

FACULTY PROFILE

Name : Mrs. Navarathina Selvakumari.J
Qualification : MSc, MPHIL, PGGC, UGC NET
Designation : Assistant Professor, Head Dept of Psychology
Experience : 3 Years
Email ID : navaadev@gmail.com
Area of specialization : Environmental Psychology

1) Certifications:

- a) “**Cognitive Behaviour Therapy**” in Morphic Minds in association with International Association of Rational Emotive Behaviour Therapy, USA.
- b) “**Solution focussed Brief Therapy**” by Academy for Solution Focussed Approaches and Research.
- c) “**Diploma in Life Coach and counselling**” by Chennai Counselling Services.
- d) Remedial instruction for primary school children with Specific Learning Disability.
- e) **Therapeutic Art Coach Certification** by Manomantra Psychological and Training Services, ISO, IAF-UK Certificate No. 070621019105.
- f) 5 days workshop on **Research methodology, Academic Writing and Hands on SPSS** conducted by EdMaestro Private Limited from 12th to 16th June 2023.

2) Paper presentation

Effectiveness of cognitive behaviour therapy in reducing Performance Anxiety in National Seminar on “Counselling Needs in Indian Context”, conducted by Institute of Distance Education (Psychology), Annamalai University, Annamalai Nagar, Chidambaram on 21.3.2009.

Awarded best presenter on the topic **Transformational leadership in Higher Educational Institution- A Review paper** in III International Conference on Commerce, Accounting, Research and Ethical Practices. I-Care 2023 conducted by Bhaktavatsalam Memorial College for women, PG & Research Department of Commerce on 3rd & 4th Aug 2023.

3) Conference/workshop/seminar/webinar

Attended more than 15 International, National Conferences and seminars

4) Membership

- a) National Academy of Psychology

b) Life membership in Tamil Nadu Psychology Association

5) **Co-Chaired Scientific Presentations**

a) International conference on “**Mental Health : Holistic Approach**” conducted by Dept. of Psychology, MSSW, Chennai from 6th to 8th Feb 2023.

b) International conference on “**Applied Forensic Psychology in Crime & Delinquency**” conducted by Dept. of Counselling Psychology, University of Madras, Chennai from 31st Mar to 1st Apr 2023.

6) **Workshops Conducted:**

a) Served as a resource person for a YouTube webinar for Tamil Nadu Librarians on **Mid life crisis** on August 2023

b) Workshop on “**Cognitive Behaviour Therapy**” for students pursuing diploma in counselling by Chennai Counselling Services, Chennai in Aug 2022.

c) Workshop on “**Pre retirement counselling for employees**” at Ordinance factory, Trichy, in Mar 2012.

d) Served as a Resource Person on “**Adolescent Mental Health**” for Government Girls High School, Lalgudi, Trichy in Jan 2013.

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