



Faculty Name:	Ms. Monisha A M
Designation:	Lecturer
Experience in Years:	1 year 3 months
Area of Interest:	Dementia, counselling and psychosocial interventions
Email Id:	Monisha-nsg@dsu.edu.in

Ms. Monisha A.M., M.Sc. (N), is a committed mental health nursing professional, academician, and researcher with a strong foundation in mental health nursing education and practice. Currently serving as a Lecturer in the Department of Mental Health Nursing at Dayananda Sagar University, Bengaluru, she is actively involved in teaching, research, and clinical practice.

Ms. Monisha's academic journey began with a B.Sc. in Nursing, followed by one year of clinical experience at Ramaiah Memorial Hospital, Bengaluru, and culminated in an M.Sc. in Psychiatric Nursing from Dayananda Sagar University. She demonstrates strong academic engagement in mental health education, and psychosocial nursing interventions. She has also contributed to academic research through her work on assertiveness training and adolescent mental health, reflecting her growing research orientation and professional commitment to mental health nursing development.

#### Conference Papers:

1. Poster Presentation- Effectiveness of Assertiveness Training on Enhancement of self-Esteem among Female Adolescents at selected Colleges, Bangalore.

- Event: International Conference on Translational and Technological Advances in Health Sciences
- Date 13th 15th November 2025
- Location: College of Nursing Sciences, DSU