

Name: K. S. Amritha

Designation: Assistant Professor

Department: Psychology

Date of Joining: June 19, 2021

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Educational Qualification:

Degree	Subject	College / University & Place	Year Completed
NET	Psychology	National Testing Agency, UGC	June 2019
M.Sc.	Applied Psychology	PSG College of Arts & Science, Coimbatore	2020
B.A.	Psychology & Sociology	Lady Doak College, Madurai	2018

Specialisation in Teaching:

- Experimental Psychology
- Biological Psychology
- Psychopathology
- HRM
- Organizational Behaviour

Specialisation in Research:

- Tool construction
- Experimental Research
- Quantitative and Qualitative Research

Research Interests:

Adolescents and Adulthood

Other Work Experience:

Designation	Institution / Company	Year - From (month/year) To (month/year)
Guest Lecturer for Psychology	Ultra College of Nursing, Madurai	June 2022-July 2023
Teaching Faculty	M S Chellamuthu Institute of Mental Health and Rehabilitation	Nov 2020-July 2021
Guest Faculty in Psychology	Madurai Kamaraj University, Madurai	April 2021-July 2021
Helpline Facilitator	SPEAK2us Mental Health Helpline	Nov 2020-July 2021
School Counselor	Project Happy Schooling, M S Chellamuthu	Nov 2020-March 202

	Trust and Research Foundation, Madurai	
Guest faculty in Psychology	Thassim Beevi Abdul Kader College for Women, Kilakarai	Jan 2020-March 2021
Course Coordinator	M S Chellamuthu Institute of Mental Health and Rehabilitation, Madurai	Nov 2020-March 2021

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

Positions held / currently holding	Year - From (month/year) To month/year)
Chairperson for oral presentation scientific session, sub-themed 'Psychology and Technology interface', organized by the Department of Psychology, PSG College of Arts and Sciences, Coimbatore.	May 26, 2022
Class Advisor - 21PSY	2022-2024
Conscientia Association - President	2023-2024
Corvus Newsletter Faculty Coordinator	2023-2024
Conscientia Association - Treasurer	2024-2025
Member at 'International Forum of Researchers and Lecturers, Indonesia', Member ID: SM2024121623375700552766.	2024-2029

Articles/ Book Chapters Published:

- 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.
- "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.
- "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, CIRIS Publication, in Aug 2024, ISBN-13: 979-833420334-1.
- “Exploring the Relationship of Self-Compassion and Gratitude: A Multidimensional Analysis Among Sports Professionals”, in the journal ‘Journal of Contemporary Approaches in Psychology and Psychotherapy’, Volume II, Issue 2, 7 – 22, in Jun 2024, <https://doi.org/10.57017/jcapp.v2.i2.01>.
- “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.
- "Climate Change and Mental Health: The Role of Environmental Activism in promoting Psychological Resilience" in the 'International Journal of Education and Research: New Frontiers in Education', Vol. 56, no. 2&3, April-June 2023 and July-September 2023, ISSN: 0972-1231.
- “Qualitative Analysis on Student Learning Interest: Is It Piqued by The Subject or The Educator” in the journal “International Journal of Indian Psychology” in Volume 11, Issue 1, January- March, 2023 - DIP: 18.01.194.20231101, DOI: 10.25215/1101.194.
- “Development and Standardization of ‘Childhood Victimization Identifier’ Questionnaire” in the journal “International Journal of Indian Psychology” in Volume 10, Issue 4, October-December, 2022 - DIP: 18.01.101.20221004, DOI: 10.25215/1004.101.
- “Effectiveness of Pranic healing on enhancing the Quality of Sleep among female adult population” in the journal “International Journal of Humanities and Social Science Invention” in Jan 2020 (Volume 9 Issue1 Ser. I, PP47-51) - ISSN (Online): 2319 – 7722, ISSN (Print): 2319 – 7714.

Conference / Seminar Presentations:

- Attended National Conference on “Enhancing the Quality of Academics and Research in HEIs”, organized by the Internal Quality Assurance Cell (IQAC), The American College, Madurai on January 28, 2025.

- 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 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 **"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, on the following topics.
 - a . Development and Standardization of 'Social Adjustment Scale', (alongside Mr. Alriyas, II M.Sc. Applied Psychology).
- 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 topics:
 - Exploring Perceived Ostracism and Automatic Thoughts Among Adolescents in the Post-Pandemic Era (alongside Ms. S.Hasmath Aseema, I M.Sc. Applied Psychology);

