



**Name: Smrithi.s**

Designation: Campus counsellor

Specialization: Clinical psychology

Email : [smrithis@jainuniversity.ac](mailto:smrithis@jainuniversity.ac)

Linkedin: [https://www.linkedin.com/in/smrithi-s-4b33a11a1?utm\\_source=share&utm\\_campaign=share\\_via&utm\\_content=profile&utm\\_medium=android\\_app](https://www.linkedin.com/in/smrithi-s-4b33a11a1?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=android_app)

**Qualification:**

\_Msc. Clinical psychology

**Work Experience:**

- 2022-2023  
Cognitive therapist at PRS Neurosciences and Mechatronics Research Institute/rehab
- 2023- current  
Campus counsellor at Jain deemed-to-be university

**Courses Facilitated**

- Counseling psychology
- Clinical psychology
- Organization/industrial psychology
- Social psychology
- Introduction to psychology

<p><b>Career Summary</b></p>	<p>Working as a consulting psychologist/campus counsellor where I take counselling sessions for students, parents, teaching and non-teaching faculties. I conduct workshops, out-reach programs and psycho-education sessions on mental health well-being.</p>
<p><b>Research Interest</b></p>	<p>Psychology/mental health well-being/literature</p>
<p><b>Research Publications</b></p>	<p>Examining the relationship between psychological safety, Employee well- being and productivity in industry 5.0environments.</p>
<p><b>Articles / Case Studies</b></p>	<p>Anxiety, depression, learning disability, queer, narcissistic behavior, phobia, OCD, inter and intra personal relationship issues.</p>
<p><b>Consultancy / Projects</b></p>	<p>Projects in arts</p>
<p><b>Books / Chapters</b></p>	<p><u>Published poetry books:</u></p> <ul style="list-style-type: none"> <li>• Untold-31</li> <li>• Elixir of life</li> </ul> <p><u>4 anthologies:</u></p> <ul style="list-style-type: none"> <li>• Drops of sunshine</li> <li>• Crimson skies</li> <li>• Enchanted</li> <li>• Sweet as sugar</li> </ul>
<p><b>Activities</b></p>	<p><u>Workshops conducted:</u></p> <ul style="list-style-type: none"> <li>• No to drug use</li> <li>• Cognitive behavioral therapy</li> <li>• Expressive arts therapy</li> <li>• Emotional intelligence coaching</li> <li>• Counselling techniques</li> <li>• Gift of word- gratitude practice</li> <li>• Stress management and college etiquette</li> <li>• Behavioral finance, emotions and decision making.</li> </ul>

**Member on Committees /  
Editorial Boards**

**Recognition /  
Awards**

**Recognitions:**

- Poet
- Classical dancer
- Illustrator

**Professional  
Memberships**

**Seminar  
Conferences  
Attended**

- Hypnotherapy
- Leadership styles
- Know thyself
- Drunken and drive in connection with mental health