

## Curriculum Vita

**Dr. R. SUBASREE M.A. PhD in Psychology**

**Associate professor Senior  
School of Social Sciences and  
Languages - Psychology  
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9884565739**



### PSYCHOLOGIST

Passionate and empathetical psychologist experienced in Teaching, Counselling, Training and Research for more than two decades, Competent in Counselling and Psychotherapy dealing with Preventive and curative of emotional and behavioural issues using various psycho-social interventions. Empowered with strong sense of compassion and commitment to serve community, a trained specialist in various psychotherapies with effective communication skills and training skills.

#### Profile Summary:

#### Work Experiences:

**Teaching:** 18 years, UG and PG Psychology

**Research:** 25 years (National Level)

**Training:** 18 years (National level)

**Counselling:** 18 years (State & National level)

**Consultancy :** 5 years

#### Areas of Interest, expertise and experience:

**Teaching:** General Psychology, Human development, Personality, Counselling Psychology, Counselling process and Skills, Counselling skill training -case analysis praxis , Positive Psychology, Psychotherapeutic Techniques, Organizational Psychology, Training and Development, Cross Cultural Psychology, Multi-cultural counselling , Career Counselling and development, Life Skills and Psychological assessment.

**Recent exposure-** Cognitive psychology, Ethics and values and psychology of everyday

**Research:** Research guidance- UG, PG and PhD level, Independent Research and Publications at National and International level, carried Research Consultancy work and funded research project.

Research supervision : Two candidates completed and awarded doctorate from Bahrathiyar University and one has submitted thesis . One candidate has completed viva and awaiting for PhD award under Hindustan University.

**Training:** Designing, Content Development and organizing training programme.

**Organized** – More than 200 State and national level (ToT and Master level),

**Resource Person for Training-** More than 700 State, National and International level

(Skill training workshops, Capacity building programme, Psychoeducation, Faculty Development training, psychological interventions and Motivational talk)

**Training Areas:** Life Skills, Career planning and Counselling, Counselling Skills , Barefoot counselling skills, Lay counsellors skills, Psychological first Aid , Psychosocial support for Disaster, preparedness and capacity building, Employability Skills, Personality Development, Psychology for trainers TTT, Emotional Intelligence, Interpersonal relationship building, Mental Health, Parenting, Motivation , Marketing and Positive Psychology. (Applied Psychology)

**Counselling:** Eclectic Approach using Egan, Patterson and Nelson & Jones model

**Both:** Individual level and Group level Therapy

**Therapy:** Person Centric, Solution focused brief counselling, Cognitive behavioural therapy, Rational Emotive therapy, Trauma-Informed Psychotherapy, Acceptance commitment therapy, Emotion Focused counselling , Reality therapy, TA 101 and application of positive psychology in counselling (Techniques: Hypnotherapy , EFT, NLP, Gestalt techniques, psychodrama, Expressive art , Alternative therapies Reiki level III), Yoga nithra, yoga and psychotherapy.

**Consultancy:** Action research, designing tailor made psychological intervention program, psychometry tool construction and validation ,conducting psycho-social interventions and conducting evaluation study

**Recent Consultancy Projects:**

- BHARTIYA GRAMEEN MAHILA SANGH (life Skills Education - Data Analysis for Reliability Testing of Impact Assessment Tools Under the project-Implementation of Life Skills Education in State Board Schools and ITIs of Madhya Pradesh - June 2023-ongoing
- Recently designed and developed training content for police personals on Kind

Approach for creating healthy police public interface. Conducted training for police personals (Pilot training) and carried out Tamil translation for the manual 2021-2022&23.

