

CURRICULUM VITAE

Dr. KRISHNAMURTHY V. S.

M.Sc. (Psychology), M.Ed., M.Phil., Ph.D.

UGC-NET (Psychology) | K-SET | UGC-NET/JRF (Education) | TET

Assistant Professor & Head Department of Psychology

Government Home Science College for Women

Holenarsipura, Hassan – 573211, Karnataka

Mobile: +91 9036705997, **Email:** kmpsychology997@gmail.com

PROFESSIONAL PROFILE

Dr. Krishnamurthy V. S. is an accomplished academician, researcher, psychologist, and academic administrator with more than eighteen years of teaching, research, and institutional leadership experience. He is currently serving as **Assistant Professor and Head of the Department of Psychology** at Government Home Science College for Women, Holenarsipura, Karnataka.

His areas of expertise include Industrial and Organizational Psychology, Educational Psychology, Counselling Psychology, Health Psychology, Developmental Psychology, Cognitive Psychology, Research Methodology, Statistics, Psychological Assessment, and Positive Psychology. Throughout his academic career, he has taught undergraduate and postgraduate students, supervised academic activities, coordinated certificate programmes, and actively contributed to university administration.

Dr. Krishnamurthy has published twenty-five research papers in peer-reviewed and indexed journals, authored and edited academic books, presented research papers at national and international conferences, chaired scientific sessions, organized national workshops and conferences, and delivered invited lectures at universities and professional institutions across India. His research interests focus on educational psychology, mental health, yoga psychology, cognitive psychology, organizational behaviour, and positive psychology.

He also contributes significantly to academic governance through his service as Vice-President of the Karnataka Psychological Association (KPA), Vice-President of the Karnataka Association of Applied Psychologists (KAAP), and as a member of Boards of Studies, Boards of Examination, and Research Advisory Committees in various universities.

ACADEMIC HIGHLIGHTS

Academic Profile	Details
Current Position	Assistant Professor & Head
Teaching Experience	18+ Years
Research Publications	25
Books Authored/Edited	5
Conference Presentations	20+
Scientific Sessions Chaired	Multiple
Invited Lectures	19+
National Workshops Organized	4+
Professional Memberships	10+

CONTACT INFORMATION

Office Address

Department of Psychology

Government Home Science College for Women, Holenarsipura, Hassan – 573211
Karnataka, India

Mobile: +91 9036705997

Email: kmpsychology997@gmail.com

ACADEMIC QUALIFICATIONS

Degree	Discipline	University
Ph.D.	Psychology	University of Mysore
M.Phil.	Psychology	Sri Venkateswara University
M.Ed.	Education	Karnataka State Open University
M.Sc.	Psychology	Bangalore University

PROFESSIONAL QUALIFICATIONS

- UGC-NET (Psychology)
- Karnataka State Eligibility Test (K-SET)
- UGC-NET/JRF (Education)
- Teacher Eligibility Test (TET)

TEACHING AND PROFESSIONAL EXPERIENCE

Assistant Professor & Head

Government Home Science College for Women, Holenarsipura

September 2017 – Present

Major Responsibilities

- Head of the Department of Psychology.
- Teaching undergraduate courses in Psychology.
- Coordinating departmental academic activities.
- Organizing workshops, seminars, conferences, and psychology festivals.
- Coordinating certificate courses.
- Undertaking university and institutional administrative responsibilities.

Guest Faculty

Department of Psychology, Bangalore University 2011 – 2016

Courses Taught

- Industrial and Organizational Psychology
- Research Methodology
- Statistics
- Assessment of Intelligence and Aptitude
- Thinking, Learning and Memory
- Psychophysics and Perception (Practicum)

Visiting Faculty

CMR Institute of Management Studies (Autonomous)

Courses Taught

- Research Methodology
- Statistics

Lecturer

Siddhartha College of Education, Bengaluru

Courses Taught

- Educational Psychology
- Modern Trends in Education
- Teaching Methodology
- English Methodology
- Social Science Methodology

Guest Faculty

Government First Grade College, KGF

- Undergraduate Psychology
- Departmental Administration
- Workshops and Student Activities

Guest Faculty

Maharani's Arts, Commerce and Management College, Bengaluru

- Fundamentals of Psychology
- Developmental Psychology
- Industrial and Organizational Psychology

External Faculty

Served as Psychology Faculty for Nursing, Physiotherapy and Law Colleges.

