



**UNIVERSITY OF CALCUTTA**  
**Re : Updating University Website**  
**ACADEMIC DEPARTMENT**  
**FACULTY ACADEMIC PROFILE/CV**

**Full name of the faculty member : Prof. (Dr.) Nilanjana Sanyal**

**Designation : Professor**

**Specialization :**

- Clinical & Developmental Psychology ,
- psychodynamics of relationships



**Contact information : 033-2464-2083; sanyal\_nilanjana2004@rediffmail.com**

**Academic qualifications :**

College/ university from which the degree was obtained	Abbreviation of the degree
<b>Gokhale Memorial Gilsr's College</b>	<b>B.A.</b>
<b>University of Calcutta</b>	<b>M.A.</b>
<b>University of Calcutta</b>	<b>Ph.D.</b>

**Positions held/holding: Former Head of the Department of Psychology, University of Calcutta.**

**Research interests :**

- **Clinical Psychology**
- **Gerontology**
- **Psychoanalysis and psychoanalytically-oriented psychotherapy**

**Research guidance :**

Number of researchers awarded M.Phil/Ph.D degrees : Ph.D. degree awarded 16

Number of researchers pursuing M.Phil/Ph.D :Ph.D. pursuing 8

**Projects :**

*Completed projects :*

<b>Project</b>	<b>Description of Project</b>	<b>Fund</b>	<b>Duration</b>	<b>Status</b>
Assessment of Features of Catatonia in Individuals with ASD	SAP Minor Project (with Prof. Mallika Banerjee)		1 year (2014-2015)	Completed
The psychological frame of caregivers of individuals with Autism Spectrum Disorder: the qualitative revelation of their mental pains.	SAP Minor Project (with Somdeb Mitra)	Rs. 36500/-	1 year (2014-2015)	Completed
A penetrative focus into the personality profile of orthopedically challenged children compared to their normal controls	SAP Minor Project (with Dr. Manisha Dasgupta)	Rs. 36500/-	1 year (2013-2014)	Completed
Psycho-education: a helping tool for primary caregivers of children with autism spectrum disorders	SAP Minor Project	Rs. 36500/-	1 year (2012-2013)	Completed

**Select list of publications :**a) *Journals :*

1. Sanyal, N. (2011-2016). Mother-child dyad: The root of relationship in object-relation perspective of psychoanalysis. *Samikha*, Vol., 61, 29-37.
2. Dutta, M.M., and Sanyal, N. (2011-2016). A probe into etiology of ADHD from psychoanalytic perspective. *Samikha*, Vol., 61, 69-78.
3. Dutta, M.M., and Sanyal, N. (2016). Trait anxiety and family pathology in parents of children with ADHD. *Disabilities and Impairments*, Vol. 30 (2), pp. 142-149. ISSN 0970-356X.
4. Sanyal, N. and Dasgupta, M. (2016). An exploratory psychosocial investigation into the etiology of “rash driving” on Kolkata roads.

*Academia: GMGC, An Academic Journal of Gokhale Memorial Girls' College, Vol. 3, 1-12. ISSN 2348-7054.*

