

Faculty Profile Format



1. Name : **Dr.Milu Maria Anto**
2. Designation : Asst. Professor & Head ,Department of Psychology
3. Email Id : miluanto99@gmail.com,
milu.maria@prajyotinetancollege.edu.in
4. Educational qualifications:

Educational Details	
S S L C	Sacred Heart Convent Girl's High School,Thrissur, 1993
Pre Degree	St. Mary's College, Thrissur, 1995
BSc Psychology	PrajyotiNiketan College Pudukad,University of Calicut (Ist Rank),1998
M.A Psychology	Dept. of Psychology, University of Calicut (IInd Rank), 2000
M.S in Counselling and Psychotherapy	Institute of Behavioral and Management Sciences, Autonomous Institute,Chittoor,A.P
MPhil(Clinical Psychology)	Kasturba Medical College, MAHE, Manipal,Karnataka, 2006
Ph.D	Dept. of Psychology, University of Calicut,2015
16-11-2010 onwards	PrajyotiNiketan College, Pudukad

5. Experience in other Academic Institutions

Teaching and Clinical Experience	
2000-2004	Guest Faculty at Department of Psychology PrajyotiNiketan College
2006-2010	Consultant Clinical Psychologist at Amala Institute of Medical Sciences(AIMS),Thrissur

6. Orientation And Refresher Courses Attended

- 1) 71st orientation programme by UGC-ASC by University of Calicut from 27-01-2012 to 23-02-2012

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- 2) Special Summer School conducted by UGC-Human Resource Development Centre from 06-05-2015 to 26-05-2015
- 3) Refresher Course in Gender Studies(Interdisciplinary) conducted by the UGC-Human Resource Development Centre from 15.11.2019 to 28.11.2019
4. 102nd Online Short-Term Course on E-Content Development organized by UGC-HRDC Gujarat University during 23-07-2020 to 29-07- 2020
5. UGC Sponsored Short Term course in Solid Waste Management held from 8-09-2020 to 14-09-2020, HRDC-Goa University.
6. Attended a course on ‘Trauma Focused Psychotherapy’ organized by ANAAHAT Psychotherapy from 15th May to 23rd of June, 2022.

7. Membership in professional bodies

- 1) RCI Registered Clinical Psychologist (CRR No.A13168)
- 2) Member, IACP (Indian Association for Clinical Psychologists) with Membership No.PLM 283/09

8. PhD produced/guidance

- 1) Recognition as Research Guide in Psychology (U.O.No. 15808/2017/Admn Dated, Calicut University.P.O, 21.12.2017)
- 2) Three research scholars under guidance

9. Positions held

- 1) Served as Resource person for Staff selection commission Kerala-Karnataka region February 2015
- 2) Psychology (U.G) Board, University of Calicut during 2013-2019
- 3) Member, Board of Studies U.G, Christ College Irinjalakuda, Autonomous,2018 onwards
- 4) Member ,Board of Studies,U.G, Devagiri college, Kozhikode, Autonomous2019 onwards
- 5) Member,Board of Studies .P.G , Rajagiri Centre For Behavioral Science and Research,Ernakulum,Autonomous from 2020 onwards
- 6) Coordinator, Counselling and Psychotherapy Center, At PrajyotiNiketan College, Pudukad since2013
- 7) Coordinator For WALK WITH A SCHOLAR at Prajyoti Niketan College, during Academic years 2013-2014,2014-2015,2019-2020
- 8) Facilitator for Young Innovators Programme at PrajyotiNiketanCollege,Pudukad since 2019
- 9) IQAC Member ,Prajyoti NiketanCollege,Pudukad, Thrissur since 2018
- 10) Secretary, Clinical Psychology Thrissur Forum since 2019 June.
- 11) Member Board of studies PG Clinical Psychology,Calicut University from 28-09-2020onwards

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- 12) Member Board of studies UG Christian Studies, University of Calicut from 24-04-2021 onwards
- 13) Elected South Zone Member of IACP.
- 14) INTERNATIONAL RESEARCH COLLABORATION in NORTHEASTERN UNIVERSITY

10. Experience/Role in conducting examinations

- 1) Question Paper Setter for Various Universities since 2011
- 2) Examination Chairman, BSc Psychology, Calicut University from 2019 onwards
- 3) Examination Chairman for MSc Clinical Psychology, University of Calicut from 2020 March onwards.

11. International/National /Regional Seminars organized

- 1) Organizing secretary for UGC sponsored National Seminar on "Neuropsychology: Challenges and Possibilities" held on 19th and 20th August 2011, at Prajyoti Niketan College, Pudukad.
- 2) Organizing Secretary for the UGC Sponsored Training National Workshop on Crisis Management in Academic Settings held at Prajyoti Niketan College, Pudukad, Thrissur on 22nd September 2015
- 3) Organizing Secretary for Regional Workshop on CRISIS INTERVENTION: KERALA FLOOD, 2018 organized by Department of Psychology, Prajyoti Niketan College, Pudukad, 31-08-2018
- 4) Organizing Secretary for five days National Webinar Series on 'Rejuvenating Mindscapes' organized by Research and PG department of Psychology from 18th May 2020 to 22nd May 2020.

