

Dr.Suganthi.V

Email :suganthiviruthasalam4@gmail.com

Educational Qualifications

1. Doctor of Philosophy (Ph.D) in 2021(counselling Psychology) Avinashilingam university for women.
2. Master of philosophy at 2014 (counselling psychology) Avinashilingam University for Women, Core subjects- statistics, specialization - personality theories and Research Dissertation and Projects
3. Master of Science - 2013 (Counselling Psychology), Avinashilingam University for Women, Core subjects- Family Counselling, Psychotherapy, Psychopathology, Health Psychology.
4. Bachelor of Science - 2011 (Psychology), Avinashilingam University for Women -Core subjects - Life Span Development, Psychopathology, Social Psychology, Organizational Behaviour, Health Psychology, Psychotherapy.

Training

- Undergone one week training on “**Advanced Neuro-linguistic Programme (NLP), Motivation and Spirituality**” conducted in **Anugraha**, Dindigul from 22 to 27 October, 2012
- Undergone two week Residential Course on “**Basic Skills in Counselling**” from 8 to 21 May, 2012 conducted in Christian Counselling Centre, Vellore
- Attended Internship at Naveen Hospital for **Mental Health and De-addiction**, Coimbatore
- Underwent four months training in **Women’s Voluntary Service (WVS), Special School**, Kavundapalayam, from 13 December 2012 to 2 April 2013
- Undergone one month training on “**Counsellor Training Programme**” conducted in Anugraha, Dindigul from 2 to 28 September, 2013

Career Highlights

- Awarded **Certificate of Merit** Repatriate student of Gudalur for outstanding performance in Government Higher Secondary Examination on March' 2008
- Proficiency in B. Sc. Psychology on 19th April 2011
- Administered Career Guidance for 10th and 12th students of Saru Matriculation Higher Secondary School, Sathyamangalam from 29 September - 1 October 2012
- Extended Service at Udavum Karangal, Coimbatore as a part of academics.
- Participated in **The World Mental Health Day Awareness Rally** Conducted by Naveen Hospital for Mental Health and De-addiction on 10th October, 2012

Publication

- Management of anger through psychological intervention among college students
UGC care- Journal vol-43 no (xvi) October December (2020) of sambodhi with ISSN-2249-6661 Impact factor 5.80.
- Efficacy of Behaviour therapy in the management of sleep disturbance and mild depression among middle aged women, International Journal of Psycho-social research, vol.5 (1), July, 2016, 85-90.

Research Paper Presented

- “Stress, Anxiety and sleep disturbances among first year undergraduate students”- Co-Author- International Conference on Innovative Practices in Commerce, Management, Humanities and Technology (IPCMHT-2022), St.Patrician College of Arts and Science, Adyar, Chennai.
- Emotional regulation, well being and perceived stress among higher secondary school teachers- Co-Author- International Conference on Innovative Practices in Commerce, Management, Humanities and Technology (IPCMHT-2022), St.Patrician College of Arts and Science, Adyar,, Chennai.
- “Influence of self-esteem on appearance anxiety among College Students”-Co-Author- National Conference - Towards an Era of Mental Health: Global Concern Challenges” - Department of Psychology, Holy Cross College, Trichy-2
- “Relationship Between self-esteem and emotional regulation among High school students” -Co-Author- National Conference - Towards an Era of Mental Health: Global Concern Challenges” -Department of Psychology, Holy Cross College, Trichy-2

Research Profile

- Efficacy of cognitive Behaviour Therapy in managing stress, anxiety and loneliness and enhancement of Assertiveness among sexually abused girl children (Ph.D)
- Effectiveness of integrated Awareness training on good and bad touch among school girl children (ICSSR Project)
- A study on ‘Efficacy of Behaviour Therapy, in Management of Sleep Disturbance and Mild Depression among Middle Aged Women’ (M. Sc. Project)
- A study of Personality, Locus of Control and Management of Anger in Adolescence’ (M.Phil. Dissertation)

Seminars and Workshops

- Attended Pearson Clinical Assessment Workshop held on 12th & 13th March, 2013
- Participated in the UGC sponsored National Symposium on **Life Skills Exploration in Youth** held on 26th & 27th July, 2012, at Avinashilingam University for Women.
- Participated in International Conference on **HRM in the Era of Global Mobility** on 18th July, 2012 at Kongunadu Arts and Science College, Coimbatore
- Attended 5 days **Workshop on Psychodiagnostics / Internship Training** by Dr. Chandramohan, Defense Psychologist on 24- 28 September, 2012.
- Participated in Second National Symposium 2011 on **Forensic Clinical Psychology as an Emerging Profession in India** conducted by SRM University held on 10 & 11th September, 2011
- Member of the Organizing Committee for **Mental Health Week** celebrations for during (2011-13) and won “The Best Exhibit “held on 10 - 12 October, 2011
- Participated in National Seminar on **Neuropsychology: Challenges and Possibilities** held at Prajyoti Niketan College, Thrissur, Kerala on 19th & 20th August, 2011.
- Participated in the One day seminar on “**Memory Improvement and Concentration Techniques**” held on 21st September, 2010
- Attended one day **Workshop on Projective Test** (Rorschach and TAT).
- Attended Online e-learning foundational Course on **Children with Learning Disabilities offered by Rehabilitation Council of India**

Work experience

- Worked as an Assistant professor in Department of Psychology from (2014-2015) at Sree Saraswathi Thyagaraja College, pollachi.
- Also worked as a Research Assistant for the ICSSR Project (2015-2016)
- Worked as a Block Project Assistant at Thuraiyur block in Prime Minister's Overarching Scheme for Holistic Nutrition (Poshan Abhiyaan Project 2016-2017)
- Worked as a Psychologist at Athma Hospitals from March 2021- June 1 2022
- Working as an Assistant Professor in Department of Psychology from (July 6 2022- till date) at Holy Cross College, Trichy

Workshops/ Conference Organized

- Organized two days district level workshop on "Integral Optimism", 29-30 August 2022. Dept. of Psychology, Holy Cross College (Autonomous), Trichy-2
- Organized Three Days National Workshop on "Statistical Packages of Social Sciences (SPSS)", 27th -29th, 2023. Dept. of Psychology, Holy Cross College (Autonomous), Trichy-2
- Organized National Conference- Towards an Era of Mental Health: Global Concern Challenges" on 7th March 2023 held at Department of Psychology, Holy Cross College, Trichy-2

Guest Lectures delivered

- Delivered session on "**Adolescent mental health**"- Padmavani Arts & Science college for women, Salem, TamilNadu in 2022.
- Gave awareness program on "**Women and mental health**" in Irungalur, Trichy in 2022
- Gave awareness program on "**Exam anxiety and goal setting**" in Bishop Heber Hr.Sec. School in2022
- Gave training to college teachers on "**Capacity Building Programme for women administrators**" in Ayyanadar Janaki Ammal College, Sivakasi.

Declaration

I hereby declare that the above-mentioned information is correct up to my knowledge and I bear the responsibility for the correctness of the above-mentioned particulars.

Date: 07.04.2023

Place: Trichy

(SUGANTHI, V.)