



### **Dr Anuradha Sovani**

Psychologist and Psychotherapist. Professor and Head, Department of Psychology, SNDT Women's University, Mumbai. Has formerly headed Department of Applied Psychology, University of Mumbai. Trustee and Consultant, Institute for Psychological Health, Thane, Maharashtra.

M.A., M.Phil., Ph.D., University of Mumbai. Chancellor's Gold Medalist at Masters' level. Recipient of various scholarships and awards, including the UGC Research Fellowship, the National Talent Search Scholarship, the Mankar Prize of the University of Mumbai, and recipient of the best research paper award of the Indian Psychological Association, the award for the best paper published in Disabilities and Impairments and best book award for Children's literature awarded by Maharashtra State. She has successfully guided twelve Doctoral students, and six more are working towards their doctoral degree.

Dr. Sovani has authored ten Marathi books, four on Child Mental Health, one on Quality of Life, one on couple relationships and couple counseling, a popular new series called "Maanas-rang" as well as over 65 research papers in national and international journals, and book chapters in National and International publications, and has also run various popular newspaper columns. She had worked on a UGC major research project on Treatment Resistant Schizophrenia which is now published as a book.

Dr. Sovani's SAGE publication is in press: an Indian adaptation of a text on abnormal psychology with elucidation of the cognitive neuroscience underpinnings of the various psychopathologies, as well as a lot of Indian research reviews. She has completed a Shastri Indo Canadian research grant with University of British Columbia on stigma reduction pertaining to mental illness, and is currently involved in an International Rotary funded project on addiction prevention. She has also completed collaborative works with University of East Anglia, UK and with Government of Maharashtra Health Services, and has contributed to *E PG Paathshaala* modules of the UGC. She was instrumental in developing a collaborative project for PreLitigation Counseling with Mumbai High Court called "*Let's Talk*" Her abiding interest in campus mental health, primary prevention programs, and therapeutic interventions like REBT, as well as her interest in psycho-diagnostic assessment reflects in her writing. Dr. Sovani has helped build one of the first gamified recruitment and talent management tools, *Nautics*; she has helped create *Prakashdoot*, an audio visual module with FAQs. This module is currently being used as a tool for Universal prevention in remote Maharashtra to spread awareness about Depression and Substance Use Disorders.

She has served as Consultant to National and State level bodies including NIMH and *Yashada* and serves on several institutional ethics committees including ADAPT and RGMC, Kalwa. She consults on a number of committees for Prevention of Sexual Harassment. Interest areas include community awareness about mental illness and health, mental health of children and women, working through the print, newspaper columns and audio-visual media.