

Name : Dr. Heena Kamble
Designation : Assistant Professor
Department : Psychology
Qualification : M.A., Ph.D. (NET)
Experience : Teaching - 1 Year, 10 months
Research : 8 Years



Area of Specialization(s) : Contemplative Science, Indian Psychology, Organizational Behaviour.

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Academic Qualifications

Degree	Branch	Institution/University Name	Year of Graduation
Ph.D.	Psychology	Department of Applied Psychology and Counselling Centre, University of Mumbai, Maharashtra	2022
M.A.	Applied Psychology	Department of Applied Psychology and Counselling Centre, University of Mumbai, Maharashtra	2013
B. A.	Economics, Psychology, Geography	Rashtrasant Tukadoji Maharaj Nagpur University, Maharashtra	2011

Additional Qualifications

Diploma/ Vocational/ Certification	Area of Specialization	Institution/University/Agency Name	Year
Diploma	Buddhistic Studies: Vipassana Theory and Practice	Department of Philosophy, University of Mumbai.	2016

Research Guidance

Programme	No. of Scholars	
	Completed	Pursuing
M.Sc. (Applied Psychology)	14	09

Research Publications (Indexed)

International

Kamble, H., & Kumar, S. (2023). Measuring the ABC of Life Skills: Life Skills scale revision and standardisation for adult population. *British Journal of Guidance and Counselling*. <https://doi.org/10.1080/03069885.2023.2264471>

Other Publications: International/National

Kamble, H. (2022). Remembering the Thay with many true names....*Sambhā aṣ ṇ*, 3(2), 195-199.

Kamble, H. A., & Kumar, S. B. (2017). Mindfulness and re-perceiving for an ethical workplace: An interdisciplinary approach. *Indian Journal of Positive Psychology*, 8(4), 648-653.

Book Published

Kamble, H. (2020). *Toolshed: An e-guide to Well-being during lockdown...and otherwise*. ASIN: B08711QHYJ.

Book Chapter Published

In B. Bhushan (Eds.), *Eminent Indian Psychologists: 100 Years of Psychology in India*. (2017). Sage Publications India Pvt Ltd: New Delhi.

Contributed to four chapters related to four Indian psychologists.

Kumar, S., Kamble, H., & Majumdar, A. *Shrikrishna Vasudeo Kale*.

Kumar, S., Majumdar, A., Kamble, H., & Bhushan, B. *Bishwa Nath Mukherjee*.

Kumar, S., Majumdar, A., Dhulla, T., Kamble, H., & Ramaswami, A. *Prabhakar Anandrao Bhagwatwar*. Kumar, S., Majumdar, A., Dhulla, T., Kamble, H., & Ramaswami, A. *Chandrashekhar Gangadhar Deshpande*.

Short Term Course

Abhidhamma in Daily Life (2017). Department of Philosophy, University of Mumbai.

Acted as a Resource Person

“Neuroplasticity and Brain” (2025) in a student immersion programme for students from Asia Pacific University, Malaysia.

“Mindful Researchers: Workout Groups” (2025) in European Summer Research Institute (ESRI), Austria.

Paper Presentations in Conference

International

“A Multiperspectival Interpretative Phenomenological Comparison of Lived Experiences of Goenka Vipassana and Classical Yoga Practitioners” (Chinese University of Hong Kong, Hong Kong) in International Conference on Mindfulness-Asia Pacific (ICM-AP) 2025

National

"How Do Managers Practicing Vipassana Meditation or Classical Yoga Live and Work? A Mixed Methods Comparative Study" (Ahmedabad University – Ahmedabad, GJ, India) in 32nd Annual Convention of the National Academy of Psychology (National) 2023

"Mindfulness and Reperceiving for an Ethical Workplace: An Interdisciplinary Approach" (Indian Institute of Technology – Madras, TN, India) in 26th Annual Convention of the National Academy of Psychology (National) 2016

Participation in Conference

International Conference of Mindfulness (ICM:2024) at Bangor University, UK.

Participation in Workshop

“Microphenomenology and Meditation” 2025 by Professor Martijn Van Beek (Aarhus University, Denmark) at European Summer Research Institute, Austria.

“Puja to Green Tara” 2025 with Dr Sāgaradevī Barratt (University of Essex), held in Austria.

“Tsz Shan Monastery Full Day and Workshop” 2025 by organizers of International Conference on Mindfulness-Asia Pacific (ICM-AP) 2025, Hong Kong.

Participation in Faculty Development Programme

Reviving Ancient Wisdom: Role of Indian Knowledge System (2025) in Academia as organized by PSGR Krishnammal College for Women, Tamil Nadu.

Grants

European Varela Award by Mind and Life Europe (Switzerland): Co-recipient (with Dr. Karin Matko, Germany) of Varela Research Awards (23,500 Euros = 21 lacs INR) for completion of our joint international project *Who practices what and why? A Global Exploration of Meditators*.

Awards/Honors

Awards/Honors	Agency/Institute	Year of Award
Best Faculty Award (Research)	PSGR Krishnammal College for Women, TN, India	2025
Full Travel and Accommodation Bursary for Presentation	Mind and Life Europe, Switzerland	2019
Full Research (tuition) Bursary for Summer School Participation	Oxford Mindfulness Centre, University of Oxford, UK	2016
Three Gold Medals and One Silver Medal in Economics at UG level	Rashtrasant Tukadoji Maharaja Nagpur University, MH, India	2012

Contribution

- Acting as an Affiliate Researcher for Contemplative Studies Centre, University of Melbourne since 2025.
- Acting as an “Inner Circle” contributor and facilitator for Mindful Researchers (Austria and Italy) since 2024.
- Acting as a Departmental Manager for NAAC Criteria II since 2024.
- Acting as Subject Expert of the Board of Studies (Department of Human Development), Sir Vithaldas Thackersey College of Home Science, Mumbai since 2024.