

## Brief Profile: Dr. Seema Mehrotra

**Current Designation:** Professor and Head, Dept. of Clinical Psychology

**Current Roles and Responsibilities:** Administrative responsibilities as the Head of the Department, Consultant for an adult mental health unit, coordinator for Positive Psychology unit at the Department and Psychological Care Clinic and Flourish at NIMHANS Center for wellbeing, Research supervisor for MPhil trainees and doctoral scholars

**Work Experience:** As Clinical Psychology Faculty for about a decade at KMC, Manipal before joining as faculty at NIMHANS in 2002

**Research and Clinical Interests:** Youth mental health, digital mental health, mental health promotion, application of positive psychology using a public health framework, adaptation to major life events, intentional self-development and emotional regulation

## Awards and Achievements

- ✚ Received Prof. LGP Achar Memorial Oration award of Indian Psychiatric Society Karnataka Chapter for 2017-2018 for contribution to psychotherapy and related areas at Annual State Conference, KANCIPS-2018 on 31st August 2018, Dharwad.
- ✚ Nominated Microsoft Garage (India). Hackathon 2020 winner (NIMHANS) for Let's Talk App- in collaboration with Microsoft Research India, Virtual, 6th August 2020.
- ✚ Developed preventive and promotive intervention program modules for young adults in the community
- ✚ Served as primary supervisor of research at M Phil and PhD levels for more than three dozen scholars and most of these have been in the areas of mental health promotion, wellbeing and development of techbased interventions for mental health.
- ✚ Has led research projects funded by ICMR, ICSSR, CSIR, GOK, MSR and collaborated with her colleagues on several other funded projects.
- ✚ Has extensively published papers in national and international peer reviewed and indexed journals and authored chapters in books on topics ranging from digital mental health, psychological assessments, interventions, correlates of psychological recovery, positive mental health, mental health promotion, spirituality, and resilience.
- ✚ Led the development of the following digital platforms
  - ❖ PUSH-D (Practice and Use Self-Help for Depression) app with funding support from ICMR  
<https://echargementalhealth.nimhans.ac.in/pushd/>
  - ❖ Wellness-Check app with funding support from ICSSR  
<https://echargementalhealth.nimhans.ac.in/wellness-check/>
  - ❖ Mind Notes from NIMHANS app in collaboration with MSR and IIIT-B for improving help seeking for common mental health concerns  
<https://mindnotes.nimhans.ac.in/>
  - ❖ PsychCare Peer Support forum for young adults to receive basic psychological support from trained peer volunteers  
<https://peersupport.psychcare-nimhans.in/>

**Contact:** [seema@nimhans.ac.in](mailto:seema@nimhans.ac.in) , [drmethrotra\\_seema@yahoo.com](mailto:drmethrotra_seema@yahoo.com)