

Dr. Ramya Maheswari (HOD)

Name : Dr. M. Ramya Maheswari
Qualification : M.Sc. Applied Psychology, M. Phil., Ph. D.
Designation : Assistant Professor and Head of the Department
Years of Experience : UG: 15 Years & 9 Months PG: 2 Years
Previous Experience : UG: 2 Years & 3 Months
Area of Specialization : Intellectual Disability & Rehabilitation; Health Psychology
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MEMBERSHIP

S. NO.	DETAILS	STATE/NATIONAL/INTERNATIONAL
1.	Indian School Psychology Association	National

RESEARCH GUIDANCE

- Co - Guide - PhD Candidate, Amity University, Rajasthan

WORKSHOPS

S. NO.	ORGANIZED BY	STATE/NATIONAL/INTERNATIONAL	TOPIC	DATE(S)
1.	Ethiraj College for Women	State	Networking Arts and Science Colleges for Enhanced Placement Opportunities	28/03/2007
2.	Madras School of Social Work	Regional	Psychological Assessment	02/03/2012 & 03/03/2012
3.	Madras School of Social Work	State	Understanding Autism	27/07/2012
4.	Periyar University	National	Psychodiagnostics	18/10/2021 & 19/10/2021
5.	IQAC, Ethiraj College for Women	State	NAAC Regulations: A Holistic Approach Organized by IQAC	12/10/2019
6.	Ethiraj College for Women	National	Learning Management Systems and Open Educational Resources: A Student-Centric Approach	25/01/2020
7.	Tamil Nadu State Council for Science & Technology and Ethiraj College for Women	National	Intellectual Property Rights	01/02/2020

CONFERENCES ATTENDED / PRESENTED PAPER

S. NO.	ORGANIZED BY	STATE/NATIONAL / INTERNATIONAL	PARTICIPATED/ PRESENTED	TITLE	DATE(S)
1.	University of Madras	National	Presented	A Study on the Importance of Perseverance and Participation Motives in Enhancing Sport Performance	01/12/2006 & 02/12/2006
2.	St. Aloysious College of Arts and Science	National	Presented	Value as a Tool for Adolescent Development	February 2008
3.	Christ College, Bangalore	National	Participated	Conference on “Psychology and Cinema”	14/02/2008 to 16/02/2008
4.	Rajiv Gandhi National Institute for Youth Development	International	Co – Presented with M. Swarna	Managing Depression for Enhanced Well-Being Among Obese Adolescents	06/04/2009 to 08/04/2009
5.	Indian Academy of Applied Psychology	International	Poster Presentation	Personality Types: Stress and Anger	18/02/2010 to 20/02/2010
6.	Care Institute for Behavioral Sciences	International	Participated		October 2013
7.	Women’s Christian College and Tamil Nadu Open University	International	Presented and Chaired a Scientific Session	A Study on Transactional Styles, Classroom Behavior and Educational Management Among College Teachers	28/11/2013 & 29/11/2013

8.	Ethiraj College for Women	International	Presented	Sexist Attitudes Among College Going Students	30/01/2015 & 31/01/2015
9.	University of Madras	International	Co-Chaired the Technical Paper Presentation session	Enriching Employee Engagement in Organization: Role of Psychology	2015
10.	University of Madras	International	Presentation	<p>Caregiver Strain and Psychiatric Morbidity Among Primary Caregivers of cancer Patients (Krithika P. R., Sindhu Shrii N. and M. Ramya Maheswari)</p> <p>Family Satisfaction and its Impact on Self-Esteem Among Youth in Urban and Rural Areas (Sri Nandhini, Sai Rishitha V., Rajalakshmi R. and M. Ramya Maheswari)</p> <p>Emotional Expressivity and Loneliness: A Cross Cultural Study (Manasa T., Nausheen Fareedha and M. Ramya Maheswari)</p>	15/03/2018 to 17/03/2018
11.	University of Madras	International	Chaired a Technical Paper Presentation Session	“Hope and decisional coping patterns in teaching professionals (M. Ramya Maheswari & A. Malarkodi)	01/03/2019 to 03/03/2019

