

Name : Ms. Rajaswathy R
Staff ID : RCAS04787
Designation : Assistant Professor
Department : Psychology
Experience : 4 years
Qualification : M.Sc., Applied Psychology (NET)
Specialization: Applied Psychology



ACADEMICS

Degree	Branch	Institution / University	Year of Completion
M. Sc.	Applied Psychology	PSG College of Arts and Science	2021
B.Sc.	Psychology	Sree Saraswathi Thyagaraja College of Arts and Science	2019

Diploma/ Certification	Specialization	Institution / University/Agency Name	Year of Completion
Certification	Counseling	EMG Yadav Women's College	2020
Certification	Calligraphy	Senoget Technology Private Limited	2020
Certification	Climate Action	Centre of Excellence for United Nations Global Goals	2020
Certification	Psychology	Fortis Mental Health Care Hospital	2020

RESEARCH AND PUBLICATIONS

Journal Publications

- Rajaswathy, R., Suvetha, V., & Harini, G. (2025). **A quantitative study on the relationship between nostalgia, life satisfaction, and self-continuity among young adults.** International Journal of Cultural Studies and Social Sciences, 1(1), 23–28.
- Eshwar, R., Rajaswathy, R., & Veena Vidhya Sri, V. (2025). **Work-related stressors and burnout: Authority obedience, emotional maturity, and burnout as predictors of well-being among teaching professionals.** Indian Journal of Psychology, 1(1), 27–31.

Book Chapters

- Rajaswathy, R. (2025). **Embracing positivity: Modern perspectives on positive psychology.** In H. K. Yadav & S. Verma (Eds.), Contemporary perspectives in modern psychology (Vol. 1, pp. 246–253). Red'shine Publication Pvt. Ltd.
- Rajaswathy, R. (2025). **Integrating mental health into school curricula: A preventive strategy for holistic education in Uttarakhand.** In H. K. Yadav, R. Rawat, & S. Roshnini (Eds.), Uttarakhand vision @ 2047: Challenges, responsibilities and suggestions (pp. 232–237). Red Unicorn Publishing.
- Rajaswathy, R. (2025). Ved Vyasa: **The sage who shaped Indian thought.** In H. K. Yadav, B. K. Patel, & T. Patel (Eds.), Building the nation: Indian pioneers of education (pp. 203–207). Red'shine Publication Pvt. Ltd.
- Rajaswathy, R. (2024). **Beyond green: Forging synergies between eco-psychology and multidisciplinary horizons for sustainable futures.** In Shodhosian: Rethinking research boundaries of multidisciplinary perspectives in changing world (pp. 64–70). Multispectrum Publications.
- Rajaswathy, R. (2024). **The psychology of digital immersion: Navigating the complexities of digital addiction.** In The interplay of tech and business (pp. 173–179). Blue AVA Ford Publications.
- Rajaswathy, R. (2024). **Beyond 9 to 5: The effect of work connectivity behaviour after work.** In Psychology of everyday life (pp. 174–181). CiiT Publishers.
- Rajaswathy, R. (2024). **Association between trust, emotional intimacy, and conflict resolution among couples: An empirical study.** In *Psychology of everyday life* (pp. 303–311). CiiT Publishers.
- Rajaswathy, R. (2024). **The impact of social media engagement on love relationship satisfaction leading to suicidal ideation among young adults.** In *Psychology of everyday life* (pp. 408–418). CiiT Publishers.

Books

- Rajaswathy, R. (2025). **Psychology project portfolio: Volume I.** Innovation Online Training Academy.
- Rajaswathy, R. (2025). **Psychology project portfolio: Volume II.** Innovation Online Training Academy.
- Rajaswathy, R. (2025). **Personality, emotion, stress and coping.** CiiT Publishers.

Proceedings

- Rajaswathy, R. (2024). **Challenges And Issues of Parents with children undergoing online education during COVID-19.** In Recent Trends In Interdisciplinary Innovations Bridging Computer Science And Life Science (pp 120-125). CiiT Publisher.
- Rajaswathy, R. (2025). **Fashioning the self: The psychology of identity and cultural expression.** In Expression of culture through literature, media and fashion (pp. 502–504). CiiT Publisher.
- Rajaswathy, R. (2024). **Pearls of wisdom: Exploring psychological insights of Moodurai, Indian knowledge system into modern higher education: NEP perspective.**

The conference on Indian knowledge system into modern higher education: NEP perspective (pp 101-104). Dr.N.G.P. Arts and Science College.

- Rajaswathy, R. (2025). **AI and self-therapy: Exploring the role of artificial intelligence in mental health support.** The International Conference on Artificial Intelligence in Science, Technology, Commerce, Management, Healthcare and Education (pp 984-987). Lincoln University College, in association with Rathinam College of Arts and Science.

PRESENTATIONS

	State Level	National	International
Conference	1	1	-
Seminar	1	1	-

PARTICIPATION

	State Level	National	International
Conference	1	2	-
Seminar	1	1	-
Workshop	5	10	1
FDP/PDP	3	3	1

Events Organized

- **One day National Workshop on Cathartic release and neurofeedback therapies** on 23rd Aug 2024, at Rathinam College of Arts and Science, Tamil Nadu, India.
- **Two-day National Conference on Interdisciplinary Approaches in Behavioral Sciences** on 08 and 09th January 2025 at Rathinam College of Arts and Science, Tamil Nadu, India.
- **One day International Virtual Symposium on A Nexus of Brief and Effective Therapies** on 3rd April 2025 at Rathinam College of Arts and Science.
- **A Two-day National Level Workshop on Unlocking the power of statistical tools for Research** on 21st and 22nd August 2025, at Rathinam College of Arts and Science, Tamil Nadu, India.

AWARDS, HONORS AND RECOGNITION

Awards / Honors /Recognition	Agency / Institution	Year of Award
Golden Gurus	GRT Gold and Diamonds	2025