



## CURRICULUM VITAE

**Dr. LANCY D'SOUZA**  
 Head & Associate Professor  
 Dept. of Psychology  
 Maharaja's College  
 University of Mysore  
 Mysore – 570 005. INDIA.

Tel : Off. 91-821-2419272  
 Res: 91-821-2343858  
 Cell: 91-99863-32616

***h-Index: 9 (Scholarometer)***  
 e-mail: *lancyd@ymail.com*  
*lancyuom@gmail.com*

### QUALIFICATIONS

Degree	Subject/s	Class Obtained	University
Ph.D.	PSYCHOLOGY	-	Mysore
M.A.	PSYCHOLOGY*	I	Mysore
B.Sc.	Psy/Bot/Chem	I	Mangalore
Diploma	Psy'l Counseling	I	IHCA. Chennai
Diploma	Bio-Diversity	-	Kyoto Univ. JAPAN

\* Secured II Rank in M.A.

### CAREER:

Position	Year's	Institute
Associate Professor*	October 2005 to date	Maharaja's College, Mysore, UOM
Senior lecturer	Oct 2000 to Oct 2005	Maharaja's College, Mysore, UOM
Lecturer (Permanent)	Oct 1996 to Oct 2000	Maharaja's College, Mysore, UOM
Lecturer (Temporary)	1994-1996	Maharaja's College, Mysore, UOM
Lecturer (Temporary)	1992-1994	P.G. Dept. of Psychology, UOM
Research Student	1990-1992	University of Mysore

\* Currently handling classes for PG students in Biochemistry, Univ. of Mysore

\* Currently handling classes for M Phil in area studies, Univ. of Mysore

### AWARDS

Sl no	Award	Year	Details	Conference
1	IPA presidents Gold medal award	2015	Conferred by the president IPA for excellence in Psychology	National conference of IPA on current issues in Psychological aspects of student's personal, school and family life

2	Best paper Award (International)	28-30 Apr 2006	Effect of shyness on performance, personality and intelligence of students of physical education	International Conference on Physical education and sports sciences, held at Kasturba Medical College, Manipal, jointly organized by AIU (Association of Indian Universities) and NAPESS
---	----------------------------------	----------------	--	---

### PROJECTS/TECHNICAL REPORTS COMPLETED

Sl no	Authors	Year	Project title	Funding agency
1	Jois, S., D'Souza, L. & Moulya, R.	2015	Effectiveness of MCKS super brain yoga on short term memory of school children in association with Social welfare department, Mysore Taluk, Govt. of Karnataka	World Pranic healing centre, Mysore
2	Jois, S., D'Souza, L. & Moulya, R.	2015	Effectiveness of MCKS super brain yoga on short term memory, visuo-spatial ability and academic performance of students. Report submitted to Sri Morarji Desai Residential School, Mysore	World Pranic healing centre, Mysore
3	Jois, S., & D'Souza, L.	2014	Effects of Pranic healing on functional health and wellbeing of inmates (conducted at Mysore central prison). Report submitted to Dept. of AYUSH, Karnataka and Prison department, Mysore central prison	World Pranic healing centre, Mysore
3	Jois, S., & D'Souza, L.	2014	Effectiveness of MCKS super brain yoga on academics, psychological and physical wellbeing. Report submitted to Dept. of AYUSH, Karnataka and Mysore Zilla Panchayat.	World Pranic healing centre, Mysore
4	D'Souza, L	2011	Prevalence of Shyness on South India. Efficacy of Behaviour therapy, Allopathic and Indian medicine on the treatment of shyness	UGC, Regional Office, Bangalore
5	Rao, Sudha, V., & D'Souza, L., & Mohan, M	2005	A research study on impact of adolescence education on adolescent reproductive health behaviour. Mimeographed.	National Council of Educational Research and Training (NCERT), New Delhi
6	Siddegowda, Y.S., D'Souza, L., Urs, G.B.	2000	Assessment of subjective well being of the executives of Rane Madras (Mysore) at work place and at home: Implications for the Advanced Management". Project report submitted to CEO, RANE (Madras), Mysore	Rane Madras, Mysore

7	Rao, Sudha, V., &D'Souza, L.,	2000	A needs assessment study in adolescent education in Mysore district. Mimeographed.	National Council of Educational Research and Training (NCERT), New Delhi.
8	Singh, M., Singh, M. Kumar, M.A., Kumara, H.N., D'Souza, L., &Bertsh, C. 1999	1999	Ecology and Evolution of Sociality in non-human Primates in South India.	Ministry of Environment and forests, Government of India.
9	Singh, M., Udayan, A., Singh, M., D'Souza, L., Kumar, M.A., Kumara, H.N. &Salahuddin, M. 1997	1997	Status survry of slender loris ( <i>Loris tardigraduslydekikerianus</i> ) in Dindigul, Tamilnadu, India.	Zoological Society of San Diego, USA

**Ph.D GUIDANCE- DEGREE AWARDED (PSYCHOLOGY) (UNIVERSITY OF MYSORE)**

Sl.no	Name	Topic	Year of Award
1	MasoumenHakimian	The role of early maladaptive schemas in predicting outcome of cognitive behavior therapy and systematic desensitization in obsessive compulsive disorder-a comparative study	2016
2	Vani H	Triarchic abilities among adolescents and their relationship with academic achievement and shyness	2016
3	Malathi V	Effect of shyness on interpersonal relationship and social conformity among college students.	2016
4	Shankaralinge Gowda, D.K.	Assessment of adolescent problems and their relationship with shyness (in Kannada)	2015
5	NasrinBalilashk	Prevalence of shyness and its relationship with creativity and wellbeing among adolescents	2014
6	Chandrashekara. D	Shyness, adjustment and technology use among adolescents (in Kannada).	2013
7	Seyed SoleimanHosseini Nik	Shyness and social anxiety among adolescents-intervention through morita therapy	2013
8	Jagadish S N	Effectiveness of Cognitive Behaviour Therapy on anxiety, adjustment and shyness among male patients with dhat syndrome and erectile dysfunction	2012
9	Sr. Arpana	Effectiveness of life skills training on shyness among adolescents	2012
10	Natesha N	Prevalence of shyness in childhood and its influence on self-concept, happiness and reaction time (in Kannada)	2011
11	Daryoush Ghasemian Sour Beni	Effectiveness of rational emotive behaviour therapy on shyness among adolescents in India	2011

12	Sedighe Ebrahimi Alavikolah	Prevalence of subtypes of shyness and its influence on anxiety and wellbeing	2011
13	Somesha C	Assessment of shyness among adolescents and its relationship with loneliness, depression and adjustment (in Kannada).	2011
14	H M Ramakrishne Gowda	Assessment of emotional and social intelligence among adolescents and their relationship with shyness (in Kannada)	2010
15	H Y Sreeshakumar	Assessment of differential implication of various psychosocial factors on age related developmental aspects of adolescent boys and girls	2010
16	Moslem Saberi	Prevalence of shyness in Iran and India and its relationship with emotional and social maturity among adolescents	2009
17	Bindu Ashwini	A comparative study of psychological problems of employees of call centers with employees of multinational companies	2009
18	Hasan Baniyadi	Impact of non-verbal communication training on marital satisfaction	2008
19	Kazem Sheriatnia	Effectiveness of CBT and CBGT on the treatment of shyness among adolescents in Iran	2008
20	Jayaraju R	An integrated study of psychological problems of jail inmates of Karnataka (in Kannada)	2005

#### **PH.D CO-GUIDANCE- DEGREE AWARDED-UNIVERSITY OFMYSORE**

<b>Sl.no</b>	<b>Name</b>	<b>Topic</b>	<b>Subject</b>	<b>Year of Award</b>
1	Bhaskar, H.N.	A study on the differential effects of psychosocial factors and sports performance of university students: Comparative study	Physical Education	2014
2	Krishnayya P	A study of relationship of socio-economic status with physical fitness, health status, sports performance and proneness to disorders among Mysore University students	Physical Education	2007

#### **PH.D GUIDANCE-CANDIDATES WORKING**

<b>Sl.no</b>	<b>Name</b>	<b>Subject</b>	<b>Status</b>
1	Meghana N	Psychology	Thesis submitted
2	Yeshodhara G Y	Psychology	Data collection
3	Mahadevaswamy	Psychology	Data collection
4	Ranganath, P.R	Psychology	Data collection
5	Shwetha T K	Psychology	Registered
6	Jinson George	Psychology	Applied for reg
7	Rineesh K Rajan	Criminology	Applied for reg

