

## Curriculum Vitae

**DR. JAYA A T**

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### Professional Profile

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Socially responsible and dedicated educator with more than 10 years of teaching and research supervising experience. Dynamic instructor, empathetic guide and known for motivating the students to achieve academic and personal goals. Effective organizer with excellent planning and strength to lead and attain results.

### Education

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- Ph.D in Psychology  
Title : Role of Interpersonal Sensitivity and Personality in General well-being  
Sree Sankaracharya University of Sanskrit, Kalady, Kerala
- M.Phil in Psychology  
Topic of dissertation : Spiritual Intelligence  
Sankaracharya University of Sanskrit, Kalady, Kerala
- M.A Psychology  
Union Christian College, Aluva  
Mahatma Gandhi University, Kottayam, Kerala
- B. Sc. Psychology  
Prajyoti Niketan College, Pudukad,  
University of Calicut

### Work Experience

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- Assistant professor of Psychology in Prajyoti Niketan College, Pudukad for 10 years
- Research guide of Psychology in University of Calicut
- Involved in curriculum development
- Supervised and evaluated 20 dissertation of PG students and more than 55 research projects of undergraduate students
- Worked as National Service Scheme Program officer during the period 2016 to 2019

- Organized two-day national seminar in counselling and psychotherapy in 2014, conducted quiz competition and poster making competitions in national seminar in 2018 and worked in organizing committees of various national and regional seminars, conferences and workshops
- Member, Board of studies- Psychology (UG), University of Calicut during 2017-2020
- Member, Board of studies in Psychology (PG), University of Calicut
- External member of Internal Complaint Committee, SN College, Nattika

### **Courses Taught**

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<b>Under graduates</b>	<b>Post Graduates</b>
Basic themes of Psychology	Psychodynamics: Theories of learning, motivation and personality
Child Development	Health Psychology
Adult Development	Psychotherapy
Health Psychology	Psychological testing & measurement
Personality and personal growth	Observation method as field work
Personality Psychology	Current trends in Psychology
Experimental Psychology	Theories of counselling
Advanced social psychology	Wholistic health Psychology
Developmental Psychology	

### **Professional Development**

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#### **Presentations**

- *“A study on working memory in children having ADHD”* in the one day National Conference on ‘Youth and Mental Health’ organized by Department of Psychology Prajyoti Niketan College on October 12<sup>th</sup>, 2018.
- *“Perceived social support & coping strategies among heterosexual and homosexual individuals in Kerala: A comparative study”* in International conference on Enhancing psychological well-being across human life span organized by the department of Psychology, Anugraha Institute of Social Sciences on February 3<sup>rd</sup> 2017
- *“The role of spiritual intelligence in death anxiety and coping strategies: An explorative study among middle and late adults”* in International conference on Enhancing psychological well-being across human life span organized by the department of Psychology, Anugraha Institute of Social Sciences on February 3<sup>rd</sup> 2017
- *“Depression and marital adjustment and menopause: An exploratory study among women who attained menopause and not attained menopause”* in one day national

seminar on Remapping psychodynamics of depression organized by department of psychology, Prajyoti Niketan College, Pudukad on October 11<sup>th</sup> 2017

- “*Role of eating attitudes and body image in depression among the late adolescent girls*” in one day national seminar on Remapping psychodynamics of depression organized by department of psychology, Prajyoti Niketan College, Pudukad on October 11<sup>th</sup> 2017
- “*Significance of life skill education*” in the regional seminar on *Life skill development* held at Prajyoti Niketan College, Pudukad on 29-01-2014
- “*Stress and depression among habitual coffee consumers and non-consumers*” in the National seminar on counselling and psychotherapy on 5<sup>th</sup> and 6<sup>th</sup> December, 2014
- “*Psychosocial correlates of learning disability*” in the regional seminar on Management of learning disabilities held at Prajyoti Niketan College, Pudukad on February 15<sup>th</sup>, 2013.
- “*Neuropsychological aspects of learning disability*” in the two day national seminar on Neuropsychology: Challenges and Possibilities” held at, Prajyoti Niketan college, Pudukad in 2011.

