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Research Interests:

1. Clinical Psychology
2. Counselling Psychology
3. Sports Psychology
4. Industrial/Applied Psychology
5. Gerontology
6. Indigenous Psychology

List of Publications:

1. Prakash Indira* and Sreenivas M** (1997) **“Physical Activity among the elderly an exploratory study”** Scientific paper published in Indian journal of Gerontology. Vol. II. Nos.2 & 2.
2. Prakash Indira* and Sreenivas M**(1998) **“Psychological well-being of older athletes”** Scientific paper published in Modern trends in Sports Psychology, proceeding of the XI National conference of sports Psychology, organized by Osmania University.
3. Sreenivas M (2009) **“Psychological Quality of retired sports persons”** Scientific paper published in Excellence in Sports and life, Proceedings of India International Congress in Sport Psychology, organized by Lakshmibai National University of Physical Education, Gwalior, India, from 21-24 December.
4. Sreenivas M (2009) **“Nivrutti jivanada Manovignanika mattu samajika mukagalu”** Kannada Article published in Training Manual for Retirement planning for KSRTC employee’s workshop by “SWASAHAYA” NGO Bengaluru.
5. Sreenivas M (2012) **“Psychological Quality of Talented child sports persons”** a scientific paper published in Conference proceedings on Child and Adolescent Psychology: Challenges and Issues, published by CMR Center for Media and Management Studies, Bengaluru, from 10th and 11th February.
6. Sreenivas M (2012) **“Indicators of Psychological wellbeing among Pre-University students”** a Scientific paper published in proceeding of UGC Sponsored National seminar on Stress and Well-being in Adolescents-Role of Psychology, held at Sri Venkateshwara University, Tirupati, AP from 30th – 31st March.

7. Sreenivas M et al., (2011) **“Psychological Quality of Older women cancer patients: An Exploratory Study”** Scientific paper published in Antermuki Book published by Dr. C.D. Venkatesh, Dept of Women studies, Bangalore University, Bengaluru.
8. Shivalingaiah* and Sreenivas M** (2013) **“A Comparative study of intelligence in urban and rural children with mild mental retardation and dyslexia”** Scientific Article published in pediatrics research journal Curr pediater Res; Volume 17 Issue (2): page no. 106-108.
9. Shivalingaiah* and Sreenivas M** (2013) **“Personality Characteristics in children with Mild Mental Retardation and Dyslexia”** Scientific article published in Research journal of Pharmaceutical, Biological and Chemical Sciences, July-September, Volume 4, Issue 3, Page no. 857.
10. Madhusudan* and Sreenivas M** (2014) **“The Role of Recreational Sports on Mental Health among Elderly”** Scientific paper published in International Journal of Psychosocial Research, Volume III, No.1 July page no 86-89.
11. Sreenivas M (2014) **“Effect of Life Skill Counseling on Information Processing Ability among Kabaddi Players”** Scientific paper published in International Journal of Psychosocial Research, Volume III, No.2 December page no 106-110.
12. Sreenivas M (2015) **“Morale of Retired Sports persons: An Exploratory Study”** Scientific paper published in International Journal of Psychosocial Research, Volume IV, No.1 July, Page no. 78-80.
13. Sreenivas M (2015) **“Attitude towards retirement among older sports persons”** Scientific paper published in Journal of Contemporary Psychological Research, Volume.2, Issue.2, August, Page no. 16-20.
14. Bhargav* and Sreenivas M** (2015) **“Athletic Identity among Under Graduate Students: A Comparative Study”** Scientific paper published in proceedings of UGC Sponsored National Conference on **Current trends in understanding human beings** Organized by Government first grade college, Tipatur, Tumakur Dist. on 8th August, 2015.
15. Netravathi R* & Sreenivas M** (2016) **“Effect of yoga practice on psychological empowerment among sports children”** Scientific paper published in proceeding, issues and challenges in implementation of physical education and sports science in under graduate level, ISBN: 979-93-84044-93-0, march 23-24.
16. Netravathi R* & Sreenivas M** (2016) **“Psychological skills of sports children and talented sports children: comparative study”**, Scientific article published in journal of advances and scholarly researches in applied educations vol.x1, issue no.22, July, ISSN-2230-7540.
17. Bhargav S* and Sreenivas M** (2016) **“Effect of sports career termination on elite sports persons”**, Scientific article published in international journal of psychological research (IJPSR) vol.5 (2) December page no.97.
18. Netravathi R* & Sreenivas M** (2016) **“Effect of sports participation of self concept: an exploratory study”**, Scientific article published in ISSN-2349-5642(print) ISSN-2455-0981(online) vol.3, issue-3 December, journal of contemporary research publication.
19. Netravathi R* & Sreenivas M** (2017) **“Effect of sports coaching on cognitive skills on sports children”**, Scientific article published in Global group of journals, vol-9, issue 9, ISSN-2249-2054, September.
20. Sreenivas M (2017) **“Mental health care of elderly”**, Scientific article published in book Millennium elder’s forum on account of international day of older person 2017- page no.26 to 28.

21. Bhargav S* and Sreenivas M** (2017) **“Motivation factor among elite retired sports person”**, scientific article published in Indian journal of applied research, vol.7, issue-11, ISSN-2249-555x/IF: 4894, November.
22. Netravathi R* & Sreenivas M** (2017) **“Information processing ability of sports children”**, Scientific article published in International Journal of Science and Research (IJSR) vol.6 issue-11 ISSN (online)-2319-7064, November.
23. Brinda Muniyappa* and Sreenivas M ** (2017) **“Quality of Work Life Among BPO Employees Dwelling as Joint Families a Comparative Study”** research paper published in *“International Research journal of Management Science and Technology”* on July.
24. Brinda Muniyappa* and Sreenivas M ** (2017) **“Leisure Activities Among Level I BPO Employees-An Exploratory Study”** research paper published in *“International Research Journal of Management Sociology & Humanities”* on December.
25. Shailaja M* and Sreenivas M** (2018) **“Vrudashramagala Avalokana** article published in Sandya Chintana, published by Federation of senior citizen forum of Karnataka, Bengaluru, page no.24-25.
26. Brinda Muniyappa* and Sreenivas M ** (2018) **“Psychological Well-Being Among BPO’s That Provide Wellness Programs”** research paper published in *“Online International Interdisciplinary Research Journal – An International Multidisciplinary Journal”* on May 31st.
27. Brinda Muniyappa* and Sreenivas M ** (2018) **“Lifestyle of Level – I BPO Employees: An Exploratory Study”** research paper published in *“IOSR Journal of Humanities and Social Science”* on 04- August.
28. Shailaja M.* and Sreenivas M**(2018) **“Health Locus of Control among Institutionalized and Noninstitutionalized Elderly Women”**, research paper published in International Journal of Humanities and Social Science Invention (IJHSSI), August Volume No. 07 Issue No. 08 e-ISSN: 2319 – 7722.
29. Shailaja M.* and Sreenivas M**(2018) **“Level of Stress Among Institutionalized and Non-Institutionalized Elderly Women”** research paper published in Journal of Advances and Scholarly Researches in Allied Education, Oct Volume No.- 15, Issue No.- 9 ISSN: 2230-7540.
30. Shailaja M.* and Sreenivas M**(2019) **“Level of Adjustment Among Government Institutionalized and Noninstitutionalized Elderly Women”**, research paper published in Journal of Advances and Scholarly Researches in Allied Education, Jan Vol No.- 16, Issue No.- 1 ISSN: 2230-7540
31. Sowmyashree K.N.* and Sreenivas M.** (2019) **“Effect of life skill training on Emotional Intelligence among Adolescent Girls”** research paper published in *International Research Journal of Commerce, Arts and Science* entitled ISSN 2319 – 9202, February.
32. Brinda Muniyappa* and Sreenivas M ** (2019) **“Leisure Activities and Quality of Work Life among General Shift BPO Employees”** research paper published in *“Ignited Minds Journal”* Volume: 16". "Issue: 4", March.

