



## SREE SANKARACHARYA UNIVERSITY OF SANSKRIT, KALADY

Re-accredited by NAAC with A+ Grade

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### FACULTY PROFILE

Name of the Faculty	: Dr. Sandhya Aravind C.A.
Designation	: Assistant Professor
Name of the Department/Centre of study	: Department of Psychology, Main Centre
Campus	: MAIN CENTRE, KALADY
Email id	: drsandhyaaravind@ssus.ac.in
Mobile No	: 9447326808
Date of joining in SSUS	: 05-05-2021
Work Experience	: Five years experience as Guest Faculty in the Department of Psychology, SSUS.
Topic of Research/ Area of specialization	: Topic of Research- Correlates of Stuttering: An Analytical Study.



### Courses Taught

Research Methodology Psychology of Motivation and Learning Counselling Psychology Psychopathology Health Psychology Adolescent Psychology Experimental Psychology Internship

### Post Doctoral Achievements

Nil

### Other Achievements

Nil

### Profile Summary

Assistant Professor & Teacher-in-Charge, Department of Psychology, SSUS.

### Details of ongoing Research scholars

Name of the scholar	Register Number	Topic	Department of the scholar	PhD Registration year
Haneena Sulthana K.P	22KA06PS01	Non- Visual Perception of Blind People	PSYCHOLOGY	2022
Pooja Ravikumar	20KA06PS02	INTEROCEPTION AS A MODERATOR OF EMOTION REGULATION AND SOCIAL SKILLS AMONG EMERGING ADULTS	PSYCHOLOGY	2019

Manasa G.S	20KA06PS01	RESILIENCE AS A MEDIATOR OF STRESS-QUALITY OF LIFE RELATIONSHIP AMONG CAREGIVERS OF PALLIATIVE CARE	PSYCHOLOGY	2019
Aravind M.S	19KA06PS01	Psychosocial profiling of Young offenders: Identification and Management	PSYCHOLOGY	2019

### Chapters in Books

Title of the chapter	Title of the Book	Author of the book	Publisher Name	Date of Publication	ISBN
HIV/AIDS on Women- Impact, Vulnerability and Challenges.	Working with Youth, Women and Children with HIV/AIDS: Strategic Interventions for Inclusive Development	Sandhya Aravind C.A	Authorspress	2013	978-81-7273-723-8
Mental Health and Psychological Well Being of Yoga Practitioners with respect to Inertia, Activation and Stability – A Comparative Study	Mental Health and Spirituality Improving Quality of Life	Sandhya Aravind C.A	Green Leaf Publication	2013	978-93-82105-114

### Research Articles in Journals

Title	Journal Name	Year	ISSN No	Type
Optimism and Psychological Well-Being among Yoga Practitioners	The International Journal of Indian Psychology	2023	ISSN 2348-5396 (Online)   ISSN: 2349-3429 (Print)	UGC Care Listed
The Pattern of Adjustment among Cancer Patients	Journal of Emerging Technologies and Innovative Research	2019	2349- 5162	Peer reviewed
Emotional Intelligence among Alcoholics and Non-Alcoholics.	Journal of Emerging Technologies and Innovative Research	2019	2349- 5162	Peer reviewed
Reactions to Frustration among Physical Education and Arts Students	International Journal of Research in Social Sciences	2018	2249-2496	Peer reviewed
Psychological Maladjustment among Employed and Unemployed Women.	International Journal of Research in Social Sciences	2018	2249-2496	Peer reviewed
Relation between Mental Health and Reactions to Frustration among Sports Students.	International Journal of Engineering & Scientific Research	2018	2347-6532	Peer reviewed
The Impact of Fluency Disorder on the Adjustment pattern of Adults.	International Journal of Research in Social Sciences	2018	2249-2496	Peer reviewed
Behavioral Pattern and Level of Aggression in people with Speech Disorder.	International Journal of Engineering & Scientific Research	2018	2347 - 6532	Peer reviewed
Life Satisfaction and Stress Tolerance among Recruit Women Police Constables with respect to Personality Pattern	International Journal of Engineering, Science and Mathematics	2018	2320-0294	Peer reviewed

### Research Papers in Conference Proceedings

Name of research paper	Conference Name	Year	ISSN/ISBN No	Type
The Role of Life Skills in Personal Development	5th International Conference on Life Skill Education	2014	ISBN: 978-93-83842-13-1	Peer reviewed
Self- Esteem in Cancer Patients	Second International Conference on Kannyakumari Academy of Arts and Sciences	2013	ISBN: 978-93-81658-07-9	Peer reviewed

### Participation in print and visual media

Year	Title of the programme/Article
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2023	Why do I Stutter Sometimes- Unlocking Expression: Navigating Stuttering and Emotions
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#### Details of Seminars/ Conferences/Workshops attended

