



CHRIST COLLEGE

OF SCIENCE AND MANAGEMENT

(Affiliated to Bengaluru North University, Recognized by Govt. of Karnataka)

List of professional development programs attended by teachers, viz., Orientation Program, Refresher Course, Short Term Course, Faculty Development Programs during the academic year 2024- 2025

Name of the Faculty : Anna Thomas
Designation : Assistant Professor
Department : ARTS
Experience in years (As on Nov 2024) : 2 Months

Qualification:

Name of Degree	Programme	Institution/University	Year of Passing
MSc	Counselling psychology	Kristujayanti college, Autonomous	2024
BSc	Psychology	Kristu jyoti college,(mahatma Gandhi university)	2022

a. Books Published:

S.No	Type of Work	Title	Title of Book/Chapter/Article/Case Study	ISBN	Month Year	Kindly attach copy of certificate
1		Adversity Quotient and Meta Cognition among adolescents.	Adolescent Mental Health Hazards	(ISSBN:978-81-96070-91-5	2022	-
2		Life Satisfaction and Subjective Well-being Among Migrant Workers.	Indian Internal Migrant Dynamics	(ISSBN:978-81-19521-77-7)	2024	

c. Conferences attended/Presented by faculty

i. Participation in Seminar/Conference/Symposium:

Sl No.	Type of Program	Role (Participated/Presented)	Mode of the Program (Online/Offline)	Name of Program	Title of Paper	Date	Organising Institution	Level	Kindly attach copy of certificate
1	National conference	Participated	Offline	National Psychology Training Program	-	January 2024	Kristujyoti college of science and mangement	-	-

d. Journal publications by faculty

ii. Articles in Journals:

Sl.No	Title	Name of Journal	Date of Publication	Vol. No./Issue No./Page No.	Kindly attach copy of certificate
1	Exploring the Interplay of Perceived Stress, Emotional/Social Loneliness, Isolation, and Fear of Negative Evaluation Among Young Adults: A Quantitative Study.	National Psychology Training Program	2024	(ISSN: 2582-2160)	-
2	EGO IDENTITY AND ATTACHMENT STYLE AMONG LGB AND HETEROSEXUAL ADULTS	Confmanage	2024	SJIC2024_0082	

i. Professional Development Programmes attended by faculty

a. Workshop/FDP/Training Programme Attended:

Sl.No	Name of the Workshop/FDP/Training Programme	Name of Organiser	Mode of the Programme (Online/Offline)	Level	Date	Kindly attach copy of certificate
1	TA BASICS		OFFLINE		2017	
2	PSYCHOLOGICAL RESILIANCE DURING TRAUMA		ONLINE			
3	TEDXKCMT	KRISTU JYOTI COLLEE	OFLINE			

4	UNDERSTANDING TRAUMA INCLUDING ACES AND FAMILY VIOLENCE	KRISTU JYOTI COLLEE	ONLINE			
5	ACCEPTNCE THROUGH MINDFULNESS	KRISTU JYOTI COLLEE	ONLINE			
6	COUNSELLING ADOLOSENTS A PRACTICAL APPROACH	KRISTU JYOTI COLLEE	ONLINE			

d) Certificate Courses Completed:

Sl.No	Name of the Course	Duration of the Course	Mode of the Programme (Online/Offline)	Date of completion	Certified By	Kindly attach copy of certificate
2	COGNIZAVEST	1 MONTH	ONLINE	10/08/2021	COGNIZAVEST	
3	PSYCHOLOGY	1 MONTH	ONLINE	31 ST JANUARY 2021	My CAPTAIN	
3	NPTEL: INTRODUCTION TO Psychology		ONLINE	2023	IIT KANPUR-NPT EL	
3	NPTEL: SCIENTIFIC WRITING IN HEALTH RESEARCH		ONLINE	2024	ICMR-NPTEL	