12. Keynote address/Workshops

- 1) Keynote address on **Emotional And Behavioural Problems Of Children** in National workshop 'Satgamaya' conducted at Thrissur on 19th Feb 2011.
- 2) Resource person for One Day Workshop on **Best Version Of Yourself** On 7th November, 2018 Organized by PG Form, NSS College, Nenmara, Palakkad
- 3) Handled a session on **Crisis Management Techniques** in One Day Regional Workshop on crisis intervention: Kerala Flood, 2018 organized by the Department of Psychology, Prajyoti Niketan College, Pudukad.
- 4) Conducted workshop on the Topic "**Psychology of Teenagers**" on 21-12-2019 in connection with the Seven day NSS residential Camp by SKHSS Anadapuram.
- 5) Conducted a Workshop on **Identifying and Managing Students at Risk: Teachers as Mentors** in the International training Conference on Brief Psychotherapies and Annual

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- Meet of Association for Solution Focused Practices held at Institute of Mental Health and Neurosciences (IMHANS), Kozhikode On 11-12-2019
- 6) Delivered Keynote Address on the Topic: “**Trends and Prospects in Psychological Counselling: Insights from a Practitioner**” in the National Psychological Training Conference on Counselling Psychology: Research, Innovations and Recent Trends, Jointly organized by Psychology Circle and Dept. Of Psychology, KristuJyoti College of Management and Technology, Changanassery, Kottayam on 24th and 25th January 2020.
 - 7) Resource person for the one day workshop on **Thematic Apperception Test (TAT)** ON 6TH February 2020 at Rajagiri College of Social Sciences, Kalamassery organized by Department of Psychology, Rajagiri Centre For Behavioral Science and Research.
 - 8) Resource person for **Faculty Induction Program** (No.2) conducted by UGC- Human Resource Development Centre, University Of Calicut on 02-12-2020
 - 9) Resource person **for Faculty Induction Program**(No.3) conducted by UGC- Human Resource Development Centre, University Of Calicut on 14-01-2021
 - 10) Resource person for **Short Term Course** on Soft Skills Development for Asst. / Associate Professor for University/College teachers conducted by UGC- Human Resource Development Centre, University Of Calicut on 22-03-2021
 - 11) Resource person for **Faculty Induction Program** conducted by UGC- Human Resource Development Centre, University Of Calicut on 16.09 .2021 on the topic ‘Mental Health Management Skills for Teachers of Higher Education Settings’.
 - 12) Resource person for **Women and Child Development Directorate, Thiruvananthapuram** on how to prepare case study and what all things to be kept in mind while preparing case study regarding Post partum depression and crime in women on 29-10-2021 (online mode).
 - 13) Resource person for A session for **sensitization programme to improve the perceptual skills of Judicial First Class Magistrates** while interacting with child victims of unfortunate circumstances organized by Kerala Judicial Academy on 19.11.2021 Topic Titled: “Psychological Aspects of Child Victims of Unfortunate Circumstances”.
 - 14) Chaired a scientific session on Neuro Psychological Assessment in India: Cross cultural aspects and issues related to adaptation of tests at the 48th National Annual conference of Indian Association of Clinical psychologists conducted on 6th may to 8th May 2022.
 - 15) Resource person for a on the topic: Tracking the mindset of learners and moral code of counseling on 1/10/2022 (online mode) in the UGC sponsored 10th Induction Program from 14-09-2022 to 15-10-2022.
 - 16) Key note speaker on the topic “Managing Digital Addiction: A Clinician’s Perspective” on 25th January 2023, in International Conference ‘Towards Zero For A Sustainable Tomorrow’ conducted by Amal College of Advanced Studies, Nilambur.
 - 17) Panelist for Panel discussion “Zrayas”-International conference and Students meet at Christ Autonomous College, Irinjalakuda in collaboration with UNICEF on 6th February.