*Note: Consultation projects will be carried out through VIT University and the VIT norms will be followed in terms for consultation fees.*

### **Recent & Distinctive Achievements on mental health promotion:**

**2019 – 2024 highlights on various sessions conducted for variety of organization and target group: (few sessions of recent years)**

1. Conducted session on **Counselling needs and Identification of students with counseling needs** for B Ed. Students at St. Christopher's College for Education, Egmore on 23<sup>rd</sup> April 2019.
2. Conducted session for FDP programme on the topic "**Professional Ethics of a teacher**" at Dr. MGR Educational and Research Institute, Madhuraivail on 5<sup>th</sup> April 2019.
3. Served as a resource person for **Spl. Educators on Learning Disability** at Presidency Govt. H.S.S, Egmore on 06-01-2020.
4. Resource person for **family counselling center orientation and refresher course** on counselling skills 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> July 2019 session at MSSW
5. Invited speaker on a topic "**Redesigning relationship quotient- strike a balance in life**" at Special one day agent & Spouse meet at Hotel Gokulam park on 8-01-2020.
6. Conducted a training session on **Effective communication and Interpersonal Relationship** for LIC agents at Amabsadar Pallava on 9<sup>th</sup> Jan 2020.
7. Conducted one day training on **EQ for college students** at Sokaikde college of Arts and Science on 22<sup>nd</sup> Jan 2020.
8. Conducted the **Model personality test for UPSC main passed candidates to face personal interview** On 6<sup>th</sup> and 7<sup>th</sup> Feb 2020 at Anna Institute of Management.
9. Conducted the training session for dept. of state govt. on **Understanding Gender Issues and Gender Bias in Workplace** on 11/3.2020 Feb 2020 at Anna Institute of Management.
10. Conducted the training session for dept. of State Govt. on **understanding Gender issues and gender bias in workplace** on 13/3.2020 Feb 2020 at Anna Institute of Management.
11. Conducted the training session on **Managing Stress, Tension and Anger**" for Human capital Dvpt. For personal Assistant to Dist. collectors on 19/2/2020 by Anna Institute of Management.
12. Invited as **Chief Guest for 59<sup>th</sup> Literary Vaedictory and Endowment Function** and delivered a talk on Importance of Education at Rani Meyammai G H S School on 21<sup>st</sup> Feb 2020.
13. Conducted session for 10<sup>th</sup> std students on **Career Guidance and Examination preparation** at Bala Mandir Kamarajar Trust HSS on 26<sup>th</sup> Feb 2020

14. Conducted session on **Positive mental health strategies during lockdown and pandemic** for MH Webinar series on April 14<sup>th</sup> 2020.
15. Conducted session on **Family Enrichment** for National Association of Malaysian Life Insurance and Family Takaful Advisors during lockdown and pandemic for MH Webinar series on April 24<sup>th</sup> 2020.
16. Conducted session on **Positive Attitude to handle stress during Pandemic crisis** for LIC professionals and officials- My friend LIC through WebEx on April 27<sup>th</sup> 2020.
17. Conducted session on **Family Enrichment** for Insurance Warrior, Madurai through Face book live on May 3<sup>rd</sup> 2020.
18. Conducted session on **Mental Health and Wellbeing for School Children** for MH Webinar series on May 4<sup>th</sup> 2020.
19. Conducted session on **Career Counselling during lockdown and pandemic** for MH Webinar series on 7<sup>th</sup> May 2020.
20. Conducted session on **Career Counselling** for KARVY Foundation on May 16<sup>th</sup> 2020.
21. Conducted session for LUGI Chennai Chapter on **Awareness, Relicience and Perseverance for Grand Success** on 17<sup>th</sup> May 2020.
22. Conducted session on **Mental Health of Children** for Alagappa Unkversity ,Dept. of Education on May 27<sup>th</sup> 2020.
23. Conducted session on **Understanding and Helping your Child & Adolescent During Lockdown** and pandemic for MSSW 3<sup>rd</sup> June 2020.
24. Conducted session on **Psychological wellbeing the days ahead** during lock down and pandemic for MSSW on 9<sup>th</sup> June 2020.
25. Conducted session on **Teachers,Parents and Students in facing post lock down challenges** for Counselling Chennai on 15<sup>th</sup> June 2020.
26. Conducted session on **Mental Health of Women** for MH Webinar series on 10<sup>th</sup> June 2020.
27. Conducted session on **Digital Detoxification** during lock down and pandemic for KSR College of education on 16<sup>th</sup> June 2020.
28. Conducted session on **Mental Health & Wellbeing of Women Across the Life Span** for Sourashtra College during lockdown and pandemic NSS Women wing exclusive webinar on June 20<sup>th</sup> 2020.
29. Conducted session on **Mind set for Bushiness Miracles** for LUGI Kottayam , Insurance Agents on June 27<sup>th</sup> 2020.
30. Conducted session on **Child rights and prevention of child abuse during lock down and pandemic** for NIDM on 4<sup>th</sup> July 2020.
31. Conducted session on **Wholistic wellness in International Webinar** Periyar University , Slaem on 22<sup>nd</sup> July 2020.
32. Conducted session on **Positive Mind-set during lock down and pandemic** for PSG College of Education on 23<sup>rd</sup> July 2020.
33. Conducted session on **Basic Counselling Skills** for Internship Course by Red pond Educational and psychological Research Canter, Madurai for July 1-31 , 2020.
34. Conducted session for Loyola ICAM on **Handling Emotions** for Student Orientation

