



**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 2026 Dissertation Completed Students List**

Sr. No.	Name of the Student	Name of the Research Guide	Year	Research Topic
01.	Ms. Ankita Bhatnagar	Ms. Shivani More	2026	"An Expressive Movement Therapy Intervention for Developing Coping Mechanisms and Self-Compassion in Pre-Adolescent Boys in Boarding Schools"
02.	Ms. Badve Tanvi Amit	Ms. Janhavi Pathak	2026	"Assessing the Impact of Expressive Movement Therapy on Self-Esteem and Fear of Failure among Gifted Adolescents"
03.	Mr. Choudhary Shreyas Rajendra	Ms. Janhavi Pathak	2026	"To Assess the Effectiveness of Expressive Arts Therapy on Coping Self-Efficacy among HIV-Infected Young Adults"
04.	Ms. Gosavi Mansi Sanjay	Ms. Shivani More	2026	"Expressive Movement Therapy as an Intervention for Emotional Regulation and Interoceptive Awareness among UPSC Aspirants : Pre-Post Study"
05.	Ms. Ishani Shenoy	Ms. Janhavi Pathak	2026	"Exploring Self-Esteem Through Expressive Arts Therapy among Marginalised Young Women : A Mixed-Methods Study"
06.	Ms. Jigisha Zaveri	Ms. Shivani More	2026	"Moving Towards Balance" – Exploring the Effect of Expressive Movement Therapy on Emotional Regulation and Social Connectedness in Pre-Adolescent Children"
07.	Ms. Kekre Nupur Shailendra	Ms. Janhavi Pathak	2026	"Assessing the Impact of Expressive Movement Therapy on Self-Esteem and Aggression in Children with Learning Disabilities from Marginalised Community Setting"



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08.	Ms. Kothari Muskaan Amit	Ms. Shivani More	2026	"Impact of Expressive Movement Therapy on Apathy and Social Engagement in Older Adults with Dementia in a Geriatric Care Facility"
09.	Ms. Mandhre Trupti Pushkar	Ms. Janhavi Pathak	2026	"The Impact of Expressive Arts Therapy on Stress, Anxiety and Mood Swings on Peri-Menopausal Women"
10.	Ms. More Preeti Rakesh	Ms. Janhavi Pathak	2026	"Assessing the Impact of Expressive Movement Therapy on Self-Regulation of Neurotypical Children Aged 6-8- Years"
11.	Ms. Purvi V Bhat	Ms. Shivani More	2026	"Expressive Movement Therapy and Its Impact on Self-Esteem and Shame among Marginalized Children"
12.	Ms. Sheeba Nair	Ms. Janhavi Pathak	2026	"Something Beyond the Routine : A Pilot Study of an Expressive Movement Therapy – Based Group Intervention for Perceived Stress, Emotion Regulation and Interoceptive Awareness among Urban Homemakers in Bengaluru"
13.	Ms. Waghmare Ujwala Kawadu	Ms. Shivani More	2026	"The Impact of Movement Based Expressive Arts Interventions on Self-Regulation and Mastery Motivation in Mainstream Children of Age 4-6 Year from Middle-Socioeconomics Background"



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14.	Ms. Tushara Raghunandan	Ms. Janhavi Pathak	2026	“Addiction as a Failed Attempt at Connection : Assessing the Effectiveness of Expressive Arts Therapy on Relational Connection and Intimacy in Women with Alcohol Use Disorder”