



DR. SHILPIGHOSH

Designation: Assistant Professor (Selection Grade/Academic Level 12).

Contact Detail:

Address (O): Department of Education, Vidya Bhavana,






Visva-Bharati, Santiniketan, west Bengal, India. PIN- 731235.

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Academic Identity

-  **Vidwan-ID:** 156334
-  **Orcid ID:** 0000-0001-9076-9873
-  **Scopus ID:** <https://www.scopus.com/dashboard.uri?origin=NO%20ORIGIN%20DEFINED&zone=TopNavBar>
-  **Researcher ID:** ABE-3380-2020
-  **Google Scholar ID:** <https://scholar.google.com/citations?hl=en&user=pdaLVxsAAAAJ>

Education:

- Certificate in Guidance- 2015, Indira Gandhi National Open University, New Delhi, India.
- Master of Arts in Psychology- 2013, Indira Gandhi National Open University, New Delhi, India, with a one-year internship in Clinical Psychology from R.G. Kar Medical College and Hospital, Kolkata, India.
- Doctor of Philosophy (PhD in Education) 2010, Banaras Hindu University, Varanasi, India.
- Master of Arts in Education- 2003, University of Calcutta, Kolkata, India.
- Bachelors of Arts in Education- 2001, Loreto College, University of Calcutta, Kolkata, India.
- Higher Secondary 1998, Loreto House, Kolkata, India.
- Secondary 1996, Loreto Day School (Dharamtala), Kolkata, India.

PhD Topic: A Comparative Study of the Learning Problems of the Normal Students and the Students suffering from Congenital Heart Defects.

M.A. Psychology Dissertation Topic: A Comparative Study of Stress and General Well-Being, amongst Adolescent Science Students, under Different Boards of Higher Secondary Education.

Professional Qualifications:

- National Eligibility Test for Lectureship (UGC), qualified in Education, December 2003.
- State Level Eligibility Test for Lectureship (WBCSC), qualified in Education, January 2004.

Areas of Specialization:

- Mental Hygiene and Child Guidance
- Clinical Psychology

Areas of Research Interest:

- Clinical Psychology
- Educational Psychology
- Developmental Psychology
- Special Education

Language Skill:

- English - read, write, speak and listen – very well.
- Bengali - read, write, speak and listen- very well
- Hindi - read, write, speak and listen- very well

Fellowships and Other Academic Distinctions:

1. I.C.S.S.R Doctoral Fellowship for research (National Open category), October 2007.
2. U.G.C Fellowship for research, B.H.U, January 2007.
3. State-funded Research Fellowship, through SLET, January 2004.
4. Ranked 4th in the University of Calcutta in the Master of Arts Degree Examination, 2003.

The Profession:***Academic Service***

1. Assistant Professor, Visva-Bharati University – 14th September, 2013- Till Date.
2. Assistant Professor, Magrahat College, University of Calcutta – 20th May, 2010- 13th September, 2013.

Administrative Service

1. Deputy Proctor, Visva-Bharati, April 2018- June 2019.
2. Deputy Dean of Students' Welfare, Visva-Bharati, August 2015- October 2017.
3. Head, Department of Education, Magrahat College, University of Calcutta, May 2010- September 2013.
4. Head-examiner of the Zonal Centre for B.A. Part-I Examination, University of Calcutta, 2011.

Research and Dissertation Supervision: (Till 10th September, 2025)

1. PhD Scholars supervision awarded-01 and submitted- 01
2. M.A. Dissertation supervision completed-14

College and University Programme Service:

