



Udita Boral

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Present position: Faculty, Department of Psychology, Maharani Kasiswari College, University of Calcutta.

Teaching Experience:

- **2010 – Present: State Aided College Teacher (SACT) I** at Department of Psychology, Maharani Kasiswari College, Kolkata – affiliated to University of Calcutta, West Bengal.
- **2014 – Present: Faculty in Legal Aid Services**, Kolkata, West Bengal.
- **2023 – Present: Faculty** in a reputed Institute for Training Counsellors, Kolkata.
- **2010-2015: Visiting faculty** in **West Bengal State University**, Kolkata.
- **2009-2014: Faculty** in a reputed Institute for Training IAS Students.
- **2009-2010: Guest Lecturer, Basanti Devi College**, University of Calcutta.
- **2009-2010: Visting Faculty, IEM**, Kolkata.

Academic Qualification:

- **RCI**, University of Calcutta, **2013**
- Qualified **State Eligibility Test (SET)**, in **2011**
- **RET** qualified in **2010**
- **MAT** qualified in **2009**
- **M.Phil.** in Management, West Bengal University of Technology, **2010**, with specialization in **Human Resource Management**.
- **M.A.** in Applied Psychology, University of Calcutta, **2009** with specialization in
- **B.A.** Psychology, University of Calcutta, **2007**

Consultancy Experience:

- **2021- Present: Member of Board of studies** in Legal Aid Services, Kolkata, West Bengal.
- **2012- Present: Consultant Psychologist and Trainer** with various schools in the city and other states including Jharkhand, Odisha.
- **2014-2020: Consultant psychologist and Trainer** with Rainbow Homes, Kolkata.
- **2014-2018: Consultant psychologist and Trainer** for Teachers and Caregivers in Bubbleblue.
- **2012-2018: Visiting Inmates Counsellor** at a Shelter Home in Kolkata.
- **2010-2014: Psychologist and HR Trainer** at Umeed.

Research Experience:

- **M. Phil. Dissertation:** A Study on the Perceived Organizational structure, Organizational Culture and Power of Employees Across Hierarchies of Different Types of Organizations.
- **M. A. Dissertation:** A Psychological and Psychosomatic Effect of shift Work on a Group of Employees.

Skills:

- **Play Therapy (Basic and Advance)** from Samiskshani eminent Practitioner **Jolly Laha**.
- Experiential learning course on **Trauma Therapy** from eminent Practitioner **Dr. Charlott Baltrush in 2019**.
- Experiential learning course on **REBT (Rational Emotive behaviour Therapy)** from **Dr. Shishir Palsapure, Associate fellow & Supervisor of Albert Ellis Institute, New York, USA**.
- Short-term course on **Art Therapy in 2012**.
- Short-term course on **Dance and Movement Therapy**.
- **Graphology (Beginner course)** from Kolkata Institute of Graphology in 2007.
- **Graphology (Advance course)** from Kolkata Institute of Graphology in 2008.

Presentations & Workshops:

- **2012: Presented:** “A Study on Perceived Organizational Structure, Organizational Culture & Power of the Employees across Hierarchies of Different types of Organization” at IAAP Conference 2012.
- **2016: Presented:** “Need and importance of Organizational Learning Practices in Bank Insurance Sector” at IAAP Conference 2016.
- **2017:** attended workshop on Choice Based Credit System (CBCS) Teaching Learning Programme of Psychology held at Bijoy Krishna Girls’ College, Howrah, on 6th December, 2017
- **2018: Invited as a guest** in a TV program titled “Mon Niye” on the topic “baarche manush, bhangche mon”.
- **2018: Invited as subject matter expert** in a TV program titled “Bhalo theko, khub bhalo theko”.
- **2019: Resource person:** Lecture on “Communication” organized by Department of Psychology, Loretto College.
- **2019: Invited lecture** on “Motivation” and “How is counselling related to learning and emotion” at Legal Aid Services of West Bengal.
- **2021: Invited Speaker** in a online programme titled “Forgetting Dementia” organized by Belgachia Onkur Foundation for Better Living on, October, 2021.
- **2021: Invited Speaker** in a online programme on mental health awareness organized by Belgachia Onkur Foundation for Better Living on, October, 2021.
- **2021: Invited Speaker** in a online programme titled “Care for Caregivers” organized by Belgachia Onkur Foundation for Better Living on, October, 2021.
- **2021: Invited lecture** in 12th Annual Conference “NATCONPH 2022” organized by NSHM Knowledge Campus, Kolkata on 15th and 16th September 2022.
- **2023:** participated in Faculty development programme on **LMS** held at Maharani Kasiswari College, Kolkata.