33. Sowmyashree K* and Sreenivas M**(2019) **“Emotional Intelligence among Government and Private Institution Adolescents: A Comparative study”**, research paper published in *International Research Journal of Management, science and Technology*, ISSN 2250 – 1959, March.
34. Sowmyashree K.N* and Sreenivas M** (2019) **“Effect of life skill training on government school adolescents: An exploratory study”**, research paper published in *Journal of Advances and scholarly Researches in allied education*, ISSN 2230– 7540, March.
35. Brinda Muniyappa* and Sreenivas M ** (2019) **“Women Conforming To Quality Of Work Life In The BPO Sector-An Exploratory Study”** research paper published in *“International Journal of Humanities and Social Science Invention”*, on March.
36. Sowmyashree K.N* and Sreenivas M**(2019) **“Study on Social Intelligence of Private and Government secondary school Boy Students”**, research paper published in *International Research Journal of Management, Sociology and Humanities*, ISSN No.2277-9809, Volume 10, April.
37. Meenakshi N* and Sreenivas M**(2019) **“Quality of life among retired women sports persons”** research paper published in *“International journal of advance researches in allied education”*, (ISSN:2230-7540), Volume 16, Issue 6, May.
38. Sowmyashree K.N* and Sreenivas M**(2019) **“Impact of life skill training on social intelligence among private school adolescents”**, research paper published in *International Research Journal of Commerce, Arts and Science*, ISSN 2319 – 9202, Volume - 10, May.
39. Meenakshi N* and Sreenivas M**(2019) **“The psychological well-being among retired women sports persons and active women sports persons”** research paper published in *“International journal of review of research”*, ISSN: 2249-894X, Volume-8, Issue-8, May-2019.
40. Sowmyashree K.N* and Sreenivas M** (2019) **“Emotional Intelligence among Rural and Urban secondary school girls”**, research paper published in *Journal of Emerging Technologies and Innovative Research*, ISSN No.2349-5162, Volume 06, June.
41. Sowmyashree K.N* Sreenivas M**(2019) **“Social Intelligence among Rural and Urban secondary school girls”**, research paper published in *Journal of Emerging Technologies and Innovative Research*, ISSN No.2349-5162, Volume 06, June.
42. Brinda Muniyappa* and Sreenivas M ** (2019) **“Lifestyle and Quality of Work Life Among BPO Employees with An Upbringing in A Semi-Urban Environment”**, research paper published in *“International Research Journal of Management Science & Technology”*, Volume - 10, issue – 9.
43. Sowmyashree K.N*. and Sreenivas M.**(2019) **“Social Intelligence among Adolescent Boys and Girls”**, research paper published in *“PARIPEX – Indian Journal of Research”*, ISSN No. 2250 – 1991, Volume 8 – Oct.
44. Meenakshi N* and Sreenivas M** (2019) **“The life satisfaction among retired women sports persons and active women sports persons”**, research paper published

- in *“International journal of research and analytical reviews”*, E-ISSN: 2348-1269, Volume-6, Issue-4.
45. Asha H* and Sreenivas M** (2019) **“Occupational stress and mental health issue: Among MNC’s and Government sector women employees”** research article Published in journal of advances and scholarly Research in allied education, vol-16, issue-6, ISSN: 2230-7540.
 46. Asha H* and Sreenivas M** (2019) **“Work experience and occupational stress: among women employees”**, research article published in journal and advances and scholarly researches in allied education, vol-16, issue-2, ISSN-2230-7540.
 47. Asha H* and Sreenivas M** (2019) **“Stress and mental health issue: An age-related study among women employees”**. Research article Published in journal of advances and scholarly researches in allied education. Vol-16, issue 4, ISSN-2230-7540.
 48. Asha H* and Sreenivas M** (2019) **“stress among married women employees with and without children”**, research article published in journal of advances and scholarly researches in allied education, vol-16, issue-1, ISSN: 2230-7540.
 49. Asha H* and Sreenivas M** (2019) **“Occupational stress among women employees with technical and without technical skills”**, research article Published in journal of advances and scholarly researches in allied education, vol-16, issue-9, ISSN: 2230-7540.
 50. Sowmyashree K.N. * and Muniyappa Sreenivas**(2019) **“Emotional intelligence among secondary school boys and girls: A comparative study”**. Scientific article published in International journal of management sociology and humanities: 10(1), 377-380.
 51. Sreenivas M (2019) “life Satisfaction on Master Sports persons”, published in International Journal of Psychosocial Research, Ushasree International Publication, Tirupati, Volume-8, no-1, ISSN-2320-6381.
 52. Pameela, P. and Sreenivas, M. (2019). “Internet Addiction among University Students; A Comparative Study” Scientific article Published in Journal of Advanced and Scholarly Researches in Allied Education, Vol-16, Issue-9, ISSN-2230-7540.
 53. Sowmyashree, K.N. and Sreenivas, M. (2019). “Emotional Intelligence among Rural and Urban Secondary School Girls” Scientific Article Published in International Journal of emerging Technology and Innovative Research, Vol-6, Issue-6, ISSN-2349-5162.
 54. Asha, H. and Sreenivas, M. (2019). “Work Experience and Occupational Stress among Women Employees” Scientific article Published in Journal of Advanced and Scholarly Researches in Allied Education, Vol-16, Issue-2, ISSN-2230-7540.
 55. Asha, H. and Sreenivas, M. (2019). “Job Satisfaction of Women Employees and Its effect on Mental Health” Scientific article Published in Journal of Advanced and Scholarly Researches in Allied Education, Vol-16, Issue-5, ISSN-2230-7540.
 56. Asha, H. and Sreenivas, M. (2019). “Stress among Married Women Employees will and Without Children” Scientific article Published in Journal of Advanced and Scholarly Researches in Allied Education, Vol-16, Issue-1, ISSN-2230-7540.

