

GOVERNMENT ARTS COLLEGE (AUTONOMOUS) COIMBATORE -641 018

Format For Teacher Appraisal Reports

(Source : UGC)

PERFORMANCE APPRAISAL REPORT

i) General Information

a) Name : Dr.S.RAJAKUMARI

b) Address (Residential) : 1F,A Block, Housing Unit,
Scheme Road, Race Course,
Coimbatore-641018
Mobile No.:9442525919

c) Designation : Assistant Professor

d) Department : PSYCHOLOGY

e) Date of Birth : 19-07-1970

f)Area of Specialization : Counselling Psychology

A) Academic Qualifications

Exam Passed	Subjects	Board/ University	Year	Division/ Grade/ Merit, etc.
High School	Tamil,English,Maths Science, Social Science	Board of secondary Education	1987	II class
Higher Secondary or Pre-degree	Physics,Chemistry,Botany& Zoology	Board of Higher secondary Education	1989	II class
Bachelor's Degree (s)	English and Psychology	Avinashilingam Deemed University, Coimbatore	1992- 1994	I class
Master's Degree (s)	Applied Psychology	PSG College of Arts & Science, Bharathiar University	1999- 2001	I class
Research Degree (s) M.Phil. & Ph.D.	Counselling Psychology	Avinashilingam Deemed University, Coimbatore	M.Phil.- 2003 Ph.D. – 2007	I class
Other Diploma/ Certificates etc.	Diploma in yoga therapy	Bharathiya vidya Bhavan,mangalore	2003	Distinction

ii) Research Experience & Training

Research Stage	Title of work / Thesis	University where the work was carried out
M. Phil. or Equivalent	Assessment and Management of stress in Nurses through Positive Therapy	Avinashilingam Deemed University, Coimbatore
Ph. D.	Management of Stress and Enhancement of Self efficacy among adolescence through Positive Therapy	Avinashilingam Deemed University, Coimbatore
Post-Doctoral	NIL	
Publications (give a list separately)	Appendix – A	
Research Guidance (give names of students guided successfully)	Appendix – B M.Phil. and Ph.D.	

B) Research Projects carried out

S. No.	Title of the Project	Name of the Funding Agency	Duration	Remarks
1	Premarital Counselling through Positive therapy	ICSSR	18 months	Completed

iii) Teaching Experience

Courses Taught	Name of the University / College / Institution	Duration
iv) UG (BA / B.Sc., etc. Pass) (BA / B.Sc., etc. Hons.)	1. Avinashilingam Deemed University, Coimbatore	1.6months
	2. Vivekananda Institute of Medical Science and Research	2.2years
	3. P.S.G college of Arts and Science, Coimbatore	3.2years
	4. Government Arts College, Coimbatore	4.10 years
v) PG (MA / M.Sc., etc.)	1. Avinashilingam Deemed University, Coimbatore	1.6months
	2. P.S.G College of Arts and Science, Coimbatore	2.2years
	3. Government Arts College, Coimbatore	3.10 years

vi) M. Phil.	1. P.S.G College of Arts and Science, Coimbatore	1.2years
	2. Government Arts College, Coimbatore	2.7years
vii)Ph.D	Government Arts College, Coimbatore	09 years

Total Teaching Experience (in years and months):16years 6months

a) Under-graduate (Pass) : 15 years

c) Post-graduate : 10 years

viii) Innovations/ Contributions in Teaching (If necessary give a separate list)

a) Design of Curriculum :	U.G &P.G
b) Teaching methods :	Lecturing, educational, quiz, group discussions, seminars. Teaching through A/V aids, Model Counselling sessions,Exhibitions,Role Plays
c) Laboratory experiments :	All Psychological testing materials
d) Evaluation methods :	Tests, seminars, problem solving experiments, Paper presentation, Attentiveness of the student is periodically watched, Problem solving Exercises, Projects. Quiz
e) Preparation of resource material including books, reading materials, laboratory manuals etc.:	<ol style="list-style-type: none"> 1. Mainly prescribed text books 2. Consultation with senior professors 3. Journals and magazines 4. Internet, Magazines, News papers
f) Remedial Teaching / Student Counseling (academic) :	Memory improvement techniques, Identifying students' problems, helping them in Solving problems, family counseling, marital counselling
g) Any other :	Periodical counselling to students of the Department/college in the Guidance and Counselling center.