AREAS OF SPECIALIZATION

- Industrial and Organizational Psychology
- Educational Psychology
- Health Psychology

RESEARCH INTERESTS

- Educational Psychology
- Positive Psychology
- Yoga Psychology
- Cognitive Psychology
- Organizational Psychology
- Mental Health
- Indian Psychology

CORE COMPETENCIES

- Research Methodology
- Statistics
- Psychometrics
- Psychological Assessment
- Counselling Psychology
- APA Style Research Writing
- Academic Leadership
- Curriculum Development
- Faculty Development
- Academic Administration

PART II

RESEARCH PROFILE

Research Publications

Total Publications: 25

Recent Publications (2026–2025)

1. Influence of Socio-Demographic Factors on Depression and Sleep Quality among Working Women: A Cross-Sectional Study. *Proceedings of the Global Conference & Excellence Awards on Innovation, Intelligence & Impact (GC³I²)*, 2026.
2. Quality of Sleep and Mental Well-Being among Undergraduate Female Students: An Empirical Investigation. *COHERENCE – The Multidisciplinary Research Journal*, 17(1), 170–174, 2026.
3. The Impact of Psycho-social Education and Yoga Practice on the General Health of Undergraduate Students. *IAHRW International Journal of Social Sciences Review*, 13(3), 665–668, 2025.
4. Exploring the Relationship between Marital Adjustment and Employee Performance among College Professors in Karnataka. *International Journal of Indian Psychology*, 13(3), 2025.
5. Academic Procrastination among Undergraduate Students. *IJIRT*, 12(3), 2025.
6. Loneliness and Psychological Distress among Older Adults. *Library Progress International* (Scopus Indexed).

Publications (2023–2021)

- National Education Policy 2020: Implications for Teacher Training and Professional Development.
- Gender Differentials in the Level of Stress among Undergraduate Students.
- Job Values among Health Care Workers.
- Emotional Maturity among Secondary School Students.
- Sibling Status and Emotional Maturity among Female Emerging Adults.
- Perceived Employability among Undergraduate Students.

Publications (2020–2018)

- Gender Differences on Self-Regulation among Secondary School Students.
- Religion, Gender and Attitude towards Homosexuality among Emerging Adults.
- Academic Stream and Computer Anxiety among Undergraduate Students.
- Social Media Use, Anxiety and Depression among Adolescents.
- Personality Correlates of Academic Involvement among Secondary School Students.

- Work Motivation and Organizational Citizenship Behaviour among Secondary School Teachers.

Publications (2016–2015)

- Psychological Stress among HIV/AIDS Patients.
- Death Anxiety among HIV/AIDS Patients.
- Yoga Practitioners' Emotional Regulation and Empathetic Ability.
- Cancer Fatalism and Psychological Well-being among Cancer Patients.
- Gender Difference in Death Anxiety among HIV/AIDS Patients.
- Personal Stress and Achievement Motivation among Athletes.

BOOKS AUTHORED AND EDITED

Year	Title	Publisher
2025	<i>Positive Psychology in Indian Context</i>	Navaspoorti Publications
2024	<i>Child Psychology: The Journey from Toddler to Teen</i>	Prashas Publication House
2023	<i>Criminal and Forensic Psychology</i>	Mittal Publication
2019	<i>Proceedings of National Seminar on Psychology for Generation-Z (Editor)</i>	Navaspoorti Publications

CONFERENCE PRESENTATIONS

International Conferences

- Impact of Guided Imagery Shavasana on Blood Pressure among Middle-Aged Adults (2024)
- Community Psychology and Visual Working Memory (2020)
- Computer Self-Efficacy and Computer Anxiety (2016)
- Forgiveness and Marital Adjustment (2016)
- Self-Consciousness of Performing Artists (2016)
- Yoga Practitioners' Emotional Regulation and Empathetic Ability (2015)
- Psychological Stress among HIV/AIDS Patients (2013)
- Gender Difference in Psychological Distress among HIV/AIDS Patients (2011)

National Conferences

- Impact of Yoga on General Health among Undergraduate Students (2025)
- Religiousness and Psychological Well-being among Rural Population (2015)
- Shyness and Interpersonal Communication among Rural College Students (2015)
- Use of Online Social Networks among Adolescents (2015)
- Locus of Control and Suicidal Ideation among Adolescents (2014)
- Emotional Maturity and Anxiety among Rural College Students (2013)
- Gender Difference in Death Anxiety among People Living with HIV/AIDS (2012)

SCIENTIFIC SESSIONS CHAIRED

- National Conference on **100 Plus Years of Psychology: Reflections and Moving Forward**, University of Mysore (2025)
- National Conference on **Trends and Scope of Applied Psychology**, Bangalore University (2024)
- National Seminar on **Psychology for Generation-Z**, Bangalore University (2018)
- National Seminar on **Current Trends in Psychology and Counselling**, Bangalore University (2017)

BEST PAPER AWARDS

- **Prof. Dileep Bhat Best Paper Award** for the paper *Yoga Practitioners' Emotional Regulation and Empathetic Ability* at the 50th National & International Conference of the Indian Academy of Applied Psychology (2015).
- **Best Paper Award** for *Emotional Maturity and the Level of Anxiety among Rural College Students* at the 48th National & 17th International Conference of the Indian Academy of Applied Psychology (2013).

RESEARCH CONTRIBUTIONS

- Published research in peer-reviewed, UGC CARE, and Scopus-indexed journals.
- Presented research at national and international conferences.
- Chaired scientific sessions at major psychology conferences.
- Contributed to research in educational psychology, health psychology, organizational psychology, yoga psychology, positive psychology, and mental health.

