

# Nashome Crasto

Assistant Professor of Psychology

## **Mission Statement**

*To be able to put my education, skills and experience to practice, to explore new opportunities and to work in resourceful environments.*

## **ACADEMIC & TECHNICAL QUALIFICATIONS**

|                 |  |         |                           |
|-----------------|--|---------|---------------------------|
| ✿ SET           | Dec 2011 (State Eligibility Test for Lectureship and Research) |         |                           |
| ✿ MA Psychology | Dept. of Psychology,   | O GRADE | University of Pune        |
| ✿ BA Psychology | Nowrosjee Wadia  | 79%     | College of Arts & Science |
| ✿ HSC Arts      | Nowrosjee Wadia  | 75%     | College of Arts & Science |
| ✿ SSC           | St. Anne's High School   | 78%     |                           |

### **Certifications**

- ✿ Learning and Learner Centered Teaching- Dr. Sadhana Natu – Pune, 2016
- ✿ Level 1 Hypnosis Course at California Hypnosis Institute of India. – Mumbai 2012
- ✿ Introductory REBT workshop- Anjali Joshi - Pune 2012
- ✿ Workshop on DASII and High-Risk Infant follow up at King Edward Memorial Hospital – Pune 2011
- ✿ Counseling course at Christian Counseling Center - Vellore - 2011.
- ✿ Training Programme on Learning Disability at Dr. Anjali Morris Education and Health Foundation. – Pune 2011.

### **Internships**

- ✿ Volunteered for Connecting NGO Pune – 2012
- ✿ Case studies at Nityanand Rehabilitation Center – 2011
- ✿ Volunteer work with Teach for India 'Akansha' for 1 year. – 2009

## **WORK HISTORY**

### **Assistant Professor, Modern College of Arts, Science and Commerce, Ganeshkhind. - Pune 2015 – 2021**

- ✿ Worked on the editorial team of the Psychology magazine Kaleidoscope and Student Research Compendium Mindscape for 6 consecutive issues.
- ✿ On the coordination team for the Psychology fair 'Psy World' which included various activities showcasing the subject matter of Psychology to the college as well as lay public.
- ✿ Assisted in Koshish the Internship Program which included coordination between Organisations, Clinical Practitioners and students.
- ✿ Was involved in college level committee for the compliance of NAAC Guidelines.
- ✿ Responsible for Documentation and Analysis of all Departmental Activities and worked in the college Documentation Verification and Validation Committee.
- ✿ In the Coordination team for conducting "Skill based" workshops for students.
- ✿ 'Skills in Psycho -Social Counselling in Community Work' for two consecutive years
- ✿ Undergraduate Women's Studies Course in collaboration with Women's Studies Center, Savitribai Phule Pune University for three consecutive years
- ✿ Part of Organising team of Board of Student Development Sponsored workshop, 'How to Establish and Strengthen Counseling Cells.' Feb, 2019.
- ✿ Conducted workshops for all faculties on 'Importance of Mental Health' as a part of the Induction Programs.

### **Freelancing as a Dementia Care Specialist – Pune 2014 to 2018.**

- ⚙ Narrowed down focus to only individuals suffering from Dementia, providing them with therapy modules.
- ⚙ Counseling their families and setting up a care system for them.

### **Tata Institute of Social Science (TISS). –Mumbai 2012-2013**

- ⚙ Involved in setting up a helpline for a new project of TISS to make counseling available for its students and then extend it to the public.
- ⚙ Worked within the role of a Counselor for the telephonic helpline titled ICALL which was for the students of TISS as well as the general public.  
Participated in all capacities of raising awareness, outreach programs, training of counselors, presenting case studies and documentation

### **Elder Care Specialist at Epoch Elder Care Pvt. Ltd. – Pune 2013 – 2014.**

- ⚙ Worked in the role of an Elder Care Specialist where counseling and Dementia Care was administered to senior population.
- ⚙ Counseled family members of the seniors suffering from Dementia and helped set up a dementia friendly care environment.

## **Additional Skills and Achievements**

### **Research- Paper Presentations at International and National Conferences**

- ⚙ Insights and Intricacies of Running a Counselling Cell in College Setup- 29<sup>th</sup> Conference of National Academy of Psychology, Pondicherry University, Dec 2019.
- ⚙ From Jargon to Lingua Franca: Is Language used in Mental Health Practices Inclusive? - 28th Conference of National Academy of Psychology, Delhi University, Dec 2018.
- ⚙ More than just another brick in the wall: What do the millennial want from the classroom? - 27th Conference of National Academy of Psychology, IIT Kharagpur, Dec 2017.
- ⚙ Psychological Interventions & Cognitive Exercises in Early Stage Dementia: A Case Study- 25th Conference of National Academy of Psychology, Allahabad University, Feb 2016.
- ⚙ General Well-being, Religiosity and Death anxiety in married and widowed aged- International Conference of Indian Association of Applied Psychology at Mysore University, Feb 2011.

### **Research- Projects**

- ⚙ Part of a team lead by Dr. Sadhana Natu on to ‘Explore COVID 19 relates distress: A mixed method approach/ (April- September 2020).
- ⚙ Assisted on a Project undertaken by Dr. Sadhana Natu on ‘Evaluation of Generations Mentoring Program in Pune Schools’. (May- September 2018).
- ⚙ Assisted in A Minor project from May 2016 to Sept 2016 titled ‘Impact Assessment and Evaluation of Therapeutic Groups in Low Income Communities- Bapu Trust Seher Mental Health Project’