



## PERSONAL BIODATA

1. Name : **MRS. CEDILA PEREIRA e GOMES**
2. Designation : Assistant Professor.
3. Educational Qualifications : M.A.,S.E.T.
4. Subject : Psychology.
5. Area of specialization : Clinical Psychology
6. E-mail Id : [cedila\\_123pereira@yahoo.com/](mailto:cedila_123pereira@yahoo.com)  
[cedilapereiraegomes@gmail.com](mailto:cedilapereiraegomes@gmail.com)
7. Phone No. : 9923887943
8. Department : PSYCHOLOGY
9. Permanent Address : H.No. 1550, Pandicol- Curtorim,  
Salcete- Goa - 403709
10. Years of teaching experience : 14 years
11. Additional courses completed : Diploma Course in Counselling  
techniques
12. Phd. Status : Admitted to the PHD Program,  
Mumbai University

## RESEARCH AND ACADEMIC CONTRIBUTIONS

- I. Research papers published in Refereed Journals; Non-refereed but recognized and reputable journals and periodicals, having ISBN/ISSN numbers; Conference proceedings as full papers, etc. (Abstracts not to be included)**

### DETAILS OF DEGREES AWARDED:

Sr. No.	Title With Page No. Month & year	Journal	ISSN/ISBN No.	Whether peer Reviewed Impact Factor, if any	No. of Co-authors	Whether you are the main author
1.	Leisure as a Means to Reduce Stress, arouse Curiosity and enhance self- esteem in children' Pages 26-30, July to December 2018	Stress Management Professional : An International Journal Vol 6, No 2.	ISSN:2347-9124	Yes Impact factor: 3.6	Nil	Yes
2.	'Effects of stress, coping and demographic factors on the psychological well being of women professionals' Pages 75-78nos. January-March 2019	International Journal of Advance and Innovative Research, Volume 6, Issue 1 (XVII)	ISSN:2394-7780	Yes Impact Factor: 7.36	Nil	Yes

## II. Training Courses/ Conference

**Refresher courses, Methodology workshops, Training, Teaching- Learning- Evaluation Technology Programmes, Soft Skills Development Programmes, Faculty Development Programmes,**

Sr. No	Programme	Duration	Organized by	Dates	Academic year
1.	Stress Management Professional Certification Workshop	3 days	Department of Psychology, M.E.S College, Zuarinagar-Goa	4 <sup>th</sup> -6 <sup>th</sup> of October 2016	2016-17

2.	Refresher course in “Women and Social Studies” (Interdisciplinary)	21 days	Mumbai University	7 <sup>th</sup> September -17 <sup>th</sup> October 2017.	2017-18
3.	Short term course on MOOC's, e-Content development and Educational resources	UGC-HRDC, Goa University	State Level	12 <sup>th</sup> -18 <sup>th</sup> March 2019	2018-19

#### VI. Papers in Conferences/ Seminars/ workshops etc.

Sr. No	Title of the Paper Presented	Title of Conference/ Seminar	Organized By	Whether International/ National/ State/Regional/College or university level	Dates	Academic year
1,	‘Effect of Mental Toughness, Strength Training and Motivation on the Performance of Sportspersons’	‘Sport Psychology: Application and Emerging Trends’	Goa College of Home Science	National Level	22 <sup>nd</sup> and 23 <sup>rd</sup> March 2016	2015-16
2.	An assessment of music therapy and yoga as therapeutic interventions to manage stress levels and enhance mental health of students’	International conference on stress management	International stress management association, Hyderabad.	International	6 <sup>th</sup> -7 <sup>th</sup> November 2015	2015-16

