



**Dr. NEETHU P. S**

**Assistant professor**

**Department of Sports Psychology**

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### **SCHOLASTIC RECORDS**

<b>Year</b>	<b>Qualification</b>	<b>Board of examination</b>
2018	Ph. D Applied Psychology	Pondicherry University, Puducherry
2017	PG Diploma in Industrial Psychology	Pondicherry University, Puducherry
2013	M.Sc. Applied Psychology	Pondicherry University, Puducherry
2011	B.Sc. Psychology	Calicut University, Kerala.
2007	Higher secondary (Science)	Board of Higher Secondary, Kerala.
2005	S.S.L.C	Board of Secondary Education, Kerala.

### **AWARDS AND ACHIEVEMENTS**

- Prof. Deepak Bhatt Award for the Best Paper Award IAAP 2018
- Dr. Barbara Hanfstingl – InSPA Best Paper Award in 2016
- Awarded with UGC National Fellowship for OBC 2016-2017
- Awarded with ICSSR Doctoral Fellowship on December 2015
- Cleared UGC National Eligibility Test (NET), December 2014
- Cleared Kerala State Eligibility Test (SET), June 2013

### **PROFESSIONAL EXPERIENCE**

- Assistant Professor, Department of Sports Psychology, Central University of Rajasthan from September 2020 onwards.
- Worked as Assistant Professor of Psychology in Department of Psychology, Little Flower Institute of Social Sciences and Health (LISSAH), Kaithapoyil, Kozhikode, India, from June 2020 to September 2020.

- Worked as Assistant Professor of Psychology in Department of Applied Psychology, Central University of Tamil Nadu, Thiruvarur, India, on contractual basis from September 2017 to February 2019.
- Editorial Board member of the Journal of Psychology and Behavioural Therapy

## PUBLICATIONS

- Neethu, P. S., & Sudarsan, A. (2021). Hope and Wellbeing during COVID-19 Pandemic. *International Journal of Social Sciences Review*, 9 (3).
- Mamman, J.C., Vithya, V., Neethu, P.S., & Paneer, S. (Eds.). (2019). *Health and well-being in a multi sectoral perspective: Recent trends challenges and opportunities*. New Delhi: Bloomsbury.
- Mamman, J.C., Vithya, V., Neethu, P.S., & Paneer, S. (2019). Relevance of multi sectoral perspective in health and well-being. In Mamman, J.C, Vithya, V., Neethu, P.S., & Paneer, S. (Eds.), *Health and well-being in a multi sectoral perspective: Recent trends challenges and opportunities*. New Delhi: Bloomsbury.
- Neethu P.S., Ikal, R & Sia, S. K. (2018). Residential Crowding, Perceived Control and Subjective Wellbeing among Dormitory Students. *Indian Journal of Applied Psychology*, 44 (1).
- Neethu P.S & Sia, S. K. (2018). PTSD, Mental health and Quality of Life; A Focus on Female Tsunami Survivor. *Natural Disaster and Women: A Gendered Perspective*. Rawat: New Delhi.
- Neethu P.S. (2018). Exploring the Opportunities and Challenges of Distant Education in India. In Deb. S. & Veeraraghavan. V. (Eds.). *Distance Education: Issues, Challenges and Way Forward*. Pearson.
- Neethu P.S & Sia, S. K. (2017). Residential crowding, psychological distress and the mediating role of social support among dormitory students. *Indian Journal of Health and Wellbeing*, 8 (9), ISSN 22295356.
- Neethu P.S. (2017). *Residential crowding, depression, anxiety and stress among women living in crowded residence*. Women in the changing world: Planet 50:50 by 2030. Meena Book Publications, New Delhi, ISBN: 9789385957154.
- Neethu P.S. (2016). Effectiveness of Stair Climbing Programme on BMI and self-esteem among obese college students. *Indian Journal of Health and Wellbeing*, 7 (8), ISSN 22295356.
- Neethu P.S & Rafeeqe, T. C. (2015). Impact of PTSD on Quality of Life and Subjective Well-Being of Peoples in Tsunami Affected Area at Pondicherry: A Comparative Study. *International Journal of Indian Psychology*, ISSN 2348-5396 (e) ISSN: 2349-3429(p), 2(3), 125-130.

