



# SASWATI NATH

M.Sc. in Clinical & Counseling Psychology

## PROFILE

I am committed to fostering an inclusive learning environment, engaging all students, especially those from disadvantaged backgrounds, to help them reach their full potential. My research focuses on the menstrual cycle and mental health across the lifespan, and I actively pursue research and interventions alongside teaching.

## CONTACT

PHONE:  
**+91-9836179185**

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[LinkedIn](#)

ADDRESS: 3, Seth Bagan Place, DumDum,  
Kolkata-700030.

## DOB

11/02/1995

## LANGUAGES

**Bengali**- Mother Tongue  
**English**- Fluent

## EXTRA CURRICULAR

I promote MHH awareness to Bengali adolescent girls and women in an age-appropriate and culture-appropriate manner.

Find my work at:  
<https://www.youtube.com/@MasikBhashik>

## ACADEMIC POSITIONS

### Basanti Devi College

January, 2020 - Present

State-aided College Teacher (Category-1), Department of Psychology

### Basanti Devi College

August, 2018 – December, 2019

Guest Lecturer, Department of Psychology

## EDUCATION

Examination	Institution	Year	% of Marks
Madhyamik	Brahmo Balika Sikshshalaya	2010	61.6%
Higher Secondary	DumDum Road Govt. Spond. High School for Girls (H.S)	2012	60.8%
B.Sc. Psychology Hons.	Bangabasi College, University of Calcutta	2015	60.125%
M.Sc. Psychology	West Bengal State University	2017	73.15%

## MAJOR ACADEMIC ACHIEVEMENT

Qualified State Eligibility Test (SET), 2018 for Assistant Professorship.

## RESEARCH EXPERIENCE

- **Psychology Research Unit, Indian Statistical Institute;** Research Assistant (February, 2018– March, 2018 and October, 2018– December 2019)
- **Centre with Potential for Excellence in a Particular Area (CPEPA), University of Calcutta,** Research Fellow (June, 2018- October, 2018)
- **Dissertation** submitted in partial fulfillment of M.SC Degree In Psychology, Department of Psychology, West Bengal State University, Title- **Menstruation: From Etiquettes of Concealment to Metaphor of Femininity- A Qualitative Inquiry.**
- Worked on a **research project** during the master's course at Department of Psychology, West Bengal State University, titled- **"UNDERSTANDING OF MENTAL ILLNESS AMONG THE VILLAGERS OF THE RURAL AREAS OF BARASAT- AN EXPLORATORY STUDY".**

## PAPER PRESENTATION

- Awarded as best paper presenter for the paper titled **"UNDERSTANDING OF MENTAL ILLNESS THROUGH THE LENS OF RURAL PEOPLE OF FIVE VILLAGES OF BARASAT- AN EXPLORATORY STUDY"**, in a two-day ICSSR Sponsored National Seminar on 'Psychotherapies- Contemporary Approaches in 21st Century India', organized by Department of Psychology, Loreto College, Kolkata in collaboration with Department of Psychology, West Bengal State University on November, 2016.
- Paper titled **"Menstrual Bodies: Discrimination versus Celebration- The Gaze of Patriarchy"**, presented at the 27<sup>th</sup> Annual Conference of National Academy of Psychology (NAOP), 2017.

## PUBLICATIONS

- Mukhopadhyay, P., Saha, N., Das, G., Mondol, A., Sengupta, A., Nag, M., Manna, K., Nath, S., & Saha, P. (2022). Cognitive dysfunction in Basal ganglia and thalamic stroke patients: A case study approach. *Act Nerv Super Rediviva*. 64(4), 1–7.
- Nath, S., Chatterjee, T., Singh, N., Chakraborty, D., Mukherjee, B., Singh, J., Mukherjee, S., Chakraborty, K., Chatterjee, B., Mandal, P., Sarkar, S., Singha, P., Bagchi, S., Khatun, R., Sengupta, A. (2020) Understanding of Mental Illness through the Lens of Rural People of Five Villages of Barasat – An Exploratory Study. *Psychopathology and Psychotherapy: A Review of Causes, Consequences and Curative Measures*. Levant Books. 66-77 (ISBN978-93-88069-40-3)

## CLINICAL INTERNSHIP & EXPERIENCE

- |              |   |
|--------------|---|
| 2016-2017    | <ul style="list-style-type: none"><li>• Clinical Internships under supervision as a course of M.Sc.</li><li>• Case history, diagnostic psychometry and therapeutic interventions under supervision</li><li>• Psychotherapeutic techniques: Psychodynamic, BT, CBT, Art therapy, Existential Therapy and Gestalt therapy</li></ul> |
| 2021-Present | <ul style="list-style-type: none"><li>• Working as an independent Counselling Psychologist</li></ul>  |

## INVITED TALKS

Invited as an expert trainer to educate adolescent girls and women on menstrual health and hygiene in "Tejaswini – Women's Self Defense Workshop, 2022", organized by Kolkata Police.

## REFERENCES

**Dr. Garga Chatterjee**, Assistant Professor, Psychology Research Unit Indian Statistical Institute, Kolkata, India. Email: [garga@isical.ac.in](mailto:garga@isical.ac.in)

**Dr. Saoni Banerjee**, Lecturer, Masters in Art Therapy, La Trobe University, Melbourne, Australia. Email: [S.banerjee@latrobe.edu.au](mailto:S.banerjee@latrobe.edu.au)