



Dr. Deepa Milind Balkhande is serving as the Head of the Department and Professor in the Department of Psychology at Smt. Binzani Mahila Mahavidyalaya, Nagpur. She has over 23 years of rich, continuous, and impactful experience in teaching Psychology at the higher education level.

She holds an M.A. in Psychology, has qualified the National Eligibility Test (NET) and has been awarded a Ph.D. degree. In addition, her multidisciplinary academic qualifications include an M.A. in Economics, B.Ed., and a Master of Social Work (MSW), which collectively contribute to her broad, balanced, and interdisciplinary academic outlook.

Dr. Deepa Balkhande is also the President of Pravarsen Shikshan Sanstha, under which she is successfully managing Dr. L. D. Balkhande Junior College. She is associated with Deep Mental Health and Counseling Centre. She has published several research papers in reputed national and international journals and has contributed research chapters to various edited books, thereby establishing her scholarly contributions on a strong academic foundation.

She has organized numerous national-level conferences, seminars, and workshops, and has delivered research-based, practical, and solution-oriented lectures on psychological issues prevailing in society across various academic and social platforms. Her lectures are marked by theoretical depth as well as a strong connection with social realities.

Her perspective on the challenges and possibilities of social psychology in contemporary society is not only academically significant but also serves as a guiding force in the fields of social policy, mental health promotion, and behavioral interventions. Undoubtedly, her academic experience, research orientation, and social commitment enrich this edited volume with intellectual depth, practical relevance, and scientific credibility.



Ms. Kanchan Bangar is research scholar in the Department of Psychology at Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur. She also serves as the Co-Secretary of the Social Empowerment Multidisciplinary Organization, Wardha, and is an Advisory Member of the Manas Multidisciplinary Educational and Social Organization, Wardha.

She obtained her Bachelor's degree from Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha, and completed her Master's degree in Psychology from Indra Gandhi National Tribal University, Amarkantak. In addition, she has successfully completed Postgraduate Diplomas in Mental Health in Psychology, Guidance and Counselling, and Environmental and Occupational Health. She has also completed certification courses in Stress Management and Applied Positive Psychology.

Ms. Kanchan Bangar has published several research papers and scholarly articles in reputed national and international journals in the fields of psychology, counselling, mental health, and social issues. She has actively participated in various national and international seminars, conferences, and symposiums, where she has presented her research work. She has also served as a Coordinator and Director in several national academic seminars.

In the field of practical application, she is associated as a voluntary counsellor with Madhur Integrated Rehabilitation Centre for Addicts, Nagpur, and Madhurangan Dementia Care Centre for Senior Citizens, Nagpur. Furthermore, she is affiliated with Deep Mental Health and Counselling Centre and actively contributes to various programs related to social welfare and mental health.

Her academic and professional journey reflects a dedicated, impactful, and inspiring contribution to the domains of psychology, mental health, social empowerment, and human well-being.

*** प्रकाशक ***

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