1. Contributed to the development of the syllabi of the papers titled: Mental Health and Education, Growth and Development of the Educational System in Visva-Bharati and Education for Sustainable Development for the Multidisciplinary Course in Education, Department of Education, Vidya Bhavana, Visva-Bharati in 2022-2023.
2. Contributed to the development of the syllabi of the papers titled: Principles and Philosophical Foundations of Education, Educational Psychology, Contemporary Issues in Education and Development of Education in Modern India, for the Minor Course in Education, Department of Education, Vidya Bhavana, Visva-Bharati in 2022-2023.
3. Contributed to the development of the syllabi of the papers titled: Principles of Education, Educational Psychology, Contemporary Issues in Education and History of Education in India, for the Generic Elective Course in Education, Department of Education, Vidya Bhavana, Visva-Bharati in 2019-2020.
4. Launched the UGC/CSIR NET Coaching for the students of Visva-Bharati, under the UGC XII Plan guidelines, in 2016.
5. Developed the syllabus of the paper titled: Guidance, Counselling and Mental Health, for M.Ed course, Department of Education, Vinaya Bhavana, Visva-Bharati in 2015-2017.
6. Developed the syllabi of the papers titled: Childhood and Growing and Psychology of Development and Learning, for B.Ed course, Department of Education, Vinaya Bhavana, Visva-Bharati in 2015-2017.
7. Developed the syllabus of the paper titled: Learner and Learning, for the B.Ed course, Department of Education, Vinaya Bhavana, Visva-Bharati in 2014-2015.
8. Served the Magrahat College as the Coordinator of the UGC sponsored Service Coaching Scheme in 2011-2012.

Membership of Professional Bodies and Associations:

1. Graduate Member of the **British Psychological Society** (Membership No. 562730). Also, being awarded the Graduate Basis for Chartered Membership.
2. Life Member of **All India Association Educational Research** (Membership No. 3689).

Record of Promotions:

1. Assistant Professor (Academic Level 10) to Assistant Professor (Senior Scale/ Academic Level 11) with effect from August 24, 2014.
2. Assistant Professor (Senior Scale/ Academic Level 11) to Assistant Professor (Selection Grade/ Academic Level 12) with effect from August 24, 2019.

Publications:

Published Journal Articles:

1. **Ghosh, S.** and Shukla, P.C. (2023). General Intelligence of the students suffering from Congenital Heart Defects (Abstract). *European Journal of Psychology Open*, 82(Suppl. 1), 165. <https://doi.org/10.1024/2673-8627/a000043>
2. Abbasi, N. and **Ghosh, S.** (2022). Alleviate Examination Anxiety and conserve Mental Health of the Adolescent Students: the future of the nation. *Indian Journal of Biochemistry and Biophysics*, 59(11), 1081-1087. <http://doi.org/10.56042/ijbb.v59i11.66948>
3. **Ghosh, S.** (2022). Journey from Seclusion to Inclusion: Development of Mental Health Services in India since Independence. *Indian Journal of Biochemistry & Biophysics*, 59(5), 575-579. <http://doi.org/10.56042/ijbb.v59i5.61610>.
4. Gurung, K. and **Ghosh, S.** (2021). Influence of Self-Esteem on the academic Achievement of Students: A Review. *KHOAI*, 47(47), 257-264. ISSN: 2319-8389. Peer-reviewed journal.
5. Gurung, K. and **Ghosh, S.** (2021). Academic Achievement of Adolescents in relation to their Academic Motivation. *International Journal of Psychosocial Rehabilitation*, 25(3), 602-609. ISSN: 1475-7192. Online peer-reviewed journal SCOPUS Indexed. Published by Hampstead Psychological Associates, London, United Kingdom. <https://www.psychosocial.com/article/38686/>.
6. Abbasi, N. and **Ghosh, S.** (2020). Construction and Standardization of Examination Anxiety Scale for Adolescent Students. *International Journal of Assessment Tools in Education*, 7(4), 522-534. e-ISSN: 2148-7456. <https://doi.org/10.21449/ijate.793084>. Online peer-reviewed journal hosted and sponsored by TUBITAK-ULAKBIM (The Scientific and Technological Research Council), Turkey. Indexed in Web of Science. <https://dergipark.org.tr/en/download/article-file/1283486>.
7. **Ghosh, S.** and Ghosh, S. (2020). Effect of COVID-19 Pandemic on Mental Health of the Health Care Workers. *Indian Journal of Biochemistry & Biophysics*, 57(5), 594-601. e-ISSN: 0975-0959. Peer-reviewed Journal. Indexed in Web of Science. Published by CSIR-NISCAIR. JCR index as in 2020 1.98. <http://op.niscair.res.in/index.php/IJBB/article/view/39689/465477867>
8. **Ghosh, S.** and Ghosh, S. (2020). Air Quality during COVID-19 Lockdown: Blessing in Disguise. *Indian Journal of Biochemistry & Biophysics*, 57(4), 420-430. e-ISSN: 0975-0959. Peer-reviewed Journal. Indexed in Web of Science. Published by CSIR-NISCAIR. JCR index as in 2020 1.98. <http://op.niscair.res.in/index.php/IJBB/article/view/37853/465477667>.
9. Abbasi, N. and **Ghosh, S.** (2020). Effect of Yoga on Examination Anxiety: A Systematic Review. *International Journal of Psychosocial Rehabilitation*, 24(8), 9113-9124. ISSN: 1475-7192. Online peer-reviewed journal SCOPUS Indexed. Published by Hampstead Psychological Associates, London, United Kingdom. <https://www.psychosocial.com/article/PR280902/25403/>.

