

Dr. SOUMYA STARLET C T

Assistant Professor

Department of Psychology

Publications

Papers

International

1. Elsa Jose & Soumya Starlet C T; Emotional Intelligence and Self Regulation among Adolescents: *Journal of Psychological Research, An International Journal*, Vol.No.56, August 2012.

National

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*. Vol, No.1, January 2010.
2. Soumya Starlet C T & Dr. M I Joseph; Emotional Intelligence and Locus of Control AComparative 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. 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.
4. Soumya Starlet C T & T Tomy: Prosocial and Problem Behavior Among Mentally Retarded Children: *Behavioural Scientist*. 2013, 14 (1), 23-30.

Participation in Courses/ Seminars/ Workshops.

(a) International Seminars : nil

(b) National + Regional Seminars

- 1.UGC Sponsored National Seminar on “ Neuropsychology : Challenges and Possibilities”, held on 19th & 20th August 2011 , at Department of Psychology ,Prajyoti Niketan ,College, Pudukad.
2. 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. 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. UGC Sponsored National Seminar on “Child Development”, Held on 23rd & 24th February ,2012 at Sree Sankaracharya University of Sanskrit ,Kalady.
- 5 Participated on two day training workshop on SPSS held at Prajyoti Niketan College Pudukad on November 2 & 3, 2012.
6. 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.
- 7.Participated on Regional Seminar on Management of Learning Disability held at Prajyoti Niketan College Pudukad on February 15, 2013.
8. National Conference ON Mental Health and Well Being on 15-11-13 at University of Calicut.
- 9.Attended 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.
- 10.Attended UGC sponsored 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.

Training/ Refresher Courses attended:

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

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

Experience as Research Guide (with details):

(a) Ph.D. produced:Nil

Research Project carried out (with details): Nil

Awards/ Recognitions received from various agencies: Nil

Extension work/ community service (give short account of contributions in programs of national integration and involvement in NSS/ NCC, sports and games, cultural activities, national literacy mission, environment protection/ NGO: Nil

Membership/ official position in academic, socio-cultural, voluntary organizations etc. details

Membership in Board of Studies

1. Psychology (U.G) Board (Appendix to order No.GA I/F2/302/2012 dated 27.04.2013).2014 continuing

2. Physiology (Single Board) (Appendix to order No.GA I/F2/302/2012 dated 27.04.2013). 2014 continuing.

Efficiency as organizer, details of programs hosted: nil

Contribution of the teacher to the general welfare and growth of the institution:

Coordinator of dance club and equal opportunity cell. Membership in the Ethics committee,

Any other information relevant to the context:

External lectures

1. Talk on “Abnormal Psychology” for students in Counseling Psychology Diploma Course conducted on 7 th September 2011 at Pavana Counselling Center, Chalakudy.

2. 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.

3. Talk on “Healthy Parenting” for parents on 15 th April 2012 at St Joseph’s Church, North Chalakudy.

4. Talk on “Problem Behaviors and Effective Parenting” for parents on 1 st July, 2012 at St. Mary’s church Chowka.

5. Talk on “Childhood Problems and Effective Parenting” for parents on 26 July, 2012 at Ukken Memorial L.P. School Thoravankadu , Pullur.

6. Inaugurated Social Science Exhibition 2013-2014 and delivered a speech for students at CMI Public school Chalakudy On 29-10-2013.

7. Talk on Effective Parenting Half day seminar for PTA at Sree Sankara NSS English medium School Chettarickal on 2-8- 2014.

8. Talk on Mind Developing and children Half day seminar for students at V.B.U.P.S. Poolany on 26-11- 2014.

9. Talk on Adolescence Problems and Effective Parenting Half day seminar for Parents at UHSS Annanad on 28-11- 2014.

10. 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.

Papers Presented

Papers presented in national seminar

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*.