

Megha Deuskar_Psychology, Ph.D.

Present position

- Assistant Professor

Contact Details(Mention e-mail) – fergusson.edu or despune.org



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Work Experience

- Teaching: 15 years
- Research/Industrial: 8 years

Personal Profile

Prof. Megha Deuskar completed her Masters in Clinical Psychology from the University of Pune, India in 2001. She was a Gold Medalist at the M.A. examination of the SPPU. With a scholarship which she received from the University Grants Commission, she completed her doctoral work was on "Stress reduction through Yoga Nidra" - a form of Yogic relaxation. She received her Yoga training from the Yoga University, Nasik, India. After earning her Ph.D. degree in 2006, she started teaching at the Post Graduate section of the Department of Psychology, Fergusson College, Pune, India. At present she serves as Assistant Professor and teaches Clinical Psychology to graduate students. She is a Ph.D. guide affiliated to Pune University since 2015. She also coordinates a one year course in Counseling in Fergusson College. Besides, she has a passion for research and 35 of her articles have been published in national and international journals. Several of her research papers have been presented at National and International Conferences. She has done the Indian Adaptation of the book Personality Psychology by Larsen and Buss. She is a member of the Board of Studies at MIT University of Vedic Sciences, Loni and Ruia College, Mumbai.

She is a Life Member of the Association of Psychological Counselors, Vellore.

Course(s) Taught

1. Personality
2. Human Cognition and Emotion
3. Foundations of Clinical Psychology

5. Psychodiagnostics
6. Psychotherapies
7. Human Interventions

Field of Specialization/Areas of Interests

- Counselling Psychology
- Indian Psychology

Education

- **Ph.D. – (Psychology):** from 2001 to 2006
Title of the Thesis: Stress Reduction through Yoga Nidra
Name of University / Institution: Pune University
Year of Award 2006
- **Master of Arts- (Psychology):** 2001
 University/College: Pune University
- **Bachelor of Arts- (Psychology):**1997
 College, University,Place

Fellowship/Awards/ Certifications/Achievements/Recognitions

1. Bharat Shiksha Ratan Award
2. Best Educationist Award for talented personalities

Member of College Committees/ Professional Bodies and Others

College Level	Professional Bodies	Others
Coordinator, Post Graduate Certificate Course in Counselling Psychology	Life Member of All India Association for Obesity Research	Ruia College, Mumbai (Member of Board of Studies)
Member Secretary of Institutional Ethics Committee, Fergusson College (Autonomous), Pune		
Departmental Coordinator for Outcome Based Education	Life Member of Association of Psychological Counsellors, Vellore	MIT ADT University, Loni (Member of Board of Studies)

Employment History

Organization : Fergusson College, (Autonomous), Pune

Role : Assistant Professor
Duration : 15 years

Responsibilities	<ul style="list-style-type: none"> Teaching MA (Clinical Psychology). Coordination of Post Graduate Certificate Course in Counselling Psychology
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Research Projects

Title of the Project	Name of Funding Agency	Amount(Rs)	Duration (Year) (From To)	Type (Minor/Major)	Outcome

Research Publications in National and International Journals

- Rybak, C. & Deuskar, M.U. (2002). The Yoga of Group Work: How a Wisdom Tradition illuminates Current Practice. *Group*, 28, (3), 191-209.
- Deuskar, M.U., Poonawala, N., & Bhatewara, S. A. (2006). Effect of Yoga Nidra and Applied Relaxation Technique on Steadiness and Performance of archers. *Psychological Studies*, 51, (1), 64-68.
- Deuskar, M.U., Poonawala, N., & Ram, U. (in press). Effects of Relaxation on Stress and Anxiety. In Ram, U. & Mishra, G. (Eds.), *Affect and well-being: Current developments*. New Delhi: Sage.
- Deuskar, M.U. (2007). The effectiveness of Yogic relaxation technique in the reduction of examination anxiety among high school students. *Journal of Psychosocial Research*, 3(1), 123-133.
- Rybak, C.J., Poonawalla, N., Deuskar, M.U., Bapat, R. (2007). Experiential learning workshop for Indian students. *The Journal of Humanistic Counseling, Education and Development*, 46, (2), 183-196.
- Rasal, S., & Deuskar, M.U. (2008). A comparative study of Rational Emotive Therapy and Yoga Nidra for effective anger management in families. *Psychological Studies*, 53 (3), 213-218.
- Deuskar, M.U., & Bostan, N. (2008). Emotionally intelligent parenting and anger expression tendencies in children: a correlational study. *Journal of Psychosocial Research*, 3 (2), 265-271.

