

Name: UMA BHARATHI. K

Designation: Assistant Professor

Department: Psychology

Date of Joining: 14/08/2023

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Educational Qualification:

Degree	Subject	College / University & Place	Year Completed
NET December	Psychology	National Testing Agency, UGC	2022
M.Sc.	Applied Psychology	The American College, Madurai	2023
PGDGC	Counseling	Annamalai University, Chidambaram.	2022
B.Sc.	Psychology	The American College, Madurai.	2021

Specialisation in Teaching:

- Cognitive Psychology
- Abnormal Psychology
- Research Methodology

Research Interests:

- Child and Adolescent Counseling
- Psychoeducation
- Expressive Arts

Other Work Experience:

Designation	Institution / Company	Year
Psychologist	Kanaa Foundation	From August 2023- Ongoing
Well Being Facilitator	NalandaWay Foundation	From August, 2022- May, 2023

Conference / Seminar Presentations:

- Participated in a Two-day District Level Workshop on “Integral Optimism” Organised by Department of Psychology, Holy Cross College, Tiruchirappalli.
- Presented Paper on “Self Silencing Differences In Married Working Women And Housewives Living In Madurai” in International Conference on MENTAL HEALTH: A HOLISTIC APPROACH organized by Department of Psychology, Madras School of Social Work.
- Presented a paper on “Enclothed Cognition on Traditional and Modern Clothing” in the two days International Conference on Psychology Across Various Walks of Life Organized by Department of Psychology, The American College.
- Participated in the international conference “Indo-American Mental Health and Social Work Practices’ on 06/09/2023 organised by PG & Research department of social work and PG & Research department of Computer Science, Cauvery College for Women (Autonomous), Tiruchirapalli.
- Presented a paper on “Exploring the relationship and impact of cognitive and affective mindfulness and sleep quality among college students” in the National conference on Break the Silence: Understanding the Mental Health Paradigm.

Lectures/talks given:

- Gave a speech on “Enclothed Cognition” in Webinar Series conducted by the Department of Psychology
- Gave a speech on “Tackling Challenges through humour” in Webinar Series conducted by the Department of Psychology

Other Activities / Academic Credentials:

1. Internship

- PG Internship at Yellow Pond Counseling and Wellness Centre, Madurai on August, 2022- May, 2023.
- PG Summer Internship at Neurotic Addiction Psychosis Hospice, Madurai on December, 2021- January, 2022.
- Intern at Spark Vidyalaya Special School & Association of Parents for Persons affected by Autism(APPAA) on August, 2021- September, 2021

2. Industrial Visit

- M.S. Chellamuthu Trust and Research Foundation.