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EDUCATIONAL QUALIFICATIONS:

- **M.Sc.** Psychology, University of Madras, 2004, with Human Resource Development as Specialization
- **M.Phil.** Psychology, University of Madras, 2007, with Human Resource Development as Specialization
- **Ph. D.** Psychology, Bharathiar University, 2019, with Personality, Internet Behaviour and Health as Specialization.
- **M. Sc.** Yoga, Dr Sivanthi Aditanar College of Physical Education, Tamil Nadu Sports University, 2020

AWARDS, ACTIVITIES AND ACHIEVEMENTS:

1. Achieved **“A” Grade in NCC ‘C’** certificate in 2001
2. **Passed Junior Grade - Type Writing English**, in First Class in February 2002.
3. Qualified **State Eligibility Test** for Lectureship (SET - 2006) conducted by Bharathiar University, Coimbatore in 2006.
4. Awarded **Best Paper** for the Research paper titled **“Global Well Being in Relation to Yoga Practice”** in the **10th International Conference of Indian Academy of Applied Psychology** on “Innovative Dimensions of Applied Psychology: Counselling for Development” during February 16 and 18, 2006.
5. **Championship - 2006**, under 25 to 30 years Category of 4th Tamilnadu State Yogasana Championship - 2006 held in Chennai.
6. **Jury** for the event, **Best Manager & Scientific Session**, in Commano 2008 - An Inter-Collegiate Programme, organized by Department of Commerce, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, on 19 March ‘08 & 12th February ‘10.
7. **Corporate Consultant, Tamilnadu State Transport Corporation (TNSTC)**, Tirunelveli District, Tamilnadu, during 2010 & 2011
8. Qualified **National Eligibility Test (NET - 2010)** along with **Junior Research Fellowship (JRF)** in Psychology.
9. Selected for Ph. D. in Psychology at the Department of Humanities & Social Sciences, IIT Kanpur in 2012 (Did not join due to non grant of Study leave)
10. Recognition by the TANSAC & TNSBTG, Tirunelveli, for organizing Blood Camp for University students, 2015.
11. Established the Youth Red Cross Unit within the Manonmaniam Sundaranar University, for the benefit of University PG students in 2015, Syndicate Orders dated 18 May 2015.

PROFESSIONAL EXPERIENCES:

- **Psychologist, Cancer Institute**, Chennai in 2006.
- **Research Assistant, UGC Project** titled “**Assessment of Spirituality**”, Department of Psychology, University of Madras, Chennai 2004 - 2005.
- **Psychological Testing Officer**, Juvenile Guidance Bureau, Chennai 2003-06.
- **Faculty** in Psychology, Mohammad Sathak AJ College of Physiotherapy, Chennai, 2005.
- **Faculty** Psychology, Sri Venkateswara College of Nursing, Chennai, 2006 - 07.
- **Head-in-Charge**, Department of Psychology, Manonmaniam Sundaranar University, since 2008.
- **Member of the local selection committee**, to select temporary lecturers for Department of Psychology, Manonmaniam Sundaranar University since 2008.
- **Member, Committee for the conduct of Civil Services Coaching Classes**, Manonmaniam Sundaranar University in 2008.
- **Member of the Advisory Panel for the Commerce Study Circle** since 2008 at Manonmaniam Sundaranar University, Tirunelveli.
- **Honorary Counselor**, Nava Jeevan Trust for children in Government Observation Home, Tirunelveli, Tamilnadu, 2009 to 2012.
- **Member - Selection Committee, nominated by the Principal District & Sessions Judge**, for the selection of Social Worker Members to the Juvenile Justice Board at Tirunelveli on 18th August 2009
- **Member, Advisory Committee** for the Inter-State (National level) Youth Red Cross Study Camp, held from 27th to 31st July 2009, organized by Youth Welfare Department, Manonmaniam Sundaranar University, Tirunelveli.
- **Member, Advisory Committee** of the 16th, 17th and 18th Youth Festival, organized by Youth Welfare Department, Manonmaniam Sundaranar University, Tirunelveli, since 2009 till date.
- **Programme Officer, NSS Unit No. 166**, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, 2010 till 2014.
- **Subject Expert**, Screening committee to start a PG course in Counselling and Psychology from the academic year 2011 – 2012 at Thiagarajar college, Madurai, Tamilnadu, since 2010.
- **Member, NAAC Committee** for constitution of Drinking Water Facility at Manonmaniam Sundaranar University, in 2010.
- Faculty i/c, for B. Sc. & M. Sc Psychology courses of DD&CE from 2010 till date.
- **Jury**, Adjudging Elocution Competition on the topic, “My memories associated with District Science Centre” at Science Centre on 18.5.2011
- **Honorary Psychologist** appointed for the District Monitoring Committee for private TV Channels, dated 20.08.2011
- **Expert opinion** provided in relation to Ph.D research work submitted by Dr.Rajeswari, Associate Professor of Psychology, St. Ignatius College, Palayamkottai, 2012.
- **Member, Gents Hostel Advisory Committee**, Manonmaniam Sundaranar University, 2013.
- **Director i/c, Department of Youth Welfare**, Manonmaniam Sundaranar University, since 25.04.2014.
- **Zonal Coordinator, Youth Red Cross**, Manonmaniam Sundaranar University, with effect from 25.06.2014.
- **Placement Coordinator**, Manonmaniam Sundaranar University, since 25.04.2014.
- **Member Organisation Committee**, Convocation of Manonmaniam Sundaranar

University, since 2014.

