

Name : Dr. A. Seethalakshmy

Staff ID : RCAS04111

Designation : Head of the Department

Department : Psychology

Experience :15+ yrs

Qualification : M.Sc., MPhil., Ph.D.

Specialization: Clinical Psychology and Organizational Psychology

Mail ID : hod.psy@rathinam.in



ACADEMICS

Degree	Branch	Institution / University	Year of Completion
Ph.D.	Psychology	Bharathiar University	2022
M.Phil.	Psychology	Bharathiar University	2019
M.Sc.	Psychology	Annamalai University	2010
B.Sc.	Science	Calicut University	1999

Diploma / Certification	Specialization	Institution / University / Agency Name	Year of Completion
Diploma	Community Mental Health for Psychologists	NIMHANS	2024
Certification	Neuro-Linguistic Programming (NLP) Practitioner	The Academy of Modern Applied Psychology	2024
Certification	Yoga and Meditation	Sivanandha Yoga	2018

RESEARCH AND PUBLICATIONS

GUIDANCE

Program	No. of Scholars	
	Completed	Pursuing
Ph. D.	-	1

GRANTS

Title	Agency	Amount	Year	Status
IKS Internship Scheme-2025	IKS Division of the Ministry of Education	5,00,000	2025	On going
Periodic Lecture Series-2024	Indian Council of Philosophical Research	30,000	2024	Completed

Student Project Scheme	Tamil Nadu State Council for Science and Technology	10,000	2022	Completed
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SEED MONEY

Title	Institution	Amount	Year	Status
Mitigating Techno-Stress among academicians using digital detox and Vipassana	RCAS	25,000	2024-2025	Completed
Development of Mental health Track App Manam @Rathinam	RCAS	25,000	2023-2024	Completed

Journal Publications

- Anantharaman, S. (2025). **A Glimpse of Neuropsychological Disorders and Therapeutic Interventions**. Library of Progress-Library Science, Information Technology & Computer, 45(2), ISSN: 2320-317X/ 608-615
- Anantharaman, S. (2025). **Intelligent Waste Management System using Digital Twin Technology**. IEEE Xplore - 2025 8th International Conference on Computing Methodologies and Communication (ICCMC), EISBN: 979-8-3315-1211-8.
- Anantharaman, S. (2025). **Nature-Based Approaches to Behaviour and Speech in Preschoolers**. International Journal of Environmental Sciences, 11(21s), ISSN: 2229-7359/ 5838–5843.
- Anantharaman, S. (2024). **Adaptive Feature Selection for Brain Tumor Classification in MRI Images Using Genetic Algorithm, Polar Bear Optimization, and SVM**. Journal of Computational Analysis and Applications, 33(4), 356–375. ISSN: 1521-1398 / 1572-9206.
- Anantharaman, S. (2024). **Artificial Intelligence in Library Services: Enhancing Access, Operational Efficiency, and User Experience**. Library of Progress-Library Science, Information Technology & Computer, 44(3), ISSN: 2320-317X/ 5838-5843
- Anantharaman, S. (2024). **Exploring Quality of Life and Happiness Amidst Trauma in Army Personnel**. African Journal of Biological Sciences, 6(6). ISSN: 2663-2187.
- Anantharaman, S. (2024). **Efficacy Of Alternate Therapies on Mental Wellbeing of Pregnant Women**. African Journal of Biological Sciences, 6(4). ISSN: 2663-2187.
- Anantharaman, S. (2023). **A Study on The Role of Education in Fostering Resilience Among Transgender Individuals**. Education and Society, 1(Special Issue 1), 185–189. ISSN: 2278-6864.
- Anantharaman, S. (2023). **The Role of Spiritual Intelligence on Emotional Intelligence Among Youths of Digital India**. Indian Journal of Psychology, 6, 31–36. ISSN: 0019-5553.
- Anantharaman, S. (2023). **A Study on Attitudes and Beliefs of Youths of The Digital World Towards Transgender and Same Sex**. Humanities and Social Studies, 12(2), 23–28. ISSN: 2319-829X.
- Anantharaman, S. (2023). **Attitudes, Beliefs and Knowledge of Youths on Waste Segregation**. Indian Journal of Psychology, 8, 91–96. ISSN: 0019-5553.

