

**International Conference on  
"Challenges of Workplace Counselling in the new  
millennium – New approach towards Employee  
Assistance Program (EAP)"**

**Department of  
Counselling  
Psychology**



**University of Madras**

**TOTAL NUMBER OF PRESENTATIONS -  
108**

***THEMES***

- ❖ **EAP**
- ❖ **ADOLESCENT PSYCHOLOGY**
- ❖ **YOUNG ADULT PSYCHOLOGY**
- ❖ **FAMILY PSYCHOLOGY**
- ❖ **THERAPEUTIC TECHNIQUES AND INTERVENTION**
- ❖ **HEALTH PSYCHOLOGY**
- ❖ **EMPLOYEE ENGAGEMENT, JOB SATISFACTION AND ORGANIZATIONAL COMMITMENT**
- ❖ **WORKPLACE WELL-BEING**

## **PARALLEL SESSION 1A: EMPLOYEE ASSISTANCE PROGRAM**

**VENUE:** CONFERENCE HALL, DEPARTMENT OF COUNSELLING  
PSYCHOLOGY, SOCIAL SCIENCE BLOCK

**DATE:** 01.03.2019 | **TIME:** 4.00 PM- 5.30 PM

**TOTAL PRESENTERS: 8**

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. M. V. Sudhakaran	Ms. M. Ramya Maheswari

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	DeepikaTheagarajan & Dr. S. Thenmozhi	Music Therapy in Work Place Environment - A Critical review
2	Sharanya S	Therapeutic Counselling and its impact on Employee Well-Being at Work Place
3	Sonika Vazrala	Integrative Approach to Workplace Counselling
4	Almas A & Dr. Hemantha Kumar	Employee Assistance Program at Workplace - A Review
5	Ramadass Venkata Rao & Veenaguru Karthikeyan	Employee Assistance Program in a Ship Management Company- A Case Study
6	Dr. Aravind Thampi	MGIT Approach to EAP - A Case Study
7	L.S. Suga Priyanka	Employee Assistance Program - Special reference to Mar Gregorios College of Arts & Science (MGC), Chennai
8	Besy B & Dr. U. Vijayabanu	The Effect of Mindfulness Based Art Therapy on Stress and Coping among Corporate Employees

## PARALLEL SESSION 2A: ADOLESCENT PSYCHOLOGY

**VENUE:** F-50 HALL

**DATE:** 01.03.2019| **TIME:** 4.00 PM- 5.30 PM

**TOTAL PRESENTERS:** 10

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. Veena Easvaradoss	Ms.A. Malarkodi

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	Prapakaran Ponnusamy & Rajakumari	Relationship between Mindfulness, Self-Compassion, Big-Five Personality Traits and Coping Strategies in Adolescents
2	Florentina Cecilia Raphael, Reshma Ramesh Reddy & Dr. S. Thenmozhi	Experience of Aggression in Adolescent Girls
3	Sruthi Sridharan	Study of Anxiety, Depression, Stress and Resilience in Adolescents with Specific Learning Disability
4	Darshini Madanagopal & Dr. S. Thenmozhi	Relationship between Self Concept and Interpersonal skills among Adolescents
5	Afreen Banu. V & Dr. T. Mythili	A study on Perceived Loneliness among Adolescents
6	Christy X & Dr. Mythili T	A study on Emotion Regulation among Adolescents
7	Ananthi Karthic & Dr. M.V. Sudhakaran	Creativity among school going Adolescents
8	Sudha P & Mythili. T	A study on Life skills among Adolescents in selected Government Schools - Paramount importance for Psychosocial Intervention
9	Chaithra N & Dr. Hemantha Kumara V	Analysis of Adolescents' Problems through Free Association Method: A Counsellors Approach
10	Indira Sowjanya & Dr. S. Karunanidhi	Relationship of Personality, Parental bonding, Self-Esteem on Internet addiction among Adolescents

## PARALLEL SESSION 2B: YOUNG ADULT PSYCHOLOGY

**VENUE:** F-50 HALL

**DATE:** 03.03.2019 | **TIME:** 2.00 PM – 3.30 PM

**TOTAL PRESENTERS:** 9

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr Prapakaran P	Ms. Shantha Joseph