- Nominated as Member of Selection Committee to appoint faculty members for Tamil Nadu Teachers's Recruitment Board for Psychology, 04.12.2014.
- Content validation of the Questionnaire titled "Attention Scale" of a Research Scholar Ms. Amudha Asaph, Department of Education, Manonmaniam Sundaranar University, Tirunelveli, 25.02.2015.
- Coordinator for the Tirunelveli Region in the Tamil Nadu Tobacco Survey, sponsored by Resource Centre for Tobacco Control, Cancer Institute, Chennai and collected data from 4649 households, from 22 – 30 January 2015.
- Prepared the Institutional Information for Quality Assessment (IIQA), submitting the Self-Study Report (SSR) and making the necessary arrangements for the NAAC accreditation during 19 to 21 July 2018, which enabled the University to secure 'A' Grade (CGPA 3.13 out of 4.0) in the 3rd Cycle of NAAC, Manonmaniam Sundaranar University, Tirunelveli.
- External Expert for the Walk-in-Interview of Guest Faculty in Psychology, Madurai Kamaraj University, 24 July 2019.
- **Approved Ph. D. Guide in Psychology**, Manonmaniam Sundaranar University, Tirunelveli, since 20 March 2020
- **Member**, Committee of the Board of Directors, Pushpalata Vidya mandir, Tirunelveli, since March 2020

BOARD OF STUDIES IN PSYCHOLOGY:

1. Member, Adhoc Board of Studies, M.Sc., in Psychology and Counselling Psychology, Manonmaniam Sundaranar University, since 2007.
2. **Chairperson, Board of Studies in Psychology**, Manonmaniam Sundaranar University, Tirunelveli, from 1 April 2013.
3. **Subject Expert** for Psychology recognized by Tamil Nadu State Council for Higher Education, from 2018
4. **Member**, Board of Studies in Psychology, Madurai Kamaraj University from 2018
5. **University Nominee**, Board of Studies in Psychology, St. Mary's College, Thoothukudi, since 2018.
6. **Chairman**, Adhoc Board of Studies of Diplomas in Occupational Therapy, Speech Assistance and Psychological Assistance, Directorate of Vocational Education, Manonmaniam Sundaranar University, since 2019.
7. **Subject Expert** for E-content lessons of Psychology, Holy Cross College, Tiruchirapalli, during 2019.
8. **Member**, Board of Studies in Psychology, Holy Cross College, Tiruchirapalli, during 2019.

EXAM DUTIES:

- Examiner B. Sc. & M. Sc. Psychology & M. Sc. Counselling Psychology Examinations of Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, since Dec 2007.
- Question paper setter, B. Sc. M. Sc. Psychology Programmes at Manonmaniam Sundaranar University, since 2007.
- Question Paper Setter and External Examiner, Department of Applied Psychology, Pondicherry University, from 2010 to 2019.
- Question Paper Setter & Examiner – Theory & Practical Examinations, B. Sc. & M.Sc. Psychology, DD&CE, Manonmaniam Sundaranar University, Tirunelveli,

Tamilnadu, from May 2013 till date.

- Question Paper Setter for B. Sc. Sociology & Psychology & M. Sc. Psychology, Lady Doak College, Madurai, since 2016.
- Vocational Education, Manonmaniam Sundaranar University, Tirunelveli.
- Assistant Chief Superintendent for the UG Special Supplementary Examination for April 2016 Examination, Manonmaniam Sundaranar University, Tirunelveli, on 22-23 July 2016.
- Question Paper Setter, November 2016 Examinations, for the Life Skills Paper of the Diploma Course, Directorate of Vocational Education, Manonmaniam Sundaranar University, Tirunelveli.
- Question Paper Setter, November 2018 Examinations for the B. Sc. Psychology Degree at PSG College of Arts & Science, Coimbatore.
- Question Paper Setter, November 2018 Examinations for the Post Graduate Diploma Programme in Counselling at Lady Doak College, Madurai.
- Question Paper Setter, November 2018 Examinations for the B. Sc. Psychology Degree at Theivanai Ammal College for Women
- Question Paper Setter, December 2018 Examinations for Post Graduate Psychology at Annamalai University, Chidambaram.
- Examiner, for M. Sc. Applied Psychology, Periyar University, Salem, during November 2018 Examinations
- Question Paper Setter, April 2019 Examinations for B. Sc. Psychology Degree of Theivanai Ammal College for Women, Villupuram.
- Question Paper Setter, November 2019 Examinations for Five Year Integrated M.Sc. Clinical Psychology at Annamalai University, Chidambaram.
- Question Paper Setter, November 2019 Examinations for the B. Sc. Psychology Degree of Government Arts College, Coimbatore.
- External Examiner for Psychology I Practical Examinations November 2019 of I Year M. Sc. Electronic Media, Department of Communication, Manonmaniam Sundaranar University, Tirunelveli.
- External Examiner for Practical Examinations November 2019 for the paper "Psychology Practicum" of I Year M. Ed, Department of Education, Manonmaniam Sundaranar University, Tirunelveli.
- External Examiner for Practical Examinations November 2019 for the paper "Presentation & Publication of Papers" of II Year M. Ed, Department of Education, Manonmaniam Sundaranar University, Tirunelveli.
- Question Paper Setter, December 2019 Examinations for B. Sc. Psychology at Annamalai University, Chidambaram.

INSPECTION COMMISSION MEMBER:

- Appointed as **flying squad** for November 2009 Examinations of Directorate of Distance Education, Manonmaniam Sundaranar University.
- Appointed as Observer for November 2014 Examinations of Directorate of Distance Education, Manonmaniam Sundaranar University, at Srivilliputhur & Rajapalayam.
- Appointed as **flying squad** for May 2016 Examinations of Directorate of Distance Education, Manonmaniam Sundaranar University, Tirunelveli.
- Member, Inspection Commission to inspect the academic and infrastructural facilities for recommending the grant of affiliation of M. Sc. Psychology from the Academic Year 2018-19 to Thassim Beevi Abdul Kader College for Women, Karaikal, 28 June 2018.