8. Rasal, S. & Deuskar, M.U. (2008). A combination of Yoga Nidra and Homeopathy as therapy for acute schizophrenia. *Indian Journal of Psychological Counseling*, 16, 20-25.
9. Deuskar, M.U. (2009). A study of the relaxation states evoked by the practice of Yogic relaxation. *Indian Journal of Psychological Counseling*. 17, 14-22.
10. Harlalka, A., Surynarayan, A., & Deuskar, M.U. (2009). Stress reduction through arts based therapy. *Proceedings of the National Seminar on "Recent trends in Psychology: An applied perspective" held in Fergusson College, Pune in December 2009*, 79-88.
11. Ramchandran, A., & Deuskar, M.U. (2009). Stress in mental health care and health care professionals in relation to gender and marital status. *Proceedings of the National Seminar on "Recent trends in Psychology: An applied perspective" held in Fergusson College, Pune in December 2009*, 125-134.
12. Rybak, C. & Deuskar, M. (2010). Enriching group counseling through integrating Yoga concepts and practices. *Journal of Creativity and Mental Health*, 5,(1), 3-14. ISSN: 15401383.
13. Kumar, S., Thakkar, N. & Deuskar, M.U. (2011). Effect of stress and emotional expressiveness on physical and mental health. *Proceedings of the National Seminar on "Health and Well-being: Contemporary issues and perspectives" held in Fergusson College, Pune in January 2011*, 171-178.
14. Seth, S. & Deuskar, M.U. (2011). Quality of life in cancer patients according to monthly income, type of treatment and stage of treatment. *Proceedings of the National Seminar on "Health and Well-being: Contemporary issues and perspectives" held in Fergusson College, Pune in January 2011*, 138-146.
15. Pestonji, K. & Deuskar, M.U. (2011). Effect of nature walk on Directed Attention and the effect of a trek on Relaxation States, Mood and Self-esteem. *Proceedings of the National Seminar on "Health and Well-being: Contemporary issues and perspectives" held in Fergusson College, Pune in January 2011*, 58-68.
16. Pawar, A., Contractor, M., Bhawsar, N., Katarki, S. & Deuskar, M.U. (2011). A comparative study of emotional intelligence among Allopathic, Homeopathic and Ayurvedic doctors and their efficacy as perceived by patients. *Proceedings of the National Seminar on "Health and Well-being: Contemporary issues and perspectives" held in Fergusson College, Pune in January 2011*, 31-38.
17. Deuskar, M.U. (2010). Stress reduction through Yoga Nidra. *Proceedings of the International Interdisciplinary Scientific Conference on "Yoga in Science: Future and Perspectives", held in Belgrade, Serbia, on 23rd and 24th of September 2010*, 72-80.
18. Sharma, S. & Deuskar, M.U. (2010). Parenting styles and its effects on vulnerability to peer pressure and alcoholism in adolescents. *Indian Journal of Psychological Counseling*, 19 & 20, 69-79.

