



Dr. D. NIRMALA

ASSISTANT PROFESSOR

Contact

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Academic Qualifications:

<i>Qualification</i>	<i>College/University</i>	<i>Year of Study</i>
1 UGC-NET	Lectureship	2011
2 Ph.D	Bishop Heber College/ Bharathidasan University	2006
3 M.A(Social Work)	Stella Maris College/ Madras University	1995

Teaching Experience: 27 Years

From 24th June 1995 to 27th February 2011 worked as Lecturer in the Department of Social Work, Cauvery College for Women, Tiruchirappalli.

From 28.02.2011 till date working as Assistant Professor in the Department of Social Work, Bharathidasan University, Khajamalai Campus, Tiruchirappalli

Research Experience: 25 Years

Field Work Coordinator, in the Department of Social Work Bharathidasan University

Extension Coordinator, in the Department of Social Work Bharathidasan University

Coordinator, Alumni Association, in the Department of Social Work Bharathidasan University

Coordinator, National Institute Ranking Framework(NIRF), in Department of Social Work Bharathidasan University

Areas of Research:

Mental health, Medical social work, Psychiatric Social Work, Women, Suicide, Teachers, School Counsellors, Rural, Urban, Tribal, Fishermen Community.

Research Supervision/Guidance

Program of Study		Completed	Ongoing
Research Project	Ph.D.	6	6
	M.Phil.	14	--
	PG	93	5
	UG/ Others	20	--

- Evaluated 9- Ph.D. Research Dissertations in various Universities.

Developed a Research Tool

Developed and standardized a Research tool by Nirmala.D and Joseph.S “**School Counsellor’s Professional Challenges Scale (SCPCS) Manual 2019, Merit Books, Ernakulam. ISBN-9789380762890.**”

Research Projects

1. Completed a research study titled, “Enhancement of Mental Health among the College Students at Manikandam Block, Tiruchirappalli District – One Group Pretest and Posttest Method- A Pre-Experimental Study funded by **UGC** under **Special Assistance Programme** for the total **budget of 7 lakhs**. The period of the study was 01.04.2016 -25.03.2019
2. Completed a research study titled, Enrichment of Mental Health among the College Teachers at Manikandam Block Tiruchirappalli District– One Group Pretest and Post Test Method - A Pre Experimental Study funded by **UGC** under **Special Assistance Programme** for a total **budget of 7 lakhs**. The period of the study was 01.04.2016 -25.03.2021
3. **RUSA** (Rashtriya Uchchattar Shiksha Abhiyan) **2.0 Minor Research Project:** Titled Knowledge, Attitude, And Practices on Water, Sanitation And Hygiene (Wash) among the Women of Self-Help Group In Tiruchirappalli District is in progress. **Rs. 1,00,000** .The duration of the Project is from 2021 to 2023.
4. **RUSA** (Rashtriya Uchchattar Shiksha Abhiyan) **2.0 Major Research Project:** Titled Wash (Water, Sanitation And Hygiene) and SHG Women is in progress. **Rs. 3,18,000**. The duration of the project is from 2021 to 2023.
5. **Indian Council of Social Science Research Project. Project Director,** Titled: Pradan Mantri Kaushal Vikas Yojana (PMKVY) Scheme in the selected districts of Tamil Nadu; A study of Awareness and Impact with special reference to Transgender and Person with disabilities is in Progress **Rs. 8.00 Lakh**. The duration of the project is 01-10-2023 to 30-04-2024.

Total Publications from 2007 onwards:118 Papers

Journals			Book Chapters
International	National	Scopus indexed	
30	39	08	41

Book Published

Nirmala.D (2010)”**Women’s Rights Amidst Human Values**”,Agasthiar Noolagam, Trichirappalli, ISBN No:938053022-6.