- Member, Annual Inspection Commission to visit Shunmuga College of Arts & Science, Poigaimedu, Sankarankovil, to verify the infrastructural facilities, faculty, other facilities for continuation of affiliation for the academic year 2019-20.
- Flying squad for May 2019 Examinations of Directorate of Distance Education, Manonmaniam Sundaranar University, at V. S. Isacc College of Education, Arakonam

CONFERENCES / WORKSHOPS / SEMINARS / EVENTS ORGANISED:

1. **CONSUMER AWARENESS**, Special Lecture organized at Manonmaniam Sundaranar University, Tirunelveli, on 22nd March 2010.
2. 2 Day Technical Workshop on **Effective Counselling - Approaches and Skills**, held on the 10th and 11th of November 2010, at Manonmaniam Sundaranar University, Tirunelveli.
3. **Rally on Awareness of Voting among Voters**, held at Palayamkottai, Tirunelveli, on 24th of March 2011.
4. One Day Workshop on **Enhancing Employability Skills**, organized at Manonmaniam Sundaranar University on the 28th of March 2011.
5. One day **Sensitization Workshop on Arranging Healthy Alternative Livelihood for Bidi Workers in Southern Districts of Tamil Nadu**, held at Manonmaniam Sundaranar University, Tirunelveli, on 8th of January 2011.
6. 2 Day **Eye Screening Camp and Eye Awareness programme** from 20th to 21st of October 2011, at Manonmaniam Sundaranar University, Tirunelveli.
7. 2 Days Camp on **Oral Health Awareness and Free Dental Checkup**, held on 14th and 15th of December 2011 at Manonmaniam Sundaranar University, Tirunelveli.
8. RCI recognized 5 Day **Continuous Rehabilitation Education Program on "Continuous Rehabilitation for Persons with Disabilities"** from 30th January to 3rd February 2012 at Manonmaniam Sundaranar University, Tirunelveli.
9. NSS Special Camp organized between 27 March and 2 April 2012 at Tulukkarkulam, Tirunelveli.
10. 2 Day Workshop on "Experiments in Educational Psychology" on 10th and 11th April 2012 at Manonmaniam Sundaranar University, Tirunelveli, a **Collaborative Event between Departments of Education and Psychology**.
11. Organized the First National Seminar on **Psychology of Women - Emerging Research & Strategies (POWERS - 2013)**, in association with Women's Studies Centre, Manonmaniam Sundaranar University & Indian Academy of Applied Psychology, on 8 & 9 March 2013.
12. Programme Coordinator for the 2 Day Workshop on **"Curriculum Development of Vocational Component for Collegiate Education,"** under the 5 Schemes of Curriculum Development Cell, sponsored by Govt. of Tamil Nadu, 22 & 23rd March 2013.
13. Programme Coordinator for the Special Lecture on **"Biological Application of Micro-Fluidics"** under the 5 Schemes of Curriculum Development Cell, sponsored by Govt. of Tamil Nadu, 23rd August 2013.
14. One day Workshop on Entrepreneurial Opportunities in Psychology, at Department of Psychology, Manonmaniam Sundaranar University, Tirunelveli, on 12 December 2013.
15. 5 day Short Term Course on Basic Counselling Skills, for students of Psychology Department, Manonmaniam Sundaranar University, Tirunelveli, from 16 to 20 December 2013.
16. Blood Donation Camp organized at Manonmaniam Sundaranar University, Tirunelveli, on 27 February 2015.
17. Legal Literacy class organized at Manonmaniam Sundaranar University, Tirunelveli, on 22nd August 2014.
18. Training on Time Management organized at Manonmaniam Sundaranar University, Tirunelveli, on 28th August 2014.
19. Two day National Workshop on Art of Writing in APA Style, organized at Manonmaniam

- Sundaranar University, Tirunelveli, on 16 & 17 March 2015.
20. Life Skills Training organized for the students of Manonmaniam Sundaranar University, Tirunelveli, on 8 September 2015.
 21. Organising Secretary, One Week Training on **Training on Counselling Skills** for Teachers at Higher Education Level, organized by Centre for Teacher Resource and Academic Support, School of Education, Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching, Ministry of Human Resource & Development, Govt. of India., 18 to 24 July 2019.
 22. **Conference Director**, 55th National & 24th International Conference of the Indian Academy of Applied Psychology, 23 to 25 January 2020

RESOURCE PERSON:

1. Special lecture on **Study Skills & Motivation Training in Career Guidance Programme** for 10th & 12th failed Students during 2004 at New College, Chennai and during 2005 at D.G.Vaishnav College, Chennai.
2. Lecture on **Personality Development** at the four-day State Level Study Camp for YRC volunteers & Programme Officers, from 28th February to 2nd March 2008, V.O.C.College, Tuticorin, Tamilnadu
3. **Special Lectures on Career Guidance**, at the two - day Residential Workshop for College Students of Tuticorin District on **Career Guidance & Personality Development**, organised by the Department of Youth Welfare, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu on 10th and 11th March 2008.
4. **Special Lecture** on Stress Management for the Research Scholars of Department of Economics, Manonmaniam Sundaranar University, Tirunelveli, in 2008.
5. Offered **Training and Development for Corporate Sector Employees** on Emotional Intelligence, Leadership, Counselling for Healthy Life Styles in 2008
6. Lecture on **Psychology of children with hearing impairment**, by MGR Janaki Education Trust for College Teachers of Tuticorin, Tamilnadu, on 7th March 2009.
7. Resource Person in one day workshop on **Skill Development**, organized by the Department of Management Studies, Dr. Sivanthi Aditanar College of Engineering, Tiruchendur, on 18th of March 2009.
8. **Special Awareness program on "Youth Empowerment"** for the NSS volunteers of SCAD College of Engineering and Technology, on 25th March 2009, at Cheranmahadevi, Tirunelveli, Tamilnadu.
9. Special Lecture in the Seminar on **Self Development and Sustenance: (Empowerment) for the college students**, organized by the **Tirunelveli City Police** in December 2009.
10. Special Lecture on **"Identity Crisis"** in the one day workshop on **Crime among the Children & Psychological aspects - Criminal Justice System and the Role of Students**, organized by Centre for Empowerment of Women & Children, Tirunelveli, held on 9th December 2009.
11. Lecture on **Personality Development - Types & Styles of Personality**, at the Workshop on **Common Skill Based Courses**, organized by Manonmaniam Sundaranar University, at S.T.Hindu College, Nagercoil, KanyaKumari District, Tamilnadu on the 15th of December 2009.
12. Guest lecture on **Personality Development** for the college students of Udaya college of Arts and Science, Kanyakumari district, on 6th January 2010.
13. Invited Speaker on **Crime Among the Children and Psychological Apects**, at the workshop on **Child Care and Protection - Child Trafficking**, for Sub Inspectors and Head Constables, organized by Centre for Empowerment of Women and Children, Childline Nodal Agency, held at In Service Training Centre for Police, Tirunelveli, on 5th February 2010.
14. **Personal Counseling** for the College students of Thoothukudi District at the 2 day Residential Workshop on **Career Guidance, Counselling and Personality**

- Development**, held on 12th of March 2010.
15. **Personal Counseling** for the YRC volunteers and YRC Programme Officers at the 3 day **Zonal Level Orientation Training Programme**, held on 13th March 2010, organized by Youth Red Cross, Department of Youth Welfare, Manonmaniam Sundaranar University and Indian Red Cross Society.
 16. Special Lectures on **Aptitude of Police Officers, Human Behavior and Handling of Stress**, for Police Trainees at Police Training Academy for Men and Women Trainees during July and August 2010.
 17. **Personality Assessment** for the students of Holy Cross Home Science College, Tuticorin, at the One Day Workshop on Career Planning, organized by Career and Counseling Cell, Manonmaniam Sundaranar University, Tirunelveli, on 15th March 2011.
 18. **Invited Speaker on Community Based Rehabilitation**, for One Day Awareness Programme on **Higher Education System for Teachers and Differently Abled Students (APHSTD-2011)**, held at Manonmaniam Sundaranar University on 25th of March 2011.
 19. **Invited Speaker** for the Seminar on **Psychological Preparation for Career Development**, organized by VSS Government Arts College, Pulankurichi, 5th April 2011.
 20. **Invited Speaker on Longitudinal and Experimental Research**, at the 3 days workshop on **Applications of SPSS in Research**, organized by the Department of Education, Manonmaniam Sundaranar University, Tirunelveli, on 10 Apr 2011.
 21. **Personality Development** - Lecture delivered in the 3 day Residential Training Programme for College & University students on **Leadership Development** from August 17 to 19, 2011.
 22. **Effective Communication & Interpersonal Skills** - delivered in the **Etiquettes & People Handling** Training Programme for ESI Employees on 27th August 2011
 23. **Career Guidance** for the Youth Red Cross Volunteers and Programme Officers at the 3 day Zonal Level Orientation Training Programme, organized by Youth Red Cross, Department of Youth Welfare, Manonmaniam Sundaranar University, Tirunelveli, on 15th December 2011.
 24. **Personality Assessment** for the students of JP College of Arts and Science, Tenkasi at the One Day Workshop on Career Guidance, organized by Career and Counseling Cell, Manonmaniam Sundaranar University, Tirunelveli, on 17th December 2011.
 25. **Career Opportunities for the Disabled**, on the **One Day Workshop for the Differently Abled - 2012**, held at Manonmaniam Sundaranar University on 25th of March 2011.
 26. **Psychological Testing & Its Applications**, National Seminar on **Initiatives in Educational Psychology (IIEP - 2012)**, held on 24.03.2012, organized by St.Antony's College of Education, Mannarpuram, Tirunelveli, Tamilnadu, India.
 27. **Women Empowerment**, Guest Lecture, organized by Department of Education, Manonmaniam Sundaranar University, Tirunelveli, on 17 October 2012.
 28. **Stress Problems in Different Age Groups**, for the students and NCC cadets of Rani Anna Govt. College for Women. "TNSCHE Sponsored Workshop on Stress Problems & Remedial Measures" held on 1 February 2013, organized by Department of Human Resource Development and NCC 3 TN Girls Battalion.
 29. **Leadership for Excellence**, a Training Programme for Corporate persons, organized by Win or Win Consulting, Chennai, on 24 August 2013.
 30. **Adolescence - Enhancing Teacher Effectiveness for Handling Adolescents at Classroom**, a Training Programme for School Teachers of Pushpalata Matriculation School, Tirunelveli, on 7 September 2013.
 31. Child Psychology & Classroom Approaches, for B. Ed. Students of Sri Muppidaathi Amman College of Education, Aalankulam, Tirunelveli, on 16 September 2014.
 32. Child Psychology & Classroom Approaches, for Special Grade teachers in Tirunelveli, organized by Nava Jeevan Trust, on 9 January 2015.
 33. Yoga - Practical Sessions, State Conference on "Enhancing Nursing Care with Complementary Therapies," held on 24 April 2015.
 34. Mental Stress and Control Mechanism, Lecture at NSS Special Camp, held on 15 March 2016.