5. Chatterjee, S. and Sanyal, N. (2016). Psychosocial correlates of suicidal ideation – Is there a gender difference? *Academia: GMGC, An Academic Journal of Gokhale Memorial Girls' College, Vol. 3, 27-33. ISSN 2348-7054.*
6. Sanyal, N. (2016). Editorial: Projective techniques – True ‘mirror’ of self. *SIS Journal of Projective Psychology and Mental Health, Vol. 23, No. 2, p. 65.*
7. Dutta, M.M. and Sanyal, N. (2016). A comparative study of emotional characteristics of children with and without ADHD by “Draw A Man Test”, *SIS Journal of Mental Health and Projective Psychology, Vol., 23, No. 1, pp.27-33. (ISSN 0971-6610).*
8. Sanyal, N. and Dasgupta, M.(2015). A penetrative focus into the personality profile of orthopaedically challenged children compared to their normal controls. *Indian Journal of Psychological Issues, Vol.23, No.2, 7-22. (ISSN 0972-4427)*
9. Dutta, M.M and Sanyal, N.(2015).A comparative study of marital quality and family pathology of parents of ADHD and non ADHD children, *Indian Journal of Community Psychology, Vol.11, Issue II, pp. 226-233. (ISSN 0974-2719).*
10. Chatterjee, S., Sanyal, N., Dasgupta, M. and Chatterjee, S. (2015).Changes in marital status and its reflection in narcissism and relationship pattern among aged men, *Indian Journal of Community Psychology, Vol.11, Issue II, pp. 338-350. (ISSN 0974-2719).*
11. Chakraborty, R., Dasgupta, M. and Sanyal, N. (2015). A comparative psychosocial study of aggression, attachment style and personality among orphans and normal children, *SIS Journal of Mental Health and Projective Psychology, Vol.22, Issue 2, 103-114. (ISSN 0971-6610).*
12. Sanyal, N. Dasgupta, M. and Coulacoglou, C. (2014). A detailed enquiry into the aggressive profile of Indian children. *Periyar University Journal of Psychology (An International Journal). Vol. 2, No. 1 &2, Jan. & July, pp. 57-67. ISSN : 2319-9601*
13. Podder, S. and Sanyal, N. (2014). Psychological profile of women with infertility: A comparative study. *Industrial Psychiatry Journal. Jul-Dec., Vol. 23, Issue 2, pp. 117-126. (ISSN 0972-6748).*
14. Podder, J. and Sanyal, N. (2014). Boon(e) of the Asperger language: A character review. *Indian Journal of Developmental Disability, Vol. 2, No.2, pp.159-166. (ISSN 239-17951).*
15. Sanyal, N. (2014). Grace, gracious and gratitude. In *Platinum Jubilee Commemorative of Gokhale Memorial Girls' College, pp.128-129.*
16. Sanyal, N. (2014). Gerotranscendence: The contemplative dimension of positive ageing with wisdom at the core. *Journal of Positive Psychology, Vol. 11, Jan., pp. 28-39 (ISSN 2249-6254).*

17. Dasgupta, G., Sanyal, N. and Basu, S. (2014). Oniomania: An antidote to the orientation of mind in the consumerist platter of life. *Journal of Positive Psychology*, Vol. 3, No. 1, Jan., pp.103-117 (ISSN 2249-6254).
18. Sanyal, N. (2014). Transference and equal status transference: A relational probe into sibling jealousy. *SIS Journal of Projective Psychology & Mental Health*, July, Vol. 21, No. 2, pp. 90-97 (ISSN 0971-6610).
19. Banerjee, U., Bhattacharya, N.K., and Sanyal, N. (2014). Stress, coping and emotional processing in chronic pain: A comparative analysis. *SIS Journal of Projective Psychology and Mental Health*, July, Vol. 21, No. 2, pp. 104-112 (ISSN 0971-6610).
20. Das, J., Dasgupta, M. and Sanyal, N. (2014). Inter-generational differences in value profiles and personal meaning in life of lawyers and doctors. *Indian Journal of Community Psychology*, Vol., 10, Issue 1, March, 41-56 (ISSN 0974-2719).
21. Sanyal, N., Chatterjee, M. and Dasgupta, M. (2013). A comparative study of military and non-military senior citizens in terms of certain psychosocial correlates. *Journal of Positive Psychology*. Vol.2, No. 2, 117-145 (ISSN 2249-6254).
22. Sanyal, N. (2013). The culture of practice silence: The psychosocial problems of down-trodden rural Indian women, *Journal of the Asiatic Society*, Vol. LIX, No. 4, 13-28 (ISSN 0368-3308).
23. Sanyal, N. (2013). Somatic Inkblot Series – II (SIS-II): The therapeutic window of emotionally-withdrawn children. *SIS Journal of Projective Psychology and Mental Health*, Vol. 20, No.2, July, 81-90 (ISSN 0971-6610).
24. Sanyal, N. (2013). Motherhood: The podium of women empowerment. *Indian Journal of Psychology*, Special Issue, Jan., 12-19 (ISSN-0019-5553).
25. Mitra, S., Basu, S. and Sanyal, N. (2013). Unravelling the roots of personality disorganization through psychodynamic lens: A case study. *SIS Journal of Projective Psychology and Mental Health*, Vol. 20, No. 1, Jan., 42-48 (ISSN 0971-6610).
26. Dutta, M. and Sanyal, N. (2013). A comparative study of spinsters and widowed senior citizens in respect to certain psychosocial correlates. *Research Drops*, Vol. 3, Issue 1, March, pp. 245-252.
27. Sanyal, N. and Dasgupta, M. (2012). The saga of a painful child-psyche in the projective imagery lens of CAT, FTT, and SIS. *Journal of Psychometry*, Vol. 26, No. 2, July-Dec., 8-20 (ISSN 0971-6610).
28. Sanyal, N. (2012). Problems of identity formation in ageing: A psychoanalytical perspective from Freud to Vaillant. *Journal of the Asiatic Society*. Vol. LIV, No. 2, 1-8 (ISSN 0368-3308).
29. Halder, L., Sanyal, N. and Basu, S. (2012). Profile of recognition of emotion: A study with three clinical samples in a comparative context

