



राष्ट्रीय पुस्तक न्यास, भारत  
मानव संसाधन विकास मंत्रालय, भारत सरकार  
**NATIONAL BOOK TRUST, INDIA**  
Ministry of Human Resource Development, Govt. of India

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## **PRESS RELEASE**

### **NBT, INDIA of MHRD TO LAUNCH ‘CORONA STUDIES SERIES’ BOOKS;**

#### **STUDY GROUP OF PSYCHOLOGISTS SET-UP FOR FIRST SUB-SERIES**

Realising the extraordinary psychological, social, economic and cultural significance of Corona Pandemic for the human society in times to come, **National Book Trust, India**, the national body for book publishing and book promotion **under the Ministry of Human Resource Development, Government of India**, is launching a publishing series titled ‘**Corona Studies Series**’ to document and to provide relevant reading materials for all age-groups for the post-Corona readership needs. “In response to the national crisis of this proportion, we believe that as a national institution it is our duty to take initiatives within our domain area to provide support in the form of new reading materials. The ‘Corona Studies Series’ seeks to be our long-term contribution to prepare and engage readers with the various aspects of the Corona times by bringing out affordable books in various Indian languages in the identified subject areas. It will also provide suitable platform to authors and researchers willing to contribute in this genre,” said **Prof. Govind Prasad Sharma, Chairman, National Book Trust, India**.

“We have been closely following the Corona-related developments and taking cues from the multi-dimensional initiatives of **our parent Ministry of HRD’s** (Government of India) initiatives to meet the challenges of the Corona Pandemic. As a body for reading promotion, we find that we have a significant role to play. Accordingly, we started #StayHomeIndiaWithBooks initiatives by uploading pdfs of some of our select and bestselling titles for free downloads, and we have been receiving tremendous response. Taking a comprehensive view, we are launching this publishing series. As the first step, we have set-up a Study Group comprising of some experienced and young psychologists/counsellors to prepare books on the sub-series on ‘Psycho-Social Impact of Corona Pandemic and the Ways to Cope’. We hope to bring out both e-editions and printed editions of these books soon enough as support materials for the readers”, said **Shri Yuvraj Malik, Director, National Book Trust, India**.

“We have identified various areas for preparing suitable reading materials under the ‘Corona Studies Series’. Besides, the sub-series on the Psycho-Social Impact on various segment of

population due to Corona crisis, we are preparing children's books to let them know about Our Corona Warriors, and other story and picture books related to various aspects of Corona to create awareness. Also, books focused on art, literature, folklore, economic and sociological aspects, science/health awareness emerging out of the Corona pandemic, and the lockdown, are also in the pipeline", said Shri Kumar Vikram, Senior Editor of National Book Trust, India, who is leading the Project.

**The NBT Study Group comprises of Dr. Jitender Nagpal, Dr. Harsheeta, Sq. Ldr (Rtd.) Meena Arora, Lt. Col. Tarun Uppal, Mrs. Rekha Chauhan, Mrs. Sonie Sidhu and Ms. Aparajita Dixit. (profiles attached).**

**STATEMENT OF THE NBT STUDY GROUP:**

*'This Study Group is deeply conscious of the challenging task assigned to it in the tough times of COVID-19 Global pandemic crisis. The Group heartily welcomes this visionary initiative of National Book Trust, India. The Group will develop methodologies and practical tips to deal with situations, helped by easy-to-assimilate reading materials on various segments through research, virtual interviews and case studies. This shall help in overall empowerment and awareness to deal with the lockdown and keep the optimum emotional strength and courage.'*

Books for the following segments will be prepared by the Study Group:

**1. Corona Virus (Covid 19) Affected Families** : Lead Researchers -- Sq. Leader (Rtd.) Meena Arora and Dr. Harsheeta, **2. Elderly People** : Lead Researcher -- Dr. Jitender Nagpal and Ms. Aparajita Dixit, **3. Parents with Special Focus on Mothers/Women** : Lead Researchers -- Lt. Col. Tarun Uppal and Mrs. Sonie Sidhu, **4. Children and Adolescents** : Lead Researchers -- Ms. Aparajita Dixit and Mrs. Rekha Chauhan, **5. Professionals and Workers** : Lead Researchers -- Dr. Jitender Nagpal and Lt. Col. Tarun Uppal, **6. Corona Warriors: Medical and Essential Services Providers** - Lead Researchers -- Sq. Leader (Rtd.) Meena Arora and Mrs. Sonie Sidhu, **7. Differently-abled, Special Needs and Mentally Challenged Population** : Lead Researchers -- Dr. Harsheeta and Mrs. Rekha Chauhan

