

Jaya A T

Assistant Professor

Psychology

**Innovations/ Contributions in Teaching** : ICT enabled teaching. Help the students to understand different psychological concepts through practical interactive sessions and classroom activities/games etc.

**Publications (with details)**

**(a) Books**

**(b) Papers - as given below.**

**i. International**

1. Maternal parenting practices and child behavioral problems: A comparative study. *Zenith International Journal of Multidisciplinary Research (ISSN 2231-5780)*. Vol.5 (4), April (2015).

**ii. National**

1. Spiritual intelligence, Emotional intelligence, and Subjective well-being: A comparative study among Monastics and Non-monastics. *Psychespace (ISSN 0974-8814)*, Volume 5 (1), January-2011
2. Relationship among Spiritual intelligence, Emotional intelligence, and Subjective well-being---*Indian academy of applied psychology (JIAAP-ISSN 0019-4247)*, Volume-38 (3), March-2012.
3. Role of Achievement Motivation and Anxiety in Academic Performance. *Proceedings of the National seminar (UGC sponsored) on child development held on 22<sup>nd</sup> February-2012, at Sree Sankaracharya University of Sanskrit, Kalady- Kerala.*
4. The Relationship of Family interaction on Self-esteem in Early Adolescence. *Proceedings of the National seminar (UGC sponsored) on child development held on 22 February-2012, at Sree Sankaracharya University of Sanskrit, Kalady-Kerala.*

**Participation in Courses/ Seminars/ Workshops.**

(a) International Seminars :

(b) National + Regional Seminars :

- Participated in two day National seminar on “ Neuropsychology: Challenges and possibilities held at , Prajyoti Niketan college, pudukad in 2011.
- Participated and presented two papers in the two day National seminar on “ Ethics and values” organized by the department of psychology, Sree Sankaracharya University of Sanskrit, Kalady in 2012.
- Participated in two day *Workshop* held at Union Christian College, Aluva, as a part of the project on “*Peer Counseling*” on 17th and 18th February-2012.
- Participated in two day training *workshop on SPSS* (UGC sponsored) held at Prajyoti Niketan College, Pudukad on November 2 & 3, 2012.
- Participated in Regional seminar on Management of “*Learning Disability*” held at Prajyoti Niketan College, Pudukad on February15,2013.
- Participated in the one day regional seminar on “*Life Skill Development*” held at Prajyoti Niketan College, Pudukad on 29<sup>th</sup> January-2014.
- Participated in the UGC sponsored interdisciplinary National Seminar on “Protection of Human rights of the Psychologically ill” held at Vimala College on 27<sup>th</sup> June 2014.
- Participated in the two day National Seminar on “Counseling and Psychotherapy” organized by the department of psychology at Prajyoti Niketan College, Pudukad on 5<sup>th</sup> and 6<sup>th</sup> December,2014.

**Training/ Refresher Courses attended:**

- Participated in *Orientation programme* conducted by UGC- Academic Staff College from 16-01-2013 to 12-02-2013.
- Participated in *Special summer school/Refresher course* conducted by HRDC- University of Calicut from 06-05-2013 to 26-05-2015.

**Experience as Research Guide (with details): Nil**

(a) Ph.D. produced

**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: Nil**

**Efficiency as organizer, details of programs hosted:** Organized two day National seminar on counselling and psychotherapy on 5<sup>th</sup> and 6<sup>th</sup> December, 2014 at Prajyoti Niketan College, Pudukad, Thrissur.

**Contribution of the teacher to the general welfare and growth of the institution.**

**Any other information relevant to the context.**

### **Papers Presented**

1. Presented a paper on “*Role of Achievement Motivation and Anxiety in Academic Performance* ” in the National seminar (UGC sponsored) on child development held on 22nd February-2012, at Sree Sankaracharya University of Sanskrit, Kalady- Kerala.
2. Presented a paper on “*The Relationship of Family interaction on Self-esteem in Early Adolescence*” in the National seminar (UGC sponsored) on child development held on 22nd February-2012, at Sree Sankaracharya University of Sanskrit, Kalady-Kerala.
3. Presented a paper on “*Stress and depression among habitual coffee consumers and non- coffee consumers: a comparative study*” in the National seminar on Counselling and Psychology held at Prajyoti Niketan College, Pudukad on 5<sup>th</sup> December, 2014

