

# **DEPARTMENT OF PSYCHOLOGY & MENTAL HEALTH**

**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**GAUTAM BUDDHA UNIVERSITY**



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

***-Sigmund Freud***

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**Greater Noida, Gautam Buddha Nagar, Uttar Pradesh,  
201312. Website: [www.gbu.ac.in](http://www.gbu.ac.in)**



# **Department of Psychology & Mental Health**

## **School of Humanities and Social Sciences**

### **Gautam Buddha University, Greater Noida**

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## **INTRODUCTION**

The inception of **Department of Psychology & Mental Health** under the 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.

## **Academic Program offered by the Department:**

The Department currently offers program in the area of Psychology at Graduation, Post-Graduation and higher research level which are:

- 1. B.A. /B.Sc. (Honors) in Applied Psychology**, a Six semester-3 years programme.
- 2. M.A./M.Sc. in Applied Psychology**  
(Specializations in Clinical Psychology, Counselling Psychology and Organizational Psychology), a Four semesters-2 years programme.
- 3. M. Phil. (Clinical Psychology)**, 2 years programme (RCI Accredited)
- 4. Ph.D. (Applied Psychology, Clinical Psychology, Forensic Psychology)**

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

The department has established the "**Clinical Psychology O.P.D.**", "**Psychology Laboratory**" and "**Brain Behavior Research Laboratory**" which facilitate the practical training and clinical exposure of the students and provides mental health services to the people in need. The details of the activities of these programs are as below:

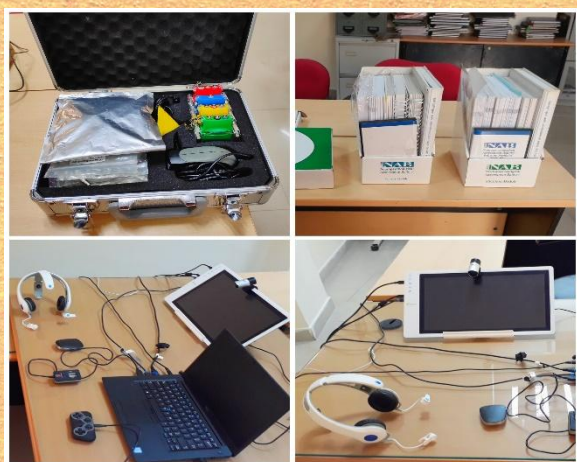


## **LAB FACILITIES**



**Applied Psychology**-Applied psychology is a field that focuses on putting practical research into action. Applied psychology focuses on the implementation of real-world results over abstract theories and lab-based experiments. This discipline validates psychology theories in order to achieve tangible results. The department facilitates the psychological assessments in this area through Intelligence tests, Cognitive tests, Personality tests, Aptitude tests, and leadership skills at work place.

**Clinical psychology**-Clinical psychology is the psychological specialty that provides continuing and comprehensive mental and behavioral health care for individuals and families. The specialty of clinical psychology addresses behavioral and mental health issues faced by individuals across the lifespan including Intellectual, emotional, psychological, social and behavioral mal-adjustment. The department facilitates the psychological assessments in this area through Bender Visual Motor Gestalt Test, Rorschach Test, Thematic Apperception Test etc.



### ***Brain behavior Research Laboratory-***

Includes studies of sensation and perception, learning and memory, attention, mental imagery, conceptual representation, aging, language, emotion, motor control, social cognition, moral decision making, and neurological disorders. Methodologies include computer-based behavioral tests and web-based surveys to assess functional patterns in behavior, as well as functional neuroimaging techniques.



The department facilitates the psychological assessments in this area through -

- **BrainFingerprinting Technology**-It is a technique that is advocated as a way to identify a terrorist by measuring the Brain print of that person. Currently this technology is only available in our department in the whole of North India. The department is providing opportunities to young budding research scholars to explore the extended applications of this technology to clinical and forensic psychology areas.
- **Brain tapping** - Brain tapping is a quick and easy way to relax, reboot and revitalize by simply optimizing your brain's peak potential—anytime, anywhere. ... Unlike meditation programs, **Brain Tap's** exclusive neuro-algorithms gently and naturally guide your brain through a broad range of brainwave patterns, instead of just the Alpha state.
- **Neurofeedback**-Neurofeedback, also known as EEG (electroencephalogram) biofeedback, is a therapeutic intervention that provides immediate feedback from a computer-based program that assesses a client's brainwave activity. The program then uses sound or visual signals to reorganize or retrain these brain signals.

