

Name: Simona D

Designation: Assistant Professor

Department: Psychology

Date of Joining: 17/06/2019

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Educational Qualification:

| Degree | Subject | College / University & Place | Year Completed |
|---------------|-------------------------------------|---|-----------------------|
| PhD | Social Work | Kalasalingam Academy of Research and Education, Krishan Koil. | 2023- Present |
| TNSET | Social Work | Mother Teresa University, Kodaikanal | 2016 |
| M.Sc | Applied Psychology | Annamalai University, Chidambaram | 2015 |
| MA | Public Administration | Indira Gandhi National Open University, New Delhi | 2013 |
| MSW | Medical and Psychiatric Social Work | Lady Doak College, Madurai | 2013 |
| PGDCP | Counselling and Psychotherapy | Lady Doak College, Madurai | 2012 |
| BSW | Social Work | Indira Gandhi National Open University, New Delhi | 2011 |
| BA | English Literature | Lady Doak College, Madurai | 2011 |

Specialisation in Teaching:

- * Industrial Psychology
- * Criminal Psychology
- * Counselling
- * Psychotherapy
- * Media Psychology
- * Career Guidance Counselling
- * Positive Psychology
- * Medical and Psychiatric Social Work
- * Art Therapy and Expressive Therapies
- * Psychological First Aid

Specialisation in Research:

Qualitative Research
Conceptual Research

Research Interests:

Women, Adolescents and Children

Other Work Experience:

| Designation | Institution / Company | Year - From (month/year) To (month/year) |
|--|---|---|
| Assistant Professor | SDNB Vaishnav College for Women, Chennai. | Feb 2017 – Sep 2018 |
| Art Therapist at Girls Home | Anjuman-E-Himayath-E-Islam, Chennai. | Sep 2016 - Jan 2017 |
| Crisis Intervention Services and Psycho-social Co-ordinator/Art Therapist. | International Foundation for Crime Prevention and Victim Care (PCVC), Chennai. | Dec 2014 – Feb 2017 |
| Psychiatric Social Worker/ Counsellor | COSH Multi-Speciality Hospital, Parvathy Hospitals and Menangudy Hospital, Chennai. | June 2014 – Dec 2014 |
| Counselor, Art therapy trainee- Supervised by Ms. Holly M Wherry, USA | Adyar Cancer Institute (WIA), Chennai. | Oct 2013 – April 2014 |

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

| Positions held / currently holding | Year - From (month/year) To month/year) |
|--|--|
| Part V – Art Culture and Heritage (ACH) – Project Coordinator - Unit 5 | June 2023 to Present |
| Athletic Committee Member | June 2022 to Present |

Membership in Professional Bodies:

- Life Member in Professional Social Workers' Association (PSWA), Membership No: PSWA 2014008

Publications:

- Papers on following titles, **Department of Psychology, The American College, Madurai. April 2023 ISBN 978-93-80368-44-3**
 1. Stress and Procrastination among nights shift IT Employees.
 2. International Conference on Psychology across various walks of life.
 3. Attitude towards marriage and social desirability among college students.

4. Negative attitudes towards masturbation and psychological distress among younger adults.
 5. Social appearance anxiety and self esteem among young adults.
 6. Exploring attachment style in the psychosocial perspective among young adults.
 7. Enhancing concentration in academic performance using ABAB Intervention design – A single case study.
 8. Attitude towards prostitutes and prostitution among college students.
 9. Levels of empathy among teachers and college professors.
 10. The effect of listening to music and emotional well being.
 11. Motivation and Psychological well being among college students.
 12. Self esteem among working women and non working women.
 13. Islamic perspectives in the view of positive psychology.
 14. Self esteem motivation and resilience among college students in Madurai.
 15. Fear of Intimacy among single born and students born with siblings.
- “Biopsychosocial problems faced by women in Menopause” **UGC Care Journal – Education and Society in Vol-47, Issue-1, No.-12, January-March: 2023 ISSN: 2278-6864**
 - Climate change and mental health of Youth: Exploring the roles of social workers in addressing climate related distress and impacts. **International journal of Education and research - New frontiers in education. A peer reviewed and refereed journal Vol. 56 No. 2&3, April-June 2023 and July- September 2023 - (AIACHE) ISSN: 0972-1231**
 - Climate change and mental health: The role of environmental activism in promoting psychological resilience. **International journal of Education and research - New frontiers in education. A peer reviewed and refereed journal Vol. 56 No. 2&3, April-June 2023 and July- September 2023 - (AIACHE) ISSN: 0972-1231**
 - “Against Critical Thinking in Health, Social Care and Social Work Reframing Philosophy for Professional Practice” **Journal of Social Work by Sage Publication. <https://doi.org/10.1177/14680173241258886>** , May 2024.