- with normals. *Indian Journal of Clinical Psychology*, Vol. 39, No. 1, March, 19-28.
30. Sanyal, N., Chatterjee, S., Dasgupta, M. and Chatterjee, S. (2012). Aggression and related psychosocial correlates among offending and non-offending drivers: A therapeutic intervention. *SIS Journal of Projective Psychology and Mental Health*, Vol. 19, No.2, July, 97-106 (ISSN 0971-6610).
  31. Sanyal, N. (2012). The petals of 'forgiveness' in the platter of 'Metanoia'. *Bulletin of Ramakrishna Mission Institute of Culture*, May, pp. 250-256 (ISSN: 0971-2755).
  32. Nag, D., Sanyal, N. & Basu, S. (2012). Efficacy of psycho-education in primary caregivers of individuals with mental retardation", *Indian Journal of Community Psychology*, 2012, Vol.08 (II) (ISSN 0974-2719).
  33. Savina, E., Coulacoglou, C., Sanyal, N. and Jhang, Z. (2012). The study of externalizing and internalizing behaviours in Greek, Russian, Indian and Chinese children using the Fairy Tale Test. *School Psychology International*, Vol. 33, No.1, February, 39-53.
  34. Sanyal, N. and Dasgupta, M. (2011). Fairy Tale Test in the parlance of projective imagery: A novel approach. *Inner Eye: Annual Newsletter of M.Phil. in Clinical Psychology Programme, Department of Psychology, University of Calcutta*, Vol. 3, Aug., pp. 4-6.
  35. Sanyal, N., Dasgupta, M. and Roy, R. (2011). Creativity in two-folds of conceptuality and practical reality: An educational angle. *Indian Journal of Community Psychology*, Vol. 7, Issue II, September, 211-217 (ISSN 0974-2719).
  36. Sanyal, N. and Dasgupta, M. (2011). Personality profiles of Indian children in the socio-economic status continuum: An in-depth exploration of projective responses. *Indian Journal of Clinical Psychology*, Vol. 38, 1, March, 17-29.
  37. Sanyal, N. and Dasgupta, M. (2011). Emotional intelligence: The vehicle to well-being in relationship perspective. *Everyman's Science*, Vol. XLV No. 6, Feb-Mar, 373-376.
  38. Sanyal, N. and Dasgupta, M. (2011). Fairy Tale Test's validation in two cases of orthopedically-challenged children. *Journal of Psychometry*, Vol. 25, Jan-June, No. 1, 59-66. (ISSN 0971-6610)
  39. Sanyal, N., Dasgupta, M. and Agarwal, S. (2011). Penetrative interpretation of the inner self of a case through projective imagery: A comparative exploration. *SIS Journal of Projective Psychology and Mental Health*, Vol. 18, No. 2, July, 155-164 (ISSN 0971-6610).
  40. Sanyal, N. (2011). Client-centered therapy: The interior decorator of mind. *Amity Journal of Applied Psychology*, Vol. 2, No.1, Jan., 49-53 (ISSN: 0976-6731).

