

CURRICULUM VITAE

1. Name : Mrs. M.R.Banahatti
Associate Professor
2. Qualification : M.A, M.Phil, B.Ed
3. Present designation : Associate Professor of Psychology
4. Details of Publication : 4 Books
 - Personality Development,
 - Organizational Behaviour
 - Health Psychology
 - Women: Anxiety, Security-Insecurity among Women with Special Reference to their Marital Status
5. Details of Consultancy Services : Free Counseling from the Department
6. Any other : Guiding for dissertation work of PG students
 - Kakanwadi Ayurvedic Medical College, Belagavi
 - Two students from Open University
7. M.R.P : Occupational Stress of the Teachers working with Special and Normal school Completed in March 2015, under UGC/CPE

➤ Refresh Courses:

- Participated 3 weeks refreshers course from 15/5/2000 to 4/6/2000 held at National Institute Of Mental Health & Neuro Science Bangalore
- Participated in refreshers course conducted by UGC in Academic staff college Osmania University Hyderabad from 13/9/2001 to 4/10 2001
- Participated in Inter disciplinary refresher course in the subject of social science (Psychology) sponsored by UGC and Academic Staff College Goa University on 19th March 2005 to 30th March 2005. Completed with 'A' grade.

➤ Orientation:

- Participated in Orientation course organized by Goa university academic staff college Sponsored by UGC from 19th January 2001 to 15th February 2001

➤ **Conferences:**

- Participated actively in discussion and deliberations of the state Level Fourth Convention for women Organized by Zilla Kadali Vedike, Belgaum on 7th & 8th December 2003 in Akhil Bharat Sharan Sahitya Parishat State Level Fourth Convention of Women Kitturu Channamma Mantap, Belgaum.
- Participated in the Annual Conference of the Indian psychiatric society, Karnataka State Branch held at Belgaum on 25th & 26th August 2007
- UGC Sponsored two day national conference on Challenges of working women in the era of globalization on 27th and 28th February 2009 at SJMVS women's College Hubli. Presented paper on women and Mental Health.
- International Conference on Stress-Paradigm Shift in Technology and Allied Sciences (ICONS-PSTAS) Organized by IISMAAS & IIMMR, New Delhi on 27 & 28th December 2011. Presented Paper on Stress and Health.
- 7th National conference of Indian Association of Mental Health (IAMH) Held at the Department of Psychology, KUD on 28th and 29th March 2011.
- National Conference on “Multidisciplinary Approach to the promotion of Sports in University, organized by Department of Physical education & Sports, KUD on 19-21st January 2012. Presented Paper on “Sports and Mental Health”
- National conference on “Socio Cultural Prospects of Positive Psychology in India” held at Little Flower Institute of social Sciences and Health(LISSAH) Kerala on 23/24/25th January 2012, Presented Paper on “Aging: Revelation of Happiness in Despair(Life Span)
- Two day National Conference on “Value Initiatives in Institutions of Higher Learning key to Youth Empowerment” held at Maharani Lakshmi Ammanni College for Women, in association with Disha Charitable trust for Value Initiatives in Bangalore on 3rd & 4th February 2015.
- Presented paper on “New Trends and Challenges in Health Psychology” in International Conference on “New trends and Challenges in Commerce, Management, Social Sciences, Languages and Humanities” held on 4th April, 2015at Maratha Mandal's Arts, Commerce, Science and Home Science College, Belgavi. Published in International Journal of Multidisciplinary

Research (IJMR) Vol. IV, Issue 1(III), April 2015 with ISSN: 2277-9302 Page No 40-43.

- Presented paper as a resource person on 'A case study on Lingaraj College'. In NAAC Sponsored National Conference on Quality Enhancement through Autonomy and Accreditation in Higher education, jointly organized by IQAC, CSIBER & IQAC, Shivaji University, Kolhapur on 27th January 2018.
- One day national conference on 'Psychology for Enhancement of Human Potentialities' on 5th February 2018. Organised by Department of Psychology Karnataka Arts College Dharwad. Presented paper on 'Life skills Education for Adolescence: Its Importance and Challenges'.

➤ **Workshops:**

- Participated in One day workshop on "Stress management" organized by Meera Krishna Corporation 12th December 2004.
- Two Days workshop on Human Resource Development intervention for Enhancing Efficiency Levels & Assuring Quality organized by College for Leadership and Human resource Development Mangalore On 27 & 28th January 2007.
- Participated in One day workshop organized by International academy for creative teaching on "Communication Skills in the classroom" on 16th August 2003.
- Two Day workshop on Total Quality Management on 2003 Organized by Dr. V.B.Hiremath.
- Participated in One day workshop on Communication Skill.
- Teaching Plan two days workshop
- Participated in one day workshop on "Neutralizing or Harnessing Violence in Educational Campuses" Jointly Organized by KLE's Lingaraj College (Autonomous) Belgaum and Association for Promotion of Non Violence and Humanism(APNAH), Mangalore on 15th September 2008.
- Participated in the workshop on Teaching Methodology & educational Technology for women teachers on 2nd & 3rd December 2008 organized by KLE University department of education for Health Professionals.