- Programme on 4<sup>th</sup> August 2020.
35. Conducted session on **Wholistic Wellness through PERMA Model – Engagement for Wellness** on 7<sup>th</sup> August 2020 for Vidyaa Vikas College of Education.
  36. Conducted training session on **Improving Police Public Interface Training Programme** from July 27<sup>th</sup> & 29<sup>th</sup> , August 6<sup>th</sup> & 8<sup>th</sup> and 12<sup>th</sup> & 14<sup>th</sup> on Psychological Assessment and mental health intervention.
  37. Conducted training session on **Crisis Counselling for Central University Kerala** (CUK) on 21<sup>st</sup> Aug 2020 for Pan India Training Program.
  38. Conducted training programme on **Basic Counselling Skills for Special Educators** for TNCE on 24<sup>th</sup> Aug 2020.
  39. Conducted session on **Digital detoxification** for Mental health webinar 2020 series on 3<sup>rd</sup> September 2020.
  40. Conducted webinar on Organized part of ALL (All Ladies League) Tamil Nadu Chapter, Psychology support on child sexual abuse and legal aspects on 12<sup>th</sup> September 2020.
  41. Conducted Research Methodology workshop on 14<sup>th</sup>, 16<sup>th</sup> and 18<sup>th</sup> September for research scholars for EKVIS Consultants.
  42. Conducted session on
  43. Conducted session for NIDM on 24<sup>th</sup> Sep 2020 on the topic Ensuring inclusive and Equitable Online Education for Rural Children in the time of Covid-19( Prime Minister 10 point agenda No:9 on DRR.
  44. Conducted session on “Tragedy into Triumph” on 15<sup>th</sup> Sep 2020 for Mental Health Webinar series 2020.
  45. Conducted session on “Healthy Boundaries” to Corporation school children for Happy Schooling project by MS Chellamuthu trust, Mdurai on 28<sup>th</sup> Sep 2020.
  46. Conducted session on Holistic Wellness on 3<sup>rd</sup> Oct 2020 for Navchetena , International Webinar Series by Organised by, Sakshan Society, Jaipur and Nepal Youth: united Youth for World Peace Nepal.
  47. Conducted session for MELA (My English Learning Academy )and Red Pond on Mental Health across life span series (Adolescents) on 4<sup>th</sup> Oct 2020.
  48. Conducted session on Career Development as part of panel discussion at Hindustan College of Arts and Science on 9<sup>th</sup> Oct 2020.
  49. Conducted session on Mental Health Day observation- Healthy Mind Keeps the Doctor Away for Mental Health Webinar Series 2020 on 10<sup>th</sup> Oct 2020.
  50. Conducted session on storytelling and its effect of values for Read Forte on 10<sup>th</sup> Oct 2020.
  51. **Conducted session for NIDM on 24<sup>th</sup> Sep 2020 on the topic Ensuring inclusive and Equitable Online Education for Rural Children in the time of Covid-19( Prime Minister 10 point agenda No:9 on DRR.**
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  55. Conducted session for MELA (My English Learning Academy )and Red Pond on Mental Health across life span series (Adolescents) on 4<sup>th</sup> Oct 2020.
  56. Conducted session on Career Development as part of panel discussion at Hindustan College of Arts and Science on 9<sup>th</sup> Oct 2020.
  57. Conducted session on “Mindfully Mind your Mind” on 20<sup>th</sup> Oct 2020 for Mental Health Webinar series 2020.
  58. Conducted session on “Dementia – Intervention Strategies” on 31<sup>th</sup> Dec 2020 for Mental Health Webinar series 2020.
  59. Conducted session on “Anxiety Management” on 4<sup>th</sup> Jan 2021 for Mental Health Webinar series 2020.
  60. Conducted session on Stress management techniques for Tamil Nadu Engineering College AICTE sponsored Short term training programme Feb 2021 (6<sup>th</sup> – 9<sup>th</sup>).
  61. CPD- Intensive Workshop on Solution Focused Brief Therapy. 6days from 20&21 June, 4,5,11 &12 July 2020 Academy for Solution Focused Approaches and Research
  62. CPD-National online Conference on Careers in Psychology from 13-14 June 2020, organized by Mind-weavers, Kerala
  63. CPD-Reiki Level I , II and III-A from Major General MP. Singh, Gurgaon, India May, June, July 2020
  64. CPD- International webinar session on Developing fortitude during pandemic: CBT perspective by IAAP on June 11<sup>th</sup> 2020.
  65. CPD- Couple /Family Enrichment Threrapy Course fromForm 6 to 8 july 2020 at Wellbeing Centre, Chennai
  66. CPD- NLP Techniques for Psychological Intervention Therapy from Wellbeing Centre, Chennai- 13-15 July 2020.
  67. CPD-Understanding Dreams Therapy Course from Wellbeing Centre, Chennai, 19-21 July 2020.
  68. CPD- Creative Movement Theraphy from Wellbeing Centre, Chennai, 8-10, Aug2020.
  69. CPD-Clinical Hypotherapy from Wellbeing Centre, Chennai ,28-30,Aug 2020,
  70. CPD- 10th InSPA International Conference in School psychology 5-7Nov 2020 organized by InSPA.
  71. CPD-Faculty development programme on “Advanced Research Methodology Tools and Techniques” Conducted by Teaching Learning Center Ramanujan College 30<sup>th</sup> Jan to 14<sup>th</sup> Feb 2021.
  72. Conducted session on Covid -19 Impact on education sector of India organized by RUSA and MKU , Madurai – 8-10 March 2022
  - 73. CPD-Trauma Informed Aproaches to Psychological Interventions from Psycafe from 26to 28<sup>th</sup> Feb 2021.**
  - 74. CPD-Acceptance Commitment Therapy - Basic and Advanced Skills Training workshop from ACBS, ACT Training Workshop- 8 days ( March 2,5,9,12 and**

