

Dr. Mukambika G.S.
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Career Objectives

To work in a stimulating environment to reach higher echelons and to be part of growing organization that offers potential for advancement and professional growth by utilizing the acquired skills and experience

Current Employment

Professor in Department of Post Graduate Studies in Social Work - MSW, Alva's College, affiliated to Mangalore University, Moodubidire, Mangalore, D.K, **from 2004 to till the date.**

Work Experience

1. Four years of experience as family counselor, De - addiction counselor, Health Coordinator and social work volunteer in CAIM Society, Treatment and Recovery Centre, Bangaluru, Joint Women's Programme, Millers Road, Bangaluru, Association of People with Disability, St. Thomas Town, Bangaluru & DKMU, Mangaluru, respectively from 1996 to 2000.
2. 22 years of teaching experience for Post Graduate students. Seven years of teaching experience for undergraduate students and 15 years as coordinator of Medical and Psychiatric Social Work specialization.

Professional Qualification

1. PhD from Bharathiar University, Coimbatore, Tamil Nadu.(Reg. No. Ph.D- CB-Jul 2013-0013)
2. Mphil in Sociology from Annamalai University, Chidambaram, Tamil Nadu, 2007.

3. MBA in Human Resource Management from Indira Gandhi National Open University (IGNOU), New Delhi, 2011.
4. MSW-Specialized in Medical & Psychiatric Social Work from School of Social Work, Roshni Nilaya, Mangaluru 1996
5. Bachelor of Arts (History, Economics & Sociology) from Nehru Memorial College, affiliated to Mangaluru University 1994.

Ph.D Thesis

“Sources and Strategies of Stress Management among married women
Working in Formal Sector”.

MPhil Thesis

“Problems of Rehabilitation of HIV Positive Women in Moodubidire region”.

Master level Thesis

1. “Psycho-Social problems of aged women”
2. “Total Quality Management”

Subject Taught in Post Graduate Level

1. Dynamics of Human Behaviour
2. Working with Individuals and Families
3. Indian Society, Polity and Economy
4. Industrial Psychology
5. Social and Organizational Psychology
6. Medical Social work
7. Psychiatric Social Work
8. Social Medicine and Medical Social Work

Subject Taught in Graduate Level

1. Fundamentals of Nutrition
2. Health Education
3. Working with Individuals and Families
4. Health care

Key Responsibilities in the Department/College/Alva's Education Foundation

1. In charge of outreach activity of Alva's Education foundation, Alva's Sanjeevini HIV positive people's network since 15 years
2. Adolescent and HIV counseling from 15 years
3. Convener of Anti-Sexual Harassment Cell, Alva's College, Moodubidire from 2017 to till the date
4. In charge P.G. student scholarship from the academic year 2018-2019
5. Co-coordinator of "Saukya" Mental Health clinic of Alva's Education Foundation from 2018.
6. Member of sanitation programme of Alva's Education Foundation from 2018
7. Member of "Green Zone" – Green initiative of Alva's College, Moodubidire
8. IQAC Coordinator from July 2024 onwards

Guidance and Supervision

Research Guide for Post Graduate students for their Dissertations.

Guide and Supervisor for Post Graduate students for practical placement in various health Settings like, hospitals, de addiction centers, counseling centers, NGOs.

Seminars/workshops/camps organized

1. Committee coordinator for two days annual seminar entitled – the Disability, a Socio-Legal Challenge.
2. Coordinator for seminar on the Impact of Psycho-social factors on Health
3. Coordinator for two days state level seminar SAMHITHA
4. Committee coordinator for one day National seminar on Challenges of Human Identity and Social Work in new Millenium.
5. Community camp OUTLOOK was organized to MSW students.
6. Committee coordinator for one day national seminar entitled "Waste Management – A Challenge, organized by Department of PG Studies in Social Work in association with Town Municipal Council Moodubidire.
7. Coordinator for one day national seminar " Social Work Practicum – Alumni Paradigm -2019"

Publication

1. "Study on the Problems of Rehabilitation of victimized HIV positive women in Moodubidire region in D.K. District, Development and Advances in Social Science, Annu Books Publishers, Meerut, ISBN 978-93-82166-26-9
2. "Depression among married working women, SAMAJA SHODHANA, Journal of Magalore Sociology Association ISSN 2319-3247
3. "Stress Management among married working women", International Journal of contemporary Research in Social Science, HOPE Publications, Tiruchinapalli, T.N. ISSN 2349-0195.
4. "Stress among married working women" , International Journal of Novel Reseach

- in Humanity and Social Sciences, ISSN 2394-9894 (online).
5. "Teachers' Perception of Sex Education in Primary Schools" Rajagiri Journal of Social Development, Print ISSN : 0973-3086; Online ISSN; 2583-7087.
 6. "Personal Meaning and Life Satisfaction among Younger and Older Adults", International Journal for Multidisciplinary Research, E-ISSN : 2582-2160 Impact Factor : 9.24.
 7. "Social Work Intervention & Counselling Follow-up in Covid Care" International Journal for Multidisciplinary Research E- ISSN : 2582- 2160, Impact factor 9.24.

