



**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.

Name	Dr Rekha R Ahuja
Qualification	Ph.D (Psychology), MPhil, MSc. Clinical Psychology, BA
Additional qualification	nil
Work Experience (years, institutions)	Assistant Director, Samagra – St Joseph's Holistic Wellness Centre (Feb 2021 onwards)
	Assistant Professor & Head, Department of Psychology, St. Joseph's Evening College (Autonomous) – [3 years (2019-2022)]
	Assistant Professor, Department of Psychology, CHRIST (Deemed to be University), Bengaluru – [6 years (2012 – 2018)]
	Adjunct Faculty, St. Joseph's Institute of Management (2020-21)
	Adjunct Faculty, St. Martha's College of Nursing (2011-12) Adjunct Faculty, CHRIST (Deemed to be University) (2011-12)
Papers Presented(title, publication, year)	
National Seminars attended	Covid 19 Impact on Higher Education, organized by IQAC, St. Joseph's Evening College, Bengaluru (June 2022)
	International Conference on Enhancing Psycho oncology Practice Research in India (Jan 2020), organized by Adyar Cancer Institute and the International Psycho-oncology Society (IPOS) Academy, Chennai
	National Symposium on Qualitative Research Methods: Qualitative Understanding for Quality Healthcare, (Nov 2019), organized by Christian Medical College, Vellore, India

	<p>Attended an Ethics, Opportunities and Challenges in the Light of National Education Policy 2019, (July, 2019), organized by St. Joseph's College, Bengaluru</p> <p>Webinar on Online training of psychologists for providing brief telephonic psychological support in the context of COVID 19, on 21st April, 2020 conducted by NIMHANS, Bangalore</p>
<p>Invited speaker (Resource Person)</p>	<p>Making Interviews Interactive Invited Speaker for a plenary session for National Symposium on Qualitative Research Methods: Qualitative Understanding for Quality Healthcare (Nov, 2019), Organized by Christian Medical College (CMC), Vellore, India.</p>
	<p>Interpretive Phenomenology: Exploring the Life Existential Invited Speaker for a plenary session for National Symposium on Qualitative Research Methods: Qualitative Understanding for Quality Healthcare (Nov, 2019), Organized by Christian Medical College (CMC), Vellore, India.</p>
	<p>Mental Agility: Handling Crisis as an Opportunity for Change Invited Speaker for a webinar conducted by MCM college of Management, Bengaluru (Aug, 2020)</p>
	<p>Self Care: Empower Yourself to Reach Out Invited Speaker for a Two Day Faculty Enrichment Programme at St. Joseph's College of Commerce, Bengaluru (December 2020)</p>
	<p>Nurture yourself to nurture others Invited Speaker and Chief Guest for Women's day celebration organized at St. Anne's College, Bengaluru</p> <p>Basic Counselling Skills: How to Reach out Effectively Workshop for teachers conducted by St. Joseph's School CBSE, Bengaluru (May 2021)</p>
	<p>Being an Empathetic Listener Invited Speaker for a webinar at St. Aloysius College, Mangaluru (May 2021)</p>
	<p>Healing the Invisible Wound,</p>

	Invited Speaker for a webinar at St. Aloysius College, Mangalore (September, 2021)
	Panelist for “Creating hope through action”, a webinar organized by Medico Pastoral Association, Bengaluru. (September 2021)
	Self-Awareness and leaders, a session for Leadership training workshop, organized by Loyola College, Chennai (September, 2021)
	Facilitator for Building Blocks of Mental Health, a two day seminar for college students, organized by St. Joseph’s Evening College (October, 2021)
	Trainer for Leadership training programme, organised by Samagra for students from North Karnataka (November 2021)
	Facilitator for NVivo software for data analysis using Qualitative research methods, organised by Dept of Hotel Management, CHRIST (Deemed to be University), Bengaluru (November 2021)
	Effective parenting, a session organized for parents by St. Joseph’s Composite PU College (November 2021)
	Challenges of Millennial Youth and Mental Health, a session for youth leaders of state level AICUF (March, 2022)
	Mental Health, Mentoring and Counselling, Faculty Development Programme for staff members of Loyola Composite PU College, (March, 2022)
	Self awareness, leadership skills and psychometric assessment, a 2 day Career Guidance and Aptitude testing, Organized by Samagra – St. Joseph’s Holistic Wellness Center, Bengaluru (May 2022)
	Mental Health and Counseling in the pandemic world- staff orientation for teachers of Cluny Convent, Bengaluru (May 2022)

	<p>'Breaking the ice with the back breakers', a talk on how to deal with problem behaviors in the classroom, a part of Chiguru programme a three-day staff orientation programme for Pre-University teachers, organized by St. Joseph's Pre-University College, Bengaluru (June 2022)</p>
Membership of Professional Bodies	International Psycho oncology Society (Life member)
Area of research	Psycho-oncology, Health Psychology, Personal Growth, Holistic Healing