



KEY RESOURCE PERSONS



Dr. Tissy Mariam Thomas (1996-1999 UG)

Assistant Professor, Dept. of Psychology, University of Kerala

Dr. Tissy Mariam Thomas is currently working as the Assistant Professor at the Department of Psychology, University of Kerala, Thiruvananthapuram, Kerala. She was awarded PhD from University of Calicut in conceptual schemes of abnormal behaviour in various medical practices by University of Calicut. She was co-investigator of a major research project on psycho-social dimensions of indigenous healing systems in Karnataka funded by UGC in 2011. She has authored a book titled Iranginadappu (2008) and edited two books titled Pennira (2011) and Penvazhi (2014), Lingapadavi (2020). Tissy has done her monograph on the gender identity and status of hijras in gharanas at Bangalore which is also published as a book in 2013. Her research interests range from gender studies to social and cultural psychology and alternative healing practises and mental health. Her recent book titled "Malayalikalude Manolokam" got published in December 2023.



Dr. Athulya Jayakumar (2006-2011 UG & PG)

Clinical psychologist and Co founder, Therapeute

Dr Athulya Jayakumar is a clinical psychologist with over 11 years' experience in diagnosing and evaluating mental and emotional disorders of individuals. She holds an MPhil and doctorate degree in Clinical Psychology from NIMHANS, Bangalore. Her areas of interest for research include body image perception, teasing, perfectionism, trauma informed practices and cognitive-behaviour therapy. She is keen to interact with multiple groups and believes in the practice of disseminating her experience and knowledge. She has a strong footing in enhancing mental health in organisational settings by fostering resilience in individuals, managing stress, enhance overall wellbeing as well helping individuals maximize personal and professional potential. Her tenacity acts as an impetus to resolutely work towards removing the stigma associated with seeking help for psychological concerns and disorders, and facilitating the understanding that seeking help sometimes makes life much easier to deal with.

Est. in 1921



DR. V. K. ALEXANDER MEMORIAL NATIONAL SEMINAR



RESEARCH AVENUES IN PSYCHOLOGY

9th FEBRUARY, 2024 | MCA NEW SEMINAR HALL



ORGANISED BY:

UNION CHRISTIAN COLLEGE, ALUVA

**RESEARCH AND POST GRADUATE
DEPARTMENT OF PSYCHOLOGY**



ABOUT US

The Research and Post Graduate Department of Psychology, Union Christian College was founded in 1965 by the highly esteemed Dr. V. K. Alexander. He was a leading Clinical Psychologist in Kerala and was in the forefront of advancing knowledge in this field. His flourishing clinical practice, research endeavors, and influential publications laid a strong foundation upon which the department of Psychology in Union Christian College has been successful in building the discipline of Psychology in academic and social life. Being the first institution to offer an Undergraduate Programme in Psychology in Kerala, the department is committed to extending its activities beyond academics to enhance learning and address societal concerns.

ABOUT THE SEMINAR

The theme of 'Research Avenues in Psychology' is of paramount importance in advancing academics and knowledge dissemination. The seminar will provide a pivotal platform for scholars, researchers, and practitioners to come together, exchange ideas, and explore emerging trends in psychological research. By emphasizing research avenues, the seminar can facilitate the exploration of innovative methodologies, theoretical frameworks, and applications in the field, contributing to the evolution of psychological knowledge and addressing contemporary societal challenges. This seminar aims to inspire budding psychologists to take research as an essential part of being a psychologist.

Every year, Alumni from the Department of Psychology participate as resource persons in this prestigious seminar. Their journey from being students to accomplished professionals in the field of Psychology instills immense confidence in the present students of the department.

Organizing Committee

Dr. Malini R., Ms. Shema Elizabeth Koor (Co-ordinators)
Dr. Vidhya Ravindranadan (Head of the Department)
Dr. Seena M. Mathai
Dr. Neelima Ranjith
Ms. Syna Soosan Abraham
Dr. Marikutty P. J.



RESEARCH AVENUES IN PSYCHOLOGY 09 FEBRUARY, 2024

PROGRAMME SCHEDULE



9.00 am : Registration

9.45 am : Inauguration

Session I

10.15 to 12.00 pm : PARADIGM SHIFT IN RESEARCH AND PRACTICE

Dr. Tissy Mariam Thomas, Assistant Professor,
Department of Psychology
University of Kerala, Thiruvananthapuram

12.05 to 12.30 pm : Discussion

12.30 pm : Lunch Break

Session II

1.30 to 3.00 pm : RESEARCH-INTEGRATED CLINICAL PRACTICE

Dr. Athulya Jayakumar, Clinical psychologist and
Co-founder, Therapeute, Bangalore

3.00 to 3.30 pm : Discussion

3.30 pm : Valedictory Session

REGISTRATION FEES : RS 300/-

For any Queries

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