

Name:- Dr. Megha Deuskar, Assistant Professor, Coordinator – Post Graduate Course in Counseling Psychology (PGCCP)

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Personal Details:-

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Department	Psychology		
Designation	Assistant Professor		
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Certification(s)/Professional Courses/Exams	NET, SET		
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Member of:-

College Committees
SSR Preparation Committee
Research Committee

Research Done:

1. Guided research projects at MA level
2. Recognized Research Guide for SPPU since April 2015

Areas of Interest in Research:

Indian Psychology
Yoga Nidra
Counseling

Research publications:

1. Deuskar, M.U. (2009). A study of the relaxation states evoked by the practice of Yogic relaxation. <i>Indian Journal of Psychological Counseling</i> , 17, 14-22.
2. Rybak, C. & Deuskar, M. (2010). Enriching group counseling through integrating Yoga concepts and practices. <i>Journal of Creativity and Mental Health</i> , 5,(1), 3-14.
3. Kumar, S., Thakkar, N. & Deuskar, M.U. (2011). Effect of stress and emotional expressiveness on physical and mental health. <i>Proceedings of the National Seminar on "Health and Well-being: Contemporary issues and perspectives" held in Fergusson College, Pune in January 2011</i> , 171- 178.
4. Seth, S. & Deuskar, M.U. (2011). Quality of life in cancer patients according to monthly income, type of treatment and stage of treatment. <i>Proceedings of the National Seminar on "Health and Well-being: Contemporary issues and perspectives" held in Fergusson College, Pune in January 2011</i> , 138-146.
5. Pestonji, K. & Deuskar, M.U. (2011). Effect of nature walk on Directed Attention and the effect of a trek on Relaxation States, Mood and Self-esteem. <i>Proceedings of the National Seminar on "Health and Well-being: Contemporary issues and perspectives" held in Fergusson College, Pune in January 2011</i> , 58-68.
6. Pawar, A., Contractor, M., Bhawsar, N., Katarki, S. & Deuskar, M.U. (2011). A comparative study of emotional intelligence among Allopathic, Homeopathic and Ayurvedic doctors and their efficacy as perceived by patients. <i>Proceedings of the National Seminar on "Health and Well-being: Contemporary issues and perspectives" held in Fergusson College, Pune in January 2011</i> , 31-38.
7. Deuskar, M.U. (2010). Stress reduction through Yoga Nidra. <i>Proceedings of the International Interdisciplinary Scientific Conference on "Yoga in Science: Future and Perspectives", held in Belgarde, Serbia, on 23rd and 24th of September 2010</i> , 72-80.
8. Sharma, S. & Deuskar, M.U. (2010). Parenting styles and its effects on vulnerability to peer pressure and alcoholism in adolescents. <i>Indian Journal of Psychological Counseling</i> , 19&20, 69-79.
9. Bhavsar, N. & Deuskar, M.U. (2011). Age difference among managers on Type A behavior pattern, anger and perceived stress". <i>Proceedings of the 3rd National Research Conference on " Managing Diversity for Inclusiveness: The Corporate Initiatives" held at Sinhgad Institute of Management & Computer Application, Pune</i>
10. Divya, A. & Deuskar, M.U. (2011). A comparative study if Geraitric Depression among Rural and Urban Populations. <i>Journal of Psychosocial Research</i> , 6, (2), 299-305. ISSN: 0973-5410. E-ISSN: 0976-3937.
11. Contractor, M., & Deuskar, M.U. (2012). Social support, social stigma and coping behaviour of parents of children with special needs. <i>Journal of the Indian Academy of Applied Psychology</i> , 38, (3), 85-93