13. Paper Publications

- 1) Milu Maria Anto & N. Dinesh (2010) resilience following cardiac event: a cross sectional study on Coronary Heart Disease. Proceedings of the two day National Seminar on Current Trends and Challenges in Applied Psychology 14-15 Oct 2010 Organized by Department of Psychology, University of Calicut. Page-25-26.
- 2) Milu Maria Anto (2011) Psychological Management of Dermatological Disorders. Kerala Journal of Dermatology Venereology and Leprology Vol-7 No.1 ,2011 pg 29-33.
- 3) Milu Maria Anto & Dr.C.Jayan (2012) Role of Emotion Regulation as Predictor of Anxiety and Depression in Adolescence, Journal of Psychological Researches- An International Journal. Vol.56, No.2 Aug 2012 pg .109-113.
- 4) Milu Maria & Dr.C.Jayan (2013) Family Environment and Temperament as Predictors of Emotion Dysregulation, Guru Journal of Behavioral and Social Sciences. Vol-1 ,issue -3 July – Sep,pg 168-176
- 5) Milu Maria Anto (2013) Relation between perceived maternal parenting style and emotional regulation in adolescents. Proceedings of Three day National Seminar on Mental Health and Well- Being organized by Department of Psychology , University of Calicut, 14-16, Page-12.
- 6) Milu Maria Anto (2013) Self-esteem, Altruism and Social Support Among Women Working Independently and Under an authority, Proceedings of Three day National Seminar on Mental Health and Well- Being organized by Department of Psychology, University of Calicut, 14-16, November 2013, Page-66
- 7) Milu Maria Anto (2014) Early Temperament , Emotion Regulation and Family Predictors of Social Phobia in Adolescent Girls- Proceedings of the 40th National Annual Conference of Indian Association of Clinical Psychologists, Held at SRM University ,Chennai, 28th Feb- 2nd March 2014, pg 61
- 8) Livea TL Lalji, Milu Maria Anto, Anita Shojan, Sebastian VJ Criton (2015) Self-Efficacy, Perceived Social Support And Quality Of Life Of Females With Acne And Eczema. Research Journal Of Pharmaceutical Biological And Chemical Sciences. Vol.6(1) pg. 1328-1331 ISSN 0975-8585
- 9) Milu Maria, Hridya V.M, Maria Babu, Joseph Lijo (2015) Stress profile among Maxillo Facial Surgeons. International Journal of Psychosocial Research. A Peer Reviewed Journal, Vol-IV, no.1 pg-141-147

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- 10) Milu Maria Anto, Fatima, M.A (2015) Perceived Maternal Parenting Style and Self Esteem among Adolescents. Indian Journal of Applied Research. Volume : 5 | Issue : 3 | ISSN - 2249-555X
- 11) Milu Maria Anto, and N Dinesh (2015) Self-Efficacy, Illness Cognition and Its Relation to Anxiety and Depression: A Cross Sectional Study on Coronary Heart Disease. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 6(2), 1543-1549, ISSN: 0975-8585
- 12) Milu Maria Anto, Santhosh A.J., Sangeetha P.L (2015) Academic Failures among High School Students: A comparative Case Study. International Journal of Allied Medical Sciences and Clinical Research. 3(1), 52-55
- 13) Shefeena Jacob & Milu Maria Anto (2016) A study on Cognitive Emotion Regulation and Anxiety and Depression in Adults. The International Journal of Indian Psychology Vol.3, issue(2), ISSN 2349-3429, Pg.117-124
- 14) Milu Maria, Krishna K., Nivea Jerome and Sitara E (2017) Psychosocial Adjustment in Mothers of Neurologically and Mentally Challenged Children: A comparative study. Enhancing Well-being across Human Lifespan. ISBN NO: 978-93-85165-68
- 15) Anjana Ajith, Dr. Milu Maria Anto (2018) A Comparative Study to Gauge Emotional Hiccups among Adolescents. Phoenix International Journal for Psychology and Social Sciences, vol (2) Issue (4). Issn 2456-5180 impact factor 3.489
- 16) Shahina & Milu Maria Anto (2018) Prevalence of Depression among Undergraduate Students of Thrissur District. Phoenix International Journal for Psychology and Social Sciences, vol (2) Issue (4). Issn 2456-5180 impact factor 3.489
- 17) Joby Pulikkan, Abhijith Maji, Darshan Bharat Dhakan, Rituja Saxena, Binoop Mohan, Milu Maria Anto, Neeti Agarwal, Tony Grace, Vineet K Sharma (2018) Gut Microbial Dysbiosis in Indian Children With Autism Spectrum Disorders. Microbial Ecology. Springer <https://link.springer.com/article/10.1007%2Fs00248-018-1176-2>
- 18) Meghna Pothen, Dr. Milu Maria Anto (2019) Achievement Motivation, Life Satisfaction and self-Efficacy: A Comparative Study Among Male and Female government employees and Entrepreneurs. International Journal of Science and Research. Vol.8(6). ISSN : 2319-7064.
- 19) Dr. Milu Maria Anto, Swetha P.S (2020) Eating Behaviour of Adolescents: Recent Drift. International Journal of Physical and Social Science. Vol. 10 Issue 11, pg: 19-33 November 2020
ISSN: 2249-5894 Impact Factor: 6.644

