

Dr. KAVITA ASTHANA

Designation- Director, Institute for Research in Indian Wisdom, Ghaziabad, Uttar Pradesh

Secretary, Paavan Chintan Dhara Ashram, Ghaziabad, Uttar Pradesh

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Education - M.A. (Psychology), Ph.D. in Psychology

SPECIALIZATION / EXPERTISE

- ◆ Parenting
- ◆ Indian Culture and Religion
- ◆ Mental Health
- ◆ Youth and Children's Behavior,
- ◆ Women related issues
- ◆ Language Education
- ◆ Early Childhood, Care & Education
- ◆ Value Education

CAREER PROFILE

- ◆ Deputy Director in Sushila Devi Polytechnic for Women, Ghaziabad, Uttar Pradesh (2006-09)
- ◆ Project Director, SAHER (NGO) (Society for Awareness, Harmony and Equal Rights), Mumbai, Maharashtra (2002-2005)
- ◆ Directed a Project on “*Artisans of Bhuj in Post Disaster Gujarat*”, granted by ICS Domas Trust, Geneva.
- ◆ Worked as a P.G.T. (English & Social Science) in New Public Collegiate, Lucknow (1999-.2001)
- ◆ Assistant Organizer in a society for molested women and children called *ABHIGYAN* in the year 1998
- ◆ Delivered sessions/lectures on Communication Skill & English Conversation
- ◆ Delivered sessions on Personality Development
- ◆ Presented Radio programs in Hindi & English on All India Radio
- ◆ Series on Parenting on DIKSHA Portal by the NCERT, New Delhi
(<https://diksha.gov.in/adult-education.html>)
https://diksha.gov.in/play/collection/do_31358614530139750411808?contentType=e=TextBook
- ✓ *Social Media Ka Badhhta Prabhaav*
- ✓ *Bachchon Mein Krodh ke KAran aur unke Nivaran*
- ✓ *Bachchon Mein Mobile ke prayog se Kaise Simit Karen*

- ◆ Series (16 Video Programmes) on Parenting by Paavan Chintan Dhara Ashram, Ghaziabad, Uttar Pradesh
- ✓ ***Parenting the Indian Way***
https://www.youtube.com/watch?v=favEG4I9p_Q&list=PLgOp4Mi0wCmbEHrfV80FwkGUoj1kasA4B&index=1
- ✓ ***How to Overcome Nervousness***
<https://www.youtube.com/watch?v=UDcgvv1AYKs&list=PLgOp4Mi0wCmbEHrfV80FwkGUoj1kasA4B&index=2>
- ✓ ***Working Parents***
<https://www.youtube.com/watch?v=pCDfvY7hytY&list=PLgOp4Mi0wCmbEHrfV80FwkGUoj1kasA4B&index=8>
- ✓ ***Your Child Forgets?***
<https://www.youtube.com/watch?v=yeWtvUJO9Sc&list=PLgOp4Mi0wCmbEHrfV80FwkGUoj1kasA4B&index=11>
- ✓ ***How to Make Your Child Creative***
<https://www.youtube.com/watch?v=JUSq33ztEkM&list=PLgOp4Mi0wCmbEHrfV80FwkGUoj1kasA4B&index=15>
- ✓ ***When Child Don't Like to Study***
https://www.youtube.com/watch?v=_VX5NdOqYhU&list=PLgOp4Mi0wCmbEHrfV80FwkGUoj1kasA4B&index=14

INVITED TALKS / LECTURES

- ◆ *Online teaching and role of parents*, organised by Bhashalab, Maharashtra Communication & Parenting, organised by Bhashalab, Maharashtra
- ◆ *How to inculcate reading habits in Children*, organised by Madhubun Educational Books, Noida, Uttar Pradesh (2021)
- ◆ *How to Develop Moral Values in Children*, organized by Institute for Research in Indian Wisdom, Ghaziabad, Uttar Pradesh
- ◆ *Understanding the Art of Interview*, organised by Youth Awakening Mission, Ghaziabad, Uttar Pradesh

PUBLICATION PROFILE

- ◆ *Baaton Baaton Mein Adhyatm Simplified* (Author). (2021), Institute for Research in Indian Wisdom, Uttar Pradesh. ISBN: 978-81-955489-6-5
- ◆ *Har Din Kuchh Sikhaata Hai: Meri Diary* (Author). (2018), Institute for Research in Indian Wisdom, Uttar Pradesh. ISBN: 978-81-935864-0-2
- ◆ *Managing Behavioral Problems of Students through Teaching and Parenting* (Editor), Paavan Chintan Dhara Ashram, Ghaziabad, Uttar Pradesh
- ◆ Contributed one chapter “*Sita and Draupadi: Icons of Sanatan Feminism*” in Indian Thoughts on Feminism, (2023), Sinha, Pawan (Editor.). Institute for Research in Indian Wisdom, Ghaziabad. ISBN: 978-81-955489-2-7 (pp.7-15)
- ◆ Authored many articles on *Bhartiya Dharm Shastra*, Parenting, Behavioral issues in children, communication skills etc.

ACHIEVEMENTS / AWARDS

- ◆ Gold Medal in Lucknow University in Graduation (1996)
- ◆ Gold Medal in Lucknow University in M.A. (Psychology) (1998)
- ◆ Balkan ji Bari, International Nehru Balkavi Award (1993)
- ◆ Miss. Isabella Thoburn Award for devoted social work. (1996)
- ◆ “*All Rounder Shield*” by Youth Hostel Association (1996)