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	Prasanna Prabhu, D & Santhana Karthikeyan. V	An efficacy of Oral Health Status persuades on Psychological Wellbeing of Youth
2	Sai Geetha.H, Gandhi Jayanthi.J & Prasanna Prabhu.D	Study on Self-Esteem, Emotional Maturity and Psychological Wellbeing of Working College Students
3	Sherin Lee Thomas & S. Thenmozhi	Psychological Distress and Coping Strategies among Young Adults
4	Lenora S & Dr. Hemantha Kumara	Effect of Academic Stress on Coping Styles and Psychological Distress among Engineering Students and Medical Students
5	Guneet Kaur	A Study on Cognitive Coping Strategies used among Married and Un-Married Female College Students
6	Susanna Deepthi & Sumathi D	Marital Preparedness among Young Adults
7	Antony Vinoth Kumar K & Asha Latha Mathew	Influence of Forgiveness, Optimism and Personal Growth on Self- compassion among Young Adults
8	Angel Mary Martis & Dr. Hemantha Kumar V	Impact of Performance Pressure on Substance Abuse among Sportsmen
9	Sharon Suganthi Caroline, Divya Dovina & Judith Aarthi	Influence of certain Psychosocial Factors on the Psychological Well Being of Homosexuals

## PARALLEL SESSION 2C: FAMILY PSYCHOLOGY

**VENUE:** CONFERENCE HALL, DEPARTMENT OF COUNSELLING  
PSYCHOLOGY, SOCIAL SCIENCE BLOCK

**DATE:** 03.03.2019 | **TIME:** 2.00 PM – 3.30 PM

**TOTAL PRESENTERS: 8**

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. T. Lavanya	Ms. Maragadham

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	Pristina Rosalyn & Divya Dovina	Influence of Income and Family Size on Family Relationships
2	Hemanth Kumar B & Dr. Hemanth Kumara	Psychological Problems of Children, Adolescent and Family of Working Parents - A Review
3	Inara DV & Dr. Hemanth Kumara	Psychological Distress and Aggression among Adolescent of Working and Non-Working Parents.
4	Nandini. J & Dr. M. Kanchana	Influence of Gender and Family Type on Children's Perception of Inter parental Conflict
5	Salome Divya Vijaykumar & Muskan Gumber	Identity after Retirement: Happy or Snappy?
6	Rachel Jayaseelan & Tony Sam George	Social Aspects of Relationship Security - Redefining Family and Functional Environments
7	Lavanya. G & Lavanya. T	Teachers' and Parents' Perspective on Student's Engagement Behaviour and their Well-Being
8	Jose Antony & John Benhar	Relationship between Child Behaviour and Family Emotional Environment among School Students

## **PARALLEL SESSION 3A: THERAPEUTIC TECHNIQUES AND INTERVENTION**

**VENUE:** MUSEUM HALL, DEPT. OF ANTHROPOLOGY

**DATE:** 01.03.2019| **TIME:** 4.00 PM- 5.30 PM

**TOTAL PRESENTERS: 8**

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. Waheeda Matheen	Dr. H. Saigeetha

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	D. Vijaysanthoshini & Dr. S. Thenmozhi	Effect of Cognitive Behavioural Psychodrama Group Therapy on Depression of Children in Conflict with Law
2	Shanmugapriya. K & Dr. S. Thenmozhi	Study on Effect of Motivational Enhancement Therapy and Yoga Therapy on an Individual with Alcohol Dependence
3	Arun Kumar. K & Dr. U. VijayaBanu	Effect of Cognitive Behavioural Therapy and Motivational Enhancement Therapy on an Individual with Alcohol Dependence Syndrome
4	Gnanasamy.V.S. & Dr. U. Vijayabanu	Effect of Art Therapy on Self Concept among Children in Conflict with Law
5	Teresa. F & Dr. U. Vijayabanu	Effect of Mindfulness Based Cognitive Therapy on an Individual with Depression
6	Shobana Lakshmi & Dr. S. Thenmozhi	Effect of Mindfulness Based Stress Reduction Therapy on Anxiety and Depression of an Individual with Cancer
7	Bindya Biji & Dr. S. Thenmozhi	Effect of Mindfulness Based Stress Reduction Therapy on Anxiety of an Individual with Panic Disorder
8	Rumila & Dr. Thenmozhi	Effect of Mindfulness Based Cognitive Therapy on Self Esteem and Depression of Adolescence

