



ASEERA NIZAM P M

HOD

PG Dept of Psychology

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EDUCATIONAL QUALIFICATION

- **Qualified for UGC NET – Psychology (2022)**
- **Master of science in psychology (2017)**
- **Bachelor of Science in psychology (2015)**

AREA OF INTERESTS

- **Assistant Professor of Commerce at Peekay CICS Arts and Science college, maathara, Calicut(September 2022 onwards)**
- **Blossom arts and science college, Kondotty.2017-2018**
Job title: Assistant Professor in the Department of Psychology
- **Pratheeksha Mental Health Center, Mathara, Calicut.2021- present**
Job title: Consultant Psychologist
- **MANASA Mental Health project by Kozhikode Block panchayath 8/03/2022 - 18/03/2022**
Job title : counsellor

AREA OF INTERESTS

- **Teaching and Academic Development**
- **Psychological Research**
- **Conducting Workshops and Seminars**
- **Counselling and Psychotherapy**
- **Psychological Assessments**
- **Conducting Workshops and Seminars**
- **Extracurricular Activities and Student Well-being**

WORKSHOPS/ TRAINING ATTENDED

- **Published a paper entitled as “ Academic Stress And Study Habit Among College Students” in InSPA Journal of Applied and School Psychology (Peer reviewed) (UGC-Care)**
Adhila, K. K., Fathima, H. K. P., & Nizam, A. P. M. (2024). Academic stress and study habit among college students. InSPA Journal of Applied and School Psychology, 6(1), 333-343
- **Organized the TWO-DAY NATIONAL WORKSHOP on “Crime Scene Investigation”.**
- **Presented a paper Titled “Relationship Between Academic Stress And Career Decision Making Among Adolescents” in the International Conference Evolving Trends In Psychology at Nilgiri College Of Arts And Science.**
- **Participated in AsiaPLAT Conference 2024, International Perspectives on Psychology Learning and Teaching at CHRIST (Deemed to be University), Bengaluru, India 1-3 August 2024**
- **Presented Two papers Titled “Academic Stress And Study Habit Among College Students” And “Mental Health Of Students Approaching Public Exams” in the Two Day National Seminar On National Education Policy 'Transformative Reforms In The Indian Education System at Peekay CICS Arts and Science College.**
- **Organized the Two-Day National Seminar On National Education Policy 'Transformative Reforms In The Indian Education System.**
- **Organized the TWO-DAY WORKSHOP on “The Mind’s Expedition; a Journey into Clinical, Traffic and Anomalistic Psychology”.**
- **Participated actively in field visits to schools, special schools, old age homes, industries etc.**
- **Volunteered and participated in the PSYCHOLOGY SUMMIT 2017. Organized by St. Joseph’s College, Calicut and Psychology Circle.**
- **Participated in the one day seminar on CURRENT TRENDS AND CHALLENGES IN DISABILITY MANAGEMENT. Organized by St. Josephs College Devegiri and CDMRP Department of Psychology University of Calicut.**
- **Participated and volunteered in the NATIONAL WORKSHOP ON CLINICAL HYPNOTHERAPY. Organized by Farook College, 2014.**

- **Participated in the UGC sponsored interdisciplinary National seminar on PROTECTION OF HUMAN RIGHTS OF THE PSYCHOLOGICALLY ILL, Conducted by Vimala College, 2014.**
- **Participated in the UGC sponsored interdisciplinary National seminar on PROTECTION OF HUMAN RIGHTS OF THE PSYCHOLOGICALLY ILL, Conducted by Vimala College, 2014.**
- **Participated in the seminar entitled NIRBHAYA RESOLVE: A DISCOURSE ON THE PSYCHOLOGICAL MATRIX OF GENDER BASED VIOLENCE. Conducted by Union Christian College, 2014.**

ADDITIONAL DUTIES

- **Head in charge of the Department.**
- **Head of the Attribute-4 of IQAC**
- **Council member**
- **Member of PTA**
- **Member of the Discipline Committee**
 - **Member of IQAC Attribute 5 (learning and teaching)**

EXTERNAL DUTIES

- **Chairman of the Fifth and Sixth Semester B.Sc. Psychology University Valuation Camp.**
- **Member of Board of Studies, PG Department of Psychology, Farook college.**