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Dr Seema is an **Associate Professor** at the Centre for Psychology, School of Medical Sciences, University of Hyderabad, one of the premier Central Universities in India. Her core teaching areas include Developmental Psychology, Social Psychology, and Sports Psychology. She is a recipient of the University of Hyderabad Chancellor's Award 2025 for her contribution to teaching and research. She has also received the Young Scientist Award 2010 of the Indian Academy of Applied Psychology (IAAP), one of India's oldest and largest professional bodies in psychology.

Her research primarily focuses on understanding how biopsychosocial risk and protective factors contribute to the health and well-being of adolescent girls and women. Her research interest also focuses on parenting (single motherhood), stress management, and sports psychology. She conducts her research through the lens of mixed-method research on participants from clinical and community settings. Her research works are published in national and international refereed and peer-reviewed journals, as well as in books published by Elsevier, Emerald, Sage, Routledge, and Apple Academic Press, USA. Moreover, she has been involved in content development and the creation of visual aids for e-learning for the University Grants Commission-Consortium for Education Communication (UGC-CEC). She has also launched a program under MOOCS—a flagship program of the Government of India.

As a subject expert, Dr Seema has conducted many training programs on *Stress Management* and *Mentoring* in various Central and State Government institutes. She has undergone professional training programs on '*Leadership and Organization Development*' and '*Environmental Sciences*'.