57. Prameela, P. and Sreenivas, M. (2019). "Locus of Control and Internet Addiction among University Students" Scientific article Published in Journal of Advanced and Scholarly Researches in Allied Education, Vol-16, Issue-6, ISSN-2230-7540.
58. Shalini Sathyaprasad, and Sreenivas, M. (2019). Gender Difference in Work Life Balance among College Teachers." Journal of Advance and Scholarly Researches in Allied Education. Vol-16, Issue-06, ISSN-2230-7540 (E), P N. 1526-1529.
59. Sowmyashree, K.N. & Sreenivas, M. (2019). Effect of Life Skill Training on Private Secondary School Adolescents: A Comparative Study, Journal of Emerging Technologies & Innovative Research, Vol-6, Issue-04, ISSN-2349-5162.
60. Shalini S* and Sreenivas M** (2020) "The role of work life balance on occupational stress among college teachers", Scientific article published in International Journal of Indian psychology, vol-8, issu-1, ISSN-2348-5396 (e). ISSN 2349-3429 (p).
61. Shalini Sathyaprasad, and Sreenivas, M. (2020). The Role of Work life Balance on Occupational Stress among College Teachers" Scientific Article Published in International Journal of Indian Psychology, Vol-08, Issue-01, ISSN-2348-5396 (E), 2349-3429(P).
62. Brinda Muniyappa & Sreenivas M (2020). Life Style among Women BPO Employees, Parishodh Journal, Vol-IV, Issue- III, ISSN-2347-6648, Page No 3704-3711.
63. Bhanu, B.S. and Sreenivas, M. (2021). "Psychological Wellbeing of Married and Cohabited young Women" Scientific Article Published in the International Journal of Indian Psychology, Volume 09, Issue 4, ISSN-2349-3429.
64. Bhanu, B.S. and Sreenivas, M. (2021). "Life Satisfaction of Married and Cohabited young Men" Scientific article published in International Research Journal & Management Sociology and Humanities, Vol-12, ISSN-2277-9809, (0), 2348-9359 (P).
65. Bhanu, B.S. and Sreenivas, M. (2021). "Role of Marriage on Psychological wellbeing among Young Adults" Scientific article published in Worldwide Journal of Multidisciplinary Research Development 7(7); 24-25, ISSN-2454-6615.
66. Bhanu, B.S. and Sreenivas, M. (2021). "Attachment Styles & Married and Cohabited young Adults" Scientific article published in International Research Journal of Indian Psychology, Vol-09, Issue-3, ISSN-2348-5396 (E), ISSN 2349-3429 (P).
67. Bhanu, B.S. and Sreenivas, M. (2021). "Life Satisfaction of Young Married and Cohabited Women" Scientific article published in International Research Journal of Indian Psychology, Vol-09, Issue- 3, and ISSN-2348-5396 (E) 2349-3429 (P).
68. Bhanu, B.S. and Sreenivas, M. (2021). "Attachment Styles of Married and Cohabited Young Adults" Scientific article published in Worldwide Journal of Multidisciplinary Research and Development, Volume7, Issue 8, ISSN-2454-6615.
69. Nagarathna, M.C. and Sreenivas, M. (2021). Psychological Wellbeing of Self-Actualized and Non-Self-Actualized Individuals" Scientific article Published in the International Journal of Indian Psychology, Volume 9, Issues 4, ISSN-2348-5396 (Online), Print 2349-3429.
70. Yashswi, M.K. and Sreenivas, M. (2021). "Impact of Indian Classical Music on Quality of Life" Scientific article Published in the International Journal of Indian Psychology, Vol 9, Issues 4, ISSN-2348-5396 (Online), Print 2349-3429.

71. Yashswi, M.K. and Sreenivas, M. (2021). "Effect of Indian Classical Music on Psychological Wellbeing" Scientific article published in *Worldwide Journal of Multidisciplinary Research and Development*, Vol 7, Issue 9, ISSN-2454-6615.
72. Bhanu, B.S. and Sreenivas, M. (2021). "Role of Marriage on Psychological Wellbeing among Young Adults" Scientific article published in *Worldwide Journal of Multidisciplinary Research and Development*, Vol 7(7), 24-25, ISSN-2454-6615 (E).
73. Nethravathi, R. and Sreenivas, M. (2021). "Relationship Between Self-Concept and Psychological Skills among Sports Children" Scientific article published in *Worldwide Journal of Multidisciplinary Research and Development*, Vol 7(6), 4-6, ISSN-2454-6615 (E).
74. Yashswi, M.K. and Sreenivas, M. (2021). "Impact of Formal Training in Indian Classical Music on Psychological Wellbeing" Scientific article published in *International Research Journal & Management Sociology and Humanities*, Vol-12, Issue, 12, ISSN-2277-9809, (0), 2348-9359 (p).
75. Yashswi, M.K. and Sreenivas, M. (2021). "Effect of Indian Classical Music on Resilience" Scientific article published in *International Multilingual Journal for Arts and Humanities*, Vol-1, Issue, 10, ISSN-2582-8002.
76. Yashswi, M.K. and Sreenivas, M. (2021). "Impact of formal training in Indian Classical Music on Psychological wellbeing" Scientific article published in *International Journal of Management sociology and Humanities*, Vol-12, Issue-12, ISSN-2277-9809(O), 2348-9359 (P).
77. Yashswi, M.K. and Sreenivas, M. (2021). "Impact of formal training in Indian Classical Music on Psychological wellbeing" Scientific article published in *International Journal of Management sociology and Humanities*, Vol-12, Issue-12, ISSN-2277-9809(O), 2348-9359 (P).
78. Yashswi, M.K. and Sreenivas, M. (2021). "Effect of Indian Classical Music on Spirituality" Scientific article published in *International Journal of Management sociology and Humanities*, Vol-12, Issue-11, ISSN-2277-9809(O), 2348-9359 (P).
79. Brinda Muniyappa, and Sreenivas, M. (2021). "Lifestyle of Women BPO Employees Working in Shifts" Scientific article published in *International Journal of Management sociology and Humanities*, Vol-12, Issue-9, ISSN-2277-9809(O), 2348-9359 (P).
80. Bhanu, B.S. and Sreenivas, M. (2021). "The Role of Marriage and Cohabitated Young Adult on Achievement Styles" Scientific article published in *Worldwide Journal of Multidisciplinary Research Development*, ISSN-2454-6615.
81. Bhanu, B.S. and Sreenivas, M. (2021). Life Satisfaction of Young Cohabited and Married Women. *The International Journal of Indian Psychology*, Vol/09, Issue 03. ISSN 2349-3429. July.
82. Bhanu, B.S. and Sreenivas, M. (2021). Job Satisfaction Married and Cohabited Women. *International Research Journal of Management Sociology & Humanities*, Issue 12. December 2021, ISSN 2348-9359.
83. Meenakshi & Sreenivas M. (2021). Spiritual Wellbeing of Retired Women Sports person and Retired Women Non-Sports Persons. *International Journal of Creative Research Thoughts*, ISSN: 2320-2882.

84. Nagarathna ML & Sreenivas, M. (2021). Self-Confidence of Self-Actualized and Non-Self-Actualized Individuals. In International Multi Lingual Journals for Arts and Humanities, Vol 1, ISSN 2582- 8002.
85. Nagarathna ML & Sreenivas, M. (2021). To study the Locus of Control of Self-actualized and non-self-actualized individuals. International Research Journal of Commerce Arts and Science, Vol 12, Issue 11, ISSN 2319-9202.
86. Shilaja, M. Adhisakti & Sreenivas, M. (2022). Relationship between Anxiety level and Emotional Maturity among Married and Unmarried Working Women, Journal of the Asiatic Society of Mumbai, ISSN: 0972-0766, Vol, xcv, No-15, Page No-261-274.

RESEARCH ACTIVITIES UNDERTAKEN (PhD Degree SUPERVISED)

Eleven students awarded Ph.D.