Book Chapters:

- Published a book chapter titled “Perceptions of Mental Health among the Working Class in India: Barriers and Attitudes”, p 73-89, in the book ‘**Rich Tapestry of Culture, Literature, Politics and Society in India: Many Voices, One Nation**’, edited by Ila Deka, Panchi Pathak & Lakhiprasad Dihingia, SUNBEAM, Guwahati-32 on behalf of Research & Innovative Outcome Cell and IQAC, PNGB Govt. Model College, in Feb 2025, **ISBN: 978-93-93092-77-9**.

- “Exploring the Psychological Challenges faced by Dalit Women: A Systematic Literature Review”, p 55-67, in the book ‘Minorities of India: Issues and Challenges’, compiled and edited by Dr. Arun Kumar, Nikita Srivastava, Blue Rose Publishers in May 2024, ISBN 978-9362618153.
- “The impact of climate based natural disasters on children’s mental health and wellbeing: A systematic review”, p 277-284, in the book ‘Impact of Climate Change on Social and Mental Well-Being’, edited by Muskan Garg, Deepak Kumar, Debabrata Samanta, Anuradha Sathiyaseelan, Academic Press, Elsevier, in Aug 2024, ISBN: 978-0-443-23788-1.
- “Building Resilience: Promoting Mental Health in the context of Climate Change and Natural Disaster”, p 30-39, in the book ‘Fusion of Fields: Pioneering Contemporary Research’, compiled by Dr. Harish Kumar Sahu, Dr. Simi. S, Mr. Wakil Kumar Yadav, CIRS Publication, in Aug 2024, ISBN-13: 979-833420334-1.
- “The Psychological Impact of Career Transitions and Adult Learning in Midlife”, p 119-138, in the book ‘Education and Psychology, Vol. 2’, edited by Dr. Abhshek Kumar, Dr. Harish Kumar Yadav, Kuldeep, Red Unicorn Publishing Pvt. Ltd., Elsevier, in Nov 2024, ISBN: 978-93-5809-118-2
- “Suffering, Self, and Healing: Common Psychological Themes in Buddhist Thought”, p 160-186, in the book ‘Buddhism and Jainism in Ancient India: A Cultural Legacy’, edited by Dr. Chiranjit Sarkar, Dr. Chanchal Kumar Biswas, Eureka Publications, in Nov 2024, ISBN: 978-81-19567-77-5.

Conference / Seminar Presentations:

- Presented at “Brain and Behaviour Conference (BBC) 2023”, organised by the Department of Psychology, CHRIST (Deemed to be University), Central Campus, Bangalore, on December 14-16, 2023, under the title ‘Mapping the Mind’s void: Hippocampal Contribution to Mind Blanking’.
- Presented at “Manoprabha - 2nd International Virtual Conference on Mental Health and Well-being: Opportunities & Challenges”, conducted by Shri Vaishnav Institute of Social Sciences, Humanities, and Arts, Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore, on December 1 – 2, 2023, under the title ‘Portrayal of Mental Illness in Literature’.
- Presented at “Two Day Virtual National Conference: UDGAM 2023 – Paradigm Shift in Social Sciences: Challenges and Opportunities”, conducted by Shri Vaishnav Institute of Social Sciences, Humanities, and Arts, Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore, on November 03-04, 2023, under the title ‘Media’s Influence on Political Behavior in The Age of Information’.