- Anantharaman, S. (2022). **A Repercussion of New Technology: Social Media Addiction and Depression Among Gen Z Learners.** International Journal of Current Science, 12(4), 419–425.
- Anantharaman, S. (2022). **The Role of Rumination, Anger and Narcissism on Forgiveness Among Indians During COVID-19 Pandemic.** International Journal of Humanities & Social Science Studies, 8(6), 156–164.
- Anantharaman, S. (2022). **Aggressive behaviour, social adjustment and loneliness: The repercussion of pandemic online classes: A case study.** International Journal of Humanities & Social Science Studies, 8(6), 191–201.
- Anantharaman, S. (2022). **Instigating Environmental Sustainability and Self-Efficacy Among College Students Through Natural Dyeing.** International Journal of Humanities & Social Science Studies, 8(6), 90–96. <https://doi.org/10.29032/ijhsss.v8.i6.2022.90-96>
- Anantharaman, S. (2021). **A Study on Mental Health Issues Among Young Adults with Body Dysmorphic Disorder.** Natural Volatiles & Essential Oils, 8(5). E-ISSN: 2148-9637.
- Anantharaman, S. (2019). **The Effectiveness of Meditation, Relaxation and Mindfulness with Integrated CBT On Fear of Childbirth, General Anxiety and Pregnancy-Related Anxiety Among Pregnant Women: A Pilot Study.** Indian Journal of Psychometry and Education, 50(1). ISSN: 0378-1003.
- Anantharaman, S. (2019). **The Effectiveness of Meditation, Relaxation and Mindfulness with Integrated CBT: A Pilot Study on Maternal Childbirth Self-Efficacy and Fear of Childbirth.** Asian Journal of Multidimensional Research, 8(Special Issue 2). ISSN: 2278-4853.
- Anantharaman, S. (2018). **A Study on The Effect of Nityaprarthana with Shloko Charana On Memory and Sustained Attention Among Children.** Journal of Indian Health Psychology.

Book Chapters

- Anantharaman, S. (2024). **Neuroplasticity and Cognitive Training: Enhancing Memory and Attention Through Gamified Interventions** in Multidisciplinary Research & Innovation (pp. 304-311). Merimax International Publications. ISBN 978-81-986735-8-9
- Anantharaman, S. (2024). **Identification And Targeting Growth Factor-Enhancing Transcripts in Aedes albopictus: A therapeutic approach.** In AI-powered advances in pharmacology (pp. 283-314). IGI Global. <https://doi.org/10.4018/979-8-3693-3212-2>
- Anantharaman, S. (2024). **A Qualitative Study on Eco-Anxiety, Climatic Change Distress, Climate Resilience, And Intentional Activities Among Vulnerable Adults.** Impact of climate change on social and mental wellbeing. Elsevier. ISBN: 978-0-443-23788-1.
- Anantharaman, S. (2024). **A Study on Insomnia and Poor Sleep Quality in Young Adults Due To Excessive Use of Smartphones.** Recent research trends in psychology (Vol. 1, pp. 1-12) Integrated Publications. ISBN 978-93-5834-951-1

Books

- Anantharaman, S. (2023). **Behaviour Modification.** CIIT Publications. ISBN 978-93-6126-8076
- Anantharaman, S. (2024). **Cyberpsychology.** CIIT Publications. ISBN 978-93-6126-9608
- Anantharaman, S. (2024). **A Glimpse of Sports and Exercise Psychology.** CIIT Publications. ISBN 978-93-6126-783-3

PRESENTATIONS

	State Level	National	International
Conference	1	2	17
Seminar	-	3	-

PARTICIPATION

	State Level	National	International
Conference	1	2	17
Seminar	-	3	-
Workshop	12	18	14
Orientation	-	10	12
FDP/PDP	8	12	6

CONSULTANCY

Nature of Consultancy	Client	Amount	Status
TCS-eon 2023-2024	TCS-eon	43,000	Completed
Karka Nandre- 2023-2024	Ant Foundation and Coimbatore Corporation	25,000	Completed

Events Organized

- **International Conference on Current Trends in Basic and Applied Science ICCTBAS**, at Rathinam College of arts and Science, Coimbatore (2023).
- **National Seminar on "Psychology of Everyday Life"** on March 7th 2024 at Rathinam College of arts and Science, Coimbatore.
- **Two-day national conference on "Interdisciplinary approaches in Behavioural Sciences"** on 8th and 9th January 2025 at Rathinam College of arts and Science, Coimbatore.
- **One day Virtual International Symposium on "A Nexus of Brief and Effective Therapies"** on 3rd April 2025 at Rathinam College of arts and Science, Coimbatore.