1. Bhargav.S (2018) **“Psycho-Social Intervention for effective post retirement life of sports persons”**.
2. Nethravathi R (2018) **“Impact of sports training on cognitive abilities among Talented and Non-Talented Sports children”**.
3. Shalini Satyaprasad (2020) **“Role of work life balance on quality of life and job satisfaction of college teachers”**.
4. Brinda Muniyappa (2020) **“Life style, Leisure activities and psychological quality of work life among BPO employees”**.
5. Shailaja M (2020) **“Stress, Locus of Control and Adjustment among Institutionalized women”**.
6. Asha H (2020) **“The Effect of Stress and Coping styles on mental health among women employees”**.
7. Meenakshi.N (2021) **“The Psychological Quality of life among retired women sports persons”**.
8. Sowmyashree.K.N (2021) **“Effect of Life skill Training on Social Intelligence and Emotional Intelligence among Adolescents.**
9. Bhanu B. S. (2022). **Psychological Wellbeing Life Satisfaction, Job Satisfaction & Attachment Style in Married & Cohabited Young Adults.**
10. Yashaswi M.K. (2022). **Impact of Indian Classical Music on Mental Health.**
11. Nagarathna, M. L. (2022). **Psychological Quality of Self Actualized & Non-Self-actualized Individuals.**

Books Published

1. Sreenivas, M and Krishnamurthy, V.S. (2019). Psychology for Generation-Z, Proceeding Book Published by Navaspoorthi Publications, J.P. Nagar, Bengaluru-78, ISBN: 978-81-939820-1-3.
2. Sreenivas, M. (2020). Editor, Principles of Psychological Measurement, Publishers: School of Distance Learning and Continuing Education, Kakatiya University, Warangal, Telangana State.

NUMBER OF SCIENTIFIC PAPERS PRESENTED

1. Prakash Indira* and Sreenivas M**(1998) Presented a Scientific paper at 25th annual conference of the Indian Association of Clinical Psychologist. Research topic – **“Quality of life of retired sports and non-sports persons”**.
2. Sreenivas M (2001) **“Sports and Physical activity in facilitating Psychological well being in post retirement life”**. Scientific Paper presented at International Conference on Sports management organized by Department of Sports and Physical Education, Manonmaniam Sundaranar University, Thirunelveli, Tamil Nadu, India during 22-24.
3. Sreenivas M (2004) **“Involvement in Sports Activity Facilitating Quality of Life in Later Life”**, Scientific paper presented at National Conference on Behavioral Medicine, NIMHANS, Bengaluru on 15-17.
4. Sreenivas M (2004) **“Anticipation Ability of Talented Kabaddi Players”**, Scientific paper presented at National Conference on Physical Education and Sports Sciences held at Christ College, Bengaluru on 16th & 17th October.
5. Sreenivas M (2006) **“The Effect of Regular Exercise on Mental Health among Elderly”** Scientific Paper presented in “Asian Regional Conference” on aging with Health and Dignity 9th 11th February, Bangalore University, Bengaluru.
6. Sreenivas M (2008) **“Effect of life Skills Counseling on sports performance”** Scientific Paper presented at International conference on Counseling and Psychotherapy held at Mont fort College Bengaluru from 9th to 11 January.
7. Sreenivas M (2008) **“Attitude toward Retirement Age: An Exploratory study”** Scientific Paper presented at International Symposium and Conference of Gerontology

and Geriatrics held at Sri Venkateshwara University, Tirupati from 16th to 18th December.

- 8 Sreenivas M (2008) “**Health Locus of Control among Elderly**” Scientific Paper presented at International Symposium and Conference of Gerontology and Geriatrics held at Sri Venkateshwara University, Tirupati from 16th to 18th December.
- 9 Sreenivas M (2009) “**Fear of Crime and Psychological Well Being among urban Elderly**” Scientific Paper Presented at 32nd All India Criminology Conference held at Bengaluru from 25 to 27 February.
- 10 Sreenivas M (2009) “**Self –Concept and Aggression of Sports persons Training for athletics and Martial arts Events**” Scientific Paper presented at National Conference on Physical Education and Sports from 4th to 6th April held at Dept of Physical Education, Bangalore University, Bengaluru.
- 11 Sreenivas M (2009) “**Coping Strategies for Maintenance of Mental Health among University Students**”. Scientific Paper presented at National Conference on Mental Health in Work setting organized by Department of Psychology, Osmania University, Hyderabad in collaboration with Indian Association of Mental Health on 23rd and 24th October.
- 12 Sreenivas M (2010) “**Loneliness among retired sports persons –_An exploratory study**” Scientific Paper presented at XIX Annual conference of the National academy of Psychology (NAOP) Organized by Dept of Psychology Bangalore University, Bengaluru from 6th -9th March.
- 13 Sreenivas M (2010) “**Purpose of Higher Education students view: An Exploratory Study**” Scientific Paper presented at International Seminar cum annual Conference of All India association for Educational Research on Teacher Empowerment and Institutional Effectiveness held at Maharaja Madakarinarayana First grade college, chitradurga, Karnataka from 1st to 3rd November.
- 14 Sreenivas M (2010) “**Cosmology: A Psychology view**” Poster presented at the Global conference on Cosmologies held at National Institute of Advanced studies (NIAS) IISc Bengaluru, from 2-4th December.
- 15 Sreenivas M (2011) “**Perception of Higher Education among students with Psycho-Social Disabilities: An Exploratory Study**” Scientific Paper presented at International Conference on Globalization, Higher Education and Disability (ICGHED-2011) Organized by Bangalore University, Bengaluru from 3-5th February.
- 16 Sreenivas M (2011) “**Effect of Life Skills Coaching on sports Performance: An Exploratory Study**” Scientific Paper presented at 46th National and 15th International

Conference of India Academy of Applied Psychology (IAAP) Organized by Department of Psychology, University of Mysore, Mysore from 4-6 February.

- 17 Sreenivas M (2011) **“Psychological distress of older persons living with HIV”** Scientific Paper presented at 7th National Conference of Indian Association of Mental Health (IAMH) Organized by Department of Psychology, Karnataka University, Dharwad from 28th -29th March.
- 18 Sreenivas M (2011) **“Factors influencing on Sports performance and well being among sports persons”** Scientific Paper presented at 7th National and 1st International conference of Academy of Psychologists held at CMR Institute of Management Studies, Bengaluru from 8th -9th.
- 19 Sreenivas M (2011) **“Hemispherical Dominance and Creativity among University students”: An exploratory study”** Scientific Paper presented at UGC Sponsored National seminar on Neuropsychology: Challenges and Possibilities held at Prajyothi Niketan College, Pudukad, Trissure, Kerala from 19th -20th August.
- 20 Sreenivas M (2012) **“Psychological Distress among cancer patients”** Scientific paper presented at 8th National Conference of Academy of Psychologists (NCAOP) Organized by Department of Psychology, Directorate of Distance Education, Sri Venkateswara University, Tirupati from 17-18 November.
- 21 Sreenivas M (2013) **The psychological well-being of older women Art performers: An exploratory study”** Scientific Paper presented at International conference on staging/playing gender: History, Theatre and performance, held at Department of Performing Arts, Bangalore University, Bengaluru from 27th to 28th March.
- 22 Madhusudan* and Sreenivas M**(2013) **“The Effect of recreational sports on mental health among elderly: An exploratory study”** Scientific Paper presented at 48th National and 17th International conference of the Indian Academy of Applied Psychology, held at Department of Psychology, Karnatak University, Dharwad from 22nd -24th.
- 23 Sreenivas M (2013) **“Perception of Higher Education among students with psycho-social disabilities”** Scientific paper presented at International Conference of Academy of Psychologists (INCAOP) Organized by Department of Psychology, Directorate of Distance Education, Sri Venkateshwara University, Tirupati from 29-30 June.
- 24 Netravathi* and Sreenivas M**(2013) **“Effect of Sports participation on Memory among children”** Scientific paper presented at UGC sponsored International Congress on Renaissance in Sports Strategies, Challenges and Choices Organized by Dept of Physical Education, National College, Tiruchirapalli, Tamil Nadu from 29th - 30th August.

