



NAME	Dr Hithakshi B
DESIGNATION	Assistant Professor
QUALIFICATION	MA, Ph.D
EMAIL	hithakshi@stagnescollege.edu.in
WORK EXPERIENCE (IN YEARS)	14 years
EDUCATIONAL DETAILS	M.A. from Shri Dharmastala Manjunatheshwara College (SDM) Ujire Ph.D. from Avinashilingam Deemed University for Women, Coimbatore, Tamilnadu

OVERALL TEACHING EXPERIENCE

Institution: St Agnes College (Autonomous) Mangalore

Period: June 2013 – till date

Working as an Assistant Professor in the Department of Psychology

Worked as Head of the Department of Psychology from 2018-2021

PREVIOUS WORK EXPERIENCE

Institution: St Agnes College (Autonomous) Mangalore

Period: 2008-2009

Designation: Lecturer

Institution: Karavali College of Nursing Science, Mangalore

Period: 2004-2005 (Guest faculty)

Designation: Lecturer

Institution: St. Mary's Composite PU College, Mangalore

Period: 2004-2005 (Guest faculty)

Designation: Lecturer

Institution: M.V. Shetty School of Nursing, Kavoov

Period: 2003-2005 (Guest faculty)

Designation: Lecturer

Institution: M.V. Shetty Institute of Health Sciences, Kavoov

Period: 2003-2005 (Guest faculty)

Designation: Lecturer

Institution: CLHRD College, Valencia

Period: 2003-2005 (Guest faculty)

Designation: Lecturer

SPECIALIZATION Ph.D.	Counselling Psychology
SPECIALIZATION PG	Counselling Psychology
ANY OTHER SPECIALIZATION	Undergone PRCN TRAINING from, 7 February – 12 June 2021 at Officers Training Academy (OTA), Gwalior and Airforce Station Tambaram, thereafter Commissioned as Flying Officer and serving as an Associate NCC Officer (ANO) of NCC Airwing, St. Agnes College (Autonomous), Mangaluru
SUBJECTS TAUGHT AT UG/PG	Life Span Development, Child Development, Abnormal Psychology, Counselling Psychology, Health Psychology, Social Psychology, Organizational behaviour, Foundations of Behaviour, CBCS- Altered States of Consciousness, Personality Dynamics & NCC Subjects
SKILL SETS	Counselling skills

PARTICIPATION IN CONFERENCES/ SEMINARS/ WORKSHOPS

DATE	NATIONAL/ INTERNATIONAL LEVEL	TITLE	DETAILS OF ORGANISERS	TITLE OF PAPER PRESENTED
8 to 15 May 2020	National	E learning workshop on Research Methodology	Centre for skill development and IQAC, SLC, Shyam Lal College, Delhi	-
14 to 16 May 2020	National	Frontiers in Smart Learning	Faculty enrichment program, DBT-STAR Scheme colleges, Bengaluru cluster	-
20 May 2020	National	Taking research forward during the pandemic	Loyola Institute of Frontier Energy, Chennai	-
26 May 2020	International	Economic and Psychological challenges and solutions-	Department of Commerce, St Paul Institute of Professional Studies, Indore	-

		Post Covid 19		
28 May 2020	National Level	Navigating through stress and anxiety during the Pandemic	St Agnes College (Autonomous) in association with Mangala Alumni Association, Mangalore	-
28 May 2020	International webinar	Expanding strategies of teaching learning with digital proficiency	Little flower college, Guruvayur	-
31 May 2020	International webinar	Mental Health and Well-being amidst various calamities on	Department of Humanities, St Paul Institute of Professional studies, Indore	-
5 and 6 June 2020	National Level Webinar	Virtual training for Virtual teaching platform	Department of Secretarial Practice, St Agnes College (Autonomous) Mangalore	-
20 June 2020	National Level Webinar	Nutraceuticals and Medicinal Herbs for Health and Immunity	Department of Botany and IQAC, St Joseph's College for women, AP	-
17 July 2020	International webinar	Paradigm Shift to New Normal: Challenges of Adaptability	Dr G Shankar Govt. women's first grade college and PG Study Centre, Udupi	-
20 July 2020	National Level Webinar	Suicide Prevention during the Covid -19 Pandemic	Department of Psychiatric Social Work, NIMHANS, Bengaluru	-
25 August 2020	National Level Webinar	National Education Policy 2020 (Policy vision and higher education)	St Aloysius College (Autonomous), Mangalore	-

7 September 2020	National Level	Insights on National Education Policy- prospects and challenges	St Agnes College (Autonomous), Mangalore	-
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PUBLICATIONS

YEAR	TITLE OF THE JOURNAL/ BOOK	TITLE OF THE PAPER	VOLUME NO. / ISSUE NO. / PAGE	UGC/ SCOPUS
2022	Futuristic Trends in Social Sciences	A Study on the Relationship between Self Concept and Self-Efficacy among Adolescent Girls	Vol 2, Book 4, Part2, Chapter 3, Pg 74-82- ISSN/ISBN: 978-93-95632-75-1	-
2021	Management of Anxiety in Engineering Students through Positive Therapy	Management of Anxiety in Engineering Students through Positive Therapy	ISBN No. 978- 93-91556-22-8	-
2013	Indian Journal of Health and well-being	Management of anger and enhancement of general well-being in nursing students through positive therapy	4(4), pp. 739-744	-
2013	Indian Journal of Positive Psychology	Management of stress and depression in nursing students through positive therapy	4(1), pp. 32-38	-
2012	Journal of Management and science	Effectiveness of counselling in reducing anxiety and depression among college students	Vol (1) special issue 4, pp.250- 259	-

