

CURRICULAM VITAE



NAME : **Dr. S. SURMA**
Assistant Professor
Department of Studies and Research in Psychology
Karnataka State Open University
MukthaGangothri, Mysore-06
Karnataka State, India.

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EDUCATIONAL QUALIFICATION : Ph.D in Psychology

Life Skills Counseling for enhancing the Personality of High School Students

M.Sc. Psychology -2nd Rank (Clinical Psychology)

P.G. Diploma in Counselling and Psychotherapy - 2nd Rank

K-SET -Pass

SUBJECTS STUDIED IN DEGREE : Major : Psychology

Sociology

English

LANGUAGES KNOWN : Kannada, English, Hindi

OTHER QUALIFICATION : Hindi - Praveshika

WORK EXPERIENCE

Worked as 'Research Assistant' under Dr.Venkateshan, Clinical Psychologist, for 1 year. All India Institute of Speech and Hearing, Mysore in the project titled "Caretakers as Teachers in Training Children with Developmental Disabilities".

Worked as Resource Person for Manasa Health Foundation from 5 years.

TEACHING EXPERIENCE

10 Years Teaching Experience in KSOU for B.A, M.A and M.Sc Psychology.

5 Years Teaching Experience for Under Graduation -As Psychology Lecturer in BGS College of Nursing College, JSS College of Nursing, Gopalgowda Shanthaveri Nursing College, Vikram College of Nursing.

4 years Teaching Experience for Post Graduation JSS College of Nursing, Gopalgowda college of Nursing.

RESEARCH EXPERIENCE: 05 Years

COUNSELLING EXPERIENCE

6 years mainly for Students of all age group.

ACADEMIC AWARDS AND HONORS

2nd Rank in M.Sc Psychology (Clinical Psychology)

2nd Rank in P.G. Diploma in Counselling and Psychotherapy

COURSES TAUGHT

- ❖ Clinical psychology
- ❖ Counselling psychology
- ❖ General psychology
- ❖ Cognitive Psychology

- ❖ Psychological testing and assessment

- ❖ Research methodology

AREA OF SPECIALIZATION

- ❖ Applied psychology
- ❖ Clinical psychology
- ❖ Counselling psychology
- ❖ Cognitive psychology

PUBLICATIONS

1. S.Surma (2012) “**Infancy – Cognitive, language and moral development**” **Education Encyclopedia** Volume-1 Page No. 742- 746 Published by Karnataka State Open University, Manasagangothri, Mysore.
2. S. Surma (2012) “**Social, Emotional development in Infancy stage**” **Education Encyclopedia** Volume-2 Published by Karnataka State Open University, Manasagangothri, Mysore.
3. Surma.S, Dr. Sampathkumar and Manjunatha.P (2015) **Psychological Counselling in Inclusive Education**, *International Conference on Inclusive Education-Perspectives and Challenges (Edited Book)* Published by Vidyanidhi Prakashana Gadag-**ISBN978-81-910849-11-6**.
4. Dr. Manjunatha. P ,Dr.Sampathkumar and Surma.S (2015) **Psychological Testing for Successful Implementation of Inclusive Education**, *International Conference on Inclusive Education-Perspectives and Challenges (Edited Book)* Published by Vidyanidhi Prakashana Gadag-**ISBN978-81-910849-11-6**.
5. Surma.S, Sampathkumar and Dr. Manjunatha.P (2014) “**The control of mind through Pathanjali Yoga**” **10th Karnataka Science Congress** Proceedings Page No- 162-166 **ISSN-2249-5754**.Vijnana Kannada, Bengaluru.
6. Dr.Manjunatha.P, Sampathkumar and Surma. S (2014) “**Mental Health and Meditation**”, **10th Karnataka Science Congress** Proceedings Page No- 166-173 **ISSN-2249-5754**.Vijnana Kannada, Bengaluru.
7. Dr.Manjunatha. P, Sampathkumar, Ravikumar M.B & Surma S (2015) “**Psychosocial Adjustment among Orphan Children Living with HIV/AIDS**”, *The International Journal of Indian Psychology*,Volume-3, Issue-1, ISSN 2348-5396(e), **ISSN- 2349-3429 (p)**