## **PARALLEL SESSION 3A: THERAPEUTIC TECHNIQUES AND INTERVENTION**

**VENUE:** MUSEUM HALL, DEPT. OF ANTHROPOLOGY

**DATE:** 03.03.2019 | **TIME:** 2.00 PM – 3.30 PM

**TOTAL PRESENTERS: 8**

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. A. Zarina	Dr. U.L. Bhuvanewari

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	Poushali Das & Dr. U. Vijayabanu	Effect of Art Therapy and Mindfulness Based Therapy on Stress and Anxiety of an Adolescent with Cancer
2	Shruti Rao & Dr. S. Thenmozhi	The Effectiveness of Acceptance and Commitment Therapy on Resilience and Quality of Life in Individuals with Psychosis
3	Manju & Dr. U. Vijayabanu	Effect of Art therapy and Relaxation therapy on Psychological Well-being of patients diagnosed with Cancer
4	Sruthy Anand & Dr. S. Thenmozhi	Effect of Dance Movement Therapy on Self-esteem of adolescents with learning disability
5	Jayshree & Dr. S. Thenmozhi	Effect of Solution Focused Brief Therapy and Mindfulness Based Therapy in decreasing Anxiety among Substance Abuser
6	Abinaya Muralidharan & Dr. U. Vijayabanu	Study on Effectiveness of Cognitive Bibliotherapy on Depression in a Young Adult
7	Priya & Dr. U. Vijayabanu	Effect of Cognitive Rehabilitation and Art Therapy on Cognitive Performance among Dementia Patients
8	Sridevi. C & Dr. S. Thenmozhi	A Study on Cognitive Impairment, Hostility, Anxiety and Depression among People with Heart Failure

## **PARALLEL SESSION 3B: THERAPEUTIC TECHNIQUES AND INTERVENTION**

**VENUE:** LIBRARY HALL, DEPT. OF VAISHNAVISM

**DATE:** 01.03.19| **TIME:** 4.00 PM- 5.30 PM

**TOTAL PRESENTERS: 8**

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. M. Kanchana	Dr. Kalyani Kenneth

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	Sagayaraj K & N Sivarajan	Effect of Direct Eye Contact on Preoperative Surgical Patients and Counselling Intervention on Postoperative Anxiety, Depression and Posttraumatic Stress Disorder
2	Pearline Sylvia & Dr. U. Vijayabanu	Effect of Art Therapy on Emotional Distress among Hearing Impaired Children
3	Poornima Vendan. P & Dr. Thenmozhi. S	Effect of Mindfulness Based Art Therapy on Stress and Coping on a Pregnant Woman
4	Samyuktha Mohan Shankar & Dr. S. Thenmozhi	Effect of Animal Assisted Therapy and Narrative Exposure Therapy for Anxiety on Sexually Abused Child
5	Saranya. A & Dr. S. Thenmozhi	Effectiveness of Art Therapy on Behavioural and Emotional Problems of Institutionalised Adolescents
6	V. Jayalakshmi & V. Vijayalakshmi	Effect of an Emotional Intelligence Intervention Program on Coping Strategies among Government School Teacher
7	Shatabdi Das	Impact of Counselling Intervention on the Mental Health Condition of Adolescents
8	Neha Susan George	Effectiveness of CBT-based Intervention on Adolescent with High Body Image Concern



## PARALLEL SESSION 4A: HEALTH PSYCHOLOGY

**VENUE:** LECTURE HALL, DEPT. OF SAIVA SIDDHANTHA.

**DATE:** 01.03.2019| **TIME:** 4.00 PM- 5.30 PM

**TOTAL PRESENTERS:** 7

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. S. Rajakumari	Ms. Divya Dovina T