## M.PHIL GUIDANCE

Sl no	Name	Topic	Subject	Year of Award	University
1	Raghavendra K	An evaluative study on expert evidence in criminal trials	Forensic Science	2013	Mysore
2	Gokul R	Triangles-track residues & impressions assisted novel gait language evaluation study	Forensic Science	2012	Mysore
3	Deepthi	Life after Crime-of the child in conflict with law	Correctional Administration	2012	Mysore
4	Rajesh C	Comparative study of fingerprints between normals and transgenders	Forensic Science	2012	Mysore

## ACADEMIC VISITS ABROAD

sl	Year	City	Country	Conference	Organizers
1	2016	Melbourne	Australia	8 <sup>th</sup> World Congress on Cognitive and behavior therapies	Australian association for Behavioural and Cognitive therapy
2	2015	Milan	Italy	14 <sup>th</sup> European Congress of Psychology-2015	EFPA (European Federation of Psychologists' Associations).& INPA
3	2014	Paris	France	International Congress of Applied Psychology-2014	ICAP-Paris
4	2013	Madrid	Spain	International Psychological Applications Conference and Trends 2013, April 26-28	IPACT-Madrid
5	2012	Bangkok	Thailand	Behavioural, Cognitive and Psychological Sciences (BCPS-2012)	IEDRC, Thailand
6	2012	Cape town	South Africa	International Congress of Psychology (ICP), July 23-27	Psy SSA, National Research Foundation,
7	2011	Colombo	Srilanka	International Conference on psychology and allied professions, Dec 5-8	Sri Lankan Assn for Psychology, Counselling and psychotherapy & Kelaniya University

8	2011	Tehran	Iran	<i>International Congress on Psychology, Religion and Culture, May 14-16.</i>	Tehran University
9	2010	Chiangmai	Thailand	<i>International conference on sports and exercise science 2010/ Dec 11-14</i>	Mahidol University, Chiangmai
10	2009	Bangkok	Thailand	<i>International conference on sports and exercise science 2009/ Dec 1-3</i>	Kasetsart University
11	2009	Kaulalampur	Malaysia	<i>International conference on applied psychology/ March 12-14</i>	University Malaya
12	2007	London	United Kingdom	<i>2<sup>nd</sup> International conference on child and adolescent psychopathology/ Jul 5-6</i>	Roehampton University, UK
13	1999	Kyoto	Japan	<i>Asia science seminar on bio-diversity held at Kyoto university, Inuyama, Aichi, Jul 26-6<sup>th</sup> Aug</i>	Japanese Society for promotion of Science

#### RESEARCH ARTICLES/REVIEWS OUBLISHED

Sl.no	Author/s	Year	Article	Journal	Vol/p no	ISSN/ISB N
1	Yashodhara, Venkatesan, S., & D'Souza, L.	2017	Mechanical comprehension ability in children with learning disabilities and hearing impairments – a comparative study	Journal of the Indian academy of applied psychology	43, (1) 59-66	0019-4247
2	Jois, S.N., Moulya, R D'Souza, L,	2017	Mitigation of perceived stress and enhancement of quality of life among female adolescents using Meditation on Twin Hearts	Ind J Public Health Res & Devl	<b>In press</b>	
3	Yathindra, H.A., Jois, S.N., & D'Souza, L,	2017	Enhancement of seed germination, fruit set and yield of Pole Beans ( <i>Phaseolus vulgaris</i> L.) by Pranic Healing	Ecology, Environment and Conservation	<b>In press</b>	0971-765X
4	Jois, S.N., Manansa., D'Souza, L,	2017	Psychological well being by awareness of air prana and the aura surrounding a tree among participants from different age group	Indian Journal of Public Health Research and Development	<b>In press</b>	
5	Jois, S.N., Prasad, N, & D'Souza, L	2017	Morphology of Cucumber Plants as Influenced by Pranic Agriculture	Science Alert - Asian journal of scientific research	<b>In press 1-3</b>	1992-1454
6	Jois, S.N., Roohie, K.,	2017	Physico-Chemical Qualities of Tomato Fruits as Influenced	Indian Journal of Science and	9 (46), 2-6	0974-5645

	<b>D'Souza, L, Suma, F., Devali, C.S, Urroj, A., Hrell, R., Prasad, N</b>		By Pranic Treatment-An Ancient Technique For Enhanced Crop Development	Technology		
7	Mahadevaswamy, P & <b>D'Souza, L</b>	2016	Prevalence of internet addiction among adolescents in and Around mysore city: influence of select demographic variables	<i>International journal of psychology and Psychiatry</i>	41 (2), 1-9	2320-6233
8	Meghana, N. & <b>D'Souza, L</b>	2016	Influence of Behavioural Problems on Shyness in Late Childhood	<i>International journal of psychology and Psychiatry</i>	41 (2), 51-61	2320-6233
9	<b>D'Souza, L., Gowda, H M R &amp; Yashodhara G Y</b>	2016	Relationship between shyness and academic stress among adolescents. Asian Journal of Development Matters, 2016, 10(1), 175-181.	<i>Asian Journal of Development matters</i>	10, 175-181	0973-9629
10	Hakimian, M & <b>D'Souza, L.</b>	2016	Effectiveness of Systematic Desensitization and Cognitive Behaviour Therapy in Reduction of Depression among Obsessive Compulsive Disorder patients-A Comparative Study	<i>International journal of psychology and Psychiatry</i>	4(1), 56-71	2320-6233
11	Hakimian, M & <b>D'Souza, L.</b>	2016	Effectiveness of Systematic Desensitization and Cognitive Behavior Therapy on Reduction of Obsessive Compulsive Disorder Symptoms: A Comparative Study	European online journal of natural and social sciences.	5(1), 147-154	eISSN: 1805-3602
12	Rao, M.V & <b>D'Souza, L</b>	2016	Association between shyness and social conformity among college students	<i>International journal of psychology and Psychiatry</i>	4 (1), 82-95	2320-6233
13	Rao, M.V & <b>D'Souza, L</b>	2015	Assessment of shyness among college students: Influence of gender and area	<i>Asian Journal of Development matters</i>	9 (2), 125-134	0973-9629
14	Venkatesh, N., Sumangala, C., & <b>D'Souza, L.</b>	2015	The Effect of Six Sigma on Employees – A Case Study	<i>Nitte management Review</i>	9(1), 31-42	2231 - 6043
15	Jois, S., Ithal, R., <b>D'Souza, L</b>	2015	The perception of prana and its effect on psychological	<i>Journal of research: The</i>	6, 216-219	00976-0598

	& Gayathri, R.		wellbeing	<i>Bede Athenaeum</i>		
16	Yashodhara, G.Y., & D'Souza, L.	2015	Assessment of occupational stress among medical professionals-A study of Doctors, Nurses and medical representatives	<i>Conference proceedings of Stress and resilience in Children, adolescents, women and social support groups</i>	1 (2) 11-22	978-93-5196-800-9
17	Aghili, M & D'Souza, L.	2015	The relationship between ADHD symptoms and big five factors in University students	<i>International journal of psychology and Psychiatry</i>	3 (2), 39-42	2320-6233
18	D'Souza, L	2015	Study on the relationship between shyness and academic stress among engineering students	<i>International journal of Psychology and psychiatry</i>	3 (2), 9-14	2320-6233
19	Ballal, V.R & D'Souza, L.	2015	Relationship between triarchic abilities and shyness among adolescents	<i>Journal of psychological reseraches</i>	52, 13-20	0022-3972
20	Ballal, V.R & D'Souza, L.	2015	Assessment of triarchic abilities among adolescents: Influence of gender and area	<i>Indian journal of applied Psychology</i>	52, 13-19	0019-5073
21	Gowda, D.K.S & D'Souza, L.	2015	Relationship between shyness and adolescent problems,	<i>Journal of the Indian Academy of Applied sychology,</i>	41, 136-141.	0019-4247
22	Murthy, B.N., D'Souza, L, Pradeep, P.	2014	Basic facilities available to prison staff-A comparative study of warders and officers and selected demographic variables	<i>Living sociology-quarterly International journal</i>	II (3), 27-33.	2320-6365
23	Balilashk, N. & D'Souza, L., Esaghi, S.M., & Khanekhashi, A.	2014	On the relationship of shyness with creativity and well being among Adolescents.	<i>International Journal of current life sciences,</i>	4 (9), 5434-5439.	2249-1465
24	Afshan, A., D'Souza, L., & Manickam, S.	2014	Shyness and masculinity-femininity among adolescents staying in their homes and in hostels of Mysore	<i>Indian journal of applied psychology</i>	51, 5-12	0019-5073
25	Gowda, D.K.S & D'Souza, L.	2014	Assessment of adolescent problems in and around Mysore city: Influence of developmental stage and gender.	<i>United Journal of Awadh Scholars UJAS),</i>	8, 13-21	0974-0503
29	Mohmed, I. Sumangala C. & D'Souza, L.	2014	Green Marketing Mix Strategies of Consumer Durables with Reference to Automobile	<i>International journal of Emerging Research in</i>	3(6), 56-60.	2278-9359



