

Brief Academic Profile

Name : Dr. Sukanya .B. Menon
Assistant Professor,
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Educational

Qualification : MSc, MPhil (Clinical Psychology), PhD(Psychology),

Award

Awarded Ph. D from University of Calicut on the topic “*Psychiatric morbidity and its Management in Mastectomized Women*”, 2009 - 2012.

Research Project

Completed research project on “Premenstrual syndrome - An Exploratory study among young adults”, funding by UGC, order no. 1671-MRP/14-15/KLCA056/UGC-SWRO

Papers Published

- Bayana, B. O. M. S., & Menon, S. B. (2019). Work shift from Job-sites to Web-sites: An exploration of organisational management in online jobs. *Zenith International Journal of Multidisciplinary Research (ZIIMR)*, 9 (6), 313 - 322.
- Bayana, B. O. M. S., & Menon, S. B. (2019). Family Interaction and Psychological Well-Being among Adolescents in Paternal Absence and Involvement. *AAYUSHI International Interdisciplinary Research Journal (AIIRJ)*, 6 (4), 179 -184.
- Bayana, B. O. M. S., & Menon, S. B. (2019). Web counselling as a recent advancement in technology: perspectives of practitioners in India. *International Journal of Community Medicine and Public Health (IJCMPH)*, 6 (4), 1677-1683.
- Bayana, B. O. M. S., & Menon, S. B. (2019). Like, Comment and SELFie behaviour: A pilot study on Perspectives of Young Adults. *International Journal of Social Science and Humanities Research (IJSSHR)*, 7 (1), 10-16.
- Suhara F. U. K., & Menon, S. B. (2018). Depression and Anxiety among premenopausal and post-menopausal women. *Zenith International Journal of Multidisciplinary Research*, 8 (11), 2231-2238.
- Deena & Menon, S. B. (2016). Home environment and Self-esteem: Comparative study among delinquent and normal boys. *The International Journal of Indian Psychology*, 4 (1), 2348 – 5396.
- Menon. S. B.& Jayan, C. (2016). An Assessment of the Mental Health of Masectomized women. *Psychology, Community and Health*, 5 (3).
- Menon. S. B. & Jayan, C. (2014). “Role of Psychological wellbeing on anxiety and Depression among Breast cancer Patients”. *Guru Journal of Behavioral and Social Sciences*, 2 (2), 241-246. ISSN: 2320-9038
- Bayana, B. O. M. S., & Sukanya, B. Menon. (2014). Self-awareness and Coping with Stress. *Proceedings of the UGC sponsored National Seminar on Life skill development*, 29th January 2014, Prajyoti Niketan College, Pudukad.

- Suneesh, M. S., Hridya. V. M., & Menon, S. B. (2014). Perceived stress, Psychological Well-being and self-regulation among youth. *Journal of Indian Health Psychology*, 9 (1), 111-120. ISSN-0973-5755
- Menon. S. B. & Jayan, C. (2013). Psychosocial Concerns of Breast Cancer Patients: An Explorative Study. *Guru Journal of Behavioral and Social Sciences*, 1(4) , 177-185. ISSN: 2320-9038
- Menon.S. B. & Jayan, C. (2010). Eye Movement Desensitization and Reprocessing, A conceptual Frame work. *Indian Journal of Psychological Medicine*, 32(2), 136-40.

Papers Presented

- “Disaster management in Cyber space – A Kerala Model”, International Conference on ‘Management and Allied Sciences’ organized by the Department of Commerce, Prajyoti Niketan College Pudukad on 25th and 26th October 2018.
- “Influence of playing game violent video games on Aggression, stress and anxiety among Undergraduate Students” in International Conference on ‘Contemporary technologies: Prospects and challenges foe Psychological well-being’ held at Anugraha Institute of Social Sciences on 6th January 2018.
- “Influence of Psycho social aspects of Polycystic Ovarian Syndrome: An Explorative Study” in International Conference on ‘Contemporary technologies: Prospects and challenges foe Psychological well-being’ held at Anugraha Institute of Social Sciences on 6th January 2018.
- “Cognitive emotional regulation, perceived stress and psychological general well-being in patients with skin diseases: A Comparative study” in International Conference on Enhancing psychological wellbeing across Human life’ held at Anugraha Institute of Social Sciences on 3rd February 2017.
- “Psychological well-being among women with premenstrual syndrome: A Comparative study” in International conference on ‘Enhancing psychological well-being across Human life’ held at Anugraha Institute of Social Sciences on 3rd February 2017.
- “Comparative study of home environment and self-esteem among delinquent and non-delinquent boys” in National Conference on ‘Happiness and well-being of families in the Modern Era’ held at Anugraha Institute of Social Sciences on 5th February 2016.
- “Psychological Intervention For Adjustment disorder in Mastectomized Woman - A Case Report” in International Symposium on Evidence in Global Mental Health DYUTI 15’ held at Rajagiri College of Social Science from 7th to 9th January 2015.
- “Mental Health in Pregnant Women” on UGC sponsored two day national seminar on Counseling and Psychotherapy conducted on 5th and 6th December 2014 at Prajyoti Niketan College, Pudukkad.
- “Stress, self-regulation and Psychological Well-being among youth” in National conference on ‘Youth - A Catalyst for Social Transformation’ by Suneesh M.S, Hridya.V.M and Sukanya.B.Menon on 4th & 5th October 2013, Little Flower Institute of Social Sciences and Health .
- “Role of Psychological wellbeing on anxiety and Depression among Breast cancer Patients” in National Seminar on Mental Health & Wellbeing from 14th to 16th November 2013 at University of Calicut
- “Subjective well being, Depression, and Death Anxiety among institutionalized and non-institutionalized older adults: A comparative study” by Sangeetha .V.S. & Sukanya B.

