

Dr S.Aasha Ph.D

ZEN counseling and therapy center

76, Vasunagar 1st street, Naganakulam, Madurai-625014

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Profile: Dr.Aasha is a committed child development professional. She has thirty years of rooted experience in working with children from varied backgrounds including street children, slum children, school children and children with mental health issues. She is a practicing psychologist who empowered hundreds of children and young people to resolve their issues and realise their full potential. She is a practicing counsellor and conducts counselling sessions for children and young people and enables them to help themselves. Her work experience includes contributions to the voluntary sector, child care institutions, academic institutions, mental health clinics, hospitals and family court.

EDUCATIONAL QUALIFICATIONS

- Ph.D., Peace Making and Gandhian Thought, Madurai Kamaraj University – Topic “ Studies in Intrapersonal Peace Making: Case studies on Counselling and Psychotherapy to Overcome Stress and Hidden Violence”, 2014
- PG Diploma in Vallalar Philosophy, Madurai Kamaraj University, 2008
- M.Phil., Gandhian Thought and Peace Making, Madurai Kamaraj University, 2004
- M.A Philosophy & Religion, Madurai Kamaraj University, 2003
- PG Diploma in Yoga, Meditation and holistic health, Madurai Kamaraj University, 2003
- PG Diploma in Counseling, Madurai Kamaraj University, 2000
- M.A Psychology, Annamalai University, 1997

CAREER OBJECTIVE

To work as a Psychological counsellor dealing with educational, emotional, behavioural and relationship problems of people and uplifting them.

SKILLS

- Efficiency in conducting counselling session for an individual as well as for groups.
- Extensive knowledge in the field adolescence psychology and marital issues.
- Ability to promote and suggest ways to improve family relationships.
- Proficiency in verbal, written communication and interpersonal skills.
- Deep knowledge in meditations, relaxation techniques that is used for therapeutic purposes.
- Ability to take classes on personality development topics.

PROFESSIONAL EXPERIENCE

Visiting Counsellor and Therapist in:

- Sakthi-Vidiyal Child Education Centres (Since 2001)
- Krithiga Hospital (Since 2003)

- Sudar Foundation (Since 2008)
- Family court, Madurai District (Since 2010)
- Sakthi – Vidiyal Reception home (Since 2013)
- Sumathi Hospitals (Since 2017)
- Holistic Care for Women (Since 2017)
- Mittel Mind Care and General Clinic (2017)

Previous Experience

- Top kids (2004 - 2016)
- Yadhava College (2005)
- TVS Matriculation School (2005 - 2007)
- KLN College of information Technology (June 2007 – Nov 2021)
- SACS MAVMM Engineering College (Aug 2010-15)
- SVN college (Feb 2014 - Apr 2017)
- SSM Engineering College (2019 – 2020)
- Zion Matriculation School (2019 – 2020)

Conducted one day workshops and counselling at

- Muruga Dhanushkodi Girls Higher Secondary School, Chennai
- Dheepam Higher Secondary School, Agastheeswaram
- Kumarasamy Nursing College, Kanyakumari
- Dhan Foundation, Madurai (De addiction)
- Theni Melapettai School, Theni
- GHS MAVMM Polytechnic, Alagarkoil
- CESCO, Madurai
- Top kids, Madurai (Art therapy, Dyslexia)
- Malligai Ladies Club, Theni
- Uphar, Madurai
- Guhan Matriculation School, Madurai
- Institute of Cooperative Management, Madurai
- Betheria Home, Chennai
- Mepco engineering college, Sivakasi
- Mepco Schools
- TVS rubber factory, Madurai
- KAMARAJ College of Engineering and Technology, Virudhunagar

HANDLED SESSIONS ON VARIOUS TOPICS:

Emotional management, Art Therapy, Improving self-esteem, Communal harmony, Mental illness, Aptitude testing and Career counselling, Child psychology, Counselling for achieving efficiency in Teams, Group dynamic, Next 1000 days, Attain goal, Unity is strength, Learning disability, Dyslexia, Problems of Adolescent children, Types of children, Parental Role, Handling stress, Therapeutic technics for stress management, Complexity to simplicity, Enhancing attitude and behavior, Student and staff psychology, Value of life, Handling children, Effective Parenting.

CERTIFICATE COURSES

- Spiritual healing
- AIDS counseling
- Tibetan Yoga, Meditation and Reiki
- Excellence through Art therapy
- Biographical work on Art
- Dyslexia
- Hypnotherapy
- Neuro Linguistic Programme
- Flower Medicine

Voluntary Service

- Past President, Sri Kalaivani Madhar Sangam, Madurai
- Secretary, Sakthi (Vidiyal), Madurai
- Treasurer, Sudar Foundation, Madurai

PERSONAL INFORMATION

Date of Birth : 05-07-1965

Marital Status : Married

Nationality : Indian

HOBBIES

Book reading, Art work, Practising Meditation, Travelling