8. S.Surma & Dr. Sampathkumar (2016) **“Impact of Life Skills Counselling in Enhancing Emotional Stability among High School Students”**, *Academicia: An International Multidisciplinary Research Journal*, Volume-6 Issue-11, November 2016,ISSN:2249-7137.
9. S.Surma & Dr. Sampathkumar (2016) **“Effects of Life Skills Counselling in Enhancing Self-Sufficiency among High School Students”** *The International Journal of Indian Psychology* , Volume 3, Issue 4, No.67, ISBN:978-1-365-39397-6.
10. Dr.Manjunatha. P, & Dr. Surma S (2018) **“Role of Intervention programmes in reducing Alcoholics problems”**, *Global Innovative Research Dimensions*, Proceedings of 7th International Multidisciplinary Conference, Volume-8, (edited book), Published by BOOKRIX Gmbh & Co.KG, Sankt-Martin-Strabe, Munich, Germany, ISBN- 9781-387-97676-8.
11. Dr. P. Manjunatha and Dr.S.Surma (2019) **“The Role of School Counsellor in preventing Technology Addiction of Students –A Review.”** Proceedings of National Seminar on Psychology for Generation-Z Published by Navaspoorthi Publications ISBN:978-81-939820-1-3.

PAPER PRESENTATIONS

1. Presented paper in the three days 46th National and 15th International Conference of the Indian Academy of Applied Psychology (IAAP) on **“Life skills for Quality of Life”** conducted on 4th-6th February 2011 in the conference organized by the Department of Studies in Psychology, University of Mysore, Mysore.
2. Has presented two papers in **“10th Kannada Vijnana Sammelana”** Karnataka Science Congress held on September 15-17th 2014 organised by Karnataka Vignana Andolana ,Bangalore and University of Mysore. Papers titled
 - 1.The control of mind through Pathanjali Yoga.
 - 2.Mental Health and Meditation.
3. Presented two papers in One Day National Seminar on **“Current Trends in Psychology and Counseling: Issues and Challenges”** Held on 31st March 2016, Organized by Centre for Psychological Counseling, Dept of Psychology BUB and Karnataka Association of Applied Psychologists, Bangalore, papers titled : 1. **“Effects of Life Skills Counselling in increasing Assertiveness among High School Students”**.

2. Effects of Life Skills Counselling in reducing tension among Alcoholics”

4. Participated and presented two papers in one day National Seminar on **“Psychology for Gen-Z”** Held on Dec 1st, 2018, Organized by Dept of Psychology BUB and Karnataka Association of Applied Psychologists, Bangalore, papers titled 1. **“ The importance of Life Skills Counselling for students to prevent Technology Addiction- A Review”**.

2. The role of school counsellor in preventing Technology Addiction- A Review”

SESSIONS CHAIRED IN CONFERENCES

1. Chaired a Session on **“Professional Counselling and Guidance service to Enhance the Well being in Society”** in the One Day National Seminar on **“Current Trends in Psychology and Counseling: Issues and Challenges”** Held on 31st March 2016, Organized by Centre for Psychological Counseling, Department of Psychology BUB and Karnataka Association of Applied Psychologists, Bangalore.
2. Chaired a Session in one day National Seminar on **“Psychology for Gen-Z”** Held on Dec 1st, 2018, Organized by Department of Psychology BUB and Karnataka Association of Applied Psychologists, Bangalore.

CONFERENCES/SEMINARS/WORKSHOPS

1. Participated in the three days *46th National and 15th International Conference of the Indian Academy of Applied Psychology (IAAP)* on **“Life skills for Quality of Life”** conducted on 4th-6th February 2011 in the conference organized by the Department of Studies in Psychology, University of Mysore, Mysore.
2. Participated in the three days **“Training on Audio- Visual Learning and Development”** on 12th -14th June 2010 organized by Karnataka State Open University.

