



Dr. Soumya Starlet C T
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Dept of Psychology
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DOB

19-01-1984

Educational Details

S S L C

St.Antony's H.S.S. Pudukad

Pre Degree

St. Mary's College, Thrissur

BSc Psychology

Prajyoti Niketan College Pudukad

Msc Clinical Psychology

Prajyoti Niketan College Pudukad
(IInd Rank)

MPhil

Sree Sankaracharya University of
Sanskrit,Kalady

Ph.D.

Sree Sankaracharya University of
Sanskrit,Kalady

Teaching Experience

16-11-2010 onwards

Prajyoti Niketan College, Pudukad

Dr. SOUMYA STARLET C T
ASSOCIATE PROFESSOR
DEPT PSYCHOLOGY
PRAJYOTI NIKETAN COLLEGE
PUDUKAD

Dr. Soumya Starlet C T

Associate Professor and Guide, Dpt. of Psychology

soumyastarlet@prajyotiniketan.edu.in

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)

4 Research Scholars under guidance.

Co Guide for One Research Scholar

Ph d Produced as Guide

- 1. Vandana V. S.** (Reg. order No. 7023/2019/Admn dated 29.05.2019 uder the supervision of Dr. Soumya Starlet CT, on the topic “**Effectiveness of Multidimensional Program on Mental Health among Children with Behavioral Problem**” with effect from **31.08. 2024** University Order No.95801/RESEARCH-C-ASST-1/2024/Admn. Dated 8-11-2024.
- 2. V. A. Ajitha** (Reg. order No. 7023/2019/Admn dated 29.05.2019) under the supervision Dr. Soumya Starlet CT, on the topic “**Psychosocial Correlates of Learning Disability**” with effect from **28.10.2024** University Order No. 95779/RESEARCH-C-ASST-1/2024/Admn dated 17.01.2025.

Orientation Course Attended

1. 72 nd Orientation Course at Academic Staff College Calicut from 2 th March 2012 to March 29 th 2012.
2. Attended orientation course for the Programme Officers of National Service Scheme, organized by Empanelled Training Institute for NSS at Calicut University from 25-10-2019 to 31-10-2019.

Refresher Course

1. Attended refresher Course in Gender Studies (interdisciplinary) conducted by the UGC Academic Staff College Calicut from 15-01-2015 to 5-02-2015.
2. Attended refresher Course in Media Studies(Interdisciplinary)Conducted by HRDC UGC Calicut University from 23-01-2020 to 05-02-2020.
3. Attended refresher Course in E-content Development and Moodle organized under UGC-Scheme for Trans – Disciplinary Research for Indian’s Developing Economy (UGC-STRIDE) Mahatma Gandhi University , Kottayam, In association with IQAC, Al Ameen College, Edathala from 13th to 27th September2021 and obtained Grade A.

Short term Course

1. Attended One Week STTP on Emerging trends in Research Methods (online mode) from 08 June 2020 to 13 June 2020 organized by REST Society for Research International (RSRI), Krishnagiri, Tamil Nadu, India.
2. Attended One Week STTP on Multi Criteria Decision Making (online mode) from 15 June 2020 to 20 June 2020 organized by REST Society for Research International (RSRI), Krishnagiri, Tamil Nadu, India.
3. Attended 109th Online Short-Term Course on E-Content Development during 23-07-2020 to 29-07-2020 organized by UGC – Human Resource Development Centre, GUJARAT UNIVERSITY, Ahmedabad.
4. Attended Short term Course (Online) in Solid Waste management from 8-09-2020 to 14-09-2020 conducted by UGC HRDC Goa University.

5. Completed and Qualified the Exam of One Week Workshop on Life Skills Management (online mode) from 07 June 2021 to 11 June 2021 organized by REST Society for Research International (RSRI) Krishnagiri, Tamil Nadu, India.

