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Assistant Professor in the Department, her areas of specialization are Organizational Behaviour, Cognitive Psychology, Yoga and Indigenous Psychology, and Parenting styles across different culture. She has more than 10 years of teaching experience at P G level in different institutes at Bengaluru and about 4 years of experience in Behavioral skills training at various organizations. Recipient of Deepak Bhat award for best paper for paper titled '**Impact of Personality Development Course on Self- esteem and Anxiety of college students**' in 51st National and 20th international Conference of IAAP held at Bangalore University, Bangalore held from 6th to 8th May 2016. Best research publication award in social science-2015 from Karnatak University Dharwad for paper titled '**Relation between Occupational Stress and Anger Expression**' published in Recent Advances in Psychology: An international Journal. Best paper award for research paper titled '**Skills to Manage Stress: A Yogic Approach**' in 46th National and 15th International Conference of Indian Academy of Applied Psychology 4th-6th February 2011. Best paper award for paper titled '**Quality of Work life among Professionals and Non-professionals: An Explorative study**' in 1st international and 7th National conference of Academy of Psychologists at CMR college- Bangalore 8th and 9th April 2011.