

# RESUME

**Dr.JAYASHEELA.S**

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I am a highly motivated young individual. I have always had a strong interest in building a career in fieldwork. My strongest assets are my hard work and honesty. To aim and achieve the very best, the profession has to offer. I will prove my work and skill to form a successful team.

**EDUCATION PROFILE:** M.Sc. in psychology, M.Phil. In Psychology, B.Ed.,

Diploma in Translation, Diploma in Yoga Therapy.

Ph.D. DOS in Psychology Manasa Gagothri, Mysore.

**Project Experience:**

- Mental Health and Adjustment among HIV female patients at Asha Kirana Hospital center for AIDS care & research, from January 15<sup>th</sup> March 31<sup>st</sup> 2005.
- Women labors in wull-Fr.-Tec Factory, Hebbel industrial Area. Mysore from 2002-2003.
- Juvenile Home for Girls Lalithmahal Road Mysore. From 31-3-2005-to 5-4-2005.
- HIV/AIDS Awareness among Adolescents: A survey.

### **Training Experience:**

- Training and Education program for Counselors on domestic Violence /Dowry Harassment /Sexual Harassment organized by Vivekananda Youth Movement from 26-9-2005 to 29-9-2005. At Mysore.
- Training for the ICTC Counselors conducted by SST of Gulbarga Region in collaboration with the National AIDS Control organization New Delhi and Karnataka State AIDS Prevention Society Bangalore from 07-03-2007 to 18-03-2007 at Gulbarga University Gulbarga.
- Training for TB/HIV Karnataka State AIDS Prevention Society Bangalore from 11-10-2007 at District TB control unit Mandimohala. Mysore.
- Training and Education program for Lecturer from 23-02-2011 to 26-02-2011 at District Education and Training center, Vasanth Mahal, Mysore.

### **Work Experience;**

Guest Lecturer in Psychology from 07-02-2007 to 13-4-2007 Government Boys College, Mandya.

Guest Lecturer in Psychology from 05-08- 2010 to 17-05-2011. Government Women's College, vijayanagar, Mysore-570017.

Guest Lecturer in Psychology from 6-02-2012 to 10-05-2012 Government College K R Nagara, Mysore.

Guest Lecturer in Psychology from 05-08- 2012 to 17-05-2013. Government Women's College, K.R pette, Mandya.

Guest Lecturer in Psychology from 15-07- 2013 to 15-11-2013. Maharani's Arts and Commerce College for Women's Mysore.

### **Work Experience in University of Mysore:**

**Guest Lecturer in Psychology from 2018-19 to 2023-24 Department of Psychology, Manasa Gangothri Mysuru.**

### **Attend the Conference and Workshop:**

- 46<sup>th</sup> National and 15<sup>th</sup> International Conference of the Indian Academy of Applied Psychology (IAAP), on **“Life Skills for Quality of Life”**. 4<sup>th</sup> -6<sup>th</sup> February 2011.
- **“New Public Health Issues in India”** held on December 27<sup>th</sup> and 28<sup>th</sup> at Humanities block, University of Mysore.
- Two-Day National Seminar on **“Gandhian Concept of Ideal Village and Its Contemporary Relevance”** held on 28<sup>th</sup> and 29<sup>th</sup> March-2014 at Gandhi Bhavan, Manasagangothri, and Mysore.
- Workshop on **Literature Review** Organized by Mysore University Library, University of Mysore, on 19<sup>th</sup> December 2013.
- The Inauguration, Plenary talks and Panel discussion on **“GENETICS TODAY”** held on 10<sup>th</sup> October, 2015 at Rani Bahadur Auditorium, BIMS, University of Mysore.
- National Level Seminar on **Education and Mental Health** 2<sup>nd</sup> March 2013 held at the post Graduate Department of Psychology, Maharani’s Arts and Commerce College for Women, Mysore.
- District level Seminar on **Mental Preparation before and after surgery** 4<sup>th</sup> April 2013, Maharani’s Arts and Commerce College for Women Mysore.

### **Participation the Yoga Competitions:**

Participated in the **“State level Yogasana Competition”** held on 11-06-2017 at Government college of Ayurveda and Yoga Mahavedyalaya, Mysore. Successes in the 5th Place.

Participated in the **“State level Yogasana Competition”** held on 18-06-2017 at Nada Mantapa, Sri Ganapathy Sachidananda Ashram, Avadhoota Datta Peetham, Mysore . Successes in the 1st Place.

### **Development of the tools:**

- CHITTA BHUMIKE INVENTORY
- KLESHA QUESTIONNAIRE

### **Articles:**

- Chitta bhūmike (state of mind) among Yoga practitioners - A preliminary investigation (2017).*Recent Advances in Psychology*. An International Journal, Vol 4(2) July-Dec.ISSN-2395-5465.
- Triguṇa and chitta bhūmike in Yoga practitioners.(2018).Indian journal of positive psychology 9(1) 33-37 Indian Association of Health Research and welfare, ISSN-P2229-4937.

### **EXTERA CURRICULAR ACTIVITIES**

Reading, Writing Articles,Participation the Yoga Competitions.

### **PERSONAL PROFILE**

**DATE OF BIRTH** : 05-04-1980  
**FATHER NAME** : Shivaramegowda  
**MOTHER NAME** : Padma  
**SEX** : Female  
**NATIONALITY** : Indian  
**LANGUAGE KNOW** : Kannada English, Hindi