

ANJALI DHENGLE
PhD (Social Work), M.Phil. (Psychiatric Social Work),
M.A. (Medical and Psychiatric Social Work)
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PROFESSIONAL SUMMARY

Dr. Anjali Dhengle is an academician and researcher in social work with a PhD from Tata Institute of Social Sciences, Mumbai, and over eleven years of experience in teaching, research, and clinical practice. Her areas of specialization include medical and psychiatric social work, mental health, public policy, and applied social sciences. She has led government-funded projects supported by ICSSR and the Ministry of Rural Development, addressing the mental well-being of rural women, student stress, and mindfulness in schools.

Her publications appear in reputed journals such as Economic and Political Weekly, Environmental Science and Pollution Research, and Asian Women. Her research primarily focuses on the intersection of mental health, gender studies, environmental issues, and social justice. She is proficient in SPSS and Atlas.ti. She supervises six PhD scholars in diverse interdisciplinary topics such as public health vulnerability, gendered urban spaces, tribal livelihoods, climate change's impact on mental health, educational inequalities, and policy evaluation of Ujjwala Yojana.

As Assistant Professor at MANIT Bhopal, she teaches Life Skills, Applied Psychology, Human-Centered Design, and Social Work Research. In her teaching approach, she integrates mindfulness practices such as Vipassana to enrich the learning experience for students. She actively participates in and supports various institutional wellness initiatives to foster a healthy and supportive environment for all. Furthermore, she delivers lectures on topics related to mental health, leadership development, and gender equity across different institutions.

TRAINING AND CERTIFICATIONS

- **Certification for 10 Best-Ever Anxiety Treatment Techniques** **January 2022**
Anxiety Certification Training Course (online course) from Pesi, Canada.
- **Certification for Being a Mindful Employee, (online)** **June 2020**
Canadian Centre for Occupational Health and Safety, Mental Health Commission of Canada
- **Certification for Mental Health: Health and Wellness Strategies (Online)** **June 2020**
Canadian Centre for Occupational Health and Safety, Mental Health Commission of Canada
- **Current Trends in Mental Health Therapies (72-hour course)** **January 2020**
offline courses. Mennonite New Life Centre, Toronto, ON, Canada
- **ASIST: Applied Suicide Intervention Skills Training, offline courses** **January 2020**
Living in Toronto, Canada
- **Introduction to Social Services in Ontario (30-hour course), offline courses** **November 2019**
Ryerson University, Toronto, ON, Canada

PROFESSIONAL EXPERIENCE

I) Assistant Professor (Grade-I), Department of Humanities and Social Sciences

Maulana Azad National Institute of Technology (MANIT), Bhopal, **February 2020–to date**

She has served as Principal Investigator for two completed research projects and currently leads an ongoing ICSSR-funded project.

- **Ongoing:** Cultivating Brilliance and Well-being: A Comparative Research Design on the 'Mitra Upakram' Program's Impact on Young Minds in Maharashtra and Madhya Pradesh, funded by the Indian Council of Social Science Research (ICSSR), New Delhi (Rs. 14 lakhs, two years).
- **Completed:** Exploration of Psychological Benefits to Indian Rural Women due to the Pradhan Mantri Gram Sadak Yojana, funded by the National Rural Infrastructure Development Agency (Rs. 11.4 lakhs, two years) at MANIT, Bhopal.
- **Completed:** Exploration of Supportive Measures Concerning Depression, Suicidal Risks, and Life Stress among Engineering Students: A Case Study of MANIT, funded by the Ministry of Human Resource Development, New Delhi (Rs. 5 lakhs, two years). Teaching subjects related to humanities and social sciences to B.Tech. and M.Tech. students, including life skill management, applied psychology, human-centered design, and other topics.
- Engaged in other administrative and academic responsibilities like;
 - Coordinator of the wellness club of the institute, which takes care of the mental health of the students on campus. Additionally, I also oversee the organization of health and wellness events on campus.
 - Departmental Co-ordinator for ERP-Enterprise Resource Planning (Examination Management System Software for UG and PG Examinations and Result Management).
 - UG Admission Committee Members for different admission sessions
- Actively engaged in outreach and capacity-building activities, including delivering expert lectures and workshops at national institutions and public agencies on subjects such as time management, mental health, gender equity, and leadership.
- Served as visiting faculty for the specialized course on Post Graduate Diploma in Early Intervention in Neurodevelopmental Disorders at Nabajatak Child Development Centre in Kolkata.

II) Community Rehabilitation Worker,

July 2019–August 2019

Mariam's footsteps, Edmonton, Alberta, Canada

- Provided suicide and crisis intervention, and resolved conflict situations.
- Supervised client's activities living in group homes
- Implementation of behavior management programs
- Liaise with other social services agencies and health care providers involved with clients.
- Maintained program statistics for purposes of evaluation and research
- She accompanied clients to appointments, social outings, and housekeeping activities.

