

## ***Dr.Aparna Ashtaputre-Sisode***

Associate Professor

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### **Academic details**

Qualifications –	M.A (Psychology), M.Phil, Ph.D (1 <sup>st</sup> Rank in M.A)
Teaching Eligibility-	S.E.T (2000) Psychology
Research Interest –	Personality, Parenting, Psychotherapy

### **Academic Experience**

Teaching experience - 17yrs

### **Administrative Experience**

- a. **Department Head -** Department of Psychology from 2015 till date.
- b. **Board of studies (BOS) member -**
  1. BOS Chair person, Subject- Psychology, Dr.B.A.M.University.Aurangabad, Maharashtra
  2. BOS Member, Subject- Psychology, Mahatma Gandhi Mission University, Aurangabad, Maharashtra.
  3. BOS Member, Subject- Psychology, Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya Wardha Maharashtra.
  4. BOS Member, Subject- Psychology, K.B.North Maharashtra University, Jalgoan, Maharashtra.
  5. BOS Member, Subject- Psychology, Prof.R.More, Arts, Comm. & Sci College, Akurdi, Pune
- c. **Director of ‘Mahatma Phule Study Center’** At Dr.B.A.M.University.Aurangabad, Maharashtra

## **Research Guidance**

Ph.D guide in subject- Psychology, Dr.B.A.M.University.Aurangabad, Maharashtra.

2 student Awarded Ph.D and 1 have submitted the thesis.

6 Students perceiving Ph.D

## **Research Project-**

Effect of Screen Time on Brain Waves, Anxiety and Attention among Young Adults

## **Publications –Journal &Proceedings**

1. Perkar. S.R, Dr.Aparna Ashtaputre,(2023) Parenting Style and Children's behaviour: A Review Study, International Journal of Creative Research Thoughts.Vol.11, Issue5, Pp 656-662
2. Dr. Shaikh M. R., Dr. Bocharé B. R.,Dr.Ashtaputre.A.A, , Dr. Ambhore A. M Smita Shete(2023) Effect of Yogic Practice on Brain Waves, Journal of the Maharaja Sayajirao University of Baroda. Vol-56, No.10
3. Vyawahare N.C, Ashtaputre, A.A .( 2022) Graphology: understanding – misunderstanding, *Journal Of Education: Rabindra Bharati University*, Vol.: XXV, No. :7(III), Pp-61-64
4. Ambhore, S.U, Ashtaputre, A.A (June,2022) Knowing your Resilience and its relevance to idea about internal-External world, *Royal* , vol-XI, issue- I,Pp55-60
5. Ashtaputre, A.A, Dr.Sisode S.N, Dr. Ambhore A. M., Dr. Bhutekar S. V., Dr. Shaikh M. R., Dr. Bocharé B. R., Dr. Talware S. L (May,2022) So Much of Depression in Young Generation- Is it True?, *International Journal of Research and Analytical Reviews* Vol-9, Issue-2,Pp- 771-774
6. Ashtaputre, A.A, Sisode S.N (April 2022) Social Media and Body Image- A systematic Review , *Journal of the Asiatic Society of Mumbai*, Vol 96, No04(II) Pp01-04
7. Vyawahare N.C, Ashtaputre, A.A .( 2022) Relation between Stress, Anxiety and Handwriting , *Journal of the Maharaja Sayajirao University of Baroda* Vol-56, No.4(1),32-35
8. Ambhore A.M, Ashtaputre A.A, Puri P.A, Bhutekar S.V, Bocharé R.R, Sheik M.R (2022) Communication problem and Conflicts in parent Child Relationship, *Indian Journal of Social Sciences and Literature Studies*, Vol.8Issue I,250-253
9. Sheik M.R, Ashtaputre A.A, Bocharé R.R, Talware S.L, Ambhore A.M,Bhutekar S.V, Sara Shaikh, (2022) Aggression in Women: Difference between education and age. *Indian Journal of Social Sciences and Literature Studies*, Vol.8Issue I ,282-285