3. Participated in two days Workshop on **“Development of Self- Learning material for Undergraduates”** on 29th -30th October 2010 conducted by the Department of Psychology, Karnataka State Open University.
4. Participated in two days Workshop on **“Development of Self- Learning material for Postgraduates”** on 2nd-3rd June 2011 conducted by the Department of Psychology, Karnataka State Open University.
5. Participated in two days Workshop on **“Development of Self- Learning material for M.Sc Psychology”** from 24th -25th June 2011 conducted by the Department of Psychology, Karnataka State Open University.
6. Participated in the three days **“International Conference on Open and Distance Learning in Global Environment – Issues and Challenges”** from 21st-23rd September 2011 organized by Karnataka State Open University.
7. Participated in One day State Level Conference on **“Working Women Stress, Health and Education”** held on 4th September 2012 organised by DOS in Education, KSOU.
8. Has attended two days workshop on **“Self Learning Material Development”** in KSOU ON 7-10-13 TO 8-10-13.
9. Has participated in **“10th Kannada Vijnana Sammelana”** Karnataka Science Congress held on September 15-17th 2014 organised by Karnataka Vignana Andolana, Bangalore and University of Mysore.
10. Participated in one day workshop on **“Technology in Higher Education”** held on 7th February 2015, Organised by University of Mysore and Karnataka Knowledge Commission, Government of Karnataka, Bangalore.
11. Participated in 7th International Conference on **“Inclusive Education Perspective and Challenges”** held on 6th and 7th March 2015 organised by Department of Education , KSOU, Mysore and CBR Network, Bangalore.
12. Participated in one day workshop on **“Accelerating Gross Enrolment Ratio In Education-Issues and Challenges”** held on May 14th 2015, organized by KSOU and Department of Higher Education, Government of Karnataka, Bangalore.
13. Participated in Two day International Conference on **Advances in Collaborative Research** for Economics, Management, Humanities, Social Séances and Computer Technology Held on 25th and 26th June, 2016 at University of Mysore, Karnataka, India,

Jointly Organized by University of Mysore, Karnataka State Planning Board, Development Research Foundation, Mysuru, ISBR Bangalore and CREST, Bangalore.

14. Participated in the **103rd Indian Science Congress** held from 03-01-2016 to 07-01-2016 at University of Mysore, Mysore.

15. Participated in One Day National Seminar on “**Current Trends in Psychology and Counseling: Issues and Challenges**” Held on 31st March 2016, Organized by Centre for Psychological Counseling, Dept of Psychology BUB and Karnataka Association of Applied Psychologists, Bangalore.

16. Participated in one day National Seminar on “**Psychology for Gen-Z**” Held on Dec 1st, 2018, Organized by Dept of Psychology BUB and Karnataka Association of Applied Psychologists, Bangalore.

17. Participated in Two days National workshop on “**Technical Writing and publications, grant proposals, funding agencies and soft skills in scientific research**” on 10th and 11th January 2019 organised by centre for study of social exclusion and inclusive policy, University of Mysore.

18. Participated in one day workshop on “**Choice Based Credit System**” (CBCS) held on 19th July, 2019 at Karnataka State Open University, Mysore.

ORIENTATION/REFRESHER PROGRAMME

1. Participated in the **102nd UGC Sponsored Orientation Programme**, organized by Academic Staff College, University of Mysore, Mysuru. From 28-12-2013 to 24-01-2014 and has obtained ‘A’ grade.
2. Participated in the **Refresher course “ Soft skills and Personality Development”** (Psychology) organized by Human Resource Development UGC sponsored from 17-02-2017 to 09-03-2017 **obtained ‘A’ grade**. Organized by UGC-HRDC University of Mysore

ORGANIZING COMMITTEE MEMBER

1. Organizing committee member of the one day National Conference on “**Human Rights- A Natural and Positive Edict**” held on 3rd February 2015 at KSOU, Mysore.

CONFERENCES/SPECIAL LECTURES ORGANISED

1. Organized one day special lecture on **“Indian Psychology”**, for Psychology students, KSOU, from Emeritus Prof. Anand Paranjape, Simon Fraser University, Canada.
2. Organized a one day special lecture on **“Psychological disorders and Counselling”** from Dr. Ashok Pai, Psychiatrist, Manasa Mental Health Foundation, Shimoga in February 2011 for II M.A Psychology Students KSOU, Mysore.
3. Had organized a one day special lecture on **“Psychological Disorders and Management”** by Dr. C. R. Chandrashekar from NIMHANS, Bangalore on 13th March 2012. From the Department of Psychology, Karnataka State Open University.
4. Had organized and given a one day Special lecture on **“Exam preparation, study skills and confidence building for SSLC/PUC Students”**, in collaboration with Gnanavani on 19th February 2012.

