

**Name: R.Kayalvizhi**

**Designation: Assistant Professor**

**Department: Psychology**

**Date of Joining: 11.12.2017**

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**Educational Qualification:**

<b>Degree</b>	<b>Subject</b>	<b>College / University &amp; Place</b>	<b>Year Completed</b>
Ph.D	Medical and Psychiatric Social Work	Kalasalingam University, Srivilliputhur, Viruthunagar.	(Pursuing) Registered on 2022
Masters of Philosophy	Medical and Psychiatric Social Work	Madurai Institute of social Sciences, Madurai-2	2011-2012
Master of Science	Psychology	Tamilnadu Open University, Chennai.	2018 -2020
Master of Social Work	Medical and Psychiatric Social Work (First Class with Distinction)	Fatima college, Madurai -18	2009-2011
Bachelor of Social Work	Social Work (University Rank Holder)	Madurai Institute of social Sciences, Madurai-2	2006-2009
PG Diploma in Counselling	Counselling and Psychotherapy	Madurai Institute of social Sciences, Madurai-2	2012-2013
Certificate course on NGO management	NGO management	Fatima college, Madurai -18	2010- 2011

**Specialisation in Teaching:**

- Psychopathology
- Dynamics of human behaviour / Lifespan Development
- Counselling and Psychotherapy
- Psychometry
- Research methodology
- Positive Psychology
- Organizational Behaviour

**Specialisation in Research:**

- Qualitative Research - Content analysis, FGD
- Quantitative Research - Scaling

**Research Interests:**

- Mental Health / Psychological well being
- Psychopathology
- Dynamics of human behaviour / Lifespan Development
- Counselling and Psychotherapy
- A study on “ psycho social problems of transgender” as requirement of BSW “A study on “ Anger Management” among school children (with special reference to students who are going to write public exams) as requirement of MSW
- A study on “ Emotional Intelligence and Self Esteem” of Jeevana school teachers as requirement of M.Phil
- A study on “Suicidal Ideation Among College Students”(With Reference to Colleges Affiliated to Madurai Kamaraj University) UGC-SERO minor Project.

**Other Work Experience:**

<b>Designation</b>	<b>Institution / Company</b>	<b>Year - From (month/year) To (month/year)</b>
HOD-UG	Department of Psychology, The American College, Madurai	Between June 2021 to June 2023.

Assistant Professor and Programme coordinator	Department of Social Work– (Alagappa University, Rajiv Gandhi National Institute of Youth Development) in M.S.Chellamuthu Institute of Mental Health and Rehabilitation	Between 01 August 2016 till December 2017.
Assistant Professor	Department of Social Work, Madurai Institute of Social Sciences	Between June 18, 2012 to May 3, 2016.
Visiting Faculty / Guest Lecturer	PG Department of Counselling at Madurai Institute of Social Sciences	Since June 2019 till date.
Visiting Faculty / Guest Lecturer	Department of Psychology, Madurai Institute of Social Sciences	Between June 2018-2019.

**Administrative /Academic Position/s (held / currently holding):**

<b>Positions held / currently holding</b>	<b>Year - From (month/year) To month/year)</b>
<b>External Question Paper, KONGU ARTS AND SCIENCE COLLEGE, COIMBATORE</b>	July 2024
<b>External Question Paper, Vivekanandha College of Arts and Sciences for Women (Autonomous), Namakkal District, Tamilnadu - 637 205.</b>	July 2024
<b>External Question Paper, JUSTICE BASHEER AHMED SAYEED COLLEGE FOR WOMEN Chennai – 600 018.</b>	Jan 2024 to till date
<b>External examiner / question paper setter, Mannar Thirumalai Naicker College, Madurai to the Department of Social work (Both UG &amp; PG) for End semester Examination</b>	2018 - 2022