			Sector.	<i>Management &amp; Technology,</i>		
27	Mohmed, I. Sumangala C. & D'Souza, L.	2014	Consumer perception towards green marketing Strategies employed by automotive sector.	<i>SAARJ Journal on Banking &amp; Insurance Research,</i>	3 (3), 25-36.	2249-7137
28	Venkatesh, N., Sumangala, C., & D'Souza, L.	2013	Outcome of six sigma implementation-a case study of manufacturing industry.	<i>International Journal of Innovative Research in Science, Engineering and Technology,</i>	2, (8) 4076-4082.	2347-6710
29	Balilashk, N. & D'Souza, L.	2013	Effect of shyness on life satisfaction of adolescents: influence of select demographic variables.	<i>Asian Journal of Development matters</i>	7, 230-234.	0973-9629
30	Balilashk, N. & D'Souza, L.	2013	Prevalence of shyness among early and late adolescents in India.	<i>United Journal of Awadh Scholars,</i>	7, 21-26.	0974-0503
31	D'Souza, L.	2013	Working with Shy Adolescents: Effectiveness of Life Skills Group Training.	<i>Book of proceedings. International Psychological Applications Conference and Trends 2013,</i>	pp 73-77	ISBN 978-989-97866-0-8©2013
32	Mohmed, I. Sumangala C. & D'Souza, L.	2013	Factors influencing consumer purchasing behaviour of Green Durables-An empirical study.	<i>Erudition-The Albertian Journal of management</i>	6, 7, 23-27.	0973-7839
33	Chandrashekhar, D. & D'Souza, L.	2013	Influence of shyness on social and emotional adjustment among adolescents.	<i>United Journal of Awadh Scholars,</i>	7, 4-10.	0974-0503
34	Sumangala C. & D'Souza, L.	2013	Performance Appraisal among Technical and Non-Technical Employees: A Comparative Study of IT and Non-IT Sector of India.	<i>International Journals Of Research in Organizational Behavior and Human Resource Management</i>	1 (4), 95-104	2320-8716
35	Chandrashekhar, D. D'Souza, L. & Rangaiah B,	2012	Influence of shyness on technology use among adolescents	<i>Journal of Psychological Researches,</i>	26, 23-27	0022-3972
36	Rangaiah B, Dinagaran S, D'Souza, L &	2012	Assessment of Creativity among students from different nationalities,	<i>Journal of Psychological Researches,</i>	26, 53-56.	0022-3972

	Ramaswamy C.					
37	Sr Arpana & D'Souza, L	2012	Development and validation of life skills questionnaire	<i>Asian Journal of Development matters</i>	6, 13-19	0973-9629
38	Sr Arpana & D'Souza, L	2012	Prevalence of shyness among adolescents in Bangalore City.	<i>Carmelight</i>	9, 13-26.	0975-9484
39	Sumangala, C. & D'Souza, L.	2012	Managerial level and performance appraisal-A comparative study of IT and Non-IT sector.	<i>4D International journal of IT and commerce,</i>	1(2), 69-75.	2319-104X
40	Sr. Arpana & D'Souza, L.	2012	Effectiveness of individual and groups life skills training on shyness among adolescents.	<i>Journal of Psycho-social research,</i>	7, 249-255.	0973-5410
41	Ghasemian .D, & D'Souza, L. & Ebrahimi, S	2012	Effectiveness of REBT on shyness: Influence of age.	<i>Journal of Psycho-social research,</i>	7, 307-314	0973-5410
42	Hosseininik, S.S & D'Souza, L.	2012	Effectiveness of Morita Therapy in the treatment of Shyness -influence of gender	<i>Golden research thoughts,</i>	1 (10), 1-5	2230-7850
43	Hosseininik, S.S & D'Souza, L.	2012	Effectiveness of Morita Therapy on Reduction of Shyness among Adolescents.	<i>Journal of the Indian Academy of Applied Psychology,</i>	38, 62-67.	0019-4247
44	D'Souza, L. & Ramaswamy C.	2012	Shyness and academic achievement of tribal children and adolescents: Some preliminary observations	D'Souza, L (Ed). <i>Readings in developmental Psychology</i> , New Delhi: Discovery Publishing House private Limited,	pp165-170.	ISBN 9789350561164
45	Hosseininik, S.S , D'Souza, L. & Rad, R.Z.	2012	Effectiveness of Morita Therapy on Reduction of social anxiety among Adolescents	<i>Archives Des Sciences,</i>	65 (3), 150-159.	1661-464X
46	Sumangala, C. & D'Souza, L.	2012	Job experience and performance appraisal-A comparative study of IT and Non-IT sector.	<i>SIES journal of management</i>	8 (1), 1-8.	0974-2956
47	Sumangala, C. D'Souza, L. & Yeshodhara G Y	2012	Occupational stress and proneness to psychomedical illness-a study of employees in Medical profession	<i>Erudition-The Albertian Journal of management</i>	6, 74-78.	0973-7839
48	Ghasemian .D, & D'Souza, L.	2012	Effectiveness of REBT on shyness: Influence of	<i>Journal of the Indian Academy</i>	38, 169-173.	0019-4247

	&. Ebrahimi, S		gender.	<i>of Applied Psychology</i>		
49	Jagadish, S N & D'Souza, L.	2011	Effectiveness of Cognitive behaviour therapy on shyness among dhat syndrome patients.	<i>Asian Journal of Development matters,</i>	5, 231-235.	0973-9629
50	Jagadish, S N & D'Souza, L.	2011	Effectiveness of Cognitive behaviour therapy on shyness among erectile dysfunction patients.	<i>United Journal of Awadh Scholars (UJAS),</i>	5, 68-74	0974-0503
51	Baniasadi, H.S & D'Souza, L	2011	Impact of Non-verbal Communication Training on Mutual Understanding,	<i>Indian Journal of Health and Well-being,</i>	2 (1), 19-24.	2229-5356.
52	Ebrahimi, S., D'Souza, L. & Ghasemian D.	2011	Prevalence of subtypes of shyness: A developmental perspective of gender and area.	<i>United Journal of Awadh Scholars (UJAS),</i>	5, 17-22	0974-0503
53	Sumangala, C. & D'Souza, L.	2011	Marital status and stress. A study of information technology employees.	<i>Asia Pacific Journal of Research in Business Management,</i>	2, 116-112.	2321-0729
54	Ghahremani, k.M., Madgaonkar, J.S., D'Souza, L.	2011	Prevalance of anxiety among Iranian patients with type2 diabetes	<i>International journal of social and economic research</i>	1, 347-350	2328-7543
55	Ebrahimi, S., D'Souza, L. & Ghasemian, D.	2011	Comparison of Public and private shyness: Influence of age groups, gender and area.	<i>Asian Journal of development matters,</i>	5, 89-94.	0973-9629
56	Natesha C. & D'Souza, L.	2011	Relationship between shyness and happiness among children.	<i>United Journal of Awadh Scholars (UJAS),</i>	5, 1-5.	0974-0503
57	Gowda, H.M.R & D' Souza, L.	2010	Relationship between social intelligence and shyness among adolescents.	<i>Indian journal of Psychology,</i>	47,	0022-3972
58	D'Souza, L. & Mohmed, I.	2010	Consumer attitude towards green marketing.	<i>SCOUR, Jl of Indian Inst of productivityand management,</i>	4, 16-21.	0973-6123
59	Sumangala, C. D'Souza, L. Kennedy, A. T	2010	Influence of educational status on occupational stress among software employees,	<i>Erudition-The Albertian Journal of management</i>	4, 7- 12.	0973-7839
60	Sumangala, C. D'Souza, L.	2010	Stress to Disease,	<i>SCMS journal of Indian management</i>	7, 38-44.	0973-3167
61	Somashekar, M.P, Siddegowda, Y	2010	Performance appraisal system in public and private industries in Mysore district-a study of	<i>Erudition-The Albertian Journal of management</i>	4, 84-88	0973-7839

