

Name	Ms. R. Rohini
Qualification	M.A., M.Sc., M.Phil.,
Designation	Counsellor & Assistant Professor
Year of Joining	18-06-2015
Specialization	Counselling, Body language, and Psychotherapy
Email id	<u>srohini80@gmail.com</u>



Seminars/Workshops/FDP/Conferences/Webinars

Date	Paper Presented/ Participated	Title of the Paper	Organized By	Workshop/ Seminar/ FDP	Type
29.07.2024 to 02.08.2024	Participated	Exploring new frontiers in teaching tools, AI and Data Analytics	MEASI Institute of Information	FDP	International
11.12.2023	Participated	Avoiding predatory publishing	Marian Research Forum, St. Mary's College [Autonomous] Thoothukudi	Seminar	National
13.10.2023	Participated	Brain Balancing And Hypnosis	Ramanujar college , University of Delhi	workshop	National

13.10.2023	Participated	Research and teaching methodology	PG Department of Chemistry St.Mary's College [Autonomous] Thoothukudi	workshop	State
07.09.2023	Participated	Chat GPT,GPT,&LAM MA	Library Committee And Institution Innovative Council, St.Mary's College [Autonomous] Thoothukudi	workshop	National
13.08.2023	Participated	Effective handling of issues and concerns of adolescents	Saksham society ,Jaipur	webinar	National
5.03.2024	Participated	Augmented reality	ICT ACADEMY	Seminar	National
11.08.2023	Participated	Artificial intelligence [AI]tools for education with special reference to Chat GPT,GPT,&LAM MA	Library Committee And Institution Innovative Council, St.Mary's College [Autonomous] Thoothukudi	Seminar	National

29.08.2022 - 02.09.2022	Participated	Psychotherapies	Psykey -Unlock Psychology	Workshop	National
10.01.2022	Participated	Library without walls	St.Mary's College (Autonomous)	Tutorial	-
08.11.2021	Participated	Being proactive in the NLP way	International mental health webinar series 2020-2021	webinar	International
23.08.2021	Participated	Sybil:MPD, DID	International mental health webinar series 2020-2021	webinar	International
18.08.2021	Participated	Interpersonal Relationship	International mental health webinar series 2020-2021	webinar	International
11.08.2021	Participated	Positive Schooling	International mental health webinar series 2020-2021	webinar	International
05.08.2021, 06.08.20.21	Participated	Mandala Art Therapy	Red pond educational psychological research center Madurai.	workshop	National

11.06.2021	Participated	Dealing with disquietude in pandemic musings from a psychological perspective.	Assam University.	Webinar	International
05.06.2021	Participated	Training tele counselors	Sacred heart college autonomous Tirupattur.	Webinar	National
04.06.2021	Participated	Optimism approaches and models.	International mental health webinar series 2020-2021	webinar	International
30.03.2021	Participated	Communication of affection for healthy work-life integration from a global perspective.	St. Mary's College (Autonomous)	Webinar	International
24.10.2020	Participated	Culture For Peace	The royal palace of Kacirebonan	Webinar	International
06.08.2020	Participated	Emotional intelligence for teachers	Prime college for Education	Webinar	International

03.08.2020- 08.08.2020	Participated	AICTE sponsored online short-term training (STTP) on Entrepreneurship development	GRG School of management studies	Training	National
22.07.2020	Participated	Psychological aspects of mental well being	N.K.T. National College and Sarah Tucker college	Webinar	National
09.07.2021- 11.07.2021	Participated	World Record program	N.K.T . National college of education	webinar	International
08.07.2020	Participated	CyberPsychology 2020	N.K.T. National College of Education	Webinar	National
08.07.2020	Participated	Psycho Regulatory Techniques In Sports	Kongu Arts and Science college	Webinar	National
02.07.2020	Participated	Split Free India	ACF, TATA TRUST	Webinar	National
01.07.2020	Participated	Manage Stress Through A Strong Body	G.T.N Arts College [Autonomous]	Webinar	National
30.06.2020	Participated	Qualitative Research	Avinashi lingam Institute	Webinar	National