and viva voce.	
<b>External Question Paper</b> , Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women (Autonomous), Chennai	Since 2023 till date
<b>Ext.Examiner for Q.P Setting</b> , Theivanai Ammal College for Women, Villupuram – 605401.	Since 2023 till date
<b>QUESTION PAPER SETTER</b> , SRI KRISHNA ARTS AND SCIENCE COLLEGE, COIMBATORE	Since 2022 till date
<b>Examiner for the Board of question paper setters for B.Sc. PSYCHOLOGY (I Year, Semester –I, New Regulation)</b> . Annamalai University	September, 2022
<b>QUESTION PAPER SETTER</b> , PSGR Krishnammal College for Women College of Excellence, Coimbatore	Since 2022 till date
<b>QUESTION PAPER SETTER</b> , Dr G R DAMODARAN COLLEGE OF SCIENCE, COIMBATORE	Since 2022 till date
<b>External examiner, Madurai Kamaraj University.</b>	Since 2023
<b>External examiner / question paper setter</b> , The Thiagaraja College of Arts and Science (Department of Psychology )	2015 till date
<b>Member of Question Paper Setters</b> , MADURAI INSTITUTE OF SOCIAL SCIENCES	Since 2023 till date
<b>Subject Expert</b> at Mannar Thirumalai Naicker College, Madurai to Counselling and psychotherapy, Diploma program under UGC - NSQF scheme for the Academic year	2018-2019
<b>External examiner</b> , The American College (Department of Social Work)	2017-2018
<b>Course Coordinator</b> for PG Diploma in Counseling at Madurai Institute of Social Sciences.	2015-2017

<b>Social Activist and Member of</b> Gender Sensitization and Internal complaints Committee – II for The High Court Bench of Madras, Madurai	From April 2018 till January 2022.
<b>Centre In charge</b> for “Centre for Madurai Studies” at Madurai Institute of Social Sciences	2015-2016
Freelance Counsellor and Soft skills Trainer	Since 2012 till date.

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### **Membership in Professional Bodies:**

- **Social Activist and Member of** Gender Sensitization and Internal complaints Committee – II for The High Court Bench of Madras, Madurai
- **Editorial board Member** in ATSK journal of Psychology since August 2024.

### **Publications:**

- Published a book review article in web of science entitled, **Policing and Mental Health Theory, Policy and Practice** John, Kate Moss, Ken Pease ISBN : 9780429470882 (2022)
- Published paper on “**Adolescents risk taking behaviour and self esteem among college students**” ISBN 978-93-88398-65-7 pg.191.
- Published Abstract on A Study On Sleep Quality And Mindfulness Among College Students ISBN 978-93-80368-44-3 pg.10
- Published Abstract on Spirituality influencing our Mental wellness ISBN 978-93-80368-44-3 pg.36
- Published Abstract on Correlation study between Altruism and Self-esteem among adolescents ISBN 978-93-80368-44-3 pg.43
- Published Abstract on A Study on Teen Mental Illness ISBN 978-93-80368-44- pg.61
- Published Abstract on Adolescents Love Relationship ISBN 978-93-80368-44- pg.77
- Published Abstract on Current scenario of Adolescent risk-taking behaviour- A exclusive study ISBN 978-93-80368-44-3 pg.80
- Published Abstract on Adolescence Impact on Instagram ISBN 978-93-80368-44-3

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- Published Abstract on A correlation study on extraversion and romantic inclination among married adults **ISBN 978-93-80368-44-3 pg.83**
- Published Abstract on Relationship among pornography consumption, social media addiction and socio-cultural attitudes towards appearance among young adults **ISBN 978-93-80368-44-3 pg.100**
- Published Abstract on The Effect of Social media on stress for college going students **ISBN 978-93-80368-44-3 pg.133**
- Published Abstract on The study on impact of Body image on Psychological well-being **ISBN 978-93-80368-44-3 pg.134**
- Published Abstract on Smartphone addiction and aggression among young adults **ISBN 978-93-80368-44-3 pg.155**
- Published Abstract on Gender Stereotypes in Workplace **ISBN 978-93-80368-44-3 pg.170**

