

Name : Pozhil Nila M

Designation : Assistant Professor

Department : Psychology

Qualification : M. Sc Clinical Psychology

Areas of specialization: Clinical Psychology

Email : m_pozhilnila@psgrkcw.ac.in



Academic Qualifications:

Degree	Branch	Institution/ University Name	Year of Graduation
M. Sc.	Clinical Psychology	PSG College of Arts and Science	2024
B. Sc.	Psychology	PSG College of Arts and Science	2022

Additional Qualifications:

Diploma/ Vocational/ Certification	Area of Specialization	Institution/University/AgencyName	Year
Certification	Yoga for Youth Empowerment	Vethathiri Maharishi Institute for Spiritual and Intuition Education.	2019
Certification	Psychology of Language	NPTEL	2022
Certification	Great Experiments in Psychology	NPTEL	2023
Certification	UGC-NET (Eligibility for Assistant Professor) – Psychology	UGC	2023

Paper Presentations and Participation in Conference:

- Participated and presented researches at the National Conference on Mental Health and Well-Being, held on October 13, 2023, organized by the Department of Psychology (SF), PSG College of Arts & Science, Coimbatore.
 - Participated and presented a research paper at the 1st National Annual Conference of the Clinical Psychology Society of India (CPSI), held on August 10–12, 2023, at the Convention Center, NIMHANS, Bengaluru.
 - Participated in the National Conference on Mental Health and Well-Being, held on May 26–27, 2022, organized by the Department of Psychology, PSG College of Arts & Science, Coimbatore.
 - Participated in the Intradepartmental Conference – “Psy ConPsy 2022”, organized by the Department of Psychology in association with the Institution Innovation Council, PSG College of Arts & Science, Coimbatore, on April 8, 2022.
 - Participated in the National Conference on Mental Health and Well-Being, held on March 13–14, 2020, organized by the Department of Psychology, PSG College of Arts & Science, Coimbatore
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Participation in seminars and workshops:

- Participated in a Workshop on “*Cognitive Models for Anxiety Disorders*”, organized by the Department of Psychology (SF), PSG College of Arts & Science, on March 18, 2024.
- Participated in a Symposium on “*Sustainable Wellness: Health 360 Degrees*”, conducted by the Department of Hospital Administration, PSG College of Arts & Science, Coimbatore, on February 28, 2024.
- Attended the National Annual Conference of the Clinical Psychology Society of India (CPSI), held at the Convention Center, NIMHANS, Bengaluru, from August 10–12, 2023. Attended Symposia on topics including:
 1. “*Transdiagnostic CBT - Emerging Trends*”
 2. “*Tele-Mental Healthcare as the New Normal - Revisiting the Nuances*”
 3. “*Psychotherapy for Delusional Thinking*”
 4. “*Understanding Personality Disorders through a Clinical and Research Lens*”
 5. “*Cognitive Behaviour Therapy in Obsessive-Compulsive Disorder*”
- Attended a One-Day Workshop on “*Assessments and Skill Training in Intellectual Disability*”, organized by the Department of Psychology (SF), PSG College of Arts & Science, on April 6, 2023.
- Participated in a One-Day Workshop on “*Neuropsychological Assessments*”, held on March 21, 2023.
- Attended a Virtual Symposium on “*Behaviour Medicine: Understanding the Relationship Between Health and Illness*”, conducted by the Behavioural Medicine

Unit, Department of Clinical Psychology, NIMHANS, Bengaluru, on January 20–21, 2023.

- Attended the Special Lecture Series on the topics:
 1. *“Managing Children with Special Needs”*
 2. *“Motivational Interviewing”*
 3. *“Counselling for the LGBTQ Community”*, Organized by the Department of Psychology (UA), PSG College of Arts & Science, Coimbatore, from February 18–20, 2021.
 - Participated in a Guest Lecture on *“Mindfulness for Beginners”*, organized by the Department of Psychology (UA), PSG College of Arts & Science, Coimbatore, on September 3, 2021.
 - Participated in a Three-Day National Workshop on *“Psychometric Scale Construction”*, conducted by the Anugraha Institute of Social Sciences, Dindigul, in September 2022.
 - Attended a Two-Day Workshop on *“Data Analysis Using SPSS”*, held on September 21–22, 2023, at PSG College of Arts & Science, Coimbatore.
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Short – term course:

- Foundation course in “Yoga for Youth Empowerment” (12th December 2019 – 18th December 2019) at Vethathiri Maharishi Institute for Spiritual and Intuitional Education.
 - Trans-Disciplinary Course on “E-Content Development”.
 - Generic elective course on “The Dynamics of Public Speaking and Creative Writing”.
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Resource Person:

1. Psychological Assessments in Counselling Setup, Sri Krishna College of Arts and Science.
 2. Understanding the Importance of Developmental Psychology: Key Theories and Concepts., PSG College of Arts & Science.
 3. Orientation on Entrance Examination preparation and Core Psychological Concepts, PSG College of Arts & Science.
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Achievements & Recognitions:

- Cleared the National Eligibility Test (NET), qualifying for the role of Assistant Professor.
 - Awarded a Certificate of Proficiency for meritorious academic performance during the MSc program in the academic year 2022–2023.
 - Second Rank Holder during the Undergraduate and Postgraduate Program in Psychology and Clinical Psychology at PSG College of Arts & Science, Coimbatore
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