12.	MGR Janaki College for Women	National	Chaired a Technical Paper Presentation Session	Internet addiction: Challenges and therapeutic Intervention for Millennium 2020	13/03/2020
13.	MGR Janaki College for Women	International	Chaired a Technical Paper Presentation Session	The New Normal: Psychological Perspectives	26/03/2021 & 27/03/2021
14.	Anugraha Institute of Social Sciences & Avinashilingam Institute for Home Science and Higher Education for Women	International	Presentation	Pandemic to Panacea: Bio-Psycho-Social Strategies	04/03/2022 & 05/03/2022

SEMINARS

S. NO.	ORGANIZED BY	STATE/NATIONAL/INTERNATIONAL	TOPIC	DATE(S)
1.	Madras School of Social Work	National	Lifestyle Management through Counseling	02/03/2007 & 03/02/2007
2.	University of Madras	UGC National Seminar	“Psychology- Promoting Corporate Excellence	01/02/2008 & 02/02/2008
3.	Dr. MGR Janaki College of Arts and Science for Women	National	Tolerance to Frustration	13/12/2010
4.	Ethiraj College for Women	National	Effective Governance and Brand Building in Higher Educational Institutions	24/02/2014 & 25/02/2014

CERTIFICATE COURSES /VALUE ADDED COURSES

S. NO.	OFFERED BY	TOPIC	DURATION
1.	Christian Counseling Center	Rational Emotive Behavior Therapy	3 days, June 2013
2.	Psyhub: Brain and Behavior Clinic, Chennai	Solution Focused Brief therapy	24/02/2018 & 25/02/2018
3.	Element H Psychological Services, Chennai	Cognitive Therapy	3 days, July 2019
4.	University of Madras	Dialectical Behavior Therapy: Integrating Components of DBT into Individual Work with Clients	21/07/2020 to 23/07/2020
5.	Salve Care, Bangalore	Cognitive Behavior Therapy	19/08/2020 to 29/08/2020
6.	Salve Care, Bangalore	Cognitive Behavior Therapy for Anxiety and Depression	19/10/2020 to 29/10/2020
7.	Element H Psychological Services, Chennai	Introduction to Acceptance and Commitment Therapy	13/03/2020 & 14/03/2020
8.	Element H Psychological Services, Chennai	Introduction to Acceptance and Commitment Therapy for Relationships	10/04/2021 & 11/04/2021
9.	Psycafe, Chennai	Trauma Informed Approach to Psychological Interventions	16/09/2021 to 18/09/2021

JOURNAL PUBLICATIONS

S. NO.	JOURNAL NAME	UGC /SCI/ SCIE/ WOS	ISBN/ISSN NO.	REFERENCE	DATE OF PUBLICATION /DOI
1.	Psychology of Women – Emerging Research & Strategies	Conferenc e Procedin g	ISBN 978-81-78740 4-3-0	Gender Discrimination and Women’s Health in India	March 2013
2.	Periyar University Journal of Psychology	Peer Reviewed	ISSN No: 2319- 9601 Volume 1: No. 1, pp.60-66	Health Locus of Control and Exercise Participation Motives in Overweight Adolescent Girls	June 2013
3.	Book on Current Perspectives in Educational Psychology	Conferenc e Procedin g	ISBN: 978-93-5001- 418-9	A study of Transactional Styles and Classroom Behavior and Instructional Management Among College Teachers	November 2013
4.	Book on Research Studies on Enriching Employee Engagement	Conferenc e Procedin g	ISBN: 978-93-81992 -65-4	A Study of Sickness Presenteeism and Burn-Out Among College Teachers	February 2015
5.	Research Journal of Social Science and Management	Peer Reviewed	ISSN 2251-1571 Vol. 4, No. 11	A Comparative Study of Perceived Benefits and Barriers to Exercise Between Exercising and Non-Exercising Adolescent Girls	March 2015
6.	Indian Journal of health and Wellbeing	UGC	ISSN: 2229-5356 Impact factor for the year 2012- 0.47	Physical Self- Concept and Physical Activity of Overweight Adolescent Girls	April 2016