	<b>S., D'Souza, L.</b>		supervisors and managers,			
62	<b>D'Souza, L.,</b> Urs, G.B. Jayaraj, R.	2010	Relationship between shyness and guidance needs among adolescents.	<i>Recent studies in School Psychology</i> , edited by PaanchRamalingam	pp, 171-180.	ISBN 978-81-7273-5364
63	Baniasadi, H.S & <b>D'Souza, L.</b>	2010	Relationship between shyness and marital satisfaction among Iranian couples.	<i>Journal of Psycho-social Research</i>	5, 55-62.	0973-5410
64	Ebrahimi, S. & <b>D'Souza, L</b>	2010	A new perspective on successfully shy life	<i>Asian Journal of Development matters</i>	4, 12-17.	0973-9629
65	Ghasemian, D. & <b>D'Souza, L</b>	2010	The effect of shyness through the life cycle view.	<i>Asian Journal of Development matters</i>	4, 51-56	0973-9629
66	Sumangala, C., Nagendrababu, K N, <b>D'Souza, L..</b>	2009	Relationship between age and occupational stress among IT employees	<i>BVIMSR's Journal of Management Research</i>	1, 120-126.	0976-4739
67	Baniasadi, H.S & <b>D'Souza, L.</b>	2009	Relationship between non-verbal communication and mutual understanding among Iranian couples	<i>Indian Journal of social science researches,</i>		2321-208X
68	Somesha, C, & <b>D'Souza, L.</b>	2009	Relationship between shyness and loneliness among adolescents	<i>Indian journal of Applied Psychology</i>	46, 5-10	0019-5073
69	Gowda, H.M.R & <b>D' Souza, L.</b>	2009	Assessment of social intelligence among adolescents and influence of selected secondary variables	<i>Asian Journal of Development matters,</i>	3, 137-140	0973-9629
70	Sumangala, C., Nagendrababu, K N, & <b>D'Souza, L.</b>	2009	Role of gender in coping with the stress,	<i>Erudition-The Albertian Journal of management.</i>	3, 82-86.	0973-7839
71	Saberi, M & <b>D'Souza, L.</b>	2009	Comparison of shyness between adolescents in India and Iran: A developmental perspective of age and gender	<i>Journal of Psycho social Research</i>	4, 121-130	0973-5410
72	Sumangala, C., Nagendrababu, K N, <b>D'Souza, L.</b>	2009	Alleviate stress for cyber-ambience	<i>SCMS Journal of Indian Management</i>	6, 81-88.	0973-3167
73	Ghaderi, A. R., <b>D'Souza, L.</b> &Rangaiah B.	2009	Relationship between self-efficacy and depression among Indian and Iranian students	<i>United Journal of Awadh Scholars (UJAS),</i>	3, 50-56.	0974-0503
74	Rangaiah, B ., <b>D'Souza, L.,</b> &Jayaraju R.	2009	The perceived effectiveness of advertisements - a comparison of visualizers and consumers in relation to their locus of control.	<i>United Journal of Awadh Scholars (UJAS),</i>	3 (1), 57-62.	0974-0503
75	Shariatnia, K. and <b>D'Souza, L.</b>	2008	Effectiveness of Cognitive Behaviour therapy on shyness among Adolescent in Iran.	<i>Indian Journal of clinical Psychology</i>	35, 24-31	0303-2582
76	Somesha C & <b>D'Souza, L.</b>	2008	Relationship between shyness and Depression	<i>Psychological Studies,</i>	53, 286-289.	0974-9861

			among adolescents.			
77	Sumangala, C., Nagendrababu, K N, <b>D'Souza, L.</b>	2008	Relationship between family environment and occupational stress among IT employees	<i>Management Researcher</i>	15, 56-66	
78	Sheriatnia, K. & <b>D'Souza, L.</b>	2008	Prevalence of shyness among adolescents in Iran. Influence of gender and age.	<i>Asian Journal of Development matters,</i>	2, 47-52.	0973-9629
79	Sudha, S.T., Harinarayana, N S., <b>D'Souza, L.</b>	2008	Promotion of reading habits between professional and non-professional college students.	<i>Asian Journal of Development matters,</i>	2, 62-68	0973-9629
80	<b>D'Souza, L</b>	2008	Assessment of shyness and anxiety and their relationship among women athletes.	<i>Asian Journal of Development matters,</i>	2, 76-82	0973-9629
81	Arjibefunn, A., Nanjunda D C. & <b>D'Souza, L.</b>	2008	Non-government Organizations v/s rural and tribal India: Some highlights	<i>Tribal development in India</i> (Singh A K Et al (eds).Allahabad: Innova Publishing house.	Pp 477-484	
82	Sumangala, C., Nagendrababu, K N, <b>D'Souza, L.</b>	2008	Occupational stress in different managerial levels. A study of employees of IT companies	<i>Erudition- The Albertian Journal of management</i>	2, 93-99	0973-7839
83	Ebrahimi, S., Ghasemian, D., & <b>D'Souza, L.</b>	2008	Relationship between anxiety and happiness among postgraduate students	<i>Journal of Psycho-social research</i>	3, 165-170	0973-5410
84	<b>D'Souza, L.,</b> Ramaswamy, C. &Rangaiah B	2008	Relationship between shyness and adjustment among college students	<i>Pakistan Journal of Social and Clinical Psychology</i>	6, 58-65	1727-4931
85	<b>D'Souza, L.,</b> Jayaraju, R., Venugopal P N., &Natesha N.	2008	Influence of shyness on academic achievement of children and adolescents: A developmental perspective of age and gender.	<i>Asian Journal of Development matters</i>	2, 50-54.	0973-9629
86	<b>D'Souza, L.,</b> Urs, G.B. Jayaraj, R.	2008	Relationship between shyness and guidance needs among adolescents.	<i>Journal of Indian Academy of Applied Psychology</i>	34, 317-322	0019-4247
87	<b>D'Souza, L.,</b> Jayaraju, R., Rangaiah, B &Jagadish S.N. (2008).	2008	Relationship between shyness and insecurity among high school students.	<i>United Journal of Awadh Scholars (UJAS),</i>	2, 13-20.	0974-0503
88	Ashwini, B. & <b>D'Souza, L.</b>	2008	Occupational stress among employees of call centers and multi-national companies-a comparative study	<i>Journal of Psycho-social Research</i>	3, 115-121	0973-5410
89	Smitha P.G., Byrappa, K. & <b>D'Souza, L.</b>	2008	Coefficient of correlation for soil physico-chemical parameters	<i>Environmental Science: An Indian Journal</i>	3, 45-48.	0974 - 7451
90	Ghasemian, D., Ebrahimi, S., & <b>D'Souza, L.</b>	2007	Assessment anxiety among and higher education students and its relationship with	<i>Artha – a Journal of social sciences,</i>	11, 38-45.	0975-329X