#### **Conference / Seminar Presentations:**

- Participated in One Day National Level Workshop on “Techniques in Finding UGC CARE & SCOPUS Indexed Journals” on 25.01.2025
- Attended One week National Level Virtual Faculty Development Programme on "Use of ICT in Teaching Learning Process " between 21.11.2024 & 27.11.2024
- Attended Seven-Day Self-Paced Online Faculty Development Programme/ Capacity Building Programme on AI-Driven Research Excellence organized from 4 to 11 November 2024.
- Participated in the Webinar on Gut microbiome and mental well being organized by Department of Psychology , The American College , Madurai on 25 August 2023.
- Attended 10 day online faculty development programme (FDP) on ‘ The art of research and publishing in indexed journals’ organized by Madras Christian College research colloquium and IQAC from 13 May 2024 to 22 May 2024.
- Participated in the Webinar on How to live peacefully organized by the Department of Psychology , The American College , Madurai on 14 April 2023.
- Presented a paper titled, **“A qualitative study on "maternal stress amongst working women" in the International Conference, Prevalence and Importance of Maternal Mental Health Globally** on February 09, 2024 organised by the Department of Psychology

and IQAC Chevalier T. Thomas Elizabeth College for Women, Maryland, Sembium, Perambur, Chennai-11 in collaboration with Thunai Trust.

- Attended One Week International Faculty Development Program on Craftin Excellence - Research and Innovation in the Age of AI, jointly organised by Don Bosco College, TC Palya, Bengaluru and Globethics.net India, headquartered in Geneva, from 21-27 January, 2024.
- Participated in the Webinar on Theory of Problem behaviour organized by the Department of Psychology , The American College, Madurai on
- Participated in the Webinar on Sexual Deviations and Dysfunction organized by the Department of Psychology , The American College , Madurai on 25 November 2023.
- Participated in the Webinar on Nurturing beyond the boundaries organized by the Department of Psychology , The American College , Madurai on 04 September 2023.
- Participated in the Webinar on Emotional wellbeing of women organized by the Department of Psychology , The American College , Madurai on 08 July 2023.
- Participated in the Webinar on Etiquette for well being organized by the Department of Psychology , The American College , Madurai on 30 March 2023.
- Participated in the Webinar on Art of parenting organized by the Department of Psychology , The American College , Madurai on 19 February 2023.
- Attended the online capacity building workshop on, “ Effective Research Methodology & Publication strategies”, from 27th February - 3rd March 2023. Organized by All India Association For Christian Higher Education , New Delhi and Madras Christian College, Chennai.
- Attended Two Days National Level Skill Development E- Workshop Entitled, ” Critical Pedagogy and Higher Education Curriculum” Conducted by ACT Academy, Tamil Nadu in association with The American college, madurai on 17.02.2023 to 18.02.2023.
- Presented a paper on, “NEP 2020 Challenges and Opportunities of Teachers” National Level Faculty Development Programme on '**Work Life Balance in New Normal**' organized by the Department of Psychology (Aided), PSG College of Arts and Science, Coimbatore. Between Mar 11<sup>th</sup> 12<sup>th</sup> & 13<sup>th</sup>, 2022.
- Attended Five Days National Level Virtual Faculty Development Programme on "Achieving Excellence in Higher Education & Research" conducted by A.C.T. Academy, Tamil Nadu & Academic and Research Conglomerate (AARC) from December 26-30, 2022.