### **O.P.D. ACTIVITIES**

- The Department runs clinical psychology O.P.D. on each week day and provides following clinical services:
  - Mental Health Clinic
  - Child & Adolescent Clinic
  - Neuro-psychological Clinic
  - Mental Retardation and Developmental Pathology Clinic
  - De-addiction Clinic and
  - Marital & Psychosexual Clinic

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



## ASSOCIATIONS FOR PRACTICAL TRAINING & CLINICAL EXPOSURE

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

- Government Institute of Medical Sciences, Greater Noida, U. P.
- SHANTI HOME, Psychiatric and De-addiction Hospital, Greater Noida & New Delhi.
- District Government Multispecialty Hospital, Noida under District Mental Health Program.
- India Excellence Forum.

## ACADEMIC PROGRAMS ORGANIZED

International conference in collaboration with **Government Institute of Medical Sciences (GIMS)**, Greater Noida, on **"Evidence based Non-invasive Therapies: Futuristic Medicine"** on 18-19<sup>th</sup> Nov. 2019.



International CME –Cum Workshop on **"Recent Updated in Mind, Body Medicine"** in collaboration with **Government Institute of Medical Sciences (GIMS)**, Greater Noida, held on **20<sup>th</sup> November, 2018.**



International conference in collaboration with **Government Institute of Medical Sciences (GIMS)**, Greater Noida, on **"Evidence based Non-invasive Therapies: Futuristic Medicine"** on 18-19<sup>th</sup> Nov. 2019.



**Mental Health Awareness Camp** for elementary school students in a school in the Arronda district on 14<sup>th</sup> February, 2020.

The department organizes various mental health awareness camps for the students to get exposure of working in the community such **World Alzheimer's Day, World Autism Awareness Day.**



Conference on **"Health Psychology: Expanding horizons"** in collaboration with Indian Academy of Health Psychology (IAHP), held on **Dec 16 to Dec 18, 2016.**



**Golden Jubilee conference of Indian Association of Clinical Psychology 2018** on the theme of **"The role of Clinical Psychologists in Mental Health Advocacy: Challenges and Perspectives in Global Scenario"** held on **23-25<sup>th</sup> February, 2018.**



### **RESEARCH PROJECTS: -**

- **Funded Project : - "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
- **In-house Projects: -"Effect of alpha and theta Audio-Visual Brainwave Entrainment on Mood, cognition, heart rate variability and psychological profile of healthy adult volunteers."**  
**Principal Investigator:** Dr. Vivek Kumar Sharma,  
Professor,  
Department of Physiology,  
Government Institute of Medical Sciences,  
**Co-investigator:** Dr. Anand Pratap Singh  
Head,  
Department of Psychology & Mental Health  
Gautam Buddha University



## **FACULTY MEMBERS**

S.No	Names	Designation	Area of Interest and Specialization
1	<p>Dr. Anand Pratap Singh</p> 	<p>Head, Department of Psychology and Mental Health, Assistant Professor. (RCI CRR No. A10595).</p> <p>E-mail <a href="mailto:apsingh@gbu.ac.in">apsingh@gbu.ac.in</a></p>	<p>M.Phil., Ph.D. Clinical Psychology. Specialization in Clinical Neuropsychology. Areas of interest lies in Neurocognitive functions, Neuro-feedback Therapy, Neural Entrainment Therapy and Brain Finger-printing Technology.</p>
2	<p>Dr. Shivani Pandey</p> 	<p>Faculty, Department of Psychology and Mental Health (RCI CRR No. A41691).</p> <p>Email <a href="mailto:shivani26262@gmail.com">shivani26262@gmail.com</a></p>	<p>M.Phil., Ph.D. in Clinical Psychology. Her work experience includes 8 years of teaching, research and clinical practice. Areas of Interest are- Psychopathology, Psychodiagnostics Assessments Neuropsychology, Psychotherapy and Counselling.</p>
3.	<p>Ms.Madhu Giri</p> 	<p>Faculty, Department of Psychology and Mental Health (RCI CRR No. A59664).</p> <p>E-mail <a href="mailto:mgiri492@gmail.com">mgiri492@gmail.com</a></p>	<p>UGC NET JRF and RCI Registered Clinical Psychologist. She has a work experience of about 8 years in the area of teaching, research and clinical Practice. Areas of specialization and research include Clinical Psychology, Personality Psychology, Psychotherapy and Psychodiagnostics.</p>



