

BIO-DATA

Dr. G. VENKATESH KUMAR, Ph.D.
Professor of Psychology
University of Mysore, Manasagangotri, Mysore.

Present Position : Director
(3rd October 2006 to till date) UGC-Academic Staff College,
University of Mysore,
Manasagangotri, Mysore-570 006.

EDUCATION

- B.A. Psychology / Criminology, Karnatak University, Dharwad.
- M.A. Psychology, Karnatak University, Dharwad.
- Diploma in Personnel Management & Industrial Relations, Madras.
- Diploma in Training and Development, Madras.
- Ph.D. in Psychology, (Guidance and Counselling) University of Mysore, Mysore.

SPECIALIZATION

- Counselling and Health Psychology and Organizational Behaviour.

ACADEMIC POSITIONS HELD

26 Years of teaching experience at Post Graduate Level

Professor : 15th Sept, 1999 – till date, University of Mysore (13 Years)
Reader : April, 1991 to Sept, 1999, University of Mysore, Mysore (8 Years)
Lecturer : April, 1986 to April, 1991, Karnatak University, Dharwad (5 Years)
Chairman : Served as Chairman
Former Chairman: PG Sports Council, University of Mysore, Mysore (5 Years)
Former President: Mysore University Teachers Association (MUTA) (3 Years)

AWARDS

- 2010 : "Prof. A. Jnanam Best Teacher Award 2009" PPA & IAAP, Pondicherry
- 2007 : Shiksha Rathan Puraskar, Indian International Friendship Society, New Delhi
- 2006 : Life Time Education Achievement Award by Health and Education Development Association, New Delhi
- 2005 : Psychometric Educational Services Award, PPA & IAAP, Pondicherry

ACADEMIC ACHIEVEMENTS :

Projects Completed

1. Major Research Project – UGC – on Need for Guidance and Counselling for university and college students in Karnataka, 1998-2001
2. J.K. Vikranth Tyres sponsored Personality Development Programmes for 5 years (2000–2005)
3. J.K. Tyres 'Spandana' 2005-2006 Family Counselling

Project Under Progress

1. The Impact of REBT counseling on Adolescent Stress Self Efficacy – sponsored by Daughters of ST. Francis De Sales, Bangalore (January 2009-2012)
2. UGC Project on Life Skills Counseling for College & University Students. (May 2009-2011)

Academic Activities

1. Ph.D Thesis on "A study of relationship between socio-cultural background and perceived stressful life events in relation to intelligence and value orientation in high school students", 1997
2. Conference / Seminar presentations work shops attended : National – 45 and Conference / Seminar presentations work shops attended : International – 25
3. Areas of Interest / workshop conducted (150)
 - Stress Management
 - Motivation and Attitude Change
 - Positive Thinking
 - Life Skills Counseling
 - Personality Development
 - Communication Flexibility
 - Leadership & Decision Making Skills
 - Interpersonal Relations and Work Ethics

Membership for Professional Organizations

- Life Member, Indian Association of Science Congress (IASC)
- Life Member, Indian Academy of Applied Psychology (IAAP)
- Life Member, Indian Association of Clinical Psychologists (IACP)

- Life Member, Indian Society of Criminology (ISC)
- Life Member, Indian Mental Health Association (IMHA)
- Member, Family Planning Association of India (FPAI)
- Former President of Mysore Psychological Society (MPS)
- Former President of Karnataka Academy of Psychology (KAOP)
- Member, Committee for Development & Science Subjects (CDSS), 5 years

Conferences / Seminars /
Participated / Chaired : 45

INTERNATIONAL VISITS (Presented Research Papers)

- Australia – 1998 : International Conference on “Organisation Behavior”
- Seoul – 1999 : International Conference on “Social Networking”
- USA – 2000 : International Conference on “Adolescent Psychology”
- UK – 2007 : International Conference on “Life Skills Education”
- Dublin, Ireland – 2010 : International Conference on “Life Skill Counseling”

Doctoral Degree Awarded : 13 At present guiding 6

Publication :

- 4 Books with Co authors
- 3 Psychometric Scales
- 1 Dictionary with co authors
- 3 Chapters

Books Published : 4

1. G. Venkatesh Kumar, Manassigonda Aapthasalahe, (2002), Manohar Publication, Bangalore.
2. Dr. Verghese and G. Venkatesh Kumar, The Effectiveness of Counseling on Adolescent in Relation to Psychological Stress, Self-Concept, Adjustment and Educational Aspirations, (2008). Christ University Publication, Bangalore.
3. Dr. Ayat Karimi and G. Venkatesh Kumar, Coping with Mathematics Anxiety (2011). Lambert Academic Publishers, Germany.

