

Dr. Anchal Ramawtar Agrawal

Ph.D. in Psychology | Assistant Professor



CONTACT INFORMATION

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1. PRIMARY AREA (EXPERTISE)

Psychology with specialization in Health Psychology, Clinical Psychology, Experimental Psychology, and Research Methodology. Core research interests include psychological correlates of cardiac health, emotional regulation, mindfulness, substance use, and behavioural sciences, with strong expertise in statistical analysis and experimental research design.

2. EDUCATIONAL QUALIFICATIONS

- **Ph.D. in Psychology**, University School of Psychology, Education, and Philosophy, Gujarat University (Aug 2018 – Jan 2023)
- **M.A. in Psychology** (First Class with Distinction), University School of Psychology, Education, and Philosophy, Gujarat University (2016–2018)
- **B.A. in Psychology** (First Class with Distinction), L.D. Arts College, Gujarat University (2013–2016)

3. TEACHING EXPERIENCE

- **Visiting Faculty**, Shri H.K. Liberal Arts College (English Medium)
February 2026 – April 2026 | Undergraduate Level
- **Visiting Faculty**, University School of Psychology, Education & Philosophy, Gujarat University
September 2025 – April 2026 | Postgraduate Level
- **Visiting Faculty**, Seventh-day Adventist Arts and Science College, Ahmedabad
July 2025 – April 2026 | Undergraduate Level
- **Visiting Faculty**, Faculty of Performing Arts (FOPA), GLS University, Ahmedabad
July 2025 – October 2025 | Undergraduate Level
- **Assistant Professor**, St. Xavier's College (Autonomous), Ahmedabad
June 2024 – April 2025 | Postgraduate Level
- **Assistant Professor**, Seventh-day Adventist Arts and Science College, Ahmedabad
June 2022 – April 2024 | Undergraduate Level
- **Research Scholar (Visiting Lecturer)**, University School of Psychology, Education & Philosophy, Gujarat University
September 2018 – January 2023 | Postgraduate Level

4. ACADEMIC RESEARCH EXPERIENCE

- **Doctoral Research Thesis**
Title: Demographical, clinical, and psychological correlates among patients of coronary angioplasty: A cross-sectional analysis
University School of Psychology, Education & Philosophy, Gujarat University | 2023
- **Postgraduate Research Project**
Title: Role of alexithymia and mindfulness in the involvement of substance use among emerging adults
University School of Psychology, Education & Philosophy, Gujarat University | 2018

M.A. DISSERTATION SUPERVISION

Number of M.A. students guided: 16

Institution: St. Xavier's College (Autonomous)

Academic Year: 2024–25

Guided 16 postgraduate students across diverse research areas including burnout, mindfulness, cognitive functions, personality, quality of life, and behavioural studies.

5. PUBLICATIONS

Research Papers

- Tiwari, A., & Agarwal, A. (2025). Hope and Political Change: The Role of Positive Emotions in Mobilizing Social Movements. *International Journal of Humanities, Social Science and Management (IJHSSM)*, ISSN: 3048-6874, Vol.05, Issue 01, pp. 642–651. (February 2025)
- Agarwal, A. (2022). Rethinking Improvement in Health-related Quality of Life post Percutaneous Coronary Intervention: A comparative analysis. *Indian Journal of Health and Wellbeing*, Vol.13, Issue 20. (June 2022)

- Agarwal, A. (2021). Withholding emotional expression can hurt heart: A cross-sectional study of attention and emotion regulation after coronary angioplasty. *Scholedge International Journal of Multidisciplinary & Allied Studies (SIJMAS)*, ISSN 2394-336X, Vol.08, Issue 02. (July 2021)
- Agarwal, A. (2020). An analysis of cognitive functioning among cardiac patients after coronary angiography. *AEGAEUM Journal*, ISSN No: 0776-3808, Vol.08, Issue 07. (July 2020)
- Agarwal, A. (2020). A study of perceived stress among cardiac patients. *International Journal of Creative Research Thoughts*. (June 2020)
- Agarwal, A. (2020). Significance of alexithymia and mindfulness among young adult substance users. *International Journal of Higher Education and Research*. (January 2020)
- Agarwal, A. (2017). A comparative study of adjustment between boys and girls at undergraduate level. *International Journal of Indian Psychology*. (July–September 2017)

6. CONFERENCE PRESENTATIONS & ATTENDANCE

- International Conference on 'Integrative Dimensions of Yoga, Holistic Health, Education, and Indian Knowledge Systems', Gujarat Vidyapith, Ahmedabad (sponsored by ICSSR) — 20–22 February 2026 [Attended]
- 1st GIPS-PSYCON Conference, GIPS Hospital / AMA, Ahmedabad — 18 June 2023 [Attended]
- 58th National & 27th International Conference of IAAP — 'Psychology & Technology: Shaping the World', Delhi University, Vigyan Bhawan — 15–17 February 2023. Presented: 'Co-dependency and Alexithymia as predictors of Internet Addiction among emerging adults'
- 6th ICIAHP Conference, Gautam Buddha University, Greater Noida — 26–28 November 2021. Presented: 'Rethinking Improvement in Health-related Quality of Life post PCI'
- 56th National & 25th International Conference of IAAP — 'Actualizing Human Potential', Punjabi University, Patiala (Online) — 18–20 February 2021. Presented: 'Withholding emotional expression can hurt heart...' [Session Winner: Prof. Deepak Bhat Best Paper Award]
- 5th ICIAHP Conference, M.G. Kashi Vidyapith, Varanasi — 20–22 October 2019. Presented: 'An analysis of cognitive functioning among cardiac patients after coronary angiography'
- RCI Approved International Mental Health Conference, Gujarat University & Holistic Healing Foundation — 10–11 October 2019. Presented: 'A study of perceived stress among cardiac patients'
- 4th ICIAHP Conference, M.V.P. Samaj's A.C.S. College, Nashik — 23–25 November 2018. Presented: 'Significance of alexithymia and mindfulness among young adult substance users'
- National Conference on 'Psychological Testing: Recent Research, Trends and Challenges', Gujarat University — 1–2 October 2018 [Attended]
- 44th NACIACP Conference, Gautam Buddha University — 23–25 February 2018 [Attended]
- 52nd National & 21st International Conference of IAAP — 'Psychology for Building Global Community', University of Rajasthan, Jaipur — 23–25 February 2017 [Attended]

