



DR.SAPNA

Skill Highlights

- Good Communication and presentation skills
- Student Counseling
- Research skills
- Innovative
- Service-focused

Languages

English
Kannada
Hindi
Tulu

Personal Profile:

Husband:
ParshwanathAlva

Nationality: Indian

Religion: Digambar Jain
(Category III B)

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“Aradhya” #401,
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ShakthiNagar, Mangalore
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- Enthusiastic teaching professional who is eager to contribute to team success through hard work and excellent organizational skills.
- Motivated to learn, grow and excel in teaching profession

EDUCATION

Doctor of Philosophy in Social Work (2020)
Mangalore University

Master of Philosophy (2007)
Vinayaka Mission Deemed University

Master of Social Work-PM&IR (2003)
Alva’s College, Moodbidri

Master of Business Administration (2019)
IGNOU

Bachelor of Arts (2001)
Sri Dhavala College, Moodbidri

State Eligibility Test (K-SET)–Lectureship (2012)

Post Graduate Diploma in Management (PGDIM) from
IGNOU

Post Graduate Diploma in Human Resource Management (PGDHRM) from IGNOU

Diploma in Management (DIM) from IGNOU

Diploma in Computer Applications

PROFESSIONALEXPERIENCE

Working as Professor in the Department of Social work, Alva's College since 1-06-2006

Job responsibilities:

- Research guidance for students of BSW, MSW and MHRD.
- Co-ordinator of Scholarship committee of Alva's College
- Member of Placement committee of Alva's College
- Member of Anti-sexual Harassment Cell, Alva's College
- Member of NAAC Criteria-V
- Member of Examination Committee
- Member of Admission Committee
- Organising orientation and training programmes for students
- Co-ordinator for National and State level seminars and workshops
- Organising community camps and study tours for students
- Co-ordinator of BSW Forum for 10years.
- Successfully managed their search project on Fishermen community and the usage of GPRS among Fishermen community in association with ISRO, Bangalore
- Worked as Chief Editor and facilitator for the Departmental magazine "Waves" for four years.
- Counselling services for students.

Subjects taught:

- Social science concepts and social work, Social Group Work, Contemporary social problems and concerns, Problems of Indian Society, Weaker sections of Indian society
- Management concepts, Human Resource Management, Strategic Human Resource Management
- Communication skills for Social work practice
- Social and Organisational Psychology, Industrial Psychology, Labour Welfare
- Social Connect and Social responsibilities

Worked for Silver Spark Apparel Ltd, a unit of Raymond Group, Bangalore as Welfare Officer from 2004-2006.

Job Responsibilities:

- Recruitment and selection of employees
- Organising Induction Programmes
- Salary administration
- Welfare activities

- Counselling and guidance to employees
- Grievance handling
- Exit interview and Final settlement formalities
- Organising training programmes

Worked for ARANIS Business Process Services Ltd, Bangalore as Executive Trainee-HR from June 2003 to May 2004

Job responsibilities:

- Recruitment and screening resumes
- Head hunting and Interacting with candidates
- Conducting preliminary Interview
- Scheduling interviews with client company and issuing of Appointment letter

RESEARCH EXPERIENCE:

Sl.No.	Topic	Type of Research
01	A study on Problems of women lecturers in Degree Colleges affiliated to Mangalore University	Ph.D. Thesis
02	A study on the knowledge of alcoholism among degree college students in Moodbidri Firkha of Dakshina Kannada District	M.Phil. Dissertation
03	A Study on impact of work-life balance on Productivity of employee's at Diya Systems (Pvt).Ltd. Mangalore.	MBA Project
04	A study on socio-economic conditions of fishermen community in coastal regions of Dakshina Kannada and Udupi districts.	Project in collaboration with ISRO, Bangalore
05	Motivation and its effectiveness among the employees in DKMU	Academic Project in MSW

PUBLICATIONS:

Sl. No	Title of the paper	Name of the Journal	Publication Details
1.	Challenges to sustainable livelihood among Fishermen community with special reference to fishing hubs of Udupi and Dakshina Kannada districts of Karnataka	International Journal of Academic Research	Vol.7, Issue-11(3), November, 2020 ISSN:2348-7666 Impact Factor: 6.023
	Satisfaction with teaching profession: A study on	International Journal of	Vol.4(11&12), November &

