



Ms. Anita Sanu

Assistant Professor,

Department of Psychology
SNDT Women's University, Churchgate, Mumbai

anita.sanu@psychologymumbai.sndt.ac.in

Subjects of teaching:

Clinical psychology

Qualifications:

M.Phil (NIMHANS)

Ms. Sanu has worked as a clinical psychologist in large public teaching hospitals prior to coming into teaching. She has been teaching in this department for the past 15 years.

Select Research Publications:

- Certain Personality Variables in Hysteria, Psychological Studies, 1988, Vol.33, No.3. p 170-174.
- Yogic Meditation in Tension headache, NIMHANS Journal, 12(1), 1994, p 69-73.
- Sports Psychology: A Review, Bombay Psychologist 1999, Vol. 16, No:1 & 2, p 40-42.
- 'Learning & Motivation' in The Art of Teaching Medical Students, Medical Education Technology Cell, Seth GSME & KEM Hospital, Diamond Jubilee Trust, 1996 p100-104.

Research presentations and talks:

- Psychological Stress and Coping strategies of parents of autistic and mentally retarded children. Second International conference of the Bombay Psychological Association, 2013.
- Presented paper on 'Learning Disabilities Among Children' conducted by Association for Welfare of the Handicapped, Calicut, Kerala.
- Presented paper on 'Efficiency of Cognitive Behaviour Therapy in Somatised Patients' in the 48th Annual National Conference of Indian Psychiatric Society, Bangalore.
- Conducted talks on All India Radio on mental and physical handicap.

Research projects:

- Participated in a Project initiated by SNDT University and UNICEF to work with people suffering from post-traumatic stress disorder as a result of the earthquake in Gujarat.

Areas of interest

- Yoga
- Adult psychopathology
- Learning Disability