

## Bio data

### Dr. Sonia George

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Government College for Women  
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### Summary

- Experience in college/university level **teaching** from 2004
- **Head of the department** from 04/01/2017 to 31/03/2019
- Working with the **counseling** centre of the college from 2008.
- **State level Coordinator** and Executive Committee member, Jeevani-College Mental Health Awareness Services, Govt. of Kerala from September 2019 to July, 2021
- **Member, Board of Studies**, Mahatma Gandhi University, Kannur University
- **Academic Committee member (State level)**, Online Resource Initiatives of Collegiate Education (ORICE), Govt. of Kerala
- **Academic Committee member (State level)**, **Aspire** scholarships, Collegiate Education, Govt. of Kerala
- **Former Member, Board of Studies (UG)**, University of Kerala
- Approved **Ph.D. research guide**, University of Kerala with 4 research students, 1 submitted thesis
- **College level Research Committee Convenor** from April, 2020
- **Editor, Echoes of Research, 2020** (Research Journal of Government College for Women Thiruvananthapuram)
- **Chairman of examiners**, MSc Psychology Examination 2<sup>nd</sup> and 4<sup>th</sup> semesters, University of Kerala, 2020
- **Chairman of examiners**, BSc Psychology Examination 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> semesters, University of Kerala, 2017
- University level written and oral **examination evaluator**.
- Question paper setter for different Universities and boards.
- Supervisor for undergraduate and postgraduate dissertations.
- Experience in course **curriculum development**.
- **Research publications** in national and international peer reviewed journals (UCC-CARE and Scopus indexed)
- **Guest speaker/resource person** in different institutions.
- University level **rank holder** for under graduation and post-graduation.
- Qualified national level eligibility test (**UGC-NET**) for lectureship.
- Constructed a psychometric test - Child-Rearing Practices (CRP) Scale
- **Psychometric test construction** for ASAP, Govt. of Kerala
- Has been the convener and member of many cells, committees and clubs in college
  - College Coordinator, women's study unit, theatre club.

- College Convener, Discipline committee, Anti ragging cell
- College Staff club Joint Secretary
- Member, College Research committee, College Grievance Redressal cell, Sexual harassment cell, Admission committee, Accommodation committee
- Executive member, College PTA
- Internal Mentor, Walk With the Scholar

### **Education**

PhD Psychology	Dept. of Psychology University of Kerala	2012
M A Applied Psychology	Dept. of Psychology University of Kerala	2002 82%
B A Psychology	M G University Kottayam	2000 85%

### **Professional Qualification**

Lectureship Eligibility	UGC NET	2001
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### **Honors and Awards**

- First rank holder for B.A Psychology at University level.
- Third rank for M.A Applied Psychology at University level.
- Dewang Mehta National Education Award, 2019
- Paper accepted for poster presentation at the 2020 Annual Conference of the Division of Education and Child Psychology(DECP) of the British Psychological Society

### **Editorial board member**

- International Journal of Psychological Studies of the Canadian Centre of Science and Education, from 2016
- Echoes of Research(college journal), Govt. College for Women, Tvpm, from 2016
- Children and Teenagers journal, USA, from 2019

### **Research projects**

- UGC-MRP entitled 'Extent and Type of Bullying among School Students in Kerala', 2014

- Psychometric Test Construction for ASAP, Government of Kerala

### **Chapters in Books published**

1. Psychology of female children in conflict with law, Female Criminality: Recent trends and retrospection, Government Law College, Ernakulam, 2017
2. Foreword to the Handbook: Jeevani: A Preventive and Promotional Model of Mental Health and Well-Being in Colleges , Jeevani-Module for college counselors; Part 1 Promotion and Prevention, Government of Kerala, 2019
3. Equipping Students with Essential Life Skills, Jeevani-Module for college counselors; Part 1 Promotion and Prevention, Government of Kerala, 2019
4. Employability Enhancement Assistances, Jeevani-Module for college counselors; Part 1 Promotion and Prevention, Government of Kerala, 2019
5. Clinical Framework of JEEVANI, Jeevani-Module for college counselors; Part 2 Interventions , Government of Kerala, 2019

