



Psychology Perspectives

Exploring Mind, Behavior
and Human Experience



Editors

Dr. V A Ajitha
Dr. Vandana V S
Dr. Suresh K Govind
Ms. Nimy P G

EDITORIAL NOTE



Dr. V A Ajitha

Dr. V. A. Ajitha is an Assistant Professor of Psychology at Christ College (Autonomous), Irinjalakuda, Kerala, with over 15 years of academic, clinical, and research experience. She holds a Ph.D. in Psychology with specialization in Learning Disability and is UGC-NET qualified. Her research focuses on learning disabilities, mental health, educational psychology, psychometrics, and psychological well-being. She has authored numerous research papers, book chapters, and edited academic volumes published in reputed national and international journals. Dr. Ajitha has presented papers at several national and international conferences and received the Best Paper Award for her research on learning disabilities. She has extensive experience guiding undergraduate and postgraduate research projects and mentoring young researchers. As a resource person, she has delivered expert sessions on psychological assessment, parenting, mental health, life skills, and research methodology. She has completed advanced training in research methodology, academic publishing, psychometrics, and statistical analysis. Her expertise in scholarly writing, peer review, and evidence-based research makes her well suited to serve on editorial boards and as an academic editor. Dr. Ajitha is committed to maintaining high standards of research integrity, academic excellence, and quality scholarly publication.

EDITORIAL NOTE



Dr. Vandana V S

Dr. Vandana V S is an assistant professor in the Department of Psychology at Christ College(autonomous), Irinjalakuda, Kerala, India. She holds an M.Phil in Psychology, a Ph.D. titled "Effectiveness of a Multidimensional program on mental health among children with behaviour problems", a B.Ed. in Social Science and is SET, and UGC-NET qualified. She has recieved specialized training in research methodology, statistical analysis, SPSS, life skill training, mindfulness training, and parental training. With more than ten years of experience in teaching, counselling, and community mental health initiatives, she has guided numerous undergraduate and postgraduate research projects and delivered over fifty invited talks and workshops on adolescent mental health and psychosocial well-being. Dr. Vandana has authored more than ten research articles published in peer-reviewed national and international journals, including UGC-CARE-listed journals. Her research interests include child and adolescent mental health, behavioral problems, psychotherapy, positive psychology, family interventions, midnfulness-based appraoches, and psychosocial rehabilitation.

EDITORIAL NOTE



Dr. Suresh K Govind

Dr. Suresh K. Govind is an Assistant Professor at Christ College, Irinjalakuda, Kerala, India, specializing in Wildlife Science. He holds a Ph.D. in Forestry (Wildlife Science) from Forest Research Institute, Dehra Dun, India. His professional experience includes over seven years as a Senior Research Fellow at the Kerala Forest Research Institute, India, and he has taught Zoology at Christ College since 2016. Key contributions are his involvement in the assessment and estimation of crop loss due to wild animals, chilli-rope technology innovation, a successful, short-term control measure transferred to farmers in Kerala to deter wild elephants from crop fields, and studying the patterns of crop foraging by Asian elephants. He is an awarded scientist at the 37th Kerala Science Congress 2025 (organized by the Kerala State Council for Science, Technology and Environment, KSCSTE), and has numerous publications, book chapters, and presentations focused primarily on human-wildlife conflict.

EDITORIAL NOTE



Ms. Nimy P G

Ms. Nimy P G is an Assistant Professor at Christ College (Autonomous), Irinjalakuda, Kerala, India, specialized in clinical and consulting Psychology. Her professional experience includes over twelve years as assistant Professor in Christ college and St Joseph's college, irinjalakuda, consultant psychologist and one year as a post graduate teacher at GPS school. Key contributions are her involvement in the teaching- learning practices, assessment and counseling services. She has several publications, book chapters, and presentations focused primarily on mental health related constructs.