

Curriculum Vitae

Dr. Vithya V



Address

Head i/c & Assistant professor
Department of Applied Psychology
School Behavioural Sciences
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EDUCATION & QUALIFICATIONS

	Ph.D. , Department of Psychology, University of Madras, Chennai, Tamil Nadu, India.
2015	Ph.D. Thesis "Prevalence and Psychosocial Determinants of Emotional Problems among Adolescent Students of Corporation Schools in Chennai".
	M.Phil. in Psychology, Department of Psychology, University of Madras, Chennai, Tamil Nadu, India.
2009	First Class with Distinction M.Phil. Thesis: " Comparison between Underachievers and High achievers on certain Psychosocial factors".
	M.Sc (Integrated) Clinical Psychology , Department of Psychology, Annamalai University, Tamil Nadu, India.
2008	First Class with Distinction (OGPA – 8.26 /10) Master's Thesis: "A study on Behavioural intervention among Attention Deficit Hyperactive Children".
	Higher Secondary Examination
2003	83% - First Class Baba Matriculation Higher Secondary School, Cuddalore, Tamil Nadu, India
	Matriculation Examination
2001	89% - First Class Baba Matriculation Higher Secondary School, Cuddalore, Tamil Nadu, India

FIELDS OF INTEREST

Teaching	Social Psychology, Psychopathology, Counselling and Guidance, Positive Psychology, Research Methods.
Counselling	Career Guidance, Adolescent issues, School related problems, Relationship issues.
Training	Personality enrichment, life skills Training, Social Skills Training.
Research Interest	Clinical Psychology, Educational Psychology, Mental health, Disaster Management

SCHOLARSHIPS & AWARDS

2009 - 2014	UGC-NET in Psychology Awarded Junior Research Fellowship & Senior Research Fellowship by University Grants Commission
2013	Co-author a paper which received best paper Award at 48th National & 17 th International Conference of the Indian Academy of Applied Psychology, Dharward, Karnataka, India.
2018	Received Young Scientist Award from the Governing Council of Indian School Psychology Association and the award is instituted by Prof. Erika Vogit, School Psychologist, Germany.
2018	Prof. Durganand Sinha Dissertation Award by National Academy of Psychology (NAOP)
2019	Best Paper Award – for the paper presented at the 9th International Conference on “ <i>school Psychology: Empowering Professional Skills and Competencies</i> ” organised by Pandit Deendayal Petroleum University, Gandhinagar, Gujarat, India and Indian School Psychology Association from 14 th to 16 th November 2019.

RESEARCH PROJECTS

Completed

ICSSR – IMPRESS Project entitled “**The Impact of natural Disaster on the Mental Health of Rescue Workers**” from April 2019.

UGC – Stride – Internal Project (2022) “**Ocean warming and Sustainable Fishing: Communication Strategies to Minimize Ecological Impact and Promote Effective Management**”.

RESEARCH SUPERVISION

Ph.D. – 4 Ongoing

M.Phil. – 1 Completed

PG Dissertation – 27 Completed

MEMBERSHIP IN PROFESSIONAL BODIES

2011	Life Member – Indian Academy of Applied Psychology
2012	Life Member - Indian School Psychology Association
2018	Member – National Academy of Psychology (NAOP)

PUBLICATIONS & PAPER PRESENTATIONS

- 2023** **Neema Ann Philip & Vithya V (2023).** Impact of Flooding on Mental Health and Resilience of adolescents in Kerala. *International Journal of Disaster Risk Reduction* (Article number- 103926) (Impact Factor – 5) *Scopus indexed*.
<https://doi.org/10.1016/j.ijdr.2023.103926>
- 2023** **Vithya, V., Neethu P S & Amala Sudarsan (2023).** The Impact of Natural Disaster on the Mental Health of Rescue Workers. *Fifth World Congress on Disaster Management: Vol IV*, Published April 27, 2023 by Routledge, Taylor & Francis Group. 4 Park square, Milton park, Abingdon, Oxon, OX 14, 4 RN, Chapter 51, 455-465, ISBN 9781032355511.
<https://www.taylorfrancis.com/chapters/edit/10.4324/9781003341970-57/impact-natural-disaster-mental-health-rescue-workers-vithya-neethu-amala-sudarsan>
- 2023** **Vithya, V., Boobalakrishnan, N., Francis, P Barclay., & Velmurugan**

