

Jyotsna Agrawal, Ph.D

Associate Professor, Consultant, Adult Psychiatry, Positive Psychology & Integral Medicine
Faculty In-charge, VIPRA (Vedic Indian Psychology Research & Application),
Department of Clinical Psychology, National Institute of Mental Health and Neuro Sciences (NIMHANS),
Bengaluru - 29

Current roles and responsibilities

Dr. Jyotsna Agrawal is currently working as a consultant for adult mental health and running two clinics, Sattva and Swasthya, focusing on psychological interventions informed by Yoga & Indian psychology. She is deeply involved with the clinical teaching of M.Phil students. Additionally, she is also associated with the Positive Psychology unit. She also conducts seminars, workshops, public talks etc, for other mental health professionals and the larger public, focusing on positive mental health. She researches preventive and promotive approaches to mental health guided by yoga & Indian psychology and its implications for psychotherapy.

Work experience

S. No	Institution	Position held	Duration (From- To)
1	Dept. of Clinical Psychology, National Institute of Mental Health & Neuro Sciences, Bangalore	Associate Professor	2020 - Ongoing
2	Dept. of Clinical Psychology, National Institute of Mental Health & Neuro Sciences, Bangalore	Assistant Professor	2015 - 2020
3	Dept. of Humanities and Social Sciences, Indian Institute of Technology, Patna, Bihar	Assistant Professor	2013 - 2015
4	Community Empowerment Lab (CEL), Lucknow, Uttar Pradesh	Research Scientist & Project Manager, Saving Brains Project	2013
5	S-VYASA Yoga University Bangalore, Karnataka	Post-doctoral Researcher	2012-2013
6	Washington University School of Medicine, St. Louis, USA.	Fogarty International Post-doctoral Research Fellow	2010-2011
7	Department of Psychiatry, National Institute of Mental Health & Neuro Sciences (NIMHANS), Bangalore, Karnataka	Project Manager, Determinants of Well-being project	2006 - 2010
8	Tata Motors Ltd. Jamshedpur	Senior Officer	2000-2004

Research & clinical interests

Public Mental Health, Positive Psychology, Preventive & Promotive approaches to Well-being, Psychotherapy, Transpersonal Psychology, Indian Psychology, Yoga & Consciousness Studies.

Awards and Achievements

1. Associate Editor of the journal, Psychological Studies
2. Member of the Task Force on Indigenous Psychology, American Psychological Association (2021 onwards)
3. Invited for a talk on Psychotherapy in India, at Tainan University, Taiwan (August 2020).
4. Received travel award for summer school on Psychology of Faith Development, at Bielefeld University, Germany (May 2020)
5. Travel award from NIMHANS for presenting a paper and poster in Jerusalem. Also gave invited talks at Haifa University and at Tel-Aviva university, Israel.
6. Invited as a Key Note Speaker at National seminar on Depression: Causes and Remedies, Kerala, Prajyoti Niketan College Pudukad, Thrissur, Kerala.
7. Fogarty International Post-doctoral Fellowship, at Washington University School of Medicine, St. Louis, by Fogarty-NIMH USA (2010-11)
8. NCC 'C' certificate (the highest level of military training for college students in India) from the Ministry of Defense, Government of India (1997).
9. NCC scholarship & Bharat Seva Sangh scholarship (both in 1996).

10. Awarded in National Inter-University Essay Competition on Gandhian philosophy (1998 & 1999).

Research projects

1. Development and testing of an online Yogic psychology based mental health promotion module for community adults (PI, 23.6 lacs, Funded by DST)
2. MANAS: Mental-health and Normalcy Augmentation System (Co-PI, 71 lacs, Funded by Office of Principal Scientific Advisor to GoI, Duration 3 years)
3. A randomized controlled trial on the effectiveness of a positive psychology-based coaching intervention for community health workers to improve their delivery of treatment for depression in rural India (Co-I, 1 million USD, 3 yrs, Funded by Templeton World Charity Foundation)
4. Youth volunteerism for mental health (Co-PI, 6 lacs, Funded by Rajiv Gandhi National Institute of Youth Development, duration - 18 months)
5. Development and pilot testing of a mental health promotion module based on Indian psychology (PI, Non-funded, duration- 2 years)