			spirituality.			
91	Madgaonkar, J.S., D'Souza, L., & Veena, V.,	2007	Influence of shift work and organization type on adjustment of women in nursing profession	<i>Pakistan Journal of social and clinical psychology</i>	5,43-51	1727-4931
92	Shariatnia, K. and D'Souza, L.	2007	Shyness of Cognitive Behaviour Group therapy on shyness among Adolescent in Iran	<i>Psychological Studies,</i>	52, 372-376.	0974-9861
93	D'Souza, L. & Urs, G.B.	2007	Assessment of shyness among adolescent students studying in rural and urban areas	<i>Asia Pacific Review of Rural and Tribal Issues,</i>	1, 10-14.	0973-9637
94	Baniasadi, H.S & D'Souza, L	2007	Relationship between Non-verbal Communication and Marital Satisfaction among Iranian couples	<i>United Journal of Awadh Scholars (UJAS),</i>	1, 10-15	0974-0503
95	Natesha, N. & D'Souza, L.	2007	Prevalence of shyness among children a developmental perspective of age and gender,	<i>Asian Journal of Development matters,</i>	1, 55-58.	0973-9629
96	Sreeshakumar H Y ,Nagalakshmi, K N & D'Souza, L.	2007	Shyness and happiness among high school students,	<i>Psychological studies,</i>	52, 120-122	0974-9861
97	D'Souza, L.	2007	Relationship between shyness and fear among college students.	<i>Journal of Psycho-social Research</i>	2, 85-91	0973-5410
98	Ashwini, B. & D'Souza, L.	2007	Assessment of proneness to major medical and psychiatric illnesses: a comparative study of employees of call centers and multi national companies	<i>Journal of Psycho-social Research</i>	2, 9-19	0973-5410
99	D' Souza, L., Gowda, H.M.R, & Gowda, D.K.S	2006	Relationship between shyness and fear among high school students.	<i>Pakistan Journal of Psychological Research</i>	21, 3-4, 53-60	1016-0664
100	D'Souza, L	2005	Does shyness affects reaction time?	<i>Artha – a Journal of social sciences</i>	4(2), 7-12	0975-329X
101	D'Souza, L.	2005	Shyness/Social Phobia: Influence on self-concept and academic achievement in High school students. Suggested remedial measures	<i>Artha – a Journal of social sciences</i>	4(1), 23-29	0975-329X
102	D'Souza, L., Urs, G B., & Siddegowda Y S	2005	A comparative study of occupational stress among executives, managers and engineers.	<i>Pakistan Journal of Psychological Research</i>	20, 1-2, 15-	1016-0604
103	James, M.S. D'Souza, L., & Yeshodhara, K.	2003	Influence of sex and age on the job satisfaction of secondary school teachers.	<i>Artha – a Journal of social sciences.</i>	2, 45-52.	0975-329X
104	D'Souza, L.	2003	Influence of Shyness on Anxiety and Academic achievement in High School	<i>Pakistan Journal of Psychological Research</i>	18, 3-4, 109-118	1016-0604



			students			
105	<b>D'Souza, L.,</b> Urs. G.B. &Ramaswamy C	2002 -03	Relationship of self-esteem with shyness, personality and academic achievement in high-school students	<i>Artha-a journal of social sciences</i>	1, 228-234.	0975-329X
106	Vaid, N.R. Roy, E.T. <b>D'Souza, L.,</b> &Simha, A	2002	The psychological aspects of orthodontic treatment.	<i>Bulletin of Indian Dental association (Thane),</i>	1, 15-16	0019-4611
107	<b>D'Souza, L.,</b> Vaid, N.R. Roy, E.T., &Urs. G.B.	2001	Shyness, self-esteem, Dental disharmony and orthodontic treatment	<i>Indian Journal of Clinical Psychology,</i>	28, 246-251.	0303-2582
108	<b>D'Souza, L.,</b> &Urs, G.B.	2001	Effect of shyness on the adjustment of high school students	<i>Pakistan Journal of Psychological Research</i>	16, 3-4, 85-94.	1016-0604
109	Madgaonkar, J.S., <b>D'Souza, L.,</b> Veena, V., &Poornima, M.L.	2001	Influence of experience in different work schedules on job satisfaction on nurses	<i>Journal of Indian Academy of Applied Psychology</i>	27, 1-2.	0019-4247
110	Gupta, R.A., Mathai, J.P., Rao. T.S.S. Urs G.B., & <b>D'Souza, L.,</b>	2001	Assessment of psychiatric morbidity among Hansen's & various other dermatological diseases: An Indian perspective	<i>Indian Journal of Psychological Medicine</i>	24, 39-46	0253-7176
111	Basavarajappa, <b>D'Souza, L.,</b> Singh, M., &Romate John, P. J.	2000	Level of stress and peptic ulcer in South India.	<i>Pakistan Journal of Psychological Research</i>	15, 3-4, 99-105	1016-0604
112	<b>D'Souza, L.,</b> Urs, G.B. & James M.S.	2000	Assessment of shyness : Its influence on the personality and academic achievement of High school students.	<i>Indian Journal of Clinical psychology</i>	27, 286- 289	0303-2582
113	Siddegowda, Y.S., Urs, G.B., & <b>D'Souza, L.</b>	2000	Coping strategies among executives, managers and engineers	<i>Organisational Management</i>	XVI, 10 – 15.	
114	Siddegowda, Y.S., Urs, G.B. & <b>D'Souza, L.</b>	2000	Assessment of vulnerability to major medical and psychiatric illnesses: A study of executives, managers & engineers	<i>Indian Journal of Clinical Psychology,</i>	27, 129-133	0303-2582
115	<b>D'Souza, L.,</b> Singh, M. &Basavarajappa.	1999	Influence of shyness on performance, personality and intelligence of students of physical education	<i>Psychological Studies</i>	44, 92-94	0974-9861
116	Romate John, P.J. Basavarajappa, & <b>D'Souza, L.,</b>	1998	Level of stress and peptic ulcer in Karnataka and Kerala	<i>Psychological Studies,</i>	43 : 91 – 94	0974-9861
117	Basavarajappa, Kaveri, K., <b>D'Souza, L.,</b> & Singh, M	1998	Analysis of defense mechanisms and normative data on C.A.T. for Indian children	<i>Indian Journal of Clinical Psychology</i>	25 : 50-56	0303-2582
118	Singh, M. Singh, M., Kumar, M.A. Kumara, H.N. <b>D'Souza, L.,</b> & Sharma. A.K.	1998	Behaviour of lion-tailed macaque ( <i>Macacasilenus</i> ) in vulnerable and relatively secure habitats in rain forests of Western Ghats, India	<i>Tiger Paper, (Thailand),</i>	XXV (4), 19-25	1014-2789

119	Urs, G.B., <b>D'Souza, L.</b> , Kumar, G.V. & Singh, M.	1997	A study of presumptive stress in cancer patients.	<i>Indian Journal of Clinical Psychology</i>	24 : 131-135	0303-2582
120	Singh, M., <b>D'Souza, L.</b> , Singh, M. Kumar, G.V. &Manjunatha, S.C.	1997	An experimental demonstration of induction and reduction of 'anxiety' in laboratory rats.	<i>Indian Journal of Clinical Psychology</i>	24 : 70 – 74	0303-2582
121	Singh, M., Singh, M., Kumara, H.N., Kumar, M.A. & <b>D'Souza, L</b>	1997	Inter and intra-specific associations of non-human primates in Anamalai Hills, South India	<i>Mammalia (France)</i>	61 : 17-28	0025-1461
122	Singh, M., Singh, M., Kumar, M.A., Kumara, H.N., & <b>D'Souza, L.</b>	1997	Distribution and research potential of non-human primates in the Aliyar – Valparai sector of Indira Gandhi Wildlife sanctuary, Tamilnadu, South India	<i>Tropical Biodiversity (Indonesia)</i>	4, 197-208	0854-1566
123	Singh, M., <b>D'Souza, L.</b> , & Singh, M	1996	The effect of maternal protein deficiency on growth and behaviour of albino rats	<i>Psychological Studies</i>	41 : 108-114	0974-9861
124	Singh, M., Venkatesh, G., <b>D'Souza, L.</b> , & Singh, M	1996	The effect of test anxiety, intelligence and failure stress on motor perceptual learning	<i>Indian Journal of Clinical Psychology</i>	23 : 156-160.	0303-2582
125	<b>D'Souza, L.</b> , Mridula, K., & Singh, M.	1995	The effect of age on development and behaviour in albino rats	<i>Psychological Studies</i>	40 : 18 – 27	0974-9861
126	Singh, M., <b>D'Souza, L.</b> , & Singh, M.	1992	The behavioural effects of an ayurvedic drug Jyotismati ( <i>Celastruspaniculatus</i> ) on albino rats	<i>Psychological Studies</i>	37, 114-120	0974-9861
127	<b>D'Souza, L.</b> , & Singh, M	1992	Density and demography in roadside bonnet monkeys ( <i>Macacaradiata</i> ) around Mysore	<i>Journal of Ecobiology</i>	4, 87-93	0970-9037
128	Singh, M., <b>D'Souza, L.</b> , & Singh, M	1992	Hierarchy, kinship and social interaction among Japanese monkeys ( <i>Macacafuscata</i> ).	<i>Journal of Bio-Sciences</i>	17, 15-27	0973-7138
129	Singh, M., <b>D'Souza, L.</b> , & Singh, M	1991	The effect of numeric, spatial and resource crowding on behaviour of albino rats	<i>Psychological Studies,</i>	36 : 156-168.	0974-9861
130	<b>D'Souza, L.</b> , Mridula, K., & Singh, M	1990	The speed and extent of learning to discrimination conditions in rat	<i>Psychological Studies,</i>	35, 93-97.	0974-9861



