

Ashwini U R

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Summary

- Knowledgeable and Qualified Psychologist with a proven track record in conducting psychological evaluations.
- Professor and Researcher with almost 5 years of experience and published 12 research papers.
- A keen interest towards developing knowledge and skills among the learning group.
- Aspire to work in an organization where I can actively contribute to the betterment of the talent pool through my knowledge and skill.

Education

Degree	Institution	Board/University	Year of passing
M.Phil In Psychology	Madras School Of Social Work	Madras University	2018
MBA in Human Resource Management	Bharathiar University	Bharathiar university	2016
M.Sc Applied Psychology	Bharathiar University	Bharathiar university	2015
B.Sc Psychology	Ethiraj College for Women	Madras University	2013

Work Experience

- Madras School of Social Work Sept 2022 – Currently
Role: Guest Faculty
- 3G school of Applied Psychology Aug 2021-Currently
Role : Teaching Faculty P
- Soul Space Counseling services May 2019-Currently
Role: Director & Counselor
Key Tasks: Counseling, conducting and organizing workshops
- Chevalier T Thomas Elizabeth College for Women July 2018 –Aug 2021
Role: Assistant Professor & Student Counselor
Subjects Handled: HRM, Developmental Psychology, Sociology, Social Psychology, Social Anthropology, Research methodology, General Psychology and Personality Development.
Key Tasks: Teaching and Counseling

Internship Experience

- PsyHub Brain Behaviour Clinic March 2018-May 2018
Role: Intern under Dr.Nappinai

Key tasks: Marital Counseling, Adminstrating Psychological Tests

- News 7, Chennai *May 2015 – July 2015*
Role: Intern in the HR Department
Key tasks: Recruiting, Payroll, Performance Appraisal, Induction Program for New hires
- Savera Hotel, Chennai *December 2014 – April 2015*
Role: Intern in the HR Department
Key tasks: Recruiting, Grievance handling, Organizing Events, Campaigns and Workshops.
- Wisdom Hospital, Chennai *April 2012- May 2012*
Role: Intern in the counseling department
Key tasks: Psychotherapy for clients

Research in Psychology

- Case study on a child with obesity who was a victim of bullying.
- Case study on an adolescent with smoking behavior.
- Survey research on comparing the general well-being among hostilities and day scholars.
- Paper presented on “Marital attitudes between married and newly married women” in National Conference on Enhancing Psychological Well Being (NCEPW-2014) at Bharathiar University, Coimbatore
- Paper presented on “Altruism and General Well-Being among Adults” in National Conference on Wellness : Multidimensional Approach towards Sustainable Development at Kristu Jayanthi College , Bangalore-2018
- Paper presented on “Introversion, extraversion and assertiveness among adolescents” in International Conference on Social Work and Community Mental Health at Bharathidasan University, Trichirappalli-2018
- Paper presented on “Empathy, Optimism and Pessimism among Teenagers At Destitute Homes” in International Conference on Social Work and Community Mental Health at Bharathidasan University, Trichirappalli -2018
- Paper presented on “Media influence on sexual Attitude” in National Conference on Growing digital World : Multiphasic insights and responsibilities at Madras School Of Social Work, Chennai -2018.
- Paper presented on “Optimism and gratitude among middle age pastors and Christian atheists.” In National Conference on Young Adults and Emerging trends in Psychology at Sacred heart College, Tirupattur-2018
- Paper presented on “Spirituality and optimism among elders” in National Conference on 53rd National Conference and 22nd International Conference of Indian Academy Of Applied Psychology, Pondicherry-2018
- Paper presented on “Personal Identity, and Subjective Vitality among Adolescents” in Two Day National Conference : Psychology in Transforming World At Jain University, Bangalore-2018
- Paper presented on “Optimism and Resilience Among Elders” in the Old Age Care Division, National Institute of Social Defense (NISD) Sponsored National Conference on Emerging Challenges Of Elderly : Implementation Of Program And Policy Making, Organized by ASTRA- Social Work Forum Department Of Social Work(aided), MSSW, Chennai – 2018
- Paper presented on “Locus Of Control And Bullying Among High School Students” in National Seminar on Mental Health Of School Children: Creating an Enabling Environment For Student Well Being organized by North East Regional Institute of Education, NCERT, Umiam, Meghalaya, February -2018
- Paper presented on “Game addiction and Locus of control among adolescents” in International conference on positive psychology for Health & Well-being at Guru Jambheshwar University of science and technology, Hisar, Haryana - 2018