4. G. Venkatesh Kumar, A Comprehensive Stress Management Module (2012). Lambert Academic Publishers, Germany.

COUNSELLING SERVICES / HUMAN TRAINER

- Served as Advisory Board Member, SSC, Government of India for 5 Years
- Served as Consultant, for TaTa Consultancy Service, in the Recruitment (5 years)
- Served as Consultant, for S Kumar's Febrics, in the Recruitment (One year)
- Serving as Consultant for Vikranth Tyres , counseling employees children
- Served as Educational Consultant / Advisory Board Member for University College and Schools at Karnatak University, Dharwad and also at University of Mysore, Mysore for 15 years.
- Serving as Soft Skill Trainer –
 - RPG Cables, Mysore
 - BEML, Mysore
 - Coffee Board, Bangalore
 - LIC Officers Mysore and Bangalore
 - Indian Postal Services, Mysore

Serving as Guidance and Counselor for more than 25 schools and Colleges in Mysore for the last 15 years

As professional counselor / consultant for Schools/College in Mysore

- St. Thomas High School, Mysore
- St. Ann's School, Mysore
- DMS (NCERT), Mysore
- Government College, Hunasur
- S.J.C.E. College of Engineering, Mysore
- Mysore Medical College, Mysore
- School for Visually Challenged (Blind School), Mysore
- SDM Management Institute, Mysore
- Rotary School, Nanjangud, Mysore
- Government High School, Beerihundi, Mysore
- Christ College, Bangalore
- And other NGO's at Mysore

Treatment and Assessment Skills

- Administered, Scored and Interpreted Psychological Tests
- Providing Individual and group psychotherapies
- Made referrals to other outside agencies, Hospitals, and Clinics
- Participation in Case History Study
- Tools Developed :
 1. Perceived Stressful Life Events Scale (1996) for High School Students.
 2. Perceived Stressful Life Events Scale (2001) for College Students.
 3. Life Skills Check List (2003) for College Students

Resource Person

- Bharatia Vidya Bhavan, Bhavan's Institute of Management, Mysore.
- Bahaddur Institute of Management Sciences, University of Mysore, Mysore,
- Karnataka Administrative Training Institute, Mysore.
- Karnataka Police Academy, Mysore.
- Karnataka Health and Family Welfare Training Centre, Mysore.
- Karnataka State Open University-Dept. of Management Sciences, Mysore.
- UGC-Academic Staff College, Madras University, Chennai.
- UGC-Academic Staff College, Bharathidasan University, Coimbatore.
- UGC-Academic Staff College, Calicut University, Calicut.
- UGC-Academic Staff College, S.V. University, Tirupati.
- UGC-Academic Staff College, Karnatak University, Dharwad.
- UGC-Academic Staff College, Pondicherry University, Pondicherry.

Research Articles Published

1.	G. Venkatesh Kumar and Mahigir. & Ayat Karimi (2012) Rational-Emotive Behavior Therapy on Pain Among Cancer Patients, Indian Streams Research Journal. Vol. 2, Issue II, March 2012.
2.	C. Ramaswamy and G. Venkatesh Kumar (2012) Assessment of Adolescent Problems in Rural and Urban Area, Journal of Indian Academy of Applied Psychology. Vol. 38, No. 1, January 2012, 40-43.
3.	Venkatesh Kumar G. and Shreelakshmi P. (2011) Personality Traits and Job Satisfaction of Executives, Gorakhpur Social Scientist (A bilingual, bi-annual Journal of Social Sciences), Vol. 2, No. 2, December 2011.
4.	Venkatesh Kumar G. and Jyothi H.P. (2011) Life Skills Training and Antisocial Behavior, Journal of School Social Work, Vol. 8, Issue 06, November 2011, 5-7

