

Curriculum Vita



Name of Candidate: Dr. Anuradha Palta

Gender: Female

Email : anuradhapalta@ybnu.ac.in

Educational Qualifications

- **Ph.D. in Psychology**, Ranchi University, 2009
- **M.A. in Psychology**, Barkatullah University, 1989
- **B.A. in Psychology**, Jesus & Mary College, University of Delhi, 1987
- **Intermediate**, St. Xavier's School (ISC), 1984
- **High School**, St. Xavier's School (ICSE), 1982

Professional Qualifications & Certifications

- 1st Division PG Diploma in Guidance and Counseling (PGDGC), Ranchi University, 2021
- Certificate in Food and Health (Stanford University, Coursera), June 2024
- Certificate in Reiki 1st, 2nd, 3rd Degree (USUI SHIKI RYOHKO), 1997–2000
- Certificate on Learning Disability (FCECLD), RCI, 2012
- 50-hour Certificate in Health Promotion through Ayurveda and Yoga, Indian Red Cross Society & MDNIY, 2013–14
- Workshop on Purvamimamsa - Paribhasa, JNU, Mar 2013
- Certification in Empowering Women through SHGs, IGNOU, 2002
- GRADE Workshop, RIMS, Ranchi, Dec 2022
- Winter School on Epidemiology & Genomics, NIBMG, Nov–Dec 2022
- Course on Yoga & Positive Psychology (Ongoing)

Skills and Competencies

- Mentoring & Counselling
- Research Guidance
- Academic Research & Publishing
- Project Writing & Development
- Content Creation & Digital Evaluation
- 20+ Years in Yoga & Wellness
- Organizational and Analytical Skills
- Student Rehabilitation

- Health Promotion through Indian Traditions
- Strong interpersonal skills
- Professional Experience
- **Director of Incubation & Assistant Professor, Behavioural Psychologist** .YBN University, Ranchi (Jan 2025–Present)
- **Assistant Professor**, Brainware University, Kolkata (Jan 2024–Jan 2025)
- **Visiting Behavioral Psychologist**, Women's Correctional Home, Ranchi (2021–2023)
- **Freelance Behavioral Counselor**, Online/Offline (2016–Present)
- **Internships**: CIP, RINPAS, Ranchi (2021–2022)
- **Guest Faculty**, ATI, IGNOU, Jadavpur University, MDNIY (2009–2023)
- **Assistant Professor** (Ad-hoc): Various Colleges under Delhi University (2012–2015)
- **Assistant Professor**, Amity University, Noida (2012)
- **School Psychologist & Teacher**, Multiple Institutions (1989–2008)

Paper Presentations & Seminars

- Presented on employee effectiveness, Sanskrit and personality, cultural diversity & mental health, AI/ML in public health, Yoga in Vedanta, and transpersonal therapy at various national/international forums (2006–2025)

Research & Innovation

- **Director, Incubation Centre**, YBN University
- On Going Project with WBPCB and YBNU .
- Editor-in-Chief: IMJM Journal
- Innovation & entrepreneurship mentorship
- Research project on tribal healing practices submitted to ICSSR
- **Research Coordinator**, Brainware University
- Guided research in AI mental health, water hygiene, student wellness, and sustainable campuses
- Projects submitted to DST-CSIR, UBA, YUKTI,
-

Publications

- 3 Books and 2 book chapters
- 13 peer-reviewed articles and research papers.

Counselling Skills

- Student Counsellor at YBN University. Focused on issues like anxiety, stress, insomnia, trauma, OCD, phobia, parenting, PTSD, spiritual guidance, and workplace wellbeing

Workshops & Training

Conducted a Workshop on CAREER GROWTH AND COPING STRATEGIES FOR MENTAL HEALTH IN MAA KALAWATI NURSING SCHOOL IN RANCHI .

- Psychological well-being of children/adolescents (2024)
- Art Therapy (2024)
- GRADE Workshop (2022)
- Epidemiology & Genomics (2022)
- DBT at AIIMS (2015)
- Sanskrit Studies (JNU, 2013)

FDPs & Seminars

- Participated and presented at multiple IPR, yoga, mental health, cultural, and psychology-related conferences across India (2006–2025)

Note: Full list of publications and conference details available on request.

Declaration

I hereby declare that the information provided above is true to the best of my knowledge.

Date: 02-12-25

Place: Ranchi India

Dr. Anuradha Palta