

PROFILE

Ms. Saranya is an enthusiastic and dedicated therapist and psychologist, She is passionate about pursuing a challenging and creative career that allows her to apply existing knowledge and skills while continually acquiring new ideas and insights. She believes in contributing to the growth of the organisation she worked for, recognising that my personal growth is intricately linked with the success of the institution. With 1 year solid foundation in psychology and practical experience gained from her roles as a therapist cum psychologist at Insight Rehabs and internships at esteemed institutions like the National Institute of Empowerment of Persons with Multiple Abilities and Sri Ramachandra Institute of Higher Education and Research, I bring valuable expertise to any educational setting.

She holds a Master's degree in Psychology from Presidency College (Autonomous) and a Bachelor's degree in Psychology from Sri Kanyaka Parameswari Arts and Science College for Women. Her educational journey has been further enriched by my Higher Secondary School Certificate from St. Joseph Higher Secondary School and my Secondary School Leaving Certificate from Don Bosco Matriculation School. In terms of her academic achievements, she has successfully undertaken significant research projects, including a comparative study on "Mindfulness Attention Awareness between Non-Working Women and Working Women" during my BSc final year, which yielded significant results highlighting differences in the level of mindfulness attention awareness. Additionally, she conducted a study on "Adult Dispositional Hope among College Students," concluding that the majority of students exhibit high levels of adult dispositional hope.

She also presented research at renowned conferences, such as the 6th International and 8th Indian Psychological Sciences Congress in October 2019, where I discussed "Gender Comparison on Automatic Thoughts among Juvenile Delinquency." Another presentation focused on "Gender Comparison on Social Media Addiction among College Students" at a National Conference on Internet Addiction. These experiences have allowed her to contribute to the academic discourse in her field.

Her commitment to professional development is underscored by my completion of courses such as "Emotional Intelligence and Transactional Analysis," "Integrative Psychotherapy," "Practical Skills in School Counselling," and "Cognitive Behavioral Therapy," totaling 30 hours of coursework in each. She has also been recognised for her dedication and leadership, earning the title of Best Association Secretary (Psychology) for the 2019–2020 academic year. Additionally, she has excelled in various competitions, securing 1st prize in 11 competitions, 2nd prize in 2 competitions, and 3rd prize in 4 competitions at both inter- and intra-level events.

In summary, her educational background, practical experience, research endeavours, and commitment to ongoing learning make her a valuable addition to any educational institution. She is excited to contribute to the growth and success of both students and the organisation as a whole, and I look forward to further opportunities in the field of education.

Currently, she is an assistant professor in the Department of Psychology, SLAAS, Hindustan Institute of Technology and Science, Chennai.