- Presented at “National Conference on Mental health and Well-being 2023”, conducted by the Department of Psychology (SF), PSG College of Arts and Sciences, Coimbatore, on October 13, 2023, under the title ‘Study on Adult Attachment and Life Satisfaction among early adulthood’.
- Presented at “**Two-day National Seminar on Mental Health of Adolescents Post-Pandemic-Issues, Challenges and Solutions**”, organized by the Department of Psychology, CHRIST (Deemed to be University), Bannerghatta Road Campus, Bangalore, on March 23 & 24, 2023, on the following topic: “**Influences of superstitious beliefs and decision making ability among adolescents**”
- Presented at “**National Study Conference on “Transformative Innovations in Social Work Practice**”organised by the Department of Social Work (Aided), Madras Christian College, Chennai on October 2023.
- Presented at ‘**1st International Conference on 'Management and Business Practices (IConMBP)**’ organized by Department of Commerce, Kalasalingam Business School, Kalasalingam Academy of Research and Education, Krishnankoil, held on December 11-12, 2024, under the title ‘Monetary Policies and Public Perception: A Cognitive Psychology Perspective’
- Presented at “**International Collaborative Conference on Multidisciplinary Science (ICCMS 2024): Exploring the Intersection of AI and Digital Technologies across Multidisciplinary Perspectives**”, held on December 19, 2024, under the title ‘AI and Digital Therapeutics: The Role of Emotional Intelligence in Personalized Mental Health Interventions’
- Presented at “**Two Day International Conference on Infrastructure, Sustainable Development, and Sustainable Development**” conducted by the Faculty of Law, Manipal University Jaipur, India, in collaboration with the University of Birmingham, United Kingdom, Universitatea Titu Maiorescu, Romania and the Federal University of the State of Rio De Janeiro, Brazil, held on December 13-14, 2024, under the title ‘Sustainable Conflict Resolution in Smart Cities: The Role of ADR in Ensuring Equity and Well-being in Urban Spaces’.
- Presented at “**International Conference on Global Economy and Scotoral Dynamics: Navigating Challenges and Innovations across Commerce, Trade, Management, Humanities, Engineering, and Information Technology**”, held on October 05, 2024, by the Choice College of Arts and Commerce, Affiliated to Savitribai Phule Pune University, Warje, Pune, Maharashtra, in association with Brighthawk Infotech Solutions Private Limited, under the title ‘Psychological Factors

in Shaping Consumer Behaviour towards Products from Emerging Markets in Global Trade’.

- Presented Paper entitled “**The Intersection of Menopause, Employment and Empowerment among Indian Women**”, in the International Conference held on 5th October 2024 organized by Choice College of Arts and Commerce, Pune.
- Presented at “**ICSSR Sponsored National Seminar on Ethnicity, Multiculturalism and Democracy: Understanding from India’s North-East**”, held on August 16 & 17, 2024, by the Department of Political Science, in collaboration with IQAC, Dr. B.K.B.College, Puranigudam, Nagaon, Assam, under the title ‘Road Ahead: Embracing Multiculturalism in India’.
- Presented at “**Two-day National Seminar on Innovative Approaches to Social Impact in Vision Viksit Bharat @ 2047: Leveraging Emerging Technologies for Sustainable Development**”, held on June 27 & 28, 2024, by the Department of Journalism & Mass Communication, Pazhassiraja College, Pulpally, Wayanad, Kerala, sponsored by ICSSR, New Delhi, under the title ‘Bridging the Technological Gap: Strategies for Equitable Access to Technology for Social Advancement - A Systematic Review’
- Presented a paper entitled “Navigating Towards Gender Equity in The Post-Covid Landscape: A Systematic Literature Review” at the **National Conference on Multidisciplinary Research Trends in Humanities and Social Sciences -2024**, organized by Internal Quality Assurance Cell (IQAC), Government Model College, Kaziranga in collaboration with Department of Education & Department of History, Government Model College, Kaziranga, on June 24 & 25, 2024.
- Presented at **National Seminar on "Women Empowerment and Sustainable Development Goals"** held on February 27, 2024, by the Department of Social Work, Bhagat Phool Singh Mahila Vishwavidyalaya, Khanpur Kalan, Sonapat, Haryana sponsored by ICSSR, Chandigarh, under the title 'Maternal Health Empowerment Initiative: A Systematic Literature Review on Interventions and Impact on Sustainable Development Goals'.
- Presented at “India International Social Work Conference on ‘Panorama of Social Work-Innovation and Inclusiveness in Social development’”, conducted by the Department of Social Work, Loyola College, Chennai, & INPSWA, on February 22-24, 2023, under the title ‘Resilience at the Intersection of Menopause: Insights into coping strategies’.