30.6.2020	Participated	Enrich Your Health in the Perfect Way	Rajapalayam Rajus college	Webinar	International
28.06.2020	Organized	Relaxation Techniques For Stress Management	St. Mary's College (Autonomous)	Webinar	National
25.06.2020 – 27.06.2020	Participated	Graphology	Fountain capuchin institute of counseling	Webinar	National
23.06.2020- 27.06.2020	Participated	Reconfiguring the mind post-covid consciousness	Jyothi Nivas College (Autonomous)	FDP	National
21.06.2020	Participated	Yoga For Health	G.T.N Arts College [Autonomous]	Webinar	National
15.06.2020	Participated	How To Overcome Stress	Dhanalakshi Srinivasan institute of research and technology	Webinar	National
12.06.2020	Participated	Funding support to Establish E-cell in college	R.B Gothi Jain college for women	Webinar	National
12.06.2020	Participated	Body Language	Sacred Heart College, Tirupattur	Webinar	National
12.06.2020	Participated	Essentials Skills and Attitude For 2020	Adhiyaman arts and science College for women	Webinar	National

10.06.2020	Participated	Library	St. Mary's College (Autonomous)	Webinar	National
07.06.2020	Participated	Choices We Make	FORTIS Mental Health Department	Webinar	National
04.06.2020	Participated	Quiz On Educational Psychology	AL-AMEEN College of Education	Webinar	National
30.05.2020	Organized	Family Enrichment	St. Mary's College (Autonomous)	Webinar	National
29.05.2020	Participated	An Overview of E-Content Development	St. Mary's College (Autonomous)	Webinar	National
27.05.2020	Participated	Manage Stress Before Stress Manages You	St. Mary's College (Autonomous)	Webinar	National
23.05.2020	Participated	Leadership Talk	MHRDs Innovative Cell	Webinar	National
21.05.2020	Participated	Enhancing Immunity Naturally	Arusu Women's College, Erode	Webinar	National
19.05.2020	Participated	Mental Health and Hygiene	Arasu college of education for women, Ponkaliasman college of education	Webinar	National

17.05.2020	Participated	Web Series Program On Covid-19 Virus	Nature science foundation	Webinar	National
15.05.2020	Participated	Benchmark Of Research	Loyola college of education	Webinar	National
14.05.2020	Participated	Personal Effectiveness Need of The Hour	Sakthi Institute of information and management studies	Webinar	National
13.05.2020	Participated	E-Content Preparation Finding Copyright-Free Images And Sounds	Loyola college of education	FDP	National
12.05.2020	Participated	Selection Of Appropriate Statistical Tools	St. Mary's College (Autonomous)	Webinar	National
05.05.2020	Participated	Outcome-based education	Monopods	FDP	National
05.05.2020	Participated	Covid-19 Pandemic General Awareness Quiz	DhanalakshimiSri Srinivasan engineering College	Webinar	National

01.05.2020	Participated	Effective Behavior Management Techniques	Arasu college of education for women, Ponkalamman college of education	Webinar	National
01.05.2020	Participated	A New Era In Learning Special References	National digital library of India	Webinar	National
30.04.2020	Participated	Optimizing Family Amidst Lockdown	The American College, Madurai, Tamil Nadu	Webinar	National
29.04.2020	Participated	International Webinar Symposium On Relevance Of Gandhian Ideology	NGM College	Webinar	International
29.04.2020	Participated	Examination Guidance For Qualifying Net/Set	M.S College of Arts, Science, Commerce & BMS, Mumbai	Webinar	National
28.04.2020	Participated	21st Century Teacher Skills	SRM Institute of Science & Technology, Ramapuram	Webinar	National
28.04.2020 - 30.04.2020	Participated	Emotional Intelligence	KG College of Arts and Science	FDP	National

26.04.2020	Participated	General Science Quiz	Kamala Nehru Mahavidyalaya, Nagpur	Webinar	National
27.04.2020	Participated	Edspire Webinar Series 2019-2020	VET institute of arts and science	Webinar	National
24.04.2020	Participated	Humanistic Strategies For Mental Health and Wellbeing	The American College, Madurai, Tamil Nadu	Webinar	National
21.04.2020 – 30.04.2020	Participated	10 Days Free Online Workshop for Teachers	Universal Academy of Teachers	Webinar	National
21.04.2020	Participated	Psychological Wellbeing Of Men	The American College, Madurai,	Webinar	National
21.04.2020	Participated	Faculty Development Program	GeethaJeevan Arts and Science College	FDP	National
16.04.2020	Participated	Online Training of Psychologists for Providing Brief & Basic Telephonic Psychological Support In Context of Covid-19	National Institute of Mental health and neurosciences (NIMHANS)	Webinar	National

