

Faculty Profile Format

Dr. Soumya Starlet C T

Assistant Professor and Guide, Dpt.of Psychology

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Msc Clinical Psychology (IInd Rank), Prajyoti Niketan College, Pudukad

MPhil, Sree Sankaracharya University of Sanskrit, Kalady

Ph.D on the topic “Psychological Correlates of Anxiety Disorders”, Sree Sankaracharya University of Sanskrit, Kalady

16.11.2010 Onwards Faculty at Prajyoti Niketan College, Pudukad

Guest Lecturer at Sree Sankaracharya University of Sanskrit, Kalady for the period of 1 year, 2009-2010.

Recognition as Research Guide in Psychology (U.O.No. 15808/2017/Admn Dated, Calicut University.P.O, 21.12.2017)

Orientation Course Attended

72 nd Orientation Course at Academic Staff College Calicut from 2 th March 2012 to March 29 th 2012.

Attended orientation course for the Programme Officers of National Service Scheme, organized by Empalalled Training Institute for NSS at Calicut University from 25-10-2019 to 31-10-2019.

Refresher Course

Attended refresher Course in Gender Studies (interdisciplinary) conducted by the UGC Academic Staff College Calicut from 15-01-2015 to 5-02-2015.

Attended refresher Course in Media Studies(Interdisciplinary)Conducted by HRDC UGC Calicut University from 23-01-2020 to 05-02-2020

International/national seminars attended/organized

1. Participated on two day training workshop on SPSS held at Prajyoti Niketan College Pudukad on November 2 & 3, 2012.
1. Participated on Regional Seminar on Management of Learning Disability held at Prajyoti Niketan College Pudukad on February 15, 2013.
2. Participated National seminar on Protection of human rights of the psychologically ill held on 27 th June 2014 organized by the Dept. of Political Science and Psychology , Vimala College Thrissur.
3. Participated UGC sponsored two day National Seminar on Counselling and Psychotherapy held on 5 and 6th December 2014 organized by the Dept. of Psychology Prajyoti Niketan College Pudukad.

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4. Participated UGC sponsored National Seminar on Recent Trends in Electronics Organized by The Department of Electronics, Prajyoti Niketan College, Pudukad, Thrissur on 22 January 2015.
5. Participated UGC sponsored Training workshop on Crisis Management in Academic Settings held on 22 September 2015 organized by the Dept. of Psychology Prajyoti Niketan College Pudukad.
6. Participated National seminar on Assessment and Management of intellectual and Developmental Disabilities held on 9 and 10 February 2017 organized by Union Christian College Alva & Indian Association Of Clinical Psychologist Kerala Region.
7. Participated National workshop on "Engage to change" organized by the department of Psychology Prajyoti Niketan College Pudukad on 12th October 2017.
8. Participated one day Regional Workshop on Crisis Intervention :Kerala Flood, on 31st August 2018.
9. Participated International Conference on Management and Allied Sciences organized by the
10. Department of Commerce, Prajyoti Niketan College Pudukad on 25th and 26th October 2018.
11. Participated National Workshop on Moodle Organized by the IQAC in association with
12. Department of Computer Science Prajyoti Niketan College Pudukad on 19th January 2019.
13. Participated in regional workshop on Research Methodology conducted by Post Graduate and Research Department of Psychology at Prajyoti Niketan college Pudukad on 4th July 2019
14. Participated in Two day National Seminar on Evolution of Consciousness jointly conducted by the departments of Psychology , Journalism and Physical Education on 18th 19th July 2019.
15. Participated in the Two Day National Workshop on Cognitive Behavioural Therapy organized by Department of Psychology at Prajyoti Niketan college Pudukad on 19th and 20th September 2019.
16. Participated in Two Day National Seminar on Matter Over Mind conducted by Sri.C. Achutha Menon Govt.College, Thrissur on 26th and 27th November 2019.
17. Participated in Webinar Series on Rejuvenating Mindscapes from 18th to 22nd May 2020 Organized by Research and Post Graduate Department of Psychology, Prajyoti Niketan College, Pudukad.