Lectures / Talks given:

- ❖ Workshop on Therapeutic Intervention on Mental Health day - A session carried on Introduction to Art Therapy, Loyola College, Department of Social Work, Chennai, October 2013.
- ❖ Session on Cancer Awareness and Self Growth through Art, Govt Hr sec School, Kelambakkam, Chennai, January 2014.
- ❖ Session on Cancer Awareness, Department of Social Work, Patrician College, Chennai, February 2014.
- ❖ Session on Basic Skills of Counseling and Introduction to Psychotherapy, Department of Social Work, DRBCCC Hindu College, Chennai. September 2014.
- ❖ Session on Networking, Department of Outreach, Loyola, Chennai, September 2014.
- ❖ Session on Stress and Stress Management for World Mental Health day, Govt Hr Sec School, Avadi, Chennai, October 2014.
- ❖ Session on Psychiatric Disorders, Department of Social Work, MSSW, Chennai, October 2014.
- ❖ Training on Interpersonal Skills and Personality Development for Staffs, Sugam Hospital, Thiruvotriyur, Chennai, November 2014.
- ❖ Training on Strategy to prepare for Board Exams, AnnaiVelangani Matric Hr Sec School, Vayasarpadi, Chennai, November 2014.
- ❖ Training on ART for Personal Growth, ORCHID Pharmaceuticals Pvt Ltd, Chennai, December 2014 and January, February and May 2015.
- ❖ Facilitated a Certification Course On Counselling Skills for Social Workers at Department of Social Work, Madras School of Social Work, Chennai, September 2015.
- ❖ Facilitated session for Special Educators on Art Therapy and Interventions at Chitra Lane School for Special Children, Colombo, Sri Lanka. March 2016.
- ❖ Facilitated session on Art Therapy and its basics for Government School Teachers organized by World Vision Lanka, Pathana, Sri Lanka. March 2016.
- ❖ Facilitated session on Sexual Harassment on Workplace for volunteers of The Candles, Chennai. June 2016.
- ❖ Facilitated session on Counselling and Art Therapy at Department of Social Work, DG Vaishnav College, Chennai. September 2016.

- ❖ Facilitated skill lab session on Counselling and Art Therapy implications at Department of Social Work, Madras School of Social Work, Chennai. January 2018.
- ❖ Facilitated Certificate course on Advanced counseling skills for social workers at Department of Social Work, Madras School of Social Work, Chennai. December 2018.
- ❖ Facilitated Art Therapy techniques at Soul Space Counselling Centre, Chennai. September 2019.
- ❖ Facilitated Art Therapy orientation for the program on Psycho social therapies at Madras School of Social Work, Chennai. April 2020.
- ❖ Facilitated Cultural Perspectives in Art Therapy for Art Therapy Interns, George Washington University, USA. February 2021.
- ❖ Conducted Suicide Prevention Day - Awareness program for the students of Gomathi Middle School (Govt.), along with the III UG psychology students of American College, Madurai. September 2022.
- ❖ Conducted workshop on Gender – Unleashing Stereotypes, organized by the Department of Information Technology, The American College, Madurai. November 2022.
- ❖ Facilitated Work life balance session and Panel member at Sri Aurobindo Mira School Of Education, Madurai. March 2023.
- ❖ Facilitated Insecurities and Mental Health session at Department of English, Lady Doak College, Madurai. March 2023.
- ❖ Facilitated Shelf indulgence – Importance of reading books at Department of English, SDNB Vaishnav College for women, Chennai. March 2023.
- ❖ Facilitated Art Therapy Techniques at Department of Social Work at The American College, Madurai. January 2024.
- ❖ Facilitated Bridge Course on Personality Development at Department of Food Science and Nutrition, The American College, Madurai. July 2024.
- ❖ Facilitated Bridge Course on Academic enrichment and creative economy at Department of Visual Communication, The American College, Madurai. July 2024.
- ❖ Facilitated “Gender Sensitisation” session at Department of Costume Design and Fashion, The American College, Madurai. September 2024.

