

Faculty Name: Dr. P.VIJAYALAKSHMI M.Sc, M.Phil, Ph.D.,

Designation: Assistant Professor in Psychology,

Project guide:

- Development pattern of vocational maturity among adolescents-A study
- A study of evaluation of stress among career women
- A study on improving effective placements through career counseling

Ongoing Project:

- A study to evaluate the awareness about the effect of cognitive behaviour therapy in COPD patients.
- Development of mobile health application in yoga for Low back pain
- Effect of yoga therapy on CKD with haemodialysis patients

Self funded Project:

- The effect of cognitive behaviour therapy and yoga therapy for pregnant women.
- The effect of yoga therapy in reducing stress among diabetic patients.
- The environmental influence on yoga therapy to improve attention and concentration for learning disabled children.

Member

1. Member in Gender Sensitization Committee- Sri Ramachandra University.
2. Associate member in International Stress Management Association
3. Member in Indian Psychologist.
4. Associate Editors for Special Issue “International journal of psychology and education”

Publications:

A. Book:

Reference book:

Vijayalakshmi Anbu "yoga, meditation and happiness" Spirituality and human Psyche (2015), partridge India 000 800 10062 62. ISBN z No: 9781482867596. Pg269-274

Text Book

1. Basic Principle of Psychology for nursing students by **Vijayalakshmi P**, Sudhakaran M.V
2. Sudhakaran M.V., **Vijayalakshmi P** , A text Book on "experimental Psychology-II"(2010) for B.Sc Psychology by Tamilnadu open university
3. Sudhakaran M.V., **Vijayalakshmi P** A text Book on "Rehabilitation Psychology"(2010) for B.Sc Psychology by Tamilnadu open university
4. **Vijayalakshmi P** A text Book on ' Asanas Practice" (2006) for Diploma course in Yoga by Madras University
5. **Vijayalakshmi P** A text Book on ' Pranayama and principles of practice" (2006) for Diploma course in Yoga by Madras University
6. **Vijayalakshmi P** A text Book on ' Core principle of Yogasutra" (2006) for Diploma course in Yoga by Madras University

B. Articles

1. Nafeesa MAC, Vidhya Venugopal*, **Vijayalakshmi P**, and Rajkumar P Perceived work-related psychosocial stress and musculoskeletal disorder complaints among call centre workers in India- Across sectional study Annals of musculoskeletal disorders, Scimedcentral.
2. M. Malarvizhi*, **Vijayalakshmi Anbu***, R. Revathi**, M. Bhavani*** A Study to Associate the Psychological Well-Being and Quality of Life among Patients with Bronchial Asthma DOI: <http://dx.doi.org/10.21088/ijnsn.2277.467X.6117.6> Indian Journal of Surgical Nursing / Volume 6 Number 1 / January - April 2017
3. M. Malarvizhi, **Vijayalakshmi Anbu**, R. Revathi1,M. Bhavani," a study to determine the psychological well-being among patients with bronchial asthma" *International Journal of Medicine and Health Profession Research*. 3(1), 2016,

45 - 49. Available online: www.uptodateresearchpublication.com January - June 45 Research Article ISSN: 2394 – 7403

4. Vidhya.L, **Vijayalakshimi .P**, Venkatesan.S ' "A study to evaluate the level of anxiety among students in learning a second language"(2016) in the International journal of psychology and education, Vol3, ISSN No2321-8606Pg 87-96
5. **Vijayalakshimi .P** "The effect of cognitive behaviour therapy and yoga therapy for pregnant women"(2015) in the J Yoga Phys Therapy ISSN:2157-7595 JYPT, an open access journal Volume 5 • Issue 2 • 1000184 **Journal Impact Factor 1.36***
6. **Vijayalakshimi .P** "A study of evaluation of stress among career women"(2015) in the International journal of psychology and education, Vol2, ISSN No2321-8606. 39-43
7. **Vijayalakshimi .P** "Effect of yoga therapy to reducing stress among diabetes"(2014) in the Sri Ramachandra Nursing Journal Vol 6
8. **Vijayalakshimi .P** "Effect of yoga therapy for prisoners"(2010) in the Indian journal of criminology ISSN N09747249 Vol 38(1) &(2)

Abstract

1. M.A.C Nafeesa, **Vijayalakshmi Anbu**, K. Rajkumar1, Vidhya Venugopal Ramachandra University,Chennai"SYMMEDCON 2017"page no 77 a study to identify the association between psychological stress and musculoskeletal disorders among call centre workers in chennai.

