIIT, Jaipur, and NMIMS, Mumbai. She was also awarded the University Gold Medal in MA from CCS University, Meerut. She was recently awarded the KS Yang Travel Award for AASP Hong Kong 2023. She has presented her research at conferences of national and international reputation. Her articles appear in the Journal of Health Management (Sage), Economics, and Political Weekly (EPW).

Email: anumalik070290@gmail.com



Dr. Neha Sharma

Designation

Assistant Professor, Department of Psychology and Mental Health

Area of Interest and Specialization

PhD. And Masters (Clinical Psychology). Her work experience includes: She has research experience while working with defence institute of psychological research under DRDO. She also has a good experience of seven years in teaching and research. She is certified for Psychological testing(Rorschach and IQ Testing) and Psychological first Aid. Clinical Psychology, Applied Psychology, Bio Psychology, Neuropsychology, and Psychotherapeutic approaches.

Email: sharma.neha1109@gmail.com





Dr. Ashfia Nishat

Designation

Assistant Professor, Department of Psychology and Mental Health

Area of Interest and Specialization

M.Phil. and Ph.D. (Rehabilitation Psychology), She has total 6 year of experience in teaching with research. Her area of interest include Research Methods and Psychological Statistics

Email: ashfia.gbu@gmail.com



Dr. Sujata Sukhala

Designation

Assistant Professor, Department of Psychology and Mental Health

Area of Interest and Specialization

M.Sc(Applied Psychology), Ph.D. in Applied Psychology. Her work experience includes 4.5 years of teaching, research and counseling. Health Psychology, Research and Statistics, Neuro Psychology, Positive Psychology, and Applied Social Psychology. History Of Psychology. Personality And Individual Difference, Indigenous psychology

Email: Sujaatasukhala@gmail.com



Dr. Puja Kumari

Designation

Assistant Professor, Department of Psychology and Mental Health

Area of Interest and Specialization

PhD in applied psychology. More than 5 years teaching experience. Area of interest: applied psychology and positive psychology.

Email: Pujakumari.ocfd@gbu.ac.in



Dr. Shraddhesh Kumar Tiwari

Designation

Assistant Professor, Department of Psychology and Mental Health

Area of Interest and Specialization

Ph.D. and Post Doctoral Fellow (Social Psychology). More than eight year research and teaching experience including 3 year Department of Psychiatry, AIIMS New Delhi. Area of interest: Social Psychology, Clinical Psychology, Health Psychology, Research Method and Statistics.

Email: sktiwari057@gmail.com



Dr. Shipra Sharma

Designation

Assistant Professor, Department of Psychology and Mental Health

Area of Interest and Specialization

PhD. (pursuing), M.A., M.B.A, B.Ed., UGC-NET qualified, ABA Certified by KHDA, Dubai. She has research experience in adolescence psychology, also 6.6 years of experience in teaching with two years corporate exposure in HR. Her area of interest Applied Psychology, Adolescence Psychology, Human Resource Management

Email: Shipra.sharma01986@gmail.com



Dr. Akhilesh Singh

Designation

Assistant Professor, Department of Psychology and Mental Health

Area of Interest and Specialization

Ph.D. (Industrial and Organizational Psychology), Fellow Scholar of Indian council of social science research (ICSSR), UGC- NET qualified. Area of interest are organizational behaviour, human resource management, organizational change and development, current trends at workplace, applied social psychology, social cognition, behaviour economics, cross- cultural psychology.

Email: akhileshsinghak1547@gmail.com



Ms. Shreya

Designation

Assistant Professor, Department of Psychology and Mental Health

Area of Interest and Specialization

B.A.; M.A. in Applied Psychology having specialization in Organization Behaviour, UGC NET qualified, presented papers in various international conferences, published research papers, have work experience with Adobe, Void Consultancy, cross-culture, community, and basic psychological assesments

Email: meandmyselfshreya@gmail.com



Ms. Paridhi Vats

Designation

Assistant Professor, Department of Psychology and Mental Health

Area of Interest and Specialization

She holds a Master's degree in Psycho-social clinical studies with specialization in Psychoanalysis (Merit Scholarship holder), BA from Lady Shri College, Delhi University. She is UGC- NET qualified, and previously worked as Research fellow at NCERT. Her area of interest lies in Counseling and psychotherapy, and using different modalities like Art, play, Narrative therapy to build capacities in individuals as well as communities.

Email: Paridhivats16@gmail.com



Ms. Roshni Singh

Designation

Visiting Faculty, Department of Psychology and Mental Health

Area of Interest and Specialization

M.phil in Clinical Psychology (RCI Registered)

Specialisation in Clinical Psychology

Areas of Interest: Dealing with Adult cases of Psychopathology

Email: rs8008665@gmail.com



Dr. Shivendra Vikram Singh

Designation

Visiting Faculty, Department of Psychology and Mental Health

Area of Interest and Specialization

PhD, MA from BHU, He specializes in Indian psychology & Philosophy,

Area of interest: Philosophy of mind, Advaita vedanta

Email: sssklop@gmail.com



R

Research Scholar



Prateek Kumar

Topic of Research

Effect of Brainwave Entrainment Therapy on Spiritual Intelligence, Social Adjustment and Psychological Well-being among Juvenile Delinquents

Supervisor

Dr. Anand Pratap Singh



Aayushi Sharma

Topic of Research

A study of Neuro-feedback Therapy on the Executive Functioning, Decision Making Process and Performance Optimization among Human Resource Managers

Supervisor

Dr. Anand Pratap Singh



Aakriti Varshney

Topic of Research

Effectiveness of Neurofeedback Therapy on P300 Event Related Potential and Executive Functioning among Patients with Schizophrenia

Supervisor

Dr. Anand Pratap Singh



Pragya Singh

Topic of Research

Effect of EMG Training among patient with essential tremors

Supervisor

Dr. Anand Pratap Singh

A dministration



Mr. Shiv Sagar Singh

Designation

Office In-Charge cum Psychology Lab Assistant



Mr. Zalim Singh

Designation

Clinical Psychology OPD In-Charge



Mr. Sudheer

Designation

Office Attendant



A glimpse of the department's activities





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