35. **How do you report the reviewed studies?**, Two day Workshop on Presentation – Oral & Written: Educational Research reports, organized by the Department of Education, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, on 26.04.2016.
36. **How to develop psychometrically sound instruments?**, Two day Workshop on Presentation – Oral & Written: Educational Research reports, organized by the Department of Education, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, on 27.04.2016.
37. **Review of Literature**, in 50-HOPER, Department of Education, Manonmaniam Sundaranar University, Tirunelveli, on 2 August 2016.
38. **SPSS**, in the Workshop on Research Methodology, organized by the Department of Politics & Public Administration, University of Madras, from 23 to 25 January 2019.
39. **Internet Addiction**, Invited Talk at the Department of Education, Manonmaniam Sundaranar University, Tirunelveli, on 1 February 2019
40. **Sampling to Employ Appositely**, invited session in the One Week National Level Workshop on Research Methodology for Research Scholars & Young Supervisors, organized by Department of Education, Manonmaniam Sundaranar University, Tirunelveli, on 7 February 2019.
41. Speaker, Seminar on Empowering Rural Youth, chaired by Ms Shilpa Prabakar IAS, District Collector, Tirunelveli, organized by Bodhi Tree Foundation, on May 12, 2019.
42. **Learning theory for Digital age**, Invited session in the “Two Day National Seminar on Learning Theories,” organized by Centre for Teacher Resource and Academic Support, School of Education, Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching, Ministry of Human Resource & Development, Govt. of India., on 28 June 2019.
43. **What can the University Teach me other than my subjects**, Invited Lecture to the incoming Integrate Post Graduate students of Manonmaniam Sundaranar University, during the 6 day student induction programme, organized by the Internal Quality Assurance Cell on 3 July 2019.
44. **Problem Solving Skills**, module presented in the One Week Training on **Training on Counselling Skills** for Teachers at Higher Education Level, organized by Centre for Teacher Resource and Academic Support, School of Education, Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching, Ministry of Human Resource & Development, Govt. of India., on 22 July 2019.
45. **Ethical Issues in Research: Away from Plagiarism**, in the Ten Day Workshop on Advance Research Methodology for Social Science Teachers of Higher Education, conducted by Centre for Teacher Resource and Academic Support, School of Education, Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching, Ministry of Human Resource & Development, Govt. of India., on 16 September, 2019.
46. **Criminology & Psychology**, Guest Lecture organized by APA College of Arts & Science, Tirunelveli, on 20 September 2019
47. **Research Aptitude**, Lecture organized by Department of Physical Education & Sports, Manonmaniam Sundaranar University, Tirunelveli, during UGC-NET/JRF Coaching Programme, on 19 November 2019
48. **Psychological Contributions in Literature**, in the One Day State Level Seminar, organized by CSI Jayaraj Annapackiam College, Nallur, Tirunelveli, on 27 September 2019
49. **Classroom Psychology**, during the Two Day Workshop on “Capacity Building for Teachers,” by RPA College of Education, Kanyakumari, on 30.12.2019.
50. **Mental Health of Youth**, in the National Level Seminar on “Institutional Practices Fostering Mental Health,” organized by IQAC & Fr. Bonchure Centre for Research, St. Xavier’s College of Education, Palayamkottai, 10 January 2020.
51. **Child Centric Disaster Risk Reduction**, in the Five Day National Level Residential Training Programme, organized by Manonmaniam Sundaranar University, Tirunelveli, sponsored by National Institute of Disaster Management, Ministry of Home Affairs, Govt.

of India, on 5 March 2020.

52. **Emotional Intelligence**, in the National level Online Faculty Development programme, organized by KSR College of Education, on 23 June 2020.
53. **The Fittest Survives**, Bethlehem College of Arts & Science for Women, Karungal, Kanyakumari, on 7 October 2020.
54. **Sampling Techniques for Social Sciences**, in the National Level Workshop on Research Methodology, organized by Centre for Special and Movement Education, School of Education, Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching, Ministry of Human Resource & Development, Govt. of India., held on 20 January, 2020.
55. **Emotional Intelligence**, as part of National Online Faculty Development Programme conducted by KSR College of Education, Tiruchengode, Namakkal, on 23 June 2020.
56. **Art of Studying**, Invited Lecture to the incoming Integrate Post Graduate students of Manonmaniam Sundaranar University, during the 6 day student induction programme, organized by the Internal Quality Assurance Cell on 23 September 2020.
57. **Motivational Speech**, to the first year students of academic year 2020-21, in the Two Week Online Induction Programme, organized by Department of Science & Humanities, University VOC College of Engineering, Thoothukudi on 11 Nov 2020.

CHAired SESSIONS:

1. Chairperson **Youth & Cyberspace**, in the 55th National & 24th International Conference of the Indian Academy of Applied Psychology, 23 to 25 January 2020
2. Chairperson in the National Seminar on "Lifespan Motor Development," organized by Centre for Special and Movement Education, School of Education, Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching, Ministry of **Human** Resource & Development, Govt. of India., 7 February, 2020.

FELICITATION ADDRESS:

1. Felicitated the University Library Readers Forum on 29 March 2019

NATIONAL & INTERNATIONAL MEMBERSHIPS IN PROFESSIONAL BODY:

1. Graduate Student Member, Society for Personality and Social Psychology, since 2016
2. International Affiliate, American Psychological Association, since 2015
3. **Member**, National Academy of Psychology (NAOP), India. Membership No. 20120068 Since 2012
4. **Life Member**, Indian Academy of Applied Psychology (IAAP), Membership No. 1128, Since 2008.
5. **Life Member**, South Asian Society for Criminology and Victimology (SASCV)
6. **Life Member**, National Academy of Psychologists

PUBLICATIONS:

1. Co authored "**Global Well Being in Relation to Yoga Practice**" published at the Journal of Psychological Researches, Madras Psychology Society, India, Volume No.50, No.1, January 2006.
2. Coauthored "**Spirituality - An Exploration of Factor Structure**" article published at National Academy of Psychology, India, Volume No.52, No. 3, July 2007.
3. **Short Write - up on Stress and its correlates on Suicide in Tamirabarani**, Student Lab Journal of the Department of Communication, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, Issue 2, Vol. 17.
4. **Short Write - up on Sexual Violence through Cell phones in Tamirabarani**, Student Lab Journal of the Department of Communication, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, Issue 4, Vol. 17, September 2009.
5. **Short Write - up on Corporal Punishments in School in Tamirabarani**, Student Lab

Journal of the Department of Communication, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, Issue 11, Vol 17, January 2010.