- Rafeeque. T. C & Neethu P.S. (2015). Effectiveness of physical activity in enhancing academic performance, memory, and wellbeing among school students. *Roots international journal of multidisciplinary researches*, 1(1), 184-188, ISSN: 23498684.
- Neethu P.S & Rafeeque. T. C. (2015). Effectiveness of cognitive behavior therapy to enhance internal locus of control and academic performance among slow learners. *Education in India: Challenges and Perspectives*, Vergal Publication, ISBN: 9789385109034, 240-243.
- Rafeeque. T. C & Neethu P.S. (2015). The role of psychological factors in recreational sport participation. *International Journal of Behavioral, Social and Movement Sciences (ISSN: 2277-7547)*, 04 (02), 76-83.
- Rafeeque. T. C & Neethu P.S. (2015). Climbing to Your Health. (2015). *Sports Health and Sports Economics (80-84)*, ISBN: 978-93-80748-86-3. Patiala: Twenty first Century Publications.
- Neethu P.S & Rafeeque. T. C. (2015). The Health and Social Benefits of Recreation. (2015). *Arts Oriented Journal, Vol-01, 151-156, ISSN: 2395-0315*.

#### **PAPER PRESENTATIONS/INVITED LECTURES/RESOURCE PERSON**

- Presented a paper titled “**Body image Concern, Disordered eating attitude and Eating Behavior among Indian Collegiate Female athletes**” in the 31<sup>st</sup> Convention of national Academy of psychology 2021-2022 organized by the Psychophysiology laboratory, Department of humanities and Social Sciences, IIT Bombay from 4-6 March, 2022.
- Presented a paper titled “**Correlates of mental toughness among Elite athletes in India**” in the 31<sup>st</sup> Convention of national Academy of psychology 2021-2022 organized by the Psychophysiology laboratory, Department of humanities and Social Sciences, IIT Bombay from 4-6 March, 2022.
- Chaired a session in the Multidisciplinary Annual International Conference organized by Department of Psychology, Amal College of Advanced Studies, Kerala (16 & 17, February, 2022)
- Key note address on the topic “**Recent Trends & Opportunities of Sports Psychology**” in the Two day International Webinar on Purview of Applied Psychology organized by Department of Psychology. MGC-ARC & IQAC, Mahatma Gandhi College, Kerala (15 & 16 February, 2022).
- Invited Lecture on “**Make Children Self-Sufficient**” in the in the online webinar series on Mindful parenting organized by Trust Center for Mindful Living, Kerala (15th May 2021 to 6th June 2021).
- Chaired one session in the International Conference on “The New Normal- Psychological Perspectives” organized by the Department of Psychology, Dr. MGR-Janaki College of Arts & Science for Women, Chennai. (26-27 March, 2021).

- Presented a paper titled ***“Corona anxiety, Corona Obsession and Psychological Wellbeing among Young Adults during Covid-19”*** in the International Virtual Conference on Post Covid-19: Enhancing Resilience and Wellbeing in Health and Education Sectors organized by Department of psychology, central University of Karnataka on 24-25 January 2022.
- Invited Lecture on ***“Family counseling”*** in the online internship organized by Trust Center for Mindful Living, Kerala (1-15 January 2021).
- A paper titled ***“Hope as a Psychological Resource Predicting Wellbeing during COVID-19 Pandemic”*** in the International Webinar on ‘Towards Well-Being in New Normal - Social, Psychological and Emotional’ organized by PG Department of Psychology, Ansar Women’s College in collaboration with Department of Education, Kerala University on 1st and 2nd September 2021.
- Presented a paper titled ***“Residential Crowding and Subjective Wellbeing: Mediating role of Helplessness”*** in the 53<sup>rd</sup> National and 22<sup>nd</sup> International conference of Indian Academy of Applied Psychology organized by the Department of Applied Psychology, Pondicherry University held on 16<sup>th</sup> – 18<sup>th</sup> February, 2018.
- Presented a paper titled ***“Role of Life Style in Obesity among Women”*** in the National conference organized by Dhanya Educational and Environmental Development Society and Yes We Can Organization in collaboration with UN Information Centre for India and Bhutan at Andhra Christian College, Guntur, AP on 8<sup>th</sup> March 2017.
- Presented a paper titled ***“Residential Crowding and Depression in Women”*** in the National conference organized by Dhanya Educational and Environmental Development Society and Yes We Can Organization in collaboration with UN Information Centre for India and Bhutan at Andhra Christian College, Guntur, AP on 8<sup>th</sup> March 2017.
- Presented a paper titled ***“Mediating role of social support in the association between Crowding and Wellbeing in Dormitory Students”*** in the 3<sup>rd</sup> International conference by the Department of Applied Psychology of the Pondicherry University and the 6<sup>th</sup> InSPA Conference, 2016 held on 13<sup>th</sup> – 15<sup>th</sup> October, 2016.
- Presented a paper titled ***“Gender difference in PTSD, Quality of Life and Mental Health among Tsunami Survivors”*** in the National conference on Natural Disaster and Women: A Gender Perspective, held at Department of Sociology, Pondicherry University on 6<sup>th</sup> – 7<sup>th</sup> October 2016.
- Presented a paper titled ***“Opportunities and Challenges of Distance Education”*** in the Two Day National conference on Distance Education in India: Emerging Challenges and Prospects, organized by Directorate of Distance Education, Pondicherry University on 8<sup>th</sup> – 9<sup>th</sup> September, 2016.

