



St. Joseph's College of Commerce (Autonomous)

Affiliated to Bengaluru City University
Accredited with A++ Grade by NAAC (4th Cycle) | College with Potential for Excellence(CPE)
Ranked 93rd in NIRF 2022 by MHRD
#163, Brigade Road, Bengaluru - 560025, Karnataka.

CURRICULUM VITAE

Name: MARYANNE ANTOINETTE PAIS

Designation: ASSISTANT PROFESSOR

Gender: FEMALE

Email-ID (Official): maryanne@sjcc.edu.in

Education: M.Sc. Clinical Psychology, NET, PhD (pursuing)

Blog: thilivutheraapy.wordpress.com

Areas of specialisation: Clinical Psychology, mental health in adolescence and emerging adulthood, mental health literacy

Research Interest: Mental health literacy, help seeking, mental health challenges in adolescence and young adulthood, public mental health

Teaching Interest: General Psychology, Psychopathology, Social Psychology, Positive Psychology

Work Experience with current institution:

Total Experience (including Teaching and Research)

Name of the Institution	Position Held	Experience from - to	Total Years of Experience
St. Joseph's College of Commerce (Autonomous)	Head of Department	2022 - present	1

Work Experience with previous employer:

a) Teaching Experience :

Designation	Teaching Experience from - to	Total Years of Experience
Coordinator, Humanities and Social Sciences, St. Joseph's Evening College (Autonomous)	2021-22	1
Head, Department of Psychology, St. Joseph's Evening College (Autonomous)	2022	1
Assistant Professor, Department of Psychology, St. Joseph's Evening College (Autonomous)	2018-22	4

b) Industry Experience :

Name of the Company	Designation	Total Years of Experience
New Faces Foundation	Coordinator and Counsellor	1
First Nanny	Therapist, Psycho-gynaecological Services	1

Administrative Roles (i.e. VP, IQAC, TQM, HOD, Class Mentor, Co-ordinators, NSS Programme Officer and others):

Position Held	Years of Experience	Nature of responsibilities
Head, Department of Psychology	1	Supervision and facilitation of administrative and academic functioning of the department.

Class mentor	1	Academic accompaniment of I BSc. Economics students
Coordinator, Serenata Chorale	1	Monitoring, planning and coordinating activities relating to the college choir.

Academic Roles (Editorial Board Member, Member - Board of Studies, Examiners, External Examiner or Advisory Board in other Colleges, Peer Reviewer):

Position Held	Years of Experience	Nature of responsibilities
Member, Board of Studies, St. Joseph's Evening College Autonomous	1	Providing insight and suggestions for the preparation of discipline specific courses and open electives.
Member, Board of Examiners, St. Joseph's Evening College Autonomous	1	Preparing question papers and answer keys for papers offered by the the Department of Psychology.

Publications (year wise latest to old):

a. Paper Presentations (Conferences, Seminars, Workshops)

Title and details	Presented at	Date
Mental health literacy among college students in Bangalore: An assessment of stigma related mental health knowledge	International Conference on Counselling and Psychotherapy, Christ (Deemed to be University), Bangalore.	03/01/2023

The Post-Pandemic Workplace: Perceptions of Work among Millennial Teaching Faculty in Higher Education Institutions	International Conference on Advancements in People Management: Decoding HR for Industry 5.0, Christ (Deemed to be University), Bangalore.	01/12/2022
Online Mediums for Research and Learning: Experiences of Facilitators and Participants in an Online Life Skills Training Programme	NVivo and QSR International	23-24/9/2020
Sources of Perceived Social Support among 18 and 19 Year Olds: A Descriptive Study at a ' , St. Joseph's College of Commerce.	National Conference on Well-being of the Emerging Generation: Challenges and Approaches, St. Joseph's College of Commerce (Autonomous)	20/11/2018
Influence of Fandoms on Perceived Social Support and Self-esteem in Adolescents	Interdisciplinary Conference at Christ University	03/02/2017

b. Invited Lectures, Presentation and Participation in Workshops, Trainings and Roundtables organised

Title of the Topic / Theme Discussed	Participant/panelist /presenter (Please mark the appropriate one)	Name of the Organisation	State/ National/ International	Date
Guest lecture on Emotions and Addiction in Adolescence	Guest speaker	St. Joseph's Pre-University College organized by the Karnataka Jesuit Educational Society Youth Work	State	(16/07/2022)

FDP on Implementation of NEP	Guest speaker	St. Aloysius Degree College, Bangalore	State	13/12/2022
Workshop on The Importance of Mental Health and Work Life Balance	Workshop facilitator	Thence, Bangalore	Regional	8/10/2021
Panel Discussion on Suicide Prevention: What Makes Life Worth Living	Moderator	St. Joseph's Evening College (Autonomous)	Regional	13/9/2021
Experiential Workshop on Guided Imagery as an Integrative Practice	Guest speaker	St. Joseph's Evening College (Autonomous)	National	06/09/2020
Workshop on Building Research Skills	Organiser	St. Joseph's Evening College (Autonomous)	Regional	4-7/8/2021
Group therapy sessions for the faculty of St. Joseph's Indian High School	Group therapy facilitator	St. Joseph's Indian High School, Bangalore	Regional	01-31/08/2021
Webinar on Sleep and Mental Health: Sleep Related Concerns During COVID -19	Guest Speaker	St. Joseph's Evening College (Autonomous)	National	26/07/2020
Life Skills and Aptitude Testing	Facilitator	Karnataka Province Higher Education Project	State	09-10/7/2021

Guest lecture on Teamwork as a part of the Life Skills CBCS programme	Guest speaker	St. Joseph's College (Autonomous), Bangalore	State	08/05/2021
Guest lecture on Leadership Skills	Guest Speaker	St. Joseph's College (Autonomous), Bangalore	State	25/05/2021
Panel discussion titled A Date with Wellness: Prioritise You	Panelist	Department of Management, Christ (Deemed to be University)	Regional	12/2/2021
Online guest lecture on Self-esteem and Confidence Building Strategies	Guest Speaker	St. Joseph's College (Autonomous), Bangalore	Regional	17-19/12/2020
Panel discussion titled Coming Out Stories and Mental Health	Panelist	LifeForward and Parivartan Trust	National	19/9/2020

Consultancy (year wise latest to old):

Nature of Consultancy	Name of organization	Duration
Content validation for BEd level examination	META-i Technologies Pvt. Ltd.	6 months