19. Bhavsar, N. & Deuskar, M.U. (2011). Age difference among managers on Type A behavior pattern, anger and perceived stress". *Proceedings of the 3rd National Research Conference on "Managing Diversity for Inclusiveness: The Corporate Initiatives" held at Sinhgad Institute of Management & Computer Application, Pune,*
20. Divya, A. & Deuskar, M.U. (2011). A comparative study if Geraitric Depression among Rural and Urban Populations. *Journal of Psychosocial Research*, 6, (2), 299-305. ISSN: 0973-5410. E-ISSN: 0976-3937.
21. Contractor, M., & Deuskar, M.U. (2012). Social support, social stigma and coping behaviour of parents of children with special needs. *Journal of the Indian Academy of Applied Psychology*, 38, (3), 85-93. ISSN: 0019-4247.
22. Deuskar, M.U. & Chavare, S. (2012). Counseling as an intervention to treat women with Rheumatoid and Osteoarthritis. *Proceedings of the National Seminar on "Counseling Strategies for Enhancement of Physical and Psychological Well-being" held at M.E.S. College of Arts & Commerce, Zuarinagar, Goa on 7th and 8th of September, 2012.* 1-7. ISBN: 9789380837475.
23. Prabhavalkar, P. & Deuskar, M. U. (2012). Evaluating risk takers as potential long term mates: An evolutionary perspective. *Journal of Psychosocial Research*, 7 (2), 175-181. ISSN: 0973-5410. E-ISSN: 0976-3937.
24. Deuskar, M.U. (2013). Empowering arthritic women through counselling: A humanistic perspective. *Proceedings of the National Seminar on "Developing Human Potential: Issues, Perspectives and Challenges" held in Fergusson College from 31st January to 2nd February 2013.* Pp. 42-49. ISBN: 978-93-5087-999-3.
25. Chavare, S. & Deuskar, M.U. (2013). A comparative study of the Psychosocial factors involved in Rheumatoid arthritis and Osteoarthritis. *Critical Enquiry*, 5 (4), 89-97. ISSN: 0975-0096.
26. Deuskar, M.U. (2013). Yoga Nidra: A powerful tool for deep relaxation and healing. *Proceedings of the State Level Workshop on "Holistic Healing: A Journey to Optimal Wellness", held in Fergusson College Pune on 8th and 9th of March 2013.* Pp.17-19. ISBN No. 978-93-5137-175-5.
27. Deuskar, M.U. (2015). Overcoming the effects of internalized oppression through counseling: an eclectic approach to help women lead empowered lives. *Indian Journal of Psychological Counseling*, 23 & 24, 22-30. ISSN 2394-7411.
28. Shidore, M. & Deuskar, M.U. (2015). The role of neuroticism, stress, chronotype in premenstrual distress among young women. *Human Rights International Research Journal*, 3 (1), 01-05. ISSN: 2320-6942 ISBN: 978-93-84124-32-8. IMRF Publications, Ratna Prasad Multidisciplinary Research & Educational Society, Andhra Pradesh, India.
29. Rybak, C.J., Sathaye, D.R., & Deuskar, M.U.(2015). Group Counseling and Satsang: Learning From Indian Group Practices. *The Journal for Specialists in Group Work*, 40 (2), 147-162. DOI: 10.1080/01933922.2015.1017064. ISSN 01933922(2015)40(2).

30. Deshmukh, A. R. & Deuskar, M.U. (2015). The relationship of religious orientation and Happiness and resilience and the meditational role of locus of control. *Proceedings of the European Conference on Ethics, Religion and Philosophy, Brighton, United Kingdom*. 1-16. © The International Academic Forum. ISSN: 2188-966X.
31. Joshi, S.S. & Deuskar, M.U. (2016). The role of adult romantic relationships in identity formation and attachment: an exploratory study. *Indian Journal of Health & Wellbeing*, 7 (2), 220-224. ISSN-p-2229-5356. e-2321-3698. Publisher: Indian Association of Health, Research and Welfare.
32. Rodrigues, N. & Deuskar, M.U. (2016). A study of the effect of Color Meditation on Relaxation States. *Journal of Psychosocial Research*, 11 (1), 13-20. ISSN: 0973-5410. E-ISSN: 0976-3937.
33. Abhyankar, S.C. & Deuskar, M.U. (2017). Positivity: An antidote to Health Problems. *International Journal of Indian Psychology*, 4(4), 142-153. ISSN 2348-5396 (e)| ISSN: 2349-3429 (p)| DIP:18.01.154/20170404, DOI:10.25215/0404.154
34. Prabhavalkar, P. & Deuskar, M.U. (2018). Bold or beautiful? The duplicity of women protagonists in Indian advertisements. *Journal of Psychosocial Research*, 13(1), 73-82. ISSN: 0973-5410, ISSN: 0976-3937. Prints Publications Pvt. Ltd., New Dehi.
35. Prabhavalkar, P. & Deuskar, M.U. (2019). The Eyes of the beholder: A critical lens. *Ajanta*, (8), 1, 27-32. ISSN: 2277-5730. Impact factor: 5.5. Ajanta Prakashan, Aurangabad.
36. Thomas, A. & Deuskar, M.U. (2022). Religious Commitment and Marital Satisfaction: The Mediating Role of Forgiveness. *Insight*. 1(12), 159-172. ISSN: 2582-8002.

