



**Name:** Dr. Amala Sudarsan

**Designation:** Assistant Professor

**Department:** Department of Psychology

**Qualification:** Ph.D. (Applied Psychology), M.Sc. (Applied Psychology)

**Experience:** Teaching -1 Year & 3 Months

**Research:** 5 years

**Area of Specialization(s) :** Counseling Psychology, Indigenous Health, Maternal & Child Health, Disaster Mental Health, Health Equity

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#### Academic Qualifications

Degree	Branch	Institution/ University Name	Year of Graduation
Ph.D.	Applied Psychology	Central University of Tamil Nadu, Thiruvarur	2025
M. Sc.	Applied Psychology	Central University of Tamil Nadu, Thiruvarur	2019
B.Sc.	Psychology	St. Joseph's College (Autonomous), Devagiri, Kozhikode	2017

Diploma/ Vocational/ Certification	Area of Specialization	Institution/University/Agency Name	Year
Certification	Psychology	UGC-NTA NET	2019
Fellowship	Social Psychology	Indian Council of Social Science Research	2022

## Research Guidance

Programme	No. of Scholars	
	Completed	Pursuing
UG	8	- 20

## Research Publications (Indexed)

### International / National

1. Sudarsan, A., Padiri, R.A., & Vithya V. (2025). Experience of Pregnant Women in Crisis: An Interpretative Phenomenological Analysis. Journal of Indian Academy of Applied Psychology, 1(1), 439. (CARE Listed).
2. Sudarsan, A. & Vithya V. (2024). Unraveling the Determinants of Maternal Well-Being among Tribal Populations of Kerala: A Systematic Review. Journal of Racial and Ethnic Health Disparities, 1-12. Springer Nature Publications, (Scopus Indexed, Q1 Journal).
3. Vignaswaran R., Vithya V. & Sudarsan, A. (2023). Usage of Social Media and Perception of Fake News among University Students. Journal of Harbin Engineering University. (Scopus Indexed, Q4 Journal).
4. Sudarsan, A., Neethu, P.S. & Vithya, V. (2022). Corona Anxiety, Corona Obsession and Psychological Wellbeing among Adults. Indian Journal of Psychology, 17-21. (CARE Listed).

## Other Publications: International/National

1. Neethu, P.S. & Sudarsan, A. (2021). Hope & Well-being during Covid 19 Pandemic. IAHRW International Journal of Social Sciences, 9(3), 183-185.
2. Vishnupriya, S. & Sudarsan, A. (2020). Psychological Distress and Perceived Social Support among Young Adults during COVID-19. International Journal of Indian Psychology

## Patent

NA

**Book  
Published**

NA

**Book Chapter Published**

1. Vithya, V., Neethu, P. S., & Sudarsan, A. (2023). The impact of natural disaster on the mental health of rescue workers. In Fifth World Congress on Disaster Management: Volume IV (pp. 455–462). Routledge.

**Short Term Course**

NA

**Letter of Appreciation**

NA

**Acted as a Resource Person**

For the webinar on **Case History & Verbatim in Counseling**, organised by the Department of Applied Psychology, Central University of Tamil Nadu on 14th August 2020

**Reviewer in journal**

NA

**Paper Presentations in  
Conference**

**International**

1. Amala S. & Vithya V. (2024, February 2-4). Revealing Mindset, Perspective and Actions: Exploring Family Panning Practices among Tribal Women in Attappadi". 28th International and 59th National Conference of Indian Academy of Applied Psychology (IAAP) 2024 on "Applying Psychology for Professional Excellence" at Pondicherry University, Puducherry, India.
2. Amala S., Padiri, R.A., & Vithya V. (2022, March 4-6). Lived Experience of Pregnant Women in Kerala amid COVID-19 Crisis: An Interpretative Phenomenological Analysis, at 31st Convention of National Academy Of

Psychology 2021-2022, Organised by Psychophysiology Laboratory, Department of Humanities and Social Sciences, Indian Institute of Technology Bombay.

3. Amala, S., Neethu, P.S. & Vithya, V. (2022, January 24-25). Corona anxiety, Corona Obsession and Psychological Wellbeing among Adults at the Two day International Virtual Conference on “Post-Covid-19 Enhancing Resilience and Well-Being in Health and Education Sectors”, organized by Department of Psychology, Central University of Karnataka

### **National**

1. Amala S. & Vithya V. (2023, October 12-13). Unraveling the Determinants of Maternal Well-Being among Tribal Populations of Kerala: A Systematic Review. Two-day national conference on “Women Health and Wellbeing”, organized by the Department of Psychology, Central University of Haryana (CUH), Mahendergarh, in collaboration with the National Academy Of Psychology (NAOP) and sponsored by ICSSR.
2. Amala S. & Vithya V. (2022, May 26-27). Marital Satisfaction, Spirituality and Maternal fetal attachment among Pregnant Women. , National Conference on “Mental Health and Well-being”, PSG College of Arts and Sciences, Coimbatore, Tamil Nadu.

