

ARPITA DAS
State Aided College Teacher
Department of Psychology
H.M.M. College for Women
E-Mail: - arpitadaswbsu@gmail.com



CAREER OBJECTIVES :-

Honesty, sincerity, patience and co-operation are the main factors with which I earnestly desire to achieve respectful position in my job.

WORK EXPERIENCE:-

- At present working as **STATE AIDED COLLEGE TEACHER (SACT)** at the Department Of Psychology, Hiralal Mazumdar Memorial College for Women with effect from 01.01.2020.
- Worked as **MANAGEMENT SUPPORTED TEACHING STAFF (Guest Teacher)** at the Department Of Psychology, Hiralal Mazumdar Memorial College for Women with effect from 11.07.2019.
- Working as **REHABILITATION PSYCHOLOGIST (Self Employed)** at Apollo Clinic, Sodepur with effect from 10.07.2019.
- Worked as **PROJECT FELLOW** under DRS Programme (DRS-II, SAP-III) at the Department Of Applied Psychology, University Of Calcutta from 12.06.2017 – 30.09.2018.
- Worked as an **INTERN** at JNM College and Hospital for 1 year and at Missionaries Of Charity - Nirmala Kennedy for 6 months during 3rd & 4th semester of M.SC.

ADDITIONAL EXPERIENCE:-

- Worked as an **Examiner** on Jan, 2020 to evaluate the answer scripts of UG CBCS sem-I examination'19.
- Worked as a **Scrutineer** on Jan, 2020 to scrutiny answer scripts of UG CBCS sem-I examination'19.

PUBLICATION IN JOURNAL:-

- Bhattacharya, S., Das, A. & Ghosh, P. (2018). A study on mental health status as expressed by the girl students belonging to north, central and south zone of Kolkata city. Paripex-Indian Journal of Research, 7(9), 17-19.

ACADEMIC QUALIFICATIONS :-

- Registered as **REHABILITATION PSYCHOLOGIST** with the CRR NO. **A55419** given by REHABILITATION COUNCIL OF INDIA (RCI) on 17th Jul, 2017.
- Passed **POST-GRADUATE DIPLOMA IN REHABILITATION PSYCHOLOGY** from UNIVERSITY OF CALCUTTA in 2017 with 65.64 %.
- Passed **M.SC. in PSYCHOLOGY** (Specialization in Counselling Psychology) from WEST BENGAL STATE UNIVERSITY in 2014 with 64.80 %.
- Passed **B.SC. in PSYCHOLOGY** from WEST BENGAL STATE UNIVERSITY in 2012 with 58.25 %.
- Passed **HIGHER SECONDARY EXAM** from WEST BENGAL COUNCIL OF HIGHER SECONDARY EDUCATION in 2009 with 75 %.
- Passed **SECONDARY EXAM** from WEST BENGAL BOARD OF SECONDARY EDUCATION in 2007 with 66.38 %.

CERTIFICATE COURSES:-

- Passed **POST-GRADUATE CERTIFICATE COURSE ON PSYCHODYNAMIC STUDIES** with Grade 'B' (55%-59%) offered by Department Of Psychology, West Bengal State University in collaboration with the Indian Psychoanalytical Society from April, 2017 – October, 2017.
- Passed **FIRST DEGREE OF EXTENSIVE HAND WRITING ANALYSIS COURSE** from Kolkata Institute Of Graphology on Apr, 2017.
- Passed **ADVANCED COURSE IN ENGLISH** from School Of Languages, The Ramakrishna Mission Institute Of Culture on Apr, 2017 with 58%.
- Passed **SENIOR COURSE IN ENGLISH** from School Of Languages, The Ramakrishna Mission Institute Of Culture on Aug, 2016 with 67%.

E-LEARNING COURSES:-

- Attended **Online Course** on COVID-19 entitled **Clinical Care Severe Acute Respiratory Infection** on 30th Jun, 2020 developed by WHO.
- Attended **Online Course** on COVID-19 entitled **Emerging respiratory viruses, including COVID-19: methods for detection, prevention, response and control** on 29th Jun, 2020 developed by WHO.

- Attended **Online Course** on COVID-19 entitled **ePROTECT Respiratory Infections (EN)** on 28th Jun, 2020 developed by WHO.
- Attended **Online Course** on COVID-19 entitled **COVID-19: Operational Planning Guidelines and COVID-19 Partners Platform to support country preparedness and response** on 28th Jun, 2020 developed by WHO.
- Attended **Online Course** on COVID-19 entitled **Introduction to Go.Data – Field data collection, chains of transmission and contact follow-up** on 27th Jun, 2020 developed by WHO.
- Attended **Online Course** on COVID-19 entitled **Competency-Based Learning: Introduction** on 25th Jun, 2020 developed by WHO.
- Attended **Online Course** on COVID-19 entitled **COVID-19: How to put on and remove personal protective equipment (PPE)** on 30th May, 2020 developed by WHO.
- Attended **Online Course** on COVID-19 entitled **Severe Acute Respiratory Infection (SARI) Treatment Facility Design** on 26th May, 2020 developed by WHO.
- Attended **Online Course** on COVID-19 entitled **Infection Prevention and Control (IPC) for Novel Coronavirus (COVID-19)** on 25th May, 2020 developed by WHO.
- Attended **Online Course** on COVID-19 entitled **Standard precautions: Hand hygiene** on 24th May, 2020 developed by WHO.