10. Bhutekar S.V, Shirsath R, Ambhore A.M, Ashtaputre A.A, Taur A.D, Bochare R.R, Sheik M.R (2022) Conflict management and psychological wellbeing in college students: A systematic Review, *Indian Journal of Social Sciences and Literature Studies*, Vol.8Issue I,254-258
11. Fawaz, M.A.Al Shehari, Anas,M.H.N, Ashtaputre, A.A (2021) Identity Crisis Among Adolescents of Third- Secondary Students, *Nat.Volatiles & Essent,Oils*, 8(4), 1432-1440
12. Ashtaputre, A.A (2021) Mental health of the elderly in the COVID19 pandemic, *Akshar Wangmay*, 31-33
13. Ashtaputre, A.A (2021) Challenges in Good Health and Well Being, *Journal of Research and Development*, 11(5), 141-142
14. Kulkarni, G. Ashtaputre, A.A (2021) Emotional Competency in Higher Education: A Literature Review, *International Journal of Creative Research Thoughts*, 9(6), 82-86
15. Ambhore, S.U, Ashtaputre, A.A (2021) Music and Performance: A Psychological Anecote, Epitome: *International Journal of Multidisciplinary Research*, 7(7),80-84
16. Ashtaputre, A.A (2020) Behavioral Problems among Children: Literature Review, *Think India (Quarterly Journal)* , 22(13), 691
17. Ashtaputre, A.A (2020) Meditation for healthy life, *Excel's international Journal of Social Science & Humanities*, I(13), 290
18. Ashtaputre, A.A (2019) Personality Development through Mindfulness Meditation, *Our Heritage*, 68 (14), 506-510
- Ashtaputre, A.A (2019) Meaning of Happiness Across the Age, *AJANTA* , 7(2-III),52-56
19. Ashtaputre, A.A (2019) Screen time & Behaviour among Kids, *Power of Knowledge*, 3, 1-4
20. Fawaz, M.A.Al shehari, Ashtaputre, A.A (2019) Self Identity among Adolescent of Third Secondary Student of Both Sex, *AJANTA*, 7(I) , 93-102
21. Ashtaputre, A.A , Sisode, S.N (2019) Happiness & Self Esteem among Young and Adult, *Excel's International Journal of Social Science& Humanities*, I(11), 31-34
22. Ashtaputre, A.A (2018) Face book and Self Esteem, *International Journal of Indian Psychology*, 6(1), 48-52
23. Ashtaputre, A.A (2017) Use of Behaviour Modification in Conversion Disorder, *AJANTA*, 6(4),13-15
24. Ashtaputre, A.A (2016) Emotions and brain waves, *The international journal of Indian psychology*, 3(2) no5, 15-18
25. Ashtaputre, A.A (2015) Anxiety among Youth & its management through Yoga, *The international journal of Indian psychology*,3(1) no7, 94-98
26. Salwe, D, Ashtaputre, A.A (2015) A study of mobile games & Brain activity, *Shodhini*, 4(2),17-21

27. Kharat,M.S, Ashtaputre, A.A (2015) A study of problem solving & brain activity, *Shodhini*, 4(2),27-31
28. Patharikar, S, Ashtaputre, A.A (2015) Attitude toward fashion, *Shodhini*, 4(2), 33-37
29. Kamble,N.N, Ashtaputre, A.A (2015) A study of problem solving & brain functioning, *Shodhini*, 4(2), 42-47
30. Gaikwad, S.B, Ashtaputre, A.A (2015) A study of mobile games & Brain activity, *Shodhini*, 4(2), 60-63
31. Ashtaputre, A.A (2012) Academic achievement and playing on ground, *The Unique research Analysis*,1(25), 52-55
32. Ashtaputre, A.A (2012) Emotional Intelligence and Academic achievement among Children, *SHODHINI*, 4,41-43

### **Publications – Proceedings**

Ashtaputre, A.A , Sisode,S.N (2013) Bias in Psychological research, *Recent Trends in Psychological Research and Methodology-planning, process and Publication*, 1,91-92

Ashtaputre, A.A Sisode,S.N (2013) Mobile Text messaging(SMS)& Personality, *Modern Approaches and Innovation in Psychology*,1,81-82

Ashtaputre, A.A (2013) A Study of Social Adjustment Among Adults, *RURAL DEVELOPMENT: CHALLENGES AND OPPORTUNITIES*, 1(II),137-138

### **Publications – Book**

- Manasik Swasthy Vyavasthapan - 2020
- Samupdeshan: Sankalpana, Sawrup ani vyapti - 2015
- Parenting Adolescent- 2014

**Have a YouTube Channel-** Dr.Aparna Ashtaputre-Sisode- **Insearch**

### **Awards**

“Dronacharya Award” by Lion’s Club of Aurangabad.(2011)

“Best Teacher” by Dept. of Education, Dr.B.A.M.University, Aurangabad. (2013)