

## Brief Profile

Name: Dr. Phooljani Ghosh

Designation: State Aided College Teacher (SACT)- Category 1

Department: Psychology

Email: [phooljanighosh44@gmail.com](mailto:phooljanighosh44@gmail.com)

Highest Qualification : Awarded Ph.D.from University of Calcutta in the year 2019

Teaching Experience: serving as faculty in the department od Psychology since 2010. Total span – 13 years 5 months (running)

Subjects Taught:

- General Psychology
- Clinical psychology
- Research methodology
- Health Psychology
- Stress Management
- Social Psychology
- Positive Psychology
- Community Psychology
- Organizational Psychology

Vidwan id : 494742

Orchid id: <https://orcid.org/0009-0002-5831-7265>

Research Experience: a few papers and book chapter

Research Interest: in the area of Health, Clinical & Positive Psychology

List of Selected Publications:

1. EFFECTIVENESS OF MINDFULNESS TRAINING ON PSYCHOLOGICAL WELL-BEING OF PATIENTS SUFFERING FROM BREAST CANCER. 2013, Authors: **Phooljani Ghosh**, Dr. Tilottama Mukherjee.

Name of the Journal: INDIAN JOURNAL OF POSITIVE PSYCHOLOGY  
Year: 2013, Vol. No: 4, ISSUE 2 Page No.: 387-390

2. Life sketches of female domestic and self-employed workers in Kolkata. ISSN- 2347-3797.  
Sraboni Chatterjee, Mandabi Bhattacharyya, Phooljani Ghosh. Journal- Indian Association of Health, Research and Welfare. Year- 2017, vol-5, issue-4- page- 663-668
3. Benefit and Loss of Simulation Technology –Real World vs. Virtual World, ISSN 2394-3114,  
Authors: Sankalita Mukherjee, **Dr. Phooljani Ghosh**, Dr. Tilottama Mukherjee. Name of the Journal: Studies in Indian Place Names, Year: march 2020, Vol.40 Issue-74, 2020
4. Book Chapter- COVID-19 AND OUR CHILDREN: AN ACCOUNT OF MENTAL HEALTH CRISIS: **ISBN** : 978-93-89234-85-5 , Authors: **Dr. Phooljani Ghosh**, Ms Bithika Mondal. Name of the book: COVID-19 Pandemic: Online Learning-Mental Health-Self Care Year: 2020, Chapter 25, Page No.: 248-262
5. Effectiveness of Mindfulness-Based Stress Reduction (MBSR) on Body Change stress and Mood States of Patients Suffering From Breast Cancer. ISSN 0303-2582, Authors- Tilottama Mukherjee and Phooljani Ghosh: Journal- Indian Journal Of Clinical Psychology: year 2022, vol: 49, page no: 3-9.