- Attended 'National level FDP on Work-Life Balance in New Normal' conducted by the Department of Psychology, PSG College of Arts and Sciences, Coimbatore, held from March 11-13, 2022.
- Participated in the Four Days Online Faculty Development Programme on "Psychological Skills for Teaching Professionals" organised by the Department of Psychology, Holy Cross College (Autonomous), Tiruchirappalli from 16th February 2022 to 19th February 2022.
- Presented a paper on A study on "**Adolescents risk taking behaviour and self esteem**" among college students (with special reference to The American College, Madurai). March 6th & 7th 2019.
- Presented paper on, "**A study on "pros and cons of social media on prosocial behaviour amongst the college students"**". in the International conference on Bridging and Securing: Responsibilities and Aesthetics in Media, Society and Literature, organized by the Department of Social work and English. 11th September 2018.
- Presented a paper on the State Level Seminar on "**Corporate Social Responsibility An Ethical values of Business**" Organized by the Department of Management Studies and Department of Commerce, Madurai Institute of Social Sciences, Madurai. On 18<sup>th</sup> October 2013.
- Participated and presented a paper on "**Psycho Social Problems of Transgender**" in **The National Seminar on Social Defense**, organized by Madurai Institute of Social Sciences, Madurai sponsored by National Institute of Social Defense. From 25<sup>th</sup> to 27<sup>th</sup> November 2013.
- Participated in the Four Days Online Faculty Development Programme on "Psychological Skills for Teaching Professionals" organised by Department of Psychology, Holy Cross College (Autonomous), Tiruchirappalli from 16th February 2022 to 19th February 2022.
- Participated in the National Level Faculty Development Programme on '**Work Life Balance in New Normal**' organized by the Department of Psychology (Aided), PSG College of Arts and Science, Coimbatore. Between Mar 11<sup>th</sup> 12<sup>th</sup> & 13<sup>th</sup>, 2022.
- Attended the Five Days National Level Virtual Faculty Development Programme entitled "Achieving Excellence in Higher Education & Research" conducted by A.C.T. Academy, Tamil Nadu & Academic and Research Conglomerate (AARC) from 26 December 2022 to 30 December 2022



## Lectures / Talks given:

- **Acted as a resource person** for a webinar on **Adolescent risk taking behaviour** organized by the department of psychology, The American College, Madurai.
- **Acted as a lecturer** for PG diploma in counselling and psychotherapy course at Madurai Institute of social sciences between 2021-2024.
- **Resource Person for Live Video Counselling Session** in Tamil Language for 6 SWAYAM PRABHA DTH Channel on 26.07.2022, 16.08.2022 and 22.08.2022
- Facilitated session on **“Adolescent Risk Taking Behaviour”** in Mental Health Webinar Series organized by Department of Psychology, The American College, Madurai. (Certificate number – MHWSE-715) on 10.03.2022.
- Facilitated session on **“Girl Children Mental Health problem”** at Capacity Building training for matriculation School Principals’ organized by Department of Social defense, District Child Protection Unit, Sivagangai.
- Acted as Facilitator in a training programme **Training on Mental Health First Aid** – Session on **“Mental Health – An Introduction”** held on March 08<sup>th</sup>- 10<sup>th</sup>, 2017. Session on 08.03.2017.
- Acted as Facilitator in a training programme **Training on Behavior Management** – Session on **“Behaviour Analysis”** for Faculties. held on March 15<sup>th</sup> to 17<sup>th</sup>, 2017. Session on 16.03.2017.
- Acted as Facilitator in a training programme **TOT on Life Skills** – o **“Communication Skills”** held on October 3<sup>rd</sup> & 7<sup>th</sup>, 2016 (5 Days) Session on 04.10.2016.
- Facilitated in the **Support Staff Training Programme** organized by TVS group of Institutions, Madurai session on **“Stress Management”** for Menial Staff of TVS Group of Schools between 27.12.2017 to 30.12.2017. (3 days 3 Different Groups)
- Facilitated in **Self development program** for the students organized by Manna Thirumalai Naicker College, Madurai. Session on, **“Interpersonal Relationship”** between 30<sup>th</sup> January to 3<sup>rd</sup> February 2017. (5 days 5 Different Groups)
- Facilitated in the **Faculty Development Program** organized by Mepco Schlen Matric. Hr. Sec. School, Maraavankulam, Thirumangalam, session on, **“How to Counsel the Students”** for teachers held on 20.04.2017.