12. Deuskar, M.U. & Chavare, S. (2012). Counseling as an intervention to treat women with Rheumatoid and Osteoarthritis. <i>Proceedings of the National Seminar on "Counseling Strategies for Enhancement of Physical and Psychological Well-being" held at M.E.S. College of Arts & Commerce, Zuarinagar, Goa on 7th and 8th of September, 2012.</i> 1-7. ISBN: 9789380837475.
13. Prabhavalkar, P. & Deuskar, M. U. (2012). Evaluating risk takers as potential long term mates: An evolutionary perspective. <i>Journal of Psychosocial Research</i> , 7 (2), 175-181.
14. Deuskar, M.U. (2013). Empowering arthritic women through counselling: A humanistic perspective. <i>Proceedings of the National Seminar on "Developing Human Potential: Issues, Perspectives and Challenges" held in Fergusson College from 31st January to 2nd February 2013.</i> Pp. 42-49. ISBN: 978-93-5087-999-3.
15. Chavare, S. & Deuskar, M.U. (2013). A comparative study of Psychosocial factors involved in Rheumatoid arthritis and Osteoarthritis. <i>Critical Enquiry</i> , V (IV), 89-97. ISSN 0975-0096.
16. Deuskar, M.U. (2013). Yoga Nidra: A powerful tool for deep relaxation and healing. <i>Proceedings of the State Level Workshop on "Holistic Healing: A Journey to Optimal Wellness", held in Fergusson College Pune on 8th and 9th of March 2013.</i> Pp.17-19. ISBN No. 978-93-5137-175-5.
17. Deuskar, M.U. (2015). Overcoming the effects of internalized oppression through counseling: an eclectic approach to help women lead empowered lives. <i>Indian Journal of Psychological Counseling</i> , 23 & 24, 22-30. ISSN 2394-7411.
18. Shidore, M. & Deuskar, M.U. (2015). The role of neuroticism, stress, chronotype in premenstrual distress among young women. <i>Human Rights International Research Journal</i> , 3 (1), 01-05. ISSN: 2320-6942 ISBN: 978-93-84124-32-8. IMRF Publications, Ratna Prasad Multidisciplinary Research & Educational Society, Andhra Pradesh, India.

Seminars and Workshops Attended:-

1. <u>Pune, 2010-</u> Presented a paper on "Stress reduction through Yoga Nidra" at the National Seminar on "Psychology of Health" held at the Department of Psychology, University of Pune on 22 nd and 23 rd March 2010.
2. <u>Vellore, 2011-</u> Presented a plenary lecture on "Relational counseling as an important tool to reduce familial violence" at the International Conference on "Counseling as a tool for non-violent social change" held at Christian Counseling Centre, Vellore, Karnataka, on 4 th , 5 th and 6 th January 2011.
3. <u>Goa, 2012-</u> Presented a paper on "Counseling as an intervention to treat women with Rheumatoid and Osteoarthritis" at the National Seminar on "Counseling Strategies for Enhancement of Physical and Psychological Well-being" held at M.E.S. College of Arts & Commerce, Zuarinagar, Goa on 7 th and 8 th of September, 2012.
4. <u>Nashik, 2013-</u> Delivered a plenary lecture on "Creativity and Happiness" at the State Level Seminar on "Authentic Happiness" held at Bhonsala Military College, Nashik on 10 th of October 2013.

5. Ahmedabad, 2014- Presented a paper on “The effectiveness of Yoga Nidra in reducing stress and enhancing relaxation states among pregnant women” at the 49 th National and 18 th International Conference of the Indian Academy of Applied Psychology on “Psychology for holistic living in global world” held at Gujrat Law Society’s Smt. Laxmiben and Shri Chimanlal Mehta Arts College, Ahmedabad on 1 st , 2 nd and 3 rd March 2014.
6. Thiruvananthapuram, 2014- Presented a paper on “Overcoming the effects of internalized oppression through counselling: An eclectic approach to help women lead empowered lives” at the International Conference on “Counseling, a journey towards wholeness” organized by the Forum for Social Change and CCC, at Trivandrum, Kerala on 7 th and 8 th November 2014.
7. Goa, 2015- Delivered a plenary lecture on “The Victimization of Adolescent girls and its impact on mental health” at the Two day National Seminar on “Adolescent Mental Health: Cause For Attention Towards A Healthier Tomorrow” held at M.E.S. College of Arts and Commerce, Zuarinagar, Goa on the 23 rd and 24 th January 2015.
8. UK, 2015- Presented a paper titled “The relationship between Religiosity, Happiness and Resilience with the meditational role of Locus of Control” at the European Conference on Ethics, Religion and Philosophy held in UK between 5 th and 7 th of July 2015.

Seminars and Workshops Organized:-

1. “Recent Trends in Psychology: An Applied Perspective”, held in Fergusson College, Pune, on 14 th , 15 th , & 16 th December, 2009
2. Health and Well-being: Contemporary issues and perspectives” held in Fergusson College, Pune, on 17 th , 18 th and 19 th January, 2011.
3. Developing Human Potential: Issues, Perspectives and Challenges” held in Fergusson College from 31 st January to 2nd February 2013.
4. Workshop on Indian Psychology by Dr. Matthijs Cornelissen from Puducherry, India

Other Accomplishments:-

1. Completed the Indian Adaptation of the book “Personality Psychology” by Larsen and Buss through McGraw-Hill Education, New Delhi. This book was released in March 2014.
2. Served as Coordinator for Deccan Education Society’s Post Graduate Course in Counseling Psychology since 2008.
3. Currently serving as Academic Coordinator for Fulbright Scholar Prof. Christopher Rybak from Bradley University, USA who will be with the college from August 2015 to November 2015.