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- 20) Fathima M.A., Milu Maria Anto (2021) Importance of Mental Health Awareness among School Teachers in bridging mental health treatment gap in India. *International Journal of Social Psychiatry*. February 2021. doi:10.1177/0020764021991889
- 21) Bishmi P D and Dr. Milu Maria Anto (2021) Risk Factors of Scholastic Backwardness: A Systematic Review. *NOVYI MIR Research Journal* Page No: 108 to 116 ISSN NO: 0130-7673 UGC-CARE APPROVED (GROUP II) JOURNAL, Web of Science Group DOI:16.10098.NMRJ.2021.V6I7.256342.1902
- 22) Dr. Milu Maria Anto and Baghya Purushothaman (2021) Emotional Eating And Emotional Regulation of Undergraduate Students During Lockdown. *International Journal of Physical and Social Sciences*. Volume 11, Issue 9 Page 1-9. ISSN 2249-5894
- 23) Bishmi P D and Dr. Milu Maria Anto (2021) The Risk Factors of Academic Backwardness: A Need Assessment Study. *STRAD Research* Volume 8 Issue 8 August Page No: 647 to 656 ISSN NO: 0039-2049 UGC-CARE APPROVED (GROUP II) JOURNAL DOI:10.37896/sr8.8/063
- 24) Dr. Milu Maria Anto (2021) Unravelling Mental Health Issues in Women: Ripples in The Indian Psychoscape, *Journal of women, empowerment and Technology (WET)*. ISSN 2394-4420 JANUARY-JUNE. Womens studies Centre, Cochin University of Science and Technology.
- 25) Irina Todorova, Liesemarie Albers, Nicole Aronson, Adriana Baban, Yael Benyamini, Sabrina Cipolletta, Maria del Rio Carral, Elitsa Dimitrova, Claire Dudley, Mariana Guzzardo, Razan Hammoud Darlina Hani Fadil Azim, Femke Hilverda, Qi Huang Liji John, Michaela Kaneva, Sanjida Khan, Zlatina Kostova Tatyana Kotzeva M.A. Fathima, Milu Maria Anto, Chloé Michoud, Mohammad Abdul Awal Miah, Julia Mohr, Karen Morgan, Elena Simona Nastase, Efrat Neter, Yulia Panayotova, Hemali Patel, Dhanya Pillai, Manuela Polidoro Lima Desiree Baolian Qin, Christel Salewski, K. Anu Sankar Sabrina Shao, Jeevanisha Suresh, Ralitsa Todorova, Silvia Caterina Maria, Tomaino (2021) "What I thought was so important isn't really that important": international perspectives on making meaning during the first wave of the COVID-19 pandemic" *Health Psychology and Behavioral Medicine*. Volume 9 Issue 1 Pages 830-857 | Received 02 May 2021, Accepted 13 Sep 2021, Published online: 11 Oct 2021 <https://doi.org/10.1080/21642850.2021.1981909>
- 26) Pulari C. & Anto M.M. (2022). A Theoretical analysis of existing child-based cognitive rehabilitation models. *International Journal of Indian Psychology*, 10(2), 099-107. DIP;18.01.25215/1002.011

14. Book/Book Chapter

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- 1) Study material titled "A Handbook of Child Development-Psychological Perspectives" prepared for Vocational Course in Montessori Teacher's Training 2016-17
- 2) Published a Chapter in Book titled 'Innovative Research in Psychology' by Department of Psychology, University of Calicut in June 2016, ISBN NO97881-933096-1-2
- 3) Published a Chapter in Book titled 'Individual Differences' by The Calicut University for IV semester Bsc Psychology Core Course
- 4) Published a Chapter in Book titled 'Handbook of Research on Clinical Applications of Meditation and Mindfulness- Based Interventions in Mental Health' by Sanjeev Kumar Gupta. DOI 10.4018/978-1-7998-8682-2. ISBN 139781799886822.
- 5) Published a book: 'Surviving COVID Blues: A compendium by Mental Health Enthusiasts' by Dr Milu Maria Anto, Anjana PV, Ditty Ann Johns, Akifah Jamsheed Hamza and Radhika TH. Publication date 11 October 2021. In AMAZON KINDLE
- 6) Published a Chapter in Book titled 'Underpinnings of teaching learning modalities in Difficult Times: concerns, Challenges and further' by Dr. Sameer Babu M and Abdul Latheef KA. ISBN: 978-93-92591-57-0. Publisher: Selfpage Developers Pvt Ltd. Topic: Impact of Pandemic on Procrastination Behavior of high school students by Bishmi P D and Dr. Milu Maria Anto

15. Papers presented/Seminars Attended

- 1) Alan Thomas & Milu Maria Anto. Working Memory Deficits in Schizophrenia—UGCSponsored National Seminar on "Neuropsychology : Challenges and Possibilities", held on 19th & 20th August 2011, at Department of Psychology, Prajyoti Niketan, College, Pudukad.
- 2) Participated on two-day training workshop on SPSS held at Prajyoti Niketan College, Pudukad on November 2 & 3, 2012.
- 3) Presented a Paper titled: Role of Emotion Regulation as predictor of anxiety and depression in 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 22nd, 23rd and 24th November 2012.
- 4) Participated on Regional Seminar on Management of Learning Disability held at Prajyoti Niketan College Pudukad on February 15, 2013.
- 5) Two Day Regional Workshop On "Training In E-Governance", on 15 & 16 March 2013, At Prajyoti Niketan College, Pudukad, Thrissur