- Acted as a trainer for the training on Team Building organized by Thangamayil Jewellery, Madurai. Session on **“Emotions Management & Interpersonal Relationship”** for the female supporting staffs held at J.C.Residency, Madurai on 03.11.2017 & 04.11.2017 ( 2 batches)
- Acted as Facilitator in the training **“Personality development and Stress Management”** handled a session on **“Stress Management”** to the Nursing students of Chithirai College of Nursing on 6.11.2017 at the college premises. 7
- Acted as a trainer for the training on training organized by TVS group of Industries, Madurai. Session on **“Team Building & Interpersonal Relationship”** for the supervisors & Executives held at CESCO on 09.11.2017
- Acted as Facilitator in a training programme **TOT on Career Counselling** Session on **“Thinking Skills”** held on 28<sup>th</sup> November to <sup>nd</sup> December 2016. Session on 30.11.16

#### **Awards / Fellowships:**

- **Harriett Rinaldo Award for Psychology and Social Work**, recognised by Redpond Educational and Psychological Research Centre, Madurai, India on 15 August 2021, Madurai, Tamil Nadu, India

#### **UGC Sponsored Minor Project**

Title	Year of Award	Amount Awarded	Status of the project Completed/ Ongoing	Co-investigator, if any
A study on “Suicidal Ideation Among College Students”(With Reference to Colleges Affiliated to Madurai Kamaraj University)	2016	1,00,000	completed	-

### **Other Activities / Academic Credentials:**

- Participated in the “**Intensive Training on HIV/AIDS**” conducted by Community Organization for Women (COW) in association with AIDS Prevention and Control Project (APAC) & Initiatives for HIV/AIDS Net (IHN) on 16<sup>th</sup> December 2006 at Madurai.
- Participated in the “**Human Chain & Convention on WORLD AIDS DAY 2007**” held on 18<sup>th</sup> December 2007 at Madurai. Organized by RUSS FOUNDATION – APAC Care & Treatment Program.
- Completed 15 Days Training Course on “**Human Rights**” conducted by The Society for Community Organization Trust, Madurai from 7<sup>th</sup> August to 22<sup>nd</sup> August 2008
- Completed One Unit Course in “**Healing the Inner Child** ” conducted by Anugraha, (Tamilnadu Capuchin Institute For Counselling, Psychotherapy and Research), Dindigul. From 13 to 14 August 2009.
- Participated in the Two Day National Seminar on “**Career Opportunities in Service Sector**” Organized by IQAC & Training & Placement cell, Fatima College, Madurai on 11<sup>th</sup> and 12<sup>th</sup> September, 2009.
- Participated in a Two days **National Level Seminar on “Learning Disability Approaches, Challenges and provisions**” Organized by Department of social Sciences, Lady Doak College, Madurai in collaboration with KIDS LEARNING CENTRE, Chennai, on 29<sup>th</sup> & 30<sup>th</sup> November 2010
- Participated in WorkShop On “**Life Skills**”, Organized by Athma Institute of Mental Health and Social Sciences (AIMSS) & Athma Education and Research Foundation on 13.02.2010
- Completed the “**Developing Interpersonal Relationship Skills**” conducted by TOPKIDS on 11.12.2010 at Topkids Centre, Madurai.
- Participated in “**TOPKIDS Annual Republic –Day Championship Parade (ARC-2011)**” Organized by TOPKIDS, held on 26.01.2011 at Madurai.
- Participated in SOWOK FEST 2011 on “**Women Equality: The Road to Empowerment**” Organized by the Department of Social Work, Fatima College, Madurai on 8<sup>th</sup> March 2011.
- Attended the One day Inter Collegiate Seminar On “**The Social Work Response to**