10. Abbasi, N. and **Ghosh, S.** (2017). E-Governance at Secondary Level Education in West Bengal. *International Education and Research Journal*, 3(5), 463-466.
E-ISSN: 2454-9916. Peer-reviewed journal. Indexed in the NASSDOC Research Information Series (New)-02, Edited and Compiled By NASSDOC, ICSSR, New Delhi. <http://ierj.in/journal/index.php/ierj/article/view/993/955>.
11. Chhetri, J. and **Ghosh, S.** (2015). Addressing Classroom Conundrum. *International Journal of Innovative Research & Studies*, 4(12), 72-87. ISSN 2319-9725.
12. **Ghosh, S.** and Shukla, P. (2009). Visual-Motor Perception and the Students with Congenital Heart Defects. *Prachi Journal of Psycho- Cultural Dimension*, 25(1&2), pp34-38. ISSN: 0971-7064. Peer-reviewed journal.
13. Shukla, P. and **Ghosh, S.** (2009). Janmayaan Hridaya Vikar: Bharatiya Prathamik Shikshakon Ke Liye Ek Nayee Chunautee (in Hindi). *Shiksha Chintan*, 8(31), 3-9. ISSN: 0974-553X. Peer-reviewed journal.

Book Chapters:

1. **Ghosh, S.** (2019). Collaborative Approach: The Archway to Joyful Teaching And Learning. In D. Banerjee, and L. Satpati (Eds.), *Reconceptualizing Teaching and Learning*. (1st ed., pp. 71-74). UGC-HRDC, Calcutta University: Kolkata. ISBN: 978-81-929219-4-5.
2. Sinha, S. and **Ghosh, S.** (2018). Role of Halakarshana Utsava in Development of Pro-Social Behaviour and Community Development. In G., Saha, S.K. Paul, P. Saha, K. Ghosh and A.K. Sinha (Eds.), *Vision of Rabindranath Tagore on Co-operative Society and Community Development*. (1st ed., pp: 252-257). Aaheli: Kolkata. ISBN: 81-89169-68-8.

Peer-review assignments:

1. Reviewed article titled "Mapping Covid-19 International Collaboration in India" for *Indian Journal of Biochemistry & Biophysics*.
2. Reviewed article titled "'Stressed, uncomfortable, vulnerable, neglected': a qualitative study of the psychological and social impact of the COVID-19 pandemic on UK frontline keyworkers" for *BMJ Open*.
3. Reviewed article titled "Academic Achievement and Its Correlates and Antecedents: A Systematic Review" for *International Journal of Educational Sciences*.
4. Reviewed article titled "Role of Life-skills and Attitude towards Alcohol Abuse in predicting academic achievement of school students" for *Journal of Education and Health Promotion*.
5. Reviewed abstracts for the 18th European Congress of Psychology, 2023.
6. Reviewed the paper "The impact of social support on anxiety among college students majoring in preschool education: The mediating role of psychological resilience" for *Environment and Social Psychology* ISSN: 2424-8975 (Online), 2424-7979 (Print)

Seminars/Conferences/ Symposiums:

Papers Presented:

1. General Intelligence of the students suffering from Congenital Heart Defects, to be presented in the 18th European Congress of Psychology, 2023 to be held at Brighton, United Kingdom from July 03-06, 2023.
2. Biodiversity: The Mental Health Booster for Children and Adolescents. Presented in the International Conference on "Emerging Issues and Challenges in Global Mental Health and Public Health for the 21st Century" at Bhubaneswar, Odisha, India, held from November 28-30, 2022.
3. Development of Personality through the Festivals of Visva-Bharati. Presented in the 6th International Symposium on Creative Education at Tampere, Finland, held from 12-16 November, 2018.
4. Emotionality of the Students suffering from Congenital Heart Defects. Presented in the International Symposium on Education and Psychology at Kyoto, Japan, held from 04-06 April 2017.
5. Visual-Motor Perception of the Students suffering from Congenital Heart Defects. Presented in the Oxford Education Research Symposium at University of Oxford, UK, held from 20-21 March 2017.
6. Effect of Air Pollution on Mental Health. Presented in the National conference on 'Challenges in environmental Research (NCOCER 2015)' at Centre for the Environment, Indian Institute of Technology, Guwahati, held from 4-6 June 2015.
7. Internet Addiction, Loneliness and Sensation Seeking: A Correlational Study. Presented in the ICSSR sponsored National Seminar on 'Issues of Mental Health Education', Department of Education, North Eastern Hill University, Shillong, held from 26-27 February, 2015.
8. Visual-Motor Perception and the Students with Congenital Heart Defects. Presented in Fifth All India Conference of the Indian Association of Social Sciences and Health (IASSH) on 'Millennium Development Goals (MDGs) and Health', Xavier Institute of Management, Bhubaneswar, held from 7-9 April 2008.
9. Is Congenital Heart Defect a New Hurdle for Learning? Presented in a national seminar titled, 'Achieving Equality in Education with Reference to Children with Special Needs (CWSN)', Faculty of Education, B.H.U., held from 9-10 February, 2008.
10. The Concept of Personality in Vedic Sciences. Presented in an international seminar titled, '2nd World Congress on Vedic Sciences', Banaras Hindu University, held from 09-11 February 2007.
11. Role of Panchayati Raj Institutes in the Educational and Social Development in Rural India. Presented in a National seminar titled, 'Emerging Crisis in Rural Development: Structural

Adjustment’, Department of Economics, Shri Baldeo P.G.College, Baragaon, Varanasi, held from 30-31 December, 2006.

12. Effect of Congenital Heart Defects on the Learning Outcome of the Children. Presented in a National seminar titled, ‘Early Identification, Intervention and Curricular Needs of Children with Special Need’, Faculty of Education, B.H.U., held from 26-28 March 2006.

Invited Talk:

1. **National Public Policy Discourse on Mental Health and Well-being Policies-** June 28, 2020. Delivered online invited lecture as key-note speaker in the national webinar entitled ‘Public Policy Discourse-2020’ organized by Mahatma Gandhi Central University in collaboration with North-Eastern Hill University and Central University of Tamil Nadu.
2. **Learning as a way of Behaviour Modification-** August 19, 2019. Lecture delivered in the Orientation Programme of the M.SW students, organized by the Department of Social Work, Visva-Bharati, Santiniketan.
3. **Collaborative Approach- The Archway to Joyful Teaching and Learning-** March 5, 2019. Lecture delivered to the participants of the Interdisciplinary Refresher Course on Teacher Education organized by the Human Resource Development Centre, and Department of Education, University of Calcutta, Kolkata.
4. **Review of Literature, Writing a Research Proposal and a Research Report-** March 14, 2018. Lecture delivered to the M.Phil Students, Department of Education, University of Calcutta. Kolkata.
5. **Review of Literature and Reference Writing-** April 19, 2016. Lecture delivered to the M.Ed Students, Department of Education, University of Calcutta. Kolkata.
6. **Sampling-** April 18, 2016. Lecture delivered to the M.Phil Students, Department of Education, University of Calcutta. Kolkata.
7. **Reference Writing-** February 15, 2016. Lecture delivered to the participants of ICSSR sponsored workshop on Research Methodology in Social Sciences, organized by the Department of Education, Vinaya Bhavana, Visva-Bharati, Santiniketan.

Participation as the Chairperson:

1. Methodological Issues in Social Science Researches, February 17-23, 2014. National Workshop, Faculty of Education, Banaras Hindu University, Varanasi.