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	Sachin Raj. S & Naga Harish	Effects of Occupational Stress on Coping Styles and Job Satisfaction among Police Officials
2	Chesi Anne Basil	Effect of Work Place Stress on Coping and Job Satisfaction among IT Employees
3	Navya Penmetsa & Dr. Hemantha Kumara	Effects of Occupational Stress on Organizational Commitment and Job Satisfaction among IT Employees
4	Dr. Hemantha Kumara V	Effect of Occupational Stress on Well-Being and Job Satisfaction among Government and Private Bank Employees
5	Gaurangi M & Dr. Hemantha kumara V	Effect of Occupation Stress on Coping Styles and Job Satisfaction among Employees of Public and Private Sectors
6	Kavya Shree V & Dr. Hemantha Kumara V	Effect of Occupation Stress on Coping Styles and Job Satisfaction among Teachers of Public and Private Schools
7	R. Shwetha and Dr. Rajakumari	Stress and Coping between Private and Government Employees

## PARALLEL SESSION 4A: HEALTH PSYCHOLOGY

**VENUE:** LECTURE HALL, DEPT. OF SAIVA SIDDHANTHA.

**DATE:** 03.03.2019 | **TIME:** 2.00 PM – 3.30 PM

**TOTAL PRESENTERS: 8**

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. Sumathi	Ms. Ayesha Siddique

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	Saranya Sundaraju, Swetha Srinivasan, Veena Vani & Dr. K. R. Radhika Kiran	Work Stress and Personality Measures among Industrial Employees and Corporate Employees
2	K. Ravi & Dr. C.N Ram Gopal	Incidence of Stress in Information Technology Sector Associates
3	Cynthia Isac	Relationship between Stress and Subjective Wellbeing of Teachers
4	Thumchuichan Raman	Influence of Emotion Regulation and Teachers' Self-Efficacy on Perceived Stress among High School Teachers
5	Shivani Rk & Dr. Waheeda Matheen	A study on Burnout among I.T and BPO employees
6	Annie Mercy & Dr. Hemantha Kumara V	Stress - The root cause for Suicide among Farmers
7	V. Jayalakshmi	Job Stress and Stress Management among BPO Employees- A Qualitative Study
8	M.Ramya Maheswari & Ms.A. Malarkodi	Hope and Decision-Making Coping Patterns of Teaching Professional

**PARALLEL SESSION 5A: EMPLOYEE ENGAGEMENT, JOB SATISFACTION AND ORGANIZATIONAL COMMITMENT**

**VENUE:** LECTURE HALL, HRDC.

**DATE:** 01.03.19| **TIME:** 4.00 PM- 5.30 PM

**TOTAL PRESENTERS: 8**

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. T. Mythili	Dr. Salome Divya Vijaykumar

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	Rajnitha Das	Effect of Employee Engagement and Organizational Commitment on Job Satisfaction Among M.N.C Employees.
2	Taniya Vinod	Subjective Wellbeing and Job Satisfaction among Nurses of Government and Private Hospitals
3	Juanita JM & Carolin GP	Effect of Organizational Culture on Psychological Needs among the New Millennial Workforce in Multi-National Companies
4	Niyati Gupta & Dr. Hemantha Kumar	Effect of Work-Related Quality of Life on Job Satisfaction among Employees
5	S. Aishwarya, J. Nithyadharshini & S.M. Devadharshini	Job Satisfaction of Nursing Staffs
6	Aishwarya.K & Dr. Hemantha Kumara V	Effect of Personality on Coping Styles and Job Satisfaction among IT Employees
7	Aparna Jayan & Dr. Hemanth Kumar V	Effects of Personality on Coping Styles and Job Satisfaction among Teachers of Private Colleges
8	P. Kirthana	Work Engagement among employees of Non-IT - Sector

## **PARALLEL SESSION 5A: EMPLOYEE ENGAGEMENT, JOB SATISFACTION AND ORGANIZATIONAL COMMITMENT**

**VENUE:** LECTURE HALL, HRDC

**DATE:** 03.03.19 | **TIME:** 2.00 PM – 3.30 PM

**TOTAL PRESENTERS:** 10

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. S. Usharani	Ms. Ghayathri Swetha Kumari R.A.

