

Name: Daniel B

Designation: Lecturer

Department: Psychology

Date of Joining: 05.08.2022

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Educational Qualification:

Degree	Subject	College / University & Place	Year Completed
Post-Graduation	M.Sc. Counselling & Psychotherapy	Anugraha Institute of Social Sciences, Dindigul	2022
Post-Graduation	MA English Language & Literature	The American College, Madurai	2020
Under Graduation	BA English	The American College, Madurai	2018

Specialisation in Teaching: Counselling Psychology

Specialisation in Research: Counselling, Psychotherapy, Psychoeducation

Research Interests: Positive psychology, Psychoeducation, Counselling Psychology

Previous Research:

Effect of Stress Management Psychoeducation on Stress and Quality of life Among Emerging Adults: An Interventional Study

Repression: A Psychological Study 'Em and the Big Hoom' by Jerry Pinto

Publications:

Published an article titled “Quest for Freedom in Jerry Pinto’s Em and The Big Hoom ” in a recognised Journal Titled “Asian Literatures In English (Vol-4)

Published a paper Titled “Climate Change and Mental Health : The Potential role of mindfulness Based Interventions in Promoting Psychological Wellbeing” in the journal New Frontiers in Education, September 2023, with no. ISSN-0972-1231

Conference / Seminar Presentations:

Participated in a Two-day International Conference “Psychology for a Better tomorrow: A Bio-Psycho-Socio-Spiritual Perspective” on 9th and 10th of February 2024.

Presented a Paper Titled “The Prospects of Music in Promoting Subjective well-being” in Rathinam College of Arts and Science, Coimbatore on Oct 11&12, 2023.

Participated in a Three-day international conference “Mental Health; A Holistic Approach” on Madras School of Social Work, Chennai.

Participated in a Two-day District Level Workshop on “Integral Optimism” Organised by Department of Psychology, Holy Cross College, Tiruchirappalli.

Completed a Course on Rational Emotive Behaviour Therapy according to the standards of Anugraha Institute of Counselling, Psychotherapy and Research.

Participated in a International Conference on “Pandemic To Panacea: Bio-Psycho-Social Strategies held at Anugraha Institute of Social Sciences, Dindigul.

Participated a National Workshop on “Effective Data Analysis for Research in Social Sciences” held at Anugraha Institute of Social Sciences, Dindigul.

Presented a paper in a International Conference titled Chimamanda Adichie a Revolutionary Writer: Study a of collection of Short stories “A Thing Around your Neck”

Participated in a International conference on “English Language, Literature and Linguistics” held at The American College, Madurai.

Participated in a workshop on “Basic First Aid Training & Emergency Life Saving Skills” Held at Anugraha Institute of Social Sciences, Dindigul.

Participated in a International conference on “New Approaches in English Language and Literature studies” held at The American College, Madurai.

Participated in a Two-Day International Conference on Reminiscence of Revolutionary Reality of African Literature” at Mannar Thirumalai Naicker College, Madurai.

Participated in a Creative Writing Workshop Conducted by Mr. Roland Weibe and Mr. Kiara Windrider organised by Study centre for Indian Literature in English and Translation Held at The American College, Madurai.

Participated in the “Research Writing” Workshop Conducted by the Department of English, The American College.

Participated in the “English for Career Development” Workshop Conducted by the Department of English, The American College.

Participated in National Conference on “A 360 view of Language Teaching Material: Development, Utilisation and Evaluation” by English Language Teaching Institute of Symbiosis (ELTIS), Pune.

Other Activities / Academic Credentials:

Completed a Degree level Certificate Programme on “Family Counselling” held at Anugraha Institute of Social Sciences, Dindigul

Completed a Degree level Certificate Programme on “Counsellor Training Programme” held at Anugraha Institute of Social Sciences, Dindigul

Completed a Certificate course on “Healing the Inner Child” held at Anugraha Institute of Social Sciences, Dindigul

Completed a Certificate course on “Family Enrichment” held at Anugraha Institute of Social Sciences, Dindigul

Completed a Certificate course on “Graphology” held at Anugraha Institute of Social Sciences, Dindigul

Lectures / Talks given:

Lecture on “Stress Management & Building Resilience” to students of Department of English (UG), at Sri Vellaichamy Nadar College, Madurai.

Lecture on “Stress Management & Building Resilience” to students of Department of English (PG), The American College, Madurai.

Trained Women students On “Leadership Skills” for Elak Foundation.

Lecture on “Stress Management & Building Resilience” to students of Zumbro Hall, The American College, Madurai.

Addressed On “Suicide prevention Awareness” for students of Department of Food Science and Nutrition, The American college.

Addressed Engineering Students of Arjun College of Engineering, Coimbatore on “Mental health and Psychological wellbeing Strategies”

Addressed on Mental health webinar series conducted by the American college in association with Yellow pond counselling center and Deccan positive Mental health Centre chennai, on “Suicide prevention and Well being Strategies”

Addressed Students Department of Commerce (Professional Accounting) in the topic “Unwind, Unplug, Unleash- Stress Management Strategies for Students” on 23 January 2024, Conducted by the American College, Madurai.

Addressed Students on the topic “Adapting with Ease” on July 1, 2024

Organised by Department of Microbiology, The American College.

Addressed Students of Department of Biochemistry on the topic “Changes Makes us” on July 2, 2024 Organised by The American College.

Addressed Students of Department of Fashion and Costume Design on The Topic Adapting with Ease: Managing Stress in New Environment on July 3, 2024 Organised by The American College, Satellite Campus.

Addressed Students of Department of Physics on the topic “Coming out of Comfort Zone” on July 4, 2024 Organised by the American College.

Addressed Professional Athletes on the Topic “Mind Before Match” on May 6, 2023 Conducted by Race Course, Madurai.

Addressed Employees on the Topic “Happy Employees & More Productivity” in a Micro Finance Company on November 16, 2024.

Addressed Students of Commerce Professional Accounting on the Topic “ Harnessing Emotional Intelligence for Professional Growth” on December 13, 2024.