- 25 Shailaja* and Sreenivas M** (2014) **“Health and Life satisfaction of Institutionalized Elderly Widows: A Comparative Study”** Scientific paper presented at 17th Biennial Conference of Association of Gerontology, India (AGI) & International Conference on Engaging and Empowering the Elderly (ICEEE 2014) Organized by Centre for Developmental Studies, Thiruvananthapuram, Kerala from 15 & 16 th of September.
- 26 Sreenivas M (2014) **“Effect of Music on Psychological Well-Being among Master Sports persons”** Scientific paper presented at National Conference on Performing Arts and Education Organized by Dept. of Performing Arts, Bangalore University, Bengaluru from 13th – 14th November 2014.
- 27 Meenakshi N* and Sreenivas M** (2014) research paper presented on **“Stress and life satisfaction among rural working elderly”**, at national seminar held at thiruvananthapuram, Kerala.
- 28 Meenakshi N* and Sreenivas M** (2014) research paper presented on **“Effect yoga practice on psychological well-being among elderly women”** at International conference held at Tiruchirappalli Tamilnadu
- 29 Shailaja M* and Sreenivas M**(2014) research paper presented on **‘Life Satisfaction and General Health Among Institutionalized Widow’** in International Conference in the 17th Biennial Conference of Association of Gerontology, India (AGI) at Centre for Development Studies, Thiruvananthapuram, Kerala.
- 30 Sreenivas M (2015) **“Spiritual Well Being among rural and urban Elderly Women: A Comparative Study”** Scientific paper presented at 50th International Conference of the Indian Academy of Applied Psychology, Organized by Dept. of Psychology, Sri Padmavathi Women’s College, Tirupathi, Andra Pradesh from 23-25th January.
- 31 Netravathi* and Sreenivas M** (2015) **“Reported common Psychological problems of adolescent sports persons an exploratory study”** Scientific paper presented at International conference on Recent Avenues, Challenges and Holistic approaches towards Psychosocial Rehabilitation Practices (REACH 2015), Organized by St. Anne’s Degree college for Women, Halasuru, Bengaluru-560008 on February 13.
- 32 Sreenivas M (2015) **“Relevance of Mahabharatha a Psychological View, Scientific paper presented at UGC Sponsored National Seminar on Socio-Political Aspects in Mahabharata: Their Relevance Today Organized by Dept of Sanskrit, Bangalore University, Bengaluru on 2nd and 3rd November.**
35. Meenakshi N* and Dr. Sreenivas M** (2015) research paper presented on **“Spiritual well-being among rural and urban elderly women- a comparative study”** at International conference held at thirupathi, Andrapradesh

36. Brinda Muniyappa* and Sreenivas M ** (2015) Presented scientific paper on **“Quality of work life of couples working in BPO-An exploratory study”** in the UGC sponsored 2 days National level Seminar held on August 7th and 8th, at the Department of Psychology, GFGC Tiptur, Tumkur University.
37. Shailaja M* and Sreenivas M** (2015) research paper presented on **‘Adjustment Level Among Institutionalized Elderly Women’** in National Seminar on Current Trends in Understanding Human Being entitled at GFGC, Tiptur on 07th September.
38. Meenakshi N* and Sreenivas M** (2015) research paper presented in International conference on **“The effect of Physical Activity on General Health Among Elderly Women”**, held at Jammu university Jammu Kashmir .
39. Sowmyashree K.N.* and Sreenivas M. ** (2015) **‘Impact of Lifeskill Training on Emotional Maturity among College Students’** Scientific paper presented at International Conference organized by Indian Association of Life Skills Education, Tamilnadu, ISBN- 978-93-84869-19-9.
40. Sowmyashree K.N.* and Sreenivas M. ** (2016) **‘Role of Life skill counseling on Emotional Health among Adolescent Students’**, Scientific paper presented at National seminar organized by Govt. First Grade College, Tiptur, Tumkur. (June) ISBN -978-81-931489-9-0.
41. Brinda Muniyappa* and Sreenivas M ** (2016) **“Job satisfaction and Marital adjustment among couples with similar and dissimilar nature of work”** Scientific paper presented at 10th NATIONAL CONFERENCE OF INDIAN ACADEMY OF PSYCHOLOGIST (IAOP) organized by Department of Psychology Yogi Vemana University, Kadapa, Andhra Pradesh on the 3rd and 4th of October.
42. Sreenivas M (2016) **“Dementia care a professional need”** Scientific paper presented at 51st National and 20th International conference of the Indian Academy of Applied Psychology (IAAP) held at department of psychology, Bangalore University on 6th-8th may.
43. Bhargav S* and Sreenivas M** (2016) **“The effect of sports participation of Emotional intelligence among master sports person”** scientific paper presented at IAOP conference held at Yogivemana University, Kadapa, AP 3rd and 4th October.
44. Bhargav S* and Sreenivas M** (2016) **“Athletic Identity among undergraduate students: A comparative study”** Scientific paper presented at Inspa International Conference, organised by Pondicherry University.

45. Meenakshi N* and Sreenivas M** (2016) research paper presented at national seminar on **“Self esteem among veteran sports person: A comparative study”**, held at Yogi Vemana University Kadapa, Andra Pradesh
46. Meenakshi N* and Sreenivas M** (2016) research paper presented at International conference on **“The effect of sports on psychological well- being among retired women sports person”**, held at Bangalore University, Karnataka
47. Brinda Muniyappa* and Sreenivas M ** (2017) Presented a scientific paper entitled **“Lifestyle among BPO Employees – A Theoretical Viewpoint”** at a One Day National Seminar on **“Current trends in Psychology and Counselling: Issues and Challenges”** organized by Center for Psychological Counselling, Department of Psychology and Karnataka Association of Applied Psychologists, Bengaluru on 31st March.
48. Shailaja M* and Sreenivas M** (2017) research paper presented on **‘HLOC among Government Institutionalized and Non Institutionalized Elderly Women’** in National Seminar at National Women Science Congress at RCASC on 06th November.
49. Brinda Muniyappa* and Sreenivas M ** (2017) Presented a scientific paper entitled **“Psychological Well-being among Level I BPO employees”** on 30th & 31st January 2018 at National conference on Wellness: A Multidimensional Approach towards Sustainable Development, Kristu Jayanti College, Bengaluru.
50. Brinda Muniyappa* and Sreenivas M ** (2018) Presented a scientific paper entitled **“Lifestyle and Psychology of Younger Generation”** in a one-day Self-finance Multi-Disciplinary National Level Conference held on 15th March at Government First Grade College, -Malleshwaram, Bengaluru.
51. Asha H* and Sreenivas M** (2018) **“A psychological study on stress among employed women and housewives”**, Scientific paper presented at IAAP conference, held at Pondicherry University.
52. Asha H* and Sreenivas M*8 (2018) **“Impact of media on mental health of women”**: scientific paper presented at SPECTRA 2018, National conference held on 28th march, organized by department of Languages, T-John college, Bengaluru.
53. Sreenivas M (2018) **“Mahamangala Sutta”**, scientific paper presented at one day students seminar on Dhamma Vinaya organised by Mahabodhi Research center, Bengaluru on 16th December.
54. Asha H* and Sreenivas M** (2018) **“Occupational stress among women employees: A need for psychological intervention”**. Scientific Paper presented at ICSSR sponsored two day national seminar on Disability and Rehabilitation: challenges and

strategies organized by department of psychology, Yogi Vemana University, Kadapa , AP from 27th and 28th December.

