



**Savitribai Phule Pune University**  
(formerly University of Pune)  
**Department of Sports & Physical Education**



**Master of Arts in Expressive Movement Therapy (M.A. EMT)**  
**Academic Session 2023 Dissertation Completed Students List**

Sr. No.	Name of the Student	Name of the Research Guide	Year	Research Topic
01.	Ms. Balajiwale Shubhalaxmi H.	Dr. Amruta Ekbote	2023	"The Role of Expressive Movement Therapy in Relieving Observed Stress and Anxiety among Teenage Students"
02.	Ms. Deepmala Khera	Dr. Siddhanth Sawant	2023	"Exploring The Impact of Expressive Movement Therapy on Development of Interoceptive Awareness in Men and Women"
03.	Ms. Dey Anushka Anjan	Dr. Amruta Ekbote	2023	"Integration of Expressive Movement Therapy for Enhancing Improvisational Skills in Dancers"
04.	Ms. Dixit Poorva Sushant	Dr. Siddhanth Sawant	2023	"Impact of Expressive Movement Therapy in Reducing Parenatal Burnout of Mothers of Special Children"
05.	Ms. Gharpure Vedashree Nitin	Ms. Mrunmayee Maya Kulkarni	2023	"Enhancing Emotional Regulation with Expressive Movement Therapy for Substance Use Disorder Patients in De-Addiction Center"
06.	Ms. Joshi Kruttika Vinay	Dr. Siddhanth Sawant	2023	"Effect of Expressive Movement Therapy of the Self-Esteem in Adolescent Girls"
07.	Ms. Khanore Rutuja Rajendra	Ms. Mrunmayee Maya Kulkarni	2023	"Effect of Expressive Movement Therapy in Improving Quality of Life in Elderly Population"



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08.	Ms. Parmar Shruti Michael	Dr. Amruta Ekbote	2023	"Exploring the Role of Expressive Movement Therapy in Stress Management for Prevention of Burnout among Female Corporate Employees in Urban India"
09.	Ms. Patange Swarangi Milind	Dr. Siddhanth Sawant	2023	"The Role of Expressive Movement Therapy in Enhancing the Range of Nonverbal Expressions of a Kathak Dancer"
10.	Ms. Pathak Janhavi Vilas	Ms. Mrunmayee Maya Kulkarni	2023	"Dancing towards Self-Compassion : Assessing the Impact of Expressive Movement Therapy on Enhancing Self-Compassion in Patients with Substance Use Disorder"
11.	Ms. Sathe Prajakta Himanshu	Dr. Siddhanth Sawant	2023	"Impact of Online Expressive Movement Therapy Sessions on Reducing Depression and Increasing Physical Activity in Urban Elderly Women in India"
12.	Ms. Shindes Raheed Jabore	Dr. Amruta Ekbote	2023	"Impact of Expressive Movement Therapy on the Level of Physical Activities amongst the Senior Citizens the Slums of Pune, India"
13.	Ms. Sumana Sethuraman	Ms. Mrunmayee Maya Kulkarni	2023	"Examining the Effects of Expressive Movement Therapy on Self-Esteem and Self-Concept among Neurotypical Urban Adults : A Pilot Study"



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14.	Ms. Anita Ghosh	Dr. Amruta Ekbote	2023	“Exploring the Effectiveness of Expressive Movement Therapy for Stress Management by Middle-Class Female Homemakers of a City in North India”
15.	Ms. Mita Akter	Ms. Mrunmayee Maya Kulkarni	2023	“The Power of Movement”