### **Paper Publications**

1. Sonia George and Krishna Prasad Sreedhar, Globalisation and the Prevalence of Superstitious Beliefs, Journal of the Indian Academy of Applied Psychology (JIAAP), 32,3, July, 2006, 337 -343.
2. Sonia George; Sreedhar, K.P; and Amar. R, Personality and Maladjustment Patterns in relation to Irrational Beliefs. the psychespace, 2,1, June,2008, 26-30
3. Sonia George and Sam Sananda Raj H, Problem Solving and Stress Tolerance among teenagers: A correlational study, Journal of Psychological Researches, 55,1&2, 2011, 1-5
4. Sonia George and Amar Rajan. Factors of Child Rearing Practices: A Qualitative Analysis. Journal of Psychology, 3 (2), December 2012, 99-105.
5. Sonia George, Sam Sananda Raj, and Amar Rajan. Parental acceptance and its relationship to stress tolerance and problem solving among teenagers. International Journal of Applied Psychology,4 (1), February 2014, 38-43
6. Sonia George, Sam Sananda Raj and Amar Rajan. (2014). Development of a scale for measuring teenager's perception of the way they are reared by their parents, Indian Journal of Applied Psychology, Vol.51, April2014, 87-91.
7. Sonia George, Sam Sananda Raj, and Amar Rajan. Gender differences and similarities in stress tolerance and problem solving among teenagers, Journal of Psychological Researches, Vol.58, No.2, August 2014, 16-21
8. Sonia George. Personality characteristics of sexual abusers: A meta-analysis, Echoes of research, Vol. 4, 2015, 41-46
9. Sonia George and Amar Rajan. Parental permissiveness as predictors of stress tolerance and problem solving among their teenage children, Journal of Psychometry, Vol. 31, No. 1, January-June 2017, 6-15

10. Sonia George and Amar Rajan. Parental punishment as predictors of stress tolerance and problem solving among their teenage children, *Indian Journal of Mental Health*, 4(4), October-December 2017, 343-350.
11. Sonia George. Extent of bullying in school children, *Indian Journal of Mental Health*, 5(3), July-September 2018, 289-295
12. Ammu G Nair and Dr Sonia George (2020). Perimenopausal Stress Reactions: The role of Awareness in the experience of Symptoms, *Psychology and Education*, 57(5): 476-480
13. Ganga Kailas and Dr Sonia George (2020). Parental attitude and the extent of outdoor play among children, *Psychology and Education*, 57(5), 472-475
14. Deena Balakrishnan and Dr Sonia George (2020). Factors affecting School Counsellor effectiveness and its impact on students, *Social Sciences International Research Journal*, 6(1), 44-51.
15. Dr. Sonia George (2021). Appraisal of child rearing practices - A gender analysis. *Psychology and education*, 58(2), 5748-5753
16. Deena Balakrishnan and Dr. Sonia George (2021). Exploring the impact of internet gaming disorder on adolescent gamers using thematic analysis, *Psychology and education*, 58(2), 5534-5538
17. Sarika A and Dr. Sonia George (2021). Sex differences in film induced emotion: A narrative review, *Psychology and education*, 58(2), 5546-5553
18. Ammu G Nair and Sonia George (2021), Perimenopausal stress reactions: A qualitative study on the awareness of spouses, *East European Journal of Psycholinguistics*, 8(1), 83-94

### **Paper presentations**

1. Counselling Need Analysis of the employees working at Technopark. **National Seminar on Psychological Counseling**. Department of psychology, Govt. College for women, Trivandrum, January 2012.
2. Job stress and Job satisfaction among fire fighters. **47<sup>th</sup> national and 16<sup>th</sup> international conference of the IAAP**, Toc H institute of science and technology, Ernakulam, June 2012.
3. Relationship of Age to Stress tolerance and Problem solving among teenage students. **47<sup>th</sup> national and 16<sup>th</sup> international conference of the IAAP**, Toc H institute of science and technology, Ernakulam, June 2012.

4. Appraisal of Child rearing practices – A gender analysis. **International Conference on Women Leadership, Psychology and Social Sciences 2020**, Red Talks Daily International, August 28-29 2020
5. Self - management techniques of elderly during Covid19 pandemic: A qualitative analysis. **56<sup>th</sup> National & 25<sup>th</sup> International Conference of Indian Academy of Applied Psychology**, 18-20 February, 2021
6. Mental Health concerns of children during COVID-19 pandemic: A qualitative analysis. **International Conference on India and the COVID-19 pandemic: Impact challenges and Policy responses**, School of International Relations and politics and Institute for contemporary Chinese studies, Mahatma Gandhi University, 23-25 April, 2021

### Conference Proceedings

1. Ganga Kailas and Dr. Sonia George (2019). *Extent of outdoor play among school students: An urban rural comparison*, Proceedings of the National Conference on Mental health and well-being, Department of Psychology, PSG College of Arts and Science, Coimbatore. e-ISBN 978-93-89947-09-0
2. Ammu G Nair and Dr. Sonia George (2019). *Perceived family support and perimenopausal stress reactions*, Proceedings of the National Conference on Mental health and well-being, Department of Psychology, PSG college of Arts and Science, Coimbatore. e-ISBN 978-93-89947-09-0
3. Dr. Sonia George (2020). *Appraisal of child rearing practices: A gender analysis*. Proceedings of the International conference on Women leadership, Psychology and Social Sciences, Red talks daily international. ISBN 978-93-90146-03-1
4. Deena Balakrishnan and Dr. Sonia George (2020). *Factors affecting school counsellor effectiveness and its impact on students*, Proceedings of the International conference on Women leadership, Psychology and Social Sciences, Red talks daily international. ISBN 978-93-90146-03-1

