

Anamika Basu

PhD Scholar Department Of Social Work



I am Anamika Basu, a research scholar in the social work department of Visva Bharati University, Birbhum, West Bengal, India. My research topic is **Understanding the Relationship between Life skills with Academic Motivation and Stress among the Students of Government Higher Schools in Himachal Pradesh** since August 2019.

I completed my bachelor's degree in Psychology with honours from Punjab University in Chandigarh in 2010. I undertook a Master's Degree in Psychology from IGNOU (Indira Gandhi National Open University) in 2015. My MA dissertation topic was "Psychological Aspect of Juvenile Delinquency and suggestive Remedial Counselling with special reference to Himachal Pradesh" India. After completing my Master's, I developed a particular interest in adolescent counselling. I applied for Post Graduation Diploma in Guidance and Counselling from the National Council Of Education.

Research and Training (NCERT) New Delhi in 2016. I then worked as a school counsellor in some schools in Himachal Pradesh. I was then interested in conducting training and thus, completed the "Train The Trainers" course, accredited by National Accreditation Board for Education and Training (NABET) in 2018. However, I wanted to explore the area of life skills, so I have completed the Life Skill Trainer Certification Programme from Seshan Academy Infinity 2018. I have also completed and got my certification for the soft skills course accredited by SQA (Scottish Qualifications Certificate) in 2019.

I then got the chance to have some practical counselling experience as a school counsellor. I have also interned as a Career Counsellor in the SCERT (State Council of Educational Research and Training) (2015). During my training, I also did my internship as a school counsellor in Jawahar Navodaya Vidyalaya and Kendriya Vidyalaya, institutions belonging to the Government of India.