Professional membership

-  Life membership of National Association of Professional Social Workers in India (NAPSWI)
-  External Expert Member to IC Committee in Metasoft IT Solutions Private Limited, Mangalore from January 2024.

Seminars/Conferences/Webinars – Participation / Paper presentation

International Level

1. International conference on social work practice in mental health organized by De Paul Institute of Science and Technology, Centacare Australia and James Cook University Australia at De Paul Institute of Science and Technology, Angamaly, Kochi, India.
2. Participated & presented a paper on "Leisure activity of elderly in rural community" in UGC sponsored International Seminar on Gerontology – A Social Work perspective, organized by School of Social Work Roshni Nilaya, Magaluru and advantAGE Seniors, Bangalore.
3. International webinar on "Effective skills for research and publication in social sciences" organized by the Department of PG studies and research in Sociology, RCU, Belagavi on 26th June 2020.
4. International webinar on "Gender equality and inclusive development" organized by Department of social work, Central university of Kerala on 24th June 2020.
5. International panel discussion on "Social Work in health care during pandemics : Indian and Global perspectives" organized by All India Association of Medical social Work Professionals in collaboration with Kerala Association of professional social workers on 18th July 2020.
6. International webinar on "Effective skills for research and publication in Social Sciences" organized by Dept. of P.G. Studies and research in Sociology, Rani Chennamma University, Belagavi on 2th June 2020.
7. International webinar on "Sakhi Manthana : Menstrual Health Management" organized

by Sheshadripuram Evening College, Bengaluru in association with Water supply and sanitation collaborative council, Geneva, Switzerland on 5th August 2020.

8. Three Days international webinar on “Medical and psychiatric social Work Practice in expanding health care system” organized by Department of Social Work, Pooja Bhagawath Memorial Mahajana Education Centre, Mysuru in association with School of Social work, Kadambari Memorial college of Science and Management, Nepal from 10th August to 12th August 2020.

National level

1. Participated and presented a paper on “Psychological wellbeing of HIV positive women” in National seminar entitled Mental health and Wellbeing organized by Department of psychology, University of Calicut, Kerala.
2. Participated and presented a paper on “Rehabilitation of HIV positive women” in 5th Annual National seminar entitled Social Work response to HIV/AIDS organized by IGNOU and ISI, Bengaluru
3. Participated in national level seminar entitled perspectives on women’s health across the life span organized by department of BSW, Alva’s College, Moodubidire.
4. Participated and presented a paper on “Psycho-social health of HIV positive women”, a study in Moodubidire region at national conference entitled social sciences- challenges and perspectives in the 21st century organized by department of humanities, Alva’s College, Moodubidire.
5. Participated and presented a paper on “Impact of social networking sites on mental health of youth” in a national conference entitled youth for social transformation – involvement and initiatives, organized by SDM College, Ujire.
6. Participated and presented a paper on “Problems of rehabilitation of HIV positive women” in ICSSR sponsored national conference entitled social exclusion and inclusive growth, challenges and strategies, organized by department of Social Work, Magaluru University.
7. Participated and presented a paper entitled “Depression among married working women” in national conference SAMBHRAMA – the changing face of the family- implications and interventions organized by SDM College, Ujire.
8. Participated and presented a paper entitled “Problems of HIV positive women” in national conference on contemporary social problems in India and professional social work : Innovative approaches and strategies, organized by PG & Research department of Social Work, Bishop Heber College, Tiruchinapalli.
9. Participated in UGC sponsored national level conference on college to community – extension and outreach activities, organized by Crossland College, Brahmavar, Udipi.
10. Participated in a national seminar entitled “social work education in India : Towards 2050, organized by Nehru Memorial College, Sullia.
11. National webinar on “Covid-19 lockdown and the vulnerable population” organized by PG department of Social Work, and IQAC of Govt. First Grade College, KR Nagar, Mysuru held between 1st to 4th July 2020.

12. National webinar on “redefining rights and duties during covid-19 situation” organized by IQAC Sri Davala College, Moodubidire on 11th July 2020.
13. National webinar on “How to write research papers and publish in international journals” held on 9th July 2020 organized by Dept. of MBA and Dept. of IEM, Dr.AIT, Bengaluru.
14. Online national webinar on “reverse migration and agrarian economy” on 27th June 2020 organized by College of Social Work, Nirmala Nikethan, Bombay.
15. National webinar on “Growth Mindset – a Blueprint for a better self” organized by Sri Mahaveera College, Moodubidire on 10th July 2020.
16. National webinar on “Impact of covid-19 on geriatric health, Alzheimer’s and dementia” organized by Ministry of Information and Broadcasting, Field Outreach bureau, Mysuru, Govt. of India on 20th July 2020.
17. National webinar on “covid-19 pandemic: Impact and strategies for rural degree colleges in India” organized by Cauvery College, Virajpet, Kodagu on 9th July 2020.
18. National webinar on “Communicative skills : importance of phonetics” organized by Department of English, Degree College, Ankali, Rani Chennamma University, Belagavi on 28th July 2020.
19. National webinar on “National Education Policy 2020 – reforming and rejuvenating teaching and learning in H.E. Institutions for the 21st century” organized by Nirmala college, Muvattupuzha, Kerala on 8th August 2020.
20. National Webinar on “New Education policy 2020 – an overview” organized by Department of Economics , St. Aloysius college, Mangaluru on 7th August 2020.
21. National webinar on “Predatory Journals and open educational resources” organized by Department of PG studies in English, Alva’s College, Moodubidire, on 4th August 2020.