- Self-Reinforcement and Psychological Wellbeing Among Adolescents Post Pandemic
Ms. R Malathika, I M.Sc. Applied Psychology);
- Decoding Mindfulness and Resilience among Adolescents in the Post-Pandemic Era
(alongside Ms. R. Nandhini Sri, I M.Sc. Applied Psychology).
- Presented at “**National Conference on Mental health and Well-being 2022**”, conducted by the Department of Psychology, PSG College of Arts and Sciences, Coimbatore, on May 26, 2022, on the following topics.
 - Attitude towards homosexuals: a comparative study among UG and PG students in Madurai (alongside Ms. R Bala Abirami, Ms. S Vanitharobamalar, III B.Sc. Psychology and Ms. Dhiya Wilson, Asst. Prof. AMC);
 - Study on relationship between Grit and Assertiveness among adolescents and young adults (alongside Mr. Anish A, III B.Sc. Psychology);
 - Study on Gratitude and Self-compassion among volleyball players in Madurai (alongside Mr. Mohammed Yousuf and Ms. Riyaa G, III B.Sc. Psychology).
- Presented at **29th Annual Convention of National Academy of Psychology (NAOP)**, India & “International Conference on “Making Psychology Deliverable to the Society” (Dec20-Dec22, 2019), in Pondicherry University, under the title ‘Development and Standardization of “Childhood Victimization Identifier”’.

Lectures / Talks given:

- Helmed a session on **Bridging Gender Gaps: A Perspective on Equality and Inclusion**, organized by the Department of Mathematics, The American College, Madurai, on January 30, 2025.
- Helmed a session on **Suicide Prevention Day - Awareness Program**, organized by the Department of Food Science & Nutrition, The American College, Madurai, on September 08, 2023.
- Conducted workshop on **Gender – Unleashing Stereotypes**, organized by the Department of Information Technology, The American College, on November 17, 2022.
- Conducted **Suicide Prevention Day - Awareness program** for the students of Gomathi Middle School (Govt.), along with the III UG psychology students of American College on September 15, 2022.

- Helmed a session for **World Suicide Prevention Day** on the topic of ‘**Suicide Prevention and Mental Health**’, for the students of Rathinam College of Arts and Sciences, Coimbatore, on September 13, 2022.
- Conducted a session on **Importance of Mental Health and Coping among caregivers of Special children**, at Sairam Special School, Madurai, on July 30, 2022.
- Conducted a session on **Relationships and Red flags**, at the Boys-Girls day celebration at Mahatma Montessori Matriculation Higher Secondary School, K. K. Nagar, Madurai, on July 23, 2022.
- Conducted training sessions for **District Child Protection Officer (DCPO) paper – I Psychology classes**, organized by Ezer Academy, Madurai (May 05, 2022-May 12, 2022).
- Conducted a session on **Gestalt Therapy** in Mental Health Webinar Series 2020-2022, organised by The American College, Madurai, on April 25, 2022.
- Conducted a session on **Non-verbal cues** in Mental Health Webinar Series 2020-2022, organised by The American College, Madurai, on April 04, 2022.
- Conducted a session on **School Counseling**, organized by Mahalashmi Women’s College of Arts and Science, Chennai, on November 27, 2021.
- Conducted 4 training sessions for **UGC-NET Paper-II (Psychology) coaching**, organized by Ezer Academy, Madurai (August-September 2021).
- Conducted a session on **Pranic Healing** in Mental Health Webinar Series 2020-2022, organised by The American College, Madurai, on February 13, 2021.
- Conducted sessions on **Case Conceptualization and Therapeutic Skills in Social Work** for the students of Fatima college, Madurai, as part of Virtual internship, organised by MSCIMHR (May-June 2021).
- Conducted sessions on **Basic Therapeutic Skills** for the students of Anja college, Sivakasi, as part of Virtual internship, organised by MSCIMHR (May-June 2021).
- Conducted sessions on **Basic Counseling Skills, Change Process, Counseling Responses and Therapeutic Relationship**, as part of Certificate course in Basic Counseling Skills, organised by MSCIMHR (May-June 2021).
- Conducted a session on **Complementary Therapy** for the students of Rathinam College, Coimbatore, on June 28, 2021.

- Conducted a session on **Gestalt Therapy** for the students of Thassim Beevi Abdul Kader College for Women, Kilakarai, as part of Certificate course in Applied Psychology, organized by MSCIMHR, on February 1, 2021.

Awards:

- **Certificate of Academic Excellence** for qualifying in NET in the field of Psychology, from the Department of Psychology, PSG College of Arts and Sciences, Coimbatore, in May 2022.
- **Certificate of Recognition for Altruism, Creativity, Interpersonal skills, Team Spirit, Voluntarism and Perseverance**, from the Department of Social Sciences, Lady Doak College, Madurai, in 2018.
- **Certificate of General Honour (Endowed Prize)**, from the Department of Social Sciences, Lady Doak College, Madurai, in 2018.
- **Second proficiency prize in Sociology**, from the Department of Social Sciences, Lady Doak College, Madurai (2015-16 and 2017-18).
- **Certificate of Appreciation for Active participation in International Service Learning Program (ISLP)**, from the International Study Center (ISC), Lady Doak College, Madurai, during Jan-Feb 2017.
- **Second proficiency prize in Psychology**, from the Department of Social Sciences, Lady Doak College, Madurai (2016-17).

