



## Saswati Jena, M. Phil, Ph.D

**Name** : Dr. Saswati Jena  
**Designation** : Assistant Professor (Counselling Psychologist)  
**Department** : Department of Basic Science and Humanities  
(JOINED THE INSTITUTE IN 2017)  
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### RESEARCH INTERESTS

- Guidance and Counselling
- Positive Psychology
- Adolescent Issues
- Child Rights
- Gender studies and Trans Rights
- Counselling Psychology
- Social Psychology
- Mental Health and Well-being

### Academic Qualifications

Ph.D (Psychology): Utkal University, Odisha

M.Phil (Psychology): The Global Open University, Nagaland

Post-Graduate Diploma in Guidance and Counseling: NCERT, New Delhi

M.A (Psychology): Utkal University, Odisha

### Teaching Experience/ Research Experience:

Nine years of teaching experience in different Universities, Institutes and the academic organisations in and around Bhubaneswar, Odisha viz., Regional Institute of Education, P.G Department of Psychology (Utkal University), Indira Gandhi National Open University, Sambad School of Media and Culture, College of Engineering and Technology.

### Counseling Experience:

As an active practicing Counselling Psychologist for last 16 years, I have worked in different organizations viz, University Counselling Cell, Utkal University, Counselling Unit of Open Learning Systems, Bhubaneswar and as a private practitioner too. Primarily the broad area of counseling deals with the difficulties across the lifespan

of clients related to their personal, educational and career issues. I strongly promote the “**Rights Based Counselling Approach – Right to Life with Dignity (RLD)**”.

## PUBLICATIONS

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### Journal Articles

- [1]. **Jena, S.** & Behera, S. (2020), Understanding child rights in augmenting child friendly rearing practices congregated with rights based counselling approach: A case study, *Int. Journal of Creative Research Thoughts*, 8(4), 3789-3794.
- [2]. Behera, S. & **Jena, S.** (2020) Right to creative expression and neuro-cognitive learning among children with special needs: fostering neuro-diversity based talent in teaching-learning environments, *Int. Journal of Creative Research Thoughts*, 8(4), 3702-3706.
- [3]. **Jena, S.** & Behera, S. (2020). Cybernetics and cyber counselling interface in crisis resilience and coping: Impact of intervention, *Int. Journal of Advance Research and Development*, 5(5),18-20.
- [4]. Behera, S., & **Jena, S.** (2020). Psychological capital and psycho-ecological schemata in crisis intervention, *Int. Journal of Advance Research and Development*, 5(4), 24-27.
- [5]. **Jena, S.** & Behera, S (2017). Ability Valorization in Autism Spectrum Disorder: A Psych-Human Rights Approach, *Int. Journal of Social Sciences Review* 5(3), 490-495, (IF-4.092).
- [6]. Mohanty, N., **Jena, S.**, & Sahoo, P (2015). Self-concept, Ethical value and Mental health: An Exploratory Study on Adolescents. *European Academic Research, Int. Multidisciplinary Research Journal*, III (VIII), 9133 – 9150 (IF-3.454).
- [7]. **Jena,S.** & Mohanty,N (2015).Understanding Mental Health of Adolescents: An Empirical Study on School Students. *Indian Journal of Health and Wellbeing*, 6 (10), 968 - 972 (IF: 0.47).

### Book/ Book Chapters Published

- [1]. **S. Jena** and N. Mohanty “**Counselling and Mental health of Adolescents**” (2020), Neelkamal Publications Pvt. Ltd, Sultan bazar, Hyderabad, INDIA.
- [2]. **S. Jena** and N. Mohanty “**Childhood and growing up**”, CHAPTER 4, 5 (Learning and Classroom Implications of Learning Strategies), Neelkamal Publications Pvt.Ltd, Hyderabad (in Press).