7. CERTIFICATIONS & AWARDS

- **Qualified Gujarat State Eligibility Test (G-SET)** for Assistant Professor in Psychology, Maharaja Sayajirao University of Baroda (January 2024)
- Official TA101 Course, accredited by the International Transactional Analysis Association (ITAA) (July 2023)

- 40-Hour Online Certificate Course on Scientific Research Writing, IQAC, Gujarat University (31 Jan – 6 Feb 2022)
- SHODH Scholarship – Scheme of Developing High Quality Research, Education Department, Gujarat (2021)
- Prof. Deepak Bhat Award for Best Paper Presentation at the 56th National & 25th International Conference of IAAP, Punjabi University, Patiala (February 2021), for the paper: 'Withholding emotional expression can hurt heart: A cross-sectional study of attention and emotion regulation after coronary angioplasty'

8. PROFESSIONAL RECOGNITION & ACADEMIC ENGAGEMENTS

- **Session Expert – Career Fest 2026 (Redbricks Education Foundation)**
Delivered an expert session on “*Demystifying College Life and Psychology as a Discipline*”, guiding students in academic decision-making and career awareness (March 2026)
- **External Judge/Evaluator – Student Poster Presentation**
Invited by Pandit Deendayal Energy University (PDEU) to evaluate student research presentations on Sustainable Development Goals (March 2024)

9. WORKSHOPS, FDPs & SEMINARS

A. Workshops

- Online National Level Workshop on 'Qualitative Data Analysis using NVivo' (16 hours), CHRIST (Deemed to be University), Kerala (14 February 2026)
- 5-Day Online Training on 'Skillup: Path Modeling using Smart PLS', Ecospatial Lab (20–24 July 2025)
- Online Workshop on 'Meta-Analysis using JAMOV', Commacad (29 June 2025)
- One-Day Workshop on 'From Past to Present: Building the Patient Profile', St. Xavier's College (Autonomous), Ahmedabad (2 September 2024)
- National Workshop on 'Culturally Sensitive Cognitive Behaviour Therapy to Psychosis in India', Ahmedabad University (26–27 February 2024)
- Workshop on 'Concepts and Application of Statistical Techniques in Psychological Research' (15 hours), Gujarat University (13–15 September 2021)
- Two-Day National Workshop on 'Mindfulness Skills and its Applications', Gujarat University & IAHP (19–20 July 2019)
- Workshop on 'Motivational Interviewing and PCOMS' by Dr. Keyoor Joshi, Gujarat University & West Texas A&M University (19 December 2017)
- Professional Workshop on 'Psychometric Testing', Manas Charitable Trust, Ahmedabad (8–9 July 2017)
- Workshop on 'Rorschach Inkblot Technique' by Dr. Dwarka Pershad, Gujarat University (22–26 June 2017)
- Workshop on 'Adaptive Behavior Analysis', B.M. Institute of Mental Health, Ahmedabad (27–28 August 2016)

B. Faculty Development Programs (FDPs)

- 5-Day National Workshop & 1st FDP on 'Indian Research Methodology', Institute of Indic Studies (IIS), Gujarat University (9–13 March 2026)
- One-Week Online National Level FDP on 'Storytelling – A Useful Tool for Academics', B.R.B. College of Commerce, Raichur, Karnataka (5–10 January 2026)

- 15-Day International FDP on 'Research Methodology – A Qualitative Approach' (Hybrid Mode), IIDM / Southfield College / Standard College, Manipur (16–30 April 2025)
- One-Week Online National Level FDP on 'Psychological Principles for Enhanced Teaching and Learning', Gokul Global University, Siddhpur, Gujarat (17 Jan – 2 Feb 2025)

C. Seminars / Webinars

- Participated in an international webinar on 'Emotional Intelligence and Suicide Prevention', organized by Amity University, Chhattisgarh, held on 15th September 2023.
- Participated in a webinar on 'Parent child relation & parenting: Concepts and Pathology', organized by the CMBS, Udaipur, held on 07th July 2023.
- Participated in a webinar on 'Grief Counselling' conducted by Dr. Ananya Sinha, organized by Vadodara Psychology Club on 26th September 2021.
- Participated in a National Webinar on 'Role of Psychologists in Forensic Mental Health Service' organized by Department of Psychology, Gujarat University and IAHP, held on 10th October 2020.
- Attended an Online National Seminar on 'Psychological Well-being during the COVID-19: Crisis and Remedies' held on 26th – 27th September 2020 organized by the Department of Psychology, Children's University, Gandhinagar.
- Participated in Emerald Publishing's webinar on 'How to improve article acceptance rate and publish quicker' organized by Gujarat University Library on 7th August 2020.

10. PROFESSIONAL MEMBERSHIP

- Life Member, **Indian Academy of Health Psychology (IAHP)**, Varanasi, India (Since 2019)