



Centre for Research & Development

Research Supervisor (Guide) Profiles

Discipline of Supervision: **Psychology**



Dr. Akshaya I

Assistant Professor
Department of Psychology
School of Humanities & Social Sciences

Areas of Specialisation:

Gender & LGBTQ, Lifestyle Interventions, Technology & Well-being, professional well-being, Academic performance

Dr. Akshaya I serves as an Assistant Professor in the Department of Psychology at Kristu Jayanti (Deemed to be University). She specializes in Health Psychology, with key research interests in adolescent mental health, women's mental health, biopsychosocial perspectives of health and behaviour, and organizational psychology. Her academic work reflects a strong focus on understanding the interaction of biological, psychological, and social factors in shaping overall well-being. She completed her Ph.D. in Psychology from Bharathiar University, where her doctoral research focused on developing a biopsychosocial intervention strategy for school-going adolescent girls with Premenstrual Syndrome (PMS). She has an extensive publication record, with over 25 research articles published in Scopus-indexed, UGC-CARE listed, and peer-reviewed journals. She has also actively presented her research at several national and international conferences, contributing to scholarly discourse in her field.

Selected Publications:

1. Fernandes, R., **Akshaya, I.**, Dcosta, L., & Vijayan, D. (2025). "Navigating Work-Life Balance: The Influence of Spousal Support on Working Mothers' Professional and Personal Well-Being." *International Journal For Multidisciplinary Research*, 7(3). <https://doi.org/10.36948/ijfmr.2025.v07i03.44780>
2. Maria, E., & **Akshaya, I.** (2024). Severity of depression and anxiety in victims and non-victims of perceived infidelity. *International Journal of Indian Psychology*, 12(1). <https://ijip.in/wp-content/uploads/2024/04/18.01.236.20241201.pdf>
3. Chatterjee, A., Baid, M., Sinha, P., Golechha, S., & **Akshaya, I.** (2025). Influence of Mindfulness on Self-Esteem and Psychological Well-Being—A Study on Young Adults. In *Studies in Systems, Decision and Control* (pp. 513–521). Springer Nature Switzerland. https://doi.org/10.1007/978-3-031-86712-5_45