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- 6) Presented a paper on “Self efficacy, Perceived Social Support and Quality of Life of Females with Acne and Eczema” on 4th October 2013 on National Conference on Youth a Catalyst for Social Transformation at Lissha College, Kozhikode.
- 7) Presented a paper at University of Calicut as part of National Conference on Mental Health and Well Being on the Topic :Relation Between Perceived Maternal Parenting Style and Emotional Regulation in Adolescence” on 15-11-2013
- 8) Presented a paper at University of Calicut as part of National Conference ON Mental Health and Well Being on the Topic: Self Esteem Altruism and Social Support among Women Working independently and under an Authority”. on 15-11-2013
- 9) Presented a paper on Academic failures among high school students: a comparative case study' in 'The National conference on Enhancing Psychological Well-Being' on February 20-21, 2014, Organized by Department of Psychology, Bharathiar University, Coimbatore.
- 10) Presented a Paper on Early temperament, Emotion regulation and Family Predictors of Social Phobia in Adolescent Girls in IACP Annual National conference in SRM University, Chennai on 29th February 2014.
- 11) Participated and Presented a Paper Titled: Anxiety, Depression and Illness Cognition among Coronary Heart Patients and other Cardiac Patients: A Comparative Study in the International Conference by the Department of Applied Psychology of the Pondicherry University and 6TH INSPA International Conference on 13-15 October, 2016 at Pondicherry University
- 12) Presented A Paper titled: Psychosocial adjustment in mothers of neurologically and mentally challenged children: A Comparative Study in the International Conference held on 3rd February 2017 at Anugraha Institute of Social Sciences
- 13) Participated and Presented a paper on “ Depression : A Prevalence Study using Different Demographic Factors” in the One Day National Seminar on Re-Mapping the Psychodynamics of Depression on 11th October 2017 organized by Dept. of Psychology, Prajyoti Niketan College, Pudukad, Thrissur
- 14) Participated and Presented a paper on “Emotional Affaire and Personality : A Comparative Study Among Adolescents” in the One Day National Seminar on Re-Mapping the Psychodynamics of Depression on 11th October 2017 organized by Dept. of Psychology, Prajyoti Niketan College, Pudukad, Thrissur
- 15) Participated and Presented a paper on ‘Gender Difference on Perceived Social Support and Self Esteem Among Adolescence in the One Day National Seminar on Re-Mapping the

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- Psychodynamics of Depression on 11th October 2017 organized by Dept. of Psychology, PrajyotiNiketan College, Pudukad, Thrissur
- 16) Participated and Presented a paper on Perfectionist Self-presentation in Undergraduate students with social Anxiety at International Conference on Contemporary Technologies: Prospects and Challenges for Psychological Well-being, Organized by Anugraha Institute of Social Sciences on 6th January 2018
 - 17) Attended ONE Day National Seminar on YOUTH MENTAL WELLBEING Organized by Department of Clinical Psychology, School of Medicine, Amrita Institute of Medical Sciences (AIMS), Kochi on November 20th 2018
 - 18) Attended State level two-day workshop on COGNITIVE TRAINING ON TRAUMATIC BRAIN INJURY (TBI), RCI Accredited on 7th and 8th October 2018 at University of Calicut.
 - 19) Participated in One Day National Conference on YOUTH AND MENTAL HEALTH Organized by the Department of Psychology, PrajyotiNiketan College, Pudukad on 11th October 2018.
 - 20) Participated in the one day Workshop on Engage to Change Organized by the Department of Psychology, PrajyotiNiketan College, Pudukad on 12th October, 2018.
 - 21) Participated and presented a Paper on Achievement Motivation, Life Satisfaction and Self Efficacy: A Comparative study among male and female Government Employees and Entrepreneurs in the Two Day International Conference on Management and Allied Sciences organized by the Department of Commerce, PrajyotiNiketan College, and Pudukad on 25th and 26th October 2018.
 - 22) Attended two days National Seminar on Qualitative Approaches In Psychological Research organized by Dept. of Psychology, Sri C Achutha Menon Government College on 4th and 5th January, 2019
 - 23) Attended National Level workshop on MOODLE held by Dept of Computer Science, PrajyotiNiketan College, Pudukad on 19th January, 2019
 - 24) Participated in the International Webinar on Academic Publishing in Top Rated Journals on 30th April 2020 organized by the Post Graduate Department of Commerce, Government College Tripunithura.
 - 25) Participated in regional workshop on Research Methodology conducted by Post Graduate and Research Department of Psychology at PrajyotiNiketan college Pudukad on 4th July 2019

