

# Meet Young Director & Motivator Prof Dr. Shashank Tiwari



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**DR. SHASHANK TIWARI**

DIRECTOR (ACADEMIC & RESEARCH)

Prof. Dr. Shashank Tiwari is a highly accomplished academic and researcher. He has been instrumental in the development and implementation of various research projects and programs. His expertise lies in the field of cognitive behavioral therapy (CBT), and he has authored several books and articles on the subject. He is also a frequent speaker at national and international conferences and seminars. Prof. Dr. Tiwari is currently serving as the Director (Academic & Research) at LMCP Lucknow. He is a member of several professional organizations and has received numerous awards and honors for his contributions to the field of psychology and research.

Philosophy and Critical Thinking Processes: Science Exploring the relationship between anxiety

and depression, Critical Thinking Processes: Science Exploring the relationship between anxiety



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