

Name : Dr. K. Jayanthi Rani  
 Qualification : M. A., M. Phil., PhD  
 Designation : Assistant Professor

Years of Experience : UG: 15 Years PG: 2 Years  
 Previous Experience : UG: 1 Year  
 Area of Specialization : Counselling Psychology; Organizational Psychology

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## MEMBERSHIP

S. NO.	DETAILS	STATE/NATIONAL/ INTERNATIONAL
1.	Life Member, Indian School Psychology Association	National
2.	Life Member, Indian Gerontological Association	National
3.	Life Member, Indian Association of Applied Psychologists	National

## WORKSHOPS

S. NO.	ORGANIZED BY	STATE/NATIONAL/ INTERNATIONAL	TOPIC	DATE(S)
1.	IQAC, Ethiraj College for Women	State	Development of Strategies for Quality Enhancement	12/07/2013
2.	Elixir Multispecialty Therapy Centre	State	Dealing Children with Specific Learning Difficulties	10/08/2013
3.	Dr. MGR Janaki College of Arts and Science for Women	International	Genogram and Family Relationship	12/01/2016
4.	Women's Christian College	National	Mental Health in Childhood and Adolescence: Assessment and Therapeutic Interventions	16/02/2016
5.	University of Madras	National	Emotional Competency	20/12/2017

6.	IQAC, Ethiraj College for Women	State	Performance Enhancement	09/03/2017
7.	IQAC, Ethiraj College for Women	National	Learning Management System and Open Educational Resources: A Student-Centric Approach	25/01/2020
8.	VIT, Chennai & Nasha Mukta Bharat Abhiyan, Ministry of Social Justice and Empowerment	National	Drug Prevention Treatment and Care	25/06/2021 & 26/06/2021

### CONFERENCES ATTENDED / PRESENTED PAPER

S. NO.	ORGANIZED BY	STATE/NATIONAL/INTERNATIONAL	PARTICIPATED /PRESENTED	TITLE	DATE(S)
1.	TNOU and Women's Christian College	International	Presented	Fostering Creativity in School Environment	2013
2.	Ethiraj College for Women	International	Presented	Periyar's Role in Redesigning the Socio-cultural Environment of Tamil Nadu and its impact on Well-being	2015
3.	Pondicherry University and InSPA	International	Chaired a Scientific Session	Psychosocial issues in institutional wellbeing	13/10/2016 to 15/10/2016
4.	Malaysian School Psychology Association, Social Strategic Foundation and InSPA	International	Presented	Hidden Curriculum Vs Contemporary approaches to moral education - Need and Challenges	10/01/2019 to 12/01/2019

5.	University of Madras	International	Chaired a Scientific Session	Challenges of Workplace Counseling in the New Millennium – New Approach Towards Employee Assistant Program (EAP)	01/03/2019 to 03/03/2019
6.	University of Madras	International	Presented	Spiritual Intelligence of College teachers	01/03/2019 to 03/03/2019
7.	University of Madras	National	Chaired a Scientific Session	Internet Addiction: Challenges and Therapeutic Interventions for Millennium 2020	13/03/2020
8.	Asia Pacific School Psychology Association (Malaysia) and National Institute of Education (Sri Lanka)	International	Presented	Need For Psychological Care in Schools: Case Studies from Tamil Nadu	11/02/2020 & 12/02/2020
9.	Dr. MGR Janaki College of Arts and Science for Women	International	Chaired a Scientific Session	The New Normal – Psychological Perspectives	26/03/2021 & 27/03/2021

### CERTIFICATE COURSES /VALUE ADDED COURSES

S. NO.	OFFERED BY	TOPIC	DURATION
1.	Coursera	Psychological First Aid	April 2020
2.	Coursera	Understanding Memory: Explaining the Psychology of Memory through Movies	May 2020
3.	Coursera	The Science of Well-Being	June 2020

