

## Dr Anuradha Sovani



Psychologist and Psychotherapist. Former Professor and Head, Department of Psychology, and Former Dean, Faculty of Humanities, SNDT Women's University, Dr. Sovani has been a Member of the Academic Council, Management Council and Senate of the University and has formerly headed Department of Applied Psychology, University of Mumbai. She is Trustee and Consultant, Institute for Psychological Health, Thane, Maharashtra, and National Core Committee member and Ethics Committee Chairperson for Association of Adolescent and Child Care India, as well as Ethics committee, Jaslok Hospital. She is the co-founder of NoahClique: an innovative online aggregator platform consulting with client organizations.

Dr. Sovani's work has spanned teaching, training, POSH consultancy, TEDx talks, television and radio programs, workshops, manual construction as part of national and international projects. She has worked with police committees for women welfare and safety, prelitigation counseling project with High court, and cyber safety initiatives.

M.A., M.Phil., Ph.D., University of Mumbai, Chancellor's Gold Medallist, recipient of various scholarships and awards, including the UGC Research Fellowship, the National Talent Search Scholarship, the Mankar Prize of the University of Mumbai, Best research paper award of the Indian Psychological Association, as well as Disabilities and Impairments and best book award for Children's literature awarded by Maharashtra State, she has successfully guided seventeen Doctoral students. She is recipient of the Dr. R.D. Lele Oration scroll (2021) of the Association for Adolescent and Child Care India, the Lifetime achievement award instituted by NHDCDC and the *Maitra Manaache Sanmaan Puraskaar* (2023).

Dr. Sovani has authored twelve Marathi books in the areas of Child Mental Health, Quality of Life, Couple relationships and couple counseling, and Personality Disorders. Her online Kindle publications are popular, and latest ones being *Chuklele Trairaashik*, a Marathi book on Personality Accentuations, and "*Diary of a Novice Counselor*". Her delightful series of illustrated children's stories heralding attitude change, "*Vik Stories*" are popular among children and parents and have a TEDx dedicated to them. She has published over 70 research papers in national and international journals, and book chapters in National and International publications. Her SAGE publication on Abnormal Psychology from a Neuroscience perspective encompasses recent Indian research and is a widely used text.

Dr. Sovani is an effective teacher and trainer, a prolific writer, and a thought leader in the field of community mental health and well being. She works in multiple Indian languages using the medium of Community radio, webinars, as well as newspaper columns and articles. She has helped build a gamified assessment tool, *Nautics*, and an audio visual stigma reduction program, *Prakashdoot*. She has worked in the area of addiction prevention, particularly nonsubstance, behavioral addictions of children and youth, and written trainer manuals for the *Shacklefree* program. She has collaborated on several research studies with Indian as well as international researchers from Canada, United States, and the United Kingdom and has presented her work in Vancouver, The Netherlands and Belgium. Her interest areas include community awareness about mental illness and health, mental health mentoring, mental health of children and women, schizophrenia and rehabilitation. She has recently completed a set of Manuals guiding the Socio Cognitive Rehabilitation of persons with schizophrenia for a Paul Hamlyn Foundation funded project.