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.
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 Assesment 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 12 th 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 Department of Commerce, Prajyoti Niketan College Pudukad on 25th and 26th October 2018.
10. Participated National Workshop on Moodle Organized by the IQAC in association with Department of Computer Science Prajyoti Niketan College Pudukad on 19th January 2019.
11. 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
12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. 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.

19. 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.
20. Participated One Week STTP on Emerging trends in Research Methods (online mode) from 08 June 2020 to 13 June 2020 organized by REST Society for Research International (RSRI), Krishnagiri, Tamil Nadu, India.
21. Attended One Week STTP on Multi Criteria Decision Making (online mode) from 15 June 2020 to 20 June 2020 organized by REST Society for Research International (RSRI), Krishnagiri, Tamil Nadu, India.
22. Participated state level webinar on National Service Scheme Fund Management in Public Fund Management system(PFMS) jointly organized by Sri. C. Achutha Menon Government College Thrissur and National Service Scheme Thrissur District Coordinator committee University of Calicut, on 30th June 2020.
23. Participated International webinar on Hope Resilience and Mindfulness based self care practices during Covid 19 on 11th July 2020 organized by Research and Post Graduate Department of Psychology and IQAC, Prajyoti Niketan College, Pudukad.
24. Participated in one week FDP on user friendly tools for online teaching and assessment jointly organized by computer science department and IQAC Prajyoti Niketan College Pudukad from 10th July to 16th July 2020.
25. Participated in the webinar on Covid 19 Pandemic Current Situation : What Next ? organized on 8th August 2020 in Coordination with Department of Computer Science and NSS Units 85 &183, Prajyoti Niketan College Pudukad.
26. Participated in webinar on Post Traumatic growth: Theory and Practice organized by Research and Post Graduate Department of Psychology Union Christian College Aluva on 8/8/2020.
27. Participated in Workshop on Suicide Prevention organized by Institute of Mind and Brain, Thrissur in association with University of Cambridge on 1/9/2020
28. Participated Mental Health care in college: Clinical services and crisis intervention on 10th October 2020 organized by Research and Post Graduate Department of Psychology , Prajyoti Niketan College, Pudukad.

29. Participated in the National Webinar on ‘Publishing Papers: The Matrix of Research’ organized by IQAC, Prajyoti Niketan College on 17th February, 2021.
30. Participated in the National webinar on “Estrogen - An Overview” organized by Research & Postgraduate Department of Psychology, Prajyoti Niketan College, on 9th March 2021.
31. Participated in the National Webinar on ‘Gender Equity’ organized by IQAC, Prajyoti Niketan College on 27th March, 2021.
32. Completed and Qualified the Exam of One Week Workshop on Life Skills Management (online mode) from 07 June 2021 to 11 June 2021 organized by REST Society for Research International (RSRI) Krishnagiri, Tamil Nadu, India.
33. Participated regional webinar on Through the Gendered Lens: Perspectives on Gender Equality organized by IQAC, Prajyoti Niketan College, Pudukad on 7/8/2021.
34. Participated National webinar on Understanding Contemporary Research methods in Cognitive Science Organized by research and post Department of Psychology Prajyoti Niketan College Pudukad on 21st July 2021.
35. Participated in the International Webinar “TOWARDS WELL-BEING IN NEW NORMAL - SOCIAL, PSYCHOLOGICAL AND EMOTIONAL” organised by PG Department of Psychology, Ansar Women’s College in collaboration with Department of Education , University of Kerala on 1st and 2nd September 2021.
36. Participated regional webinar on First Aid for Suicide Prevention Organized by research and post Department of Psychology in association with IQAC Prajyoti Niketan College Pudukad on 10th September 2021.
37. Participated Three day Workshop on Statistical Research Methods organized by Research and Postgraduate Department of Psychology Prajyoti Niketan College Pudukad on 18 to 20 October 2021
38. Participated Three day Workshop on Research Ethics organized by Directorate of Research University of Calicut from 3rd to 5th March 2022.
39. Participated in One day National Seminar on Psychology: Research & practice organized by the Research and Postgraduate Department of Psychology Prajyoti Niketan College, Pudukad on 30th January 2023.
40. Participated in One day Workshop on Current Trends in Rehabilitation Psychology organized by the Research and Postgraduate Department of Psychology Prajyoti Niketan College Pudukad on 20th June 2023.