Publications

S.No	Title	Journal	ISSN No. & Impact Factor	Date & Year Of Publication	Volume, Issue & Page No.
1	Altruism and personal well-being among adults	Journal of Emerging Technologies and Innovative Research	2349-5162	February 2018	Volume 5, Issue 2
2	Personal Identity And Subjective Vitality Among Adolescents	Transforming Psychology	9-781985-783072	Proceedings March 2018	Pg.221-227
3	Optimism and Resilience among Elders	Elderly In India- Problems & Prospects	978-81-936440-9-6	Edited Book 2018	Pg. 96-109
4	Media Influence On Sexual Attitude	International Journal of Engineering & Scientific Research (UGC - 45734)	2347-6532	April 2018	Vol. 6 Issue 4, Pg. 44 – 53
5	Altruism and General Well-being among Adults	International Journal of Research in Social Sciences (UGC - 48887)	2249-2496 Impact factor: 7.081	April 2018,	Vol. 8 Issue 4, Pg. 528-540
6	Introversion, Extroversion and Assertiveness among Adolescents	Star International Journal (UGC - 63023)	2321-676X	April 2018	Volume 6, Issue 4(9), Page - 36 – 40
7	Personal Identity And Subjective Vitality Among Adolescents	Journal of management research and analysis	2394-2762	April –June 2018	Volume 5, Issue 2, Pg. 166-169

8	Locus of control and bullying among high school students	International Journal of Research in Engineering, IT and Social Sciences,	2250-0588 Impact factor: 6.452,	June 2018	Volume 08 Issue 06, June 2018, Page 124-130
9	Game addiction and locus of control among adolescents	International Journal of Research in Social Sciences	2249-2496 Impact Factor: 7.081	July 2018	Vol. 8 Issue 7, Pg- 639-651
10	Work-Life balance and Marital Satisfaction among working Men and Women	International Journal of research And analytical reviews	E-ISSN 2348-1269,P-ISSN 2349-5138 Impact Factor 5.75	Oct-dec 2018	Vol.5 Issue(4), Pg -988-992
11	Self Esteem and Mental Well being among Adolescents	International Journal of research And analytical reviews	E-ISSN 2348-1269,P-ISSN 2349-5138 Impact Factor 5.75	February 2019	Vol.6 Issue(1), Pg- 953-956
12	Altruism and Life satisfaction among Adolescence	International Journal of research publication and reviews	ISSN 2582-7421 Impact Factor- 5.53	July – 2021	Vol 2, Issue 7

Other Achievements

- Panelist and moderator for a Panel discussion on “Application of therapy and Psychology in schools and Colleges” at the event named Catharsis organizes by 3G school of Applied psychology on 30th July 2021
- Awarded “*Best Young Teacher National Award*” for the outstanding excellence and remarkable achievements in the field of teaching, research and publication on 12th December 2021 by IRDP group of journals.
- Resource person for 3G students and volunteers on “ Importance of Psychological Research” organized by 3G school of Applied Psychology on 5th Aug 2021
- Resource person for a certificate course on “Basic Counseling Skills” and delivered a lecture on “Romantic relationship, problems related to marriage and divorce at Department of Counseling Psychology, Madras School of Social Work on 07-12-18 and 21-01-19.
- Resource person for 10th Std girls of St. Mary’s Girls Mat Hr Sec School on the topic

“Stress Management Techniques” on 29-10-18.

- Best paper awarded for the “Marital attitude between married and newly married women” in National Conference on Enhancing Psychological Well Being (NCEPW-2014) at Bharathiar University, Coimbatore
- Best paper awarded for “Media influence on Sexuality” in National Conference on Growing digital World : Multiphasic insights and responsibilities at Madras School Of Social Work, Chennai -2018
- Lifetime member at All India Psychologist Association (AIPA).
- Annual Member at Tamil Nadu Counsellors and Psychotherapists Association
- Lifetime Member at Counselor Council of India
- Completed NPTEL Course on Stress Management in Elite category
- Attended 5 day Faculty Development Program initiated by TCS and has been successfully qualified as TCS campus to corporate trainer

Reference

Dr. Subhashini Dean, Department of Psychology, Madras School of Social Work, Egmore, Chennai 098840 45585	Dr.Vyjayanthi Mala, Head Department of Psychology (Ms.c), Madras School of Social Work, Egmore, Chennai 09962948296 vyjayanthimala@mssw.in	Dr.Kalyani Kenneth, Head Department of Psychology(Bs.c), Madras School of Social Work, Egmore, Chennai 098416 16140 kalyanikenneth@gmail.com
Dr.Nappinai, Consultant Psychologist & Marital Therapist, (Faculty in Meenakshi Medical College & Research Institute) 09444368200	Dr. M. Suresh Kumar, Asst. Professor Department Of Psychology, Central University Of Tamil Nadu, 07904865059	Dr. Velayudhan Head Department Of Psychology Bharatiar University, 09443428948