**16,9,23,26)**

75. **CPD-Acceptance Commitment Therapy- Relationship 2 days organized by Element H, Chennai 10<sup>th</sup> and 11<sup>th</sup> April 2021.**
76. Certificate Course On Couple And Family Therapy Organized by Psychosiksha . July 1<sup>st</sup> - 20<sup>th</sup> Sep 2022
77. Participated in Truma 360’: A virtual Global Mental Health Submmit 9<sup>th</sup> Oct 2022
78. Praticipated In InSPA International Conference 2-4 Oct 2022
79. Faculty Development Certification Program In Effective Case Teaching 3<sup>rd</sup> -7<sup>th</sup> Jan 2023,Organized by Acadents & Scientific Academic Research Forum, UK
80. Two - Week Interdisciplinary Refresher Course In “Advanced Research Methodology” organized by Ramanujam College , New Delhi 22 September – 06 October, 2022
81. Presented Paper -International Conference on Innovations in Health Interventions University of Hyderabad 10-11 Nov 2022
82. Participated in InSPA Conference Participated on Meeting the Challenges in Schools at Pondicherry University 29<sup>th</sup> & 30<sup>th</sup> Septe2022
83. Presented Paper- IEEE NK Con-2002 . Flagship International Conference of IEEE North Karnataka on Work life balance during Covid -19 Pandemic of working from home IT employees. 20-21 Nov 2022
84. Coordinated and judged in Chennai LitFest 2023 Events held at Anna Adarsh college for women (Topic “Judge-Tamil Translation”) 3<sup>rd</sup> Dec 2022
85. Served as a resource person for Saveetha School of law conducted session on Law & medicine: The interrelationship in criminal trials- 29-30<sup>th</sup> oct 2022
86. Served as a Resource Person for “ Striving for Excellence” was conducted by Bakthavathsalam Memorial College for Women. 13<sup>th</sup> Sep 2022
87. Served as a resource person for Student counselling cell programme – topic on handling stress and striking balance at SRM, katangalathur 16<sup>th</sup> Sep 2022
88. Served as a resource person for Career Development center- SHIV NADAR on the topic “Accelerate your inner potential” 7<sup>th</sup> Dec 2022
89. Judged Competition for children from homes Boomi event 2-4 Oct 2022
90. Participated in 3<sup>rd</sup> International Conference on Mental Health Inclusive Development – Banyan Academy 16<sup>th</sup> – 17<sup>th</sup> Dec 2022
91. Served Resource person -National Conference on Interventions for sustainability of human health for MMM College of Health Sciences 31<sup>st</sup> Jan 2023
92. Served as a Resource Person for a Two-Day workshop on Gestalt therapy conducted ( Topic- Body Awareness&Technique2-Experimentation) at PSGR Krishnambal college For women 19.01.2023
93. **Served as a Resource Person for Help age India and Dept of Social Justice and Empowerment , Govt. of India ( Topic- psychosocial Care for Dementia) 9<sup>th</sup> March 2023**
94. Served as a Resource Person for a Refresher course in Inclusive Education (Topic -Art of Designing Jubilantly Inclusive Classrooms) at Barathidasan University. 18th Feb