### **Presentations in Seminar**

NA

### **Participation in Conference**

- 14th InSPA International Conference 2024, Central University of Tamil Nadu, Thiruvavur, October 24, 2024.
- 28th International and 59th National Conference of Indian Academy of Applied Psychology (IAAP) 2024 on "*Applying Psychology for Professional Excellence*", Pondicherry University, Puducherry, February 2–4, 2024.
- Two-day National Conference on "*Women Health and Wellbeing*", Department of Psychology, Central University of Haryana (CUH), in collaboration with NAOP and sponsored by ICSSR, Mahendergarh, October 12–13, 2023.
- 31st Convention of National Academy of Psychology (NAOP) 2021–2022, organized by Psychophysiology Laboratory, Department of Humanities and Social Sciences, IIT Bombay, Mumbai, March 4–6, 2022.

- National Conference on "*Mental Health and Well-being*", PSG College of Arts and Sciences, Coimbatore, Tamil Nadu, May 26–27, 2022.
- International Virtual Conference on "*Post-Covid-19 Enhancing Resilience and Well-Being in Health and Education Sectors*", organized by Department of Psychology, Central University of Karnataka, January 24–25, 2022.
- National Conference on "*Menstruation and Menstrual Hygiene Management: A Right-Based Approach*", organized by Department of Social Work, Central University of Tamil Nadu, in collaboration with National Commission for Women and CASH/ICC, March 16, 2018.

#### **Participation in Seminars**

National Seminar on "*Health and Well-Being in a Multi-Sectoral Perspective: Recent Trends, Challenges and Opportunities*", Department of Applied Psychology, Central University of Tamil Nadu, Thiruvavur, February 27, 2018.

#### **Participation in Workshop**

- One-Day Workshop on “Approaches to Qualitative Research: Grounded Theory and Interpretive Phenomenological Analysis”, organized by the Department of Clinical Psychology, Faculty of Liberal Arts, The ICFAI University, Tripura on August 17, 2021.
- Two-day national workshop on structural equation modelling, mediation and moderation analysis organized by the Department of Psychology, Periyar University from 21/09/2022- 23/09/2022.

#### **Participation in Faculty Development Programme**

NA

#### **Participation in Webinar**

- National Webinar on ‘Mental Health in an Unequal World’ organized by the Department of Psychology, Central University of Tamil Nadu on 4<sup>th</sup> July, 2022
- National webinar on 'Sexuality Affirmative Mental Health Practices' organized by the Department of Applied Psychology, Central University of Tamil Nadu on 4<sup>th</sup> July 2022

#### **Conference/Seminar/Workshop Organized**

- Organised the 14th InSPA International Conference 2024 at the Central University of Tamil Nadu, Thiruvavur, on October 24, 2024.

- Organized the 28th International and 59th National Conference of the Indian Academy of Applied Psychology (IAAP) on “*Applying Psychology for Professional Excellence*”, held at Pondicherry University, Puducherry, India, in 2024.
- Organized National Webinar on "Mental Health in an Unequal World" at Department of Applied Psychology, Central University of Tamil Nadu on 10th October 2021.
- Organized National Webinar 'Creating Hope through Action' in observance of World Suicide Prevention Day at Department of Applied Psychology, Central University of Tamil Nadu on September 10th, 2021.

### Grants

- Qualified ICSSR Centrally administered full term Doctoral Fellowship in December 2022.

### Membership in Professional Bodies

Name of the Professional Body	Nature of membership	Duration
American Psychological Association	Temporary	2024-2025
Central University of Tamil Nadu Alumni Association (CUTNAA)	Lifetime Member	Since 2019

### Awards/Honors

Awards/Honors	Agency/Institute	Year of Award
Best Research Paper	Central University of Haryana, Mahendragarh & National Academy of Psychology	2022
Meritorious Alumnus	Department of Psychology, Board of Studies, at St. Joseph's college (Autonomous) Devagiri, Kozhikode	2021

### Indexing and Citations

H index: 2

Citations: 5

### Contribution

- Class Tutor for II B.Sc. Psychology (June 2025 onwards)

- Overall Dept. Coordinator: NAAC Criteria V, Design Thinking & CIIED UG, CDP Activity
- Coordinator for all UG Practical Courses.
- Coordinator of CSR Activities