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## **Profiles of the Experts of the Study Group**

**Dr Jitendra Nagpal**, MD, DNB, Senior Consultant Psychiatrist & Incharge, Instt. of Mental Health & Life Skills Promotion, Moolchand Medcity, New Delhi. Program Director, Expressions India - The National Life Skills, Community & School Wellness Program. Dr Nagpal has been in the Services planning, Training Groups and on board with many committees under the MHRD, MoHFW, Min of WCD, Social Justice, CBSE, NCERT & UGC. He has developed various programs and training manuals under the MHRD for school based implementation of Health, Safety & Well Being Programs. He has been instrumental in developing the Health & Physical Education Guidelines under the National Curriculum Framework of NCERT.

**Dr Harsheeta**, working as Scientist 'C' at Defence Institute of Psychological Research, DRDO, Ministry of Defence. Working as a Psychologist for selection of Commissioned Officers for Army, Navy and Air Force. Also involved in various Psychology based research projects for Indian Armed Forces. Areas of specialisation are clinical psychology, positive Psychology, personnel selection, personality assessment and Learning Disability. PhD in Psychology from University of Delhi.

### **SqnLdr (Ex.) Meena Arora**

A highly skilled ICF Certified Behavioural Coach, she has more than 15 years of work experience including 11 years with Indian Air Force. Creator of 'Ridhima and Me' comic series on Parenting, she is a motivational speaker and psychological counsellor with clients from the corporates, schools, and other institutions and individuals.

### **Mrs. Rekha Chauhan**

Mrs Rekha Chauhan is a renowned Psychologist & Counselor with 15 years of experience in guiding & training adolescents, teachers, principals, parents and corporate employees across India. She has been part of various projects in context to Mental Health and developing guidelines for Counseling Services for Schools & Resource Faculty for college students across the country. She is also the President of the Association of Indian School Counselors & Allied Professionals, and a Certified Life skills Trainer Consultant Psychologist.

### **Lt. Col. Tarun Uppal**

A Cyber Security Trainer, Organisational Psychologist & Neuro-Linguistic Programme Trainer, and an expert in Stress Management, Lt. Col. Tarun Uppal served with Indian Army for more than 25 years. He also taught at Military College of Electronics & Mechanical Engineers, Secunderabad, and trained and mentored 8 batches consisting of more than 150 engineering student officers in Cyber Security and Leadership traits. He holds an M.Tech (Nuclear Technology) from BARC, Mumbai and a B.Tech in Electronics. He has rich experience in conducting workshops as well as sessions in Personal Counselling, Emotional Management, Psychological Issues, Career Planning and Soft Skills.

### **Mrs. Sonie Sidhu**

Counsellor, Psychotherapist, Hypnotherapist & Life-Skills Coach, Sonie Sidhu is working with Indian Army as Counsellor & Psychotherapist at Headquarters Western Command

Chandimandir. She holds a Bachelor and Masters Degree in Psychology from Punjabi University, Patiala. She also holds Certifications in TAT Projective Testing, Emotional Focus Therapy, Cognitive Drill Therapy, Diploma in Counselling and Psychotherapy, Advanced Level Certification in Clinical Hypotherapy etc. Her major areas of work include Mental Health Awareness & Treatment, Reprogramming of Subconscious Mind, Relationship Management, Psychometric Testing, Parent-Child Counselling etc.

**Ms. Aprajita Dixit**

A Child and Adolescent Psychologist, Family Counselor and Academic Coordinator, Expressions India, Ms Aparajiya Dixit was involved as a Holistic Health, Wellness counselor in the SMARTGRAM Project Based on the Rashtrapati Bhavan Smart Township Experience. With an MPhil in Clinical Psychology from Postgraduate Institute of Behavioural and Medical Sciences, Raipur and an Advance Diploma in Child Guidance and Counselling from National Institute of Public Cooperation and Child Development (NIPCCD) under MWCD, Ms Dixit is a Member in developing the mental health & safety manual content for CBSE and has developed the Peer Educators Manual for Life Skills Promotion and School Mental Health Promotion in India and has conducted workshops for the stakeholders and allied members of District Child Protection Unit-III (South & South East) & Department of Women & Child Development, Govt. of NCT of Delhi. She is also an Editor of Indian Journal of School Health and Wellbeing. She has conducted a series of trainings for empowerment of Teachers , Parents & Counselors about POCSO Act & Allied Safety Curriculum.