

**CAREER GOAL:**To transform student community through education and to equip them to apply the body of knowledge in psychology in various spheres of their life.

### ACADEMIC QUALIFICATION

- 2012 – 2017 **Regular Ph.D.Program in Psychology** with Barkatullah university ,**Bhopal, Madya Pradesh**, and awarded in June **2019**.
- 2008 -2010 – Regular **M.Sc program in Counselling Psychology** with **Distinction** (75%), Madras School of Social Work, affiliated to University of Madras, Chennai.
- 1994 -1995 - Regular**B. Ed** program– **First Class** with **Best Student award in Commerce and Accountancy** , Christopher College of Education, affiliated to University of Madras, Chennai.
- 1991-1993 –**Regular M. Com program – First Class**, Seetha Lakshmi Ramasamy College affiliated to Bharathidasan University, Trichy, Tamil Nadu.
- 2017 Sep. **SLET** – (State Level Eligibility Test)– Passed out.

### TEACHING EXPERIENCE IN HIGHER EDUCATION

**Madras School of Social Work** (Autonomous), Chennai - Accredited “A” Grade by NAAC

- **June 22 onwards – Program Head, M.Sc Family Counselling Department**
- **Sep. 2017 to June 2022** : Assistant professor, PG department of Counseling Psychology, ((Core Subjects – Counseling process and skills, HealthPsychology, Counseling children with developmental disorders, Counseling groups and Special Population with therapeutic Techniques).

**Madras ChristianCollege**(Autonomous), Chennai - Re Accredited “A” Grade by NAAC

- **Oct.2014 – till date** - Guest Faculty, Continuing Education Department, Chennai : teaching **Child Psychology** in Diploma in Montessori Primary school teacher training( DMPSTT)

- **Bhopal School of Social Sciences(Autonomous), Bhopal - Re-Accredited “A” Grade by NAAC**
- June 2012 –April 2014 - Assistant Professor under Department of Humanities, Bhopal, M.P( Core subjects taught-social psychology, counseling psychology, research methodology and developmental psychology).
- **PROFESSIONAL COUNSELING EXPERIENCE**
  - **2015 to till date – Couples and Family Counselling, Parental Counselling ,through Counselling centre, MSSW , Egmore and ARUBAH Counselling centre in Tambaram**
    - Oct 2015 - Established ARUBAH Counseling centre in East Tambaram Chennai
    - June 2011 – April 2012- Academic Advisor, Scholar’s Home Public School, Bhopal, Madhya Pradesh.
    - Oct 2010 – April 2011 - School Counsellor, Red Rose group of Schools, Bhopal
    - June 2009 – April 2010- School Counsellor, Green Valley Matriculation School, Mogapair, Chennai
    - June 2006 – April 2009 - Staff Counselor in Andrews Kirk ,Egmore Chennai
    - Sep 2004 – April 2006- Counsellor, Abiding life International, Chennai
    - Jan 2000 – Sep 2004 - Freelance Counselor, HIV projects of World Vision India.
- **AWARDS AND PROFESSIONAL MEMBERSHIP**
- **Member in American Psychological Association from January 2022**
- Life membership in All India Psychologist Association-31<sup>st</sup> May 2018
- Wilhelm Award by Redpond education and psychological research centre Madurai- 14<sup>th</sup> April 2021
- **TRAINER / RESOURCE PERSON**
  - Resource person for Program in All India Radio-5<sup>th</sup> Oct 2022
  - Stress Management Workshop for school Teachers – 28<sup>th</sup> Sep 2022
  - Resource person for teaching schools of family Therapy in World Congress of Psychologists on 19<sup>th</sup> Sep 2022

- Positive Parenting program for Lion's club members and parents-18<sup>th</sup> September 2021
- Internship series – 1st to 31st July 2020-Redpond education and research centre , Madurai
- Webinar on Functional families coping with challenges in Pandemic- Sindhi Arts and science college in Chennai- 15th June 2020
- Webinar on Challenges and Coping skills of teachers in Bringing Quality Online Learningby IQAC of St Thomas college of Arts and Science, Chennai – 10th Jun 2020
- Webinar on challenges of teachers in handling high school students- Counseling Chennai -29<sup>th</sup> May 2020
- Webinar on relationship enrichment – American college Madurai- 1st May 2020
- Facilitated faculty development program " on emotional Intelligence and behaviouralpsychology" in the institute of Hotel management catering technology and applied nutrition on 3rd July 2019
- Facilitated family counseling seminar in MSSW on the topic “process of counseling and basic and advanced skills of counseling” in July 2019
- Guest lecture on the topic " application of psychology in Everyday life " in SDNB Vaishnav College for women on 7th August 2019
- Served as Resource Person for the Positive Parenting Programme on 11th march 2017 at Kamaraj Matriculation School, Thiruvallur