III) Assistant Professor, Social Work

April 2017–April 2019

Indian Institute of Public Administration, New Delhi, India

- Conducted a workshop on stress management with different groups of Indian public service and administrative officers.
- Directed training programs on themes such as good governance and women's leadership
- Delivered lecture sessions on topics such as Communication Skills: Issues and Challenges, NICE techniques: Negotiation, Influence, Communicate and Express, Work Motivation, and Dynamics of Life Management
- She has completed a total of six research projects for various ministries and departments of the Government of India. These include:

- Third-party evaluation of ongoing schemes under human resource management for the Department of Posts (Training Division), Ministry of Communications (INR 9.5 lakhs).
- Evaluation of plan schemes related to estate management for the Estates Division, Department of Posts, Ministry of Communications (INR 7.5 lakhs).
- Third-party evaluation of CB&TA (Capacity Building and Teaching Assistance) schemes for the Ministry for Development of North Eastern Region (MDoNER), NEC Division (INR 9 lakhs).
- Evaluation of SIDF (Social and Infrastructure Development Fund) schemes, also for MDoNER, NEC Division (INR 10 lakhs).
- Evaluation of 'Khelo India' schemes for the Ministry of Youth Affairs and Sports (INR 9.95 lakhs).
- Evaluation of pre- and post-matric scholarships for ST students under the Ministry of Tribal Affairs (INR 28.46 lakhs).
- Served as the course coordinator for the "Managing Human Resources in Organization" stream of the 43rd and 44th Advanced Professional Program in Public Administration under the Department of Personnel and Training, Government of India.
- Successfully provided research guidance for two M.Phil. Students from the APPPA course.

IV) Assistant Professor, Social Work,

July 2015 – April 2017

Annie Besant College, Indore, India

- I supervised and assisted students with case management, psychosocial therapies, and occupational rehabilitation.
- Periodically coordinated with students to conduct various events related to social awareness
- Taught Fundamentals of Human Growth and Behavior, Social Work Research and Statistics (Part-I), and Social Work with Groups to MSW first-semester students. Health, Behavior, and Behavioural Problems: Social Case Work for MSW Second Semester Students.
- I also taught Group B specialization papers: Medical and Psychiatric Social Work, i.e., (1) psychopathology and assessment of psychiatric disorders; (2) interventions in psychiatric disorders for final year students (i.e., the third and fourth semesters of MSW).
- I have provided research guidance to two students at the master's level (social work) for their research dissertation.
- During the stated job period, I was involved in examination duties and other relevant academic duties.

V) University Lecturer, Social Work,

September 2008 – May 2010

School of Social Sciences, Devi Ahilya Vishwavidyalaya, State University of Madhya Pradesh, India

- Coordinated field practicum and supervised MSW students for client intake, case history documentation, family assessments, counseling, psychoeducation, pre-discharge counseling, and psychotherapy.
- Encouraged implementation of innovative instructional methods, such as case conferences and movie clubs, to promote a holistic way of treating clients among students
- She contributed to the development and implementation of innovative instructional methods.

- Guided and mentored students in their research projects, evaluated their academic progress, and monitored their performance.
- Participated in organizing departmental activities and assisted senior professors in their day-to-day tasks and functions.
- Delivered lectures to graduate, post-graduate, and M.Phil. Social work students,
- For M.Phil. students, the major subjects taught were social work research and statistics.
- For graduate and postgraduate students: introduction to psychology, human growth and behavior, social case work, health, behavior, and behavior problems; introduction to contemporary Indian society; and introduction to social welfare.
- Guided students' dissertations at M.Phil. level (six students) and P.G. level (ten social work students),
- Coordinated and supervised MSW students' fieldwork, was involved in updating the course curriculum and also managed exams and other academic responsibilities.

VI) Assistant Professor, Psychiatric Social Work, October 2007–September 2008

Department of Psychiatry, Jagadguru Sri Shivarathreeshwara Medical College, Mysore, Karnataka

- Contributed actively to the client's treatment admitted to the Psychiatric Department of JSS Hospital, imparting psychosocial intervention, psychotherapy, rehabilitation work, social group work, and casework.
- At the Out-Patient Department (OPD) of the JSS hospital, she reviewed clients who required social work interventions under her clinical duties.
- Proved as an active team member of the treating team for clients admitted to the psychiatric department of JSS Hospital, imparting psychosocial intervention as and when required.
- She taught students in M.Sc. counseling two-year degree programs.
- Delivered lectures and conducted workshops related to school mental health in schools in nearby districts and villages of Mysore, Karnataka.
- Delivered lectures on relevant topics of community mental health and psychiatric social work in seminars and workshops organized by the department.
- I guided the students placed in the department for their Master of Social Work (MSW) fieldwork.
- She also performed examination duties during her job tenure.

PAPER PUBLICATIONS

Category: Journals

1. Ahirwal, D., & Dhengle, A. (2025). PM-JAY Assessing Equity in Universal Health Coverage in Rural India. *Economic & Political Weekly*, 60(13), 55.
2. Raghuwanshi, J., & Dhengle, A. (2025). Funds and Fears: How Crime Against Women Undermines Gender Equality in India. *Asian Women*, 41(1), 141-165.
3. Sreeja, A. T., Dhengle, A., Kumar, D., & Pradhan, A. K. (2023). Does access to clean cooking fuels reduce environmental degradation? Evidence from BRICS nations. *Environmental Science and Pollution Research*, 30(32), 78948–78958.