- Attended one day Workshop on Question Paper Framing By Dr.Saleha Khyumm department of English Dandeli on 2008
- Participated in the National Conference on Women Psychology, on 23rd & 24th February 2009 organized by the department of Psychology, Christ College, Bangalore.
- Participated as a staff in Psychovision 2009 held at Shri Dharmasthala Manjuntheshwar College, Ujire Karnataka.
- Participated One day seminar on psychosexual Disorders in the Neuropsychiatry CME on 11th February 2007 held at SDM College of Medical Sciences & Hospital, Dharwad
- Participated A two days workshop on Art of counseling and dynamic living on 17th and 18th February 2007 organized by KLE Society's G.I.Bagewadi Arts, Science & commerce College, Nipani
- Participated in Two day national seminar on "sustenance and enhancement of quality in higher education" on 14th and 15th February 2007 at R.L. Science Institute Belgaum.
- Attended one day workshop on "Psychosexual disorder" in the Department of Psychiatry, Suvarna JNMC Belgaum on 17/3/2013.
- One day State Level workshop on Post Accreditation Quality Sustenance on 29th September 2014 held at Lingaraj College, Belgaum.
- Participated in One day state level workshop on "Protection of Children from Sexual Abuse-With Special Reference to POSCO Act, 2012" held on 5th march 2015 at B.V. Bellad Law College Belgavi.
- Attended one day workshop on "Question Paper setting" 7th October 2017 organized by KLE University Department of Education for Health Professionals and Lingaraj College.
- Attended one day workshop on 'Sexual Harassment and Waste Management' on 18th September 2017 organized by KLE Swashakti Empowerment Cell.
- Attended Workshop on 'How to write official communication' By Shree Gangdharmath on 21st August 2017 organized by Lingaraj College, Belgavi.
- Workshop on Stress management and Meditation by Brhamkumari's Belgavi on 30th August 2017 Organized by Lingaraj College, Belgavi.

- Attended One day National Level Workshop on ‘Cyber Laes and Ethics in India’ on 23rd March 2018 organized by B.V.Bellad law College, Belagavi.

➤ **Seminars:**

- All India seminar on Psychology Applied to sports & Allied Sciences organized by H.V.P. Mandal’s degree College of physical Education Amravati on 12 to 14th December 1986. Presented paper on “A Comparative study of level of adjustment and Extroversion-Introversion among the players in group versus individual sports events”
- Attended One day seminar on Business environment organized by Lingaraj College Belgaum in association with Karnataka University Commerce College teachers Association on 30th September 2006.
- Two day national seminar on “sustenance and enhancement of quality in higher education” on 14th and 15th February 2007 at R.L. Science Institute Belgaum.
- Participated A two days National seminar on “Indian Financial system-Reforms & developments” on 14th & 15th April 2007 organized by KLE Society’s Lingaraj College Belgaum
- A one day National Level Seminar on “Rating Scales in Psychiatry” on 24th May 2009 held at KLE University’s J.N. Medical College, Belgaum.
- National Level Seminar on “Best Practices in Higher Education” organized by IQAC of Ramniranjan Jhunjunwala College, Gahatkopar, Mumbai on 15th & 16th December 2010 presented paper on “Best Practices in Lingaraj college”.
- National Seminar On “Quality Assurance in Health Science Institutions” Sponsored by NAAC held at KLE University, Belgaum on 2nd and 3rd January 2012.
- National Seminar on Aerobic Exercises and Yoga Science for Health and Fitness in association with Department of Physical Education and Sports, Karnataka University, Dharwad. Held at Government First Grade College, Alnavar, Dharwad on 22nd& 23rd February 2013. Presented Paper on “The Impact of Exercises on Mental Health”
- UGC sponsored two days National Level Seminar in Government First Grade college Nesargi Organized by Department of Sociology on “Different faces of

Violence against women in India: Current Challenges & Strategies to combat” on 20th & 21st February 2015 Presented Paper on “Girl Child Abuse & cruelty”. Published paper with ISBN: 978-93-82028-88-8.

- Presented Paper on ‘Problems of Working Women’ in UGC Sponsored One Day State Level Seminar on “Psychology and Modern Life” organized by Department of Psychology, Basaveshwar Arts College, Bagalkot on 26th September 2015.
- One-Day state level seminar on “Women in Text and Context” WITAC 2015 has presented paper on “21st Century Women and Challenges” on 28th March 2015 in Shri Satya Sai Institute of home Science (For Women), Dharwad.