ix) Extension Work/ Community Service(If necessary give a separate list)

a) Please give a short account of your contribution to:

i) Community work such as values of National Integration, secularism, democracy, socialism, humanism, peace, scientific temper, flood or drought relief, small family norms etc.

ii) National Literacy Mission

b) Positions held / leadership role played in organizations linked with Extension Work National Service Scheme (NSS), or NCC or any other similar activity

D. Participation in Corporate Life

Please give a short account your contribution to:

a) College/ University / Institution	Helping the HOD in the Departmental activities, Anti-Ragging Committee Member, Maintaining Discipline in the campus, Motivating the Students to join all the extra curricular Activities.
b) Co-curricular Activities	Organizing exhibitions to create awareness on Psychological aspects in daily life
c)Enrichment of Campus Life (Hostels, sports, games, cultural activities)	Helping/assisting the Principal,HOD, Colleagues and students to enrich the campus life.
d) Students Welfare and Discipline	Periodical counselling to the students, Their Parents and family members in The Guidance and Counselling center.
e)Membership / Participation in Bodies / Committees on Education and National Development	Member- Board of studies, Syllabus aining, External and Internal examiner in Theory & Practical examinations
f) Professional Organization of Teachers	IAAP(Indian Association of Applied Psychology) LIFE TIME MEMBER

E.

(a) Membership of Professional Bodies, Societies etc.-Counsellor at AIDWA,GAC,CBE.

(b) Editorship of Journals

F. Any other information

(Signature of the Teacher)

APPENDIX A

(A): DETAILS OF RESEARCH PAPERS PUBLISHED

SL No	Title of the Article	Author	Name of the journal Vol. No. & PP / Month & Year
1	Management of stress in adolescents through Positive Therapy	Dr.S.Rajakumari & Dr Hemalatha .Natesan	Journal of psychological researches. An international Journal. A special on personality development. Jan 2008, volume No.1P22-28
2	The effect of positive therapy in managing managerial stress	Dr.S.Rajakumari & PonPrabakararan	Journal of psychological researches .An International Journal.Jan2009. Volume No.53No1P55-59
3	The effect of probabilistic orientation on emotional competencies	S.RAJAKUMARI	Indian Journal of Applied Psychology.April2010 Vol,33-39
4	Effectiveness of exam anxiety reduction intervention among adolescents	Dr.S.Rajakumari & N.Sureshkumar	International journal of Applied Psychology.June-2017, Volume - 7,p66-68
5	Internet addiction among college students	Dr.S.Rajakumari & N.Sureshkumar	International journal of scientific research.June-2017, Volume - 6,p64-66
6	Relationship between self-esteem and emotional intelligence among pre adolescents	Dr.S.Rajakumari & Srinithi	Indian Journal of Applied Research.April2014 Vol,7,Issue 4,p9-11
7	Verbal fluency functions in patients with schizophrenia, their unaffected siblings and healthy control	Dr.S.Rajakumari & N.Sureshkumar	International journal of scientific research.Jan-2018, Volume - 7,p603-605
8	Parental Stress and family Adjustment among Parents of children with and without Attention Deficit Hyperactivity Disorder	Dr.S.Rajakumari & N.LakShmanan	International journal of scientific research.Jan-2018, Volume - 7,p603-605
9	Management of Stress In Army Personnel Through Positive Behaviour Therapy	Dr.S.Rajakumari & Pankaj Gaur	International journal of scientific research.April-2019, Volume - 8.Issue-4,P9-11

APPENDIX B

Research Guidance (Ph.D)