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18. Participated Webinar on Classrooms to Online Platforms: Dealing with Transitions in Teaching Learning Methods Organized by the Internal Quality Assurance Cell of Little Flower College, Guruvayur, on 23rd May 2020.
19. Participated in the webinar series, "Luminar-2020" Episode 01 on Covid-19 organized by Life Science Department of Payyannur College in association with Kerala State Council for Science, Technology and Environment on 23rd May 2020.
20. Participated 5 days Faculty Development Programme on Managing Online Classes and Content Development jointly organized by department of Computer Science and IQAC from 25th May 2020 to 29th May 2020.
21. Participated One Day International Online Training Conference on Expanding Strategies of Teaching Learning With Digital Proficiency organized by Little Flower College, Guruvayur in Collaboration with UGC- NAAC on 28th May 2020.

Panel discussion

Dr. Soumya Starlet C T has served as a member in the *Panel discussion on the topic relevance of Counselling and Psychotherapy in Kerala* in the two day National Seminar on Counselling and Psychotherapy held on 5 and 6th December 2014 organized by the Dept. of Psychology Prajyoti Niketan College Pudukad.

Seminars Organized

1. Organizing Secretary for One day National Seminar on Re-Mapping the Psychodynamics of Depression held on 11th October 2017 at Prajyoti Niketan College Pudukad.
2. Organized One day workshop on Engage to Change held on 12th October 2017 at Dpt of Psychology Prajyoti Niketan College Pudukad.
3. Under the auspicious of Women Cell Organized Women Confidence Training Workshop on 26th February, 2019, at Prajyoti Niketan College Pudukad.

Papers presented

1. Soumya Starlet C T ; *Reinforcing Effect of Electric Stimulation of Brain-A Review*; UGC

Sponsored National Seminar on " Neuropsychology : Challenges and Possibilities", held on 19th & 20th August 2011 , at Department of Psychology ,Prajyoti NiKetan ,College,

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Pudukad.

2. Soumya Starlet CT; *Importance of Emotional Intelligence in Promoting Mental Health Among Teachers*; UGC Sponsored National Seminar on “Self Esteem and Mental Health Promotion Among Teachers”, held on 4th & 5th August, 2011 at S N M Training College Moothakunnam.
3. Soumya Starlet CT & Dr. Monsy Edward ; *Self Esteem in Relation to State-Trait Anxiety and Academic Achievement among College Students*; National Conference on “Socio Cultural Prospects of Positive Psychology”, held on 23rd, 24th & 25th January 2012 at Little Flower Institute of Social Sciences and Health Kaithapoyil Kozhikode.
4. Soumya Starlet C T & Dr. M I Joseph; *Emotional Intelligence and Locus of Control :A Comparative Study of Orphans and Non-orphan Students*; UGC Sponsored National Seminar on “Child Development”, Held on 23rd & 24th February ,2012 at Sree Sankaracharya University of Sanskrit ,Kalady.
5. Elsa Jose & Soumya Starlet C T; *Emotional Intelligence and Self- Regulation Among Adolescents*; National Conference of Indian School Psychology Association (InSPA) on “SCHOOL PSYCHOLOGY: MENTAL HEALTH CHALLENGES” , hosted by the Department of Psychology, University of Calicut, on 22 nd, 23 rd and 24th November, 2012.