PSYCHOLOGICAL ARTICLES PUBLISHED IN STATE LEVEL NEWS

PAPERS [KANNADA DAILY NEWS PAPERS]

1. **“Mahileyara mannasegondu apathasalahe”**- Mysuru Mithra, Saapthahika Puravani Edition Date: 06-03-2011, Andolana Date: 06-03-2011.
2. **“Bhadrate beku badukige”**-Prajanudi, Prajasaapthika Edition, Date:01-05-2011
3. **“Guri talupalu kanasu kanere”** –Prajanudi Date:28-05-2011
4. **“Nimma manasika arogya nimma kyaille”**-Prajanudi Date:10-10-2011
5. **“Vidyaarthigala vikasave aadarsha guruvina guri”** –Prajanudi, Date: 05-09-2018
6. **“M.Sc manovignanakke muktha avakasha”** –Prajanudi, Date: 14-10-2018

PSYCHOLOGICAL ARTICLES PUBLISHED IN STATE LEVEL NEWS

PAPERS [ENGLISH DAILY NEWS PAPERS]

1. **Exam preparation-** Star of Mysore Date: 31-03-2012

ACADEMIC MEMBERSHIP

1. .BOS, Chairperson for PG Psychology, KSOU.
2. BOS, Member for UG Psychology, KSOU.
3. BOE, Member for UG Psychology, KSOU.
4. BOS, Member for PG Psychology , University of Mysore.

MEMBERSHIP IN SCIENTIFIC ORGANIZATIONS

1. Life Member Indian Science Congress, New Delhi.
2. Life Member Karnataka Psychological Association, Bangalore.

RESPONSIBILITIES CARRIED OUT TILL DATE

- ❖ Worked as Chairman Department of Psychology, KSOU, Mysuru.
- ❖ Working as BOS Chairman PG Department of Psychology, KSOU, Mysore.
- ❖ Working as BOS member for UG, KSOU, Mysore.
- ❖ Worked as BOE Chairman in PG & UG, Department of Psychology, KSOU, Mysuru.
- ❖ Worked as Coordinator for PG&UG Psychology study materials development.
- ❖ Worked as Deputy chief Superintendent for B.Ed Examinations of Karnataka State Open University.
- ❖ Worked as Resource Person for Competitive Training Centre , KSOU.
- ❖ Delivered many special lectures in universities, colleges and schools on psychological issues.

TALKS AND LECTURES GIVEN IN GYNANAVANI

1. Poshakarege apathasalahe
2. Mahileyarege apthasalahe
3. Memory Techniques
4. Manovighnanada parechaya
5. Pareeksha Siddathe

TALKS GIVEN IN AIR

1. Children's behaviour and stress
2. Stress management Date: 27-06-2011
3. Control of Anxiety Date: 22-05-2015
4. Mind and Body Relationship 25-05-2015

5. Myths about Mental Illness
6. Life after Retirement
7. Emotional Intelligence

STUDY MATERIALS PREPARED

1. First Year B.A Psychology –**Basic Psychological Processes**
Block- 4 Units 21 and 22 (EM) (SLM)
2. First Year B.A Psychology –**Basic Psychological Processes**
Block- 4 Units 21 and 22 (KM) (SLM)
3. Second Year B.A Psychology –**Human Development**
Block- 3 Units 17 and 18 (EM) (SLM)
4. Second Year B.A Psychology –**Human Development**
Block- 3 Units 17 and 18 (KM) (SLM)
5. Final Year B.A Psychology –**Social Psychology**
Block- 1 Units 3 and 4 (EM) (SLM)
6. Final Year B.A Psychology –**Social Psychology**
Block- 1 Units 3 and 4 (KM) (SLM)
7. Final Year B.A Psychology –**Psychopathology**
Block- 2 Units 7 and 8 (EM) (SLM)
8. Final Year B.A Psychology –**Psychopathology**
Block- 2 Units 7 and 8 (KM) (SLM)
9. First Semester M.Sc Psychology Course-3 **Cognitive Processes**
Written Block-3 Unit 9,10,11,12 (EM) (SLM)
10. Second Semester M.Sc Psychology Course-7 **Personality and Adjustment**
Written 1 Block -2 Unit 5,6,7,8 (EM) (SLM)
11. Third Semester M.Sc Psychology Course-12 **Health Psychology**
Written Block-3 Unit 9,10,11,12 (EM & KM) (SLM)

Dr.S.Surma