6. Co authored "**Influence of Parenting Style on the Emotional Stability of Adolescent Girls,**" published at *Psychology of Women - Emerging Research & Strategies*, Seminar Proceedings, 2013, ISBN - 9788178740430.
7. Co authored "**Case Studies on patients suffering from HIV / AIDS and their Psychological Well Being,**" published at *Psychology of Women - Emerging Research & Strategies*, Seminar Proceedings, 2013, ISBN - 9788178740430.
8. Co authored "**Quality of Life of Wives of Alcoholics,**" published at *Psychology of Women - Emerging Research & Strategies*, Seminar Proceedings, 2013, ISBN - 9788178740430
9. Coauthored "**INFLIBNET and its usage among research scholars and faculty members in universities of Tamil Nadu,**" published in the *Library Herald*, September 2013, ISSN: 0024-2292.
10. Coauthored "**INFLIBNET: understanding its impact and attitude among the research scholars of Manonmaniam Sundaranar University, Tirunelveli,**" published in the *SALIS Journal of Information management and technology*, December 2013, ISSN: 09754105.
11. Coauthored "**Contemporary Roots of psycho-education: A comprehensive approach,**" published at *Cognitive Science in India: Winning Young Scientists*, published by T R publications, 2014, ISBN: 978818286014.
12. Authored "**A review on the definitions of Internet overuse behavior,**" published in the *International Journal of Academic Research and Development*, April 2018, ISSN: 24554197
13. Authored "**Personality antecedents of Internet overuse behavior among college students,**" published in the *Defence Life Science Journal*, October 2018, ISSN: 2456-379X
14. Authored "**Father's involvement and stress among mothers of children with multiple disabilities,**" published in the *Indian Journal of applied research*, September 2018, ISSN: 2249-555X
15. Authored "Learning theory for the digital age," published in the proceedings of a Two Day National Seminar on **Learning Theories**, ISBN: 9781646061600

PROJECTS UNDERTAKEN

1. UGC Minor Project on "**Influence of Life Skills upon Quality Of Life, Health Practices & Prevention of Antisocial Behaviors among Youths - An Empirical Approach**" sanctioned for the year 2012. Project worth of Rs.1,20,000/-
2. A Minor Project on "**Academic Performance and its correlates on Intelligence, Self - Esteem, Study Skills and Academic Stress among Government Middle and High School Students - An Experimental Design Approach, based on an Intervention with Psycho-education.**" Sponsored by Manonmaniam Sundaranar University, 2009.

EDITORIAL WORKS:

1. **Editor**, *Psychology of Women - Emerging Research & Strategies, Seminar Proceedings*, published at the National Seminar 2013, ISBN - 9788178740430.
2. **Editor**, *Cognitive Science in India: Winning Young Scientists*, published by T R publications, 2014, ISBN: 978818286014.
3. **Editor**, *Psychology for Global Happiness*, Proceedings of the 55th National & 24th International Conference of the Indian Academy of Applied Psychology, 23 to 25 January 2020

RADIO TALKS:

1. "Counselling for youth," Gyan Vani FM of IGNOU, Tirunelveli Station, on 8.7.2011
2. "Talk on Environment" on August 2011, for 5 minutes duration each, at All India Radio (AIR), Tirunelveli Station.

3. "Talk on Psychology class," Gyan Vani FM of IGNOU, Tirunelveli Station, on 19.8.2011.
4. "Talk on Environment" on 10, 11 and 12 October 2012, for 5 minutes duration each, at All India Radio (AIR), Tirunelveli.
5. General Programmed on **Alzheimer's Disease**, on 20. 09. 2012, for 4 hours duration, at Gyan Vani Fm of IGNOU, Tirunelveli Station.
6. "Talk on Environment" on March 2012, for 5 minutes duration each, at All India Radio (AIR), Tirunelveli.
7. "**Nan Nadathai Pazhaguvom Kuritha Sirappu Thodar**" interview at All India Radio (AIR), Tirunelveli, on 21 May 2013.
8. "**Saarpu mattrum Pazhakkam**" interview at All India Radio, Tirunelveli, 9 July 2013
9. Live Interview of a Psychologist, on **Stress**, at Gyan Vani FM, June 2013,

PARTICIPATION IN SEMINARS/WORKSHOPS/CONFERENCES:

INTERNATIONAL

1. 10th International Conference of Indian Academy of Applied Psychology on "Innovative Dimensions of Applied Psychology: Counselling for Development" during February 16 and 18, 2006
2. The 12th International and 43rd National Conference of the Indian Academy of Applied Psychology, held at Kolkata, West Bengal from 7 to 9 February 2008.
3. 14th International and 45th National Conference of the Indian Academy of Applied Psychology, on the theme, **Quality of Life and Globalization: Effective Self Care Interventions**, held from 18th to 20th February 2010, Vishakapatnam, Andhra Pradesh.
4. 15th International and 46th National Conference of the Indian Academy of Applied Psychology, on **Life Skills for Quality of Life**, held between 4th and 6th February 2011, at University of Mysore, Manasagangotri, Mysore, Karnataka, India.
5. 29th Annual Convention of National Academy of Psychology & International Conference on "Making Psychology Deliverable to the Society," organized by the Department of Applied Psychology, Pondicherry University, 20 to 22 December 2019.

