

Name: K. S. Amritha

Designation: Assistant Professor

Department: Psychology

Date of Joining: June 19, 2021

Phone with Extn. No: +91 9487523083

Email: amrithaks@americancollege.edu.in
sekaramritha97@gmail.com



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)
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 Trust and Research Foundation, Madurai	Nov 2020-March 2021
Guest faculty in	hassim Beevi Abdul Kader College for	Jan 2020-March 2021

Psychology	Women, Kilakarai	
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
Conscientia Association President	2023-2024
Corvus Newsletter Faculty Coordinator	2023-2024

Articles Published in International Journals:

- "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:

- 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 Vanitharoobamalar, 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 **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).

Other Activities:

- 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.