

SASWATI NATH

M.Sc. in Psychology
Clinical & Counseling Specialization

Present Position: State-aided College Teacher (SACT-1), Basanti Devi College, University of Calcutta

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D.O.B: 11/02/1995

Gender: Female

My research interest focuses on the area of menstrual health and hygiene behaviour of adolescent girls and women, attitude towards menstruation and mental health aspect of menstruation. My mission is to promote menstrual health & hygiene information in Bengali language so that girls, women and people who menstruate can make informed health choices and reach their full potential. My aim is to initiate and perpetuate various conversations on menstruation to make our Bengal period-positive.

ACADEMIC EDUCATION & QUALIFICATIONS

Examination	Institution	Year	Percentage of Marks
Madhyamik	Brahmo Balika Sikhshalaya	2010	61.6%
Higher Secondary	DumDum Road Govt. Spond. High School For Girls (H.S)	2012	60.8%
B.SC, Psychology Hons. , University of Calcutta	Bangabasi College	2015	60.125%
M.Sc, Psychology	West Bengal State University	2017	73.15%

MAJOR ACADEMIC ACHIEVEMENT

Qualified State Eligibility Test (SET), 2018

WORK EXPERIENCE

Institution	Designation	Duration
Indian Statistical Institute	Project-linked Person	20 th Feb-31 st March, 2018

PAPER PRESENTATIONS

- Awarded as best paper presenter for paper titled **“UNDERSTANDING OF MENTAL ILLNESS THROUGH THE LENS OF RURAL PEOPLE OF FIVE VILLAGES OF BARASAT- AN EXPLORATORY STUDY”**, in a two-day ICSSR Sponsored National Seminar on ‘Psychotherapies- Contemporary Approaches in 21st Century India’, organized by Department of Psychology, Loreto College, Kolkata in collaboration with Department of Psychology, West Bengal State University on November, 2016.
- Paper titled **“Menstrual Bodies: Discrimination versus Celebration- The Gaze of Patriarchy”**, presented at the 27th Annual Conference of National Academy of Psychology (NAOP), 2017.

INVITED TALKS

- Invited as an expert trainer to educate adolescent girls and women on menstrual health and hygiene in **“Tejaswini – Women’s Self Defense Workshop, 2022”**, organized by Kolkata Police.

REFERENCE

Dr. Garga Chatterjee
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