- Presented a paper titled ***“Residential Crowding and Well-being: Moderating role of Place attachment among Elderly”*** in the National conference on Caring the Elderly: Psycho-social Perspectives held at Department of Applied Psychology, Pondicherry University on 23<sup>rd</sup> – 24<sup>th</sup> March 2016.
- Presented a paper titled ***“The Consequences of Perceived Workplace discrimination among older workers”*** in the National conference on Caring the Elderly: Psycho-social Perspectives held at Department of Applied Psychology, Pondicherry University on 23<sup>rd</sup> – 24<sup>th</sup> March 2016.
- Presented a paper titled ***“Residential Crowding and Psychological Distress: Nature, Structure and Relationship among Indian Adolescence”*** in the International conference of IAHP on Health Psychology Emerging Trends and Challenges held at Department of Psychology, Jammu University on 6-8<sup>th</sup> December 2015.
- Presented a paper titled ***“BMI, Libido and Marital Adjustment among Couples”*** in the International conference of IAHP on Health Psychology Emerging Trends and Challenges held at Department of Psychology, Jammu University on 6-8<sup>th</sup> December 2015.
- Presented a paper titled ***“Effectiveness of Cognitive Behavior Therapy to Enhance Academic Performance and Locus of Control among Slow Learners”*** in the International Conference on Education in India: Challenges and Perspectives held at Annai Fathima College of Arts & Science, Thirumangalam, Madurai- Tamil Nadu on 7<sup>th</sup> March, 2015.
- Presented a paper titled ***“Effectiveness of Physical Activity to Enhance Academic Performance memory and well-being among School Students”*** in the International Conference on Education in India: Challenges and Perspectives held at Annai Fathima College of Arts & Science, Thirumangalam, Madurai- Tamil Nadu on 7<sup>th</sup> March, 2015.
- Presented a paper titled ***“The Role of Self Help groups in Women Empowerment”*** in the National Conference on Dignity and Existence of Indian Women in the 21<sup>st</sup> Century- with special reference to their Safety and Security held at Pt.Kamalapati Tripathi Government P. G. College, Chandauli (UP) on 24- 25<sup>th</sup> February, 2015.
- Presented a paper titled ***“Aggression and Anxiety among Slow learners and Normal students”*** in the 16<sup>th</sup> National Conference on Psychology for Safe Students and Healthy Students organized by Pondicherry Psychology Association on 14-15 February, 2015.
- Presented a paper titled ***“Crowding: analyzing its antecedents and consequences”*** in the 49<sup>th</sup> National and 18<sup>th</sup> International Conference of Indian Academy of Applied Psychology (IAAP) Organized by Gujarat Law Society and Smt. Laxmiben & Shree Chimanlal Mehta Arts college on 1<sup>st</sup> – 3<sup>rd</sup> march, 2014.

