

## Profile

Name : Bridget  
D.O.B : 15-05-1974  
Father's/Mother's Name : S.Chelladurai / C.Varapirasatham  
Sex : Female  
Languages Known : Tamil, English  
Religion/Community : R.C.  
Address for communication : Holy Cross Convent,  
Teppakulam, Trichy.  
Phone No. : 8825718193

### Educational Qualification

Sl. No.	Degree/Diploma	Name of the Institution	Year of Passing
1.	Type Writing Eng.: Lower, Higher Tamil : Lower	Holy Cross Technical Institute, Kallakudi	1990-92
2.	DTE – Church Park Training	Church Park Training School, Chennai	1996-98
3.	B.Sc. Psychology	Annamalai University	2006-09
4.	M.Sc. Psychology	Annamalai University	2010-12
5.	P.G. Diploma in Guidance & Counselling	Annamalai University	2013-14
6.	P.G. Diploma in Mass Communication & Videography	Chitrabani Media Centre, Kolkata, West Bengal	2014-15
7.	(Ph. D) Psychology	Annamalai University, Chidambaram	2019-2024

### Work Experience:

Year	Work	Institution
1995-96	Clerk	St.Joseph's AIG Hr. Sec. School, Melaputhur, Trichy
1998-99	Secondary Grade Teacher	Holy Cross School, Gudivada, AP
1999-2006	Secondary Grade Teacher	St. Joseph's AIG Hr. Sec. School, Melaputhur, Trichy
2015-17	HCC Media House, Admin, Dept. of Computer Science	Holy Cross College, Trichy
2017-2023	Assistant Professor, Dept. of Psychology	Holy Cross College, Trichy

2018-2021	Director, Dept. of Value Education	Holy Cross College, Trichy
2024	Head, Assistant Professor, Dept. of Psychology	Holy Cross College, Trichy

**Job Profile:**

- Papers handled for PG: Educational Psychology  
Theories of Personality  
Life Span Development  
Counselling Psychology  
Health Psychology  
Positive Psychology

**International/National conferences Attended:**

- International Conference on Contemporary Technologies: Prospects and Challenges for Psychological Well-Being by Anugraha Institute of Social Sciences
- International Conference on SCHOOL MENTAL HEALTH
- International Conference on “The Transformative Power of Value Education for the Development of Youth Today”
- 7<sup>th</sup> International conference on “Psychology for a better tomorrow”
- Second National conference on Psychology – A positive and holistic approach towards enhancing quality of life

**Workshop Attended:**

- Workshop on “Dream Analysis” by Dept. of Social work, Srimad Andavan Arts and Science College, Trichy
- Workshop on “Screen Addiction” Holy Cross College, Trichy
- Workshop “Help at Hand – Strengthening Faculty in Counselling Techniques to Facilitate Gen Z, Phase I& II” organized by St.Christopher’s College of Education, sponsored by United Board for Christian Higher Education in Asia
- Workshop on Writing Quality Research Papers – Publishing in Scopus & Care Approved Journals by Dept. of Commerce, Manonmaniam Sundaranar University, Tirunelveli
- “Best Practices in ERP” – Francis Engineering college
- Session on “Emotional Intelligence” for the Student leaders for the academic year 2024-2025

**Professional Workshop Attended:**

S. No.	Workshop/Seminar	Year
1.	Training programme in guiding students from primary, middle high schools in Human Sexuality and Life Skills	16 <sup>th</sup> August 2004
2.	Haggai Institute Seminar for Advanced Leadership	23 <sup>rd</sup> to 25 <sup>th</sup> Nov. 2007
3.	Course in “Graphology”	6 <sup>th</sup> to 10 <sup>th</sup> July 2009
4.	Training in Counselling and Psychotherapy	2 <sup>nd</sup> to 28 <sup>th</sup> Sep. 2013
5.	Cinema Culture: A social moral perspective	29 <sup>th</sup> Nov. 2013

6.	Eleventh Kolkata Short Film Festival – Buddhist Temples of Lumbini	1 <sup>st</sup> to 6 <sup>th</sup> Dec. 2014
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**Chair/Co-chair:**

**Conference /Workshops organized:**

- Co-coordinator for Bible day celebrations 2018-2019
- Co-coordinator for students retreat 2018-2019
- State Level workshop on “Healing the Inner Child” (Hands on Training) by Dept. of Psychology, Holy Cross College, Trichy
- Workshop on “Mindfulness” by Dept. of Value Education, Holy Cross College, Trichy
- Workshop on “Joyful Living” by Dept. of Value Education, Holy Cross College, Trichy
- Workshop on “Screen Addiction” by Dept. of Value Education and Audiology, Holy Cross College, Trichy
- National workshop on Neuro-Linguistic Programming (NLP) conducted by Dept. of Psychology, Holy Cross College, Trichy.
- One day “National Workshop on Behaviour Modification” Holy Cross College, Trichy.
- One day Seminar on “Psychotherapy” Holy Cross College, Trichy
- National Conference on Towards an era of mental health: Global concern and challenges
- National workshop on SPSS
- Psychotherapy seminar