2023

95. Guest of Honor for Women's Day celebrations topic on Women mental health 26<sup>th</sup> March 2023
- 96. Served as resource person for Government of Tamil Nadu police training on Kind Approach 10<sup>th</sup> Feb to 6<sup>th</sup> March 2023**
97. CPD- workshop on Mindfulness organized by Mind craft and SIPE Education -May22-26 , 2023.
98. Conducted session for DG Vaishnav College on Work life Balance for management students in 77<sup>th</sup> National webinar
99. Conducted session on women's mental health on Women's day programme for Art of Givig Charitable trust 26<sup>th</sup> March 2023.
- 100 Conducted session for Madurai Chellamuthu trust on work life balance for certificate course workplace wellness on 10<sup>th</sup> August 2023.
- 101 Conducted session on "Psychological Skills for teaching and learning" for Dr. Ambedkar Law University from 12.30 to 1.30 session for faculty development program on 4<sup>th</sup> July 2023.
- 102 Conducted session for MDRT MCC- meet through Zoom on the topic "Symphony of Work life" on 7<sup>th</sup> July 2023.
- 103 Conducted Training session on Psychology for Trainers for TTK (TOT session) at MSSW campus on 28<sup>th</sup> August 2023.
- 104 Community awareness programme on suicide prevention rally in public in collaboration with Police department on 28<sup>th</sup> Sep 2023.
- 105 Participated Clinic to Community: Practice Transformation for Mental health Professionals 30<sup>th</sup> Sep and 1<sup>st</sup> Oct 2023.
- 106 Facilitated collaboration for Governor House program on Dare to Think on Mental health day Oct 10<sup>th</sup> 2023.
- 107 Completed POSH certification program awareness training certification TTT, 24-27 Nov 2023. ( SBMS-ST/POSH-TTT/112023106)
- 108 Participated Inner child program and organized out borne training for MSc Students at Dindigul from 3<sup>rd</sup> to 9<sup>th</sup> Dec 2023.
- 109 Conducted training session on social and negotiation skills for school teachers at RIE Mysore on 22<sup>nd</sup> Dec 2023.
- 110 Conducted work shop on research methods at pre conference works at IALSE International Conference , Thiruvananthapuram , Kerala on 3<sup>rd</sup> Jan 2024.
- 111 Conducted session as panelist at IALSE International Conference , Thiruvananthapuram , Kerala on 4<sup>rd</sup> Jan 2024.
- 112 Conducted session on Psychosocial awareness for school children for preventing mental health by Dorcas health care services at MGM health care on 24<sup>th</sup> Jan 2024.
- 113 Conducted session on awareness session for school children for preventing mental health by DB 89 at Kovalam Govt.School. 29<sup>th</sup> Jan 2024.
- 114 Conducted Work Shop on Promoting Mental health and Resilience in Work Place through gender sensitization at 28<sup>th</sup> International Conference & 59<sup>th</sup> National Conference on Applying Psychology for Professional Excellence at Pondicherry University 4 Feb 2024.