15.04.2020	Participated	Understanding Tele- Counselling	MHWS	Webinar	National
23.01.2020 – 25.01.2020	Presented	"Self-Love-An Effective Key To Be Resilient"	Manonmaniam Sundaranar University, Tirunelveli	Conference	55th National And 23rd International
09.12.2019	Participated	Writing And Publishing Research Articles	St. Mary's college (autonomous), Tuticorin & Library and Research Forum	Seminar	International
26.11.2019	Participated	Research Methodology	St.Xaviers Institute of Business Administration, Palayamkottai	Workshop	National
01.10.2019	Participated	Writing And Publishing Research Articles	Kamaraj College, Tuticorin	Seminar	National
14.09.2019	Participated	Writing Research Proposal For Funded Projects	Marian Research forum St. Mary's College (Autonomous) Tut icorin	Conference	National
14.09.2019	Participated	Empowerment Women Entrepreneurs hip (We2 2019)	St. Mary's College	Seminar	International

12.09.2019	Presented	"Psychological Wellbeing At Work Place, Pleasure Vs Pressure"	Marian Research forum	Seminar	National
07.09.2019	Participated	One Day International Workshop On Ethical Values as A Means Of Effective Communication.	Department of Tamil & Department of Psychology, St.Mary's College (Autonomous), Tuticorin.	Workshop	International
15.02.2019 16.02.2019	Participated	"Counselling Practices In Christian Higher Education"	CHRIST (Deemed to be University) Bangalore	Conference	National
20.06.2018	Participated	Fostering Transparency Routing Out Plagiarism A To Z	St. Mary's College (Autonomous) Tuticorin	Seminar	National
15.02.2018 16.02.2018	Participated	Net, Set Exam	Manonmaniam Sundaranar University Tirunelveli	Preparatory Programme	State
03.02.2018	Participated	"Kaviyarasu Kannadasan And His Creativities"	St. Mary's college (autonomous) Tuticorin	Conference	International

06.01.2018	Presented	"Social Networking Sites And Psychological Well-Being of Youth"	Anugraha institute of social sciences, Dindigul	Conference	International
09.12.2017	Participated	Academic And Research Integrity in The Digital World	St. Mary's College, (Autonomous) Tuticorin	Seminar	National
28.09.2017	Participated	Opportunities For Psychology In India	Manonmaniam Sundaranar University Tirunelveli	Workshop	Awareness Workshop
11.03.2017	Participated	Equity And Access to Women Empowerment In Higher Education	St. Xavier's College, Palayamkottai	Seminar	State Level Seminar
03.02.2017	Participated	Enhancing Psychological Well-Being Across Human Life-Span	Anugraha Institute of Social sciences, Dindigul	Conference	International
26.09.2016	Participated	The Joy Of Living A Psychological Perspective	St. Mary's College (Autonomous) Tuticorin	Seminar	International

18.03.2016	Presented	"Thirukkural in a psychological viewpoint"	St. Mary's College (Autonomous), Tuticorin	Conference	International
06.02.2016	Presented	"Healing Intimate Relationship Among Family Maturity Vs Immaturity"	Anugraha Institute of social sciences, Dindigul	Seminar	National
07.01.2016 to 08.01.2016	Participated	Quality Enhancement In Higher Education Teaching, Learning, Evaluation	St. Mary's College [Autonomous]	Seminar	National
12.02.2016 to 13.02.2016	Participated	Counseling	Adhithinar college, Thiruchendur	Workshop	National

Papers Published

Paper Title	Author(s)	Journal	Year	Volume	Issue	Page No
Thirukkural in a Psychological viewpoint	R.Rohini	-	2016	-	-	189-193

Karnan-The man who made every stopping stone as his stepping stone	R.Rohini	-	2017	-	-	133-135
Social Networking sites and Psychological wellbeing of youth	R.Rohini	-	2018	-	-	97-105
Kaviyarasu kannadasan and his creativities	R.Rohini	-	2018	-	-	367-371
Psychological wellbeing at workplace, Pleasure vs Pressure	R.Rohini	-	2019	-	-	236-242