Events organized in leading roles

Number of Seminars/ Conferences/Workshops/Events organized: 18

S.No	Date	Name of workshop/Conference organised
1	29.11.2012 & 30.11.2012	Work shop on International Social Work-Experiences, Reflections and Future perspectives
2	17.12.2014 to 19.12.2014	International Work shop on Strengthening Counseling Skills for Social Workers
3	7.12.2015 to 9.12.2015	International Work shop on Cognitive Behavior Therapy
4	24.3.2017 & 25.3.2017	UGC sponsored National Seminar on Social Work in Mental Health under UGC-SAP-DRS I
5	25.9.2017	National Work shop on Psychological First Aid
6	14.05.2020 to 15.05.2020	Organizing committee member for the webinar on Social Work Interventions; Post COVID – 19 Situations with Special Reference to Mental Health
7	18.05.2020 to 20.05.2020	Organizing committee member for the webinar on Online Training Programme on Research Methodology for Social Sciences
8	28.05.2020 to 29.05.2020	Organizing committee member for the webinar on Emotional Intelligence for Achieving Results
9	01.06.2020	Organizing committee member for the webinar on Participatory Rural Appraisal (PRA) Method
10	02.06.2020 to 03.06.2020	Organizing committee member for the webinar on COVID–19; Challenges and Implications for Senior Citizens Care
11	08.06.2020	Organizing committee member for the webinar on COVID–19; Psycho-social Impact on Tribal Elderly
12	15.06.2020	Organizing committee member for the webinar on Elder Abuse: Trends, Challenges and Ways Forward
13	26.06.2020 to 28.06.2020	Organizing committee member for the webinar on Counselling as a Profession and Effective Practices
14	21 & 22 June 2020	Organizing Secretary, International Webinar on Integrating Yoga Therapy to Combat Psychological and Respiratory Problems of Covid – 19
15	20.06.2022 to 25.06.2022	Six Day Faculty Development Programme on Mentoring Skills and Facilitation Skills for Rural Higher Education Institutions
16	27.08.2022	Women of Self-help groups on women, health and wash
17	08.02.2023	Organizing Secretary International seminar on Residential care – Youth and adolescents
18	10.02.2023	Organizing Secretary International seminar on Solid waste management

Events Participated/Paper Presentation

Conferences/Seminars/Workshops: 51 Programmes

S.No	Paper presentation (Name of the Programme, Place, Duration and Date of Presentation)	Level (Intl./ Natl./State/ University)
1	Two days UGC sponsored Conference on ‘A strategic Intervention for improving the marginalized-A social work perspective , Dept. of Social Work, Aringar Anna Govt. Arts College, Karaikal, 4 th & 5 th August 2011, Paper Title: A study on Burden experienced by the parents of child with autism.	National
2	Inclusive Economic Growth in India: Issues ,Challenges and Implications, Queen Mary’s College, Chennai, 16 th September 2011, Paper Title: A study on self-esteem among adolescent girl students.	National
3	Recent trends in welfare of the differently abled persons; rights, welfare, social integration and mainstreaming, Paper Title: Problems experience by the parents of autistic children, Paper Title: Stress experienced by the Parents of Autistic Children	National
4	Recent development and emerging trends in Social Work Research, Dept. of Social Work, Bon Secours College For Women, Thanjavur, 2 nd & 3 rd March 2012, Paper Title: A study on Depression, Anxiety & Stress experienced by destitute women at short stay home, Trichy.	International
5	Recent development and emerging trends in Social Work Research ,Dept. of Social Work, Bon Secours College For Women, Thanjavur, 2 nd & 3 rd March 2012, Paper Title: A study on mental health of the parents of Autistic children	International
6	Recent development and emerging trends in Social Work Research, Dept. of Social Work ,Bon Secours College For Women, Thanjavur, 2 nd & 3 rd March 2012, Paper Title: A study on classroom environment among secondary school students	International
7	Seminar on Child and Adolescent Mental Health, Dept. of Social Work, BDU, 18 th & 19 th January 2013, ,Paper Title: Prevention is Better than Cure-An Exploration on Adolescent Girls Awareness on HIV	International
8	Seminar on Child and Adolescent Mental Health, Dept. of Social Work, BDU, 18 th & 19 th January 2013,,Paper Title: Family Environment of adolescents who attempted Suicide	International
9	Seminar on Child and Adolescent Mental Health, Dept. of Social Work, BDU, , 18 th & 19 th January 2013, Paper Title: The Importance of Student–Teacher Relationship in Schools	International
10	Seminar on Child and Adolescent Mental Health, Dept. of Social Work, BDU, 18 th & 19 th January 2013,,Paper Title: A study on Mental Health among the siblings of children with Mental Retardation	International