## JOURNAL PUBLICATIONS

S. NO.	JOURNAL NAME	UGC /SCI/SCIE/ WOS	ISBN/ISSN NO.	REFERENCE	DATE OF PUBLICATION/ DOI
1.	Journal of Psychological Researches -An International Journal		ISSN 0022-3972	An Exploratory Study of Leisure Activities and the General Well-Being of the Elderly	2011
2.	International Journal of Educational aspects, Mgmt. Studies, & Applied Sciences		ISSN 2320-0383	Life Skills Approach to Improve Study Skills of College Students	2013
3.	Innisai Meetum Manadhu (Book on Stress Management)		ISBN 978-81-2342-391-3	New Century Book House	2013
4.	Indian Journal of Social Research, Academic & Law Serials	NAAS Rating 3	ISSN 0019-5626	Efficacy of Cognitive Behavior Therapy in Alleviating Symptoms of Depression and Stress in Institutionalized Elderly (K. Jayanthi Rani and S. Gayatri Devi)	2014
5.	Indian Journal of Gerontology	UGC Approved No. 20786	ISSN 0971-4189	Elderly and the Youth in the Intergenerational Indian Society (K. Jayanthi Rani and S. Gayatri Devi)	2014
6.	RGNIYD, Sriperumbudur		978-81-907297-6-5	Life Skills Training for Positive Behavior – Integrating Culture-Specific Inputs from Bhagavad Gita in Life Skills Education, in the Book - Life Skills Training for Positive Behavior	2009
7.	New Century Book House		978-81-2342-589-4	A Psychological Exploration of Iraiyanbu's Novels in the Book Iraiyanbu Padaipulagam	2014

8.	Authorspress		978-93-5207-337-5	School Psychology - Prospects of Children with Multiple Disabilities Ameliorate Autism through Integrated Therapy (247-255) Karthikeyan, Jayanthi Rani K., Harini C.	2016
9.	InSPA Journal of Applied and School Psychology			Role of Physical Attractiveness Stereotype in Hiring Process (Co-Authored with Akila A.)	2018
10.	Indian Journal of Gerontology	UGC Approved No.20786		Cognitive Behavior Therapy as a Tool to Enhance Mental Health of Institutionalized Elderly (K. Jayanthi Rani and S. Gayatridevi)	2018
11.	IAHRW International Journal of Social Sciences Review	UGC Journal No.41948 NAAS Rating 2.72	ISSN - 2347-3797	Emotional Intelligence and coping skills among Indian cricketers (Co-Authored with Hamsini Sivaramakrishnan)	2018
12.	IAHRW International Journal of Social Sciences Review	UGC Journal No.41948 NAAS Rating 2.72	ISSN - 2347-3797	Cyberbullying Experience and Coping Mechanisms of Young Adults (Co-Authored with Nivedhita Ganesh Mohan)	2018
13.	Emerald Publishers (Dept of Psychology, Dr. MGR Janaki College of Arts & Science for Women)		ISBN - 9789389080360	Transitions - A Young Paramedic's Triumph Over Blood- Injection- Injury Subtype Phobia - Case Study (2019)	2019
14.	Indian Journal of Positive Psychology	NAAS Rating 4.64	ISSN, p - 2229-4937, e2321-368X	Compassionate fatigue, compassion satisfaction and coping between male and female intensive care unit nurses (Co-Authored with Anjana Varadharajan)	2021
15.	Reminiscence of Postmodernism and Psychology of Pandemic		ISBN - 9781685863180	Screen Time and Sleep Quality Among College Students During the Covid-19 Pandemic (Co-Authored with Hitha)	2021

**FDP/STTP**

<b>S. NO.</b>	<b>ORGANIZED BY</b>	<b>STATE/NATIONAL/ INTERNATIONAL</b>	<b>TOPIC</b>	<b>DATE(S)</b>
1.	Ethiraj College for Women and MILES Education	International	Progressing Amidst Hinderance - Turning Adversity into Opportunity	08/06/2020 to 14/06/2020
2.	Ethiraj College for Women	State	Citation Database and Analysis, Scientometric Study	09/06/2020
3.	Education, Ethiraj College	State	Rejuvenation of Body, Mind and Soul	15/06/2020 to 19/06/2020
4.	Ethiraj College for Women	State	Research, Innovation and Creativity	14/09/2019

**WEBINARS**

<b>S. NO.</b>	<b>ORGANIZED BY</b>	<b>STATE/NATIONAL/ INTERNATIONAL</b>	<b>TOPIC</b>	<b>DATE(S)</b>
1.	InSPA and Pearson Academy	National	Managing Emotional Issues of Students during a Crisis	08/05/2020
2.	Mizoram University	National	The Upside of Stress: Staying Psychologically Fit and Productive During the Pandemic and Beyond & Coping with Stress During the 2019 nCOV Outbreak	10/06/2020
3.	Presidency College	State	Adaptation to Change: Building Resilience	19/06/2020
4.	Avinashilingam Institute	State	Stress Management	23/06/2020