The Impact Of Solid Waste On Health And the Environment	Sudha.A & R. Rohini	Vulnerability to Potential Impacts of Environmental Pollution : Adaptation and Risk Communication Strategies for Environmental Health	2022			
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As Resource Person

S.no	Date	Name Of The Institution	Invited As	Topic/Event
1	26.07.2015	St.Mary's College (Autonomous)	Resource Person	Fear And Stress Management
2	07.07.2015	St.Mary's College (Autonomous)	Resource Person	Positive Thinking
3	16.06.2016	St.Mary's College (Autonomous)	Resource Person	Ways To Handle Our Life Remote
4	01.07.2016	St.Mary's College (Autonomous)	Resource Person	Born To Shine
5	15.07.2016	St.Mary's College (Autonomous)	Resource Person	Sudden Love And Abuses
6	08.07.2016	St.Mary's College (Autonomous)	Resource Person	Health And Stress Management
7	10.10.2017 - 14.10.2017	St.Mary's College (Autonomous)	Resource Person	Mental Health Awareness Activities
8	11.07.2017	St.Mary's College (Autonomous)	Resource Person	How To Make Life Towards Success

9	26.10.2017	St.Mary's College (Autonomous)	Resource Person	How To Celebrate Life Joyfully
10	05.01.2018	St.Mary's College (Autonomous)	Resource Person	How To Lead Mind In A Positive Way
11	13.10.2017	St.Mary's College (Autonomous)	Resource Person	Switch Words
12	06.10.2018	St.Mary's College (Autonomous)	Resource Person	Mental Health Day Awareness
13	16.04.2017	Manonmaniam Sundaranar University, DD&Ce	Guest Lecture	Scope And Fields Of Psychology
14	24.04.2017	Manonmaniam Sundaranar University, Dd&Ce	Guest Lecture	Abnormal Psychology
15	28.02.2018	NSS camp held at Lusia home	Speaker	Mental Health
16	15.07.2018	Manonmaniam Sundaranar University, Dd&Ce	Examiner	Dd&Ce Psychology
17	07.08.2018	Manonmaniam Sundaranar University	Resource Person	'opportunities Issues And Strategies In Counselling'
18	11.01.2019	St. Mother Teresa Engineering College, Vagaikulam, Tuticorin	Resource Person	'goal Setting'
19	03.05.2019	Manonmaniam Sundaranar University	External Examiner	Practical
20	7.11.2019	Manonmaniam Sundaranar University	External Examiner	Practical

21	8.11.2019	Manonmaniam Sundaranar University	External Examiner	Practical
22	24.09.2019	Indian Express And Federal Bank.	Judge	Speak For India
23	10.12.2019	Manonmaniam Sundaranar University	Resource Person	Counseling Skills
24	27.01.2020	A.P.C Mahalakshmi College	Resource Person	The Need Of Counseling
25	28.08.2020	South Asian Institute Of Advanced Research And Development (Saiard) And I-Can Adolescents	Resource Person	Enhancing Adolescents Wellbeing
26	29.09.2020	American College, Madurai	Resource Person	U & Me-Couple Enrichment
27	09.10.2020	Care Academy, Hosur.	Resource Person	Family Enrichment
28	30.10.2020	Navchetna Organized By Salaam Society, Nepal	Resource Person	Me And My Emotions
29	09.10.2020	St. Mary's College [Autonomous], Tuticorin.	Resource Person	Mental Health And Its Importance
30	16.10.2020	St. Mary's College [Autonomous], Tuticorin.	Resource Person	Like And To Be Liked
31	28.11.2020	Global Citizen Peace Federation And International Human Rights And Social Justice Federation	Resource Person	Couple Enrichment
32	01.06.2021	St. Mary's College [Autonomous], Tuticorin.	Resource Person	Feed Your Mind And Fly Away From Negativity.