Awards:

- “**Shero of the Year 2023**”, for Exceptional Contribution and Outstanding Professional Achievements by Dindigul District HR Foundation.
- “**Edith Abbott Award 2021**” for Psychology and Social Work by Red Pond Educational Psychological Research Centre.

Other Activities/FDP/Workshops:

- Participated Webinar on Evidenced-based pathways on "Living well with PCOS: Role of Lifestyle, Nutrition, Exercise, Mind and Body interventions" by Dept of Psychology at Shantiraj Hospital, Udaipur , Rajasthan. June 2022.
- Participated Art Therapy Workshop offered by Yellow vs Blue. July 2022.
- Webinar on “Women mental health series: Psychological adaptation in Pregnancy-Normal &Complicated” by Dept of Psychology at Shantiraj Hospital, Udaipur, Rajasthan. November 2022.
- Seven Day Faculty Development Program (FDP) on “Mentoring foe wellbeing” by Department of Psychology School of arts, humanities and social sciences, Reva University, Bengaluru. November 2022.
- Five Days National Level Virtual Faculty Development Programme (FDP) entitled "Achieving Excellence in HigherEducation & Research" by A.C.T. Academy, Tamil Nadu & Academic and Research Conglomerate (AARC). December 2022.
- Webinar on “Social Entrepreneurs and Sustainable environment” by Leksha Research Centre, Gandhinagar. December 2022.
- National Level Online Workshop on “Design and Development of the Questionnaire for Social Science Research” by Department of Management Studies, Kongu Engineering College, Perundurai. February 2023.
- One-day Interactive Workshop on “Art & Science of Methodical Scientific Writing and Publishing in a High-impact Journal” by IQAC and Dean for Curriculum and Research, The American College, Madurai. March 2023.
- Webinar on “Fundamentals of Research in Social Sciences” by Research Mynd. May 2023.
- Faculty Development Program (FDP) on Constitutional Values: A way Forward to Igniting Humanitarianism and Promoting Social Welfare by Amity University, Uttar Pradesh. June 2023.

- Five Day International Online Faculty Development Programme (FDP) on ‘Outcome Based Education by Tamil Nadu Teachers Education University & Dr.M.G.R Educational Research Institute, Faculty of Education & Academic Staff College ,Chennai. June 2023.
- Queer Con 2023 – A National Online Conference on Queer Mental Health by Department of Psychiatric Social Work and Tele-MANAS, Institute of Mental Health and Neuroscience, Calicut. June 2023.
- Webinar on “Parent Child Relation & Parenting- Concepts and Pathology” by Centre for Mental Health & Behavioral Science, Udaipur, Rajasthan. July 2023.
- Workshop on Time Series analysis using EViews by Department of Commerce, Kalasalingam Academy of Research and Education, Krishnan Koil. August 2023.
- Online Faculty Development Program (FDP) on Academic Excellence by Department of Business Administration, GITAM School of Business, GITAM Deemed to be University, Bengaluru. November 2023.
- Five Days Online Workshop on SPSS in Research by Star International Foundation for Research and Education. December 2023.
- **Five Days Online Workshop on “SPSS in Research”**, organised by Star International Foundation for Research and Education, Tiruchengodu, Namakkal. 26-30 December, 2024
- International Faculty Development Program / Training Program On Innovative Teaching and Learning Pedagogy Organized By: World Innovators University (WIU®) MKES Khanswala College, Mumbai Research Foundation of India & RFI Care. January 2024.
- **Faculty Oasis: Navigating stress with Ease**, organized by the Department of Psychology, Theivanai Ammal College for Women, Villupuram. 09-13 January, 2024
- International FDP on Crafting Excellence: Research and Innovation in the age of AI, organized by Don Bosco College, Bengaluru. January 2024.
- Three-Day FDP on "Citation & Reference Management for Scholarly Writing," conducted by NSB, Bangalore. February 2024.
- Five-Day International Virtual Faculty Development Programme on "The Emerging Trends in Research and Teaching Technology" organised by the Department of

Electronic Media, St Thomas College of Arts and Science, Chennai from February 26, 2024 to March 01, 2024.