- P S (2023). Exploring the Impact of Climate Change on Fishing Practices and Fisheries Regulations among the Fishermen in Nagapattinam, Tamil Nadu. *Impact of Climate Change Mitigation and Adaptation*. SSDN Publishers & Distributors, New Delhi ISBN 978-93-9279-803-0
- 2022** Amala Sudarsan, Neethu P S & **Vithya V** (2022). Corona Anxiety, Corona Obsession and Psychological Well-being among Adults. *Indian Journal of Psychology*. UGC Care listed (ISSN - 001– 5553)
- 2021** Neema Ann Philip & **Vithya V** (2021) Loneliness and risk behaviours among adolescents during COVID-19 Pandemic: Indian Pandemic. *Indian Journal of Psychology*. UGC Care listed (ISSN - 001– 5553)
- 2020** Karunanidhi, S., **Vithya V** & Sasikala S (2020). Predictors of Psychological Well-being of School going adolescents in Chennai. *Journal of Indian Academy of Applied Psychology (Scopus indexed)*. Vol 46, No 2, 282-289. UGC Journal No: 20719
- Vikram, R., **Vithya V** & Vigneshwaran, K (2019). Emotional Intelligence and Marital Quality among the wives of Alcohol dependents. *Indian Journal of Psychological Science*. Vol II, No 2. ISSN No: 0976 9218 (Impact Factor – 6.696); indexed in Web of science.
- Vithya, V** & S. Karunanidhi (2019). Prevalence of Emotional Problems among both Male and Female adolescent students of low socio-economic status in Chennai. *Behavioural Scientist (Bi-annual)*. 20 (2), 93-100. (UGC Listed Journal No: 40778). ISSN No: 0972-5911)
- 2019** Udhaya Kumar, P., **Vithya, V** & Srinivasan, P (2019). Emotional Intelligence of rural undergraduate students. *IAHRW International Journal of Social Sciences Review*. 7(2), 206-208. ISSN: 2347-3797; UGC Journal No 41948, NAAS Rating- 2.72.
- Mamman. J. C., **Vithya. V.**, Neethu P. S., Panneer. S. (Eds.). *Health and Wellbeing in a Multi-Sectoral Perspective; Recent Trends, Challenges and Opportunities*. Bloomsberry: New Delhi. ISBN: 9789388134996
- Karunanidhi S., Sasikala S., and **Vithya V** (2019). Influence of Certain Socio-Demographic Factors on Psychological Well-Being of Adolescent Students. Edited book entitled “*Health and Wellbeing in a Multi-Sectoral Perspective; Recent Trends, Challenges and Opportunities*”. Bloomsberry: New Delhi. ISBN: 9789388134996

Mamman Joseph C, **Vithya V**, Neethu P S, Sigamani P (2019) Relevance of Multi-Sectoral Perspective in Health and Well-Being. Edited book entitled "*Health and Wellbeing in a Multi-sectoral Perspective; Recent Trends, Challenges and Opportunities*". Blooms berry: New Delhi. ISBN: 9789388134996

2017 Sowmya, S., **Vithya, V** & Deviga, S. (2017). A qualitative study on challenges faced by female first generation learners and their coping mechanisms. *Knowledge Economy- Journal of Social Sciences*. vol (7) issue 14; ISSN 2231-2854

Sasikala. S., Nithy, C & **Vithya. V.** (2016). Parental expectation of children with special needs. Edited book entitled, "School Psychology – Prospectus of Children with special needs".

2016 **Vithya, V.**, Karunanidhi, S & Don Bosco, P. (2016). Comparison between High Achievers and Underachievers on Self-Esteem, Perception of School Environment and Emotional Problems. Edited book entitled, "School Psychology – Prospectus of Children with special needs".

