

**Name:-** Anil Sawarkar

**Address:-** Flat-102, Shreeji Vandana Building, Onkar Colony, Lane-3, Pimple Gurav, Pune.

**Personal Details:-**

<b>Name</b>	SAWARKAR	ANIL	BISAN
	<i>SURNAME</i>	<i>FIRST NAME</i>	<i>MIDDLE NAME</i>
<b>Department</b>	Psychology		
<b>Designation</b>	Assistant Professor		
<b>Qualification(s)</b>	M.Phil.		
<b>Certification(s)/Professional Courses/Exams</b>	SET		
<b>Email-Id</b>	<a href="mailto:anil.sawarkar@fergusson.edu">anil.sawarkar@fergusson.edu</a>		
	<a href="mailto:sawarkaranil21@gmail.com">sawarkaranil21@gmail.com</a>		
<b>Office Contact No:-</b>	020-30866050		
<b>Mobile No:-</b>	8805124371		

**Member of:-**

<b>College Committees</b>
1. FYBA admission committee
2. SYBA admission committee
3. TYBA admission committee
4. MA-I admission committee
5. SSR documentation committee

**Research Done:**

1. Anger, stress and mental health among Information Technology and Non-Information Technology Employees.
2. A comparative study of Sattwic, Rajasic and Tamasic Diet in relation to Mental Health and Anger.
3. Correlational study of Emotional Intelligence and perceived Effectiveness among High School Teachers.

4. Effectiveness of Active listening in Reducing Suicidal Tendencies among College Students.
5. Correlational study of Emotional Intelligence and job satisfaction among IT professionals
6. Efficacy of Rational Emotive Behaviour Therapy in improving the Self Esteem of the Adolescents.
7. Efficacy of REBT as a group therapy in dealing with maladjustment among under-privileged adolescents.
8. Comparative study of Anger and Health among Mindfulness Practitioners and Non-Practitioners.
9. Effectiveness of Expressive Therapy as an Intervention Technique in dealing with Emotional Intelligence among adolescents belonging to lower Socio Economic class.
10. Body Mass Index and Self Esteem: A Correlational study.
11. The role of Emotional Intelligence as mediator between family environment and decision making styles among young adults.

#### Areas of Interest in Research:

1. Rational Emotive Behaviour Therapy
2. Emotions (Positive and Negative)
3. Intervention based researches

#### Books Published:

Name of Book	Author(s)	ISBN No.	Year	Edition	Publisher
Positive Psychology: In the Context of Indian Traditions, edited by Dr. Sunil Saini	<b>Anil Sawarkar &amp; Shobhana Abhyankar</b> [Chapter on Anger and REBT: A Critique of Western and Indian Perspective]	ISBN-13: 978-81-920053-9-3	2014	1 <sup>st</sup> ed	Indian Association of Health Research & Welfare

## Research publications:

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.

## Seminars and Workshops Attended:-

<b>Seminars</b>
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
<b>Workshops</b>
1. Ubuntu-Big Blue Button-Moodle
2. SPSS: Advanced Statistical Applications in Social Sciences Research.

3.Rational Emotive Behaviour Therapy level-1
4.Rational Emotive Behaviour Therapy level-2
5.BOS Workshop on Credit and Semester system (PG) level
6. Learning to teach for new college teachers

**Seminars and Workshops Organized:-**

1. Member of the Organizing committee of the National Seminar on Recent Trends in Psychology: An Applied Perspective held on 14-16 December, 2009.
2. Member of the Organizing committee of the UGC-Sponsored National Seminar on Health and well-being: Contemporary issues and perspectives held on 17-19 January, 2011.
3. Member of the Organizing committee of the UGC-Sponsored National Seminar held on Developing Human Potential: Issues, Perspectives and Challenges held on 31/01/2013 to 02/02/2013.

**Other Accomplishments:-**

Received award of the Therapist of the workshop in level-2 REBT workshop held in Albert Ellis Institute, India.
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