- Presented a paper titled “*Child marriage, a violation of child rights; Rules, realities and the role of culture- A formula for reform*” in the International Conference on Child rights- issues and challenges on 18,19,20 January 2013, conducted by Department of Applied Psychology, Pondicherry University.
- Presented a paper titled “*Early married women’s rights as human rights; Rules, realities and the role of culture- A formula for reform*” in the one day seminar on Gender and human rights organised by dept. of social work, LISSAH in collaboration with National Human Rights commission, on 18<sup>th</sup> February 2011.
- Presented a paper titled “*Effect of stress on the academic achievement of medical and engineering students*” in the National Conference on Current Trends and challenges in applied psychology on October 14<sup>th</sup> and 15<sup>th</sup> 2010, conducted by Department of Psychology, Calicut University.

## **PARTICIPATION IN CONFERENCES, WORKSHOPS AND SEMINARS**

### **National/State level**

- 2nd National Workshop on ‘Structural Equation Modelling’ organized by Department of Technology Management, VIT University, Vellore on 11th-13th November 2016.
- Ten days National Workshop on ‘Statistical Analysis for Business Research’ organized by Department of Management Studies, Pondicherry University from 15 to 24 March 2017.
- National conference on ‘Natural Disaster and Women: A Gendered Perspective’ held at Department of Sociology, Pondicherry University on, 6th – 7th October 2016
- Two Day National conference on ‘Distance Education in India: Emerging Challenges and Prospects’ organized by Directorate of Distance Education, Pondicherry University on 8th – 9th September, 2016.
- National conference on ‘Caring the Elderly: Psycho-social Perspectives’, held at Department of Applied Psychology, Pondicherry University on 23rd – 24th March 2016.
- 16th National Conference on ‘Psychology for Safe Students and Healthy Students’, organized by Pondicherry Psychology Association on 14-15 February, 2015
- Springer Author Workshop, organized by Springer Publishers and Ananda Rangapillai Library, Pondicherry University, on 6th February 2014.
- National Conference on ‘Positive Behavior: Perspectives and application’ organized by Department of Applied Psychology, Pondicherry university on 21st and 22nd September, 2012.
- One day seminar on ‘Gender and human rights’ organized by Department of Social work, Little flower Institute of social sciences and Health, Kerala, on 18th February 2011.
- National Seminar on Current trends and challenges in Applied Psychology’ organized by Department of Psychology, University of Calicut, Kerala, on 14th and 15th October 2010.

- National conference on ‘Sexuality and Psychology’ organized by Department of postgraduate studies and research in psychology, Shri Dharmasthala Manjunatheshwara college, Ujire, Karnataka on 29th and 30th January 2010.
- State level workshop on ‘Human Rights movements and Youth’, organized by Department of Social work, Little flower Institute of social sciences and Health on 1st August 2009.
- National conference on ‘Psychology in the challenging India and World mental health day Observance’, organized by Department of psychology, LISSHA, Kaithapoyil, Kerala on 10th and 11th October 2008.

### **International**

- International e-conference on ‘Innovations and Challenges in Research Publishing’ organized by Chitkara University Publications on February 22-23, 2022.
- 3rd International conference by the Department of Applied Psychology of the Pondichery University and the 6th InSPA Conference held at Department of Applied Psychology, Pondichery University on 13th – 15th October, 2016.
- International conference of IAHP on ‘Health Psychology Emerging Trends and Challenges’ held at Department of Psychology, University of Jammu on 6-8th December 2015.
- International Seminar on ‘Psychology: Indian Perspectives’ held at Department of Applied Psychology, Pondichery University on 6th March, 2015.
- International Conference on ‘Education in India: Challenges and Perspectives’ held at Annai Fathima College of Arts & Science, Thirumangalam, Madurai- Tamil Nadu on 7th March, 2015.
- 102nd Indian Science Congress organized by University of Mumbai on 3-7th January 2015.
- 49th National and 18th International Conference of Indian Academy of Applied Psychology, organized by Gujarat Law Society and Smt. Laxmiben & Shree Chimanlal Mehta Arts college on 1st – 3rd march, 2014.
- International Conference on ‘Protection of Child Rights: Issues and Challenges’ organized by Department of Applied Psychology, Pondicherry University, Puducherry on January 18-20th 2013.

**(Dr. NEETHU P. S )**