2.	Job satisfaction among Female lecturers in Degree colleges affiliated to Mangalore University	Applied Social Science	December 2017: 725-734 ISSN : 2394-1405
3.	A study on the effects of smart phone use on students during Covid-19 in the Moodbidri region of Dakshina Kannada District	International Journal of Applied Social Science	Vol.9 (11&12), November & December 2022: 404-407 ISSN : 2394-1405
4.	A study on Job tension associated with Teaching profession and Women Lecturers	International Journal of Applied Social Science	Vol.9 (11&12), November & December 2022: 404-407 ISSN : 2394-1405
5.	A study on the psycho-social competencies needed by teachers to deal with problems of children	International Research Journal of Modernisation in Engineering Technology and Science (Peer-reviewed, Open Access, Fully Referred International Journal)	Volume :05/Issue:01/January-2023 Impact Factor-6.752
6.	A study on impact of work-life balance on productivity of employees at BPO sector in Mangalore	A peer reviewed International Journal(UGC approved Journal)	Vol. I, Issue LVIV, January 2018
7.	A Study on Family life satisfaction among women Lecturers	Deeksha, a Bi-annual Journal of Applied Social Science.	ISSN 2250-3919,
8.	Role conflict among women lecturers,	Deeksha, a Bi-Annual Journal of Social Work	Vol.15,No.1, Feb 2017
9.	Women in teaching profession: a special reference to Dakshina Kannada District	A peer reviewed International Journal (UGC approved Journal)	Vol: I. Issue LVI, October 2017
10.	Working women and Life satisfaction-study on the Government Primary School Teachers ,	Deeksha, a Bi Annual Journal of Social Work	Vol.14,No.2, Feb 2015
11.	Job satisfaction among female teachers - a study on the Private Degree Colleges affiliated to Mangalore University	Seminar proceedings of a two-day UGC sponsored National Level seminar on Quality Initiatives in Higher Education with a special focus on Women's Education,2016	
12.	A study of the follow up programmes for the De-addicts	International Research Journal of Modernisation in Engineering Technology and Science (Peer-reviewed, Open Access, Fully Referred International Journal)	Vol.2, Issue 03/ March 2020 Impact Factor- 5.354

13.	A study on Psycho-social problems of rural adolescent girls of Udupi District	International Journal of Applied Social Science	ISSN: 2394-1405, Vol 3 (7-12), July-December (2016): 315-322
BOOK CHAPTER			
14.	A study on multiple role challenges of women lecturers with special reference to higher educational institutions in Dakshina Kannada District	Research Reflections (A peer reviewed Book)	Published by Notion Press, 2023 ISBN-13 :979-888951676-7 (181-195)

PAPERS PRESENTED IN CONFERENCES & SEMINARS :

Sl.No	Title of the Paper presented	Title of Conference/ Seminar	Organizer	Date	Type of Conference
01	Satisfaction with teaching profession: A study on job satisfaction among female teachers	Challenges in Higher Education: Teacher initiatives	Karnataka Mahavidyalaya Shikshak Sangha®, Mangalore University and NAAC, Bengaluru	11 Jan, 2020	National Conference
02	Drug Addiction and Civic consciousness	National Conference on Civic consciousness	Department of Postgraduate studies in Social work, SDM College (Autonomous), Ujire	19 & 20 September 2019	National Conference
03	Women Lecturers and their Family satisfaction	Response of the Humanities to the present context	Kateel Ashok Pai Memorial Institute and MCCA Shivamogga, Karnataka	7 September 2019	National Seminar
04	Life satisfaction among women lecturers in Degree Colleges affiliated to Mangalore University	Social work education in India: towards 2050	Department of Social work, Nehru Memorial College, Sullia	15 March, 2018	National Seminar
05	Role conflict among women lecturers	Women in Changing India	P.G. Department of Social work, St. Aloysius College (Autonomous), Mangaluru	20 & 21 September, 2016	National Seminar
06	Job satisfaction among female teachers-a study on the private degree colleges affiliated to Mangalore University	Quality initiatives in Higher education with special focus on women's education	St. Agnes College (Autonomous), Mangaluru and School of Social work (Autonomous) Roshni Nilaya, Mangaluru	5 & 6 February, 2016	National Seminar
07	A study on employment of children and its impact on elderly at home	Gerontology-social work perspective	School of Social work, Roshini Nilaya, Mangaluru and advantAGE Seniors, Bangalore	1 March, 2014	UGC Sponsored International seminar

