

## Profile

**Name** : T. Soundarya  
**D.O.B** : 28-02-1998  
**Father's/Mother's Name** : K. Thangamuthu / M. Sumathi  
**Sex** : Female  
**Languages Known** : Tamil, English  
**Religion/Community** : Hindu/ Sozhiya Vellalar  
**Address for communication** : Holy Cross Convent,  
Teppakulam, Trichy.  
**Contact** : 9750237276



### Educational Qualification:

S. No.	Degree/Diploma	Name of the Institution	Year of Passing
1.	B.Sc. Psychology	Avinashilingam Institute for Home Science and Higher Education, Coimbatore, Tamil Nadu	2015-2018
2.	M.Sc. Applied Psychology	Annamalai University, Chidambaram, Tamil Nadu	2018-2020
3.	P.G. Diploma in Yoga	Annamalai University, Chidambaram, Tamil Nadu	2019
4.	PhD Thesis Submission	Annamalai University, Chidambaram, Tamil Nadu	2020-2023

### Experience:

- Guest Lecturer (6-months), Department of Psychology, DDE Wing, Annamalai University
- Manashasthra Integrated Mind Care- Internship Training *Chennai, India, Dec 2019-Jan 2020*
- National Institute for Empowerment of Persons with Multiple Disabilities - Internship Training *Chennai, India, June 2019-July 2019*

### Job Profile:

**Papers handled for Undergraduate:** Social Psychology  
Developmental Psychology  
Foundation Course  
Psychological Assessment

**Papers handled for Undergraduate:** Advanced General Psychology  
Behaviour Modification

### **Projects:**

- **B.Sc. Psychology** : Anger and Well-Being among Women Police, B.Sc., Psychology.
- **M.Sc. Applied Psychology** : Impact of style of attachment and perceived social support on mental health among adults

### **National Webinar:**

- “Breastfeeding: Procedure, Protection and Promotion” organized by Youth Red Cross of RMCON and Dept of Psychology, Annamalai University

### **International Webinar:**

- Personality Traits and Technology Acceptance
- Stress Management amidst Pandemic
- Subconscious Mind & Success

### **International Workshop:**

- IQAC Two week Online on "Research Methodology and Statistical Applications (SPSS) for Social Sciences
- Three Day International Workshop on Predictive Modelling using R and SPSS

### **Certificate Of Participation:**

- Psychological Problems that arise out of Denial of Social Justice (2021)
- Special Lecture Series On "Managing Children with Special Needs," "Motivational Interviewing" and "Counselling for LGBTQ Community”
- One-week Virtual Multidisciplinary Short-Term Course (STC) on "Yoga: The Tool for Harmonizing the Self and the World

### **License:**

- Cognitive Behavioural Therapy (CBT) – Practitioner Course by The Academy of Modern Applied Psychology

### **Paper Presentation:**

- “The COVID-19 pandemic and migrant workers psychological repercussions”, *National Seminar on COVID – 19: Challenges & Opportunities in Business and Industry*, Department of Business Administration, Management Research Forum (MRF), Annamalai University.
- “Role of Religiosity on Coping and Resilience among College Students”, *International Virtual Conference*, Mental Health and Well-being: New Paradigms, Shri Vaishnav Institute of Social Science, Humanities and Arts, Indore.
- “Psychological Well-Being in the Age of Social Media: Effects of Digital Engagement on Mental Health”, Multidisciplinary International Virtual Conference, Digital Revolution in Cultural Preservation, Sri Vidhyodhaya College of Education.

### **Papers Published:**

1. Soundarya. T, Govind. K (2022), The Covid-19 Pandemic and Migrant Workers Psychological Repercussion: A Systematic Review. *Journal of Emerging Technologies and Innovative Research*, Volume 9 Issue 8, Pg. 268-272
2. Soundarya. T, Govind. K (2022), Role of Attachment and Perceived Social Support on Mental Health among Young Adults. *International Journal of Current Science*, Volume 12 Issue 1, Pg. 399-412
3. Soundarya. T, Govind. K (2022), Predictors of Social Anxiety among Tribal and Non-Tribal Students. *Journal of Positive School Psychology*, Volume 6 Issue 8, Pg.6435– 6449
4. Soundarya. T, Govind. K (2022), Mental Health and Decision-Making Styles among Tribal and Non-tribal Adolescents. *Advanced Engineering Science*, Volume 54 Issue 02, Pg. 1903-1915
5. Soundarya. T, Govind. K (2023), The Validation of General Health Questionnaire-28 Tamil Version. *Journal of Survey in Fisheries Sciences*, Volume 10 Issue 02, Pg. 3425-3435
6. Soundarya. T, Govind. K (2023), Self-Esteem and Family Environment as a Determinants of Mental Health among Tribal Students. *Multidisciplinary Journal of Educational Research*, Volume 13 Issue 02, Pg. 172-183

### **DECLARATION**

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