## EDITED BOOKS

Sl no	Author/s	Year	Title	Publishers	ISBN/ISSN
1	<b>D'Souza, L</b>	2016	<i>Social Psychology</i>	New Delhi: Discovery Publishing House private Limited.	ISBN 978-93-5056-771-5
2	<b>D'Souza, L</b>	2014	<i>Public health and new Psychology: debates.</i>	New Delhi: Discovery Publishing House private Limited.	ISBN 93-5056-485- 8
3	<b>D'Souza, L.</b>	2012	<i>Readings in Developmental Psychology.</i>	New Delhi: Discovery Publishing House private Limited,	ISBN 978-93-5056-116-4
4	Nanjunda, D.C., Siddegowda, Y S., Kumar, G.V., Ramesh., <b>D'Souza, L.,&amp;Subramanya, B</b>	2011	<i>India Development: Issues &amp;Prospectives.</i> New Delhi:	Anmol Publications Pvt Ltd.	ISBN 978-81-261-4624-4
5	<b>D'Souza, L.</b>	2008	Journal of Developmental Matters: Special Issue- <i>Trends in Behavioural sciences:</i>	Guest Editor, Vol 2, No. 2. Coorg: The Road Trust.	ISSN 0973-9629

## Inventories/scales developed

Scale/ Inventory	Details	Developed by	Year
HCPQ	Health and Criminality proneness questionnaire	Rajashekara, A & D'Souza, L	2013
LSQ	Life skills questionnaire	SrArpana& D'Souza, L	2012
SSQ	Shyness Subtypes questionnaire	Sedighe, E & D'Souza, L	2011
CSQ	Couple Shyness Questionnaire	Baniasadi, H &D'Souza, L.	2008
SAT	Shyness Assessment Test	D'Souza, L	2006

**THESESES:**

Sl no	Author/s	Year	Title	Submitted to	Remarks
1	<b>D'Souza, L</b>	1992	<i>Celibate age dependent reproductive, developmental and behavioural changes in the rat.</i>	University of Mysore	Ph.D
2	<b>D'Souza, L</b>	1990	<i>Density, distribution and demography in roadside bonnet macaques (Macacaradiata),</i>	University of Mysore	M,A

**COURSES ATTENDED**

Sl no	Course	Year	Title	Organized by	Date/year
1	Orientation course	1998	Orientation course	Academic Staff College University of Mysore	11-05-1998 to 6-6-1998.
2	Orientation course	1997	Orientation course	NSS Training and orientation Centre for Karnataka, University of Mysore	7-11-1997 to 16-11-1997.
3	Orientation programme	2004	Orientation programme on Self-Instructional material (SIM) development	Karnataka State Open University	1 <sup>8th</sup> May 2004.

**REFRESHER COURSES ATTENDED:**

Sl no	Course	Year	Title	Organized by	Date/year
1	Refresher course	2006	Guidance and counselling	Academic Staff College University of Mysore	.02.2006 to 19.03.2006
2	Refresher course	2002	Psychology	Academic Staff College University of Mysore	11.12.2002 to 31.12.2002

**CONFERENCES / WORKSHOPS: PAPERS PRESENTED/CHAIRERD (INTERNATIONAL)**

sl	Year	Date/s	City/ Country	Title	Conference	Organizers
1	2016	11-12 Nov	Mysuru India	Psychology of sex: principles in sexual and relationship management	The interim congress of South Asia society for sexual medicibe	SASSM, JSS Univ, IPS, ISSM
2	2016	22-25 June	Melbourne Australia	Effectiveness of Rational Emotive Behaviour Therapy	8 <sup>th</sup> World Congress on	Australian association for

				on Shyness among Adolescents	Cognitive and behavior therapies	Behavioural and Cognitive therapy
3	2015	24-27 Nov	Mysore India	Influence of shyness on academic stress among adolescents	<i>First international conference on medical and social sciences</i>	MMC & RI and University of Mysore
4	2015	7-10 Jul	Milan Italy	Extent of Digital Technology Use on Adjustment-Neuroticism among adolescents	<i>14<sup>th</sup> European Congress of Psychology-2015</i>	EFPA (European Federation of Psychologists' Associations).& INPA
5	2015	1-4 May	Bengaluru India	Effectiveness of MCKS super brain yoga on academics, punctuality and psychological wellbeing	International convention on silver jubilee of World Pranic healing foundation	World Pranic healing foundation, Bengaluru
6	2014	18-19 Dec	Mysore India	Educational contribution of Christian missionaries: Pre and post independence era.	<i>Social exclusion of minorities and margins: Post colonial debate</i>	Centre for Social inclusion and exclusion Policy, University of Mysore
7	2014	8-13, July	Paris France	Effectiveness of individual and group Life Skills training on reduction of shyness among adolescents: a comparative study	<i>28<sup>th</sup> International Congress of Applied Psychology-2014</i>	A-CIP, SocitieFrancais de Psychologie and ICAP-Paris.
8	2014	9-11, Jan	Manipal India	Assessment of shyness and happiness among elite kabaddi players of University of Mysore and their relationship	International Conference on Physical education and sports sciences	Manipal University and NAPESS (National Association of Physical education and sports sciences,
9	2013	26-28, Apr	Madrid Spain	Working with Shy Adolescents: Effectiveness of Life Skills Group Training	<i>International Psychological Applications Conference and Trends 2013,</i>	InPACT-Madrid, Spain
10	2012	24-25,	Bangkok	Working with shy	<i>Behavioural,</i>	IEDRC, IJSSH

		Nov	Thailand	adolescents: Effectiveness of Life skills training	<i>Cognitive and Psychological Sciences (BCPS-2012)</i>	Thailand
11	2012	23-27, July	Cape town, South Africa	Effectiveness of Individual life skills training on reduction of shyness among adolescents	<i>International Congress of Psychology (ICP),</i>	Psy SSA, National Research Foundation, South Africa
12	2011	5-8 Dec	Colombo Srilanka	Assessment anxiety among and higher education students and its relationship with spirituality	<i>International Conference on psychology and allied professions,</i>	Sri Lankan Assn for Psychology, Counselling and psychotherapy & Kelaniya University
13	2011	14-16, May	Tehran Iran	Comparison of shyness between adolescents in India and Iran: A cross cultural study with age and gender	<i>International Congress on Psychology, Religion and Culture</i>	Tehran University
14	2011	17-18, May	Amol, Iran	'Research methods in Physical Education'	National Conference on Physical education Conducted by	AMOL UNIVERSITY, AMOL, IRAN
15	2011	8-9 April	Mysore India	Technology and management education	International conference on Re engineering of management education	KSOU, Mysore
16	2010	11-14, Dec	Chiangmai Thailand	Relationship between shyness and anxiety among athletes in different games	<i>International conference on sports and exercise science 2010</i>	Mahidol University, Chiangmai
17	2009	1-3, Dec	Bangkok Thailand	Relationship between shyness and anxiety among women in different games	<i>International conference on sports and exercise science 2009/ Dec 1-3</i>	Kasetsart University
18	2009	20-21 Nov	Mysore India	Usage of SPSS and Minitab tools in research data analysis	<i>International conference on Research</i>	University of Mysore and Islamic Student