33	02.06.2021	St. Mary's College [Autonomous], Tuticorin.	Resource Person	Feed Your Mind And Fly Away From Negativity.
34	10.06.2021	Sri Krishna Aditya College Coimbatore.	Resource Person	Connecting The Dots:Psychology Of Entrepreneurship.
35	17.07.2021	Manonmaniam Sundaranar University	Resource Person	Catch Up With Yourself
36	10.08.2021	American College Madurai	Resource Person	The Road To Success
37	06.09.2021	Students Induction Program	Resource Person	Awareness On Counselling
38	18.09.2021	Adult Education Program Conducted By The St.Thomas Cbse	Resource Person	Pandemic Habits
39	27.09.2021	Ethics Committee Of The St.Mary's College (Autonomous)	Resource Person	Emotional Wellness
40	01.11.2021	M.S.University Constituent College,Vilathikulam	Resource Person	Mental Health Wellness;Essential To Success In A Career
41	18.11.2021	American College, Madurai	Resource Person	"Parenting Styles"
42	19.11.2021	IQAC, Counselling Forum, And By The Psychology Department Of St.Mary's College (Autonomous), Tuticorin	Resource Person	"Mind Spa"
43	02.12.2021	American College, Madurai	Resource Person	"Love Languages"
44	22.01.2022	St.Ignatius College Of Education, Palayamkottai	Resource Person	"Formation Of Youth In The Modern Era "

45	07.03.2022	YRC And Rotary Club Of St.Mary's College (Autonomous), Thoothukudi,	Resource Person	Mental Health Boundaries
46	08.03.2022	Laity Center, Thoothukudi	Chief Guest	"My Better Version".
47	12.03.2022	Sahayamatha Center Thoothukudi	Resource Person	"Overthinking".
48	16.03.2022	The Psychology Department Of M.S University	Resource Person	Problem-Solving Skills For Counselors
49	22.03.2022	In The Hostel At St.Mary's College [Autonomous]	Resource Person	Managing The Mental Health Barriers'
50	23.03.2022	Hostel At St.Mary's College [Autonomous]	Resource Person	"Adolescents Mental Health
51	24.03.2022	Hostel At St.Mary's College [Autonomous]	Resource Person	Managing The Mental Health Barriers'
52	26.03.2022	Parents Teachers Association Meeting Held At St.Mary's College (Autonomous)	Chief Guest	"Parenting With Love And Logic"
53	23.04.2022	22nd Women Organization, Sri Lanka	Resource Person	Win-Win- "A Path A To Hope
54	26.04.2022	Commerce department,St.Mary's College (Autonomous)	Moderator	Twenzia Fest 2022

55	28.04.2022	Department Of Economics & Counselling Forum St.Mary's College (Autonomous)	Resource Person	Stress Management
56	25.05.2022	The Vikasa School, Thoothukudi,	Resource Person	Understanding Students Behavior
57	3.07.2022	Laity Center, Thoothukudi	Resource Person	Goals Of Counseling
58	7.07.2022	Sri Saratha School, Thoothukudi,	Resource Person	Learning Difficulties
59	13.07.2022	Kamaraj College Thoothukudi	Resource Person	Understanding Adolescents Behavior
60	16.07.2022	Sri Saratha School, Thoothukudi	Resource Person	PTA Meeting
61	26.07.2022	Sri Paramakalyani College, Thenkasi	Resource Person	Feed Your Mind And Fly Away From Missing Out
62	28.07.2022	St.Mary's College (Autonomous), Thoothukudi	Resource Person	Importance Of Counselling
63	30.07.2022	American College, Madurai	Resource Person	4-Women In Your Life
64	2.9.2022	St.Mary's College (Autonomous) Thoothukudi	Resource Person	Life On Purpose
65	20.09.2022	Kamaraj College Thoothukudi	Resource Person	Exploring Our 'self'
66	14.10.2022	"Zealit 2022" Organized By The Pg And Research Department Of English St.Mary's College	Resource Person	Judge