EDUCATIONAL QUALIFICATION

S.NO	COURSE	PLACE	DURATION	MARKS SECURED
1	Ph.D Psychology	MotherTeresaUniversity	July 2013	Awarded
2	P.G.Diploma in Yoga.	AnnamalaiUniversity	May 2011	I CLASS
3	M.Phil., Psychology	Annamalai university	Sep 2008	II CLASS
4	Certificate in Guidance and Counseling	Shruthi	Mar 2006	I CLASS

5	M.Sc., Psychology	Madras University	May 2004	II CLASS
6	B.Sc., Exercise therapy for disables, Y.M.C.A.	Madras University	June 2001	I CLASS
7	B.A. Sociology	Annamalai University	Dec 1998	II CLASS
8	D.N.Y.S.(Diploma in Naturopathy & Yogic Science),	Chennai.	Nov 1999	I CLASS
9	Yoga Siromani(Yoga teacher training)	Sivananda Ashram, Kerala	Feb1997	I CLASS
10	R.C.P.T(Rehabilitation cum physiotherapy)	Andra Mahila Sabha	May 1996	I CLASS
11	H.Sc	St.Pauls Hr.Sec School	Mar 1995	I CLASS
12	S.S.L.C	St.Pauls Hr.Sec School	April 1993	I CLASS

MERITS

YOGA

2003	All India yoga festival	-	Jury
2002	10 th International Yoga Festival	-	4 th place
1999	District Yoga Championship	-	1 st place
1998	State Yoga Championship	-	Champion
1998	District Yoga Championship	-	1 st place
1998	State yoga championship	-	1 st place
1997	5 th international yoga festival	-	participated
1997	Kaya kalpa course	-	The world community center
1993	State championship	-	second place
1989	State championship	-	second place

AWARDS

2003	Yoga Kalanidhi	-	Thiru Moolar Yoga Trust
2001	Yoga Siromani	-	Shri Sai Ram Trust
2000	Yoga Bharathi	-	Shri Sai Ram Trust

1998	'O' Sensai	-	Isshinryu
1997	Yoga Siromani	-	International Sivananda Ashram
1993	Sensai	-	Isshinryu

Cme/conference organized

1. **Organising Secretary** International day of Yoga on 21.06.2018 at Sri Ramachandra University with the theme "yoga for well-being"
2. **Organising Secretary** International day of Yoga on 21.06.2017 at Sri Ramachandra University
3. **Organising member** in the national conference "Academia, Industry collaboration- Opportunities and challenges" organized by the Internal quality assurance cell, on 2nd – 4th March, 2017 at Sri Ramachandra University
4. **Organising Secretary:** International day of Yoga on 28.06.2016 at Sri Ramachandra University
5. **CME Co-ordinator:** CME on yogic management of Diseases 28.06.16 & 29.06.16
6. **Organising Secretary:** International conference on "Positive Psychology for effective living" on 08.01.16
7. **Organising Secretary:** Workshop on "long live with yoga" on 22.06.15
8. **Organising Secretary:** National conference on Biopsychosocial well-being on 25.02.15
9. **CME co-ordinator:** CME on 'clinging the councillors' on 24.02.15

Workshop, Training undergone:

- Resource person in the workshop on "Role of Yoga to improve the quality of life" conducted by Sri Ramachandra University from 15.06.17 to 21.06.17.
- Participated in the national conference ACCEPTING & APPRECIATING AUTISM 2017 conducted by department of clinical sciences on 28th march 2017 at madras medical mission.
- Participated in the national conference "Academia, Industry collaboration- Opportunities and challenges" organized by the Internal quality assurance cell, on 2nd – 4th March, 2017 at Sri Ramachandra University.
- Participated in the "one day regional workshop on holistic youth development- professional training for psychology teachers on competency development"

jointly organized by RGNIYD and University of Madras on 25th February 2017 at the university of madras.

- Paper presented as delegate in SYMMEDCON 2017, international conference on stress, yoga & mind – body medicine conducted by department of Physiology on 2nd & 3rd January 2017 at SRMC&RI.
- Resource person for the programme “yoga –A Boon for dental professionals” in iPPEP (Professional and personal enhancement programme for interns conducted on 18.10.2016 at faculty of dental sciences, Sri Ramachandra University.
- Resource person on CME “Yogic Management of Diseases” Sri Ramachandra University, 28&29 June 2016 in the topic of “Therapeutic values of yoga for medical professional”
- Seminar on “introducing yoga in Health Professions Education” MGMC&RI, Sri Balaji Vidyapeeth, Pondicherry, June 2016
- Conference on “Setting Benchmarks in Teaching & Learning through ICT, IQAC, Sri Ramachandra University, Feb 2016.
- International conference on “Positive Psychology for effective living” Sri Ramachandra University, January 2016
- Seminar on “occupational Risks Factors-Implication on Right Health” Sri Ramachandra University, January 2016
- Workshop on Grant and publication writing, Sri Ramachandra University, Sep 2015, Ethics in medical research, Institutional ethics committee, Sri Ramachandra University, 1st August 2015, Conference on Non-Communicable Diseases and Societal Implications, MMM College of Health Science, April 2015.
- Seminar cum workshop on ICT in teaching-learning and research, IQAC, Sri Ramachandra University, 6th & 7th March 2015, SRMC&RI
- National conference on Biopsychosocial well-being, Department of Allied Health Sciences, Sri Ramachandra University, 25th Feb 2015
- International conference on Enriching Employee Engagement in Organization –Role of Psychology” 30th, 31st & 1st feb 2015
- International conference on “child and women health” Department of psychology, Madras university, 21st-23rd March, 2014