					<i>Methodology</i>	Association of India
19	2009	12-14 March	Kaulalampur Malaysia	Assessment of shyness among adolescents and its relationship with emotional intelligence	<i>International conference on applied psychology/ March 12-14</i>	University of Malaya
20	2007	5-6 July	London United Kingdom	Effectiveness of cognitive behaviour therapy (CBT) on shyness among Adolescents in Iran	<i>2<sup>nd</sup> International conference on child and adolescent psychopathology/</i>	Roehampton University, UK
21	2006	28-30 Apr	Manipal India	Effect of shyness on performance, personality and intelligence of students of physical education	International Conference on Physical education and sports sciences	AIU (Association of Indian Universities) and NAPSS (National Association of Physical education and sports sciences,
22	1999	26 july-6Aug	Kyoto Japan	Habitat related variations in the demographic features of Bonnet macaques (Macacaradiata)	<i>Asia science seminar on bio-diversity held at Kyoto university, Inuyama, Aichi, Jul 26-6<sup>th</sup> Aug</i>	Japanese Society for promotion of Science
23	1999	11-13, Jan	Mysore India	Time activity budgets of lion tailed macaques (Macacasilenus) in a disturbed habitat	<i>5<sup>th</sup> International Conference on Lion-tailed macaques (Macacasilenus)</i>	Dept. of Psychology, University of Mysore,

### **PARTICIPATION (INTERNATIONAL)**

sl	Year	Date/s	City/ Country	Status	Conference	Organizers
1	2012	10-12 Feb	Bangalore, India	<i>Delegate</i>	International Conference on Yoga, Naturopathy and Arogya Expo-2012	Dept of Ayush, Govt of Karnataka

2	2005	25-26, Feb	Mysore, India	<i>Delegate</i>	International conference on Health Sciences	JSS Mahavidyapeetha, Mysore
3	2000	27-29, March	Hassan, India	<i>Delegate</i>	International symposium on healthy life style – HIV/AIDS & STDs	

**CONFERENCES / WORKSHOPS ATTENDED (NATIONAL/STATE ): RESOURCE PERSON**

sl	Year	Date/s	City	Title	Conference	Organizers
1	2016		Mysuru	Health seeking behavior of Tribal's		Centre for Social inclusion and exclusion Policy, University of Mysore
2	2016	17-19 Aug	Mysore	Chaired a session-RC 1 in the Concept, theories and methods	X Karnataka Sociology conference on development, state and environment in Karnataka: Issues, conflict and concerns	Karnataka Sociology Association and maharaja's College, Mysore.
3	2016	28-29 May	Hampi	Statistical methods-4 sessions	Research Methodology for social sciences	Dept. of Women studies, Hampi University and ICSSR, New DFelhi
4	2016	3-7 <sup>th</sup> Jan	Mysore	Chaired a session (3) in the section of Anthropological and behavioural Sciences	The Indian science Congress Association (ISCA)	University of Mysore
5	2015	13 <sup>th</sup> Dec	Mysore	Application of SPSS in data analysis	National Workshop on "Capacity building programme for social science and related disciplines	Dept. of Management Studies, KSOU in association with ICSSR
6	2015	31 <sup>st</sup> Oct	Mysore	Mental health among tribal communities	ICMR National workshop on New Human development index	Centre for Social inclusion and exclusion Policy, University of Mysore

					for tribal health care	
7	2015	10 Oct	Mysore	Mental health among adolescent girls	UGC sponsored workhop on 'women mental health'	Dept of Social work, St. Philomena's College, Mysore
8	2015	18 Aug	Mysore	Psychological aspects of farmer suicide	State level conference on Psychological aspects of suicide and its prevention	Dept. of Psychology, maharanis Arts College and Inner wheel club
9	2015	25-26 July	Mysore	'Statistical tools and analysis using SPSS for management sciences'	'Five day workshop on research methodology and statistical tool analysis using SPSS'	Department of Management Science, VTU PG Centre, Sathagalli, Mysore
10	2015	9 may	Tumkur	Research Methodology, Statistics & SPSS	Work shop on Quantitative analysis using SPSS	Department of Management Science, Tumkur University, Tumkur in collaboration with Innovation Entrepreneurship development center
11	2015	13-14, Feb	Mysore	Counselling evaluation	Counselling in practice-challenges and remedies	P.G. dept of Social work, JSS college of Arts, Commerce and Science, Ooty Road, Mysore
12	2015	13-14, Feb	Mysore	Importance of statistics in Nursing Research	Orientation to research methodology & statistics	GopalaGowdaShanthaver i memorial college of Nursing, Mysore.
13	2015	1 Feb	Tumkur	Youth empowerment-challenges'	Youth empowerment-possibilities and challenges	Union Christian college, Tumkur and UCC alumni association, Tumkur
14	2014	11-12, Nov	Mysore	Quantitative data analysis using spss software'	National conference on "Research methodology and data analysis'	PG dept of Commerce, Teresian College, Mysore and Dept. of MBA, VTU regional centre, Mysore
15	2014	20-21 Mar	Mysore	Regression analysis'	Developments in Statistical methods for data analysis of excluded groups	Centre for Social inclusion and exclusion Policy, University of Mysore & Ministry of statistics and programme

						Implementation, New Delhi
16	2014	18-19 Mar	Tiptur	Psychological effects of internet and cell phone addiction'	UGC sponsored 2 day national conference on "Coping with internet and cell phone addiction in youth'	Department of Psychology, Pallagatti Adavappa Arts and Commerce first grade college, Tiptur & UGC
17	2014	20-29, Jan	Mysore	Statistical inference and ANOVA'	National Level Training programme on Research Methodology'	Department of studies in Commerce, University of Mysore, Mysore in association with ICSSR, New Delhi
18	2013	28 Dec	Mysore	Community mental health'	National workshop on 'New Public health Issues in India'	Centre for Social inclusion and exclusion Policy, University of Mysore
19	2013	26-27 Oct	Tumkur	Hands-on training on "Data analysis using SPSS"	Advanced Research methodology in Social sciences	Department of Management Science, Tumkur University, Tumkur
20	2013	7 may-5 Jun	Mysore	"parametric and non-parametric statistics-Data analysis using SPSS"	National Workshop on Advanced Research methodology in Social sciences	Department of Management, Karnataka State Open University, Mysore in association with ICSSR
21	2013		Gulbur ga	Parametric and non-parametric statistics-Data analysis using SPSS	National Workshop on "Capacity building programme for social science teachers and data analysis	School of management sciences, Central University of Karnataka, Gulbarga, in association with ICSSR
22	2013	28-29 May	Gulbur ga	Parametric and non-parametric statistics-Data analysis using SPSS"	Advanced Research methodology in Social sciences"	Department of Commerce, School of Business Studies, Central University of Karnataka, Gulbarga in association with ICSSR
24	2013	19 Feb	Mysore	Statistical analysis of research data	Research methodology in Bio sciences	Dept of Botany, St. Philomena's College, Mysore
25	2013	17 Feb	Tumkur	hands-on training on "data analysis	National workshop on Advanced Research	Department of Management Science, Tumkur University,



				using SPSS”	methodology in Social sciences	Tumkur
26	2013	16-26 Jan	Mysore	Hands-on training on “parametric and non-parametric statistics-Data analysis using SPSS”	National Workshop on “Advanced Research methodology in Social sciences”	Centre for the study of social exclusion and inclusion policy (CSSEIP), University of Mysore in association with ICSSR
27	2012	11-12 Dec	Mysore	sampling and sampling techniques’	State level conference on “Developing a research temperament’	JSS school of Nursing, Mysore
28	2012	4-5 Apr	Mandya	‘communication skills’	I state level conference on “trends in emergency nursing’	AET school of Nursing, Mandya
29	2012	17-18 Feb	Mysore	“attitude scale construction’ and ‘anecdotal records & sociometry’	State level workshop on Construction of tools in nursing research	GopalaGowdaShanthaver i memorial hospital trust, Mysore
30	2011	20 Dec	Mysore	Application of SPSS software in research data analysis	National work shop on “Modern Trends in Research Methodology”	SBRR Mahajana First grade College, Mysore
31	2010	3-5 Dec	Mysore	Application of SPSS software in public health dentistry	National conference on public health dentistry	JSS University and JSS Medical College, Mysore
32	2010	3-5 sept	Mysore	Application of SPSS software in medical sciences	State level PG update programme	JSS Medical College, Mysore
33	2010	29-30 Mar	Salcete	full-fledged programme for teachers	‘Faculty Development Programme’	Rosary College of Commerce & Arts, Salcete, Goa
34	2010	9-30 jan	Mysore	Judge for scientific meet	Scientific meet 2009-10	JSS dental college and JSS University, Mysore
35	2009	20-22 May	Bangalore	Resource person & Chair	National seminar on “Competencies of educational leaders scale”	CEDBEC, Christ University, Bangalore