41. Sanyal, N. (2011). Graceful ageing: The perception of colour and beauty of life. *PsyInsight: A monthly magazine of Indian Association of Health, Research and Welfare (IAHRW)*, Vol. 2, Issue 4, April 2011, pp. 34-35.
42. Sanyal, N., Dasgupta, M. and Sinha, S. (2011). Generativity, attachment style, personal meaning in life and related psychosocial variables across the developmental trajectory: An exploratory study. *Indian Journal of Psychology and Education (IJPE)*, Vol. 1, No. 1, Jan., 41-57.

b) *Books/ book chapters :*

- i. Sanyal, N. (2015). Adoption: A source of maltreatment and violation of child rights. In Deb, S. (Ed.) *Child safety, welfare and well-being: Issues and challenges*, Springer India Pvt. Ltd., pp. 189-204. ISBN 978-81-322-2422-2.
- ii. Sanyal, N. (2015). Chapter 10: Mindfulness meditation: The essential stress-buster in military life context In Kumar, U. and Vijay Parkash, A. (Eds.). *Positive Psychology: Application in Work, Health and Well-being*. Pearson, Delhi, pp. 134-147. ISBN 978-93-325-4131-3
- iii. Sanyal, N. (2015). Monobigyan er alo te Sri Ramakrishna. In Swami Supurnananda (Ed.). *Jagabandhana, Ramakrishna Institute of Culture, Golpark*, pp. 1090-1120.
- iv. Sanyal, N. (2014). Chapter 6: Spirituality, mental health and perfectionism, In Paranjape, M.R. (Ed.) *Healing across boundaries: Biomedicine and alternative therapeutics*, Routledge: Taylor and Francis Group, London, New York, Delhi, pp. 63-77. (ISBN 978-1-138-79597-6)
- v. Sanyal, N. (2014). Forgiveness: The divine spirit of mankind. In Saini, S. (Ed.). *Positive Psychology: In the light of Indian Traditions*. Indian Association of Health, Research and Welfare (IAHRW), Hisar, Haryana, pp. 391-397 (ISBN 978-81-920053-9-3).
- vi. Sanyal, N. (2014) Chapter 8: Indian and Spiritual Psychology: The entwined culture connects in behavioural sciences. In Sobti, R.C., and Mohan, J. (Eds.) *Biopsychological Impacts in the era of science and technology*, Narendra Publishing House, Delhi, pp. 103-116. (ISBN 978-93-82471-82-0).
- vii. Sanyal, N. (2014). Chapter 13: The Inside-Outside Story of Consciousness: A Phenomenological Exploration, in Menon, S., Sinha, A., and Sreekantan, B.V. (Eds.) *Interdisciplinary Perspective on Consciousness and the Self*, Springer. Heiberg, New York, London, New Delhi, pp. 165-176. (ISBN 978-81-322-1586-8)

- viii. Sanyal, N. (2014). Freudian Sexuality and Oedipus Complex (Bengali) Ebong Mushayera, pp.142-153 (ISBN: 0976-9307)
- ix. Sanyal, N. (2013). Mind, the ever-changing whirlpool: Psychological concepts of Swami Vivekananda. In *Understanding Vivekananda, A 150<sup>th</sup> Birth Anniversary of Vivekananda Commemorative Publication of Ramakrishna Mission of Culture of Golpark.Kolkata.* pp. 269-288 (ISBN: 978-93-81325-31-5).
- x. Sanyal, N. (2013). Mistaken parenting: The creator of children's mental disturbances. In Deb, S. et al. (Eds.) *Students' Mental Health*, Akansha Publishing House, Delhi, pp. 106-121 (ISBN: 978-81-8370-341-3).
- xi. Sanyal, N. (2012). Connection, Compassion and Contribution: The Creative Elements in Rogers' Client-Centered Therapy and Spirituality. In Husain, A. and Khatoon, N. (Eds.) *Understanding Spirituality*, Research India Press, New Delhi, pp. 181-196 (ISBN 978-81-89131-63-0)
- xii. Sanyal, N. (2011). The core of Transpersonal Psychology in the field of Positivism. In Chauhan, A.K. and Nathawat, S.S. (Eds.) *New Facets of Positivism*. Macmillan Publishers India Ltd., pp. 92-108 (ISBN: 978-0230-32342-1)
- xiii. Sanyal, N. (2011). Modern trends in Psychology. Proceedings of the Silver Jubilee Celebration Events of the Department of Psychology, Guwahati University in collaboration with Psychologists' Association of North-East India, pp. 21-35.

d) *Other publications :*

**International publications (Books/ Test Manuals) (since 2011)**

1. Sanyal, N. Dasgupta, M. and Coulacoglou, C. (2014). A detailed enquiry into the aggressive profile of Indian children. *Periyar University Journal of Psychology (An International Journal)*. Vol. 2, No. 1 &2, Jan. & July, pp. 57-67. ISSN : 2319-9601
2. Coulacoglou, C., Sanyal, N. and Dasgupta, M. (2013). *The Fairy Tale Test; Manual (Indian)*, 2<sup>nd</sup> Edition, Hogrefe Publishing, Boston, USA (ISBN No. 978-0-88937-441-6).

