

## **Curriculum vitae**



**Dr. Mahesh M M**

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Department of Psychology*

Date of Joining:	27.06.2019
(i) In Collegiate Education service:	
(ii) Previous service if any( specify) :	Clinical Psychologist (2014-2016)
Experience details	<p>Assistant Professor, Department of Psychology, Sri Achuthamenon Government College, Kuttanellur, Thrissur, since 8<sup>th</sup> September 2021</p> <p>Assistant Professor, Department of Psychology, Government College for Women, Thiruvananthapuram June 2019 – 7<sup>th</sup> September 2021</p> <p>Clinical Psychologist, Department of Psychiatry, Kannur Medical College, Ancharakandy (November 2014 – July 2016)</p>

Qualification	<p>PhD in Psychology (Kannur University)</p> <p>MPhil in Clinical Psychology (Kasturba Medical College, Manipal)</p> <p>MSc Clinical and Counselling Psychology (Kannur University)</p> <p>UGC-NET with JRF</p> <p>Fellowship in Psycho Dermatology</p>
Area of interest (Broad)	Mental Health
Field of interest (Narrow)	Clinical Psychology, Child and Adolescent Psychology, Positive Psychology, Neuropsychology
Field of research	Clinical Psychology, Positive Psychology, Neuropsychology, Behavioural Addiction etc.
Guideship details	
Subject handled (UG)	Counselling Psychology, Positive Psychology, General Psychology
Subjects handled (PG)	Counselling Psychology, Personality, Clinical Psychology, Psychotherapy
Academic Responsibilities Undertaken:	Member, Board of studies, UG, Kannur University, Chairman, Board of Question Paper setting (BSc Psychology) and Question Paper Setter (BSc and MSc Psychology) in Different Universities
Office Charges held (like charges of clubs, NSS, NCC, etc.)	Jeevani Coordinator

<b>Extension Activities Undertaken</b>	<ul style="list-style-type: none"> <li>➤ Snehasparsam” Project Coordinator- Online Counselling support for VHSE Students, Thrissur District – (2021-22).</li> <li>➤ State Coordinator, Higher Secondary School Teacher’s Transformation Program (Psychology), Department of Higher Secondary Education &amp; Collegiate education, Kerala.</li> <li>➤ Resource person for Teacher’s training (Guidance and Counselling), Department of Education, Lakshadweep, Indian Union territory.</li> <li>➤ Resource person for ‘Safe, Healthy and Happy School’ project under SCERT, Kerala.</li> <li>➤ Tele Counselling for Vocational Higher Secondary students under Career Guidance Cell, VHSE Kerala</li> </ul>
<b>U.G.C Research Projects Undertaken: (Specify Major/ Minor, Details of fund, title of project, period, status, etc.)</b>	Nil

<p><b>Non U.G.C Research Projects Undertaken: (Specify Funding Agency, Details of fund, title of project, period, status, etc.)</b></p>	<ul style="list-style-type: none"> <li>➤ Investigator of the Major Research Project on <b><i>“Prevalence of substance use disorder and the awareness of risks among school children in Kerala”</i></b> Women’s Commission, Kerala , 2019 (Rs. 200000/).</li> <li>➤ <b>Adolescents Counselling for Girls:</b> Project designed and implemented for girls studying in 10th and +2 in schools under Thalassery Municipality (Annual project Plan 2018-19), Kannur district, Kerala. (Rs.100000/)</li> <li>➤ <b>Deaddiction and cyber- crime:</b> Project implemented for students studying in high schools, vocational higher secondary and higher secondary schools under Thalassery Municipality (Annual project Plan 2018-19), Kannur district, Kerala. (Rs.100000/)</li> </ul>
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**Research Publications:**

- Published an article (***Mindfulness training for Adolescents with Attention Deficit Hyperactivity Disorder***) Indian journal of public health Research & Development- Vol: 10, Issue: 8, 2019 print ISSN-0976-0245. Online ISSN: 0976-5506. DOI: 10.5958/0976-5506.2019.0173.9
- Published an article (***Influence of Mindfulness training on Dispositional Mindfulness and Anxiety***) International journal of Social science and Economic Research- Vol: 4, Issue: 5, 2019.
- Published an article (***The effectiveness of behaviour therapy in writer's cramp***) International journal of Indian psychology- Vol: 3, Issue:21, January 2016 ISSN – 2349 – 3429.
- Published an article (***The effect of Aerobics on emotional competence among adolescents***) International journal of Humanities and social studies - Vol : 3, Issue:12, December 2015 ISSN – 2321 – 9203.
- Published an article (***The effect of Aerobics on Resilience***) Research Nebula – international Refereed Indexed journal- Vol: 3, Issue:1, April 2014 ISSN – 2275 – 8071

<b>Books Published:</b>	<p>Ø Published a Book (Resilience and Emotional competence, influencing factors and the effect of Aerobics) Notion press 2016, ISBN 978-93-5206-755-8.</p> <p>Ø A chapter (A positive approach in Stress management: A practical window of relaxation) contributed in a hand book for Psychology apprentice under the department of Collegiate education, Kerala – by GCW, Thiruvananthapuram, State Nodal Office, Jeevani in 2019.</p> <p>Ø A chapter (Effectiveness of social skill training on children with attention deficit hyperactivity disorder) contributed to an edited book – Current trends in the management of Developmental Disabilities by Calicut University in 2016.</p>
<b>Paper Presentations:</b>	<p>Ø Presented a poster on Cognitive Behaviour therapy in Adolescents with Evolving Anxious avoidant personality Disorder (National Annual Conference of Indian association of Clinical psychologist - 2014)</p> <p>Ø Presented a paper on Effect of Aerobics on Emotional Competence and Resilience among Adolescents (Annual National Conference of Indian Society of Professional Social work- 2013)</p> <p>Ø Presented a paper on Resilience: Influencing factors and the effect of Aerobics (National conference on School psychology: Mental health challenges - 2013)</p>
<b>Seminars / Workshops Organized:</b>	
<b>Seminars Attended:</b>	
<b>Workshops Attended: As Resource Person</b>	<p>Ø Handled sessions in different CRE programs</p> <p>Ø State resource persons in SIEMAT- KERALA for awareness classes for parents of mentally challenged children.</p> <p>Ø Conducted sessions in different higher secondary schools for adolescent education</p> <p>Ø Handled scientific sessions in workshops for life skill education, Mindfulness, MBCT etc.</p> <p>Ø Handled Webinars in the areas of Mental health, Suicide prevention, Parenting etc.</p>

<b>Workshops Attended:</b>	Qualitative Research
<b>Refresher Courses Attended:</b>	Refresher Course in Psychology (12-26 April 2021)
<b>Short Term Courses Attended:</b>	MOOC course on Online Learning and content Development
<b>Orientation Programmes Attended:</b>	FIP- Guru Dhaksha (Savithri bhai Phule Pune University-10.01.2022 to 8.02.2022)
<b>Awards / Honours / Patents Conferred:</b>	<ul style="list-style-type: none"> <li>➤ Rank holder in MSc Clinical and Counselling Psychology, Kannur University, 2011</li> <li>➤ UGC Junior Research Fellowship-2010</li> <li>➤ Rank holder in BSc (School Counselling), Calicut University, 2009</li> <li>➤ ELITE World Record Winner (Mental Health Awareness Program, conducted by Tamilnadu Clinical Psychology Association)</li> </ul>
<b>Membership (s) in:</b>	Rehabilitation Council of India Registration as Clinical Psychologist (A-40500) Indian Association of Clinical Psychologists- Kerala Region Indian Association of Clinical Psychologists -Malabar Chapter