36	2009	5-25 Feb	Shimoga	Applications of statistical packages in counseling research', 'Body language', and 'issues in counseling research'	National summer school on Contemporary trends and systems in Student counseling	ICAR and university of agricultural Sciences, Bangalore at Shimoga.
37	2008	13-15 Feb	Mysore	'data collection methods' and 'observation method-an effective measure for data collection'	National workshop on "Nursing research-A strategy for Evidenced Based Practice"	JSS College of Nursing, Mysore
38	2006	10-11 Nov	Bangalore	Challenges in teaching and mentoring in higher education	National conference on Mentoring practices in Institutions of Higher education'	CEDBEC, Christ College, Bangalore.
39	2006	4-6 May	Bangalore	Creation of Knowledge-ethical dimensions of research	National conference on Rethinking academic excellence and value imperatives for quality in higher education	CEDBEC, Christ College, Bangalore.
40	2005	22-23 Sept	Bangalore	panel member on paper presentations	National conference on 'Creativity: Curriculum, Teaching, and Learning'	CEDBEC, Christ College, Bangalore.
41	2005	18-19 Mar	Bangalore	Student centered approaches'	National conference on 'Improving student learning in Higher Education'	CEDBEC, Christ college, Bangalore.
42	2002	2-5, Feb	Mysore	Resource person	National level workshop to develop script for the Audio-visual package on CD in Population Education and Development	Population Education Cell, Regional Institute of Education, Mysore – 6,

43	2001	25-26 Jun	Mysore	Resource person	National level workshop to develop the wall chart in adolescent education, Population Education Cell, Regional Institute of Education	Population Education Cell, Regional Institute of Education, Mysore – 6
44	1998	5-6 Mar	Bangalore	Resource person	Question bank Project on General Intelligence and Reasoning	Staff Selection Commission, Bangalore
45	1997	21-25 July	Mysore	Resource person		Population Education Cell, Regional Institute of Education, Mysore – 6

#### CONFERENCES / WORKSHOPS (NATIONAL): PAPER PRESENTATION

sl	Year	Date/s	City	Title	Conference	Organizers
1	2014	21-23 Nov	Mysore	Effectiveness of non verbal training communication on marital satisfaction	“NCIASP”-National Conference of Indian Association for social psychiatry’	Dept. of Psychiatry, JSS Medical college & Hospital, Mysore
2	2014	14-15 Nov	Rajamandry	“assessment of occupational stress among medical professionals-A study of doctors, nurses and medical representatives-in absentia	ICSSR sponsored national seminar on stress and Resilience: in children, adolescents, women and support groups	Dept. of Psychology, AdikaviNannaya University,
3	2012	12 apr	Mangalore	Factors influencing purchasing behaviour of green durables-a consumer perspective	Manegma-2012-national conference on sustainable growth in Developing Economies-Challenges faced in turbulent times,	Srinivas Institute of Management Studies, Mangalore
4	2011	18-19 Feb	Mangalore	Occupational & stress and proneness to psycho-medical	National Conference on Business and management’	Sahyadri College of Engineering and management, Mangalore

				illnesses-A study of employees in medical profession workshop on “SPSS” and also chaired a session on HRM related papers (Track-7)		
5	2010	27-29 Oct	Mysore	Current employment retention strategies’	National conference on HR paradigms in the 2 <sup>1st</sup> century: A social work perspective”	P G Dept of Social work, JSS College of arts, Commerce & Science, Mysore.
6	2009	25-27 Feb	Bangalore	Assessment of stress among physically challenged prisoners”	32 <sup>nd</sup> All India Criminology National conference on “Science, technology law and criminal justice	Bangalore University and The Indian Society of Criminology
7	2008	8-9 Aug	Mysore	Shyness treatment by Cognitive therapies	“Behaviour modification skills for teachers of Higher education”	Academic Staff College, University of Mysore
8	2008	30 Jan-2 Feb	Panjim, Goa	Assessment of Shyness and anxiety among women athletes and their relationship”	XII National conference on “Healthy life style through sports”	Sri Dora Caculo College of Commerce and Management, NAPESS (National Association of Physical education and sports sciences) and Sports Authority of Goa (SAG)
9	2007	23-25 Feb	Kolkatta	Assessment of Shyness and anxiety and their relationship among women athletes	XI National conference on “Dynamic role of physical education sports sciences for the development of sports culture in Indian Universities”	AIU (Association of Indian Universities) and NAPESS (National Association of Physical education and sports sciences

#### **PARTICIPATION (NATIONAL)**

sl	Year	Date/s	City	Status	Conference	Organizers
1	2007	29-30 Dec	Mercara	<i>Delegate</i>	Forest and microbial diversity and its relevance	Department of Microbiology, Mangalore University, and Karnataka Bio-diversity Board, Bangalore
2	2007	4-5 Oct	Bangalore	<i>Delegate</i>	National seminar on Indigenous	Department of studies in Anthropology, University

					knowledge systems in India	of Mysore, Anthropological Survey of India, Kolkata and Garden City College, Bangalore
3	2006	16 Sep	Mysore	<i>Delegate</i>	workshop on “Organizational behaviour-a practical approach”	DOS in Psychology, University of Mysore and The foundation for Research, Education & Development
4	2002	29 Nov – 1 Dec	Mysore	<i>Delegate</i>	IPSOCON 2002 of Indian Psychiatric Society – South Zone,	JSS Medical College, Mysore Medical College and Neuro Psychiatrists association, Mysore
5	2002	15-16 Jan	Mysore	<i>Delegate</i>	National Seminar on “Worldwide Web Education” (W3E),	Centre for Information Science and Technology (CIST), University of Mysore, and Union Network International (UNI), Switzerland
6	2000	25-27 Oct	Mysore	<i>Delegate</i>	KANCIPS – 2000 of Indian Psychiatric Society– Karnataka Chapter	JSS Medical College, Mysore Medical College and Neuro – Psychiatrists association, Mysore

### ORGANIZING COMMITTEE MEMBER (NATIONAL)

sl	Year	Date/s	City	Status	Conference	Organizers
1	2016	3-7 Jan	Mysore	<i>Organizing committee member- Audio visual committee</i>	The Indian science Congress Association (ISCA)	University of Mysore
2	2011	4-6 Feb	Mysore	<i>Organizing committee member</i>	46 <sup>th</sup> National and 15 <sup>th</sup> International Conference of Indian academy of Applied psychology on “Life skills for quality of life”	Dept. of Psychology, University of Mysore
3	2004	8-11 Jan	Mysore	<i>Organizing committee member</i>	National Conference of ANCIPS 2004 of Indian Psychiatric	JSS Medical College, Mysore Medical College and Neuro – Psychiatrists

					Society – South Zone,	association, Mysore
4	1999	15-18 Nov	Mysore	<i>Organizing committee member</i>	A study on Awareness and attitudes of students from DMS Organised	Population Education Cell, Regional Institute Mysore
5	1999	8-10 July	Mysore	<i>Organizing committee member</i>	Discussion meeting on Behavioural Ecology	Dept. of Studies in Zoology, University of Mysore, Mysore
6	1999	19-22 sept	Mysore	<i>Organizing committee member</i>	National Symposium on Retrospect and Prospect of UTA Programme	NSS Training and orientation Centre for Karnataka, Mysore
7	1992	12-13 Sep	Mysore	<i>Organizing committee member</i>	National conference of Indian Psychiatric Society	JSS Medical College Mysore

#### **Countries visited for various academic and other purposes**

Sl	Country	Sl	Country	Sl	Country
1	Japan	8	Kuwait	15	Spain
2	Singapore	9	Malaysia	16	France
3	United Kingdom	10	Thailand	17	Switzerland
4	Egypt	11	Iran	18	Italy
5	Israel	12	Srilanka	19	Hong kong
6	Palestine	13	South Africa	20	Australia
7	Jordan	14	United Arab Emirates	21	

#### **Additional Positions held**

Sl no	College	Positions held	Duration
1	Maharaja' s College	National Service Scheme – Programme Officer – Unit – II	1997-2001 (4 years)
2	Maharaja' s College	Faculty advisor- Maharaja's Hostel	2001-2011 (10 years)