

**Name:** Dr. Sanchita Ghosh

**Designation:** Assistant Professor and Co-ordinator of Psychology

**Teaching Exp:**14 years

**Courses Taught:** Personality Theories, Happiness & Peace Psychology, Clinical Psychology, Counselling Psychology

**Areas of Research Interest:** Social Psychology, Clinical Psychology, Positive Psychology  
Cognitive Psychology, Media psychology

### **Publications:**

- I. Ghosh, S., Chanda, D., & Mukhopadhyay, C. (2026). Efficacy of Wearable AI Driven Mindfulness Practices in the Management of Stress: Systematic Review. In A. Hulus, H. Kannan, R. Rodriguez, M. Rege, & M. Aadil (Eds.), *Wearable AI in Psychotherapy* (pp. 85-120). IGI Global Scientific Publishing.  
<https://doi.org/10.4018/979-8-3373-0467-0.ch004>
- II. Chatterjee, E., Ghosh, S., & Dutta, S., (2025) Preserving Health: Understanding Diabetes and Mental Well-being in the Elderly Persons of India in A. Shukla, A. Dubey (Eds.) *Mental Health Psycho - Social Perspectives, Volume 7: Ageing: Issues and Interventions*. Concept publishing company Pvt. Ltd. New Delhi-110059. ISBN: 978-93-5125-173-6 (Series) ISBN: 978-93-6344-439-3 (Vol. VII)
- III. Chatterjee, E., Ghosh, S., Mazumder, A., (2025) A case study of ADHD with co-occurring elimination disorder in a seven-year-old girl. *Indian Journal of Psychiatric Social Work*. Vol.16 No.2 July 2025.  
<https://doi.org/10.29120/IJPSW.2025.v16.i2.639>
- IV. Sarkar, B., Biswas, N., Wadadar, A., Bhore, M., Sarkar, B., Santra, M., Ghosh, S., Mukhopadhyay, C., & Chanda, D. (2025) Happiness: A Crucial Factor for Intrinsic Motivation and Self-esteem among Young Adult College and University Students. *InSPA Journal of Applied and School Psychology*. Vol.VI, Special Issue January 2025, 353-359. UGC Care listed journal. <https://ijasp.in/category/january-2025-vol-vi-special-issue/>
- V. Ghosh, S., & Mukhopadhyay, P. (2025) Mental health of the child performers of reality TV shows in A. Shukla, A. Dubey (Eds.) *Mental health in school settings*. Edition 1, 292-305. Motilal Banarsidass Publishing House. SKU: 9789359664194 (ISBN-13) | Barcode: 9359664197 (ISBN-10)
- VI. Biswas, Rajasree., & Ghosh, S. (2025). [Temperament, Spirituality, Generativity, Emotional Intelligence and Aggressive Orientation of Bengali Young Adults and Middle Adults: An Exploratory Study](#). *Indian Journal of Multidisciplinary Research (IJOMR)*, Vol. 2, Issue. 1  
DOI: <https://doi.org/10.70798/IJOMR/020040019>
- VII. Mukherjee, C., Ghosh, S., & Dhar, A. (2024). To Injure Or Not To Injure: Dissecting Self-Harming Behavior in Borderline Personality Disorder. *Journal of the Indian Academy of Applied Psychology*. Vol 50, No.2, 207-216. UGC Care listed journal.

- VIII. Debsagar, M., Ghosh, S., & Mukherjee, C. (2024). Role Of Indian Classical Santoor Music (Raga Mishra Khamaj Alap & Dhoon) on Anxiety, Resilience, & Subjective Happiness Of Young Adult Bengali Females During Covid-19 Pandemic. *Educational Administration: Theory and Practice* 2024, 30(5), 8063-8072 ISSN: 2148-2403. E-ISSN: 2148-2403. Doi: 10.53555/kuvey.v30i5.4303. Scopus indexed Q4 journal article.
- IX. Chatterjee, E., Ghosh, S., & Chanda, D. (2024). Care of Dementia: Navigating Personality, Stress, Generativity, Coping, and Anticipatory Grief among Offspring Caregiver. *INSPA Journal of Applied and School Psychology*. Vol. V, No. 2, 105 - 115, UGC Care listed journal.
- X. Das, D., Chanda, D., Ghosh, S., & Sengupta, A. (2023). Reviewing Borderline Personality Through the Lens of Buddhism: A Theoretical Exploration. *Indian Journal of Health Studies*. <https://doi.org/10.56490/IJHS.2023.5105>
- XI. Sarkar, S., Ghosh, S. & Bose, N. (2022). Psychological Wellbeing, Perceived Stress, Coping Strategy of The Bengali Young Adult Pet Owners. *International Journal of Indian Psychology*, 10(4), 1596-1603.
- XII. Mitra, S., Ghosh, S. & Das, S. (2022). Nature of Personality Patterns and Coping Strategies among Female Indian Classical Dancers (Bharatanatyam Dancers) and Contemporary Dancers published in *Medicon Medical Sciences* Volume 2 Issue 5 May 2022 . DOI: 10.55162/MCMS.02.033
- XIII. Mallick, A., Paul, M., Ahmed, N., Biswas, S., Ghosh, S., & Chakroborty, N., (2021). Matrix of Skin Color Satisfaction, Body-Image Cognitive Distortions and Self-esteem of the Young Adults in M. Mukherjee, J. Mandal, S. Bhattacharyya, C. Huck & S. Biswas (Eds.) *Advances in Medical Physics and Healthcare Engineering* (329-339) Springer Nature Singapore Pte Ltd. ISBN 978-981-33-6915-3 (eBook) [https://doi.org/10.1007/978-981-33-6915-3\\_33](https://doi.org/10.1007/978-981-33-6915-3_33)
- XIV. Ghosh, S. & Mukhopadhyay, P. (2021). Social Matrix of reality show and junior performers in Jeejeebhoy, D., Chatterjee, S., Podder, J., Mukherjee, S., MacFarland, C. (Eds.) *Psychopathology and Psychotherapy: A review of Causes, Consequences and Curative Measures*, Levant Books India ISBN 978-93-88069-40-3