**Resource person for the Workshop:**

- Workshop on Motivation to the parents of Special Children, Blossoms School
- Workshop on Self-identity, EQ and Mindfulness for the students of Bio-Technology, Holy Cross College, Trichy
- Guest Faculty, Department of Psychology, Salesian College, Siliguri
- Invited talk on “Absence to Abundance” Oneday session on Mental Health a Global priority
- Invited talk on “We can live” in Arignar Anna Government Arts College, Musiri on 10<sup>th</sup> September 2024 – Suicidal prevention day celebration

**Professional membership:**

**Papers presented:**

S. No.	Conference	Paper Presented
1	International Conference on SCHOOL MENTAL HEALTH	Life Skills Development Among Hostelite Secondary School Students
2	International Conference on Contemporary Technologies: Prospects and challenges for psychological well-being	Psychological wellbeing and self-esteem of married female professors

3	International Conference on “Networking, Research and Innovation in Higher Education in for a Sustainable Society: Challenges and Channels”	Personality and Resilience Among College Students
4.	International Conference on The Furtherance of Sustainable Development Goals: 2030	Importance of Life Skills in Development of Self-esteem, adjustment and achievement among Sec. School Students
5	National Seminar on ‘The Role of Media and Culture on Indian Family System in the Process of Nation Building’	Basic Psychological Need satisfaction and Frustration among Working Women.
6	National Webinar on Legal strategies to prevent and challenges to control of cyber violence against women and girls	Study on the relationship between cyber bullying and self-esteem
7	Two-day International Conference on Innovative Practices in Commerce, Management, Humanities and Technology IPCMHT 22	Effects of Spiritual well-being on perceived stress of the parents of Special children and Normal children
8	Two-day International Conference on Innovative Practices in Commerce, Management, Humanities and Technology IPCMHT 22	Nomophobia and perceived social support among college students in and around Trichy
9	6 <sup>th</sup> International Conference on The Urgency of sustainable development: A bio-psycho-social perspective	A study on the relationship between eating behavior and mental well-being among college students
10	7 <sup>th</sup> International Conference on Psychology for a better tomorrow: A bio-psycho-social – spiritual perspective	Effects of emotional regulation on perceived stress among college students
11	Towards an era of Mental Health: Global concern and challenges	Relationship between general and health and mental wellbeing among young adults
12	Towards an era of Mental Health: Global concern and challenges	Relationship between psychological well-being and life satisfaction among adolescence

### **Publications:**

1. Bridget & S. Suganya (2017). Life skills Development Among Hostelite Secondary School Students. Shanlax International Journals, Vol.5 Special Issue.4, ISSN: 2321-788X
2. Bridget (2018). Importance of Life Skills in Development of Self Esteem. Adjustment and Achievement among Sec. School Students. International Journal of Research and Analytical Review, E-ISSN 2348-1269 ISSN 2349-5138
3. Bridget (2019). A Study On Meaning In Life & Life Satisfaction Among College Students. International journal of Research and Analytical Reviews. 6(2), 304-306, ISSN 2348-1269
4. Bridget (Feb. 2020) Depression, Anxiety, Stress and Life Satisfaction among agricultural labourers. Studies in Indian Place Names, ISSN 2394-3114

5. Bridget (March 2020) Basic Psychological need for satisfaction and frustration among working women, Studies in Indian Place Names, Vol:40 Issue 48, ISSN 2394-3114
6. Bridget (April 2021) Study on the relationship between cyber bullying and self-esteem
7. Bridget (July- Sep 2021) A Study on Social Networking in Relation to Hopelessness among Young Adults and Middle Adults, The International Journal of Indian Psychology, ISSN 2348-5396 (e), ISSN 2349 -3429 (P)
8. Bridget (2021) Hardiness and Psychological well-being among college students, Bengal Past and Present, ISSN 0005-8807
9. Bridget (2021) Human value perception of college students - To what extent they cherish the values, To what extent they practice the values? Bengal Past and Present, ISSN 0005-8807
10. Bridget, Dr.K.Govind, Dr. C.Steephen (2024) Correlates Between Spiritual Well Being And Psychological WellBeing Among Adolescent College Students On The Basis Of Gender And Socio Economic Status, Migration Letters, Volume: 21, No: S2 (2024), pp. 1300-1307 ISSN: 1741-8984 (Print) ISSN: 1741-8992
11. Bridget, Dr.K.Govind, Dr. C.Steephen (2024) Effectiveness Of Mindfulness And Integral Optimism On Psychological Well-Being Of Adolescent College Students, Migration Letters, Volume: 21, No: S2 (2024), pp. 1308-1312 ISSN: 1741-8984 (Print) ISSN: 1741-8992 (Online)

### **Institutional Governance Responsibilities:**

Warden: 2015-2018, 2020 Onwards

Member of Holy Cross Community Radio: 2015-2017

Director, Department of Value Education: 2018- 2021

### **Journal Editor:**

- Worked as Co-editor for the Weekly “Herald”, Kolkata from June 2004 to March 2005

### **Books:**

### **DECLARATION**

I hereby declare that the information furnished above is true and correct to the best of my knowledge.