08	School social work: an instrument of social work profession	Emerging trends in Professional social work	Department of Psychiatric social work, NIMHANS, Bangalore	5,6 & 7 January,2012	National Conference
09	Women and sustainable Development	Sustainable Development: Towards a self reliant India	MSW Department, St.Aloysius College(Autonomous),Mangalore	18 & 19 October,2011	National Seminar

SEMINARS,WORKSOPS, FDP AND CONFERENCES ATTENDED:

Sl.No	Title of Conference / Seminar	Organizer	Date	Type of programme
1.	Navigating Indian Economy-Post Covid 19 challenges and solutions	Department of Management Studies, Nitte Meenakshi Institute of Technology, Bangalore	8April2022	National seminar
2.	Women'swellbeing	Lions Clubs International, Mangalore	9March2020	Seminar
3.	Emotional Intelligence &Teaching	Department of BSW in association with P.G.Studies in Journalism and Mass communication	16October,2020	FDP
4.	Impact of globalization on India and Europe-with specific focus on social work	School of Social work, Roshni Nilaya, Mangaluru	24July2019	International Conference
5.	School social work	Department of BSW, Alva's College	9August2019	International Conference
6.	From diversity towards inclusion: A social work paradigm	School of Social work, Roshni Nilaya, Mangaluru	15 and 16 February2018	International Social work conference
7.	Scholastic Difficulties-Interventions and strategies	Manashanthi Counseling, Research and Training Centre, Mangaluru	10 November 2018	Workshop
8.	Basics of Research skills	Department of Humanities, Alva's College	9June2017	FDP
9.	Youth empowerment-building skills for a better tomorrow	P.G.DepartmentofSocialwork, St.Philomena College, Puttur	20Feb, 2018	State level workshop
10.	Youth and Mental Health	Department of BSW, Alva's College	7 January,2018	State level seminar
11.	Perspectives on women's health across the life span	Department of BSW, Alva's College	21 January,2017	National level seminar
12.	Contemporary challenges of social work practices in different settings	Department of P.G. Studies in Social work, Alva's College	25March, 2017	National Seminar
13.	Adolescence and its educational implication	Alva's college of Education	5&6August, 2017	FDP
14.	Teaching Methodology	Alva's college of Education	14&15, August 2016	FDP
15.	Participatory Rural Appraisal	Department of BSW, Alva's College	24&25August 2016	Workshop
16.	Basics Computer	Alva's Institute of Engineering and Technology	9&10August, 2016	FDP

17.	Field work curriculum	Department of Social work, Alva's College	6July2014	One day Orientation
18.	Need and challenges of working with children	Department of BSW, Alva's College	7&8March, 2014	State level Seminar
19.	Challenges of Human Identity and Social work in the millennium	Department of P.G. Studies in Social work, Alva's College	12 February, 2014	National level seminar
20.	Sustainable Development: Towards a self reliant India	MSW Department, St.Aloysius College (Autonomous), Mangalore	18&19 October, 2011	National Seminar
21.	Supervision in Social work	School of Socialwork, Roshni Nilaya, Mangaluru	27 March2010	UGC Sponsored workshop
22.	Applied Management skills and practices for HR Professionals	Department of Social work, Alva's College	25 & 26 September,2009	State level seminar
23.	Competency mapping and performance management	P.G. Dept.of social work, SDM College, Ujire	4 November, 2006	Workshop
24.	Social work profession and mental health	Department of Social work, Alva's College	10&11January, 2003	Seminar

WEBINARSATTENDED:

Sl.No	TitleofConference/ Seminar	Organizer	Date	Type of programme
1	Research publications and Ethics	Department of Management Studies, Nitte Meenakshi Institute of Technology, Bangalore	16 to 20 November2022	FiveDaysFDP
2	Managing mental health in the times of COVID-19:Issues&Challenges	Department of Social work, Davangere University	6June2020	National webinar
3	Research paper writing and publications	IQAC Cell &Commerce and Management Association, Trisha College of Commerce and Management, Mangaluru	6 February, 2021	National webinar
4	Opportunities and Challenge of Covid-19 – The future jobs and Employability skills	Deshpande skilling-Deshpande Foundation in association with Department of Social work, Alva's College, Moodbidri	31 August,2020	Webinar
5	Innovative teaching learning practices: Way to transform teachers	Institute of Information and Technology & Management	27to31,July 2020	One week FDP
6	Influential leadership is The key	LDRA Technology Pvt. Ltd, UK	20June2020	Webinar
7	Suicide prevention workshop	Sisters living works	June2020	Workshop
8	Application of social Work methods in pandemic crisis	The catholic university of Eastern Africa and Bharatha Mata school of Social work, Thrikkakara	1,3,5&8 th June2020	International Conference

9	COVID-19 & Indian Economy	School of social sciences, Central University of Gujarat in collaboration with Students for Holistic Development of Humanity(SHoDH)and Knowledge partner ICSSR	2,3&4 th of August	Three day National Webinar
10	Challenges and opportunities in Post pandemic life	Department of Education, Psychology and Mathematics, Isabella Thoburn College, Lucknow	20June, 2020	National webinar
11	Intellectual property rights	IQAC, Government College for women (Autonomous),Mandya, Karnataka	17June2020	National level webinar
12	Emotional Competencies For Crisis Management	Dr. MGR-Janaki College of Arts And Science for women, Chennai	20June2020	National webinar
13	Research Methodology And ICT based teaching and Learning tools	Hindustan college of Arts and Science, Coimbatore, Tamilnadu	16 th to 20 th June , 2020	Five days online workshop and National FDP
14	Academic Integrity and Research ethics	Department of social work, Davangere University	11June2020	Special lecture
15	Innovative challenges in multidisciplinary research and practices	Hindustan college of Arts and Science, Coimbatore, Tamil nadu	15 th Juneto 19 th June 2020	Five days Online International Conference
16	COVID-19-Preparedness and response of the Indian Healthcare system	College of Social work (Autonomous),Nirmala Niketan	17June2020	Webinar
17	Preparedness and challenges of college teachers inthepostcovid Era	Govt First Grade College for women, Balmatta, Mangalore	17June2020	International webinar
18	Observance of world elder abuse Awareness day: Elder abuse: Trends, Challenges and ways forward	BDU- Heritage centre for Gerontology, Department of Social work, Bharathidasan University	15June2020	International webinar
19	Critical social work practice in India	P.G. Department of Social work, Madras School of social work, Chennai	3June2020	Webinar
20	Internet addiction and Career in Psychology	Department of Clinical Psychology, Kateel Ashok Pai Memorial Institute of Allied Health Sciences, Shivamogga	27 to 29 May 2020	Webinar series
21	Navigating through stress and anxiety during the pandemic	St.Agnes College in association with Mangala Alumni Association(MAA),Mangalore University	28May2020	Webinar
22	Mitigating discrimination and exclusion of marginalized during pandemic	UG & PG Department of Social work, St.Aloysius College(Autonomous),Mangalore	June24,2020	National webinar