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- 26) Participated in two-day National Seminar on Evolution of Consciousness jointly conducted by the departments of Psychology, Journalism and Physical Education on 18th and 19th July 2019.
- 27) Participated in the Two-Day National Workshop on Cognitive Behavioral Therapy organized by Department of Psychology at PrajyotiNiketan College Pudukad on 19th and 20th September 2019.
- 28) Participated in National Level Webinar Series on Rejuvenating Mindscapes from 18th to 22nd May 2020 Organized by Research and Post Graduate Department of Psychology, PrajyotiNiketan College, Pudukad.
- 29) 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.
- 30) 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.
- 31) 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.
- 32) Participated 5 days Faculty Development Programme on Managing Online Classes and Content Development jointly organized by Department of Computer Science.PrajyotiNiketanCollege,Pudukad,Thrissur and IQAC from 25th May 2020 to 29th May 2020.
- 33) Attended 5 days online faculty Development program on Moodle Learning Management System Organized by The Department of Computer Science, Government Arts College for Women, Salem-8 in association with IIT Bombay Spoken Tutorial (An Initiative of National Mission on Education through ICT, MHRD, Govt. of India) from 2ndJune to 6thJune 2020.
- 34) Participated in one-week SSTP Emerging Trends in Research Methods from 08-13 June 2020 on online mode organized by REST Society for Research International (RSRI).
- 35) Attended in 3 days FDP on 'Negotiating Diversity in the Classroom' (6th – 8th July 2020) Dept of English, Post Graduate Centre of JyotiNivasCollege,Autonomous,Tamil Nadu
- 36) Participated in International webinar organized by Department of Psychology PrajyotiNiketan College, Pudukad on the Topic:'Hope, resilience and Mindfulness based Self Care During Covid-19" on 11th July2020.

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- 37) Participated in one-week Faculty Development Programme conducted by Department of Computer Science, Prajyoti Niketan College, Pudukad on User Friendly Tools for Online Teaching and Assessment from 10th July 2020-16th July 2020
- 38) Participated in the five days webinar series entitled Revised Assessment and Accreditation Framework organized by IQAC Prajyoti Niketan College, Pudukad from 15-19 September 2020
- 39) Participated in the National Seminar on : Pride and Prejudice : A Transgender Perspective organised by Department of English, Government College Kodanchery on 30th September 2020
- 40) Participated in the National Webinar entitled : Mental Health Care in College: Clinical Services and Clinical Intervention in connection with world Mental Health Day 10th October 2020, organized by Dept of Psychology, Prajyoti Niketan College, Pudukad
- 41) Participated in the National Webinar on "HOW CINEMA STIGMATISES MENTAL ILLNESS" organized by the Department of Psychology, Farook College (Autonomous) on 10th October 2020
- 42) Participated in National Mentor's Day Webinar on : Understanding the Mentee: The Innovator Mentor on 27th October 2020 organized by Department of Psychology in Association with IQAC Prajyoti Niketan College, Pudukad
- 43) Participated in the National Webinar on Publishing Papers: The Matrix of Research organized by IQAC , Prajyoti Niketan College on 17-02-2021
- 44) Participated in one-week SSTP Recent Trends in Research Article Writing from 22-03-2021-27-03-2021 on online mode organized by REST Society for Research International (RSRI).
- 45) Attended Webinar on Gender inequity in Kerala, Talk led by Dr. Seema Bhaskaran organized by St. Joseph's College, Irinjalakkuda, Autonomous on 22 nd May 2021
- 46) Participated as a delegate at the 47 th NACIACP 2021 virtual conference on Digital Interventions, Challenges and Possibilities Newer Frontiers in Clinical Psychology from 28-30 May 2021
- 47) Participated in one week STTP ON Life skills Management by REST Society from 7-12 th June 2021
- 48) Participated in 3 day International Faculty Development Program on Academic Writing For Journal Publication held on 27-29 August 2021 organized by Department of Management Studies, St Aloysius College, Elthuruth, Thrissur
- 49) Participated in FDP on "Strategies for Enhancing the Mental Health in Teachers and Students" jointly organized by Guru Angad Dev Teaching Learning center, a center under

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PMMMNTT, Ministry of Education, Government of India and Rajagiri College of Social Sciences (Autonomous) held from 26th October to 01st November 2021.

- 50) Presented a paper on 'Impact of Pandemic on the procrastination behavior of high school students' in the Two day International Webinar on "UNDERPINNINGS OF TEACHING-LEARNING MODALITIES IN DIFFICULT TIMES", organized by Department of Psychology, Markaz arts and science college, Athavanad and The Department of Education, University of Kerala on 12th and 13th October 2021.
- 51) Best Paper Award in the 1st International Conference of Bangladesh Psychometric Society for the paper, "Premenstrual Syndrome and Marital Adjustment among Married Keralite Women in Early and Middle Adulthood" organized by Bangladesh Psychometric Society(BPS) on 21-23rd January, 2022.
- 52) Best Paper Award in the 57th National & 26th International conference of Indian Academy Of Applied Psychology(IAAP) for the paper, "Relevance of Cognitive Rehabilitation amongst Survivor Children With Critical Illnesses- A Theoretical Analysis" organized jointly by the Department of Clinical Psychology and Department of Psychology, Mizoram University, from 27th to 29th January,2022.
- 53) Participated in Poster presentation on the topic: Impact of Covid Pandemic-1 in the 48th National Annual conference of Indian Association of Clinical psychologists conducted on 6th may to 8th May 2022.
- 54) Attended RCI-CRE Approved 2 day Online International workshop on "Compassion Focused Therapy: Application In Developmental Disabilities And Psychological Disorders", on 12th and 13th August, 2022 organized by Department of clinical psychology, AMRITA Institute of Medical Sciences.