67	15.10.2022	Madura Coats Of Thoothukudi	Resource Person	Importance Of Mental Health
68	21.10.2022	All India Radio	Resource Person	Teens Mental Health
69	4.11.2022	Wavoo Wajeeha Women's College	Resource Person	Personal Conflict Management
70	21.11.2022	St. Louisa Girls Hr.Sec. School Kalugumalai	Resource Person	" Handling Life With More Care"
71	21.11.2022	St. Louisa Girls Hr.Sec. School, Kalugumalai, Kovilpatti	Resource Person	Balancing Personal And Professional Relationships"
72	7.11.2022	Kamaraj College Thoothukudi	Resource Person	Life On Purpose
73	9.11.2022	Kamaraj College, Thoothukudi	Resource Person	Mental Health Barriers
74	12.01.2023	St.Mary's College (Autonomous) Thoothukudi	Resource Person	"good Start For A Positive Carnival"
75	9.2.2023	Government Children's Home, Thattaparai	Resource Person	'let's Spread Good Vibes'
76	10.2.2023	Esha Vidya School	Resource Person	Fearless Exam.
77	22.2.2023	Kamaraj College, Thoothukudi	Resource Person	Hijack Your True Self
78	27.2.2023	Kamaraj College, Thoothukudi	Resource Person	Learn To Lead
79	24.02.2023	Government Hr.Sec. School, Mangalampatti, Madurai	Resource Person	Nothing Is Impossible
80	1.03.2023	Kamaraj College, Thoothukudi	Resource Person	Positive Mindset
81	2.03.2023	St.Mary's College (Autonomous) Thoothukudi	Resource Person	Developing Gratitude In Mind And Body

82	2.03.2023	Kamaraj College, Thoothukudi	Resource Person	Mindfulness
83	6.3.2023	Kamaraj College, Thoothukudi	Resource Person	Emotional Wellbeing
84	11.04.2023	Anna Administrative Staff College Impacts Training To The State Government Employees	Resource Person	Stress And Relationship Management
85	26.4.2023	Sadakathullah Appa College (Autonomous) Tirunelveli	External Examiner	Practical Examination
86	5.05.2023.	Sadakathullah Appa College	External Examiner	Psychology Project Viva
87	17.05.2023	CDP Program At Tharuvaikulam	Resource Person	I Am The Boss Of My Body
88	18.05.2023	CDP Program At Kalangarai, Thoothukudi	Resource Person	Good Touch Bad Touch
89	12.05.2023	M.S University	External Examiner	PG Project Viva-Visa
90	23.06.2023	Student Induction Program Organized By The Iqac Of St.Mary's College	Resource Person	Mental Health Barriers
91	01.07.2023	National Engineering College, Kovilpatti	Resource Person	Hijack Your Real Self
92	7.07.2023	St. Joseph CBSE School, Virapandianpatnam	Resource Person	Handle With Care
93	17.07.2023	Holy Cross Home Science College	Resource Person	Unlock your Potential
94	17.7.2023	Sadakathullah Appa College, Tirunelveli	External Examiner	UG Psychology Exam
95	22.07.2023	Velammal Vidyalaya, Madurai,	Resource Person	Cultivating Mental Wellness
96	8.8.2023.	Vikasa School, Thoothukudi	Resource Person	“Psychological Wellbeing Among Teen Girls”

97	9.8.2023	Kamaraj College, Thoothukudi	Resource Person	Mind UR Mind
98	19.8.2023.	Laity center, Thoothukudi	Resource Person	"Celebrate old age"
99	13.9.2023	Kamaraj College Thoothukudi	Resource Person	"Mental Health Barriers"
100	14.9.2023	Kamaraj College Thoothukudi	Resource Person	"Mental Wellness"
101	15.9.2023	Kamaraj College Thoothukudi	Resource Person	"Psychological well being"
102	22.9.2023	Thassim Beevi Abdul Kadar College, Keelakarai, Ramnadand	Resource Person	"Escape From The Negative Loop"
103	29.9.2023	Ignatius Butera Guidance Centre, Virapandianpatnam	Resource Person	"Mental Health"
104	17.10.2023 18.10.2023	Sadakathullah Appa College, Tirunelveli	External Examiner	End semester examination
105	9.11.2023	Subbiah Vidyalayam School, Thoothukudi	Resource Person	Sports Psychology
106	29.11.2023	Arumugaswami Anbu Ashram	Resource Person	Mind Matters
107	Nov 2023	Sadakathullah Appa College, Tirunelveli	question paper setter	End semester examination
108	5.12.2023 6.12.2023	Sadakathullah Appa College, Tirunelveli	External examiner for the Project	End semester examination
109	Nov-2023	Madurai Kamaraj University	Question paper setter	End semester examination
110	03.01.2024	M.S University, Tirunelveli	External examiner	End semester examination
111	20.01.2024	St. Mary's College (Autonomous), Thoothukudi	Resource Person	Inner Well Being and Growth