- Ten Days Online Orientation Program for NEP 2020 Sensitization by UGC Malaviya Mission Teacher Training Center Dr. Babasaheb Ambedkar Marathwada University, Chathrapathi Sambhaji Nagar. February 2024 - March 2024.
- **One-week International Faculty Development Programme on "Advanced Research Methodology and AI"**, organised by Research Promotion Centre and IQAC, St. Claret College, Bangalore, in association with M.S.B. Arts & Commerce College, Davanagere, Karnataka and Bangalore University Teacher's Council of Commerce and Management (BUTCCM), Karnataka, India, from March 18 - 23, 2024.
- **Six-Day International Faculty Development Programme on "Pedagogical Techniques and Teaching Strategies in HEIs,"** organised by the LCIT College of Commerce and Science, Bodri, Bilaspur, Chhattisgarh, India, from May 28 to June 3, 2024.
- **Five Day International Online Faculty Development Programme on 'Embracing Sustainability as Opportunity'**, jointly organized by the Department of Pedagogical Sciences, Tamil Nadu Teachers Education University & Academic Staff College & Faculty of Education, Dr.M.G.R. Educational and Research Institute, Chennai, on June 03-07, 2024.
- **Five Day Online Faculty Development Programme on 'Intellectual Property Rights in the age of AI, ML, Cyber /security & Blockchain'**, organized by the Department of Computer Applications, Mangalmay Institute of Management & Technology, Gr. Noida, on June 24-28, 2024.
- **One-week Online Executive Development Programme on 'Quality Education, Gender Equality, and Strong Institutions (SDGs 4, 5, 10 & 16) - Empowering Change towards Sustainability and Equality in Higher Education'**, jointly organized by the Department of Law (A&S), Manipal University, Jaipur, and Law Teaches India, on July 29-Aug 02, 2024.
- **7-Day Online International Professional Development Program on 'Research Craftsmanship: Mastering the Art of Scholarly Inquiry'**, organized by Patrician Research Center, in association with IQAC of Patrician College of Arts and Science, Adyar, Chennai, on Aug 16-23, 2024.
- **Five-Day National Virtual Faculty Development Program on 'Research Methodology - Writing contents for Thesis'**, organized by the Department of

Business Administration, St. Joseph's College (Arts and Science), Kovur, Chennai, on Aug 19-23, 2024.

- **Five-Day Faculty Development Program on 'Data Analysis using SPSS and Introduction to AMOS'**, organized by College of Humanities, Faculty of Science and Humanities, SRM Institute of Science and Technology, Kattankulathur, held from Oct 7-11, 2024.
- **National Level Online Five-Day Faculty Development Program on 'Leveraging Indian Knowledge Systems Practices for Managerial Excellence'**, organized by Institute of Industrial and Computer Management and Research (IICMR), Pune, Maharashtra, held from Oct 9-15, 2024.
- **Five Day Online Faculty Development Programme on "Recent Trends in Counselling Psychology"**, organized by Department of Psychology, Sacred Heart College, Tirupattur, in collaboration with Department of Counselling Psychology, Loyola College, Chennai, held from Nov 18 to 22, 2024.
- **Five Days Online Faculty Development Program/ Faculty Entrepreneurship Development Program (FDP/FEDP) on "Inspirewrite: Effective Research & Entrepreneurship"** organized by IIC, IEDC & ED Club in association with IQAC of Mahaguru Institute of Technology, Thiruvananthapuram, from Nov 22 to 26, 2024.
- **Seven Days Faculty Development Program (Virtual Mode) on "Research Methodology for Social Sciences"**, organized by the Department of Business Studies, SMVEC School of Arts and Science, Puducherry, held from December 03-10, 2024.