Name of seminar	Date	Status	Level	Title of the paper
Five Day Workshop on Glossary of Psychology (English-Malayalam) in Malayalam Language	10.07.2023 to 14.07.2023	Resource person	National	
Mental Health of Academic Community in Higher Education Institutions	20-02-2023	Attended	National	
Positive Psychology: The Science of Happiness	2020-01-24	Presented	International	Spiritual Intelligence and Achievement Motivation among PG students
Well-being of Youth in Virtual World: Reality and Illusion	30.08.2019 to 01.09.2019	Presented	National	Optimism and Psychological Well-being among Yoga Practitioners
Psychotherapy and Counselling	01.08.2019 to 03.08.2019	Presented	International	Sex Myth among Married Couples
Psychotherapy and Counselling	01.08.2019 to 03.08.2019	Presented	International	Adjustment Pattern among Alcoholics and Non-Alcoholics
Emerging Trends in Psychology	01.08.2018 to 03.08.2018	Presented	National	The Effects of Stuttering upon the Adjustment Level of Adults
Three Day Workshop on Redesigning of Courses for Outcome Based Education	12.11.2018 to 14.11.2018	Attended	State	
The Role of Community Psychology Research in Youth Development	10.07.2018	Attended	International	
Two Day Workshop on Redesigning of Courses for Outcome Based Education	11.12.2018 to 12.12.2018	Attended	State	
"Re- Mapping the Psychodynamics of Depression	11.10.2017	Attended	National	
Applied Health Psychology: Trends and Challenge	25.08.2017	Attended	National	
Leadership for Success	14.11.2017	Attended	International	
Humanising Clinical Psychology: Trends and Challenges	27.06.2017 to 29.06.2017	Attended	National	
Four Day Workshop on Research Methodology	27.01.2016 to 30.01.2016	Attended	State	
Four Day Workshop on Psychological Intervention Strategies	03.03.2015 to 06.03.2015	Attended	State	
Indian Association of Life Skill Education (IALSE)	20.02.2014 to 22.02.2014	Presented	International	The Role of Life Skills in Personal Development
Swami Vivekananda Association of Science and Humanities (SVASH)	26.04.2014	Presented	International	A Comparative Study of Employed and Unemployed Women with Respect to their Adjustment Level
Protection of Child Rights: Issues and Challenges	18.01.2013 to 20.01.2013	Presented	International	Effect of School Corporal Punishment on the Mental Health of Children
Three Day Workshop on Counselling and Behavior Therapy	04.03.2013 to 06.03.2013	Attended	State	

Kanniyakumari Academy of Arts and Sciences (KAAS-2013)	20.09.2013 to 21.09.2013	Presented	International	Self- Esteem in Cancer Patients
Working with Youth, Women and Children with HIV/AIDS: Strategic Interventions for Inclusive Development	27.03.2012 to 28.03.2012	Presented	National	HIV/AIDS on Women- Impact, Vulnerability and Challenges
Child Development	22.02.2012 to 24.02.2012	Presented	National	Self Concept of Adolescent Orphan Girls and Non Orphan Girls: A Comparative Study
Psychological Counselling: Practice, Problems and Prospects	06.01.2012 to 07.01.2012	Presented	National	Students and Addictive Behaviors- Implications for School Counselors
Applied Psychology in Transforming Education & Management Sciences in the Context of Globalization	15.06.2012 to 17.06.2012	Presented	International	The Role of Applied Psychology and Various Techniques in Human Resource Management.
Positive Behaviour: Perspectives and Applications	21.09.2012 to 22.09.2012	Presented	National	The Role of Psychotherapy in Children with Learning Disability
Neuropsychology: Challenges and Possibilities	19.08.2011 to 20.08.2011	Presented	National	Neurogenic Stuttering – Its Possible Causes and Treatments
Gender Quest in Multiple Intelligences	02.09.2011 to 03.09.2011	Presented	National	Teacher Student Interaction- Gender Bias and Teaching Strategies in an Educational Perspective.
Mental Health and Spirituality Improving Quality of Life	21.10.2011 to 22.10.2011	Presented	National	Mental Health and Psychological Well Being of Yoga Practitioners with respect to Inertia, Activation and Stability – A Comparative Study
Self Esteem and Mental Health Promotion among Teachers	04.08.2011 to 05.08.2011	Presented	National	Strategies in Managing Teacher Stress and Burnout in Schools
Vastu Shastra and Allied Sciences	23.07.2010 to 25.07.2010	Presented	International	Vastu and Interior Designing: A Psychological Aspect
Current Trends and Challenges in Applied Psychology	14.10.2010 to 15.10.2010	Presented	National	The Changing Face of Midlife: Concern and Current Issues
Ethics and Values	08.01.2008 to 12.01.2008	Attended	National	
Identifying and Managing Children with Learning Disabilities	07.12.2005 to 08.12.2005	Attended	National	