55. Brinda Muniyappa* and Sreenivas M ** (2018) Presented a scientific paper entitled **“Quality of Work Life of Rural BPO employees”** at the 2nd International Conference held on 15th & 16th March at Bangalore University, Bengaluru.
56. Brinda Muniyappa* and Sreenivas M ** (2018) Presented a scientific paper entitled **“Psychological Well-being among iGeneration BPO's employees”** at the One Day National Seminar on “Psychology of Gen-Z” held on December 1st at Bangalore University, Bengaluru.
57. Meenakshi N* and Sreenivas M** (2018) research paper presented at International conference on **“The effect of physical activity on general health among elderly”**, held at Osaka, japan.
58. Shailaja M* and Sreenivas M** (2018) research paper presented on **“HLOC among Institutionalized and Non Institutionalized Elderly Women”** at National Seminar on Psychology for Gen-Z entitled at the Department of Psychology, Bangalore University on 1st December.
59. Meenakshi N* and Sreenivas M** (2019) research paper presented national seminar on **“Effect of internet on psychological well-being among sports person”**, held at Bangalore university Bangalore.
60. Asha H and Sreenivas M (2019)” Scientific paper presented at one day national seminar on **“Challenges issues and trends in the changing world”** organized by Government First Grade College for women, Dawanagere, Karnataka on 15th march.
61. Shailaja M* and Sreenivas M** (2019) research paper presented on **‘HLOC Among Institutionalized and Non Institutionalized Elderly Women’** at International Conference on Reflections and Refractions On (Dis)Ability ,at Kristu Jayanti College on 1st Feb.
62. Bhargav and Sreenivas M (2020) “Loneliness among Athletes and NON Athletes: A Comparative Study, Scientific Paper Presented at XLIII Indian Social Science Congress held from January 17-21, 2020 at Bangalore City University, Bengaluru.
63. Yashaswi, and Sreenivas, M. (2021). Research paper presented on “Impact of Indian Clinical Music on Quality of Life” at 2 day International Conference on “Narratives, Self and Identities” Traditions and Innovations Organized by Reva University on 31st August, 2021.

64. Sreenivas, M. and Vivekananda, S. (2021). ‘Effect of life skills counselling on Anticipation ability of Kabbaddi Players’, Scientific Papers Presented at National Conference on Up-skilling and Re-skilling in Applied Psychology, Organized by Kristhu Jayanti College, Bengaluru on 25th & 26th 2021.
65. Brinda Muniyappa and Sreenivas.M (2022). “Hope and Resilience among Teachers during Covid-19” Scientific paper presented at 12th InSPA International conference held at Pondicherry University from 2-4th October 2022.
66. Mohana AM and Sreenivas.M (2022). ‘Stress and Coping Mechanism among Medical and Engineering Students’ Scientific paper presented at 12th InSPA International conference held at Pondicherry University from 2-4th October 2022.
67. Vishwanath K and Sreenivas.M (2022). Psychological Components Of first Generation students and Non first Generation students. Scientific paper presented at 12th InSPA International conference held at Pondicherry University from 2-4th October 2022.

AWARDS WON:

- Selected for National Sports Science Fellowship – 1996 sponsored by Sports Authority of India No.SAI/NIS/RC/101/96.
- Selected for “**The Best citizens of India Award 2011**” sponsored by The International Publishing House, New Delhi.
- Selected for “**The Best citizens of India gold medal award 2015**” sponsored by Global Economic progress and Research Association, Tamilnadu.
- TUPA Best “**Young Psychologist Award 2015**” Honored by Tumkur Psychological Association.
- Selected for “**Shikshana Ratna award 2015**” Sponsored by Nava karnataka cultural and social organization, Koramangala, Bengaluru.
- “**PAUL HARRIS FELLOW**” Awarded by Rotary foundation of Rotary International in appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations among people of the world.
- **Excellent Achievement in the field of Sport** Award by bhodisattiva trust Award 2022.

SPORTS ACHIVEMENTS:

- Won Silver medal in 12th Karnataka State Taekwon-Do (ITF) Championship-2011 held at Bengaluru from 26th -27th November 2011, Organized by Taekwon-Do Association of Karnataka (ITF).
- Won Gold Medal in 26th National ITF Taekwon-Do Championship 2011 held at Kurushetra, Haryana from 28th -30th December 2011, Organized by Taekwon-Do Federation of Delhi in Association with Taekwon-Do Association of India (ITF).
- Won One Silver and One Bronze medal at 9th South west India Invitational ITF Taekwon-Do Championship held at GOA from 3rd -5th August 2012, Organized by Goa Taekwon-Do Federation (ITF).
- Won one gold and one silver medal in 13th Karnataka State Taekwon-Do (ITF) Championship-2012 held at Bengaluru, January 2012, Organized by Taekwon-Do Association of Karnataka (ITF).
- Won Gold Medal in 26th South West Zone ITF Taekwon-Do Championship 2013 held at Calicut, Kerala from 28th-30th April 2013, Organized by United Taekwon-Do Federation of Kerala in Association with Taekwon-Do Association of India (ITF).
- Won Gold Medal in 29th National ITF Taekwon-Do Championship 2013 held at Bengaluru from 25th-30th December 2013, Organized by Taekwon-Do Association of Karnataka in Association with Taekwon-Do Association of India (ITF).
- Won Silver Medal in 14th State level ITF Taekwon-Do Championship 2014 held at Bengaluru from 24th-26th November 2014, Organized by Taekwon-Do Association of Karnataka in Association with Taekwon-Do Association of India (ITF) New Delhi.
- Won Silver Medal in 29th National, ITF Taekwon-Do Championship held at Chennai from 28th -30th December 2014 Organized by Taekwon-Do Association of Tamil Nadu.
- Won Silver Medal in 30th National ITF Taekwon-Do Championship 2015 held at New Delhi from 4th -6th December 2015, Organized by Taekwon-Do Federation of Delhi in Association with Taekwon-Do Association of India (ITF).
- Won Silver Medal in 13th South west India Invitational Taekwon-Do (ITF) Championship 2016 held in Bengaluru from 5th-7th August 2016, Organized by Taekwon-Do Association of Karnataka.

- **Won Silver Medal in 5th South Asian** Invitational Taekwon-Do (ITF) Championship 2016 held in Bengaluru from 5th-7th August 2016, Organized by Teakwon-Do Association of India.
- **Participated in the Guinness World Record event** in “The Largest arthritis awareness lesson is 428”, achieved at an event organized by John Ebnezar and Rotary Bangalore South (India) on November 2016.
- **Participated in the Guinness World Record event** in “The Largest foot care lesson is 262”, achieved at an event organized by John Ebnezar and Rotary Bangalore South in Tumkur (India) on 26th August 2018.
- **Participated in the Guinness World Record event in** “The Largest back care lesson was 289 people”, and was achieved by John Ebnezar and Rotary Bangalore South (India) on 26th August 2018.
- **Won One Gold and One Silver medal at Taekwon-Do world Junior and Veteran Championship Held at Minsk, Belarus** from 11th to 18th December 2021.