16. Extension Activities/Responsibilities

- 1) Conducted a class for parents at Anthikad on 3-12-2010 on the Topic: 'DisabledChildren- Psychological Perspectives' organized by SarvaSikshaAbhiyan,BRC,Anthikad
- 2) On 17-03-2011 was a resource person for the programme conducted byAlagappa U.P School,Vedoor for the students on the topic: "PersonalityDevelopment".
- 3) Delivered a lecture to the parents on the Topic: "Child Psychology" of St. Xavier's Convent U.P School,Pudukad,as part of PTA General BodyMeeting on 22-07-2012
- 4) Awareness programme conducted for parents on 7-08-2012 in connection withparents meeting at Carmel Higher Secondary School,Chalaky on the Topic:Understanding Problems of Adolescents.

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- 5) Was a resource person and discussed a topic: Mother and Child, as part of parent's meeting conducted on 4th October, 2012 at Sacred Heart Convent Girl's Higher Secondary School, Thrissur.
- 6) On 14-11-12 was a resource person for the programme conducted by Infant Jesus C.G.H.S. Aranattukkara, for the students on the topic: Adolescents' Problems and Management.
- 7) Conducted an awareness Programme for students on the Topic: "Understanding Adolescents" at Govt. Vocational Higher Secondary School, Pudukad on 19-11-12. Also provided counseling for students who require special assistance.
- 8) Delivered a talk and conducted practical sessions for students of St. Joseph's High School, Velupadam on the Topic: Life Skills for Adolescents.
- 9) As part of awareness programme organized by Souhridha Club, Govt. H.S.S, Kattilapoovam on 1-12-2012 conducted a class for students on the topic: Adolescents' problems.
- 10) Resource person for awareness programme organized by Department of English, Prajyoti Niketan College, Pudukad for 1st B.A students on the topic: "Developing Study Habit Techniques and Life Skills" on 5-12-12.
- 11) Conducted seminar for parents, organized by of Koratty Panchayath on the Topic: Lifeskills for children on 8-3-2013.
- 12) Inaugurated Women's Cell Activities and conducted orientation programme for female students at S B College, Changanassery On 8-11-13
- 13) Conducted a class to Souhrida club Co-coordinators on 5-12-13 at DIET, Thrissur on the Topic "MANAGEMENT OF ADOLESCENT PROBLEM BEHAVIOURS "
- 14) Conducted one-day orientation programme and counselling for Upper Primary Students at St. Xavier's School. Pudukad on Dec 13th 2013.
- 15) Conducted A Half Day Orientation Programme on "Effective Parenting" at Amala Institute of Medical Sciences as Part Of 25th Dr. Hahnemann Day Celebration at Homeopathic Hospital On 12-04-14.
- 16) Conducted awareness programme for parents at Govt. Higher secondary school, Nadavarmbu, Thrissur as part of Souhrida club on the Topic: Amma Ariyan on 8th July 2015
- 17) Talk on "how to be a Better Performer on 22nd December 2014 in 3 day Educational Camp "Kidventure" at CJM Assumption Higher Secondary School, Varandarappilly, Thrissur
- 18) Orientation Programme for Plus two students on the Topic: Personality Development" at St. Antony's Higher Secondary School Puthenpedika, Thrissur on 17-01 2015

Faculty Profile Format

- 19) Participated in Two Day International seminar on measures to combat Human Trafficking: International and National Perspectives on 29th and 30th January 2015
- 20) One day orientation programme for parents on the Topic: Challenges in Parenting” in association with Homeoday celebration at Amala Homeopathic Hospital on 10th April 2015.
- 21) Orientation programme on 27th June 2015, for students on the Topic: Adolescent Problems at Mar Thoma Higher Secondary School, Thrissur.
- 22) Handled a Session for the awareness programme about Psychological Management of Flood related issues for the Asha workers in a programme organized by District Mental Health Programmeoffice,Thrissur on 30 th August 2018at Pudukad.
- 23) Handled a Session on : Crisis Management skills in the one day Regional Workshop on Crisis Intervention :Kerala Flood, on 31st August 2018 at PrajyotiNiketanCollege,Pudukad
- 24) Handled a session on ‘Best Version of Yourself’ for Post Graduate Students as part of PG Club Inauguration at NSS College, Nenmara, Palakkad on 7th November 2018
- 25) Conducted a One-day workshop for Higher Secondary students of Marthoma Girls School, Thrissur on 10thNovember 2018 and also carried out counseling session for students who require psychological help.
- 26) Handled a Session for Teachers of Good Shepherd CMI School, Kunnamkulam, Thrissur on the Topic: How to handle Academic Challenges During Covid Lockdown ,on 1 st July,2020
- 27) Resource for an Orientation and Motivation session for Paramedical Students of Amala Institute of Medical Sciences ,Thrissur on1/07/2021
- 28) Chaired a session in Alliance for Multidisciplinary Academia Linkages in Innovation and Transformation (AMALIT), of Dr. Jini K Gopinath on “Mental Wellness during the Pandemic; A CBT perspective” on 16th February, 2022 organized by Amal College of Advanced Studies, Nilambur.
- 29) Chaired a Scientific session on “Online Psychotherapy; Techniques and Process”, at the state level conference conducted on 11/6/2022 at Pastoral Oreintation Centre Palarivattom
- 30) Chaired a scientific session on " Child and Adolescent mental health : Challenges and Perspectives in the Digital Era", at 48th National Annual Conference Of Indian Association of Clinical Psychologists (48th NACIACP 2022), Thiagarajar college, Madurai 9, on 6th - 8th May 2022