NATIONAL

1. Two day National Conference on **H.R.D - Winning the Talent War**, organized by University of Madras, Chennai, Tamilnadu on 27th and 28th January 2003.
2. National CME on Paediatric NeuroPsychology, organized by Kanchi Kamakoti Childs Trust Hospital, Chennai, held on 16th August 2004.
3. National Workshop on **Changing Lifestyles and Health Hazards - Counselling for Youth**, at Rajiv Gandhi National Institute of Youth Development, Chennai, from 11th to 13th April 2007.
4. **UGC National Seminar on Psychology: Promoting Corporate Excellence** held at the University of Madras, Chennai on 1st and 2nd February 2008.
5. Two Day National workshop on **Psychological Research: Questionnaire Development & Application of Statistical Tools**, organized by Department of Clinical psychology, Sri Ramachandra University, as part of the Continuing Psychology Education Programme, on 21st and 22nd February 2009.
6. National Seminar on **Psychological Perspectives of Current Social Issues**, at Annamalai University, Annamalai Nagar, held from 31st March to 1st April 2008.
7. Two day TANSCHÉ sponsored National Workshop on **Current Issues in Practicing Psychology**, organized by the Department of Psychology, Annamalai University, Annamalai Nagar, held on 20th and 21st October 2008.
8. Two day National Level Workshop on **Achieving Excellence in Research Endeavor**, held on 5th and 6th December 2008, at PSG Institute of Management, Coimbatore.
9. 12th National Conference on **Developing School Psychology in India**, held on 9th and 10th of January 2009, at Puducherry.

10. UGC sponsored National Seminar on **Psychological Approaches For Organizational Development**, held at University of Madras, Chennai, Tamilnadu, on 27th and 28th February 2009.
11. One day National Workshop on **Care Beyond Cure**, held at Cancer Institute (WIA), held on 18th July 2009, in Chennai.
12. National Seminar on **Evaluation in Higher Education** Under UGC XI Plan, held at Manonmaniam Sundaranar University, Tirunelveli on 29th and 30th Jan 2010.
13. National seminar on **Neuropsychology - Current Trends And Future Challenges**, organized by Department of Applied Psychology, Pondicherry University, Puducherry, on 23rd, 24th and 25th September, 2010.
14. UGC Sponsored Workshop on **Counselling Skills**, organized by Department of Psychology, University of Madras, Chennai
15. UGC Sponsored National Workshop on **"Applications of Projective Assessment"** organized by the Department of Psychology, Periyar University, Salem, during 13 and 14 October 2011.
16. National Level Conference **Deconstructing Professional Psychology: Big Fish in Small Pond**, organized by the Department of Psychology, Kristu Jayanti College, Bengaluru, on 2nd and 3rd February 2017.

REGIONAL:

1. Workshop and Training in **HR Assessment Techniques**, at University of Madras, Chennai, in 2003.
2. 3- day Workshop on **Research in Psychology-Methodological Perspectives** at University of Madras, Chennai, Tamilnadu, in 2004.
3. Workshop on **Guidance & Counselling**, held on 9th December 2006, organized by Mohammad Sathak A.J. College of Nursing, Chennai.
4. Two Days Workshop on **Instrument Development and Theory Building in Business Research**, held at PSG Institute of Management, Coimbatore, from 28th to 29th March 2008.
5. Question Bank Workshop on **General Intelligence and Reasoning**, held on 11th December 2010 and 10th and 11th of February 2011, organized by the Staff Selection Commission (Southern Region), Department of Personnel and Training, Ministry of Personnel, Public Grievances and Pensions, India.
6. Workshop on **Applications of SPSS Software Packages**, organized by the Department of Statistics, Manonmaniam Sundaranar University, Tirunelveli, on February 27 & 28, 2012.
7. Two Day Workshop on **Mobilization of Impact - Making R & D Projects**, organized by Curriculum Development Cell, Manonmaniam Sundaranar University, Tirunelveli, on 11 & 12 December 2012.
8. 4th International Day of Yoga & Asanas Practices, held at Department of Physical Education, Manonmaniam Sundaranar University, Tirunelveli, on 21 June 2018.
9. A One Day Administrative Training on Strategies for Successful **e-Procurement**, organized by Internal Quality Assurance Cell, Manonmaniam Sundaranar University, Tirunelveli, on 21 August 2018.
10. One Day workshop on MOOCs through SWAYAM, organized by Manonmaniam Sundaranar University, Tirunelveli, on 19 November 2018.
11. Three Day National level Workshop on **Research Methodology, Statistical Data Analysis and Interpretation**, using SPSS & AMOS, on 4, 5 & 6 January 2019, organized by Institute of Statistics & Analytical Research, Chennai.
12. Two Day National Workshop on **Structural Equation Modelling (AMOS / PLS / LISREL)**, on 25 & 26 February 2019, organized by the Department of Management Studies, Manonmaniam Sundaranar University, Tirunelveli.
13. Four Day National Workshop on **Model Building** from 12 to 15 June 2019, organized by the Department of Management Studies, School of Management, Puducherry University, Pondicherry.

14. Workshop on **Data Analysis for Higher Education Teachers** organized by Department of Statistics, Manonmaniam Sundaranar University, Tirunelveli, sponsored by School of Education, Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching, Ministry of Human Resource & Development, Govt. of India., on 7 & 8, January, 2020.
15. One Day Internship programme on **Stay Safe at Cyberspace – Cyber Security Empowerment for Teachers Community**, organized by the Centre for Information Technology & Engineering, Manonmaniam Sundaranar University, Tirunelveli, on 28 February 2020.