Sowmya S & **Vithya V** (2015). Relationship between spirituality and resilience – A comparative study between young and older adults. *International Journal of Psycho Social Research (IJPSR)* ISSN 2320-6381. Impact factor – 0.541

2015 **Vithya, V**, Karunanidhi, S & Sasikala, S (2015). Problems faced by female school teachers working at corporation schools in Chennai: A qualitative study. *Annamalai International Journal of Business Studies and research*. Vol 1 (1). 63 – 68. (ISSN 0975 749X). Global Impact factor 0.277

Vithya, V., Karunanidhi, S & Sasikala, S (2015). Influence of optimism, parental expectations and peer attachment on subjective happiness of female college students. *Journal of Indian Academy of Applied Psychology*. Vol 41 (1), 95 – 100. (ISSN 0019 – 4247) UGC Journal No: 20719

2014 Karunanidhi, S., **Vithya, V** & Sasikala, S (2014). Effect of Life Skills Training on Behaviour problems of adolescent school students.

Vithya, V., Karunanidhi, S., Sasikala, S & Nithy Cecil (2014). Influence of parental attachment, Parental Warmth/Affection and Perception of Family Environment on Emotional Problems of Adolescent students. *Bombay Psychologist*. Vol XXIX, No 1& 2. P 110 – 118. (ISSN 0975 -0738) was listed in UGC.

2012 **Vithya, V & Karunanidhi, S** (2012). Influence of School environment, parental attachment and peer attachment on emotional problems of adolescent students. *Indian Journal of Health and Well-being*. Vol 3 (1), p 100- 106. (ISSN – 2229 -5356).

2010 **Vithya,V & Karunanidhi, S** (2010). Influence of certain Psychosocial factors on Underachievers. *Journal of Psychological Researches*. Vol 54 No1 &2. p 47-55 (ISSN 0022 3972) UGC Journal No: 40757

PAPER PRESENTATION AT INTERNATIONAL LEVEL

2022 **Vithya V (July, 2022). Exploring the impact of climate change on fishing Practices and Fisheries Regulations among the Fishermen in Nagapattinam, Tamil Nadu.** Paper Presented in the Climate Chnge Conference, organized by the UGC- Stride Scheme in association with Centre for Climate Change Studies, Central University of Tamil Nadu held on 20th & 21st July 2022.

2020 **Vithya V (November 2020). Impact of COVID 19 Pandemic on Mental Health coping optimism among adolescent students in Kerala.** Paper presented in the 10th InSPA International Conference from 5th to 7th November 2020 through online mode, organized by Indian School Psychology Association and Aligarh Muslim University, Aligarh.

Vithya V (February 2020). Expectations of Students, Teachers, Parents and School management from Schools - A Rural Perspective. Paper presented in the First International Conference of the Asia Pacific School Psychology Association on Mental Health and well-being among Children on 11th & 12th February 2020 at the National Institute of Education, Colombo, Srilanka.

2020 **Vithya V (January 2020). Validation of DASS-21 in Malayalam and Determinants of depression, anxiety, and stress among rescue workers in Kerala, India.** Paper presented in the 24th International and 55th National Conference of Indian Academy of Applied Psychology held from 23rd to 25th January 2020, organised by the Department of Psychology, Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India.

- 2019** Vithya V (December, 2019). **Personal Growth Imitativeness, hope, Optimism and Rejection Sensitivity among Students from disadvantaged sections.** Paper Presented in the 19th Annual Convention of the National Academy of Psychology (NAOP), India and International Conference on “Making Psychology Deliverable to the Society” organized by Department of Applied Psychology, Pondicherry University from 20th to 22nd December 2019.
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- 2019** Vithya V (November, 2019). **Quiet Ego, Assertiveness, Self-Compassion in Coping with Bullying among Adolescents.** Paper Presented in the 9th International Conference on “*school Psychology: Empowering Professional Skills and Competencies*” organised by Pandit Deendayal Petroleum University, Gandhinagar, Gujarat, India and Indian School Psychology Association from 14th to 16th November 2019.
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- 2019** Vithya V (February 2019). Helping attitude, Gratitude, Forgiveness and Happiness among College Students. Paper presented in the 3rd International Conference on Future of Mental Health: Importance of Integrated Approach organized by Department of Psychology, Anugraha Institute of Social Sciences from 8th to 10th February 2019.
- Karunanidhi S., Vithya V & Sasikala S (January, 2019). **Predictors of Psychological well-being among school going adolescents in Chennai.** Paper presented in the First International Conference on School Psychology organized by the Malaysian School Psychology Association, Hotel Grand Seasons, Kuala Lumpur, Malaysia.
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- 2018** Vithya V & Karunanidhi S (December, 2018). **Predictors of Emotional Problems among Adolescent students of Low-socio-economic status.** Paper selected for Prof. Durganand Sinha Dissertation Award and Presented in the Annual Convention of National Academy of Psychology, University of Delhi, New Delhi
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- Saranya S, Veena V & Vithya V (October, 2018). **Impact of Media on Certain Psycho-Social Factors among Rural Adolescents in Thiruvarur District.** Paper presented at the 8th InSPA International Conference on School Psychology on Broaden the Horizon: Towards Achieving Excellence in Children, Andhra University, Visakhapatnam.
- Vithya V & Karunanidhi. S (March, 2018). Prevalence of Emotional Problems among Adolescent students of Low-socio-economic status. Paper presented at the International Conference on Emerging Trends in Psychology organized by the Department of Psychology, University of Madras, Chennai.
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- 2016** Vithya, V., Pooja, R., Saadiha, T & Vijayalakshmi, N. (2016, May). Test Anxiety among female undergraduate students - A qualitative

