

Dr. Anitha Are Profile

**DR. ANITHA ARE , M.Phil, Ph.D**

**Clinical Psychologist**

**Associate Professor Bhaskar Medical College**

**Certified NLP Practitioner**

**MOT Trainer**



- M.sc in Psychology from S.V.University, Tirupati
- M.Phil in Clinical Psychology, Sri Ramachandra Medical College, Chennai.
- Ph.D from Bharathiar University, Coimbatore, India on “Efficacy of Cognitive Behavior Therapy on Adolescents in preventing Suicidal Tendencies”.

**Currently working as:**

- Working as Assistant Professor at Bhaskar Medical College to teach “Psychological Interventions” to M.D Psychiatry students and “Behavioral Sciences” to BDS students
- Student counsellor in BVRIT HYDERABAD College of Engineering for Women, Bachupally, Hyderabad.
- Consultant in Butterfly Therapy Centre, Special School.

**Awards and Achievements:**

- **SAMVEDNA** award for best paper presentation at Indian Association of Private Psychiatry held at Kerala in 2014.
- Paper presentation in National conference in Coimbatore.

- Presented a paper in International Conference of Indian Academy of Applied Psychology (IAAP), Ahmadabad.
- Member in Society of Experimental and Clinical Hypnotherapy
- Guided 25 students of M.A Psychology in submission of Research Projects.

### **Workshop Experience in Public Sector:**

- Conducting sessions to Jail officials in SICA (State Institute of Correctional Administration) Hyderabad, Telangana, as a part of their leadership management program.
- Conducting Sessions for police officials on Stress management, Morality & ethics and Time Management at Police commissionerate, Hyderabad.

### **Workshop Experience in Corporate sector:**

- Conducting sessions/ Health talks on Psychological issues like Stress Management, Work Life Balance, Positive Parenting, Time Management, etc. for Companies like

<ul style="list-style-type: none"> <li>▪ Deloitte</li> <li>▪ Novartis</li> <li>▪ Google</li> <li>▪ Face Book</li> <li>▪ IBM</li> <li>▪ MRF</li> <li>▪ Alpla</li> <li>▪ Mobile Iron</li> <li>▪ Zen Q etc.</li> </ul>	<ul style="list-style-type: none"> <li>▪ NFC</li> <li>▪ Zen 3</li> <li>▪ Aparna Group</li> <li>▪ Mobis</li> <li>▪ Anthelio,</li> <li>▪ Harsco</li> <li>▪ DSM</li> <li>▪ Wipro</li> <li>▪ Andhra Bank</li> </ul>
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### **Experience in Media:**

Health talks on children issues such as Identifying deficits/ disorders in children, Study skills, Memory Skills , Dealing with Adolescents, Behavior Problems, Dealing with Exam Fear / Anxiety, Confidence building etc. on

<ul style="list-style-type: none"><li>▪ Doordarshan Live</li><li>▪ ETV Life</li><li>▪ TV10</li></ul>	<ul style="list-style-type: none"><li>▪ MAHA TV</li><li>▪ Rainbow FM Radio</li><li>▪ Gnanavani Program on All India Radio conducted by IGNOU.</li></ul>
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- Publication of articles on Psychological aspects in leading news papers like Eenadu, Hans India, TOI Andhara Jyothi and others

**Experience in Government Schools:**

- Teaching study skills and facing the exams without fear in different government schools and private schools voluntarily.
- Addressing the adolescent and parenting issues in different schools