

Dr Astha Sakshi

Assistant Professor, Department of Psychology
Shaheed Smarak Government Degree College, Yusufpur, Mohammadabad, Ghazipur, Uttar Pradesh

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Google Scholar-

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Academia.Edu- <https://vbspu.academia.edu/AsthaSakshi>

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1.Educational Qualifications-

D.Phil in Psychology from University of Allahabad, Prayagraj, U.P, India.

Title of thesis “**Psychological Consequences of Social Exclusion among Disadvantaged Groups in India**”.

M.A in Psychology, Department of Psychology, University of Allahabad, Prayagraj, U.P, India.

B.A (Psychology, English Literature) University of Allahabad, Prayagraj, U.P, India.

2.Professional Experience- Assistant Professor (Psychology), Shaheed Smarak Government P.G. College, Yusufpur Mohammadabad, Ghazipur (Affiliated to Veer Bahadur Singh Purvanchal University Jaunpur, 26 June 2021 onwards.

Worked as a **Psychologist** at Allahabad Child Development Centre from 2018-2021

3.Responsibilities:

- Teaching undergraduate courses in Psychology.
- Conducting practical classes and psychological assessments.
- Supervising student projects and dissertations.
- Participating in departmental and college academic activities.
- Contributing to curriculum implementation under NEP 2020.

4. Research Experience

- Ph.D. research in the area of Social Psychology
- Research interests include:
 - Clinical Psychology
 - Developmental Psychology
 - Cognitive Psychology
 - Women's Mental Health
 - Psychological Assessment

5. Academic and Administrative Responsibilities

- Programme Officer, National Service Scheme (NSS).
- Head/Coordinator, Women Cell.
- Ranger/Rover In-charge.
- Member of Departmental and College committees.
- Organized training programmes, counselling sessions, and awareness activities.

6. Undergraduate Courses/ Papers Taught

- General Psychology
- Developmental Psychology
- Counselling Psychology
- Social Psychology
- Psychological Assessment
- Research Methodology
- Community Psychology
- Abnormal Psychology
- Positive Psychology

7. Membership of Professional Bodies

National Academy of Psychology (NAOP)

8.Skills

- Psychological assessment and report writing.
- Research methodology and statistical analysis.
- Academic writing and publication.
- Student counselling and mentoring.
- Administrative and event coordination.

9.Professional Training

- Faculty Induction Program, Aligarh University, Aligarh
- Refresher Course, University of Lucknow, Lucknow
- NEP 2020 Orientation and Sensitization Programme organized by Iswar Saran PG College Prayagraj.

10.Research Publications-

1. **A. Sakshi** “Social Exclusion: Dimensions of Exclusion in India,” Anmay Sanch, vol.24, Oct-Dec(2018).
2. **A.Sakshi** and R. Kumar, “ Social exclusion : Impact on physical disabled people in India IAHRW International Journal of Social Sciences, Volume 7, Issue (5-iii) pp 1741-1743 (2019).
3. **A.Sakshi** and R. Kumar, “ Social exclusion : Impact on physical disabled people in India IAHRW International Journal of Social Sciences, Volume 7, Issue (5-iii) pp 1741-1743 (2019).
4. **A.Sakshi** and G Singh., “Social Exclusion :Underlying Factors responsible for the exclusion of Disadvantaged Groups ,” Psychology Shodh Sandarsh-VII,Vol XXII, pp 295-298March (2019).
5. **A.P Singh**, G.Singh, A.Singh and A.Sakshi “Self-compassion and Mental Health among Private Sector Employees” World Translation, vol.09, Issue 07, p. 342-347,Jan-June. (2019)