41. Participated in the UGC approved one Day Webinar on Four Year Undergraduate Programme (FYUGP) Curriculum Frame Work Conducted by the Malavika Mission Teacher Training Centre (MMTTC), University of Calicut on 13.11.2023
42. Attended the workshop of Board of Studies in Psychology University of Calicut , for Syllabus preparation in connection with FYUGP, held on .12.2023 and 8.12.2023.
43. Attended the workshop of Board of Studies in Psychology University of Calicut , for Syllabus preparation in connection with FYUGP, held on 3.1.2024 and 5.1.2024 at KILA
44. Participated Two Day National Seminar on Recent Trends & Challenges in Mental Health Profession Organized by the research and Post-Graduate Department of Psychology, Prajyoti Niketan College, Pudukad on January 10 & 11, 2024.
45. Attended the workshop of Board of Studies in Psychology University of Calicut , for the preparation second semester question bank in connection with FYUGP, held on 4.12.2024 to 6.12.2024 at Sri C Achutha Menon Govt college kutanellur
- 46.

Chaired Session

1. Chaired session as panelist in the International Webinar “TOWARDS WELL-BEING IN NEW NORMAL - SOCIAL, PSYCHOLOGICAL AND EMOTIONAL” organised by PG Department of Psychology, Ansar Women’s College in collaboration with Department of Education, University of Kerala on 1st and 2nd September 2021.
2. Chaired a session for paper presentations in the National Conference on Interdisciplinary Academic Translational Research and Innovations 2023(NCIATRI-2023) organized by MES Asmabi College, P. Vemballur Kodungallur , in associations with Kerala State Higher Education Council on 7th and 8th February 2023.
3. Chaired session for paper presentation in the International Conference on Emerging Trends in Psychology: Contemporary approaches and Global Perspectives organized by PG Department of Psychology Christ College (Autonomous) Irinjalakuda on 17th and 18th February 2025.

Awards

1. Dr Soumya Starlet CT achieved Best paper award in the technical session of oral paper presentations in the National Conference on Interdisciplinary Academic Translational Research and Innovations 2023(NCIATRI-2023) organized by MES Asmabi College, P. Vemballur

Kodungallur , in associations with Kerala State Higher Education Council on 7th and 8th February 2023.

Resource person for National Seminar

Served as a resource person in the National Conference on Interdisciplinary Academic Translational Research and Innovations 2023(NCIATRI-2023) organized by MES Asmabi College, P. Vemballur Kodungallur , in associations with Kerala State Higher Education Council on 7th and 8th February 2023.

Interview board subject expert

1. Dr. Soumya Starlet CT attended Mock Interview for Indian Forest Service Examination as Expert member in the interview board on 24th May 2022 at College of Forestry , Kerala Agricultural University Thrissur.
2. Dr. Soumya Starlet CT served as subject expert of college staff selection committee in Psychology Guest Lecturer for the year 2021-22 at Carmel College, Mala on 6-11-2021.
3. Dr. Soumya Starlet CT served as subject expert in the interview for the selection of Psychology Apprentice as a part of the Jeevani-Center for well being Programme at Panambilly Memorial Govt College, Chalakudy on 20-10-2022.
4. Dr. Soumya Starlet CT served as subject expert in the interview for the selection of Psychology Apprentice as a part of the Jeevani-Center for well being Programme at KKTm Govt College, Pullut, on 01-11-2022.
5. Dr. Soumya Starlet CT served as subject expert of college staff selection committee in Psychology Guest Lecturer for the year 2025-26 at St. Thomas College Thrissur on 17/04/ 2024.
6. Dr. Soumya Starlet CT served as subject expert of college staff selection committee in Psychology Guest Lecturer for the year 2024-25 at Carmel College, Mala on 25-06-2024.
7. Dr. Soumya Starlet CT served as subject expert of college staff selection committee in Psychology Guest Lecturer for the year 2024-25 at Sacret heart College Chalakudy 14th June 2024.