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6. Soumya Starlet C T and Raniya Presented a paper at University of Calicut as part of National Conference ON Mental Health and Well Being on the Topic : *Death anxiety and depression among elderly lives in family and institutions* on 15-11-13.
7. Dr Soumya starlet and Jophy Joseph presented a paper in the two day National Seminar on Counselling and Psychotherapy held on 5 and 6 th December 2014 organized by the Dept. of Psychology Prajyoti Niketan College Pudukad on *Anxiety, Depression and Personality Among Young and Middle aged Alcoholic.*
8. Dr Soumya starlet and Hridya presented a paper in the two day National Seminar on Counselling and Psychotherapy held on 5 and 6 th December 2014 organized by the Dept. of Psychology Prajyoti Niketan College Pudukad on *Marital Adjustment and Infertility Related Stress Among Infertile Couples.*
9. Dr. Soumya Starlet C T presented a paper in the one day International Conference on Enhancing Psychological well-being Across Human Life-Span held on 3 February 2017 organized by Anugraha Institute of Social Science Dindigul, Tamil Nadu on *Emotional Intelligence and Marital Adjustment Among Married couples.*
10. Dr. Soumya Starlet C T presented a paper in the one day International Conference on Enhancing Psychological well-being Across Human Life-Span held on 3 February 2017 organized by Anugraha Institute of Social Science Dindigul, Tamil Nadu on *Learning styles and study habits among high school students based on gender.*
11. Dr. Soumya Starlet C T presented a paper in the one day National Conference on Re-Mapping the Psychodynamics of Depression held on October 11 2017 organized by Dept of Psychology Prajyoti Niketan College Pudukad , Thrissur on *Depression ,Anxiety, Stress and Locus of Control among Yoga and Non-Yoga practicing Adolescents.*
12. Dr. Soumya Starlet C T presented a paper in the one day National Conference on Re-Mapping the Psychodynamics of Depression held on October 11 2017 organized by Dept of Psychology Prajyoti Niketan College Pudukad , Thrissur on *A Study of Depression, Anxiety and Stress among women with PCOS.*
13. Dr. Soumya Starlet C T Presented a paper in one day International Conference on Contemporary Technologies:Prospects and challenges for Psychological Well-Being held on 6 January 2018 organized by Anugraha Institute of Social Science Dindigul, Tamil Nadu on *Emotional Stability, Family relationship and Psychological Well-being among Siblings of Mentally Retarded Children.*

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14. Presented a paper on Disease Activity, Illness Cognition, Pain self Efficacy and Perceived Social Support in Rheumatoid Arthritis Patients in the National Conference on Youth and Mental Health on October 12, 2018 at Prajyoti Niketan College Pudukad

Articles published in referred journals/books

1. Soumya Starlet C T & Dr. M I Joseph ; Emotional Intelligence and subjective well-being: A comparative study of Orphans and Parented Children. *The Psyche Space National Journal of Psychology* ISSN 0974-8814. Vol, No.1, January 2010.
2. Soumya Starlet C T & Dr. M I Joseph; Emotional Intelligence and Locus of Control :A Comparative Study of Orphans and Non-orphan Students; *Proceedings of the UGC sponsored national seminar on Child development*, Held on 23rd & 24th February ,2012 at Sree Sankaracharya University of Sanskrit , Kalady.
3. Elsa Jose & Soumya Starlet C T; Emotional Intelligence and Self Regulation among Adolescents: *Journal of Psychological Research, An International Journal*, ISSN 0022-3972 Vol.No.56, August 2012.
4. Soumya Starlet C T & Dr. M I Joseph; **State-Trait Anxiety and Co-morbid Depression among Anxiety Disorder Patients** : *Guru Journal of Behavioural and Social Sciences*. ISSN; 2320-9038,2013,Volume 1, Issue 3 July-September.
5. Soumya Starlet C T & T Tomy: Prosocial and Problem Behavior Among Mentally Retarded Children: *Behavioural Scientist*. January 2013, I.S.S.N.:0972-5911,Volume 14 (1), 23-30.
6. Santhosh, A.J., &Dr.Soumya Starlet C.T.Depression and Social Support Among Wed and Unwed Mothers:*Indian Journal of Applied Research* ISSN-2249-555X. (Impact Factor: 3.6241).2015 October.Volume:5, Issue:10,5-7.
7. Hridya,V.M., & Dr. Soumya Starlet CT.Study Habit , School Adjustment and Academic Achievemenyt among High school boys and girls. *Andromedia :A Multi Disciplinary Research Journal* .Vol.2 No.1.2016 September.ISSN .2455-0434
8. Dr.Soumya Starlet C T & Lixen Chacko. Anxiety, Depression & Subjective well-being among Thyroid Group .*International Journal of Management and Social Science Research Review*, Voli-1, Issue-37, July 2017. E-ISSN_2349-6746. ISSN-2349-6738.
9. Rose Ann Paulson, & Dr. Soumya Starlet C.T Study Habits and Achievement Motivation; A Comparative Study among Arts and Science Students *International Journal of Science and Research (IJSR)* ISSN: 2319-7064 Volume 7 Issue 10, October 2018,265-267