Participation in Conferences/Seminars/Symposia/Workshop:

Pondicherry 2002

Presented a paper on “Yoga Nidra and Stress Reduction” in the National Conference on “Yoga and Indian Approaches to Psychology” held in Pondicherry, in September 2002.

Coimbatore 2003

Presented a paper titled “Family Environment and Self-esteem” at the National Conference on “Challenges and responses: Psychology for Integration” held in Coimbatore in February 2003.

Pune 2003

Presented a paper on “Yoga Nidra: a treatment method of the East” at the workshop on “Psychotherapy: West and East” held at the University of Pune, in January 2003.

Pune 2003

Won the **Best Paper award** at the Students Seminar held at the Department of Psychology, University of Pune in October 2003 for the paper titled “The effect of Yoga Nidra and Applied Relaxation Technique on Anxiety and Performance of Sportsmen”.

Pune 2004

Presented a paper on “Effects of Relaxation on Stress and Anxiety” at the International Seminar on “Eastern and Western Ideas on Mind and Consciousness in Psychological Health” held at the University of Pune, Pune, India, in January 2004.

Pune 2005

Presented a paper on “Yoga Nidra: a way to reduce stress” in the Seminar on “Impact of IT industry on human life” held in the University of Pune, Pune, India, in September 2005.

Lonavala 2006

Presented a paper titled “A combination of Yoga Nidra and Homeopathy in the treatment of acute schizophrenia” at the 5th International Conference on Yoga, Research, Education and Therapy held at Kaivalyadham, Lonavala in December 2006.

Mumbai 2008

Presented a paper titled “A comparative study of rational emotive therapy and Yoga Nidra for effective anger management in families” at the 6th Annual International conference of the Association for Psychological Counseling on Anger and Development of Children held at S.N. D.T. University, Mumbai in January 2008.

Mumbai 2008

Presented a paper titled “Emotionally intelligent parenting and anger expression tendencies in children” at the 6th Annual International conference of the Association for Psychological Counseling on Anger and Development of Children held at S.N. D.T. University, Mumbai in January 2008.

Pune 2010

Presented a paper on “Stress reduction through Yoga Nidra” at the National Seminar on “Psychology of Health” held at the Department of Psychology, University of Pune on 22nd and 23rd March 2010.

Vellore, 2011

Presented a plenary lecture on “Relational counseling as an important tool to reduce familial violence” at the International Conference on “Counseling as a tool for non-violent social change” held at Christian Counseling Centre, Vellore, Karnataka, on 4th, 5th and 6th January 2011.

Pune, 2011

Presented a paper on “A comparative study on Social Support, Coping Behavior and Social Stigma among parents of Physically handicapped and Mentally retarded children” at the National Seminar on “Health and Well-being: Contemporary issues and perspectives” held in Fergusson College, Pune on 17th, 18th and 19th January, 2011.

Pune, 2011

Presented a paper on “Age difference among managers on Type A behavior pattern, anger and perceived stress” at the 3rd National Research Conference on “Managing Diversity for Inclusiveness: The Corporate Initiatives” held at Sinhgad Institute of Management & Computer Application (Sponsored by Pune University, from 20th to 22nd January 2011. This paper won the **BEST PAPER AWARD**.

