

**Name** : Ms. Soniya P  
**Staff ID** : RCAS05109  
**Designation** : Assistant Professor  
**Department** : Psychology  
**Experience** : 4 years



**Qualification** : M.A., M.Ed., PGDGC.,  
**Specialization**: Industrial Psychology, Educational Psychology, School Counselling,  
Guidance and Counselling.  
**Mail ID** : soniya.psy@rathinam.in

### ACADEMICS

| Degree | Branch             | Institution / University | Year of Completion |
|--------|--------------------|--------------------------|--------------------|
| M.Ed.  | Education          | Bharathiar University    | 2022               |
| B.Ed.  | Education          | Mumbai University        | 2012               |
| M.Sc.  | Applied Psychology | S.N.D.T University       | 2008               |
| B.Sc.  | Psychology         | Mumbai University        | 2006               |

### RESEARCH AND PUBLICATIONS

#### Journal Publications

- Soniya, P. (2025). **Aligning or asserting? How fashion affects body image and self-worth.** Proceedings of the International Conference on Expression of Culture through Literature, Media and Fashion. CiiT Publications.
- Soniya, P. (2025). **Blended therapy: AI + human psychologists – Investigating the best approaches to integrating AI tools with traditional psychotherapy.** CiiT Publishers. Rathinam College of Arts and Science, Department of Psychology; Lincoln University College.

#### Book Chapters

- Soniya, P. (2025). **Neurodevelopmental disorders: From diagnosis to therapy. In Emerging horizons in human development and well-being** (pp. 36–46). P.K. Publishers & Distributors. ISBN: 978-93-49060-89-0

- Soniya, P. (2024) **Use of Innovative and Technological Methods of Learning in Modern Era, The Rising of Education 5.0: Imperatives and Perspectives**, red shine publications.
- Soniya, P. (2025). **Qualitative research techniques in psychology. In Shodhosian: Rethinking research boundaries of multidisciplinary perspectives in changing world** (pp. 496-503). Multispectral Publications. ISBN: 978-81-982726-0
- Soniya, P. (2024). **Understanding health and wellness: Modern psychological perspectives Contemporary Perspectives in Modern Psychology**, red shine publications.

### Books

- Soniya, P. (2024). **Handbook of ethics in clinical practice and applied fields of psychology**. CiiT Publications.

### PRESENTATIONS

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

### PARTICIPATION

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

### CONSULTANCY

| Nature of Consultancy | Client          | Amount | Status  |
|-----------------------|-----------------|--------|---------|
| Ant Foundation        | School Children | 4000   | Ongoing |

### AWARDS, HONORS AND RECOGNITION

| Awards / Honors /Recognition | Agency / Institution  | Year of Award |
|------------------------------|-----------------------|---------------|
| National Excellency Award    | Welred Foundation     | 2025          |
| School Counselling           | ANT Foundation        | 2025          |
| Golden Gurus                 | GRT Jewelers          | 2025          |
| Bright Beginner of the year  | Peepal Prodigy School | 2020          |