5.	Ethiraj College for Women and SALIS	State	Online Workshop on Working with Moodle Platform	07/07/2020 to 08/07/2020
6.	Mizoram University	International	Positive Cognitive Behavioral Therapy	06/07/2020
7.	Mizoram University	International	Positive Supervision	07/07/2020
8.	Ethiraj College and SALIS	State	Open Educational Resources	11/07/2020
9.	KLE Society's S. K. Arts College and H. S. Kotambri Science Institute	National	Optimism and Well-being	21/07/2020
10.	National Institute of Disaster Management, Ministry of Home Affairs, GOI, New Delhi and Pondicherry University	National	Process Orientation Training Program on Child Centric Disaster Risk Reduction	15/06/2021 to 17/06/2021

#### AWARDS:

- Received Carl Rogers Excellence Award for Achievement in the field of Psychology - August 15, 2021 from Redpond Educational and Psychological Research Centre, Madurai

#### OTHERS:

- Expert, Board of Studies, Dept of Psychology, DG Vaishnav College, Chennai, 2016
- Expert, Board of Studies, Dept of Psychology, Presidency College, Chennai, 2016
- Expert, Board of Studies, Dept of Psychology, MOP Vaishnav College, Chennai, 2017.
- Board Member, Model Personality Test for Civil Service Aspirants who cleared the UPSC Civil Services Main Examination, Anna Institute of Management, February 2020

- Board Member, Model Personality Test for Civil Service Aspirants who cleared the UPSC Civil Services Main Examination, Anna Institute of Management, April 2021
- External Peer team Member for Academic Audit, Dept of Psychology, Stella Maris College, October 2021.
- Member, Board of Studies, Dept. of Psychology, Stella Maris College since 2016
- Member, Board of Studies, Chettinad Academy of Research and Education from November 2021 (for a period of 2 years)
- Resource Person for Stress Management workshop for Fisheries Dept Officials at Fisheries Staff Training Institute, Chennai from 18.05.2016 to 20.05.2016.
- Gave a Guest Lecture on Stress Management for DCPOs, Dept of Social Defense, Govt. of Tamil Nadu on 03.06.2016.
- Prepared Course Material (SIM Pattern) for M. Sc. Psychology - Social Psychology, Counselling Theories and Techniques, Directorate of Distance Education, Alagappa University, Karaikudi, 2016.
- External Expert for External Academic Audit, Dept of Psychology, Patrician College of Arts and Science, Chennai on 06.10.2016.
- Resource Person for Orientation Program (Motivation) For Higher Secondary Students in P. T. Lee Chengalvaraya Naicker Higher Secondary School (8th, 11th, 14th and 19th July 2017).
- Wrote lessons for the Course on Positive Psychology for Dept of Psychology (IDE) University of Madras, 2018.
- Addressed Middle School Students of Panchayat Union Middle School, Mootaikaranchavadi, Chennai on Online Safety as a part of Awareness Campaign organized by students of MOP in partnership with UNICEF on 7th January 2020.
- Member, Doctoral Committee, School of Architecture and Interior Design, SRM Institute of Science and Technology.
- Resource person for a Guest Lecture on Crisis Covid-19: Stress and Positive Psychological Response to the Staff and Students of Tamil Nadu Veterinary and Animal Sciences University on 4th May 2020.
- Gave a series of lectures to civil service aspirants on Topics in Psychology through Anna Institute of Management (Govt of Tamil Nadu) on 16th October, 6th November and 5th December 2020.
- Gave a Guest Lecture as a part of Positive Psychology Lecture Series organized by National Youth Council of India, South Chennai on the topic “Life During Pandemics and Academics - Tips and Insights on having a Positive Lifestyle, Managing Time and Academics” on 23rd January 2021.



- Resource Person for a Webinar - “Harmony with Self and Significant Others” on the occasion of Sree Narayana Guru Endowment Lecture Series organized by the Department of Psychology, Sree Narayana Guru College, Coimbatore on 16th February 2021.
- Resource Person for a Webinar on the topic “Moms, Pandemic Stress and Coping” organized by Whizkidzz Academy, Trichy on 14th May 2021.
- Resource Person for a Webinar organized by Dept. of Computer Science, Shift II, Anna Adarsh College for Women, Chennai on the topic “Be the Change” for the Investiture Ceremony of students’ consortium "TEK KNACK 2021-2022" on 23rd October 2021.