8. Dr. Soumya Starlet CT attended Mock Interview for Indian Forest Service Examination as Expert member in the interview board on 22nd April 2025 at College of Forestry , Kerala Agricultural University Thrissur.

9. Dr. Soumya Starlet CT served as subject expert of college staff selection committee in Psychology Guest Lecturer for the year 2025-26 at Carmel College, Mala on 14-05-2025.

10. Dr. Soumya Starlet CT served as subject expert of college staff selection committee in Psychology Guest Lecturer for the year 2025-26 at Secret Heart College Chalakudy on 6/05/2025.

11. Dr. Soumya Starlet CT served as subject expert of college staff selection committee in Psychology Guest Lecturer for the year 2025-26 at St. Thomas College Thrissur on 16th May 2025.

12. Dr. Soumya Starlet CT served as subject expert in the interview for the selection of Psychology Apprentice as a part of the Jeevani-Center for well being Programme at Panambilly Memorial Govt College, Chalakudy on 20-05-2025.

Inspection Committee Subject Expert

1. Dr. Soumya Starlet CT, attended duty as inspection commission for continuation of Provisional Affiliation of Calicut university BSc programme at Don Bosco College, Mannuthy, Thrissur on 7th July 2023.

2. Dr. Soumya Starlet CT, Member Board of Examiners, FYUGP university of Calicut conducted an Inspection at PG Department of Psychology, Sahrdaya College of Advanced Studies, Kodakara on December 13, 2024.

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 6 th 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 11 th October 2017 at Prajyoti Niketan College Pudukad.
2. Organized One day workshop on Engage to Change held on 12 th October 2017 at Dpt of Psychology Prajyoti Niketan College Pudukad.
3. Organizing secretary for Women Cell Organized Women Confidence Training Workshop on 26th February, 2019, at Prajyoti Niketan College Pudukad.
4. Organizing secretary for Suicide Prevention day webinar Working Together to Prevent Suicide held on 10-9-2020 organized by Women cell Prajyoti Niketan College Pudukad.
5. Organizing secretary for Mentoring day webinar Understanding the Mentee; The Innovative Mentor on 27-10-2020 organized by research and Post Graduate Department of Psychology in association with IQAC Prajyoti Niketan College Pudukad.
6. Organizing secretary for Women day webinar Manifesting the Psychological Facts of Menstruation held on 8-3-2021 organized by Women cell Prajyoti Niketan College Pudukad.
7. Programme Coordinator for Community engagement programme at GVHSS Pudukad on 26-6-2021 organized by research and Post Graduate Department of Psychology Prajyoti Niketan College Pudukad.
8. Organizing secretary for Mental Health day webinar on Psychological Impact of Covid -19 : A Glimpse into the Reality

on 13-10-2021 by Department of Psychology Prajyoti Niketan College Pudukad

in collaboration with Jubilee Mission Medical college Thrissur.

9. Organizing secretary for Dr. /Varghese Paul And Dr. Monsy Edward Endowment lecture-II organized by The research and post graduate department of Psychology Prajyoti Niketan College, Pudukad on 25th March, 2022.
10. Organizing secretary for Skill training Programme organized by women cell Prajyoti Niketan College, Pudukad in collaboration with Rexona Confidence academy on 29th September 2022
11. Organizing secretary for workshop You are your power and magic organized by women cell Prajyoti Niketan College, Pudukad on 23rd November 2022.
12. Organizing secretary for the workshop on “From Concept to Measurement : Mastering Scale Development in Research” organized by Department of Psychology, Prajyoti Niketan College, Pudukad on 6th February 2025.