**Domestic Violence”** held on 19.11.2011 Organized by Centre for Women Studies, Madurai Institute of Social Sciences.

- Participated in the **“Art for Autism Festival - 2011”** Organized by Velvi Trust in collaboration with Miracle Project, Los Angeles and Autism Clinic, CSU CHICO, USA on 21,22,23<sup>rd</sup> January 2011.
- Attended the Two days Workshop on **“Family Counselling”** Organized by Department of Medical and Psychiatry in collaboration with Anugraha (Capuchin for Counselling, Psychotherapy and Research) on 28<sup>th</sup> and 29<sup>th</sup> July 2012 at MISS campus
- Attended Three day Training Programme on **“ Social Defence for Social Work Professionals”** Madurai Institute of Social Sciences, Madurai in Collaboration with National Institute of Social Justice and Empowerment, New Delhi. From 15<sup>th</sup> to 17<sup>th</sup> February 2013.
- Completed Training Programme On **“Counselling Skills and Techniques”** conducted by Anugraha (Capuchin for Counselling, Psychotherapy and Research) from 19<sup>th</sup> to 21<sup>st</sup> July 2013.
- Participated in the Training Programme **“Dyslexia the Gift”** on 03.08,2013 Conducted by Thadaham at CESCO, Madurai.
- Completed Module I of the **“Course on Counsellor Training”** conducted by Anugraha (Capuchin for Counselling, Psychotherapy and Research) from 21<sup>st</sup> to 24<sup>th</sup> July 2014.
- Participated in Three Day Training Programme on **“Counselling the Children Affected and Infected by HIV/AIDS For Government / NGO Functionaries,** Organized by Madurai Institute of Social Sciences Collaboration with National Institute of Social Justice and Empowerment, New Delhi. From 27<sup>th</sup> to 29<sup>th</sup> 2014.
- Attended **“PEARSON CLINICAL ASSESSMENT WORKSHOP”** held on 26<sup>th</sup> April 2014 and Trained on the **Administration, Scoring and Interpretation of Dyslexia Screening Test – Junior, (India Edition) and Raven's CPM/CVS, (India Edition)** at Boys Town, Thirumangalam.
- Participated in the Five Days Training Programme on **“Counselling Skills for Street Educators”** Madurai Institute of Social Sciences, Madurai in Collaboration with National Institute of Social Justice and Empowerment, New Delhi. From 25<sup>th</sup> to 29<sup>th</sup> November 2014.
- Completed the Course on **“Healing the Inner Child”** In accordance with the

standards of Anugraha Institute for Counselling and Psychotherapy from 01.12.2014 to 08.12.2014.

- Participated in the Faculty Development Programme On “**Enrichment of Teaching Skills**” held at OAA-MAVMM school of Management on February 14, 2015.
- Attended **WAPR- Fourth National level conference on “PsychoSocial Rehabilitation in Practice”** held at Fortune Pandiyan Hotel, conducted by M.S.Chellamuthu Trust and Rehabilitation on November 19, 2016.
- Participated in the **National seminar on Crime Prevention Strategies**, organized by Department of Forensic Science, Annai Fatima Arts & Science College, Thirumangam, Madurai. On March 6th & 7th 2019.
- Participated in webinar on **Ensuring Inclusive and Equitable online education for rural children in the time of Covid-19**, jointly organized by NIDM, CCDRR centre and The American College, Madurai on 24 September, 2020.
- Participated in the webinar on the topic “**Self Awareness and Social Responsibility during COVID 19 Pandemic**”, organised by the Ladies Club of The American College, Madurai on 13.06.2020.
- Participated in the Webinar on **Positive Mental Health** organized by Department of Psychology, The American college, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India on 07 August, 2021
- Participated in the Webinar on **Circadian Rhythm, Stress and Wellness** organized by Department of Psychology, The American college, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India on 01 October, 2021
- Participated in the Two Days International Virtual Workshop on “**Innovative Resources and IPR in Research**” held on 08th - 09th October 2021 organized by the PG & Research Department of Mathematics, The American College (Autonomous), Madurai, Tamil Nadu, India.
- Participated in the Webinar on “**Mental Health in an Unequal World**” organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 10 October 2021.
- Participated in the National Level FDP on **Work- Life Balance in New Normal'**,

organized by the Department of Psychology (Aided), PSG College of Arts & Science, Coimbatore. Held from 13.03.2022 to 13.03.2022.

