

**Ananya Srinivas**

MSc, Clinical Psychology and Counseling

Assistant Professor,

Department of Psychology

Orcid id: 0000-0001-9046-4113

mail id: [ananya.psy@suranacollege.edu.in](mailto:ananya.psy@suranacollege.edu.in)



Ananya Srinivas has a Master's degree in Clinical Psychology and Counseling from the University of Mysore. She works as a freelance soft skills trainer and counseling psychologist, dealing with individual therapy, child therapy, and marital and couples therapy. She has also volunteered as a psychologist for the elderly and orphans with various non-governmental organizations. She is currently an Assistant Professor at Surana College and is passionate about teaching, counseling, and research. Social psychology, positive psychology, indigenous psychology, biopsychology, philosophy, and cross-cultural studies are among her research interests. Her psychological practice is intertwined with her spirituality. She is also a Yoga and Naturopathy practitioner.

She has published articles in national and international journals as well as book chapters. She has also presented papers at national and international conferences and workshops. Her enthusiasm for research is palpable, and she feels honored to be able to contribute even in the smallest way to the larger picture of society. Her research motivation is to integrate various subjects with Psychology in order to help flounder not only her area of expertise, but also to relish the complexities and delights of various subjects. She hopes to retrain young minds' perspectives on life while also providing them with the tools they need to explore it in their own unique way.