23	International Yoga Day	Alumni Association ,Arts and Commerce College, Gadag -Betgeri	21June2020	International webinar
24	Is online teaching supplementary or substitute for classroom teaching	Sri Mahaveera First grade College, Moodbidri	23June2020	National webinar
25	E-governance Culture: Transformation in Higher education stakeholders UX	Association of Principals of colleges of Bharathiar University &Hindustan College of Arts and Science, Coimbatore, TamilNadu	26 th June2020	International FDP
26	Re configuring the mind: Post COVID Consciousness	IQAC, Jyothi Nivas College Autonomous, Bengaluru	23to27 th June 2020	International Webinar
27	Gender inequality and Inclusive development	Department of Social work, Central university of Kerala	24June2020	International webinar
28	Qualitative Research	Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for women	30June2020	Webinar
29	Effective skills for Research and Publication in social sciences	Department of P.G. Studies and Research in Sociology, Rani Channamma University,Belagavi	26June2020	International webinar
30	Effective use of electronic resources in Academia during COVID-19 outbreaks	Library and Information Center under IQAC initiative, Besant Evening College,Mangaluru	11July2020	National webinar
31	Social work-Field work Practicum during Pandemic:Challenges& Opportunities	BoardofStudies(SocialWork), Madras School of Social Work	17July,2020	International Panel Discussion
32	Mental health and well-being during COVID-19 Pandemic	Parent Teacher Association and Department of social work, St.Mary's College, Shirva, Udupi	19July2020	State level webinar
33	Predatory Journals and Open Educational Resources	Department of P.G. Studies in English, Alva's College,Moodbidri	4August2020	National webinar
34	Create Magic in the class room for student's engagement	Krantiguru Shyamji Krishna Verma Kachchh University, Bhuj-Kachch	29July2020	Webinar
35	Awareness of Voluntary Donation	Department of P.G Studies in Social work in association with Kasturba Hospital, Manipal and NSS Units, SDM College, Ujire	11 September 2020	National webinar
36	Cancer prevention and Healthy lifestyle during COVID-19	Nehru Memorial College, Sullia	10 September 2020	National webinar

INVITEDLECTURES/RESOURCEPERSON:

- Conducted session on Social responsibilities for Engineering students of AIET, Mijar on 29th and 30th September 2022
- Conducted session on Life skills for M.Com students at Alva's College on 30 November, 2022
- Guest Lecture on Research Methodology for B.Com students at Alva's College on 19 January 2022
- Resource person for the Inter collegiate Level HR Seminar on "Woman as a workforce-issues and challenges" held on 11-09-2019 organized by the Department of HRD, Alva's College
- Resource person for sensitization programme on Child Rights for students of Morarji Desai Residential School, Kallabettu, Moodbidri on 30-12-2017
- Delivered a talk on women empowerment for NSS students at Sri. Dhavala College, Moodbidri
- Conducted a session on Research skills for BA students at Sri. Dhavala College, Moodbidri.
- Conducted Career Guidance Programmes for PU students in Moodbidri region.
- Conducted workshops on Preparation for examination for SSLC students in Moodbidri region.

PROFESSIONAL DEVELOPMENT ACTIVITIES:

- Chairman of Board Of Examiners (BOE) in BSW, Mangalore University for the academic year 2017-18
- Member of BOE in BSW, Mangalore University for the academic year 2018-19
- Member of BOS in BSW Degree Programme of School of Social Work, Roshni Nilaya, Mangalore (2021-22)
- Member of BOE of BSW Degree Programme of School of Social Work, Roshni Nilaya, Mangalore (2022-23)
- Member of Karnataka Rajya Mahavidyalaya Shikshak Sangha®
- Active member of JCI Moodbidri, Tribhuvan

TRAINING AND DEVELOPMENT

- Twelve days online training in Basics of Counselling and Self-mastery by EMOCARE
- Two days online training programme on Research trends in social work organized by the Department of social work, Bangalore University on 25 & 26 May 2020
- Attended the Literary Boot camp-Master the art of Vocabulary
- Completed online series course of Domestic violence and well-being during COVID-19 on 19 June 2020
- Undergone two days foundation course in "Transactional Analysis" by Dr. Beena Dharman, Psychotherapist/Trainer, Life guide at Alva's College, Moodbidri organised by Department of Psychology and MPSW Forum, Department of Social Work.
- Completed Basic Life Support (First Aid) Training in 2004.
- Completed Fire prevention and Fire Fighting in 2004

EXAMINATION DUTIES ASSIGNED AND PERFORMED:

- Room Invigilation at University end semester exam
- Evaluation of Answer Scripts of both PG and UG of Mangalore University.

- Question Paper Setting and evaluation of answer scripts of Mangalore University, SDM College, Ujire and School of Social Work Roshni Nilaya, Mangalore.

Declaration

I here by declare that, the above information is true to the best of my knowledge

Dr. Sapna