### **PAPER PRESENTATIONS**

- Presented Paper in International Conference on Dimensions of ODL system in Current Global Scenario of Higher Education – Title of paper -Challenges in providing Student Support Services under National Educational Policy and Open Distance learning-August 25<sup>th</sup> to 26<sup>th</sup> 2022
- Presented paper titled Sociological values and psychological values of education – 24<sup>th</sup> and 25<sup>th</sup> Oct 2013 in a national seminar, Values Oriented education; status and Direction.
- Presented paper titled Difficulties in imparting sex education in Indian context- 29th and 30th November – 2012-National Seminar-India's Population: challenges to Education.
- Presented paper titled Positive deviance – 22nd and 23rd November 2012-National Seminar –HIV/AIDS and Gender Concerns-A social perspective

### **PUBLICATIONS:**

- Published paper on intervention therapies for reducing stress among parents of children with attention deficit and hyper active disorders and its impact on behavioural symptoms

of ADHD Children in the Journal of AEGAUEM Journal , Volume X, Issue VI, June 2022

- Submitted paper on “Efficacy of Positive Parenting Program in addressing Hyperactivity(ADHD) and Parental Stress in Southern India “ on 15<sup>th</sup> June 2021 –
- Paper Published on Health Profile of Adolescents – ISBN No : 978-93-85165-68-9 August 2017
- Paper published on Perception of parents among college students –Volume 2 Issue 2 , March 2016 ICRJMSS -ISSN :2394 -7691
- Paper published on The effect of psychological intervention on study skills and academic performance among adolescents - Volume 2 Issue 2 , March 2016 ICRJMSS -ISSN :2394 -7691

## **PROFESSIONAL DEVELOPMENT**

- Attended three months( June to September 22) on line course on couples and family Counselling
- Attended Bowerin Systems family Therapy January 2022
- Finished Annual Refresher Program (ARPIT) in Psychology November 2021
- Participated in Logo Therapy Workshop on 11<sup>th</sup> and 12<sup>th</sup> Of September 2021
- Participated in International Faculty Development Program 6<sup>th</sup> to 10<sup>th</sup> Of September 2021
- Participated in Refresher Course in Psychology – ARPIT -examination given on 21<sup>st</sup> August 2021
- Participated in 5Day Faculty development program on outcome based on line teaching conducted by Madras school of social work 7<sup>th</sup> June to 11<sup>th</sup> June 2021
  
- Participated on “how to write a quality research article ‘organised by Vidya Mandir Arts and science college in collaboration with jothy Engineering college , Christ university Bangalore 24<sup>rd</sup> May to 30<sup>th</sup> May2021
  
- Attended one week FDP by Ramanujan college Delhi university on “Academic Writing ” 18<sup>th</sup> Feb to 24<sup>th</sup> Feb 2021
- Two Day Workshop on "Aligning Yourself to the Publishing Process" on 23<sup>rd</sup> & 24<sup>th</sup> July2020
- Attended training program in SPSS by EDUCBA and completed in October 2020
- Participated on Academic and Scientific writing in catapulting in institutional visibility – organized by central library Manipur university -3<sup>rd</sup> August 2020
- Participated on workshop on Qualitative Research organized by MSW (Aided)department of MSSW July to August 2020
- Participated in two days training conducted by International Critical Incident stress foundation on Advanced individual Crisis intervention and Advanced group crisis intervention, on 28<sup>th</sup> to 30<sup>th</sup> January 2020 in Dubai.
- Participated in workshop in Psycho-Sexual Medicine & Therapy for counselors and psychologists on 21<sup>st</sup> September 2019 in Chennai

- Participated in the Three-day National workshop on “Research Methodology, Statistical Data Analysis and Interpretation on 4th to 6th Jan 2019
- Participated in Two-day workshop on Neuropsychological Assessment and Rehabilitation on Dec 8th and 9th 2018
- Participated in National Workshop on Rethinking about climate change : A Psychological perspective on 16 th to 22nd Dec 2017 at Banasthali , Rajasthan .
- Participated in Two Day Annual International Conference on Expressive Arts Therapy conducted by Department of Psychology, Women’s Christian College and East West Center for Counselling and Training on 16th and 17th February 2017
- Participated in One Day Seminar on Emerging Trends and Scope of Psychology organized by Undergraduate Department of Psychology, Madras School of Social Work (Autonomous), Chennai on 30th January 2017.
- Participated International Workshop on Personality development and self growth – 18 th and 19th of Feb 2014 organized by department of humanities and education of BSSS.

- **PERSONAL PROFILE**

- Date of Birth – 27<sup>th</sup> January 1971
- Proficient in English and Tamil
- understand and speak in Hindi
- Address for communication: 13 b, Ambika Nagar Main road, Madambakkam, Tambaram, Chennai –600126, phone: 9677035181 Whatapp number : 9677035181