- Participated in the **FIVE DAY VIRTUAL FACULTY DEVELOPMENT PROGRAMME on INTELLECTUAL PROPERTY RIGHTS** organized by the Research & Development Committee in collaboration with Library and Information Science Association, Holy Cross Home Science College, Thoothukudi from 2nd May –6th May 2022.
- Participated in the Webinar on **Healthy Practices in Daily Life** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 03 June, 2022
- Participated in the First Online Symposium on **“Freedom from Internet Addiction”** organized by Tamil Nadu Counsellors and Psychotherapists Association (TNCPA), held from 15 August 2022.
- Participated in the Webinar on **Mental Well being through Nature** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 30 August, 2022
- Participated in the Webinar on **Increasing Need For Digital Education** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 20 December, 2022
- Participated in the **Three Day International Virtual Workshop on Research Methods and Research Writing** Jointly Organized by Lavender Literary Club, India, Cape Comorin Trust, India, Malaysian Industrial Relations & Human Resource Association (MIRHA), Malaysia from 21- 23 December 2022
- Participated in the Webinar on **Nobody's Children- Homeless Mentally ill** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 27 December, 2022
- Attended WEBINAR ON **SOCIAL ENTREPRENEURSHIP AND SUSTAINABLE DEVELOPMENT** organized by leksha Research Centre, Gandhi Nagar, on 30<sup>th</sup> December, 2022.

- Participated in the Webinar on **Arts for well-being** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 13, January 2023
- Participated in the Webinar on **Power of Imagination** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 19, January 2023
- Attended Two Days Skill Development Programme (SDP) cum Research Workshop on **“Strategies in Literature Review”** conducted by A.C.T. Academy, Tamil Nadu on 27 & 28 January 2023.
- Participated in the Two Days National level skill development E-Workshop on **“Critical Pedagogy and Higher Education Practicum”** conducted by A.C.T. Academy, Tamil Nadu & in association with The American College (Autonomous), Madurai, Tamil Nadu, India. held on 17.02.2023 & 18.02.2023
- Participated in the Webinar on **Art of Parenting** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 19 February 2023
- Participated in the **“5-day Capacity Building Workshop on Effective Research Methodology and Publication Strategies online Faculty Development Programme** jointly organized by AIACHE, New Delhi and Madras Christian College, Chennai from 27th February - 3rd March 2023.
- Participated in the Webinar on **Etiquette for Well Being** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 30 March 2023
- Have completed a course on **Introduction to Cognitive Psychology through NPTEL between Jan to April 2023.**
- Attended in the Webinar on **Emotional Well being of women** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 08 July 2023

- Attended workshop on **Time series analysis using EViews**, organized by the Department of Commerce, Kalasalingam Business School, Kalasalingam Academy of Research and Education, on August 31, 2023.
- Participated in “**5 DAYS ONLINE WORKSHOP ON SPSS IN RESEARCH**” organized by Star International Foundation for Research and Education on 26.12.2023 to 30.12.2023.
- Participated in the Webinar on **Nurturing beyond Boundaries** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 04 September 2023.
- Participated in the Webinar on **Sexual Deviations and Dysfunction** organized by Department of Psychology, The American College, Tamil Nadu Counsellors and Psychotherapists Association and Yellow Pond Holistic Wellness Centre, Madurai, Tamil Nadu, India held on 25 November 2023
- **Academic Proficiency** award for Masters of Philosophy
- **First class with Distinction** in Masters of Social work in Medical and Psychiatric Social Work.
- **Academic Proficiency** award for Bachelor of Social Work, 2009
- **University Rank Holder** in Madurai Kamaraj University for Bachelor of Social Work, 2009.