### Conferences and Seminars Presented and Participated

- [1]. Role of parenting in precluding child sexual abuse (CSA) with the help of POCSO and Rights based approach, 22<sup>nd</sup> Dec' 2019, XXIX Annual convention of National Academy of Psychology (NAOP), Pondicherry University, Puducherry, India.
- [2]. Damaging effects of school bullying on later stages of life and the role of counselling as an intervention in restoring mental health, Case study approach, 22<sup>nd</sup> Dec'2019, XXIX Annual convention of National Academy of Psychology (NAOP), Pondicherry University, Puducherry, India.
- [3]. Coercive exclusion of transgender persons and impact of intervention through rights based counselling approach: A case study, (NAOP-2018), 19<sup>th</sup> Dec' 2018, XXVIII Annual convention of National Academy of Psychology (NAOP), University of Delhi, New Delhi, India.
- [4]. Role of family in juvenile delinquency: what national crime record bureau (NCRB) data reveals on 19<sup>th</sup> Dec' 2018 (NAOP-2018), XXVIII Annual convention of National Academy of Psychology (NAOP), University of Delhi, New Delhi, India.
- [5]. Understanding Gender Roles: Myths and Realities" in Proceedings of UGC sponsored National Seminar on "Perspectives of Women Empowerment in India, Dept. of Psychology, Women's college Khordha (2015), ISBN: 81-89075-34-9.
- [6]. Empowering Women: Psychosocial Perspectives, Feb. 5' 2012, PG Dept. of Psychology, Utkal University, Bhubaneswar.
- [7]. Counselling Adolescents: Promoting Wellness, 31<sup>st</sup> March'2012, PG Department of Psychology, Utkal University, Bhubaneswar.

### **Workshops and FDPs Attended**

- [1]. "Social norms and Sustainability", the aegis of Sustainability Action, Learning and Teaching, 4<sup>th</sup> May' 2018, Xavier School of Sustainability, Xavier University, Bhubaneswar.
- [2]. "Training on Emotional Intelligence to Professors in the Engineering Colleges in the Country", 1<sup>st</sup> March' 2018, NMIET-AICTE, Bhubaneswar.
- [3]. Basics of CBT: Cognitive Behaviour Therapy, 3<sup>rd</sup> Oct' 2017, The Learning Clinic, Bhubaneswar.
- [4]. "Practical Strategies to develop positive behaviours, communication and relevant skills in individuals with exceptionalities (ASD, ADHD, Behavior Disorders)", 3 - 4<sup>th</sup> Sept' 2017, National Institute for Empowerment of Persons with Multiple Disabilities, Ministry of Social Justice and Empowerment, Govt of India, Chennai in association with Reeta Peshawaria Centre for Autism and ABA Services, Kerala, India.
- [5]. "Enhancing Counselling Skills for Human Development" 14<sup>th</sup>-15<sup>th</sup> March' 2017, Dept. of Psychology, Utkal University, Bhubaneswar.
- [6]. State Level Workshop for Teachers and student Researchers in the field of Education and Psychology, RMMT in association with P.G. Dept. Of Psychology, Vani Vihar and BJB Autonomous College Bhubaneswar on 22 -

23<sup>rd</sup> Feb' 2014.

- [7]. Counsellors' workshop on "Learning the Art of Empowering Victims of Domestic Violence", 27 - 28<sup>th</sup> Sept' 2013, The Theosophical Order of Service, Mahabharata Group (Odisha Region), Bhubaneswar.