ADDITIONAL QUALIFICATIONS :-

- Participated in an **International Webinar** on **Picturing The Future Of Healthcare Through Molecular Imaging** organized by IQAC and Department Of Chemistry, H.M.M. College For Women on 2nd Aug, 2020.
- Participated in a **National Webinar** entitled **Support Breastfeeding For a Healthier Planet** organized by IQAC and Department Of Food and Nutrition, H.M.M. College For Women on 1st Aug, 2020.
- Participated in a **Staff Orientation Program** entitled **Cyber Security And Us** organized by IQAC and Department Of Computer Science, H.M.M. College For Women on 19th and 26th Jul, 2020.

- Participated in a Five Days Long **Faculty Development Programme on Perspectives In Mental Health And Psychotherapy Post COVID-19** organized by Amity Institute Of Psychology and Allied Sciences, Amity University, Kolkata from Jul 13-17, 2020.
- Participated in a **Webinar** entitled **Yoga: In Theory And In Practice** organized by Department Of Philosophy, Ramakrishna Sarada Mission Vivekananda Vidyabhavan on 5th Jul, 2020.
- Participated in a **Webinar** on **Parenting /Caregiving In A Pandemic** organized by Department Of Sociology and Department Of Psychology, H.M.M. College For Women in collaboration with Bandhu Foundation on 10th Jun, 2020.
- Participated in a **Webinar** on **Pandemics in History** organized by Department Of History, H.M.M. College For Women on 4th Jun, 2020.
- Participated in a **Webinar** on **Dealing With Stress Among Students During COVID-19 Pandemic** organized by Department Of Psychology, H.M.M. College For Women on 27th May, 2020.
- Participated in a **Webinar** on **Mnemonic Images: Untangling the art works inside an Art Therapy Room** organized by Centre For Psychodynamic Studies and Department Of Psychology, West Bengal State University on 6th May, 2020.
- Participated in a **Workshop** on **Crime Against Women: Legal and Psychological Redressal**, organized by Department Of Psychology, H.M.M. College For Women on 14th Mar, 2020.
- Participated in a **State Level Conference** on **Cognitive Behaviour Therapy & Beyond**, organized by Department Of Clinical Psychology, IOP-COE, Kolkata from 12th-14th Sep, 2019.
- Attended **RCI Approved Continuing Rehabilitation Education (CRE) Programme on Importance Of Understanding, Assessing And Managing The Developmental Disability In Psychological Perspective**, organized by National Institute For Locomotor Disabilities (Divyangjan), from 6th -8th Mar, 2019.
- Attended a **Workshop** on **Rorschach-Exner Method** organized by UGC-CPEPA, University Of Calcutta from 21st - 22nd Jul, 2018.
- Attended an **International Conference** on **Women's Safety In Dogmatic Times**, organized by the COWAP (Committee On Women And Psychoanalysis) Kolkata associated with International Psychoanalytical Association, Indian Psychoanalytical Society, Crystal Minds & West Bengal State University- Centre For Psychodynamic Studies from 9th-10th Mar, 2018.

- Attended a **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 Feb, 2018.
- Participated in a **Workshop on Cognitive Behaviour Therapy**, organized by ANTARA from 19th-21st Jan, 2018.
- Attended **RCI Approved Continuing Rehabilitation Education (CRE) Programme on Importance Of Psycho-Social Intervention At Different Developmental Stages For Persons With Dissabilities**, organized by National Institute For Locomotor Disabilities (Divyangjan) from 22nd-24th Nov, 2017.
- Attended a **Workshop on Relaxation Techniques - A Current Update**, organized by ANTARA on 13th Oct, 2017.
- Attended a **Seminar** entitled **Psychoanalysis : A Journey From Classical To Contemporary Perspectives**, organized by Department Of Psychology, West Bengal State University from 2nd - 3rd Mar, 2016.
- Attended a **Workshop on Mental Health Advocacy & Activism**, Organized by Department Of Psychology, West Bengal State University from 17th - 18th Nov, 2015.
- Attended a **Workshop on Understanding And Working With Incest & Child Sexual Abuse Survivors**, organized by Mental Health Foundation, Kolkata associated with Rahi Foundation, New Delhi on 8th and 9th Nov, 2014.
- Attended Five Days-Long **Seminar** called **Sexuality Academy**, organized by Sappho For Equality from Mar 19-23, 2014.
- Attended a **Workshop on School Counselling**, organized by Mental Health Foundation, Kolkata & Sangath, Goa on 11th Jan, 2014.
- Attended a day-long **Seminar on Gender Otherness**, organized by Department Of Psychology, West Bengal State University on 9th Dec, 2013.
- Participated in a **Workshop on Sensitising Children And Young People Through Life Skills Education**, organized by Mental Health Foundation, Kolkata on 29th Jul, 2013.
- Attended **Third ABA India Conference**, organized by Association For Behaviour Analysis - India from Dec 8-9, 2012.

TECHNICAL DETAILS:-

- Passed DIPLOMA in INFORMATION TECHNOLOGY APPLICATION from Barrackpore Youth Computer Training Centre in 2013 with 88.25%.

INTER -PERSONAL SKILLS:-

- Good listener
- Able to handle situation with patience
- Able to interact with people empathetically
- Motivated and Optimistic
- Have reality based thinking patterns
- Have interest and involvement with creative work
- Hard working, consistent, co-operative, easily adaptable and flexible with working condition.

I hereby declare that the above mentioned information is true to the best of my knowledge and belief.

ARPITA DAS