4. Dhengle, A. (2021). Designing Organizational Structures for Sustainable Development Through the Lens of Psychological Well-Being: In the Times of the COVID-19 Pandemic. *Design Engineering*, 6021-6042.
5. Dhengle, A., and Sreeja, A. T. (2021). Women Empowerment and Environment Protection through the Pradhan Mantri Ujjwala Yojana. *Vidyabharati International Interdisciplinary Research Journal*, Special Issue on Fostering Human Resilience: A Catalyst for Management, Science, and Technology, 806–813. Retrieved from <http://www.viirj.org/specialissues/2021/SP2108/Part%2010.pdf>
6. Dhengle, A. (2021). Work from home during the COVID-19 pandemic; exploration of perceived stress and social support. *Turkish Online Journal of Qualitative Inquiry*, 12(8). Retrieved from <https://www.tojq.net/index.php/journal/article/view/5280/3736>
7. Dhengle, A. (2018). How Do Professional Social Workers Cope with Occupational Stress in a Non-Governmental Sector? An Analysis at the Organizational Level. *Indian Journal of Psychiatric Social Work*, 82–90.
8. Dhengle, A. (2016). Student-centric approach to field work in social work education. *IRA International Journal of Education and Multidisciplinary Studies*, 4(3), 381-386. Retrieved from <http://dx.doi.org/10.21013/jems.v4.n3.p4>
9. Dhengle, A. (2016). Does professional social work have psychosocial work risks? *International Journal of Research in Arts and Science*, 2(3), 14–20
Retrieved from <http://www.journal.bonfring.org/papers/ijras/volume2/BIJ-10472.pdf>

Category: Books

1. Dhengle, A. (2013). Professional social work values and ethical dilemmas in social work practice as a source of stress: Can something be done at the social work training level? In Maydeo, A., and Nair, S. (eds.), *Social Work Education in the Contemporary World: Issues and Challenges*, 191-201, Bhashya Prakashan, India, ISBN-13-9789383206537, ISBN-10-93833206535.
2. Dhengle, A. (2013). Teaching infrastructure and quality in social work education at Indore, the educational hub of Madhya Pradesh, In Meenai, Z. (ed.), *Repositioning professional social work education and practice*, 191-201, Bloomsbury Publishing, India. ISBN:978-83- 82951-24-7

Category: Conference Proceedings

1. Dhengle, A. (2012). The distress of fathers' alcohol severity on adolescent psychological well-being and family communication, *Proceedings of the national conference on "Community Health,"* Madras School of Social Work, Chennai, pp. 8–15
2. Dhengle, A. (2011). A Critical Appraisal of Social Work Education in Indore: Neglected Areas and Scope for Improvement *Proceedings of the national seminar on "Aligning Professional Social Work with the Contemporary Social Challenges: The Way Forward,"* National Association for Professional Social Workers in India, Madhya Pradesh Chapter, Indore, pp. 33–38

PAPER PRESENTATIONS

1. The Psychosocial Work Risks in the Profession of Social Work: A Product of Globalization and an Emerging Health Issue, paper presented in the ICMR-NHRM Sponsored International Conference on Global Public Health and Social Work, 'Dyuti', organized by Rajagiri College of Social Sciences, Cochin, Kerala, January 3-5, 2013
2. Occupational Stress-Related Physical and Psychological Health Hazards as an Emerging Health Issue, presented at the 10th Conference of the Indian Association for Social Sciences and Health (IASSH) on Health, Regional Disparities, and Social Development, organized by the Centre of

Social Medicine and Community Health, Jawaharlal Nehru University, New Delhi, November 21–23, 2013.

3. Identifying Work Stress Among Professional Social Workers Engaged in the NGO Sector, Paper presented in the 1st Indian Social Work Congress, organized by NAPSWI and the Department of Social Work, University of Delhi, February 23–25, 2013
4. Occupational Stress and Coping: Trained Social Workers Experience in the Corporate Sector, Paper presented in the fourth conference on excellence in research and education, organized by the Indian Institute of Management, Indore, May 10–13, 2012

EDUCATION

- **Doctor of Philosophy in Social Work,** **2015**
Tata Institute of Social Sciences, Mumbai, India
- **Master of Philosophy, Major in Psychiatric Social Work,** **2006**
Central Institute of Psychiatry, Ranchi, Indore, India
- **Master of Social Work, Major in Medical and Psychiatric Social Work,** **2003**
Indore School of Social Work, India

REFERENCES:

Dr. Rumia, PhD, Clinical Social Worker, C.E.O., and Founder of Rumi Educational Training and Research Institute, Online Platform, Door No. 2, Floor 2, Al-Retaj Building, Mekka Street Block 7, Fahaheel Kuwait 46031, Ph: +965 56648955, Email- rumiinspiration@gmail.com

Place: Bhopal (M.P.), India

Dr. Anjali Dhengle