CHIEF GUEST/ RESOURCE PERSON/ MODERATOR/ CHAIRPERSON/ CO-ORDINATOR/ ANY OTHER

DATE	POSITION HELD	TITLE OF THE PROGRAM ORGANISED	PLACE
26-4-2023	Co-ordinator	Workshop on Neuro-Linguistic Programming (NPL)	St Agnes College (Autonomous), Mangalore
17-7-2023	Resource Person	Mentoring	St Agnes College (Autonomous), Mangalore
20-7-2023	Resource Person	Mentoring	St Agnes College (Autonomous), Mangalore
11-9-2023	Resource Person	Tips to Enhance the Level of Stress Tolerance	St Agnes College (Autonomous), Mangalore
6-12-2022	Co-ordinator	Careers opportunities in Indian Defence Services	St Agnes College (Autonomous), Mangalore
6-9-2022	Resource Person	Health and Happiness	St Agnes College (Autonomous), Mangalore
23-10-2021	Resource Person	Emotional wellbeing	St Joseph's Engineering College, Mangalore
11-10-2021	Resource Person	Emotional wellbeing	St Agnes College (Autonomous), Mangalore
26-11-2020	Co-ordinator	Webinar on Constitution Day Decades of Indian Constitution: The Road Ahead, organized by NCC Army and Airwing	St Agnes College (Autonomous), Mangalore

5-6-2021	Co-ordinator	Careers in Psychology	St Agnes College (Autonomous), Mangalore
26-6-2020	Co-ordinator	International Webinar Covid-19 Rebuilding and Resuming Resilience on	St Agnes College (Autonomous), Mangalore
12 August 26 August 2020	Co-ordinator	Online Certificate course organized by Department of Political Science and Psychology on Ethical Values in Governance and Psychosocial Aspects	St Agnes College (Autonomous), Mangalore
21-6-2020	Co-ordinator	Yoga for Inner Well-Being	St Agnes College (Autonomous), Mangalore
15 June to 17 June 2020	Resource Person	Covid -19: Educator's Challenges and Responses (Webinar)	St Agnes College (Autonomous), Mangalore
27 -2-2020	Co-ordinator	Career guidance	St Agnes College (Autonomous), Mangalore
28-01-2019	Resource Person	Emotional Balance	St Agnes College (Autonomous), Mangalore
17 -03-2019	Resource Person	Emotional Balance	St Agnes College (Autonomous), Mangalore
21-11-2016	Resource Person	Adolescent problems and challenges	Govinda Dasa College, Suratkal

AWARDS AND ACHIEVEMENTS

DATE	DETAILS
12-06-2021	Commissioned as Flying Officer and serving as an Associate NCC Officer of NCC Airwing, St. Agnes College (Autonomous), Mangaluru

RESEARCH PROJECTS GUIDED

YEAR	TITLE OF THE PROJECT	STUDENTS
2013- till date	Curriculum Projects	III BA/BSc

RESEARCH GUIDANCE	Guided III BA/BSc students in their curriculum projects
RESEARCH INTERESTS	Published and also presented papers

DETAILS OF MEMBERSHIP IN PROFESSIONAL BODIES	Board of Studies NCC, 6 Kar Air Sqn NCC Mangaluru
DETAILS OF MEMBERSHIP IN ACADEMIC BODIES	Board of Studies, B.A. Psychology, St. Agnes College (Autonomous), Mangaluru Board of Examination, B.A. Psychology, School of Social Work, Autonomous College, Roshni Nilaya, Mangaluru Board of Examination, B.A. Psychology, St. Aloysius College (Autonomous) Mangaluru Board of Studies, University Nominee, B.A. Psychology, St.Aloysius College, Mangaluru

ADMINISTRATIVE RESPONSIBILITIES	Counsellor for Anti-drug cell-2023 Secretary of Anti Ragging Committee, St. Agnes College (Autonomous), Mangaluru, 2013 onwards till date Member of Student welfare committee 2022 onwards till date Member of Research, Innovations & Extension NAAC Criteria III Member of NIRF Criteria V Perception, Research Committee- St Agnes College (Autonomous)

NPTEL/FDP/COURSERA/ CERTIFICATE COURSES COMPLETED

TYPE	YEAR	TITLE	DETAILS OF THE SPONSORS/ORGANISERS	DURATION
Online FDP	9 to 15 October 2023	Addressing Mental Health Concerns in Classroom: An Educator's Approach for Managing Psychological Well-Being of Students	Career Development Cell, Gokul Global University, Siddhpur, Gujarat	7 Days
Online FDP	18 to 25 January 2023	Outcome Based Education (OBE)	National Level Faculty Development Program-SES College, Sreekandapuram	7 Days
Online FDP	4 to 6 May 2020	Enhancement in Higher Education Institutions- Future Vision	IQAC, St Ann's college for women, Hyderabad	3 Days
Online FDP	5 to 10 May 2020	An approach for technical skill enhancement	Toshniwal Arts, Commerce and Science College, Hingoli Maharashtra	6 Days

Online FDP	11 to 15 May 2020	Evolution of teaching learning process-Post Covid 19	Bharath Institute of science and technology, Bihar	5 days
Online Certificate Course	1 to 16 May 2020	Supporting Adolescent Learners: Social and Emotional Well Being	Griffith University, Queensland, Australia	2 weeks