Menon in National Seminar on *Mental Health & Wellbeing* from 14th - 16th November 2013 at University of Calicut.

- “A comparative study about self regulation, Perceived stress and Psychological Well being among Yoga Practitioners and non practitioners” by Suneesh M.S, Hridya.V.M, Ruksana. N & Sukanya. B. Menon in National Seminar on Mental Health & Wellbeing from 14th to 16th November 2013 at University of Calicut.
- “Occupational Stress, Emotional Competence and Psychological Well being among School Teachers” by Sukanya.B.Menon and Athulya.S.Praveen. INSPA conference in Department of Psychology, University of Calicut held on 22-24th November 2012
- “Cognitive deficits in breast cancer patients treated with chemotherapy, at the UGC sponsored National Seminar on Neuro Psychology: Challenges and Possibilities organized by the department of psychology, prajyoti niketan college Pudukad on 19th and 20th August 2011.
- “Role of social support on cancer- related distress in breast cancer patients” at the National Conference on Socio cultural Prospects of Social Psychology held at little flower institute of Social Science and health, kaithapoyil, Kozhikode on 23 - 25 January 2012.
- “Relationship between parenting behavior and family interaction among Adolescent girls” co presented with Priyanka Poly and Seena Thomas at the National Seminar on Child Development held at sree Sankaracharya University Of Sanskrit, Kalady On 23 rd 24 th February 2012

Chaired Session

- ⇒ Evidence – based practices in interventions for Children with Developmental disabilities organized by CDMRP, Department of psychology, University of Calicut, Kerala on 4th march, 2019.
- ⇒ National seminar on the biopolitics of disability held at Govt. College, Thripunithura, sponsored by the Directorate of Collegiate Education, on 1st and 2nd November 2018.
- ⇒ Session chaired in National Seminar on “Remapping the psychodynamics of depression”, Prajyoti Niketan College, Pudukad, 11th October 2017.
- ⇒ Chaired scientific session in UGC sponsored two day National Seminar on Counseling and Psychotherapy conducted on 5th and 6th December 2014 at Prajyoti Niketan College ,Pudukad
- ⇒ Chaired scientific session on Adolescents’ Mental Health in National Seminar on *Mental Health & Wellbeing* from 14th to 16th November 2013 at University of Calicut.

Handled session

- Session about Grief therapy on one day Regional Workshop on Crisis Intervention: Kerala Flood, on 31st August 2018.

Seminars attended

- International Webinar-DOCTRINA-06 organized by Department of Physical Education & IQAC, Sir Syed College, Taliparamba, Kannur, Kerala, titled, “Health and weight management during corona days through lifestyle changes”, on 27th May 2020.

- Five day faculty Development programme on managing online classes and content development jointly organized by Department of computer science and IQAC of Prajyoti Niketan College, Pudukad from 25th May 2020 to 29 May 2020
- Webinar on classroom to online platform: Dealing with transitions in teaching Learning Methods, organized by IQAC, Little flower College, Guruvayur on 23rd May 2020
- National Webinar Series Luminaire- 2020, Episode 01 on Covid 19, organized by Life science Department of Payyannur College, Payyannur in association with Kerala State council for Science, Technology and Environment, 23 May 2020.
- National webinar on Thy Food.. Thy medicine organized by Department of Home science and center for research in association with IQAC, St .Tresas College, Ernakulam on 22 may 2020
- Rejuvenating Mind scapes Organized by Department of Psychology, Prajyoti Niketan College, Pudukad from 18 th May 2020 to 22nd May 2020
- Member of the organizing committee in Two day national seminar on “*Evolution of Consciousness*”, jointly conducted by the Departments of Psychology, Journalism & Physical Education in association with Heartfulness Education, Hyderabad at Prajyoti Niketan College, Pudukad, on 18th & 19th July 2019.
- Participated in Global Yoga Fest 2019 & International Conference on Techno wellness entitled “*Technostress & Life Style Diseases – Management & Reversal through Yoga and Integrated Medicine*”, from 23 – 24 February 2019 at Thrissur, Kerala, India.
- Cognitive training on traumatic brain injury, organised by National institute of empowerment of persons with multiple disabilities, DEPWD, CDMRP,MSJ&E, Dept. of Psychology, Calicut University on 7 – 8 October 2017.
- National conference on Remapping the psychodynamics of depression held at Prajyoti Niketan college , Pudukad on 11th October 2017
- 27th Kerala Science Congress, held from 27th January to 29th January 2015 at Vijaya Camelot Convention Centre, Pathirapally, Alappuzha.
- National Seminar on Protection of Human Rights of the Psychologically ill, held on 27th June 2014 at Vimala College by Psychology and Political Science Department.
- Kerala Science Congress conducted at Kerala Veterinary and Animal Sciences University, Pookode, Wayanad from 28/01/2014 to 31/01/2014.
- National Seminar on Mental Health & Wellbeing from 14th to 16th November 2013 at University of Calicut
- A regional seminar on Learning Disability organized by Kerala State Higher Education Council, Trivandrum held at Prajyoti Niketan College, Pudukad on 15th February 2013.
- INSPA conference in Department of Psychology, University of Calicut, held on 22-24th November 2012.

