

Dr. Anita Sheerha

Dr. Anita Sheerha, holding a Ph.D. in Psychology from Rajasthan University, is currently serving as an Assistant Professor in the Department of Educational Psychology and Foundations of Education at the National Council of Educational Research and Training (NCERT), New Delhi. With a comprehensive academic journey that includes a Diploma in Guidance and Counselling from NCERT, New Delhi, and both M.A. and B.A. (Hons) degrees in Applied Psychology from Delhi University, Dr. Sheerha possesses a profound understanding of psychological principles and methodologies.

Her scholarly contributions are extensive, as evidenced by her significant publication record in peer-reviewed journals, including prestigious outlets such as the Indian Journal of Positive Psychology and the Journal of Well-being. These publications reflect her versatility and expertise across diverse areas within psychology, offering valuable insights into various topics.

With over nine years of experience as a Counselling Psychologist in diverse educational settings, her role extends beyond academia. She plays a crucial role in coordinating the one-year Diploma Course in Guidance and Counselling at NCERT for the current academic year, highlighting her leadership abilities and dedication to the professional development of future guidance and counselling practitioners. Additionally, within the guidance and counselling program, Dr. Sheerha imparts her expertise by teaching courses on The Counselling Process and Strategies, as well as Career Information in Guidance and Counselling.