State level

1. Participated in state level seminar and graduate social work students meet, organized by department of BSW, Alva’s College, Moodubidire
2. Participated in a seminar on Labour Legislation, organized by Srinivas Institute of Management Studies, MSDW division, mangalore.
3. Participated in UGC sponsored workshop on enhancing counseling skills, organized by School of Social Work, Roshni Nilaya, Magalore.
4. Online webinar on “covid-19-the preparedness and response of the Indian health care system” on 17th June 2020 organised by College of Social Work, Nirmala Nikethan, Bombay.
5. State level webinar on “Mental health and well-being during covid-19 pandemic” organized by Parent Teacher Association and Department of Social Work, St. Mary’s college, Shirva, Udupi on 19th July 2020.

6. Webinar on “Long term impact of covid-19 pandemic on healthcare scenario in India” organized by Ministry of Information and Broadcasting, field outreach bureau, Mysuru, Govt. of India on 13th July 2020.
7. Webinar on “Ease of entrepreneurship through make in India” organized by Govt. of India, Ministry of Information and Broadcasting, field Outreach Bureau , Mysuru on 19th August 2020.
8. Webinar on “Ek Bharath Shreshtha Bharat” organized by Govt. of India, Ministry of Information and Broadcasting, field Outreach Bureau, Mysuru on 14th August 2020.

Trainings Attended

1. Orientation training programme for 10 days at Centre for Youth and Culture Development, Bangalore.
2. Undergone two days foundation course in TRANSACTIONAL ANALYSIS by Beena Dharman, Psychotherapist and trainer.
3. Inter national training programme on “Crisis and disaster management” organized by National Institute of Disaster Management, Ministry of Home Affairs, govt. of India in collaboration with Department of Social Work, Madras Christian college, Chennai, Tamil Nadu from 9th to 11th July 2020.
4. One week online Faculty Development programme on “E-content development” organized by Department of PG studies I n Physics, Alva’s College, Moodubidire from 19th to 25th July 2020.

Guest Talks / Trainings Conducted

1. Guest speaker for topics like, women and health, HIV/AIDS, mental health, adolescent mental health, counseling, prevention of sexual harassment of women at workplace, positive parenting, emotional intelligence etc.,
2. Trainer for one day workshop on “Fieldwork Practicem” organized by department of Social Work, Government First Grade College, Bettampady, D.K.
3. Judge for the competition “creativity at its best” held for BSW students of Alva’s College.
4. Resource person for a talk on “ Sexual harassment of women at workplace”, organized by Alva’s PU College, Moodubidire
5. Resource person for an orientation programme for Social Work Practicum organized by Nehru Memorial College, Sullia.
6. Resource person for topic “Prevalent mental sickness among school going children and role of parents” in parent teacher gathering organized by St. Thomas English Medium High School, Moodubidire.
7. Judge for ICE breaker competition organized by Department of PG studies in English, Alva’s College, Moodubidire.
8. Resource person on topic “ Learning disabilities and absenteeism among school children”

- a guest talk organized by Government High School Daregudde, Karkala Taluk.
9. Guest speaker for a valedictory programme organized by department of science, Alva's College, Moodubidire.
 10. Guest speaker for orientation programme about prevention of sexual harassment of women at workplace, organized by department of science, management, commerce and humanities of Alva's College, Moodubidire.
 11. Guest speaker about positive parenting in a awards day celebration organized by Alva's English medium primary school, Puttige, moodubidire.
 12. Resource person on the topic "Adolescence issues and teachers role" organized by counseling centre of Alva's Schools Puttige, Moodubidire for five days.
 13. Resource person on the topic "Adolescence issues and wardens role" organized by counseling centre of Alva's Schools Puttige, Moodubidire for three days
 14. Resource person on the topic " Social Media and Mental Health" organized by 'ABHIVYAKTHA' forum of Master of Communication of Journalism department Alva's College, Moodubidire.
 15. Resource person for technical sessions on social work practicum organized in different Government First Grade Colleges of Mangaluru University.

Technical and Computer knowledge

1. Microsoft office
2. Kannada and English Typing Junior and Senior Grade with first class from typing institute , Sullia.

Personal

Nationality : Indian
Date of Birth : 11th December 1973
Marital Status : Married
Language : Kannada, English, Hindi,

Declaration

I hereby declare that all the statements made in this application are true, complete and correct to the best of my knowledge and belief.

Place: Mangalore
Date: 10-02-2025

Dr. MUKAMBIKA G.S.