PAPER / POSTER PRESENTATIONS:

International:

1. Presented poster under the title, "**Personality Antecedents of Wellbeing among the college students**" in the Second International Conference on WellBeing at **Singapore University of Social Sciences (SUSS)**, Singapore on 1 & 2 November 2018.
2. 9th International Conference on **Global Peace through Emotional Intelligence Education, Organisation Management and Positive Psychology for Inner Peace, Business Success and a Better Life**, organized by World Without Anger and Global Peace Foundation, Nepal, 25 & 26 October 2019.

National:

16. **Presented Paper** under the title, "**Self-Esteem of Working and Non-Working Adolescent Boys**" at the **National Seminar on "Health Psychology: Retrospect and Prospects"** on March 29 and 30, 2005 at Haryana, India.
17. "**Global Well Being in Relation to Yoga Practice**," Paper Presentation in the **10th International Conference of Indian Academy of Applied Psychology on Innovative Dimensions of Applied Psychology: Counselling for Development** during February 16 and 18, 2006
18. **Presented Paper** titled, "**A study on the Personality Patterns of Working and Non-Working Indian Sample**" in the **National Seminar on Psychological Perspectives of Current Social Issues** held during 31st March and 1st April, 2008, organized by the Psychology Wing, Directorate of Distance Education, Annamalai University, Annamalai nagar, Chidambaram, Tamilnadu.
19. **Paper presented** under the title "**Assessment of Human Relations Skills of College Students**", at the National Seminar on Evaluation in Higher Education, organized by Department of Education, Manonmaniam Sundaranar University, Tirunelveli during 29th & 30th January 2010.
20. **Poster presented** on "**Training Activity and its Influence on Conflict Resolution**" in the 45th National and 14th International Conference on Department of Psychology and Parapsychology, Andhra University, Visakapatnam 18th - 20th February 2010.
21. **Poster presentation** entitled "**Stress and Academic Achievement among Students of Government and Government Aided High Schools in Tirunelveli District**," at the 6th National Conference of Academy of Psychologists, held at Tirupati, on 13th and 14th of September 2010.
22. **Presented a paper** titled, "**A Survey On The Influence Of Life Skills Upon Health Behaviours And Quality Of Life Of Post Graduate Students**" at 15th

International and 46th National Conference of the Indian Academy of Applied Psychology, on **Life Skills for Quality of Life**, held between 4th and 6th February 2011, at University of Mysore, Manasagangotri, Mysore, Karnataka, India.

23. **Internet Addiction Test by Young – Indian Validation**, at the 29th Annual Convention of National Academy of Psychology & International Conference on “Making Psychology Deliverable to the Society,” organized by the Department of Applied Psychology, Pondicherry University, 20 to 22 December 2019.
24. Presented a paper on **Excessive Smartphone use and its effect on motor development in children**, in the National Seminar on “Lifespan Motor Development,” organized by Centre for Special and Movement Education, School of Education, Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching, Ministry of Human Resource & Development, Govt. of India., 7 February, 2020.

PROPOSALS SUBMITTED

1. **Establishment of Career and Counseling Cell** for a worth of 19 Lakhs to the University Grants Commission, under XI Plan, for the academic years 2009 – 2012.
2. **Improvement of Science & Technology Infrastructural facilities** for a worth of 4.75 Lakhs, submitted to Tamil Nadu State Council for Science & Technology, 2019
3. **“,dp Ntz;lhNk Nju;T gak;”** - Application for Partial Financial Assistance for Science & Technology Publication in Tamil, submitted to Tamil Nadu State Council for Science & Technology, 2019 for a one time grant of Rs 25,000.
4. **International Conference on Global Happiness**, Proposal submitted for Parital Financial Assistance to Tamil Nadu State Council for Science & Technology, for a sum of Rs. 20,000, during 2019.
5. Application for Travel Grant submitted to Tamil Nadu State Council for Science & Technology, during 2019.
6. **International Conference on Global Happiness**, submitted to ICSSR towards Conference Grant.
7. **Personality Determinants influencing Women participation in the Gram Sabha of Tirunelveli Distict**, Minor Project Proposal submitted to ICSSR for an estimate of Rs. 14.98 Lakhs
8. **Excessive use of Cell phones and its Health Consequences among College Students**, project worth of Rs 5 Lakhs, to the Tamil Nadu State Council for Science & Technology, 2019
9. **Influence of Counselling Skills Training on Wellbeing and Quality of Life of College Teachers**, Minor Research Proposal submitted to Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching, Ministry of Human Resource & Development, Govt. of India, 2019
10. **Influence of Excessive Internet use on health and academic performance of adolescent school students**, project worth of Rs 5 Lakhs, to the Tamil Nadu State Council for Science & Technology, 2020

TRAINING UNDERGONE:

1. **Beginners Course in SPSS**, between 6th August 2003 and 8th October 2003, course certified by ANSI TECHNIQUES, Chennai.
2. One year Continuous **Life Skills Development Programme**, conducted by Department of Counselling & Guidance, Madras School of Social Work, Chennai and Indian Academy of Applied Psychology, during 2004 and 2005.

3. 5 and a half days of NSS Orientation Training, at the Empanelled Training Institution - National Service Scheme, Avinashilingam University, Coimbatore, under Ministry of Youth and Sports, Government of India; held between 28th of November and 3rd of December 2011.
4. Orientation Programme for Entry level Teachers organized by Academic Staff College, University of Madras, Chennai, held from 18th May 2012 till 17 June 2012.
5. 21 Days UGC Sponsored Refresher Course on Social Sciences held from 20.05.2016 to 09.06.2016 at University of Madras, Chennai.
6. **One Week Faculty Development Programme (FDP) on Online Medium**, organized by Manonmaniam Sundaranar University, Tirunelveli, from July 9 to 15 2020.