

Dr. SOMESHA C

Address:

Dr. Somesha.C.,
S/o R. Chamundaiah
No.7, 10th cross, link road,
New model house, Ashokapuram
Mysore-570008

Contact: +91 9916892804

Email: somesha_mys@yahoo.com

Personal Details:

Date of Birth	:	10-06-1975
Gender	:	Male
Father's Name	:	R. Chamundaiah
Mother's Name	:	Puttasiddamma
Nationality	:	Indian
Religion	:	Hindu (SC)

Education Details:

1. Ph.D in Psychology Title: *“Assessment of shyness among adolescents and its relationship with loneliness, depression and adjustment”*. At Department of Psychology, Manasagangotri, University of Mysore, Mysore.
2. **Qualified in K-SET** Exam which is conducted for Eligibility of Assistant professor in Dec-2013, by University of Mysore, Mysore.
3. Master's Degree in Psychology, Department of studies in Psychology, Manasagangothri, University of Mysore, Mysore.
4. Bachelor of Arts (Criminology, Psychology, and Sociology) – Maharaja's College, University of Mysore, Mysore.
5. PUC (12th standard) – Marimallappa's PU College, Mysore.
6. S.S.L.C (10th standard) – Hardwicke High School, Mysore.

Computer Knowledge:

MS Office: MS Word, MS Excel and MS Power Point

Operating System: Win 98, 2000 and XP

Typing Knowledge in both Kannada and English Language.

Language Known:

Kannada: (Write, Speak and Read, Typing)

English: (Write, Speak and Read, Typing)

Hindi: (Write, Speak and Read)

Teaching Experience:

1. Working as a Guest Faculty in Post Graduate Department and Under Graduate Department since from **Twelve years** at Maharani's Arts and commerce college for women's-Mysore-05
2. Working as a Guest Faculty in since from **Seven years** at DOS in Psychology, Manasagangothri, university of Mysore, Mysore-06
3. Worked for **Five years** as a part time lecturer in Sharadavilas Law College, K M Puram, Mysore-08
4. Taught Psychology practical papers in the Department of Psychology, Manasagangothri, University of Mysore, since 2004.
5. Taught child and Adult Psychopathology, Counselling Psychology, Psychotherapy, Psychological Assessment, and Clinical Assessment for 6 years for PG students at Maharani's Arts and Commerce College for Women-Mysore-5.

6. Teaching Social Psychology, Clinical Psychology and child psychology and statistics from 4 years Students for UG at Maharani's Arts and Commerce college for Women-Mysore-5
7. Worked as Counsellor Jeevanadhi sarvajanabiruddhi Samsthe(R), Mandya, for Two year six months.

Research Experience:

Worked as a Research Assistant for two years in the UGC Major Project titled "*Impact of life skills counselling on educational aspiration, self-efficacy and competency skills of SC/ST College students/ University students*" from October 2009 to October 2011.

Certificates:

1. Presented paper on "**Influence of Psychological resilience on Mental Health among Adults**" in 28th International and 59th National Conference of the Indian Academy of Applied Psychology (IAAP) Applying psychology for Professional Excellence at Pondicherry University from (02-02-24 to 04-02-24).
2. Participated as Subject Expert of Trilingual Glossary of Psychology (English-Hindi-Kannada) at Department of psychology, Karnataka University, Dharwad, held from 06-12-2021 to 11-12-2021 Organised by **COMMISSION FOR SCIENTIFIC AND TECHNICAL TERMINOLOGY (CSTT), Dept of Higher Education, Ministry of Education, Govt of India. New Delhi.**
3. Participated as Subject Expert of Trilingual Glossary of Psychology (English-Hindi-Kannada) at Department of psychology, Karnataka University, Dharwad, held from 04-07-2022 to 08-07-2022 Organised by **COMMISSION FOR SCIENTIFIC AND TECHNICAL TERMINOLOGY (CSTT), Dept of Higher Education, Ministry of Education, Govt of India. New Delhi.**

4. Participated as Subject Expert of Trilingual Glossary of Psychology(English-Hindi-Kannada) at Department of psychology, University of Mysore, held from 27-02-2023 to 03-03-2023 Organised by **COMMISSION FOR SCIENTIFIC AND TECHNICAL TERMINOLOGY(CSTT), Dept of Higher Education, Ministry of Education, Govt of India. New Delhi.**

Publications:

1. Relationship between shyness and Depression among Adolescents @2008 Journal of the national Academy of psychology. India Vol 53. No. 374 286-289.
2. Relationship between shyness and Loneliness among Adolescents @ Indian Journal of Applied Psychology. April 2009, Vol.46, 5-10.
3. Occupational stress and work motivation among Nurses @ Thematics Research Arena Vol 1, Issue 6, Sep 2013. 48-52
4. A study on Mental Health and Depression among slum dwellers @ Thematics journal of social sciences Vol 3. Issue 4. Oct 2014. 18-31.
5. Job satisfaction and occupational stress among Teachers @ Social Science Reporter Vol 4.Issue 4. Nov 2014. 40-50.
6. Anxiety, stress and Depression among farmers @ July 2015 Sahithya Anand Vol.3, Issue 4, July 2015 pp98-108.
7. Nomads and Health@ 2015, Research Arena, Vol.3, Issue 7, Oct 2015. Pp 121-133.
8. Puberty and Amenorrhea @ 2015, Research Express, Vol.3, Issue 3, March 2016. Pp 7-12.
9. Relationship between Personality types and Internet Addiction among PG students @ 2016 Social Science reporter Vol.6, Issue 1, Feb 2016, pp 128-135.

10. To study on Anxiety, Stress and Depression among Post Graduation student @ 2017 Social Science reporter Vol.7, Issue 4, Nov 2017, pp 07-18.
11. Effect of yoga on occupational stress in Health workers @ Jan 2018 Indian literature and culture today Vol.5, Issue 2, Feb 2018, pp 102-115.
12. Internet addiction and Adjustment problems among post graduate students @ 2018 Social Science reporter Vol.8, Issue 1, Feb 2018, pp 131-149.
13. Psychological well-being among Tobacco Growers in Hunsur taluk, Karnataka @2018 Research Arena Vol.5 Issue 12. March 2018. Pp.116-125.

I hereby declare the above information and particulars are true and correct to the best of my knowledge and belief.

References:

Dr. Sampathkumar

Professor of Psychology

DOS in Psychology

Manasagangothri.

Mysore – 570 006

Mobile : 9480443269

Dr. Lancy D'Souza

Professor of Psychology

Dept. of Psychology,

Maharaja's College,

Mysore-570005.

Mobile: 9986332616

Yours sincerely

Date:04-10-2024

Place : Mysore

Dr. SOMESHA. C.,