Goa, 2012

Presented a paper on “Counseling as an intervention to treat women with Rheumatoid and Osteoarthritis” at the *National Seminar on “Counseling Strategies for Enhancement of Physical and Psychological Well-being” held at M.E.S. College of Arts & Commerce, Zuarinagar, Goa on 7th and 8th of September, 2012.*

Ahmedabad, 2014

Presented a paper on “The efficacy of Yoga Nidra on increasing maternal-fetal attachment and relaxation states among pregnant women” at the *49th National and 18th International Conference of the Indian Academy of Applied Psychology on “Psychology for holistic living in global world” held at Gujarat Law Society’s Smt. Laxmiben and Shri Chimanlal Mehta Arts College, Ahmedabad on 1st, 2nd and 3rd March 2014.*

Thiruvananthapuram, 2014

Presented a paper on “Overcoming the effects of internalized oppression through counselling: An eclectic approach to help women lead empowered lives” at the International Conference on “Counseling, a journey towards wholeness” organized by the Forum for Social Change and CCC, at Trivandrum, Kerala on 7th and 8th November 2014.

UK, 2015

Presented a paper titled “The relationship between Religiosity, Happiness and Resilience with the meditational role of Locus of Control” at the European Conference on Ethics, Religion and Philosophy held in UK between 5th and 7th of July 2015.

Pune, 2016

Delivered a talk on "Right brain, the unconscious and uncovering metaphorical meaning through movement" at the Dance Movement Therapy Conference organised by Creative Movement Therapists Association of India on 26th and 27th November, 2016.

Pune, 2017

Presented a paper titled "Homeopathy and Psychotherapy: a useful aid in palliative care" at the 6th National Bio-ethics conference on the theme "Healing and dying with dignity: Ethical issues in palliative care, end-of-life care and euthanasia" organised by the Forum for Medical Ethics Society and Mahila Sarvangeen Utkarsha Mandal, Pune at Yashada, Pune from 13th to 15th January, 2017.

Jaipur, 2017

Presented a paper on "Early sexual maturity and casual sex (hookups) among young adult girls" at the 52nd National and 21st International Conference on "Psychology for building global community" organised by Indian Association of Applied Psychology at the University of Rajasthan, Jaipur, from 23rd to 25th February, 2017.

Kuching, Malaysia, 2018

Presented a paper titled "Expressed Emotion (EE) and Conflictive Thoughts as predictors of Procrastination among Young Adults" at the 13th International Conference on Child and Adolescent Psychopathology (ICCAP) held at Kuching, Malaysia from 6th to 8th August 2018. This conference was organised by the Roehampton University, UK.

Events Organized/Coordinated:

Sr. No	Name of the Event	Name of organizing Institute/ College/University	Nature of contribution	Dates
1	Recent trends in Psychology: An Applied perspective	Fergusson College, Pune	Organizing Secretary	December 2009
2	Health and Well-being: Contemporary issues and perspectives	Fergusson College, Pune	Organizing Secretary	17th to 19th January 2011
3	Developing Human Potential: Issues, perspectives and challenges	Fergusson College, Pune	Treasurer	31st January to 2nd February 2013
4	Workshop on Basic Counseling Skills	M E S College of Arts & Commerce, Zuarinagar, Goa	Resource person for One week State Level Faculty Development	14th to 21st October 2017

			Programme held between	
5	Plenary lecture on “Yoga Nidra : Therapeutic Aspects”	MSG College Malegaon	Marathi Manasshastriy a Parishad	31st March 2018
6	Plenary lecture on “Review of Literature – sources and writing”	Jnana Prabodhini’s Institute of Psychology, Pune	six days intensive workshop on R esearch Methodology and Statistics: Application in Social Sciences	26 June 2017 to 1 st July 2017

Additional skills/Activities

1. Yoga Nidra (yogic relaxation technique)
2. Parenting workshops
3. Counselling skills
4. Research

Course Content Developed (e-content)

1. Participated in Swayam Course titled ”Introduction to Counselling Psychology”
2. Currently developing a Swayam Course titled ”Introduction to Psychology”

Consultancy Services

1. Corporate training provided for Women Leadership development
2. Consultancy provided for test development for Mindfulness Index