Key publications

1. O'Shea, M., Capon, H., Evans, S., **Agrawal, J.**, Melvin, G., O'Brien, J., McIver, S. (2021). Integration of Hatha Yoga and Evidence-based psychological treatments for common mental disorders: An evidence map. *Journal of Clinical Psychology*. Published online. <https://doi.org/10.1002/jclp.23338> (Indexed, Journal impact factor: **2.885**)
2. Chandana N., **Agrawal, J.***, Sharma, M.P. & Murthy, P. (2021). Sattva: the general factor of personality from the Indian tradition. *Indian Journal of Clinical Psychology*, 48(2), 3-6.
3. **Agrawal, J.*** (2021). Sattva enhancement therapy: An illustrative report. *Indian Journal of Clinical Psychology*, 48(2), 3-6.
4. Gupta, K., & **Agrawal, J.*** (2021). Ahamkara: A study on the Indian model of self and identity. *International Social Science Journal*. Vol 71(Issue 239-240), pg 21-35. <http://doi.org/10.1111/issj.12262> (Indexed, Journal impact factor: **1.52**)
5. **Agrawal, J.** (2021). Self in Psychotherapy: An Indian perspective. *International Journal of Yoga- Philosophy, Psychology and Parapsychology*. Vol 9 (1): pg 3-7. (Indexed, EBSCO, ProQuest)
6. Gupta, K., & **Agrawal, J.*** (2020). Lay meanings and associated experiences of nonattachment (anasakti): A study from India. *Journal of Humanistic Psychology*. Advance online publication. <https://doi.org/10.1177/0022167820977563> (Indexed, Journal impact factor: **2.039**)
7. **Agrawal J.** (2019). What do preschool children in India understand about death?: An exploratory study. *OMEGA- Journal of Death and Dying*. Volume: 83 issue: 2, pg 274-286. PMID: 31138008 doi: 10.1177/0030222819852834 (Indexed, Journal impact factor: **2.854**)
8. Mehrotra S, Noufal T, Kumar S, Devdutt J, **Agrawal J**, Chandra P (2017). Field notes on Youth Pro: An initiative for youth mental health promotion in India. *Jr. of Indian Academy of Applied Psychology*, 43:1-5. (Indexed, PsycINFO, Scopus index).
9. Tejasvi R, Metri K, **Agrawal J** & Nagendra HR (2016). Effect of two weeks of Yoga Intervention on anxiety, depression and self-esteem in orphanage residents: A pilot study. *AYU: Quarterly Journal of Research in Ayurveda*. 37(1): 22-25. (PMID:28827951).
10. Gupta Kriti, **Agrawal J**, Sharma V (2015). Role of Resilience & Sense of Coherence in Subjective Improvement of Psychiatric Patients. *Indian Journal of Positive Psychology*, 6 (1), 32-36.
11. Duggal C, **Agrawal J** & Shah A (2011). Marriage after Infidelity: A case analysis. *Indian Journal of Social Psychiatry*, Vol 27 No.1-2. (Indexed, EBSCO, ProQuest)
12. **Agrawal J**, Murthy P, Philip M, Mehrotra S, Thennarasu K, John JP, Girish N, Thippeswamy V & Issac M (2011). Socio-Demographic Correlates of Subjective Well-being in Urban India. *Social Indicators Research*, Vol 101, No. 3. (Indexed, Journal impact factor: **2.614**)
13. **Agrawal J** & Shah A (2009). Couples Therapy and Extra-Marital Involvement: Principles and practices. *Indian Journal of Social Psychiatry*, Vol.25 No.3-4. (Indexed, EBSCO, ProQuest)

Books/Reports/Chapters/General articles etc.

1. **Agrawal J.** Yogic Tradition and Well-being. *Springer Handbook of Health and Wellbeing: Challenges, strategies and future trends*. Ed. Sibnath Deb & Brian A. Gerrard. Springer publications.
2. **Agrawal, J.** & Sahota, P.B.K. Interpersonal Aspects of Mindfulness and Concentrative Meditations. In: *Clinical Applications of Meditation and Mindfulness-Based Interventions in Mental Health* (Eds) Sanjeev Kumar Gupta. IGI Global; 2021.

3. **Agrawal J** & Cornelissen, M. Yoga and positive mental health. In: The Science and Art of Yoga in Mental and Neurological Health Care. (Eds) Shivarama Varambally, Sanju George and Srinivasan TM. 1st Edition. New Delhi: Jayapee; 2020
4. Chockalingam R, Raghavan R, **Agrawal J**, Lama G, Lai HYA & Yadama G. (2011) Understanding Geographic Variations in BMI in India. Published as Center for Social Development working paper, 11-13, Washington University, St. Louis.

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