5. Sarika A and Dr. Sonia George (2020). *Sex differences in film induced emotion: A narrative review*. Proceedings of the International conference on Women leadership, Psychology and Social Sciences, Red talks daily international. ISBN 978-93-90146-03-1
6. Dr. Sonia George (2021). Souvenir, 56<sup>th</sup> National & 25<sup>th</sup> International Conference of Indian Academy of Applied Psychology
7. Dr. Sonia George (2021). Book of abstracts, International conference on India and the COVID 19 pandemic: Impact, challenges and policy responses, School of international relations and politics

### **As resource person**

1. Training programme for higher secondary chemistry teachers
2. NSS, Government College for Women, Tvpm
3. Psychological training and counselling services at KNM Government Arts and Science College, Kanjiramkulam
4. Class on Life Skills at Dr. Ambedkar Memorial Model Residential HSS, Tvpm
5. Student guidance at SNGHSS, Tvpm
6. Subject expert for the selection of counselor at Bharatiya Vidya Bhavan, Tvpm
7. External examiner for the selection of MSW/MAHRM candidates at Loyola College of social sciences
8. Stress management session for officers of DCE
9. Pre-interview training for job aspirants by ODEPC and National Employment Service
10. State level training programme for empowering PRINCIPALS in Government colleges
11. Study Skills Enhancement session at Lourdes Mount Public school, Tvpm
12. Training for selected Kudumbasree members for the Child Care Hub at Technopark, Tvpm
13. Motivational talk for students at St. Mary's Residential Central School, Tvpm
14. Workshop for teachers at St. Mary's Residential Central School, Tvpm
15. Induction programme for MSc students at Department of Computational Biology and Bioinformatics, University of Kerala
16. Induction programme for MPhil students at Department of Computational Biology and Bioinformatics, University of Kerala
17. Effective Parenting session at Dr. Ambedkar Memorial Model Residential HSS, Tvpm
18. Management development training for dairy cooperatives
19. Effective Public Relations for employees of Cooperative department
20. Induction programme for MSc Computational Biology students, University of Kerala
21. Stress management, Team building and Interpersonal relationship for Cooperative department employees
22. Coping with Adolescence at Christ Nagar HSS, Tvpm

23. Self-awareness at Government College, Kariavattom
24. Seminar at Carmel Girls HSS
25. Skill Adaptation Programme for Tribal Development Department
26. Managing stress at Department of Computer Science, University of Kerala
27. Orientation for mothers at PSNM Government HSS
28. Stress Management class for non-teaching staff of DCE
29. State level Training for coordinators of WWS
30. State level Training for coordinators of SSP
31. Psychological Aspects of Discipline for Higher Secondary teachers
32. State level Training for internal mentors of WWS
33. Subject expert for the selection of Jeevani counselors at different colleges
34. State motivational camp of WWS, Directorate of Collegiate education, Govt. of Kerala
35. National Seminar on Financial Capability and Financial well-being, K G college, Kottayam, Kerala
36. National seminar on Behavioural finance, Govt. Arts college, Trivandrum, Kerala
37. Individuating differences, Mar Ivanios College, Thiruvananthapuram
38. Module preparation for SCERT
39. External Mentoring , WWS, at Government College, Nedumangad
40. External Mentoring , WWS, at NSS colleges, Karamana, Neeramankara
41. Enrichment Programme for +2 commerce students at KG college, Pampady, Kottayam
42. Student's mental health during Covid19 pandemic, Department of Sociology, MG College, Thiruvananthapuram
43. Dealing with exams: Psychological assistance during the time of Corona, SN College, Varkala
44. Youth in the Post - Covid Era, NSS, St. Joseph's College for Women, Alappuzha
45. Enhancing happiness, Kerala Police , Government of Kerala
46. Student Mental Health, Christ College, Thiruvananthapuram
47. Coping with stress in a changing world, Student Support Initiative, Department of English, St. Joseph's College for Women, Alappuzha

### **Organizing Courses, National seminars and workshops**

1. Organizing committee member, National Seminar on Psychological Counselling-2011
2. **Coordinator**, National Workshop on Statistics for Psychological Research, 2012
3. Organizing committee member, National Workshop on SPSS for Psychology, 2013
4. Organizing committee member, National Seminar on Psychology in Organizational Setting, 2014
5. **Coordinator**, National Seminar on Multidimensional Perspectives in School Psychology, 2017
6. Organizing committee member, National Seminar cum Workshop on Psychological Testing, 2018
7. Course coordinator, Employability Skills Enhancement (Add-on course), DCE sponsored, 2019

8. Organizing committee member, National Workshop on Integrative Art therapy, 2019
9. **Coordinator**, State level residential training for Jeevani College counselors

**Area of specialization**

Developmental Psychology

**Previous teaching experience**

1. Guest lecturer            University College, Thiruvananthapuram    4/9/03 – 31/3/04
  
1. Contract lecturer    Department of Psychology, University of Kerala    24/1/05 – 30/06/06