11	Growth perspective of social work profession in the changing scenario, Dept. of social work, Jamal Mohammed College, 12 th October 2013, Paper Title: Differently Abled Persons–Issues and Perspectives.	National
12	Growth perspective of social work profession in the changing scenario, Dept. of social work, Jamal Mohammed College, 12 th October 2013, Paper Title: Effects of Alcoholism on Rural Families.	National
13	Growth perspective of social work profession in the changing scenario, Dept. of social work, Jamal Mohammed College, 12 th October 2013, Paper Title: Importance of Inclusive Education: The Role of school teachers	National
14	Growth perspective of social work profession in the changing scenario, Dept. of social work, Jamal Mohammed College, 12 th October 2013, Paper Title: A Case Study Analysis of Adolescents Who Attempted Suicide	National
15	Seminar on Issues and challenges of women in Indian society, Dept. of women's studies, BDU, 29 th & 30 th 2013, Paper Title: Mothers of Special Children – A Case Study Analysis	National
16	Human Rights and Media Ethics, Dept. of Economics, Rajah Serfoji Govt. College, 25 th July 2014, Paper Title: Social Media among the Higher Secondary School Students– An Analysis	National
17	Human Rights and Media Ethics, Dept. of Economics, Rajah Serfoji Govt. College, 25 th July 2014, Paper Title: A study on Care givers of children with cerebral palsy	National
18	Human Rights and Media Ethics, Dept. of Economics, Rajah Serfoji Govt. College, 25 th July 2014, Paper Title: The need for Cultural intelligence (CQ) and its effect on leadership ethics	National
19	Conference on Social Work practice in Mental Health, DePaul Institute of Science & Technology, Cochin, Kerala, 10 th to 12 th December 2014, Paper Title: Mental health of women living with HIV–A critical issue	International
20	Conference on Social Work practice in Mental Health, De Paul Institute of Science & Technology, Cochin, Kerala, 10 th to 12 th December 2014, Paper Title: Stress among the family asset: Voices from the Meadow	International
21	Conference on Social Work practice in Mental Health, DePaul Institute of Science & Technology, Cochin, Kerala, 10 th to 12 th December 2014, Paper Title: A study on quality of leader member exchange relationships and its influence on employees mental health in multinational organizations.	International
22	Conference on Social Work practice in Mental Health, De Paul Institute of Science & Technology, Cochin, Kerala, 10 th to 12 th December 2014, Paper Title: Emotional intelligence of the parents of children with cerebral palsy	International

23	Conference on Contemporary Social issues and Problems, Dept. of social Work, BDU, 6 th February 2015, Paper Title: Case study on the mothers of children with cerebral palsy	National
24	Conference on Contemporary Social issues and Problems, Dept. of social Work, BDU, 6 th February 2015, Paper Title: A study on self esteem among women school teachers	National
25	Conference on Contemporary Social issues and Problems, Dept. of social Work, BDU, 6 th February 2015, Paper Title: Problems of women elderly	National
26	Seminar on At risk sections of society, Dept. of social work, BDU, 5 th February 2016, Paper Title: A study on stress among the children	International
27	Seminar on At risk sections of society, Dept. of social work, BDU, 5 th February 2016, Paper Title: Children – At risk	International
28	Seminar on At risk sections of society, Dept. of social work, BDU, 5 th February 2016, Paper Title: Alcoholism and attempted suicide-A study	International
29	Seminar on At risk sections of society, Dept. of social work, BDU, 5 th February 2016, Paper Title: Parenting stress among the parents of person's with cerebral palsy	International
30	4 th Indian Social Work Congress 2016, Mahatma Gandhi Kashi Vidyapith, Varanasi, 22-24 th October 2016, Paper Title: Social Support among suicide attempts	National
31	Emerging Trends in Social Work Profession, Jamal Muhammad College, Tiruchirappalli, 16 th February 2017, Paper Title: Adjustment problems of Adolescents	International
32	Social Work in Mental Health, Bharathidasan University, Tiruchirappalli, 24 th –25 th March 2017, Paper Title: Assertive Model of Social Group Work Practice for mental wellbeing among Adolescents: A theoretical overview	National
33	Social Work in Mental Health, Bharathidasan University, Tiruchirappalli, 24 th –25 th March 2017, Paper Title: Psychosocial Counseling for adolescent girls in schools: A narrative overview from Kerala	National
34	Three day orientation programme on „Geriatric Care for functionaries of Old age homes / day care centres” at the Department of Social Work, Bharathidasan University, 5 th October 2017, Title: Qualities and skills required for Counseling the aged - Resource person	National