Name of the Scholar	Date of Ph.D registration	Name of university	Date of Ph.D Degree awarded	Title of thesis
S.S.Srinithi	OCT-2011	Bharathiar university	August 6 th 2018	Effect of Gayatri Mantra and Nadisudhi Prayama on personality development on pre adolescent children
N.Suresh Kumar	Sep 2012	Bharathiar university	Nov7 th 2018	Cognitive functions in patient with schizophrenia their unaffected siblings and healthy controls
N.Lakshmanan	Sep 2012	Bharathiar university	Feb 13 2019	Cognitive and behavioral interventions for children with ADHD and parental stress management

IV.M.Phil Scholar details

Name of the Scholar	Date of M.Phil registration	Name of university	Date of M.Phil Degree awarded	Title of the Dissertation
D.Arokia Thomas	Oct 2011	Bharathiar university	29-12-14	Assessment of adjustment problem social skills and emotional problem among orphans and non-orphans
Vennila.S	Oct 2011	Bharathiar university	29-12-14	A study on assessment and management of stress among the parents of differentially abled children
J.Jeyasurya	September 2012	Bharathiar university	29-4-2015	Effects of counselling and management of anxiety, depression and stress among female cancer patients

S. No.	Nature of Training (Academic / Administration)	Theme	Name of the Institutions	Duration	
				From	To
1.	Training of trainers workshop on Police well Being	Master Trainers for Police well Being Programme Training of trainers.	NIMHANS Bangalore	21-01-2019	25-01-2019
2.	Applications of Biostatistics in clinical Research	Applications of Biostatistics in clinical Research	NIMHANS Bangalore	20-2-2019	23-2-2019
3	Refresher Course	Behavioural Sciences	University of Jammu	7.12.2015	28.12.2015
4	Refresher Course	Psychology for enhancing Professional and personal Effectiveness	University of Madras Chennai -600005	20/08/2014	09/09/2014
5	Orientation course	Intensive Training Programme	University of Madras, Chennai	04/05/2011	02/06/2011
6	Faculty Development Programme	Quality Management	Govt Arts college	19/01/2013	One day
7	Faculty Development Programme	New teaching Paradigm	P.S.G College of Arts and Science	29/08/2007	One day
8	Workshop	Hypno therapy	SDM College Ujire	02/12/2004	08/12/2004
9	Psychological Counselling skills	Developing Micro Skills	CCC Vellore	14/06/2004	19/06/2004
10	Certificate course	Yoga	Bharathiya vidya Bhavan	Feb-2003	April-2003

(ii): Details of invited lectures / papers presented in Conferences/ Seminars, etc.

Name of the Programme	International/ National/State/ University level	Title of the Paper/ Talk	Duration (Dates of Event)
International Congregation	Dhaka International University Bangadesh	Marital Adjustment and Life Satisfaction Among working and non working Women	29-04-2019-30-4-2019
Conference	International	Management of stress among X and XII standard Students	4-2-2019-5-2-2019
Conference	International	Relationship between Happiness and subjective well being among Home makers and working Women	1-3-2019 -3-3-2019
Conference	International	Management of Stress in Nurses through Positive Therapy	11 to 13 October 2003
Conference	University level	A comparative study on the level of stress among organized and unorganized sector with special reference to Construction worker.	2004
Conference	International	Management of stress in adolescents through Positive Therapy	Jan9 to 11 2008
Conference	International	Management of stress for the mothers of Mentally Challenged Children through positive Therapy	Feb 18 to 20 2010
Conference	International	Psychological Management of pre menstrual Distress.	Feb 4 to 6 2011
Lecture	National	Cognitive Neuro science of learning Process	Sept 16 2011
Conference	National	Gender Difference in stress and the Happiness; A Correlation study	March 14 and 15,2013
Conference	International	The effect of positive Behaviour Therapy In ManagingTeachers	
Conference	International	Happiness & stress Among Institutionalized and home care senior citizens	Jan21-22 2014
Conference	International	Emotional Intelligence and happiness among home care and Institutionalized senior citizens A comparative study.	Jan21-22 2014
Conference	National	A study on stress of school teachers.	Feb 21- 22 2014
Lecture	National	Changing world and Youth	Feb 21- 22 2014
Invited Lectures	National(Indian Navy Service)	Emotional Intelligence	Once a month from2009 till date