**Profile**

Full name: Dr. Sahayaraj S. S.

Date of Birth: 04 May 1963

Place of Birth: Madurai

Father: Mr. Santiago S

Mother: Mrs. Motchamary S.

Address: Anugraha Institute of Social Sciences, Nochiodaipatty, Dindigul 624 003

Present Position: Associate Professor, Head, Department of Psychology, Anugraha Institute of Social Sciences, Nochiodaipatty, Dindigul 624 003 (since 2021)

Counselling Subject expert in the Board of Study, Department of Social work, Lady Dock College, Madurai since 2019.

Psychology Subject expert in the Board of Study, Department of Counselling, Sacred Heart College, Tirupathur Since 2022.

Convened Three International Conferences at Anugraha Institute of Social sciences, Nochiodaipatty, Dindigul 624 003

**Qualification:**

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| **Sl**  **No** | **Qualification** | **Subject** | **Institution** | **Year of Passing** | **Marks**  **(Percentage)** |
| 1. | Certificate | Basic Consultant  Of Positive Psychotherapy | World Association for Positive and Transcultural Psychotherapy  (WAPP) | 2024 |  |
| 2. | Ph D | Counselling | Madurai Kamaraj University, Madurai | 2023 |  |
| 3. | Certificate | Family Therapy | Alagappa University | 2019 | 82.12 |
| 4. | MSc | Counselling & Psychotherapy | Periyar University | 2016 | 76.83 |
| 5. | M. Phil | Counselling & Psychotherapy | Madurai Kamaraj University | 2015 | 81.3 |
| 6. | M. A. | Counselling | Fordham University, New York | 2007 | 92 (A) |
| 7. | PG Diploma | Guidance & Counselling | Annamalai University | 1999 | 59 |
| 8. | B.A. | Sociology | Madurai Kamaraj University | 1986 | 57 |
| 9. | +2 | Commerce | State Board | 1981 | 74.5 |
| 10 | SSLC |  | State Board | 1978 |  |

**Seminars, Conferences and Workshops attended**

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| **Sl No** | **Subject** | **Institution** | **Date** |
|  | 8th International Conference: AI and its impact on Mental Health: Challenges and Opportunities | Department of Psychology, Anugraha Institute of Social Sciences, Dindigul | 7 & 8 Feb 2025 |
| 1. | 7th International Conference: Psychology for a Better Tomorrow | Department of Psychology, Anugraha Institute of Social Sciences, Dindigul | 9 & 10 Feb 2024 |
| 2. | Psychometric Scale Construction | Department of Psychology, Anugraha Institute of Social Sciences, Dindigul | 7 – 9 April 2022 |
| 3. | 5th International Conference: Pandemic to Panacea: Bio-Psycho-Social Perspective. | Department of Psychology, Anugraha Institute of Social Sciences, Dindigul | 4 & 5 March 2022 |
| 4. | 4th International Conference: Ecological Well-being: A Psycho-Social Perspective | Department of Psychology, Anugraha Institute of Social Sciences, Dindigul | 7 & 8 Feb 2020 |
| 5. | Emerging Trends in Psychotherapy and Counselling Practice | Department of Psychology, Anugraha Institute of Social Sciences, Dindigul | 13, 14 February 2015 |

**Seminars & Workshops Conducted**

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| **Sl No** | **Subject** | **Institution** | **Date** |
| **1.** | Graphology (Handwriting Analysis) | Department of Psychology, Anugraha Institute of Social Sciences, Dindigul | Since 2019 conducting the programme for the students of BSc & MSc Psychology |
| 2. | Counselling Skills | Department of Psychology, Periyar University, Salem | 5 & 6 Mar 2020 |
| 3. | Enhancing Skills for Counselling: Counsellor and Counsellee Perspective | Department of Social Work, Cauvery College for Women, Trichy | 25 & 26 Feb 2019 |
| 4. | Faculty Development Programme: Art of Counselling | Kalasalingam University, Krishnankovil | 29 – 31 Aug 2018 |
| 5. | Human Formation and Post-novitiate Formation | Pacific-Asian Capuchin Conference, Philippines | 2 – 9 May 2015 |
| 6. | Faculty Development Programme on Counselling Skills | Department of Psychology, Periyar University, Salem | 2- 8 Jan 2015 |

**Publications**

|  |  |  |  |
| --- | --- | --- | --- |
| **S No** | **Authors** | **Title** | **Journal** |
| 1. | Sahayaraj S. S. | Effectiveness of Emotional Maturity Programme on the Emotional Competence of the Adolescent Girls | Sanjay J. & Varaprasadham S. (eds). (2018). Young Adults & Emerging Trends in Psychology. Strategies to Achieve Well-being and Emotional Maturity. All India Don Bosco Education Society (AIDBES) New Delhi. PP 61 – 72. |
| 2 | Sahayaraj S. S. & Dr. Lawrence Soosainathan | Effectiveness of Healing the Inner Child Programme on Spiritual Competence among Late Adolescents | Asian Journal of Multidimensional Research (AJMR) ISSN: 2278.4853, Vol 8(2), 2019, pp. 114-123. |
| 3 | Sahayaraj S. S. | Construction and Validation of Anugraha Wounded Child Scale (AWCS) | Mukt Shabd Journal, ISSN No. 2347:3150, Vol IX (4), 2020, pp. 4346-4372. |
| 4 | Sahayaraj S. S. & Dr. Lawrence SoosaiNathan | Effectiveness of Inner Healing Group Therapy on Hope and Happiness among war victims of Sri Lanka | Journal of Shanghai Jiaotong University, ISSN: 1007:1172, Vol 16 (8), 2020, PP. 25-50. |
| 5 | Sahayaraj S. S. & Dr. Lawrence SoosaiNathan | Effectiveness of Couple Enrichment Module on Marital Satisfaction and Subjective Well-being During Covid-19 | International Journal Of Aquatic Science, ISSN: 2008:8019, Vol 12 (02), 2021, pp 540-548 |
| 6. | Wilson S.I., Sahayaraj S. S., Lawrence SoosaiNathan | Resilience, Psychological Well-being and Academic Achievement: A study among the Higher Secondary Students from Selected Schools in Dindigul, Tamilnadu | Journal of Indian School of Political Economy, ISSN: 0971-0396, Vol 35(04), 2023, pp 42-52 |
| 7. | Wilson S.I., Sahayaraj S. S., Lawrence SoosaiNathan | Social Media Addiction and Psychological Well-being among the Higher Secondary Students from Selected Schools in Dindigul, Tamilnadu | Shodha Prabha, ISSN: 0974-8946, Vol 48(07), 2023, pp 158-170. |