35	“School Mental Health” at the Department of Social Work, Bharathidasan University on 25 th & 26 th October 2017, Paper Title: Behavioral problems among school children,	International
36	5 th Indian Social Work Congress 2017 on Social Work profession and Social realities: Responses and Ripostes at the Department of Social Work, Sree Sankaracharya University of Sanskrit, Kalady on 10-12 November 2017. Paper Title: Depression among the suicide attempters in a general hospital, Tamil Nadu.	National
37	Values & Ethics in social work practice at the Department of Social Work, Vimla College (Autonomous), Thrissur on 9 th December 2017	International
38	Achievement of and/innovations for the specially abled at Bharathidasan University on 7 th January, Paper Title: A study on Parenting stress of Person’s with Cerebral Palsy	International
39	Achievement of and/or innovations for the specially abled at Bharathidasan University on 7 th January, Paper Title: A study on community based rehabilitation of Person’s with disabilities with special reference to the initiatives of welfare services, Ernakulam	International
40	“Directions and Developments of Research Paradigms” at the Department of Educational Technology, Bharathidasan University on 19 th & 20 th January 2018.	Participated
41	Seminar on Community Mental health at the Department of Social Work, Bharathidasan University on 16 th & 17 th February, 2018. Paper Title: A study on work life balance among women school teachers	International
42	Seminar on Community Mental health at the Department of Social Work, Bharathidasan University on 16 th & 17 th February, 2018. Paper Title: A study on Depression, Anxiety and Stress among higher secondary school students	International
43	Seminar on Community Mental health at the Department of Social Work, Bharathidasan University on 16 th & 17 th February, 2018. Paper Title: A study on school environment perceived by the school students	International
44	International Conference on Promoting Social Solidarity & Global Connectedness; Contemporary Manifestations of Professional Social Work Practice, Department of Social Work, Bishop Heber College, Trichy – 17 & 18 May 2021 Topic: Stress and coping strategies of Children during COVID-19 lockdown at Vypin area.	International

45	Webinar on Paradigm shift of Research Methodology in Pandemic Era – The Gandhigram Rural Institute, Dindugal 10.03.2022 Topic: Health care after COVID-A Medical Social Worker's Perspective.	National
46	DeNova 2022 International Social Work Conference, 7 th & 8 th 2022 Topic: Level of coping self-Efficacy among youth in Fisherman Community, Alappuza District, Kerala.	International
47	DeNova 2022 International Social Work Conference, 7 th & 8 th 2022 Topic: Case Study on Sexually Abused Victims	International
48	XLVI Indian Social Science Congress Bharathidasan University – 27.01.2023 – 31.01.2023 Title: Problems of Menopausal Women: A Study	National
49	XLVI Indian Social Science Congress Bharathidasan University – 27.01.2023 – 31.01.2023 Title: Social Support Among Sexually Abused Victims; An Empirical Study	National
50	XLVI Indian Social Science Congress Bharathidasan University – 27.01.2023 – 31.01.2023 Title: Case Study Analysis among Youth in Fishermen Community; Cannon Bard Theoretical Approach	National
51	XLVI Indian Social Science Congress Bharathidasan University – 27.01.2023 – 31.01.2023 Title: A Study among SHG Women on Sanitation	National

Other Training Programs

S.No	Programme	Duration	Organised by
1.	Workshop on Capacity building of Women Managers in higher education	17.01.2012 21.01.2012	Dept. of Social Work, Bharathidasan University, Tiruchirappalli