7.	Catalyst – Released by Campus innovation League, Ethiraj College for Women		ISBN No:978-81-936440-2-7	Role of Income and Gender in Personal Financial Literacy (Co-Authored with Amritha Sridhar)	June 2018
8.	Catalyst – Released by Campus Innovation League, Ethiraj College for Women		ISBN No: 978-81-936440-2-7	Relationship Between Locus of Control and Perceived Stress in Millennials (Co-Authored with Srinithi)	June 2018
9.	Catalyst – Released by Campus innovation League, Ethiraj College for Women		ISBN No: 978-81-936440-2-7	Determinants of Voting Behavior Among College Students (Co-Authored with Shobanalakshmi)	June 2018
10.	Indian Journal of Health & Wellbeing	Peer Reviewed (NAAS Ratings 4.13)	ISSN–p-2229-5356 e-2321-3689 Vol. (9), Issue 10-12, pp 1005-1011	Cognitive Biases in Preventive Health Decisions (Co-Authored with Samyuktha Kumar)	October – December 2018
11.	Indian Journal of Health and Wellbeing	Peer Reviewed	ISSN: 2321-3698 Vol 12, Issue 4,	Understanding Adolescent’s Helmet Use from the Perspective of Health Belief Model (Co-Authored with Savitha Kamakshi)	December 2021

FDP/STTP

S. NO.	ORGANIZED BY	STATE/NATIONAL/ INTERNATIONAL	TOPIC	DATE(S)
1.	Ethiraj College for Women	State	Effective Paper Presentation and Article Publishing	05/08/2010 & 06/08/2010
2.	Justice Basheer Ahmed Sayeed College for Women	National	Research and Consultancy Services	17/12/2011
3.	Ethiraj College for Women		Statistical Analysis Using AMOS	December 2018
4.	Ethiraj Centre for Research, Innovation and Creativity		Research, Innovation and Creativity	July 2019
5.	Ethiraj College for Women		Recasting from Onsite to Online Pedagogy	21/07/2020 to 23/07/2020

LIST OF PROGRAMMES SERVED AS RESOURCE PERSON

- Conducted a half day workshop on “Love Languages” for couples on 14th February 2010 for PALMS, Tuticorin.
- Contributed content for a book compiled for a UGC funded workshop on “Basic Skills in Counselling, March 2011.
- Had been the resource person for the workshop conducted for CISF personnel on “Changing Mind Set – A Key to Stress Management”.
- Conducted two-day training program for adolescents aged 16-18 on proactive behavior and conflict resolution for successful teens for Pearl city Academy for Management and Leadership skills (PALMS), Tuticorin
- Conducted one day training program for parents of preschool children on “Better Parenting” for Pearl Preschool, Tuticorin.
- Have been a resource person for an Interactive session on “Play and Learn” on resource management for PALMS, Tuticorin