study. Paper Presented at 20th International Conference of Indian Academy of Applied Psychology, Bengaluru

Sowmya, S., **Vithya, V.**, & Devika, S. (2015, November). A qualitative study on challenges faced by female first generation learners and their coping mechanisms. Paper Presented at 2nd International Conference on Stress Management Professional (ICSMP 2015), Hyderabad

2015 Sowmya S & **Vithya V** (2015, May). Relationship between spirituality and resilience - A comparative study between young and older adults. Paper Presented at International Conference on "Counselling and Psychotherapy", Bengaluru

Vithya, V., Karunanidhi., S & Sasikala, S (2015, February). Problems faced by female school teachers working at corporation schools in Chennai: A qualitative study. Paper Presented at 2nd International Conference on "Enriching employee engagement in organization - Role of Psychology", Chennai

2014 **Vithya, V.**, Karunanidhi, S & Sasikala, S (2014, March). Influence of optimism, parental expectations and peer attachment on subjective happiness of female college students. Paper Presented at UGC Sponsored International conference on " Child and Women Mental health", Chennai

Sasikala, S., **Vithya, V** & Nithy, C.(2014, February). Relationship factors and marital well-being among couples. Paper Presented at 7th International Conference on Sexology, Chennai

2013 **Vithya, V.**, Karunanidhi, S., Sasikala, S & Nithy Cecil (2013, December). Influence of parental attachment, Parental Warmth/ Affection and Perception of Family Environment on Emotional Problems of Adolescent students. Paper Presented at 2nd International Conference of the Bombay Psychology Association entitled, "Family at Cross Roads", Mumbai

Divya, D., **Vithya, V.**, & Karunanidhi, S. (2013, May). Influence of Emotional Intelligence and Meaning in Life on Resilience among college students. Paper Presented at 48th National & 17th International Conference of the Indian Academy of Applied Psychology, Dharward, Karnataka.

Vithya, V., & Karunanidhi, S. (2012, June). High Achievers and Under Achievers on Perception of School Environment, Emotional

2012	<p>Problems and Self-Esteem. Paper presented at 47th National & 16th International Conference of the Indian Academy of Applied Psychology, Kerala.</p> <p>Vithya, V., & Karunanidhi, S. (2012, February) A case study on Couple with HIV. Paper Presented at 6th International conference on sexology, Chennai.</p>
2011	<p>Vithya, V., & Karunanidhi, S. (2011, July) Effect of social skills training on self-esteem, shyness, social anxiety and psychological well-being among school students. Paper Presented at International Conference on Educational Psychology in the context of globalization, Diversity and Societal Challenges, Vellore, Tamil Nadu.</p> <p>Karunanidhi, S., & Vithya, V (2011, February). Effect of Life Skills Training among adolescent students of Corporation school. Paper presented at International Conference on Life skills for Quality of Life, Mysore.</p>
2010	<p>Karunanidhi, S., & Vithya, V (2010, February). Influence of Job Stress and Quality of Work Life on Psychological Well-Being among the Middle Level Management Executives. Paper presented at International Conference on Quality of Life and Globalization: Effective Self care interventions, Visakhapatnam</p>
2009	<p>Vithya, V., & Karunanidhi, S. (2009, February). Effect of Behavioural Intervention on Attention Deficit Hyperactive Children. Paper presented at 13th International & 44th National Conference of Indian Academy of Applied Psychology, Aurangabad.</p>