➤ **Faculty Development Programme:**

- Participated in Two days workshop for faculty on Research Methodology on 28 & 29th January 2011 Organized by Lingaraj College Belgaum for which Resource person was Dr Hebsur from Bombay.
- Participated in One day Faculty development programme on “Inter Personal Healthy Relationship” on 19th October 2013 organized by Lingaraj College, Belgaum for which resource person was Shri Amit Soundlkekar.

➤ **Training Program:**

- Attended One day training Programme on Total Quality Management organized by Lingaraj College on 23rd November 2002.
- Attended One day Symposium on “Climate Change: Challenges and Initiatives” organized by Lingaraj College, Belagavi on 29th February 2016.

➤ **Published Paper:**

- Published paper on “Aging and Sexuality” in International Journal of Social Sciences review Dec 2015, Vol-3, Issue 4 with ISSN: 2347-3797.
- Published Paper of “A comparative study of occupational stress of the teachers with reference to special and normal school children’s” in Indian Journal of Health and Well being. Vol-7 Issue 2 Feb 2016 ISSN:2229-5356 (print) 2321-3698 (online)
- Published paper on “New Trends and Challenges in Health Psychology” in International Journal of Multidisciplinary Research (IJMR) Vol. IV, Issue 1(III), April 2015, ISSN: 2277-9302

- Published Paper on Girl Child Abuse & cruelty in Different faces of Violence against women in India: Current Challenges & Strategies to combat Issue-1 March 2015 **ISBN: 978-93-82028-88-8.**
- Published Paper on Attitude of Adolescence Towards Sexuality Indian Journal of Health and Well Being Vol-6, Issue 12, Dec 2015, **ISSN:2229-53569 (Print), 2321-3698 (Online)**
- What Everyone Should Know about Intellectual Disabilities. International Journal for Social Sciences Review Vol. 4, Issue.4 **ISSN: 2327-3768 December 2016.**
- Security and insecurity of women in changing family structure-Indian Perception. International Journal of Social Sciences Review Vol.5, Issue 1, **ISSN-2347-3797 March 2017.**
- Women In Olympics - Winning Against All Odds, International Journal of Social Sciences Review 2017 Vol 5, Issue 4, **ISSN-2347-3797 Dec-2017.**

➤ **Other:**

- Invited as a chief guest on 12th January 1992 in DLE Trust's St. Germaine's Indian High School, Belgaum for Annual Gathering.
- Nominated as a member of Advisory Committee for curriculum development of Sheikh Group of Institution. Sheikh Central School (Affiliated to CBSE, New Delhi)
- Invited as a resource person in One day workshop of Various School Principal's of Belgaum city on 20th April 2013.
- Invited as a resource Person in a seminar on the topic "Psychological Problems faced by the middle aged men and women" on 28th November 2010 for the members and ladies of the wing of Lodge Victoria. Educated on "Challenges of Middle age women towards work and House hold activities".
- The Mercantile Co-op Credit society organized one day workshop on "Parenting" invited as a resource person to speak on "Positive Parenting" on 25th September 2010.
- Invited as a Resource person in Book releasing ceremony to introduce A Book on Communication Skills & Personality Development Written by Dr.Sahukar S. Kamble organized by RL Science Institute Belgaum on 27th March 2012.

- Invited as a guest speaker in ‘Farmers Suicide: Awareness Program’ was organized by joint venture of Lingaraj College and Hindalco at kakati village regarding farmers suicide. 150 farmers were attended this program.
- Invited as a Resource person for one day state level seminar on ‘Psychology and Modern Life’ delivered lecture on ‘Problems of Working Women’.
- Reviewed Chapter—‘Coexisting Mental Health Disorders and Substance Use Disorders: A Western and Eastern Overview of the Prevalence, Treatment and Future Direction’ in the book on “Chronic Mental Illness and the Changing Scope of Intervention Strategies, Diagnosis, and Treatment. Author Dr. Vijay Prasad Berre.
- Invited as a resource person by All India Senior Citizens Confederation on 08/04/2017 to deliver speech on “Life after Retirement and Loneliness” in Belagavi.
- Invited as a resource person by Department of Public Health, KLE University to deliver speech on “Basic Life Skills for Teachers” in Belagavi.
- Invited as a resource person in “Pallava Koushalya-Skill Station” for psychological assessment in children at ‘Pallava-2019’, an international conference on kaumarabhritya organized by Shri B.M. Kankanwadi Ayurved Mahavidyalaya, Shahapur, Belagavi held on 6th December 2019.