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1	G. Ramya	Job Satisfaction in an IT Sector
2	Dr. Jayanthi Rani	Spiritual Intelligence of College Teachers
3	Merlien P & J.Jerus Albert Britto	Depression, Anxiety and Adjustment among Night Shift IT Professionals
4	M.Ambika & Dr. Rajakumari	Study about Gender Differences in Employee Engagement
5	Jaswanti V. P, Priya D & Dr. S. Thenmozhi.	The Relationship between Employee Engagement and Job Satisfaction among School Teachers in Chennai
6	K. Ranjith & Dr. U.L. Bhuvanewari	Job Stress and Job Satisfaction of Goldsmiths in Coimbatore
7	Helan Priya.R & J. Jerus Albert Britto	Happiness and Job Satisfaction of Nursing Professionals
8	Swathy M A	Employee Burnout and Conflict Management styles among IT Sector Employees
9	M. Gnana Jency Priya & Dr. Raj kumari	Personality and Job Satisfaction among Government College Professors
10	Aishwarya Jain & Kavitha Dhanaraj	Job Satisfaction among married and unmarried and employees in Chennai city

## PARALLEL SESSION-5B: WORKPLACE WELL-BEING

VENUE: M. SC. CLASSROOM, DEPT. OF COUNSELLING  
PSYCHOLOGY, SOCIAL SCIENCE BLOCK

DATE: 01.03.19| TIME: 4.00 PM- 5.30 PM

TOTAL PRESENTERS: 10

CHAIR	CO-CHAIR
Dr. Sarah Manickaraj	Dr.K. Jayanthi Rani

S.NO	AUTHOR NAMES	TITLE OF THE PAPER
1	Noohinabi MP & Dr. Hemantha Kumar V	Substance Abuse at Workplace
2	Gayathri Dutta & Dr. Hemantha Kumar V	Effect of Sexual Harassment on Well Being and Job Satisfaction among Employees
3	Ramya S & P.J. Charumathi	Relationship between Work-Life Balance and Psychological Well-Being of Working Women Employees
4	Freeda Martharine J, Dr. Karthikeyan S, Muthulakshmi R & Jyothi Varma	Factors Contributing to Workplace Happiness of Employees Working in Industries
5	Kavya Kumar & Gnana Parvathy	Work Addiction as a Predictor of Presenteeism
6	Thanusri. R & Bajaj. G. K	Psycho Social Well-Being of College Teachers
7	Pradeep Kumar R & S. Thenmozhi	Association between Depression, Oral Health Service Utilization and Oral Health Status among the Software Professionals in India
8	Uma Maheswari Sivakumar & Dr. U. Vijayabanu	Workplace Relationship and Quality of Work Life among Working Individual
9	Bidita Das & Indranee Phookan Borooh	Relationship of Spiritual Intelligence (SI) to Quality of Life (QoL) in College Teachers
10	Ashwini Raja R & Lavanya T	Influence of Job Satisfaction and Subjective Wellbeing on Organizational Commitment among Middle Level Managers

## **PARALLEL SESSION-5B: WORKPLACE WELL-BEING**

**VENUE:** M. SC. CLASS ROOM, DEPT. OF COUNSELLING  
PSYCHOLOGY, SOCIAL SCIENCE BLOCK

**DATE:** 03.03.19 | **TIME:** 2.00 PM – 3.30 PM

**TOTAL PRESENTERS:** 6

<b>CHAIR</b>	<b>CO-CHAIR</b>
Dr. Sasikala	Dr. Subasree

<b>S.NO</b>	<b>AUTHOR NAMES</b>	<b>TITLE OF THE PAPER</b>
1.	Dr. S. Rajakumari & Prapakaran Ponnusamy	Relationship between Happiness and Subjective Well Being among Home Makers and Working Women
2.	Dr. P. Swathi & A.H.S. Vithal	Personality and Employee Engagement as Predictors of Work Place Well- Being among College Teachers
3.	K.V.P. Miurangani Karunaratne	The Importance of ‘Employee Counselling and Grievance Handling’, For the Accession of the Workplace Well-Being
4.	Dr. Ratugamage Asha Nimali Fernando	A Study of the Influence from Positive Psychology to Increase Employee Happiness and Well-Being
5.	Uma Maheswari Sivakumar & Dr. U. Vijayabanu	A Study on Work Life Balance among Working Individuals
6.	SU Suba Lakshmi & Lavanya T	Perception of Psychological Benefits among Kolam Performers