3. Savina, E., Coulacoglou, C., Sanyal, N. and Jhang, Z. (2012). The study of externalizing and internalizing behaviours in Greek, Russian, Indian and Chinese children using the Fairy Tale Test. *School Psychology International*, Vol. 33, No.1, February, 39-53.

**Books (National) (since 2011):**

1. Sanyal, N. (Ed.) (2013). *Spirituality and Positive Psychology*. Ramakrishna Mission Institute of Culture, Golpark, Kolkata (ISBN No. 978-93-81325-26-1).

**12. Membership of Learned Societies :**

- Member of International Psychoanalytical Association
- Member of Indian Psycho Analytical Society
- Honorary Member of the Projective Fairy Tale Test Society, Athens, Greece
- Life member of Indian Science Congress
- Life Member of Calcutta University Alumni Association
- Executive Member of 'Samikshani', N.G.O.for psychological disorder and treatment since 1980
- Life Member of Indian Psychiatric Society
- Member of Staff Selection Commission (ER), Govt. of India, Kolkata as Recruitment Panel Advisor, 2003 onwards.
- Member of Advisory Board of Union Public Service Commission, New Delhi, 2005-2011.
- Member of Advisory Board of Public Service Commission, Kolkata, 2007-2011.
- Expert Committee Member of Public Service Commission, Delhi.
- Selection Committee Member of Mizoram University

**Invited lectures delivered :**

- Invited as a Visiting Professor in Aligarh Muslim University in March, 2014 to deliver lectures on Positive Psychology, Existentialism and Spirituality covering seven lectures.
- Visiting Professor of Dhaka University, Dhaka, October 7-10, 2012, to deliver lectures on Psychoanalysis and Psychodynamic Therapy.
- Visiting Professor of Central Institute of Psychiatry, Ranchi, 23-24<sup>th</sup> May, 2012 to deliver lectures on Psychoanalysis and Projective Techniques.
- Visiting Professor of Department of Psychology, Mizoram University on 7-9<sup>th</sup> September, 2012 to deliver lectures on Positive Psychology.
- Visiting Professor in the Department of Applied Psychology, Pondicherry on March 5-6, 2012 to deliver lectures on Psychoanalysis

**Others:**

- Delivered an Invited Speech on “The Marks of Technological Amenities and Peer Influence in Adolescent Psyche: A sketch of help guidelines,” in the National Conference on “Adolescent development: Issues and challenges” in Indian Statistical Institute on 29<sup>th</sup> January, 2015.
- Participated as a Special Invited Speaker in the International Conference on Well-being and Human Development from 24-26<sup>th</sup> November, 2014, organized by Aligarh Muslim University to commemorate their Golden Jubilee Celebration, with the topic, “Garden: An oasis of well-being”.



