

Anil Sawarkar

Present position

Asst. Professor (Head of the Department)

Contact Details(Mention e-mail) – fergusson.edu or despune.org



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Work Experience

- Teaching: 14 years

Personal Profile

I have completed my SET and M.phil in Clinical Psychology and my research areas are Emotions and different therapies.

Course(s) Taught (Only Titles)

1. General Psychology
2. Psychological Testing
3. Research Methodology
4. Development Psychology
5. Social Psychology
6. Positive Psychology
7. Abnormal Psychology

Field of Specialization/Areas of Interests

- Clinical Psychology

Education

- M.Phil (Psychology) :2009
SPPU
- Master of Arts (Psychology):2006
S.P. College (Pune) affiliated to SPPU
- Bachelor of Arts- (Psychology):2004
K.T.H.M. College (Nashik) affiliated to SPPU

Member of College Committees/ Professional Bodies and Others

College Level	Professional Bodies	Others
<ul style="list-style-type: none"> • Environment Awareness 		
<ul style="list-style-type: none"> • MA-I admission committee 		
<ul style="list-style-type: none"> • SSR documentation committee 		

Employment History

1) **Organization : Fergusson College**

Role : Asst. Professor

Duration : 14 years

Responsibilities	-has been teaching since 14 years -Handling the responsibility as Head since 6years
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Research Projects

Title of the Project	Name of Funding Agency	Amount(Rs)	Duration (Year) (From To)	Type (Minor/Major)	Outcome
The role of Rational Emotive Behaviour Therapy in reducing Anger, Anxiety and Depression	BCUD	102000/-	2012-2015	Minor	Many people got help from their Anger, Anxiety and Depression problems (Mainly youngsters from 18 years to 25)

Research Publications in National and International Journals or Proceedings

1. Sawarkar, A. & Ram, U. (2009) Anger, stress and mental health among Information Technology and Non-Information Technology Employees. Proceedings of the National Seminar, Department of Psychology, D.E. Society's Fergusson College, Pune, 161-171
2. Katarki, S., & Sawarkar, A. (2011). A comparative study of Sattwic, Rajasic and Tamasic Diet in relation to Mental Health and Anger. Proceedings of the UGC-sponsored National Seminar, Department of Psychology, D.E. Society's Fergusson College, Pune, 184-192.
3. Kumar, S. & Sawarkar, A. (2011). Correlational study of Emotional Intelligence and perceived Effectiveness among High School Teachers. Proceedings of the UGC-sponsored National Seminar, Department of Psychology, D.E. Society's Fergusson College, Pune, 163-170.
4. Gujar, N. & Sawarkar, A. (2012). Correlational study of Emotional Intelligence and job satisfaction among IT professionals. Proceedings of International Society for the study of work & Organizational Values, USA, 250-257.
5. Bhopi, S., & Sawarkar, A. (2013). Effectiveness of Active listening in Reducing Suicidal Tendencies among College Students. Proceedings of the UGC Sponsored National Seminar, Department of Psychology, D.E. Society's Fergusson College, Pune, 216-222.
6. Shreekumar, A. & Sawarkar, A. (2013). Efficacy of Rational Emotive Behaviour Therapy in improving the Self Esteem of the Adolescents. Proceedings of the UGC Sponsored National Seminar, Department of Psychology, D.E. Society's Fergusson College, Pune, 101-109.
7. Kadlaskar, G. & Sawarkar, A. (2013). Efficacy of REBT as a group therapy in dealing with maladjustment among under-privileged adolescents. Journal of Critical Enquiry, 5, 77- 83.

Participation in Conferences/Seminars/Symposia/Workshop:

1. National Seminar on Recent Trends in Psychology: An Applied Perspective
2. UGC-Sponsored National Seminar on Health and well-being: Contemporary issues and perspectives
3. UGC-Sponsored National Seminar held on Developing human potential: Issues, Perspectives and Challenges
4. Autonomy to colleges and role of IQAC Workshops
5. Ubuntu-Big Blue Button-Moodle
6. SPSS: Advanced Statistical Applications in Social Sciences Research.3
7. Rational Emotive Behaviour Therapy level-1
8. Rational Emotive Behaviour Therapy level-2
9. BOS Workshop on Credit and Semester system (PG) level
10. Learning to teach for new college teachers

Events Organized/Coordinated:

Sr. No	Name of the Event	Name of organizing Institute/ College/University	Nature of contribution	Dates
1.		Fergusson College		
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1	National Seminar on Recent Trends in Psychology: An Applied Perspective.	Fergusson College	Member	14-16 December, 2009
2	UGC-Sponsored National Seminar on Health and well-being: Contemporary issues and perspectives	Fergusson College	Member	17-19 January, 2011
3	UGC-Sponsored National Seminar held on Developing Human Potential: Issues, Perspectives	Fergusson College	Member	31/01/2013 to 02/02/2013

Additional skills/Activities

1. Conducted more than 40 workshops on Rational Emotive Behaviour Therapy
2. Conducted 3 workshops on Test Development
3. Conducted 4 workshops on Research Methodology
4. Conducted 4 intensive training programmes of 3 months on Rational Emotive Behaviour Therapy
5. Practicing Counsellor for more than 12 years and have seen more than 3000 counselling cases.