PAPER PRESENTATION AT NATIONAL LEVEL

2015	<p>Karunandhi, S., & Vithya, V (2015, February). Influence of certain socio-demographic factors on psychological well-being of adolescent students. Paper presented at 16th National Conference on "Psychology for safe schools and healthy students", Pondicherry.</p>
2013	<p>Sasikala. S., Vithya. V & Nithy, C. (2013, November). Parental Expectation of Children with special needs. Paper presented at 3rd National Conference of Indian School Psychology Association, Chennai</p> <p>Vithya, V., & Karunanidhi, S. (2013, March) Influence of</p>

	Emotional disturbances & School Environment on school refusal behaviour among adolescent students of Corporation schools in Chennai City. Paper presented at 15 th National Conference on Emerging Trends in Educational and School Psychology
2012	<p>Vithya, V., & Karunanidhi, S. (2012, November). Influence of Emotional Intelligence, Family Environment, Inter parental Conflict and School Environment on Aggression among Adolescent school students. Paper presented at InSPA 2nd National Conference on School Psychology: Mental Health Challenges, Kerala.</p> <p>Vithya, V., & Karunanidhi, S. (2012, September). Influence of Helping Attitude, Gratitude and Forgiveness on Subjective Well-being among College Students. Paper presented at National Conference on Positive Behaviour: Perspectives and Applications, Pondicherry.</p>
2011	Vithya, V., & Karunanidhi, S. (2011, November). Influence of School environment, parental attachment and peer attachment on emotional problems of adolescent students. Paper presented at 1 st Annual Conference of Indian School Psychology Association, Jodhpur.
2008	Vithya, V (2008, March). A study on Behavioural Intervention for ADHD Children. Paper presented at National Seminar on psychological perspectives of current social issues, Chidambaram, Tamil Nadu

PROFESSIONAL EXPERIENCE

2015 - 2017 **Head of the Department of Psychology, Sri Shankarlal Sundarbai Shasun Jain college for Women, T.Nagar, Chennai** from 1.06. 2015.

2014 - 2017 Worked as **Assistant Professor of Psychology** in Department of psychology, Sri Shankarlal Sundarbai Shasun Jain college for Women, T.Nagar, Chennai from December, 2014 to June, 2017.

OTHER ACTIVITIES

POSITIONS/RESPONSIBILITIES

2022 -
Present

- **Head i/c**, Department of Applied Psychology, Central University of Tamil Nadu
- **Chairperson of the Departmental Research Committee (DRC)** for the Department of Applied Psychology, CUTN.
- **Chairperson of the Board of Studies** for the Department of Applied Psychology, CUTN.
- **Doctoral Advisory Committee Member**, School of Social sciences and Languages, VIT, Vellore.
- **Research Advisory Committee Member**, Department of Education, CUTN.
- **Member, IQAC**, CUTN
- **BOS Member**, Holy Cross College, Trichy
- **Subject expert – Research Advisory Committee**, M. S. Chellamuthu Institute of Mental health and Rehabilitation.
- **Research Advisory Committee Member**, Department of Social Work, CUTN.

2019 -
2020

- **Warden**, New Girls Hostel, Central University of Tamil Nadu
- **Research Advisory Committee Member**, Department of Music and Fine Arts, Central University of Tamil Nadu
- **Research Advisory Committee Member**, Department of Management, CUTN
- **Member**, Board of Studies, Department of Music and Fine Arts, Central University of Tamil Nadu
- **Member**, Board of Studies, Department of Geography, Central University of Tamil Nadu
- **Member**, NIRF – Graduations Outcome Committee, Central University of Tamil Nadu
- **Member**, IQAC Governance, Leadership and Management, Central University of Tamil Nadu
- **Member**, Third Convocation- Cultural Committee, Central University of Tamil Nadu