112	24.1.2024	PG and the research department of Commerce, St. Mary's College (Autonomous), Thoothukudi,	Resource Person	"It's time to Pause"
113	29.1.2024	PG and the research department of English, St. Mary's College (Autonomous), Thoothukudi	Resource Person	"Relax-Time to Prove You"
114	02.02.2024	National Commission For Protection Of Child Rights (NCPCR), New Delhi.	Delegate	Prime Minister Pariksha Parv 2.0
115	07.03.2024	Pope's College (Autonomous)Sawyerpuram	Resource Person	Life Skills
116	15.04.2024 16.04.2024	Sadakathullah Appa College, Tirunelveli	External Examiner	End semester examination
117	26.04.2024	Sadakathullah Appa College, Tirunelveli	External examiner for the Project	End semester examination
118	04.04.2024	Pope's College (Autonomous)Sawyerpuram	Resource Person	leadership training
119	11.05.2024	Adaikalapuram St.Joseph's Trust	Resource Person	Recent issues in Families
120	27.06.2024	Ethics committee of St.Mary's college (Autonomous) Thoothukudi	Resource Person	"Belief System"
121	30.06.2024	IQAC of St.Mary's college (Autonomous) Thoothukudi	Resource Person	Psychological well- being
122	9.07.2024	Kamaraj college, Thoothukudi	Resource Person	"Emotional well-being"
123	19.07.2024	Holy cross home science college, Thoothukudi	Resource Person	Unleash Your Potential

124	July 2024	Sadakathullah Appa College, Tirunelveli	Question paper setter supplementary exam	End semester examination
125	14.08.2024	National Engineering College	Resource Person	Holistic Wellbeing
126	19.08.2024	All India Radio	Resource Person	Digital Well-being
127	20.08.2024	St.Mary's college (Autonomous) Thoothukudi	Resource Person	Emotional Wellness
128	7.09.2024	St.Mary's college (Autonomous) Thoothukudi	Resource Person	Resilience

AWARDS HONORED

1. Awarded **Abraham Maslow Excellence Award** for the commitment and dedication and contribution in the field of Psychology by **Red pond Educational and Psychological Research Center Madurai, India on 15th Aug 2021**
2. Awarded **TIP Inspiring Educators award 2021** for world teachers day on **05.10.2021**
3. Awarded **“Honorary Doctorate”** Award by the **United Nobles Rescue Services Sweden** for Counselling on **17th October 2020.**
4. Awarded **“The Real Super Women”** Award from **FSIA Forever Star India Award** on **24th October 2020.**
5. Awarded **"Honorary Doctorate"** for women of peace and creativity for the world by Honorary Dissertation committee **AICHYCI MEXICO MOROCCO** on **25th November 2020.**
6. Awarded **APJ ABDUL KALAM EDUCATION EXCELLENCE AWARD** on

27.7.2022 from the TIP Community.

7. Awarded **BEST MOTIVATIONAL SPEAKER AWARD** from London Academy of Art Literature Association Melvin hall society, London on **5.09.2022**

8. Provided **Best Teacher Award** from Red Pond Psychological and Research Centre, India on 5th September 2023.

9. Offered **National Achievers award** from Socially Point India on 12th August 2023

OTHERS:

SHORT TERM COURSES/MOOC COURSES

DURATION	TITLE	ORGANIZED BY
July-August 2019	Body Language Key To Professional Success	NPTEL
January –April 2021	Psychology Of Stress ,Health And Wellbeing	NPTEL
04 May2015- 30 May2015	Counsellor Training	Anugraha Capuchin Institute For Counseling And Psychotherapy
1St February 2017 - 18 February2017	Pranic Healing.	World Pranic Healing Foundation
17.04.2015- 24.04.2015	Inner Child Healing	Anugraha Capuchin Institute For Counseling And Psychotherapy
25-June- 2020 – 27-June- 2020	Graphology	Fountain Capuchin Institute For Counseling And Psychotherapy

