

K.S.SRINIVASARENGAN.

Founder – Eustress Nurture Foundation
(Non- profit Organisation - Mental Health Education)
Positive Psychologist.

Degree's completed:

B.Com, MBA, M.Sc (Psychology), PGD in Guidance and Counselling.

Courses done:

1. Positive Psychology: Martin E. P. Seligman's Visionary Science, University of Pennsylvania.
2. Sit it Less, Get Active : The University of Edinburgh.

Current Studies:

1. Research Scholar at Annamalai University,
2. Diploma in Community Mental Health (NIMHANS – Bangalore)

Address:

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Chennai -600073

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An experienced and confident Positive Psychologist who has the ability to motivate and recreate life by giving a real helping hand to humanity. A counsellor, first-class communicator and motivator with knowledge about psychiatric medicines, ergonomics and a specialist in stress management.

Clients - Leading IT and Corporates, Police and Govt Departments,

Anna Institute of Management (TN Govt Training Centre)

Services utilised by **Apollo Hospitals** and **Fortis Malar Hospitals**.

Topics handled: Life skills, Social skills, Managerial skills, Motivation (paediatrics to geriatrics).
Self concept, Communication skills, Interpersonal skills, Thinking skills, Interview skills,
Work life integration, Stress Management, Self efficacy, Psychology & Management Topics.

Member :

1. Lions Club International,
2. Charter President-lions club of camp Road Selaiyur Chennai,
3. District Chairperson-Student Counsellor- Lions club international