## ANY OTHER

### Resource person/Key note speaker/Invited talks/Invited speakers

- Resource Person: "Psycho-social aspects of employability of differently able", School of Humanities and Social Sciences, National Institute of Science Education and Research, Bhubaneswar, 6<sup>th</sup> March 2020.
- Resource person: A Talk on "Adolescence, high risk behaviour" at Induction course of newly engaged counselors, 21<sup>st</sup> January, 2020, Navodaya Leadership Institute, Konark, Odisha, Navodaya Vidyalaya Samiti (MHRD, India).
- Resource person: A Talk on "Preventing high risk behaviours during adolescence viz aggression, substance abuse, bullying etc, involvement of stake holders for positive environment" at Induction course of newly engaged counselors, 21<sup>st</sup> January, 2020, Navodaya Leadership Institute, Konark, Odisha.
- Panel member: National Conference on "Suicide Prevention", 10<sup>th</sup> Jan' 2020, People's Forum, Bhubaneswar.
- "Adolescent wellbeing and development, understanding the flag signs of common mental health problems" at Induction course of newly engaged counselors, 17<sup>th</sup> December, 2019, Navodaya Leadership Institute, Konark, Odisha.
- "Preventing high risk behaviours during adolescence viz aggression, substance abuse, bullying etc, involvement of stake holders for positive environment" at Induction course of newly engaged counselors, 17<sup>th</sup> December, 2019, Navodaya Leadership Institute, Konark, Odisha.
- Resource person: "Monitoring and Evaluation kit for special schools in Odisha", 21<sup>st</sup> Nov' 2019, UNICEF and SSEPD, Odisha.
- A talk on "Relationship between adolescence problem and academic performance of children guidance & counseling", 5<sup>th</sup> Nov' 2019, Training programme of house mistress at navodaya leadership institute, Konark.
- A talk on "How to diagnose depression and remediation measures through psychological approach" 5<sup>th</sup> Nov' 2019, Training programme of house mistress at navodaya leadership institute, Konark.
- Resource person: Role of counselling in drug de-addiction and drug demand reduction, 18<sup>th</sup> Feb' 2019, State department of social security and empowerment of persons with disabilities, ODISHA.
- Resource Person: Emotional status of adolescents in slums - impact of training based intervention on the improvement in educational and emotional status of slum adolescents, 17<sup>th</sup> Jan' 2019, Population Education Cell, RIE, BHUBANESWAR.
- Resource Person: Psycho-social competence and work life balance, faculty development programme, 5<sup>th</sup> Jan' 2019, Silicon Institute of Technology, Bhubaneswar.

- Guest Speaker: Relationship challenges faced by married couple, Interactive television programme, 17<sup>th</sup> April' 2018, City Plus channel (Health Plus programme).
- Guest Speaker: Importance of summer vacation and its impact on mental health of children, 17<sup>th</sup> April' 2018, City Plus channel.
- Resource Person: to deliver the talk on "Counselling Skills and Techniques for Children and Adolescents", Staff Capacity building programme, 11th April' 2018, People's Cultural Centre, Indian Red Cross Society, Odisha.

### **Outreach Programme during COVID-19 lockdown**

- Conducted free Online / Tele-Counseling Sessions under the flagship of OACP, Manodarpan and SIT, Bhubaneswar for Mental Health and Life Transition Issues
- Online Programmes (Under the flagship of SIT, Bhubaneswar and Voices O' Counselling);
- Beparwah Smiles: Online Capacity Building Program with Parents of Children with Special Needs
- Organized Online Conferences and Webinars: International Online Conference: Nivritti: Humanity Beyond Boundaries for an Inclusive and Just World
- National Webinar on Psychosocial Recuperation in Substance Use Disorders: Role of Psychologists and Caregivers
- Online Video Podcasts: "Chimes of Wellness"

### **Membership:**

- Psychologist : Juvenile Justice Board, Khordha
- Member and Former Executive member: National Academy of Psychology (NAOP)
- Part of MANODARPAN – NCERT, MHRD, Govt. of India (Orientation Program for Counselors of School and Higher Education during the global pandemic, Since May' 2020.

### **Awards and Recognition**

- "Award of Galactic Altruism in Social Change", National Symposium, 6<sup>th</sup> March' 2020, National Institute of Science Education and Research, Bhubaneswar.
- Felicitated as "WOMEN OF COURAGE AWARDS - 2020" on the occasion of International Women's Day Celebration, We4U, 8<sup>th</sup> March' 2020.