

## Faculty Profile

Name - Rithanya G

Qualification - M.Sc., Clinical Psychology

Designation - Assistant Professor

Experience - 2 months

Email ID - rithupsysc123@gmail.com

Area of Specialization - Psychotherapy and Yoga

### 1. **Paper Published**

Self-esteem and Mental well-being among adolescents published in International Journal for Research and Analytical Reviews (IJRAR) Volume 6 Issue, February 2019, E-ISSN 2348-1269, P-ISSN 2349-5138

### 2. **Conference/workshop/seminar**

Attended 7 conferences

(1 International, 2 National and 4 Seminars)

### 3. **Certification**

- Certification in “Stress Management” from SWAYAM NPTEL (IIT, Kharagpur)

- Certification in “Soft Skills” from SWAYAM NPTEL (IIT, Roorkee)

### 4. **Diploma Course**

- Completed Diploma in Yoga for Human Excellence with distinction from Vedhathiri Maharishi Institute for Spiritual and Institutional education

### 5. **Session**

Session on Topic covering “Stress Management and Academic Performance” for 53 students of 11th and 12th grade at Kaligi Ranganathan Montford Matric. Hr. Sec. School

### 6. **Training**

Under gone 50 hours Residential training program in Basic Counselling Skills at Christian Counselling Centre, Vellore

### 7. **Dissertation**

Dissertation on the topic “The influence of Social Support on Altruism and Mental Well-Being among Young Adults” during master’s degree.

### 8. **Internship**

\* One month internship at Raju Hospital, In the field of psychiatry.

\* Hope Public Charitable Trust, In the field of Care and Protection for Mentally Challenged Children

\* Anugraha School for Mentally Challenged, In the field of Special Education

\* Leading Organization for Redressing problems of Deprived (LORD) In the field of Psychiatry Home

\* Clinical Postings for 2 years during masters curriculum and exposed to various fields under the guidance of respective department supervisors.

9. **Volunteering** : Project manager and report analyst in an NGO “Care and Welfare” for past 4 years involving in social welfare activities.