## **Publications**

- “*Spiritual intelligence, Emotional intelligence, and Subjective well-being: A comparative study among Monastics and Nonmonastics*” Psychespace, Vol.5(1), January-2011, ISSN 0974-8814
- “*Relationship among Spiritual intelligence, Emotional intelligence, and Subjective well-being*” Journal of Indian Academy of Applied Psychology –JIAAP, Volume-38 (3), March-2012
- *Significance of Life Skill Education*
- “*Relation between child behavioral problems and maternal parenting stress*” International Journal of Physical and Social Sciences (IJPSS), Vol-5 (6), ISSN :2249-5894, June 2015
- *Maternal parenting practices and child behavioral problems: A comparative study.* ZENITH International Journal of Multidisciplinary Research, ISSN 2231-5780, Vol.5 (4), April (2015)
- “*Influence of Dietary Preferences on inattention, hyperactivity and impulsivity in children.*” Journal of Indian Health Psychology: International peer reviewed and refereed journal, ISSN:0973-5755 Vol.10,(1), Sep-2015
- “*Aggression and social support among individuals with hypertension: An explorative study*” in the Journal of Indian Health Psychology: An International Peer Reviewed and Refereed Journal, ISSN No:0973-5755, ISSN No:0973-5755

- “*Sexist Dogma and Self –Subjugation: Role of Self Objectification & Self Surveillance*”. Phonix International Journal for Psychology and Social Sciences (Peer reviewed journal) ISSN: 2456-5180, Vol.2. No:4, August, 2018
- “*Perceived social support & coping strategies among heterosexual and homosexual individuals in Kerala: A comparative study*”. International Journal of Indian Psychology: A peer reviewed and refereed Journal. ISSN 2348-5396, Vol.4, Issue 3, April, 2017
- “*Sexist Dogma and Self –Subjugation: Role of Self Objectification & Self Surveillance*”. Phonix International Journal for Psychology and Social Sciences (Peer reviewed journal) ISSN: 2456-5180, Vol.2. No:4, August, 2018

### **Conference Proceedings**

- *Role of Achievement Motivation and Anxiety in Academic Performance.* Proceedings of the National seminar (UGC sponsored) on child development (22<sup>nd</sup> February-2012)
- *The Relationship of Family interaction on Self-esteem in Early Adolescence.* Proceedings of the National seminar (UGC sponsored) on child development (22<sup>nd</sup> February-2012)

### **Workshops**

- Two-day *Workshop* held at Union Christian College, Aluva, as a part of the project on “*Peer Counselling*” on 17<sup>th</sup> and 18<sup>th</sup> February-2012.
- One day workshop on *SPSS* held at Prajyoti Niketan College, Pudukad on 2<sup>nd</sup> & 3<sup>rd</sup> November 2012
- Two-day *Workshop* on “*Peer Counselling*” (UGC Sponsored) held on 2<sup>nd</sup> and 3<sup>rd</sup> of November, 2012.
- One day workshop on ‘Engage to Change’ held at Prajyoti Niketan College on October 12<sup>th</sup> 2017
- One day regional workshop on Crisis Intervention : Kerala Flood,2018
- National workshop on ‘Moodle’ organized by Department of Psychology Prajyoti Niketan College on 19<sup>th</sup> January, 2019.
- Regional workshop on *Research Methodology* organized by the department of psychology, Prajyoti Niketan College, Pudukad on 4<sup>th</sup> July 2019
- Two-day national workshop on *Cognitive Behaviour Therapy* organized by the department of psychology, Prajyoti Niketan College, Pudukad on 19<sup>th</sup> & 20<sup>th</sup> September,2019
- Online workshop on *Yoga and Health Care* organized by IQAC, Prajyoti Niketan College, Pudukad on 17<sup>th</sup> May 2020

### **Community service**

- Conducted anti-drug campaign and various awareness programs for school students and their parents

- Conducted awareness Programme on *Parenting styles and the prevention of child abuse* for parents of school children
- Organized awareness Programme on *Adolescent issues and interventions in various schools*
- Actively involved in *post flood cleaning, chlorination of wells and counselling* in Pudukad, Parapookara, Nenmanikara and Kodakara grama panchayats during flood time in Kerala, 2018
- Conducted motivational class to higher secondary school students