3.	‘Effectiveness of Occupational Therapy, Physiotherapy and Speech Therapy on Children with Physical and Sensory Needs.’	Psycho-Social Care of the Earth, Children and Peripheral Communities	Conference of Catholic Psychologists of India (CCPI)	National level	30 <sup>th</sup> September-2 <sup>nd</sup> October 2016.	2016-17
4.	“Leisure as a means to reduce stress, arouse curiosity and enhance self-esteem in children”.	International Conference on Stress Management	International Stress Management Association, Hyderabad.	International	3 <sup>rd</sup> - 4 <sup>th</sup> November 2017.	2017-18
5.	“ Influence of perceived stress and coping style on the psychological well being of women professionals’	International Conference on Stress Management	International Stress Management Association, Hyderabad	International	10 <sup>th</sup> -11 <sup>th</sup> November 2018	2018-19

#### VII Invited lectures or presentations for conferences/ symposia

Sr.No	Title of Lecture/Academic Session	Title of Conference Seminar.etc	Organized By	Whether International/National/State	Dates
1.	Chaired a Scientific session on “Stress in the Education arena”	International Conference on Stress Management	International Stress Management Association, Hyderabad.	<b>International</b>	3rd & 4th November 2017 at Goa

### VIII Workshops/Seminars attended

Sr. No	Title of Conference/ Seminar	Organized By	Whether International/ National/	Dates	Academic year
1.	'Building Resilience among Adolescents'	M.E.S College of Arts & Commerce-Zuarinagar-Goa	State Level	11 <sup>th</sup> September 2015	2015-16
2.	Workshop on 'Writing Research Papers and Drafting Research Proposals in Social Sciences'	M.E.S College of Arts & Commerce, Zuarinagar-Goa.	State Level	29 <sup>th</sup> and 30 <sup>th</sup> March 2016	2015-16
3.	"Positive Schooling: A Haven for Holistic Development"	Indian Association of Health , Research and Welfare	International	16th -18 <sup>th</sup> January 2016	2015-16
4.	Discussion Forum on 'Underachievers: From Caterpillar to Butterfly'.	Department of Psychology, Chowgule College, Margao	State Level	held on 27 <sup>th</sup> August 2016	2016-17
5.	"Impact of Violence and Abuse: Need for Psychosocial, Medical and Legal Intervention"	Department of Psychology, M.E.S College of Arts & Commerce, Zuarinagar-Goa.	National Level	14 <sup>th</sup> & 15 <sup>th</sup> December 2016	2016-17
6.	'Relationship Issues among adolescents: Impact on Health and Psychological well-being'	Department of Psychology, M.E.S College of Arts & Commerce, Zuarinagar-Goa.	State Level Seminar	23 <sup>rd</sup> September 2017	2017-18

7.	'Quality Enhancement and Assurance in Higher Educational Institutions'	M.E.S College of Arts & Commerce-Zuarinagar-Goa	State Level	9 <sup>th</sup> April 2018	2017-18
8.	Session on "Preparation for NAAC (4 <sup>th</sup> Cycle)"	Chowgule College, Margao.	State Level	11 <sup>th</sup> December 2017	2017-18
9.	Master Class I on the topic 'Transforming Teachers-A Critical need for this Digital Century'.	Directorate of Higher Education	State Level	10 <sup>th</sup> February 2018	2017-18
10.	'Trauma Informed Care'	Silver Linings Guidance and Counselling Centre	State Level	16 <sup>th</sup> February 2018.	2017-18
11	Discussion Forum on "Tolerance to Intolerance: A Psychological Disease"	Psychology Department, Chowgule College	State Level	24 <sup>th</sup> August 2018.	2018-19
12	'Self-Hypnosis'	Silver Linings Guidance and Counselling Centre	State Level	31 <sup>st</sup> August 2018.	2018-19
13	'Unity in Diversity'	Psychology Department Chowgule College, Margao	State Level	13 <sup>th</sup> January 2018	2018-19
14.	"Life Skill Education for Adolescents'	Goa Institute of Public Administration & Rural Development.	State Level	24 <sup>th</sup> -26 <sup>th</sup> October 2018	2018-19