5.	Venkatesh Kumar G. and Elizabeth Jasmine (2010) Relationship Between Irrational Beliefs and Depression in Late Adolescence, Artha JSSci, Vol. 9, No. 1, January-June 2010, 59-65
6.	Venkatesh Kumar G. and Karimi A. (2010) Mathematics Anxiety, Mathematics Performance and Overall Academic Performance in High School Students, Vol. 36, January 2010, No. 1, 147-150
7.	Venkatesh Kumar G., Forough Mahigir (2010) Psychological Intervention in Anxiety of Patients with Major Thalassemia, Asian Journal of Development Matters, Vol. 4(1), Jan 2010, 189-192
8.	Venkatesh Kumar G., (2009) Impact of Rational-Emotive Behavior Therapy (REBT) on Adolescents with Conduct Disorder (CD), Journal of the Indian Academy of Applied Psychology, Vol. 35, Special Issue, 103-111
9.	Venkatesh Kumar G., Ghazal Davoudi (2009), Prevalence of DSM Diagnostic-oriented Emotional and Behavioural Problems among Male and Female Adolescent Students in South India, Journal of Psychological Research. Vol.4 Issue 1 Jan-June.
10.	Venkatesh Kumar G., Ghazal Davoudi (2009), Prevalence of Syndrom Oriented Emotional and Behavioural Problems among Male and Female Adolescent Students in South India, Psychological studies.
11.	Venkatesh Kumar G. and Azam Arshadi (2009) The Relationship between Perceived Parental behavior and the behavioral problems of Adolescents in South India. Journal of Psychological Research, Vol. 4(1) Jan-June 2009
12.	Venkatesh Kumar G. and Azam Arshadi (2009) The Relationship between perceived parental Acceptance-Rejection and the Emotional Health problems of Adolescents in South India. Journal of Development Matters (ISSN 0973-9629) Vol. 3(1) April, 2009
13.	Venkatesh Kumar G., Ali Reza Ghaderi, (2009) Self-efficacy and gender differences among the Indian and Iranian students of University of Mysore, Journal of Psychological Reserchers, Vol. 53(1). P.1-5.
14.	Venkatesh Kumar G., Ali Reza Ghaderi, (2009) Depression, Anxiety and Stress among the Indian and Iranian Students, Journal of the Academy of Applied Psychology, Vol. 35 (1), PP 33.
15.	Venkatesh Kumar G., Ghaderi A.R., and Sampath Kumar, (2009), Depression, Anxiety and Stress among the Indian and Iranian Students. Journal of the Indian Academy of Applied Psychology, Vol. 35, No. 1, 33-37
16.	Venkatesh Kumar G., Ghaderi A.R., and Sampath Kumar, (2009) "Self-Efficacy and Gender Differences Among The Indian and Iranian Students. Journal of Psychological Researchers. Vol. 52, No. 1, P.1-5.

17.	Venkatesh Kumar G., Ramachandra Aryal, (2008) "The Effect of Study method on Adjacent of High School Students". Journal of Psychological Research. Vol. 52. No.1
18.	Venkatesh Kumar G., Mojtaba Aghili, (2008) Assessment of Religious Attitude among Irani Population Influence of Gender, Occupation, Marital Status and Income, Asian Journal of Development Matters, Vol 2 (2), PP. 27-32.
19.	Venkatesh Kumar G., Manjunatha P., (2008) The Role of Life Skills Counselling in Reducing Anxiety Depression among Alcoholics., Asian Journal of Development Matters, Vol 2 (2), PP. 53-58.
20.	Venkatesh Kumar G. (2008) Stress and Coping Strategies of the Parent of Mentally Challenged, Journal of the Indian Academy of Applied Psychology, Vol. 34(2) P. 35-40
21.	Venkatesh Kumar G., Mojtaba A. (2008) Relationship between religious attitude and happiness among Professional Employes, Journal of the Indian Academy of Applied Psychology, Vol. 34(2) P. 34-40 P. 66-69.
22.	Venkatesh Kumar G., Sampath Kumar (2008) Effectiveness of Lifeskills Counselling on Psychological Stress among People with HIV/AIDS Journal of Community Guidance and Research, Vol. 25(1) P. 131-137.
23.	Venkatesh Kumar G., Ramachandra Aryal, (2008) "Impact of Study method on Educational Aspiration of Mountain, Valley, Hills and Plain Sector High School Students. Journal of Psychological Research. Vol. 52 (1). P. 29-33.
24.	Venkatesh Kumar G., Sampath Kumar (2007) Does Lifeskills Counselling reduce Depression among people with HIV/AIDS ? Journal of Psychological Researches, Vol. 51(2) P. 122-126.
25.	Venkatesh Kumar G., Meena C (1997) A Comparative Study of Self Concept of Blind and Normal Adolescent Students, Psychological Studies, Vol. 42(1) P. 20-23.
26.	Venkatesh Kumar G., Gururaj B. and D'Souza L. (1997) A Study of Presumptive Stress in Cancer Patients. Indian Journal of clinical Psychology, Vol. 24(2) P. 131-135.