PART III

INVITED LECTURES / RESOURCE PERSON

Dr. Krishnamurthy V. S. has delivered invited lectures, keynote addresses, and training programmes for universities, colleges, and professional institutions on a wide range of topics in psychology, education, and research methodology.

Major Areas Covered

- Positive Psychology
- Mental Health and Well-being
- Research Methodology
- Research Design
- Educational Psychology
- Psychological Assessment
- Statistics for Behavioural Sciences
- APA Style and Academic Writing
- Life Skills Education
- Stress Management
- Yoga and Mental Health
- Cognitive Psychology
- Counselling Skills
- Employability Skills

CONFERENCES, ORIENTATION PROGRAMMES, REFRESHER COURSES & FDPs

Successfully participated in numerous academic development programmes, including:

- Faculty Development Programmes (FDPs)
- Orientation Programmes
- Refresher Courses
- National Workshops
- International Webinars
- Research Methodology Workshops
- NAAC Quality Enhancement Programmes
- NEP-2020 Faculty Training Programmes
- ICT-enabled Teaching and Learning Programmes
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CONFERENCES AND WORKSHOPS ORGANIZED

National Conferences

- National Conference on Mental Health and Well-being
- National Seminar on Psychology for Generation-Z

Workshops

- Research Methodology Workshop
- Statistics for Social Science Research
- Life Skills Development Programme
- Psychology Laboratory Training
- Mental Health Awareness Programmes
- Student Counselling Workshops

Academic Activities

- Certificate Course Coordinator
- Departmental Seminars
- Psychology Awareness Programmes
- Student Research Projects
- Community Outreach Activities

PROFESSIONAL MEMBERSHIPS

Executive Positions

- Vice-President, Karnataka Psychological Association (KPA)
- Vice-President, Karnataka Association of Applied Psychologists (KAAP)

Life Memberships

- National Academy of Psychologists (NAOP)

University Academic Bodies

- Member, Board of Studies (BOS)
- Member, Board of Examination (BOE)
- Member, Research Advisory Committee (RAC)
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ACADEMIC LEADERSHIP

Administrative Responsibilities

- Head, Department of Psychology
- Coordinator, Certificate Courses
- Academic Counsellor
- Department Examination Coordinator
- Seminar Coordinator
- Workshop Coordinator
- Student Mentor

- Research Mentor

University Responsibilities

- Curriculum Development
- Syllabus Revision
- Question Paper Setting
- Evaluation of Answer Scripts
- Practical Examination
- Viva-Voce Examination
- Academic Audit Support
- NAAC Documentation

RESEARCH GUIDANCE

Research Interests

- Positive Psychology
- Educational Psychology
- Health Psychology
- Yoga Psychology
- Organizational Behaviour
- Mental Health
- Cognitive Psychology
- Indian Psychology

Areas of Research Supervision

- Undergraduate Research Projects
- Postgraduate Dissertation Guidance
- Research Methodology
- Statistical Analysis
- Psychological Assessment

AWARDS AND RECOGNITIONS

- Best Paper Award – Indian Academy of Applied Psychology
- Prof. Dileep Bhat Best Paper Award
- Scientific Session Chair – National Conferences
- Recognition as Invited Speaker and Resource Person
- Appreciation for Organizing National Conferences and Workshops

- Academic Leadership Recognition

PROFESSIONAL STRENGTHS

- Academic Leadership
- Research Excellence
- Student Mentoring
- Curriculum Design
- Research Methodology
- Statistical Analysis
- Psychological Assessment
- Counselling Skills
- Scientific Writing
- Public Speaking
- Academic Administration
- Team Building

REFERENCES

Reference 1

Professor _____

Department of Psychology

University _____

Email: _____

Phone: _____

Reference 2

Professor _____

Department of Psychology

University _____

Email: _____

Phone: _____

DECLARATION

I hereby declare that the information provided in this Curriculum Vitae is true and correct to the best of my knowledge and belief. I understand that any false statement or omission may affect my candidature or employment.

Place: _____

Date: _____

(Dr. Krishnamurthy V. S.)

ACADEMIC PROFILE SUMMARY

- **Teaching Experience:** 18+ Years
- **Current Position:** Assistant Professor & Head
- **Research Publications:** 25
- **Books Authored/Edited:** 5
- **Conference Presentations:** 20+
- **Invited Lectures:** 19+
- **Scientific Sessions Chaired:** Multiple
- **Professional Memberships:** 10+
- **Research Areas:** Positive Psychology, Educational Psychology, Health Psychology, Mental Health, Organizational Psychology, Yoga Psychology
- **Academic Leadership:** HOD, BOS, BOE, RAC, Vice-President (KPA & KAAP)

Career Objective: To contribute to excellence in higher education through innovative teaching, impactful research, academic leadership, and professional service while promoting psychological well-being and evidence-based practice.