115. Underwent Maternal Mental Health International faculty development programme from – to – offered by Thunnai-

116. Underwent Thinking Healthy Programme offered by WHO and underwent supervision from Professional trainer Dr. Najiya

### **Recent Publication:**

#### **Book /Chapter:**

1. " Climate Change's Impact on Mental Health: A Conceptual Analysis Through a Critical Lense. in the book titled -Sustainable Development Goals: Challenges and Initiatives.
2. Published book on "Organizational Behaviour-Concepts and Theories" ISBN NO: 978-81-19832-41-5, AG Publication house, Bhopal, MP, India.
3. Book on -Personality development and communication skills AGPH Books, AG Publishing house, Bhopal, M.P. India ISBN: 978-81-968738-2-0-2023

#### **Journal Publication:**

1. Paper Published for "An Analysis of Work Life Balance and Mental health of Women in India during Work from Home with Special Reference to IT Sector".
2. Paper Published for "Influences of Gender, Nature of Work and Marietal Status on Work life balance among it Employees during COVID-19 Pandemic".
3. Paper Published for "Work- Life balance is a Predictor of happiness on Work from Home Scenario- Indian Empirical Outcome".
4. Paper Published for "Statistical Validation of Work- Life Balance Questionnaire" Stochastic Modeling &Applications Vol 26,N0 3 (Jan-June, Spl. Issue 2022 part 8), ISSN :0972-3641
5. Published Assessment of the Employees Work life balance during COVID -10 Pandamic:An Artificial Neural Network Approach – Indian Journal of Natural Sciences , Vol 14/Issue 77/ April/2023 - International bimonthly open access – ISSN 0976-0997
6. "The effect of psychosocial intervention on problematic internet usage and its impact on psychological distress and quality of life among emerging adults" - UGC care listed International Journal of Creative Research Thoughts ISSN:2320 -2882)

Research Projects Completed with grant:				
Title of the Project	Name of the Funding Agency	Amount	Duration	
			From	To
Life Skills Tool Construction, Validation and Standardisation	Adolescent Health and Development	Rs. 5,59,000/-	Aug 2009	08-12-2010
Enhancing Academic Performance through Life Skills training	Adolescent Health and Development	Rs. 1,01,000/-	18-02-2010	30-12-2010
Impact of SIP Abacus Programme among children and young people on Cognitive Functions, Brain Dominance, Psycho- social Skills, Academic Performance and Career Development– An Evaluation	SIP – Academy for Abacus research project .	Rs. 6,46,000/-	Feb 2017	Completed 2020

Details of Publications: (Number of Publications)				
Sr. No.	Type of Publications	Published	Accepted	Communicated
1	Reference Books			
2	Text Books	3		
3	Edited Books	1		
4	Research Papers in refereed international journals	8		2
5	Research Papers in refereed national journals	15		
6	UGC Care listed & Web of Science	4		
7	Papers in other international journals	2		
8	Papers in other national journals	3		
9	Chapters in edited books	2		
10	Articles in national magazines/newspapers	2		
11	Articles in regional/local magazines/newspapers	2		
12	Papers presented in International Seminars/conferences	30		
12	Papers published in proceedings of international seminars/conference	2		
13	Papers presented in national seminars/conferences	40		
14	Papers published in proceedings of national seminars/conference	2		

**Details of the Orientation Programmes /Refresher Courses/ Summer Schools/ skill training workshops and training underwent.**