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, 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.
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 Alchoholics*.
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 Enhansing 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 Enhansing 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 2017organized 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.*
14. Presented a paper on Disease Activity, Illness Cognition ,Pain self Efficacy and Percieved Social Support in Rheumatoid Arthritis Patients in the National Coference on Youth and Mental Health on October 12, 2018 at Prajyoti Niketan College Pudukad.
15. Presented a scientific paper entitled “Mental Health Issues and Challenges among Children with Behavioural Problems During Covid Pandemic” in the 56th National and 26th International Conference of Indian Academy of Applied Psychology (IAAP) on 18th to 20th February 2021.
16. Presented a Paper entitled “AI and Education: Technical Advancement in Difficult Situation” in two day international webinar on Underpinning of Teaching Learning Modalities in Difficult Times organized by Department of Psychology, Markaz Arts and Science College Athavanad, Malapuram in collaboration with University of Kerala on 12th and 13th October 2021.
17. Presented a paper entitled “Coping strategies among health care workers during Covid 19 pandemic” in one day National Seminar on Psychology :Research and Practice organized by the Research & Post Graduate Department of Psychology , Prajyoti Niketan College Pudukad on 30th January 2023.
18. Presented a paper entitled :Suicidal Ideation and Academic Stress among Grade X Students of ICSE Syllabi in Kerala :A Comparative Study” in the National Conference on Interdisciplinary Academic Translational Research and Innovations 2023 (NCIATRI-2023) organized by MES Asmabi College, P. Vemballur Kodungallur , in associations with Kerala State Higher Education Council on 7th and 8th February 2023.
19. Presented a paper entitled :Pain appraisal, Catastrophising fear of Progression and Death Anxiety among cancer patients : in the National Conference on Interdisciplinary

Academic Translational Research and Innovations 2023(NCIATRI-2023) organized by MES Asmabi College, P. Vemballur Kodungallur , in associations with Kerala State Higher Education Council on 7th and 8th February 2023.

20. Presented a paper entitled *Smartphone addiction and loneliness among youth during Covid -19 pandemic* in the Two day International Conference on Psychological Skills Acquisition organized by Post Graduate Department of Psychology and International Quality Assurance Cell, Kuriakose Elias College Mannanam in Collaboration with College Development Council MG university held on 3rd and 4th of March 2023.
21. Presented a paper entitled *Predictor factors of death anxiety among cancer patients* in the Two day International Conference on Psychological Skills Acquisition organized by Post Graduate Department of Psychology and International Quality Assurance Cell, Kuriakose Elias College Mannanam in Collaboration with College Development Council MG university held on 3rd and 4th of March 2023.
22. Presented a paper on “A Comparative Study on Psychological Well-being and Religiosity among Imams and Muslim Ordinary Men” in the Three Day International Conference on Mental Health Across Life Span organized by the Department of Psychology, Providence Women’s College (Autonomous), Kozhikod held from 22nd to 24th January, 2025.
23. Presented a paper on “Character Strength and Self Efficacy Among Adolescents” in the Two Day International Conference on Psychotherapeutics and Psychological Wellbeing organized by the Postgraduate Department of Psychology and the Internal Quality Assurance Cell (IQAC) of Kuriakose Elias College, Mannanam on 28th and 29th January 2025 at Kuriakose Elias College, Mannanam.
24. Presented a paper on “Parental Encouragement and Self-Esteem Among High School Students” in the International Conference on Emerging Trends in Psychology: Contemporary approaches and Global Perspectives organized by PG Department of Psychology Christ College (Autonomous) Irinjalakuda on 17th and 18th February 2025.
25. Presented a paper on “Cyberchondria and Health Anxiety Among Adolescents” in the International Conference on Emerging Trends in Psychology: Contemporary approaches and Global Perspectives organized by PG Department of Psychology Christ College (Autonomous) Irinjalakuda on 17th and 18th February 2025.
26. Presented a paper on “Health among females with Menstrual symptoms” in the International Conference on Emerging Trends in Psychology: Contemporary approaches and Global Perspectives organized by PG Department of Psychology Christ College (Autonomous) Irinjalakuda on 17th and 18th February 2025.