Workshop attended

- STTP on Emerging Trends in Research Methods, organized by Rest Society for Research International, Krishnagiri, Tamil Nadu from 8th June 2020 to 13th June 2020.
- STTP on Statistical Analysis in SPSS Software(Online mode), organized by Rest Society for Research International, Krishnagiri, Tamil Nadu from 1 June 2020 to 6 th June 2020

- International online conference on expanding strategies of teaching learning with digital proficiency organized under Paramarsh scheme sponsored by UGC – NAAC, Little flower College, Guruvayur on 28th May 2020 .
- Participated in the one day Regional Workshop on “*Research Methodology*” conducted by Post Graduate & Research Department of Psychology at Prajyoti Niketan College, Pudukad on 4th July 2019.
- Two day workshop on “Applied Behaviour Analysis Therapy”, held a CDMRP, Department of psychology at Calicut University, Kerala from 2nd to 3rd march 2019.
- National Workshop on Moodle Organized by the IQAC in association with Department of Computer Science, Prajyoti Niketan College, Pudukad, on 19th January 2019.
- One day national workshop on “Engaged to change”, Prajyoti Niketan College, Pudukad, 12th October 2017.
- One day workshop on psychological scale construction Organized by department of clinical psychology, AIMS and Indian association of clinical psychology Kerala region on 2nd October 2018.
- One day national workshop on “Engaged to change”, Prajyoti Niketan College, Pudukad, 12th October 2017.
- “Attribution skills for healthy living” conducted by department of Clinical Psychology, Amrita Institute of Medical Science, Kochi on October 17, 2015
- Crisis management in Academic Setting held at prajyoti Niketan College ,Pudukad on 22 september 2015
- A workshop on Clinical Hypnotherapy: An Introduction to theory and practice conducted by Department of Clinical Psychology, Amrita Institute of Medical Science.
- Workshop on Counselling Skills and Techniques, Organized by Department of Psychology, Union Christian College as part of the project on peer counseling on 17th and 18th February 2012

Workshop organized

- One day workshop on Empowering teens in Personality Development conducted by Department of Psychology on 4th February 2020
- Two day national workshop on “Cognitive Behavioural Therapy”, conducted by the Departments of Clinical Psychology at Prajyoti Niketan College, Pudukad, on 19th & 20th September 2019.
- Training Workshop on SPSS held at Prajyoti Niketan College, Pudukad on 2nd and 3rd November 2012

Membership in Professional bodies

- **Chairman**

Chairperson of Calicut university BSc Psychology Degree Examination (2017-2018), UO.No. 51 578/ES-II-ASST-II/201 7 IPB (I), dated 3/8/2017; UO.No. 892071E\$II-ASST-1y20 1 8/PB (IV) dated 27.7 2018)

- **Membership in Board of Studies**

1. Psychology (P.G Board. University of Calicut.)(U.Oder.No. 10961/2016/Admn dated 25.07.2016), (from 2016 to 2019)
2. Clinical Psychology (P G Board. University of Calicut), U.O.No. 8297/2017/Admn Dated, 05.07.2017(from 2016 to 2019)
3. Psychology (U.G board, University of Calicut), (UO.NO.1781/2020/admn dated 11.02.2020)

- **Research Guide – University of Calicut (U.O.No. 1944/2017/Admn Dated: 13.02.2017)**

- Bayana Beevi O M S- “Webholism: An Investigation on Psychological Aspects”
- Soumya Mohan .C- “ Certain Psychosocial contributors of Psychological Wellbeing: An analytic study”.
- Ratheesh S R- “Efficacy of cognitive training on children with Attention Deficit Hyperactivity Disorder”
- Nigesh K. “Development and Preliminary evaluation of a parent mediated intervention program for children with autism spectrum disorder”

Positions held

- ❖ Coordinator women cell
- ❖ Co-ordinator career and counselling cell
- ❖ NSS programme Officer
- ❖ Coordinator, CSS
- ❖ WWS mentor
- ❖ CBCSS & internal examinations Convenor
- ❖ Member of Research committee

NAME: SUKANYA B MENON
DATE: 16-5-2020

PLACE: PUDUKAD