- Gave a Special Lecture on the “Adolescent Counselling” at the Inauguration of Counselling Centre by the Women’s Studies Centre, Thiagarajar College, Madurai February, 2016.
- Served as External Academic Audit Member for the Department of Counselling Psychology, Madras School of Social Work 22nd March , 2016.
- Guest Lecture on “Anatomical Structure of the Nervous system, 10th August,2016 at M.O.P Vaishnav College For Women .
- Member, Syllabus Revision workshop – Tamilnadu Public Service Commission, 16th March 2017.
- Served as a resource person for the workshop on “Enhancing performance of teachers through stress management” for teachers of Ethiraj Matriculation School, Vellore, 1st April 2017.
- Resource person for one day programme on “Principles and paradigms for successful teens”, for teens held by Pearl city academy of leadership and management skills. 21st May, 2017.
- Lesson writing for the UG course on Biological Psychology for the Institute of Distance Education, University of Madras, 2017.
- Special Lecture on “Brain and perception” for the B. E. Biotechnology students of Rajalakshmi Engineering College on the inaugural of the BT Society, 24th Jan 2018.
- Guest Lecture for Social Work students of Madras Christian College on “Psychological Assessment” 21st Feb 2018.
- Subject expert, Board of studies meeting of the Department of Counselling Psychology , 23^{rs} Feb, 2018.
- Guest Lecture for students of the Department of Psychology at Madras School of Social Work on Personality Disorders on 8th March 2018
- Resource person, living values camp for early adolescence, held by Pearl city academy of leadership and management skills. May 18th, 2018.
- Preparation of Course Material – Theories of Personality – for M. Sc. Psychology SIM Pattern – for Directorate of Distance Education, Alagappa University, Karaikudi.
- Preparation of Course Material – Allied Paper I - Biological Psychology - Institute of Distance Education, University of Madras, 29th May 2018.
- Subject expert, Board of studies meeting of the Department of Psychology, Dr. M.G.R Educational and Research Institute on 20th July 2018
- Discussion on Mental Health Tool Development on 25th September 2018
- Conducted a Mental health awareness programme on 13th October 2018 for the Rotractors of Rotaract Club of Ethiraj College for Women, Chennai -8.
- Guest lecture on “Workplace Counselling” for M. Com. Students of Ethiraj College, Oct 2018.
- Edited a journal “Catalyst” containing student’s research articles, released by campus innovations league, Ethiraj College for Women, 2018.

- Subject expert, Board of studies meeting of the Department of Psychology D.G Vaishnav College on 22nd February 2019.
- Subject expert, Board of studies meeting of the Department of Psychology D.B Jain College on 11th March 2019.
- Resource person for a guest lecture on “Stress Management” for dentists during the 25th anniversary alumni meet of Saveetha Dental College on 18th August 2019.
- Resource person for an interactive session on “Stress Management” for members of the PALMS, held at Chennai on 25th August 2019.
- Resource person for confidential work pertaining to recruitment, TNUSRB on 28th June, 2019.
- Guest lecture on “Stress Management” for members of PALMS- A training organization, held at Chennai. August 2019.
- Served as subject expert for the Board of Studies for the Department of Psychology in Madras School of Social Work on 12th February 2020.
- Webinar on “Relationships in times of COVID”, held for members of insights, an online discussion forum, Sept. 2020.
- Webinar on “Dealing with distress in times of COVID” for NGP College of Arts and Science, Coimbatore on 20th Nov, 2020.
- Webinar on “Psychology of Exercise Behavior” organized by American college, Madurai and Madras School of Social work, Chennai in collaboration with M.S Chellamuthu Institute, Madurai, 8th Dec 2020.
- Guest lecture on “Women and Mental Health” for Women’s Studies Centre, Ethiraj College for Women, 9th January 2021.
- Served as paper setter for TNUSRB in the year 2020 & 2021.
- Subject expert for the Board of Studies for the Department of Psychology in Women’s Christian College on 28th January 2021.
- Served as subject expert for staff selection interview for the Department of Psychology, Self-Financing Stream, Women’s Christian College on 9th April 2021.
- Orientation given to I UG and I PG students of Ethiraj College for Women on 25th September 2021.
- Served as subject expert for the Board of Studies for the Department of Psychology in Madras School of Social Work on 22nd October 2021.
- Webinar on “Emotional Competencies for Adolescents” for students of Mahalashmi College of Arts and Science in November, 2021.
- Served as subject expert for the Board of Studies for the Department of Psychology , WCC on 15th February 2022
- Served as subject expert for the Board of Studies for the Department of Psychology, Dr. Ambedkar Government Arts College on 8th June 2022 , Vyasarpadi, Chennai.
- Served as subject expert in the interview panel for selection of faculty in the Department of Psychology at WCC on 13th June 2022

- Panel Member “Say no to suicide’. National Symposium on Mental Health and Well being –A global Priority and 10th Oct 2022
- Conducted a session on “Self-Awareness” as part of a 10-day training programme on teenage pregnancy for Inner Wheel Club of Madras, on 22 November 2022
- A scientific paper presentation session during the International Conference of Mental Health - A Holistic Approach, on 17 February 2023