TRAINING PROGRAMMES ATTENDED:

1. Three months Clinical Training at Department of Clinical Psychology, NIMHANS, Bengaluru from 5th February 2004 to 1st May 2004.
2. Participated 28-day U.G.C. Sponsored Orientation Programme held at Academic Staff College, Bangalore University, Bengaluru from 11th June 2007 to 7th July 2007.
3. Orientation Course on the use of SPSS statistical soft ware organized by Department of Statistics, Bangalore University, on 27th and 28th September 2007.
4. Participated 21-day U.G. C. Sponsored Refresher Course on Education Technology held at Dept of Psychology, Bangalore University Bengaluru from 2nd March 2009 to 23rd March 2009.
5. Participated in the T.O.T. work shop on HIV/AIDS Counseling held under the Global Fund Round -7, Counseling subcomponent at the Center for Psychological Counseling, Bangalore University, Bengaluru from 24th Aug 2009 to 4th Sep 2009.
6. Participated in the Refresher Training on HIV/AIDS Counseling for Master Trainers held under Global Fund Round – 7 Counseling subcomponent at the Center for Psychological Counseling, Bangalore University, Bengaluru from 22nd March 2009 to 26th March 2010.
7. Participated 21-day U.G. C. Sponsored Refresher Course on Education Technology held at Dept of Psychology, Bangalore University Bengaluru from 25nd March 2013 to 16 April 2013.

- 8 Participated 21-day U.G.C Sponsored Refresher Course on Education Technology held at Dept of Physical Education, Bangalore University, Bengaluru from 19th March 2014 to 9th April 2014.
9. Year long program of Eco therapy for special children (conducted from June 2016 to March 2017) at Charakavara, Bio-park, Jnana bharthi campus, Bangalore University. By Bangalore environment trust.
- 10 International Programme in Social Gerontology held between 4th-8th December-2017 at Tata Institute of social science, Hyderabad, organized by International Institute on Ageing United Nations-Malta (INIA) Collaboration with International Longevity centre-India (ILC-I).
- 11 ToT is disaster psycho social Intervention, course conducted by the national civil defence college, Nagpur from 15/1/2018 to 19/1/2018.
- 12 Participated in UGC sponsored short term course on “Gender Sensitization” (one week) held from 25th to 31st October 2018 organized by HRD centre, Bangalore University.
- 13 First Responder Trauma life support course organized by M S Ramaiah medical college on 30th July 2018.
- 14 Participated in 21-day UGC sponsored refresher courses on “Teacher Education” held from 13/2/2019 to 6/3/2019 organized by HRD centre, Bangalore University.
- 15 Participated in 10 hours of training on Hypnosis Organized by Dr. Sri. Ramachandra Guruji from 24th august to 2nd September 2020.
- 16 Participated in Pali course organized by Bodhisatva Trust, Anekal in the year 2020-2021.

WORK SHOPS ATTENDED:

- International Workshop on Sports Psychology held at SAI, Bengaluru, 3rd 4th July 1998.
- National Workshop on Psychological Gerontology held at NIMHANS, Bengaluru January 1999.
- Workshop on “Innovative Strategies in Population Education, held at Bangalore University, Bengaluru, 1999.
- International Workshop on Mental Training, held at J.N. Stadium, New Delhi, 2001.
- Ist National Symposium in Sports Medicine and Traumatology from 8th February, 2001, conducted by Sports Authority of India, Bengaluru.

- U.G.C. sponsored Seminar on “Emerging Areas in Applied Psychology organized by Department of Psychology, Maharani’s Arts College for Women, Bengaluru on 23rd & 24th August 2004.

- CME Workshop on Electro Convulsive Therapy (ECT) held at NIMHANS, Bengaluru on 15-01, 2006.
- “Access to E-Resources for Teaching and Research” Organized by Bangalore University Library, 28-29th April 2008.

- “Accelerating Research Discovery and Innovation” Organized by Bangalore University, Bengaluru on 26th April 2010.
- “Access to Electronic Books for Academic Excellence” Organized by Bangalore University Library, 23rd April 2011.
- Indian Psychology: Challenges and Prospects ICPR Sponsored seminar Organized by Centre for Indian Psychology, Jain University, Bengaluru on 6ath -7th august 2011.
- Federation of senior citizen forums of Karnataka sponsored ToT workshop on capacity building of senior citizens, organized by Dignity Foundation, Bangalore on 10th November 2012.
- “Celebrating Bio-Diversity: Women and Seeds” Seminar Organized by Center for Gandhian studies and Department of political science, Bangalore University, Bengaluru on 20th June 2013.
- Workshop on “Choice Based Credit System” Organized by IQAC cell, Bangalore University, on 23rd September 2015.
- Workshop on civil defence and disaster management conducted by BMC College of engineering on 13th March 2018.
- One Day International workshop on Community Mental Health: Prevention, Promotion and management in community setting, organized by Yogivemana University, Kadapa, AP on 10th June 2019.
- Career Counselling and Guidance workshop Organized by Counselor Council of India on 8th December 2019.
- One Day National Webinar on “Managing Career, Stress and Anxiety during and After Covid-19” Organized by Adi Kavi Nannaya University, Rajamahendravarma, Andrapradesh on 3rd September 2020.

CHAired THE SESSION / SPECIAL LECTURE1.

1. Delivered Special lecture on “**Application of Psychology in Sports**” at refresher course on Education Technology for Teachers organized by University College of Physical Education, Bangalore University, Bangalore on 2 march 2010.
2. Delivered Special lecture on “**Counseling for senior citizens and Communication tips**” at Senior citizens rehabilitation workshop organized by Department of Senior citizens and disabled persons empowerment, Government of Karnataka, Bengaluru on 20th January 2013.
3. Delivered Special lecture on “**Organizational stress and stress management**” at Capacity Building workshop Organized by Karnataka Government Secretariat training center, Bengaluru on 13 march 2013
4. Delivered special lecture on **Mental health** at world mental health day 2013, Organized by Government first grade college, Tipatur, Karnataka on 12 October 2013.

5. Chaired session at 2-day national seminar in issues and challenges in implementation of physical education and sports science in under graduate level organized by Government First Grade College, Tiptur, Karnataka, India.
6. **“Psychology in the public interest”** Chaired the session at 48th National and 17th International conference of the Indian Academy of Applied Psychology, held at Department of Psychology, Karnataka University, Dharwad from 22nd -24th 2013.
7. Delivered Special lecture on **“Qualitative Research Methods in Social Sciences and Humanities”** Organized by Department of Psychology, Yogi Vemana University, Kadapa, Andrapradesh from 3rd- 4th February 2014.
8. **“Applied Psychology and Spirituality-contribution to Health, Happiness, Professions and Leadership”** Chaired the session at 50th National and International conference of the Indian Academy of Applied Psychology, held at Department of Psychology, Organized by Dept. of Psychology, Sri Padmavathi Women’s College, Tirupathi, Andra Pradesh from 23-25th January 2015.
9. **“Chaired the session on “Psycho-social issues of women and children”** at International conference on Recent Avenues, Challenges and Holistic approaches towards Psychosocial Rehabilitation Practices (REACH 2015), Organized by St.Anne’s Degree college for Women, Halasuru, Bengaluru-560008 on February 13, 2015.
10. **Participated as a member of the panel discussion** at International conference on Recent Avenues, Challenges and Holistic approaches towards Psychosocial Rehabilitation Practices (REACH 2015), Organized by St.Anne’s Degree college for Women, Halasuru, Bengaluru-560008 on February 13, 2015.
11. Delivered Special lecture on **“Educational Sports Psychology”** at refresher course on Education Technology for Teachers organized by University College of Physical Education, Bangalore University, Bengaluru on 2 march 2015.
12. **“Chaired the session on “Current trends in understanding human beings”** at National conference Organized by Government first grade college, Tiptatur, Tumakur Dist. on 8th August, 2015.
13. Delivered Special lecture on **“Social-Psychological aspects of Retirement”** for Karnataka State Government Officers at Karnataka government Secretariat training center, Vishweshwaraiah towers, Bengaluru on 24th August 2015.
14. **“Chaired the session on “Current trends in understanding human beings”** at National conference Organized by Government first grade college, Tiptatur, Tumakur Dist. on 8th August, 2015.