17. Activities During COVID -19 Lockdown, 2020

- 1) Organized the activities of Tele counselling as Coordinator of Prajyoti Clinic to provide counseling services to the affected people from 31st March 2020 onwards

Faculty Profile Format

- 2) Resource person for an Live Chat show in NCTV, Pudukad on Lock down “Mental Health Issues “on 7th April,2020 <https://youtu.be/50zIrPkMVOW>
- 3) Panelist for “Stress during Lockdown” on 17 th April,2020 An International webinar organized by registered NGO Bhoumam, United Kingdom.
<https://www.youtube.com/watch?v=BKbOST3fFk0&feature=youtu.be>
- 4) Organized the activities as Secretary, Thrissur Psychology Forum to provide mental health tele counselling services for people working at gulf countries, an initiative by Mr.T.N.Prathapan Hon.MP, named MP HELP DESK.<https://jaihindtv.in/clinical-psychologist-helpdesk-tn-prathapan-mp/>
- 5) Organized activities as Secretary,Thrissur Psychology Forum to assist people with tele counselling services during the time of Lock down in the context of Covid-19 in association with KKTM SEEDS,Chalakkudy
- 6) Undergone two day Distance therapy training named TELEHEALTH FOR Mental Health Professionals Conducted by PESPI.Inc. New York in April,2020
- 7) Was featured in ‘The Wire’ article ‘Doing Their Bit: The Extraordinary Men and Women of These Extraordinary Times’, published on April 7th, 2020
<https://thewire.in/society/coronavirus-lockdown-india-good-samaritans>
- 8) Attended webinar on Child Protection Needs and psychosocial Support to children during Covid-19 Pandemic organized by Sphere India in association with UNICEF, WHO,and HCL on April 21,2020
- 9) Successfully completed The Covid-19 Awareness online Quiz programme organized by Finishing School Cell, St. Thomas College (Autonomous), Thrissur on 5-05-2020 to fight against corona virus disease.
- 10) Conducted online webinar for students of BCM College,Kottayam under Women’s Clubon 28th August 2020 on the Topic: Keeping Cool during Covid:Tips on Mental Health and Well Being.
- 11) Resource person for a Webinar on the Topic: Unmasking Young Minds During Covid Lock Down for higher secondary students of Deepthi,HSS,Thalore,as part of SouhridaClubon 21st Sep 2020on Zoom Platform.
- 12) Conducted a Phone in Programme for students to manage their stress during Lockdown in association with Nallapaadam an initiative of ofMalayalaManorama on 24-06-20202.
<https://www.facebook.com/Manorama-Nallapaadam-113445860018476/>
- 13) Successfully completed Suicide prevention online training (SPOT) on September 4th 2020 organized by Institute for Mind and Brain, Thrissur in association with University of Cambridge.

Faculty Profile Format

- 14) Resource Person for Responsible Teens (READ) on The Topic : Understanding Adolescent Mind on 28th October 2020
- 15) Presenter for Webinar presentation on Topic : Mental Health For All, **A world Guinness Record event** organized by Tamil Nadu Clinical Psychology Association ON 30th October ,2020 Maximum no of Clinical Psychologist Presenting in front of Maximum no of Spectators. The Event was declared as Guinness Record by Elite ,Asian,Indian and Tamilian Guinness Record Teams.
- 16) Resource Person for Webinar Series Conducted by UGC Centre for Women Studies ,Vimala Autonomus College, Thrissur on 5-11-2020 On the Topic: Enhancing Women Mental Health : Psycho- social and Futuristic Dynamics
<https://drive.google.com/file/d/1mIe8Zxfr5lKhgbwLYoQAkUI8DxSKR5aN/view?ts=5fa4dc69>
- 17) Speaker for A video released by Indian Dental Association, Kerala State on the Topic Mental Health Concerns During Covid -19 Lock Down Among Children and Adolescents on 14th November 2020.
<https://youtu.be/eD-UH4o0bws>
- 18) Panelist for online discussion on mental health and Online classes on June 5th 2021 with CULIVE and WOKE MLAYALAM
<https://www.facebook.com/watch/?v=702590060456098>
- 19) Resource Person for a Webinar organized by Sahridaya College of Advanced Studies, Kodakara, Thrissur in Association with Covid Cell Bounce Back from Containment to Containment on the Topic Post Covid Stress Management of Late Adolescence on 14TH June 2021
- 20) Resource person for an orientation program for students of Carmel H.S.S Chalakudy on the Topic: How to keep a positive vibe in online classes on 1-08-2021