4.	<p>Ms. Swati Saxena</p> 	<p>Faculty, Department of Psychology and Mental Health (RCI CRR No. A65295).</p> <p>E-mail <a href="mailto:saxsenaswati93@gmail.com">saxsenaswati93@gmail.com</a></p>	<p>M.Phil. in Clinical Psychology. Her work experience includes 6 years of counselling and psychotherapy, clinical practice and research. Area of specialization is Clinical Psychology. Major areas of Interest lie in Mindfulness and Cognitive based interventions. Aims to research is in the field of Health Psychology and Neuropsychology.</p>
5.	<p>Ms.Aakriti Varshney</p> 	<p>Faculty, Department of Psychology and Mental Health (RCI CRR No. 2020-98421-A)</p> <p>E-mail <a href="mailto:aakriti.8210@gmail.com">aakriti.8210@gmail.com</a></p>	<p>UGC NET Qualified and RCI Registered Clinical Psychologist. She has work experience of 2 years in clinical practice and research work. Areas of specialization in Neurofeedback therapy, Psychodiagnostics, Brain Fingerprinting Technique and Neural Entrainment.</p>
6.	<p>Dr.Nidhi Pathak</p> 	<p>Faculty, Department of Psychology and Mental Health</p> <p>E-mail <a href="mailto:nidhipathakabhilash@gmail.com">nidhipathakabhilash@gmail.com</a></p>	<p>PhD in Psychology. LLB and Post Graduate Diploma in Psychological Counseling. Completed course on Managing ADHD, Autism, Learning Disabilities, and Concussion in School “, from University of Colorado, USA. Her Specialization are in Psychological Counseling, Law and Human Behavior, Clinical-forensic, Juvenile Justice System, Industrial and Social Psychology and Qualitative Research</p>





			Methods.
7.	Dr.Gulfisha 	Faculty, Department of Psychology and Mental Health  E-mail <a href="mailto:64gulfisha@gmail.com">64gulfisha@gmail.com</a>	Ph.D in Psychology. Has 5 years of work experience in th field of Psychology. Specialization in Social Psychology. Her Areas of Interest are Psycho-social factors, Weellbeing ,Gender based violence and Research methods
8.	Ms. Pallavi Chowdhary 	Faculty, Department of Psychology and Mental Health E-mail <a href="mailto:chowdherypallavi@gmail.com">chowdherypallavi@gmail.com</a>	NET, Masters on Applied Psychology: Specialization in Counselling Psychology.An alumni of Tata Institute of Social Sciences, Mumbai. Her area of specialization is Counselling Psychology. Major areas of interest are Body Image, Social Psychology, Developmental Psychology and Industrial Psychology.

### **Ph.D. SCHOLARS**

S.No	Name	Topic of Research	Supervisor
1	Prateek Kumar Sharma 	Effectiveness of Twin Heart Meditation and Brain Wave Entrainment Therapy on Executive Function, Self-Esteem and Emotional Intelligence among College students	Dr. Anand Pratap Singh



2	Aayushi Sharma 	A study of Neuro-feedback Therapy on the Executive Functioning, Decision Making Process and performance optimization among Human Resource Managers	Dr. Anand Pratap Singh
3	Gargi Bansal 	Effectiveness of Computer Assisted Cognitive Retraining on Children with Learning Disability	Dr. Anand Pratap Singh

### **OFFICE STAFF**

<b>S.No</b>	<b>Name</b>	<b>Designation</b>
1	Mr. Muninder Solanki 	Office In-Charge cum Psychology lab assistant
2	Mr. Jalim Singh 	Clinical Psychology OPD In-Charge



3	Mr. Hasmukh Khan	Attendant
		

**CONTACT US AT**

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***Glimpses of Extra-curricular Activities at the Department***