<b>Name of the Programme</b>	<b>Year</b>	<b>Duration (in days)</b>	<b>Organising Institution</b>
Certificate Course on Counselling Psychology	1998	15 Days	EMMAUS, HRD Councutancy& Counselling
Zeal Diploma on Leadership Course	1998	22 Days	Zeal , Institute of Personality Development
Data Processing Course for Social Scientists	2000	15 Days	Council for Social Development, Hyderabad
Workshop for Course Writers	2008	2 Days	RGNIYD
National Consultation Workshop on Module Development- Youth and Employability	2009	3 Days	RGNIYD
Training on Training methodology for training and teaching faculties of RGNIYD	2010	3 Days	RGNIYD
workshop on Team building & Advanced Counselling, Trauma Care and Special	2011	6 Days	TRASFER Adivies-Coaching- Training,
workshop on Research Methodology	2011	3 Days	RGNIYD
International Training on School Psychology	2012	5 days	Indian School Psychology Association and
Regional Pilot Testing Workshop on Youth Entrepreneurship/ Enterprise Manual	2012	9 days	Commonwealth Youth Programme Asia centre
Basic Course in Integrated Clinical Hypnotherapy (Level 1)	2012	7 days	California Hypnosis Institute of India, India
Development of Source Books in Life Skills Education through the teaching- Learning of	2013	10 days	Regional Institute of Education, NCERT, Mysore
Six Sigma Yellow Belt (online)	2014	One Month	MSME-Technology Development Centre, Agra
Intensive workshop on Rational Emotive Behaviour Therapy (REBT) by Debbi Ellis	2014	3 days	Mind Matters, Bangalore Psychology Circle
Faculty Development Programme	2014	3 Days	RGNIYD
Faculty Development Programme	2014	3 Days	RGNIYD
<b>Cognitive Behavioural Therapy</b>	2015	2 days	Element –H, Chennai
Child sexual Abuse and Prevention	<b>2016</b>	2 days	workshop at Ethiraj College, Chenna
Expressive Art Therapy work shop	2016	2 days	MSSW conducted by EW-Center for Counselling

'Therapeutic Techniques for Trauma Healing'	2016	1 day	MSSW, Department
5 –day certified work shop on Adolescent counselling	2017	5 days	FAME India, FAME Academy, Bangalore
Work shop on Solution Focused Brief Therapy	2018	2 days	Element –H, Chennai
Workshop on psychodrama and Jungian method of Dream Analysis	2018	4 days	East West Centre for counselling
Workshop on Dance Movement Therapy	2019	2 Days	Well being Center, Chennai
Workshop on psycho oncology	2020	1 day	IAPO – GRT
Intensive Workshop on Solution Focused Brief Therapy	2020	6 days	Academy for Solution Focused Approaches and
Reiki Level II	2020	2 days	Major General MP. Singh, Gurgaon, India
Couple /Family Enrichment	2020	3 days	Wellbeing Centre, Chennai
NLP Techniques for Psychological Interventions	2020	3 days	Wellbeing Centre, Chennai
Self-Hypnosis and Hypno therapy	2020	6days	Wellbeing Centre, Chennai
Dance Movement Therapy	2020	3 days	Wellbeing Centre, Chennai
<b>Truma informed psychotherapy</b>	2021	3 days	Psycafe., Chennai.
<b>ACT – basic and advanced</b>	2021	8 days	ACBS, ACT Training Workshop
<b>ACT- Relationship</b>	2021	2 days	Element H, Chennai
Integrate and encourage Yoga through life	2021	5days	Dakshin Yoga Kendra Accr.by Ministry of Auys
Yoga Nidra Teacher Training	2021	15 days	Dakshin Yoga Kendra Accr.by Ministry of Auys
<b>Training on clinic to community: practice transformation for mental health professionals- Clinic to Community – Mental health for youth training (TOT)</b>	2023	2 days	30 <sup>th</sup> Sep&1 <sup>st</sup> Oct 2023
Certified POSH trainer SBMS-ST/POSH-TTT/112023106	2023	4 days	24-27 Nov 2023 by Synergy Business Management Solutions
Workshop on Mindfulness	2023	5 days	Mind craft and SIPE Education from May 22-26