FDP/ Workshops Attended:

- Attended **7 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.
- Attended **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.
- Attended **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.

- Attended **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.
- Attended **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.
- Attended **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.
- Attended **7-Day Online International Professional Development Program on ‘Research Craftmanship: 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.
- Attended **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.
- Attended **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.
- Attended **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.
- Attended **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.

- Attended **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.
- Attended **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.
- Attended **Three-Day Faculty Development Programme on "Citation & Reference Management for Scholarly Writing"**, organised by IQAC, NSB Bangalore in collaboration with Mendeley, Netherlands between February 26 - 28, 2024.
- Attended **One Week International Faculty Development Program on Crafting 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.
- Attended **International Faculty Development Program on Innovative Teaching and Learning Pedagogy**, jointly organised by World Innovators University (WIU), MKES Khandwala College, Mumbai, Research Foundation of India & RFI-CARE, from 09-13 January, 2024.
- Attended **Online Faculty Development Programme (FDP) on Academic Excellence** organised by the Department of Business Analytics, GITAM School of Business, GITAM (Deemed to be University), Bengaluru, held on 4th November 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.
- Attended **QueerCon 2023- A National Online Conference on Queer Mental Health**, organized by Department of Psychiatric Social Work & Tele-MANAS, Institute of Mental Health and Neurosciences (IMHANS), Calicut, Kerala, India on 24th June 2023.
- Attended **Five Day International Online Faculty Development Programme** on 'Outcome Based Education', jointly organized by Tamil Nadu Teachers Education University & Dr.M.G.R Educational Research Institute, Faculty of Education & Academic Staff College, Chennai, on June 05-09, 2023.

- Attended **Faculty Development Program on Research in Social Sciences**, organized by the Department of Psychology, Thassim Beevi Abdul Kader College for Women, Kilakarai, on April 04, 2023.
- Attended **One-day Interactive Workshop on “Art & Science of Methodical Scientific Writing and Publishing in a High-impact Journal”**, organized by IQAC and Office of the Dean for Curriculum & Research, The American College, Madurai, on 06 March 2023.
- Attended **1 Week National Level Online Faculty Development Program on Outcome Based Education (OBE)**, organized by IQAC of JPM Arts and Science College, Kanchiyur, Idukki, from February 16-22, 2023.
- Attended **National Level Online Workshop on Design and Development of the Questionnaire for Social Science Research**, conducted by Department of Management Studies, Kongu Engineering College, Perundurai, held on February 18, 2023.
- 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 **Seven-Day Faculty Development Program on Mentoring for Well-being**, conducted by the Department of Psychology, School of Arts, Humanities & Social Sciences, Reva University, held on November 02-08, 2022.
- Attended webinar on **“Premenstrual Syndrome & Premenstrual Dysphoric Disorder – Concepts, Diagnosis, & Evidence based Management”**, conducted on July 31, 2022, by the Department of Psychology at Shantiraj Hospital, Udaipur, Rajasthan.
- Attended **Two-Day National Symposium on ‘Celebrating the Self’**, organized by Department of Psychology, St. Mary’s College, Thoothukudi on April 28-29, 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.
- Attended workshop on **“Gender Stereotype in Indian TV Advertisements”** organized by Internal Quality Assurance Cell (IQAC) and PG Department of Journalism & Communication, on September 07, 2021.
- Attended workshop on **“Art Therapy”** organized by NurtureLife, on August 17-21, 2020.

- Attended webinar on “**Managing Children with Learning Disabilities**” organized by Department of Special Education, Avinashilingam Institute for Home Science and Higher Education for Women, on July 18, 2020.
- Attended the International Webinar Session on "**Applied Social Psychology: Potential to Flourish**" conducted by Dr. Manohar Pawar, Professor of Social Work at Charles Sturt University, NSW Australia on July 16, 2020.
- Attended Alumni Webinar Series II on "**Psychosocial Aspects of Cancer Care**" organised by the Department of Psychology (Aided), PSG College of Arts & Science, held on July 12, 2020.

Academic Credentials:

- PG Summer Institutional Training at **Apollo Speciality Hospital, Madurai** in the field of HR (between May – June 2019 for 30 days).
- PG Practicum Internship at **Naveen Mental Hospital and De-Addiction Center, Coimbatore** (In the year 2018-2019 for 30 days).
- UG internship at **M. S. Chellamuthu Trust and Research Foundation – Ahana Hospitals, Madurai** in the year 2017 for 10 days.
- Volunteered at **Sahay - a Sochara initiative, Bengaluru** as a Tele-Counselor, during COVID-19 outbreak (June-October 2020).
- Volunteered as a Listener at **7 Cups, an Online Counselling Community** during June-Oct 2020.
- Completed **Indian Sign Language** course at Deaf Leaders Foundation, Coimbatore.
- Completed **Advanced Pranic Healing** course at GMCKS, Madurai.
- Completed **Stress Management** course in NPTEL online platform.