



Centre for Research & Development

Research Supervisor (Guide) Profiles

Discipline of Supervision: **Psychology/ Counselling Psychology/ Clinical Psychology**



Dr. Shambhavi G

Associate Professor
Department of Psychology
School of Humanities & Social Sciences

Areas of Specialisation:

Counselling, OB, Health Psychology, Educational Psychology and Indian Psychology

Dr. Shambhavi G is an academican, researcher, and counselling psychologist with extensive experience in higher education, postgraduate teaching, research, and psychological practice. Her primary research interests include counselling psychology, child and adolescent mental health, learning disabilities, academic resilience, psychological well-being, Indian psychology, workplace mental health, and culturally responsive psychological interventions. She earned her Ph.D. in Psychology from Karnatak University, with doctoral research examining the psychological correlates of children with learning disabilities and the scope for psychological intervention. Her research reflects a strong interest in bridging psychological theory with practical and culturally relevant applications. She has contributed to empirical research in areas such as coping and academic resilience among school students, youth mental health, Indian Knowledge Systems, and psychological interventions suited to the Indian context. Her academic work emphasizes ethical and application-oriented research, student research mentorship, and translating research findings into meaningful interventions and practices. She aspires to contribute to interdisciplinary and socially relevant research in the area of Education, Organizational Behaviour, Health Psychology that makes psychological knowledge accessible and applicable to diverse populations.

Selected Publications:

1. Isha Mukherjee & **Dr. Shambhavi G.** (2025). The Impact of Doom scrolling on Emotional Desensitization in Generation Z, Journal of Mental Health and Behavioural Science, 1(1). <https://doi.org/10.59462/jmhbs.1.1.106>
2. **Shambhavi, G.,** & Jahan, S. (2023). Pandemic coping and academic resilience among high school students: An empirical study. Madhya Bharti: Humanities and Social Sciences, 84(13), July–December. ISSN: 0974-0066. (UGC CARE Group I Journal).
3. Rachel, Deepika R & **Shambhavi, G.** (2018). The relationship between Religiosity and Emotion Regulation among Christian High School students in Bangalore. Paris International conference on Marketing, Education, Humanities & Social Sciences (MEHSS-18) https://eirai.org/images/proceedings_pdf/F0918413.pdf