			,2023.
OBT- Inner child Healing work shop at Anugraha, Dindigul.	2023	7 days	Inner child for seven days 3 <sup>rd</sup> to 9 <sup>th</sup> Dec 2023.
Work shop on Handling Self harm at Psycafe	2024	One day	Handling self-harm 10 <sup>th</sup> Feb 2024
Underwent work shop on take charge of life-workshop on reality	2024	28th Feb 2024	therapy by Dr.Farida D'Silva Dias @ MOB Vaishnava College.
<b>Currently undergoing CPD-</b> <b>1. Greif Therapy</b> <b>2. Trauma informed Therapy and</b> <b>3. UTC for Substance use Disorders-DAP</b>	2024-25	Ongoing CPD- 1. Greif Therapy 2. Trauma informed Therapy and 3. UTC for Substance use Disorders-DAP	Online – PESI
<b>International Trauma Release Intervention Workshop</b>	Aug 2024	One day – 16/8/2024	Dr. Wael Abuhasan from Palastine

#### Membership of Academic Bodies (AC, EC, BOS, etc) of Universities.

(Insert additional rows, if necessary)

- **Doctoral Committee member for VIT , School of Social Science and Languages, VIT University, Vellore.**
- **External Guide and subject expert for Hindustan University for Doctoral programme**
- Doctoral committee member for TNOU , School of Social Sciences.
- Consultant psychologist – Thunnai – NGO working for Maternal Mental Health
- Consultant Psychologist – HMS Enterprises
- Consultant psychologist – Data Comp Web Technologies
- Subject expert and Personality Assessment panelist of UPSC aspiring candidates for Anna Administrative Staff College – Tamil Nadu
- Vice Chair-person for All Ladies League Tamil Nadu chapter Psychology wing.
- **Subject Expert PG Psychology Board TANSCHIE for Tamil Nadu Govt.**
- **Advisory Board Member of Happy Schooling of MS Chellamuthu trust**

**Membership of Professional Bodies, Societies, etc. ( Attach additional sheet if needed):**

- A. AMERICAN PSYCHOLOGICAL ASSOCIATION MEMBER APA SINCE 2009.
- B. LIFE MEMBER OF INDIAN ASSOCIATION OF APPLIED PSYCHOLOGIST.
- C. LIFE MEMBER OF INDIAN ASSOCIATION LIFE SKILLS EDUCATION.
- D. LIFE MEMBER OF INDIAN SCHOOL PSYCHOLOGIST
- E. Life member of APSPA.
- F. LIFE MEMBER OF SERFAC.
- G. AIPA EC Member
- H. IALSE LIFE MEMBER
- I. ALL (All Ladies League) Tamil Nadu chapter, psychology, VC.

**Awards /Honours/any other academic distinction (Attach additional sheet if needed):**

Recent Awards and recognition for the contribution in the field of Mental health and education:

- Dr.A.P.J Abdul Kalam Excellence Award 2021 in metal health promotion as an achiever in the field of Psychology, from Global Human Peace University- People Forum of India- ( Bharath Sevak Samaj) on April 2021.
- Certificate of Achievement in recognition of Mental Health Promotion and wellbeing among general public, professionals and students through online mode by organizing webinar sessions continuously for 35 days( 14<sup>th</sup> April 2020 to13th April 2021) from Thei American College. Madurai.
- Barbara Frederickson Award for positive psychology and Well being from Redpond educational and psychological research centre. 14<sup>th</sup> April 2021
- Certificate of Achievement in recognition of Mental Health Promotion and wellbeing among general public, professionals and students through online mode by organizing webinar sessions continuously for 365 days( 14<sup>th</sup> April 2020 to13th April 2021) from The American College. Madurai.
- The Greatest Warrior in the toughest of times Award from NMV University -Institute of education 2021.
- Awarded by InSPA for best contribution for the field of School Psychology 2019 and 2021. InSPA .P.K.Subharaja Trust Best Performance Award.
- Legendary award from Rotary Club of Chennai Legends for the exemplary and meritorious contribution in the field of Education 3rd Sep 2022