# ppaprajita2APRAJITA BHARDWAJ (M.Phil., Ph.D.)

**Developmental Psychologist & Consulting Psychologist**

**CONTACT DETAILS**

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I am a qualified and an experienced developmental psychologist with over 26 years of work experience in the field of human development. My interest lies in improving the psychological wellbeing, and attitudes and behaviors of individuals and groups thereby empowering them to function to the best of their capabilities.

Presently, my work involves in conducting workshops on soft skills and mental health for Merchant navy officers, cadets and crew.

As a part of the MASSA Maritime Academy visiting faculty I have been training junior and senior officers in the areas of soft skills, resource management, and emergency preparedness at sea.

As a trainer for the ‘Sailor Society’ London, I have trained over 800 cadets and officers for maintaining good mental health as a part of their ‘Wellness at Sea Programme’ in India, Sri Lanka and Bangladesh.

I am a Resource Person for Soft Skills Training for *Board of Examinations for Seafarers Trust*.

Presently, I have been empaneled as Guide for guiding PhD research at *Indian Maritime University, ECR. Chennai India.*

I have specific expertise in the field of learning disabilities, and ADHD, in providing assessments, remediation, teacher training, and counseling of parents and students. I am also a Consultant for problems related to learning disabilities and behaviour problems among children and adults.

**Personal Details:**

I am from North India, living in Chennai for the past 32 years. I am married to a seafarer. My spouse Dr. Capt. Suresh Bhardwaj has been sailing before coming ashore. He is a Resident Director - Maritime Training and Research Foundation, MASSA Chennai. He is the former Vice Chancellor of AMET Deemed to be Maritime University. My son is also in the seafaring profession and is a Captain of Gas Carriers shipping vessels.

**Educational Qualification and Associated Training**

* PhD. (2012) Department of Psychology, University of Madras.
* M.Phil. (1990) University of Madras
* Trained in Specific Learning Disabilities.
* Trained in Counselling Skills and Advanced Counselling Skills from EMMAUS – HRD Counseling and Training, and University of Madras Chennai
* Trained in *Advanced Skills of Cognitive Behaviour Intervention* and *Solution Focused Brief Therapy.*
* Trained in providing dynamic assessments and in improving the cognitive skills of students.

**MENTALLY HEALTHY LIVING DURING COVID -19**

**SELF, WORKPLACE AND HOME MANAGEMENT**

* INTRODUCTION
  + What is COVID 19 and its impact on our lives
  + Understanding the new normal in COVID times
* Understanding our fears related to COVID
* Improving our Mental health during the challenging times.
* COVID influences on our relationships at work and home
* Need for improving Workplace environment during the COVID pandemic
* COVID etiquettes at the work place
* Helping a ‘COVID cured’ employee.
* Quarantine and its impact on the mental health of the person and family. Providing appropriate emotional care to all involved.
* Exploring strategies for improving mental health of employees and their family members
* SUGGESTIONS for building a mentally healthy workplace.