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. Impact factor 7.426*
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. Impact factor: 5.483*

11. N. N. Nayana & Dr. Soumya Starlet C T Disease Activity, Illness Cognition, Pain Self-Efficacy and 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. Impact factor.5.483*
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16. Shiny P. K. &, Dr. Soumya Starlet C T., *AI and Education: Technical Advancement in Difficult Situation., Chapter in Book Underpinings of Teaching-Learning Modalities in Difficult times: Concerns, Challenges, and Further.* Editors Dr. Sameer Babu M and Abdul Latheef KA. ISBN 978-93-92591-57-0 Interactive International Publishers, Chimangaluru, Karnataka, 2022, Vol 1, Pg, 141-145
17. VA Ajitha and Dr. Soumya Starlet CT. Parenting Style and Assertiveness Among Adolescents with learning Disabilities. *Indian Journal of Applied Research. A peer reviewed, referred & Indexed International Journal. ISSN No. 2249-555X. Impact Factor 6.004. Volume 12. Issue 12 December 2022. [https://www.worldwidejournals.com/indian-journal-of-applied-research-\(IJAR\)/issues.php?m=December&y=2022&id=142](https://www.worldwidejournals.com/indian-journal-of-applied-research-(IJAR)/issues.php?m=December&y=2022&id=142)*
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22. Elsa Elisabeth and Dr. Soumya starlet CT, “Predictors of Death Anxiety among Cancer Patients: A Psychological Analysis” published in Indian Journal of Health and Well-being (Peer-reviewed and Indexed Journal) December 2023, Volume 14, Issue 4, NAAS Rating 4.11, ISSN-P229-5356-232-3698. https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=predictors+of+death+anxiety+among+cancer+patients++A+psychological+analysis+&btnG=
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25. Shiny, PK & Soumya, S.CT. (2025). Single Parenthood and Adolescent Well-being: A Systematic Review. International Journal of Indian Psychology, 13(3), 078-082. DIP:18.01.007.20251303, DOI:10.25215/1303.007. July 7,2025 <https://ijip.in/articles/single-parenthood/>
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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 to 2021)
5. Psychology (U.G) Board. University of Calicut (U.O.No. 6444/2023/Admn Dated, Calicut University.P.O, 11.04.2023) onwards.
6. Psychology Board. Sacred Heart College Chalakudy (U.O.No. 10637/2024/Admn Dated, Calicut University.P.O, 3.07.2024) onwards.

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.
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.

15. Conducted an Online Talk for the Parents on the Topic “Online Education Parents Role and Involvement on 26th June 2021 at GVHSS Pudukad
16. Delivered a session on Insight A Motivational talk to student at GVHSS Nandikara under the auspicious of CGCC on 11/12/2021.
17. Delivered A Motivational talk to student at Vypilly Sreedhara Menon Memorial GVHSS, Ollur on 23/03/2022.

Positions held

1. Examination Chairman BSc Psychology .Calicut Univesity from 2015-16 , 2016-17 and 2017-18onwards.
2. Examination chairman MSC clinical psychology from 2021 August Onwards
3. Board of Studies Member
4. Question paper setter for various universities inside Kerala
5. NSS Programme Officer from 2018 June to 2021 May
6. Women Cell Co-ordinator from 2016 to 2023
7. Ethical Committee member
8. Research coordinator
9. Internal Exam Committee coordinator

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.
- External and internal examiner for various examination UG and PG level for various universities
- Chairman Question paper setter Kannur university.
- Paper valuation camp chairman .