2017-2018	<ul style="list-style-type: none"> ➤ Member, Discipline Committee, Central University of Tamil Nadu ➤ Member, Faculty Council, Department of Applied Psychology, School of Behavioural Sciences, Central University of Tamil Nadu ➤ MOOCS – Coordinator, Department of Applied Psychology, School of Behavioural Sciences, Central University of Tamil Nadu ➤ UGC-NET Coaching Coordinator, Department of Applied Psychology, School of Behavioural Sciences, Central University of Tamil Nadu ➤ Member, Curriculum Development Committee, Department of Applied Psychology, School of Behavioural Sciences, Central University of Tamil Nadu ➤ Selection Committee Member, Department of Applied Psychology, School of Behavioural Sciences, Central University of Tamil Nadu ➤ Selection Committee Member, Department of Music & fine Arts, Central University of Tamil Nadu ➤ CBCS Co-ordinator, Department of Applied Psychology, School of Behavioural Sciences, Central University of Tamil Nadu
2018	<p>Organizing Secretary of the National Seminar on “Health and Well-Being in a Multi Sectoral Perspective: Recent Trends, Challenges and Opportunities” organized by the Department of Applied Psychology, on 27th February, 2018</p>
2011	<p>Journal secretary for Indian Journal of Applied Psychology, Vol 48 (April, 2011)- Special issue. (ISSN 0019/ 5073).</p>

TRAINING/ PROGRAMS ORGANISED

2017	Program Co-ordinator, Faculty Development programme on “Grand proposal Preparation and manuscript preparation and Peer review” organised by Department of Applied Psychology on 20 th September 2017.
2017	Organizing secretary “Suicide Prevention Week”, Central University of Tamil Nadu from 10 th to 15 th September 2017
2017	Programme Co-ordinator for Orientation Programme of Department of Applied Psychology, CUTN
2013	Resource person for Customer service Orientation Training Programme for front line employees of Air India limited at Chennai on “Customer Service Skills” at Chennai 21 st & 22nd January 2013
2013	Resource person for Customer service Orientation Training Programme for front line employees of Air India limited at Chennai on “Customer Service Skills” at Chennai 21 st & 22nd January 2013
2013	Resource person for conducting “ Service Excellence” Training programme for Government employees of Pondicherry at Mahe & Yanam during December 2013.

TRAINING PROGRAMS PARTICIPATED

2020	Participated in the online Training Programme on Psychosocial care and Gender Based Violence (GBV) Issues on 30 th June 2020, organised by National Institute of Disaster Management, Ministry of Home Affairs, Govt of India in Collaboration with World Health Organisation, India.
	Participated in the workshop on “Blooms Taxonomy- Learning Outcomes based Curriculum Framework prescribed by UGC on 2 nd January 2020, Organised by the Department of Psychology, University of Madras.

2019	Participated in the workshop on “Thematic Analysis” on 18 th & 19 th December 2019, organised by the Department of Applied Psychology, Pondicherry University.
2019	Participated and successfully completed the 129 th Orientation Course from 25 July – 14 August 2019 with A+ Grade conducted by the UGC- HRDC Pondicherry University.
2018	Faculty development programme on “One Day with IQAC” organised IQAC, CUTN on 1 st May 2018
2018	One Day Seminar on SWAYAM@CUTN organized by the MOOCS & ICT cell of the Central University of Tamil Nadu on 14 th February 2018.
2017	Faculty Development programme on “Grand proposal Preparation and manuscript preparation and Peer review” organised by Department of Applied Psychology on 20 th September 2017
2012	CBT – LEVEL 1 Training, Care Institute for Behavioural Research & Salford Cognitive Therapy Training Centre (UK), Chennai
2010	Training in Counselling Psychology, EMMAUS, HRD Consultancy & Counselling Centre, Chennai
24.02.2009 to 04.03.2009	Training in Research methodology for Humanities and Behavioural Research, University of Madras, Chennai
23.05.2007 to 23.06.2007	Clinical Training at Indira Gandhi Government General Hospital & Post Graduate Research Institute, Puducherry
27.01.2006 to 17.1.2007	Clinical Training at Indira Gandhi Government General Hospital & Post Graduate Research Institute, Puducherry

PERSONAL DETAILS

Date of birth	21.09.1985
Nationality	Indian
Marital Status	Married
Permanent residential address.	No 32/2, Thiruvalluvar Nagar, Beach Road, Cuddalore, Tamil Nadu India PIN – 607 001