Organization of Seminar/ Conferences/ Workshop:

1. **Save the Girl Child-** National Seminar cum Awareness Programme, September 07, 2018. Organized in the capacity of the Convener and in collaboration with the Office of the Proctor, Visva- Bharati, Office of the Director, PSNS and Dean of Students’ Welfare, Visva-Bharati and Office of the Chief Medical Officer of Hospitals, Birbhum District.

2. **Workshop on Counselling**, February 09-11, 2017. Organized the national workshop for the teachers of Visva-Bharati in the capacity of the Convener at the Office of the Dean of Students' Welfare, Visva-Bharati.
3. **Cognitive Disabilities and Effective Learning Tools- An Approach Towards Educational Paradigm Shifts**, March 17-18, 2016. Organized the ICSSR sponsored National Seminar in the capacity of the Convener at the Department of Education, Vinaya Bhavana, Visva-Bharati, Santiniketan.
4. **Research Methodology Workshop for Ph.D Scholars in Social Sciences**, February 8-17, 2016. Organized the ICSSR sponsored National Workshop in the capacity of the Organizing Secretary at the Department of Education, Vinaya Bhavana, Visva-Bharati, Santiniketan.
5. **Capacity Building Program for the Secondary School Teachers**, November 28-29, 2014. Organized the National Workshop in the capacity of the Convener at the Department of Education, Vinaya Bhavana, Visva-Bharati, Santiniketan.
6. **Legal Awareness Programme**, March 29, 2014. Organized the National Seminar on the behalf of the Santiniketan Trust, Visva-Bharati, Santiniketan.
7. **Inter-Religious Understanding**, January 20-21, 2014. Organized the National Seminar on the behalf of the Santiniketan Trust, Visva-Bharati, Santiniketan.

Professional Participation:

Orientation Programme:

1. UGC sponsored Orientation Programme organized by the Academic Staff College, Banaras Hindu University, Varanasi, from February 23 to March 21, 2012.

Refresher Course:

1. UGC sponsored Refresher Course organized by the Academic Staff College, Himachal Pradesh University, Shimla from August 04 to August 23, 2014.
2. UGC sponsored Refresher Course organized by the Human Resource Development Centre, Hyderabad Central University from May 19 to June 08, 2017.
3. UGC sponsored Refresher Course organized by the Human Resource Development Centre, North Eastern Hill University, Shillong from August 03 to August 22, 2022.

Workshops and Research Methodology Courses:

1. "National Research Methodology Workshop in Social Sciences" organized by the A.K. Dasgupta Centre for Planning and Development, Visva-Bharati, Santiniketan, sponsored by the NITI Aayog, Govt. of India from June 21 to June 30, 2019.
2. Seven-Day Faculty Development Programme on "Rural Entrepreneurship Development" organized by the Institute of Rural Reconstruction, Visva-Bharati, Santiniketan, sponsored by the Mahatma Gandhi National Council for Rural Education, Hyderabad, MHRD, Govt. of India, from March 09 to March 15, 2019.

3. “Academic Writing Workshop” organized by the London Centre for Interdisciplinary Research, London, on October 07, 2017.
4. National workshop on “Counselling for Teachers” organized by the Office of the Director PSNS, Visva-Bharati, Santiniketan, from February 09 to February 11, 2017.
5. Seven days national workshop on “Methodological Issues in Social Science Researches” organized by the Faculty of Education, Banaras Hindu University, Varanasi, from February 17 to February 23, 2014.
6. International workshop on “Dialogues on Curriculum” organized by the Department of Education, Vinaya Bhavana, Visva-Bharati, Santiniketan on April 28, 2014.
7. National Workshop on “Values Orientation of Secondary School Teachers and Administrators” organized by the Department of Education, Vinaya Bhavana, Visva-Bharati, Santiniketan, from March 24 to March 25, 2014.
8. UGC sponsored seminar-cum- workshop on “Initiation of Practical and Comparative Education: A Review of Paper VIII” organized by the Rani Birla Girls’ College, Kolkata on December 14, 2011.
9. Workshop on “Generating Questions for the New Syllabus in Education (Honours and General)” organized by the Undergraduate Board of Studies in Education, University of Calcutta and Muralidhar Girls’ College, Kolkata on 26 November, 2010.

Hobbies:

Nature Photography (especially bird photography), travelling, listening to music and learning new languages.