- Chaired a session in the International Conference on Well-being and Human Development from 24-26<sup>th</sup> November, 2014, organized by Aligarh Muslim University to commemorate their Golden Jubilee Celebration, on 25<sup>th</sup> November, 2015.
- Delivered a Key Note Speech on “Adoption: A source of maltreatment and violation of child rights,” on 18<sup>th</sup> Jan., 2013 at the International Conference on Protection of Child Rights: Issues and Challenges (ICPCR), organized by the Department of Psychology, Pondicherry University at the Convention–cum-Cultural Centre (PUCCC), Puducherry. Also chaired a session on the Sub-theme: Child’s right to health, nutrition and education and miscellaneous, on 19<sup>th</sup> January, 2013.
- Presented an invited lecture on “The under-representation of empowered women in higher academic sector: An in-depth analysis” in the session, “Women from Academic Sector,” at the second Women’s Science Congress, on 5th January, 2013, with the focal theme being “*Women empowerment for the development of the country*”, during the 100th Indian Science Congress 2013, held at Eastern Zonal Cultural Centre, Salt Lake, Kolkata, hosted by the University of Calcutta in collaboration with Bose Institute.
- Presented the Keynote Speech on “Counselling Psychology in 21<sup>st</sup> century” in the four-day Symposium on “No Limit to Good Mental Health Care” from 7-10 October, 2012, in Dhaka, Bangladesh, organized by HEQEP Funded Project: CP-2188, Professional Skill Development of Psychology Graduates on the occasion of celebration of World Mental Health Day, held at the R C Mojumder Auditorium.
- Presented the Key Note Address entitled, “Authenticity: the indispensable motif in the fabrics of existential, humanistic, positive psychology and positivism,” in the International Conference on Positivism, organized by Amity University, Rajasthan, at Academic Block I, University Campus, NH-11C, Jaipur, 6<sup>th</sup>-8<sup>th</sup> August, 2012.
- Presented a paper entitled, “The Inside-Outside story of Consciousness: A Phenomenological Reflection,” in the International Conference on “Looking Within: Interdisciplinary Approaches to Consciousness,” organized by the National Institute of Advanced Studies, Bangalore from 5-7<sup>th</sup> January, 2012. Also was a panelist in another session on “Consciousness” and was the Chairperson of the Evaluation Committee of the Poster Session in the same conference.
- Presented a paper entitled, “The core of Transpersonal Psychology in the fold of Positivism,” in the International Conference on Positivism: Path to success, satisfaction and bliss, organized by Amity University, Rajasthan, at Academic Block I, University Campus, NH-11C, Jaipur, 6<sup>th</sup>-8<sup>th</sup> August, 2011. Also chaired technical sessions 8 & 9, Mental health, stress and coping strategies/ IQ, EQ, SQ and GQ on 8<sup>th</sup> August, 2011.
- Delivered Silver Jubilee Commemorative Lecture at Guwahati University on, “Current Trends in Psychology,” organized by the Department of Psychology, Guwahati University on 26.3.2011 from 12:00-1:00 P.M.

- Delivered a Key Note speech on “Problems of identity-formation in ageing: A psychoanalytic perspective from Freud to Vaillant,” at the National Seminar on Gerontology, having the theme, “Ageing and Environment in the New Millennium – The Indian Situation” organized by the Asiatic Society at its premises 1, Park Street, Kolkata 700 016 from 20<sup>th</sup> – 21<sup>st</sup> January, 2011.

#### **Awards :**

- Asiatic Society Award, 2012 by imparting Prof. Maya Deb Memorial Lecture.
- Recipient of Prof. S. Chatterjee Memorial Annual Award for the best contributed article in the Journal of Psychometry in the year 2011 (received in 2013)
- Recipient of Bharat Jyoti Award, 2012 for meritorious achievement and life time contribution to social works.
- Received “Third Spot Award Prize” in 2006 at the 19<sup>th</sup> Annual State Conference of Indian Psychiatric Society (IPS), West Bengal State Branch, ASCIPS at Thakurpukur, Kolkata – 700014 for excellence of a research paper.
- Suhashini Basu Memorial Prize in 1991 from Indian Psychoanalytical Society for excellence of a research paper.
- Calcutta University Gold Medal for excellence in academics at Post Graduate level in 1976.
- N.N. Sengupta Memorial Prize from C.U. for securing 1st. Class 1st position in M.A. Part - I Examination in 1975.
- Book Prize from Gokhale Memorial Girls’ College for academic excellence (being topper in the college)
- Jawaharlal Nehru Award from Government of India for academic accomplishments in 1974.
- Jubilee Merit prize from Government of India in 1974 for academic excellence in B.A. Examination.
- Recipient of 'Bhanu Dutta Memorial Medal' from C.U. for securing 1st. Class 1<sup>st</sup>. position in B.A. Examination, 1974.
- Received National Merit Scholarship at H.S. Examination, Undergraduate and Post Graduate Levels for academic excellence.

#### **Other notable activities :**

- Consistently involved in Mass Media Programmes like Radio, F.M.Channel; Television and a columnist in different National dailies and magazines.