2	Workshop on Disaster management	26.02.2012 31.02.2012	UGC Academic College, Bharathidasan University, Tiruchirappalli
3	Orientation Programme	04.04.2013 31.07.2013	UGC Academic College, Bharathidasan University, Tiruchirappalli
4	Workshop on Social Science Research Methodology and use of SPSS Software for Data Analysis	05.05.2014 09.05.2014	Bharathiar University, Coimbatore
5	National Workshop on Psycho educational skills for teachers in higher education	29.11.2014 31.11.2014	Dept. of Social Work, Bharathidasan University, Tiruchirappalli
6	Refresher course	17.02.2016 to 08.02.2016	UGC Academic College, Bharathidasan University, Tiruchirappalli
7	Refresher course	25.09.2018 to 15.10.2018	UGC Academic College, Bharathidasan University, Tiruchirappalli
8	GIAN Course on Teaching Research to Social Work Students: Enthusiastic and Competent Practitioner Researchers	22 nd to 26 th October 2018.	Department of Social Work, Bharathidasan University, Tiruchirappalli
9	Basic Course in Bio-Statistics	10 th to 14 th Dec ember 2018.	Indian Council of Medical Research (ICMR), National Institute of Epidemiology, Chennai,
10	Online Two – Week Inter – Disciplinary Refresher Course/Faculty Development Programme on Managing online classes & Co – Creating MOOCS (Level 2)	02.06.2021 to 16.06.2021	Teaching learning center, Ramanujan College, University of Delhi
11	Two week Short term programme on Water, Sanitation & Hygiene (WASH)	09.09.2021 to 22.09.2021	WASH 2.0 Bharathidasan University

12	A Five Day Virtual National Faculty Development Programme on Advanced Academic Research Skills to Equip the New Normal Higher Education Institutions.	18.10.2021 to 22.10.2021	Department of Social Work, Holy Cross College, Tiruchirappalli
13	UGC – Sponsored Short Term Course in E – Learning & E – Content Development	05.01.2022 to 11.01.2022	UGC – HRDC, Bharathidasan University

Overseas exposure / Visits

2007 – **Explored** Paris, Finland, and Denmark.

2007 – Linneaus Palme Fellowship for Teacher Exchange programme.

Department of Social Work, Umea University, Sweden for Five weeks Full Time from 01.05.2007 to 05.06.2007 under the scholarship. Funded by the Swedish International Development Agency (SIDA)

2018 – **Invited lecture** on Psycho Social Adaptation for People with Chronic Pain Syndromes at Fitness Canada Physio and Massage Centre Calgary Canada organized by Fitness Canada Physio and Massage Centre **Calgary Canada**. (Cornerstone Medical Centre Calgary) on 21.05.2018

2019 – **Linneaus Palme Fellowship, Planning trip with Department of Social Work, University West, Sweden** for the academic purpose of Teacher and Student Exchange programme. Funded by the Swedish International Development Agency (SIDA)

Special Lecture for Overseas Students

S.No	Details of activity (Name of the Programme, Place, Date of Presentation)
1	For the students of University West, Sweden. Linneaus Palme Student Exchange Programme, Venue: Department of Social Work, Bharathidasan University – 14.12.2022 Topic: Child welfare services in India-An overview.
2	For the students of University West, Sweden. Linneaus Palme Student Exchange Programme. Venue: Department of Social Work, Bharathidasan University – 15.12.2022 Topic: Foster care services in India.
3	For the students of University West, Sweden.

	Linneaus Palme Student Exchange Programme, Venue: Department of Social Work, Bharathidasan University – 19.12.2022 Topic: Adoption services in India
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Resource Person in Various Capacities

Chairperson/ Resource Person:

- ❖ National Conference on Social Development in India, New Vistas, Department of Social Work, Bharathidasan University, 2010
- ❖ National Conference on “A Strategic Intervention for Improving the Marginalized – A Social Work Perspective” on 4th and 5th August, 2011 Arignar Anna Government Arts College, Karaikal on 4 th and 5th August, 2011
- ❖ National Conference on Working with Youth, Women and Children with HIV/AIDS: Strategic Interventions for Inclusive Development, Department of Social Work, Bharathidasan University, 2012
- ❖ National Seminar on "Recent trends in welfare of the differently abled persons: Rights, Welfare of Differently Abled Persons, Department of Social Work, February 2012
- ❖ International Conference on Child and Adolescent Mental Health, Department of Social Work, Bharathidasan University, 18th & 19th January 2013
- ❖ National Conference on Contemporary Social Issues and Problems, held at Department of Social Work, Bharathidasan University on 6th February 2015.
- ❖ Annual Research Congress at Karpagam Academy of Higher education, Coimbatore, 26th December 2015
- ❖ Seminar on At risk sections of society, Department of social work, Bharathidasan University , 5th February 2016
- ❖ International Conference on Wellbeing of children, youth and adults: A global Social Work perspective on January 20 & 21st 2017
- ❖ National Seminar on Social Work in Mental Health, Bharathidasan University, Tiruchirappalli, 24th – 25th March 2017
- ❖ International conference on School Mental Health at the Department of Social Work, Bharathidasan University on 25th & 26th October 2017
- ❖ International Conference on Community Mental health at the Department of Social Work, Bharathidasan University on 16th & 17th February, 2018
- ❖ Resource person for the Sensitization **Webinar on Intergenerational Bonding for College Students** on 15.02.2021 organized by National Institute of Social Defense under the Aegis of Ministry of Social Justice and Empowerment, Government of India Heritage Foundation, Hyderabad (Regional Resource and Training Centre) in Collaboration with BDU- Heritage

Centre for Gerontology Department of Social Work, Bharathidasan University and Department of Social Work Holy Cross College (Autonomous) Tiruchirappalli.

- ❖ International Conference on Sustainable Development and Human Well-being A Social Work Perspective – *Bishop Heber College, Tiruchirappalli* – 10.02.2022 Topic: Psychological Well Being
- ❖ Refresher Course in Inclusive Education (Multidisciplinary, Online, UGC-HRDC, Bharathidasan University on 20.02.2023, Topic: Educator's roles in promoting and Protecting the mental health of students
- ❖ Domain Course on Inclusive Education, Shrimathi Indira Gandhi College, Trichy on 06.02.2023. Topic: Mental Health

Award

Recipient of The Best Social Worker Award. Awarded by PG and Research Department of Social work, Bishop Heber College Tiruchirappalli in collaboration with Kauvery Hospital, Tiruchirappalli in commemoration of world Social Work Day celebrations held on 21.03.2023 at Bishop Heber College, Tiruchirappalli.

Membership

Professional Bodies

Life Member, Indian Society of Professional Social Work (ISPSW)

Editorial Board

Special Editor

1. Honorary Special- Editor-- Journal of School Social Work – Focus: Self-Efficacy, Volume X, Issue 4, ISSN: 0976-3759

Editorial Board Member

1. Progressive Outlook- A Refereed National Research Journal of Social Sciences- Special Issue- Child and Adolescent Mental Health, 2013, Volume: III, No:1-A (Special Issue) ISSN:2231-2358.
2. National Conference proceedings on Psychological and Sociological Development of Adolescents and their Impact in the Society, 2013, ISBN: 938116402-9.
3. Associate Editor, of International Research Journal on Advanced Science Hub (IRJASH)

Advisory Board

ESSO Trust, Contonment, Tiruchirappalli.

Academic Bodies (such as Board of Studies, Question paper setting, Chairman of Question Paper Scrutiny Board etc.,)

- ♣ Periyar University, Selam
- ♣ St. Joseph's College, Tiruchirappalli Bharathidasan University, Tiruchirappalli
- ♣ Bharathiar University, Coimbatore
- ♣ Madurai Kamaraj University, Madurai
- ♣ Alagappa University, Karaikudi
- ♣ PSG College of Arts and Science, Coimbatore
- ♣ Pondicherry University, Pondicherry
- ♣ Periyar Manimmai University, Vallam 12
- ♣ Madurai Institute of Social Sciences, Madurai
- ♣ Sri Ramakrishna Mission Vidyalaya, Coimbatore
- ♣ Jamal Mohamed College, Tiruchirappalli
- ♣ Sacred Heart College, Tirupattur, Vellore District.
- ♣ Sri Krishna Arts and Science College, Coimbatore
- ♣ Bishop Heber College, Tiruchirappalli
- ♣ Rehabilitation Science, Holy Cross College, Tiruchirappalli
- ♣ Shree Saraswathi Thiyagaraja College, Pollachi