

Name: T. Depan Meshack

Designation: Asst. Professor

Department: Psychology

Date of Joining: 12th June 2021

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Educational Qualification:

Degree	Subject	College / University & Place	Year Completed
M.Sc.	Applied Psychology	M.S. Chellamuthu Institute of Mental Health and Rehabilitation, Madurai, Tamil Nadu	2020
P.G.D.C.	Guidance and Counselling	Directorate of Distance Education, Annamalai University, Chidambaram, Tamil Nadu	2020
B.Sc	Psychology	Thiagarajar College of Arts and Science, Madurai, Tamil Nadu	2018
UGC NET	Psychology	UGC	2019
PhD	Psychology	Meenakshi Academy for Higher Education and Research, Chennai	Pursuing

Specialisation in Teaching:

Clinical Psychology, Counseling Psychology,

Specialisation in Research:

Childhood, Adolescent & Young Adulthood

Research Interests:

Childhood, Adolescent & Young Adulthood

Work Experience:

Designation	Institution	Year - From (month/year) To (month/year)
Assistant Professor	The American College, Madurai	June 2021 to Ongoing
School Counselor	Project Happy Schooling	July 2020 to February 2021
Assistant Psychologist	Ahana Hospitals, Madurai,	January 2021 to April 2021
Online Content Creator	Zenith	December 2019 to January 2022

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

Positions held / currently holding	Year - From (month/year) To month/year)
Board of Studies Member, Thiagarajar College of Arts and Science	2023
Board of Studies Member, Standard Fireworks College for Women	2022

Membership in Professional Bodies:

Lifetime Member - Tamil Nadu Career Counselors Association

Articles Published in International Journals:

Meshack, T.D. (2020). Happiness correlates Resilience: a study among higher secondary students from selected corporation schools in Madurai. Dogo Rang Sang Research Journal, 10(11). Impact Factor: 7.12

Conference / Seminar Presentations:

1. Personality and Emotional Regulation Correlate Aggression: A Study among High School Students' at XXXVII Annual National Conference of Indian Society of Professional Social Work, NIMHANS, Bangalore (Golden Jubilee Award for Best Paper Presentation)
2. 'Emotional Regulation and Aggression': A Study among 8 th standard students of Selected Matriculation School' at XXXVII Annual National Conference of Indian Society of Professional Social Work, NIMHANS, Bangalore
3. 'Psychological Wellbeing, Resilience and Emotional Intelligence: A Study among High School Students' at 3 rd International Conference (Future of Mental Health: Importance of Integrated Approach) Anugraha Institute of Social Sciences, Dindigul
4. Self compassion, resilience and psychological distress among caregivers of psychiatric patients in a psychiatric hospital in Madurai city: a pilot study

5. Self esteem and resilience among caregivers of psychiatric patients in a psychiatric hospital in Madurai city: a pilot study
6. The Study on Skincare and self-esteem among youth.
7. Study on relationship between hope and inspiration among young adults of Madurai
8. “The Potential Role Of Mindfulness Meditation In Promoting Spiritual Well-Being” at the International Conference On Current Trends In Basic And Applied Science by Department of Psychology, Rathinam College of Arts and Science, Coimbatore on 12-10-2023.
9. “The prospects of music in promoting subjective well-being and minimizing distress: A systematic review of current literature” at the International Conference On Current Trends In Basic And Applied Science by Department of Psychology, Rathinam College of Arts and Science, Coimbatore on 12-10-2023.
10. “Study on adult attachment & life satisfaction among early adulthood” at the National Conference On Mental Health And Well Being by Department of Psychology, PSG College of Arts and Science, Coimbatore on 13-10-2023.

Lectures / Talks given:

Resource Person for Five Days National Online Faculty Development Programme on “Faculty Oasis: Navigating Stress with Ease” organized by Theivanai Ammal college for women, Villupuram, TamilNadu

Resource Person on Career Guidance in Psychology at Vivekanandha College Of Arts and Science for Women, Erode, Tamil Nadu

Resource Person on Career Guidance in Psychology at Adhitya College Of Arts and Science, Coimbatore, Tamil Nadu

Resource Person on Career Guidance in Psychology at Dr.SNS Rajalakshmi College Of Arts and Science, Coimbatore, Tamil Nadu

Resource Person for “National Level Workshop on Mindfulness” at Mohammed Sathak Dastagir Teacher Training College.

Resource Person for “Online Internship in Counselling and Psychotherapy” at Yellow Pond Counselling Centre.

Presented twice at Webinar Series (hosted by Dept. of Psychology, American College) on the topics of Depression and Anxiety respectively.

Guest Speaker at Mahatma Schools. Have handled various sessions on Healthy Boundaries and Healthy Relationships.