

MS. AKSHITA DHIMAN
(ASSISTANT PROFESSOR OF PSYCHOLOGY)



B.A. (Gold Medallist), B.Ed., M.A., M.Phil., P.G. Diploma in Clinical Psychology, Ph.D. (Pursuing), SET & H.P. TET.

Ms. Akshita Dhiman has done her Graduation in Arts with Gold Medal from St. Bede's College, Shimla and Master, M.Phil, P.G. Diploma from H.P. University, Shimla. The topic of her M.Phil. was "Life Stress, Emotions and Cardiovascular Risk Factors Among Adolescents: An Empirical Investigation".

She started her career as a Trainee Counsellor at Neuro-Psychiatry and Drug De-Addiction cum Rehabilitation Centre, Chandigarh where she worked for three months. After that, she joined as a Counsellor and a Psychology Teacher of Class XI & XII in D.A.V. Sr. Secondary School, Lakkar Bazar in 2017, where she worked for more than three years. In 2022, she joined St. Bede's College, Shimla as an Assistant Professor of Psychology, where she taught- "Foundation of Psychology, Emotional Intelligence, Community Psychology, Intergroup Relations, Stress Management, Counselling Psychology, Effective Decision Making, Psychopathology, and Psychology of Individual Differences" to the undergraduates for one year. At present, she is pursuing PhD in Psychology from Himachal Pradesh University. She has presented a review paper titled: "Kathak, a Dance Movement Therapy (DMT) to Strengthen the Mental Health of the High School Students" in the ICSSR-sponsored International Seminar held at St. Bede's College, Shimla. She has been a member of the NAAC Steering Committee (Criterion-2) at St. Bede's College, Shimla. Her specialization is in Social Psychology.

PERSONAL INFORMATION

Designation: Assistant Professor of Psychology

CONTACT ME

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