15. Delivered Special lecture on **“Social-Psychological aspects of Retirement”** for Karnataka State Government Officers at Karnataka government Secretariat training center, Vishweshwaraiah towers, Bengaluru on 24th August 2015.
16. **“Chaired the session** for Oral presentation at 16th Annual Conference of Catholic Psychologist of India, held at Sampurna Montfort College, Bengaluru from 9th to 11 October 2015.
17. Delivered special lecture on “Ageing and quality of life” organized by Bharat Vikas Parishad, Badarayana, Shake, Bengaluru on 4/4/2016 at KV Teacher College, Jayanagar, Bengaluru.
18. Chaired the session at 51st National 20th International conference of the Indian Academy of Applied Psychology (IAAP) organized by department of psychology Bangalore University from 6th-8th May 2016.
19. 10th Biennial National conference of Indian Academy of Psychologists (IAOP) on psychology for Health, Harmony and Happiness, organized by department of psychology, Yogi Vemana University, Kadapa, AP, India from 3rd-4th October 2016.
20. Chaired the session on mental health studies in school setting. In the 3rd International and 6th INSPA International conference 2016 held on 13-15th October 2016, at Pondicherry University, Puducherry.
21. Delivered special lecture for 10th standard girl students on career counselling on 6th Jan 2016 organized by Government Pre-University College, BP Wadia Road, Basavanagudi, Bengaluru.
22. Conducted workshop on Anxiety management for 9th and 10th standard held at JSS Public School, Banashankari 2nd stage, Bengaluru on 9th January 2017 organized by Rotary Bangalore South.
23. Conducted workshop on psychology of Friendship, Family bond and Memory at Rotary Youth Leadership Award, Residential RYLA 2016-17 held on 17th Jan 2017, organized by Rotary Bangalore South.
24. Conducted workshop on “Counselling Skills” organized by department of Applied Psychology, Rajiv Gandhi National Institute Youth Development (RGNIYD), Sripenumbudun, Chennai on 17th and 18th August 2017.
25. Chaired the session at National Conference on reaching the unreached through science and technology organized by Indian Science Congress Association, Bengaluru chapter and Surana College on 6th and 7th October 2017.

26. Delivered special lecture at National seminar on Risks and Resilience across the life span organized by Human Development, Department of studies in food science and Nutrition, Manasagangothri, Mysuru-on March 15th and 16th 2018.
27. Chaired the session “Contexts of mental health” at 53rd National and 22nd International conference of Indian Academy of Applied Psychology (IAAP-2018) organized by Department of Applied Psychology, Pondicherry University from 16th-18th March 2018.
28. Chaired the session at Recent Trends in management, IT and Psychology. An International National conference on social media: challenges and opportunities organized by Surana PG Centre on 6th December 2018.
29. Delivered special lecture on “Elder Abuse” on elder’s abuse awareness day, Organized by Bengaluru City Police and Nightingales Medical Trust on 15th June 2019.
30. Delivered special lecture on “Tomorrow needs you” on world suicide prevention day Organized by Christ Academy on 19th September 2019.
31. Delivered Special lecturer on “Students Engagement Strategies in Today’s Digital World” Organized by Indian Institute of Psychology and Research (IIPR) in Collaboration with Bangalore University Forum on 4th May 2019.
32. Delivered Special lecturer on “Life Skills and Study Habits” at workshop organized by Govt. Home Science for Women, Holenarasipura, Karnataka. Organized on 2019.
33. Delivered special lecture on “Multidisciplinary Approach at state level Multidisciplinary Seminar organized by Department of Humanities St. Anne’s Degree College for Women on 4th March 2020.
34. Delivered Special lecturer on “Importance of Health Psychology in Present Scenario” at Two-day National Seminar on Innovation and Challenges in Health Psychology, Organized by Department of Psychology, Yogivemana University, Kadapa, Andhra Pradesh on 4th and 5th February 2020.
35. Delivered Special lecturer on “How to Manage Stress” a workshop for Degree Students Organized by Various Forums at MLA First Grade College for Women on 18-09-2020.
36. Delivered Special Lecture on “Psychological Well-being during Covid-19 Pandemic” held on 25th -29th September 2020 Organized by Dept. of Psychology, Yogivemana University, Kadapa, Andhrapradesh.

37. Delivered Special lecturer on “Behavioral issues in Academic environment” at Faculty Developmental Programme organized by Garden City University, Bengaluru on 2nd January 2020.
38. Delivered Special lecturer on “Mental Health Issues” on Faculty Development Programme Organized by Swamy Vivekananda Rural Pre-University College, Chandapura, Bengaluru, on 17-08-2021.
39. Delivered Special lecturer on “Careers through Humanities and Social Science” Organized by Jain University on 21st August 2021.
40. Delivered Special lecture on “Implementation of life skills Education in Schools: Towards Atmanirbhar Bharat” at 12th InSPA International conference held at Pondicherry University from 2-4th October 2022.

LIFE MEMBERSHIP

- Indian Science Congress.
- Sports Psychology Association of India, New Delhi.
- Indian Association of Mental Health, Dharwad, Karnataka.
- Association of Gerontology (India) AGI, Varanasi.
- Indian Association of Applied psychology, Chennai.
- School Psychology Association of India, Puducherry.
- Academy of Psychologists, Tirupathi, Andrapradesh.
- Karnataka Association of Clinical psychologist.
- Associate life Member – Indian Psychiatric Society (IPS), Karnataka Branch.

OTHER ACTIVITIES:

- National Education Policy (NEP), UG Psychology- Karnataka State Syllabus Committee Member.
- Vice President Association of Gerontology (India), Banaras Hindu University, Varanasi.
- Civil Défense warden Division 33, Karnataka.
- Member Rotary Bangalore South, District 3190
- Serving as Institutional Ethical Committee member Dr.B.R.Ambedkar Medical College and Hospital, Bengaluru.
- Served as a Executive Council Member Bangalore University Teacher’s Council, Bengaluru from 2007 -2012.

Courses Taught:

1. Clinical Psychology
2. Child Guidance

3. Sports Psychology
4. Counselling Psychology
5. Industrial/Applied Psychology
6. Indigenous Psychology
7. Community Psychology
8. Developmental Psychology
9. Cognitive Psychology

Projects: Psychological Understand of the challenges related to the Covid-19 Pandemic in higher Education institutions and Universities, funding sponsored by Bangalore university.

Experience: 20 Years of Teaching Experience in Bangalore University