2020	Tele Counselling	NIMHANS Bangalore
August 2020	Enhancing Soft Skills.	Sri Krishna Adithya College Of Arts And Science Coimbatore
24.05.2022 - 29.05.2022	Sports Psychology	Skill Nation
05.08.2021- 06.08.20.21	Art Therapy	Red Pond Educational Psychological Research Center Madurai.
2.12.2018 - 10.12.2018	Inner Child Healing.	Anugraha Capuchin Institute For Counseling And Psychotherapy
23-06-2020 To 27-06-2020	Reconfiguring The Mind Post -Covid Consciousness	Jothi Nivas College Of Autonomous, Bangaluru
3-08-2020 8-08-2020	AICTE On Entrepreneurship Development	Grg School Of Management Studies
21-04-2020 30-04-2020	E-Content Development	Universal Teacher's Academy
29.08.2022 - 02.09.2022	Psychotherapies	Psykey- Unlock Psychology

RESPONSIBILITIES HELD

2015-2016

- Grievance and Redressal Committee
- Counsellor

2016-2017

- Grievance and Redressal Committee
- Counsellor
- General Discipline Committee
- Sports and Games

2017-2018

- Grievance and Redressal Committee
- Counsellor
- General Discipline Committee

2018-2019

- Grievance and Redressal Committee
- Counsellor

2019-2020

- Grievance and Redressal Committee
- Counsellor

2020-2021

- Grievance and Redressal Committee
- Counsellor

2021-2022

- Grievance and Redressal Committee
- Counsellor

2022-2023

- Grievance and Redressal Committee
- Counsellor

2023-2024

- Grievance and Redressal Committee
- Counsellor

2024-2025

- Complaints cum Redressal Committee
- Amalorpava Matha Mathuvilaku Movement
- Counsellor

OTHER ACCOMPLISHMENTS:

- Given more than **300 talks**.
- Cleared the **TNPSC Group II** Exam twice.
- Invited as a **resource person** for more than **150 events**.
- Given talk at **All India Radio**.
- Given an interview for the **Kumudam journal**.
- Question paper setter, **Sadakathullah Appa College, Tirunelveli**
2023 End Semester Exam.
- Question paper setter, **Kamaraj University, Madurai, 2023** End
Semester Exam.
- Been an **External examiner** for End semester practical examination
of **Manonmaniam Sundaranar University, Tirunelveli**.
- Been an **External examiner** for End semester practical examination
Sadakathullah Appa college, Tirunelveli
- Conducted workshops for **School students**.
- Conducted workshops for **College students**.
- Conducted workshops for **School teachers**
- Conducted workshops for **College Professors**.

- Given **Leadership Training** to **NSS and NCC** students.
- Conducted workshops for **Employees**.
- Conducted awareness programs for **Parents**.
- Conducted training program for the **Anna Administrative Staff College**
Impacts Training To The State Government Employees At Thoothukudi
Collectorate.
- Been an external examiner for the **UG and PG Psychology Practical**
Examinations
- Been a question paper setter for the **UG and PG Psychology End semester**
examinations.
- Participated as a **delegate to the** Training the Trainers Program Organized by
the **National Commission For Protection Of Child Rights (NCPCR), on**
2.02.2024 in New Delhi.

BOOK

- Published Chapters in the book – **6**
- Published a book on **Secret Oculesics on the year 2023 with ISBN:978-93-94428-46-1**

PROJECT

- Lended free tele counseling in "**MIND THE MIND**" sponsored project by the
INTERNATIONAL HUMAN RIGHTS AND SOCIAL JUSTICE
FEDERATION.
- Working in **SAMVEDNA** project with the National Commission For Protection Of
Child Rights (NCPCR), and **NIMHANS** for isolation and other kids all over the
country from 2020 to till date.
- Executing a Government research project for UBA on the topic of **AUGMENTED**
REALITY AND VIRTUAL REALITY TO ENHANCE LEARNING IN
ADOPTED PRIMARY SCHOOLS funded by the **UBA** National Coordinating
Institute IIT New Delhi.

MEMBERSHIP

- Life time member of **Counsellors council of India.**
- Member of Council of Psychotherapy & Counselling - **CPC**
- Diamond Member in **SAMACETMA 595/2006** International Board.
- Member of **India Co Win Action Network**
- Member in **Mind the Mind.**
- Member of **Tamilnadu Kalai Ilakkiya Perumandram.**
- Member of **SAMVEDNA.**
- Member of **TIP community unity club.**