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10. Dr. Soumya Starlet C T & Hemanth N S .Dysfunctional Attitude And Coping Strategies Among Alcoholics Under Treatment *International Journal of Management and Social Science Research Review, E- ISSN - 2349-6746 ISSN -2349-6738,Vol-5, Issue-9, September-2018 Page62-72*
11. N. N. Nayana& Dr. Soumya Starlet C T Disease Activity, Illness Cognition, Pain Self-Efficacyand Perceived Social Support Among Rheumatoid Arthritis Patients *International Journal of Management and Social Science Research Review, E- ISSN - 2349-6746 ISSN -2349-6738,Vol-5, Issue-9, September-2018 Page62-72*

Membership in professional bodies

1. Psychology (U.G) Board. University of Calicut (Appendix to order No.GA I/F2/302/2012 dated 27.04.2013).
2. Physiology (Single Board. University of Calicut) (Appendix to order No.GA I/F2/302/2012 dated 27.04.2013).
3. Psychology (P.G Board. University of Calicut.)(U.Oder.No. 10961/2016/Admn dated 25.07.2016).
4. Psychology (U G Board. St Joseph's college Autonomous Irinjalakuda.2016 onwards)

PhD produced/guidance

Recognition as Research Guide in Psychology (U.O.No. 15808/2017/Admn Dated, Calicut University.P.O, 21.12.2017)

3 research scholars under guidance.

Extention Activities and External lectures

1. Talk on "Adolescent Problems" for 10 th and plus two students on 14 th April 2012 at Social Action Committee, St Joseph's Church, North Chalakudy.
2. Talk on "Healthy Parenting" for parents on 15 th April 2012 at St Joseph's Church, North Chalakudy.
3. Talk on "Childhood Problems and Effective Parenting" for parents on 26 July, 2012 at Ukken Memorial L.P. School Thoravankadu , Pullur.
4. Inaugurated Social Science Exhibition 2013-2014 and delivered a speech for students at CMI Public school Chalakudy On 29-10-2013.
5. Talk on Effective Parenting Half day seminmar for PTA at Sree Sankara NSS English medium School Chettarickal on 2-8- 2014.

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6. Talk on Mind Developing and children Half day seminar for students at V.B.U.P.S. Poolany on 26-11- 2014.
7. Talk on Adolescent Problems and Effective Parenting Half day seminar for Parents at UHSS Annanad on 28-11- 2014.
8. Talk on How to deal with examination anxiety on 22 december 2014 in association with a 3 day educational camp Kidventure-2014 , conducted for SSLC students at CJM Asumption Higher Secondary School Varandarappilly.
9. Talk on “Amma Arian” on 17 th February 2017 at St Joseph’s HSS Meloor.
10. Half day seminar on Adolescent Problem on 27 July 2017 at Sree Sankara NSS English Medium School Chettarikkal .
11. Talk on Children and Mental Health on 11 August 2017at V. B. Upper Primary School Poolany.
12. Inaugurated Psychology Department Association and Delivered a talk on “Conducting Research” on 2 November 2017 at St. Mary’s College Thrissur.
13. Half day talk on Children and Mental Health to school Children at Govt HSS Pudukad on 5th September 2018.
14. Half day talk on Children and Mental Health to school Children at Sacred heart GHSS Chalakudy on 6th September 2018.

Positions held

1. Examination Chairman BSc Psychology .Calicut Univesity from 2015-16 onwards.
2. Board of Studies Member
3. Question paper setter for various universities inside Kerala
4. NSS Programme Officer from 2018 June onwards
5. Women Cell Co-ordinator from 2016 onwards
6. Ethical Committee member

Involvement in Online academic activities

Online Classes are taking for UG and PG Psychology Students

Experience/Role in conducting examinations

Question Paper Setter for various universities.