

# PSYNOVA



## DEPARTMENT OF APPLIED PSYCHOLOGY

### Message from the Head of the Department

I am delighted to introduce the first edition of PsyNova, the monthly e-newsletter of the Department of Applied Psychology, Central University of Tamil Nadu. PsyNova is an intersection of challenge and opportunity to review our efforts and to analyze our achievements in academics, research and development. This newsletter is also a platform that exhibits the literary skills and innovative ideas of teachers, students and scholars of the department. It's the Department's obligation to share the knowledge, concerns and insights with the University academia; consequently we publish PsyNova. I congratulate the editorial team for the efforts that have come to fruition in the form of this e-newsletter. I wish all success and hope that this tradition will be carried through by the following generations of students to come.



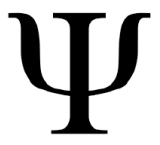
### Editorial Board



**Editorial Guidance:** Dr. Mamman Joseph C  
**Faculty Editor :** Ms. Theres Santy  
**Student Editor :** Ms. Suha Shamsudeen  
**Co-editors :** Ms. Anagha K.T,  
 Ms. Sona Varghese

We are really proud and exuberant to acclaim that we are full of new hopes to bring out the first issue of the e-newsletter, PsyNova. Nova is a newly visible star or nebula. Similarly this e-newsletter is a novel platform which will surely unfold the unravelled world of the most unforgettable and precious moments of the Department of Applied Psychology. We hope that the enthusiastic literary works of our young writers will hold the interest and admiration of the readers. As Helen Keller rightly said, "the world is moved along not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker", PsyNova is also an outcome of a combined effort. We are thankful to the entire Department of Applied Psychology, especially the head of the department, all faculty members, scholars, students and staff for supporting the editorial board with the valuable insights and suggestions.

**Ms. Theres Santy, Faculty Editor**



## ABOUT THE DEPARTMENT



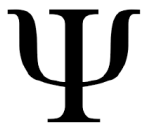
The Department of Applied Psychology at Central University of Tamil Nadu was established in the year 2017 with the M.Sc. Applied Psychology programme. The department offers the course with three specializations; Clinical Psychology, Counselling Psychology and Organizational Psychology. This unique postgraduate programme in Applied Psychology is designed to foster students' knowledge of psychological theory, research and practice. The Department of Applied Psychology focuses on imparting the knowledge directed towards the practical application of the theoretical cognizance. It emphasizes on an interdisciplinary perspective to view, understand, interpret and find out solutions to the multifaceted problems of individuals as well as the society at large. The specializations offered by the regular two years M.Sc. Applied Psychology materialize this purpose of the department. The M.Phil. and Ph.D. programmes in Applied Psychology offered by the department provide a basis for an independent, critical and thoughtful perception of one's own and others research through studying theoretical and methodical areas of the subject.

### **VISION**

The Department of Applied Psychology aspires to be a leader in the cutting edge of scientific research, development and teaching in Psychology and to become a recognized and trusted education center for Psychology and related fields.

### **MISSION**

- ▶ Improve professional practice through the promotion of freedom of inquiry, critical reflection, academic excellence and research.
- ▶ To promote human development, learning, health and well-being through high quality education, research and services.
- ▶ Maintain high standards of professionalism and ethics and contribute to the community with a sense of integrity, equity and social justice.



# FACULTIES AND RESEARCH THRUST AREAS



**Dr. Mamman Joseph C, Head i/c**

Assistant Professor

Thrust Areas: Disaster Mental Health,  
Suicidology, Environmental Psychology,  
Family Studies, Positive Psychology



**Dr. Vithya V**

Assistant Professor

Thrust Areas: Positive  
Psychology, Social Media and  
Mental Health



**Mr. Manikandaprabu M**

Guest Faculty

Thrust Areas: Health Psychology, Behavioural  
Diabetology, Human Resource Development



**Ms. Theres Santy**

Guest Faculty

Thrust Areas: Positive Psychology,  
Maternal Mental Health



**Mr. Syed Yaseen Ahmed**

Guest Faculty

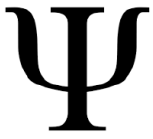
Thrust Areas: Adverse Childhood  
Experiences, Psychometrics,  
Psychodynamic Models



**Ms. Sneha S**

Guest Faculty

Thrust Areas: Internet and Social  
Media Addiction, Attachment



## ACHIEVEMENTS

### UGC-JRF/NET holders

Nine students of Department of Applied Psychology cleared UGC-NET/ JRF.

- ▶ Ms. Sainaba P, Ph.D. Scholar secured UGC-JRF
- ▶ Ms. Anita Sharon Joshua, Ph.D. Scholar secured UGC-NET
- ▶ Ms. Vishnupriya, Ms. Naima Nazer and Ms. Sneha S secured UGC-NET (1st batch M.Sc. Applied Psychology)
- ▶ Mr. Muhammed Anas, Ms. Anagha K.T, Ms. Dhiya Wilson and Ms. Dhanya N secured UGC-NET (2nd batch M.Sc. Applied Psychology)

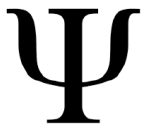


### Placements

The first batch students of the Department of Applied Psychology passed out during May 2019 and have obtained admission for higher studies and employed in reputed institutions:

1. Ms. Naima Nazar- M.Phil. in Clinical Psychology, NIMHANS, Bangalore
2. Ms. Vishnupriya- Ph.D. in Pondicherry University
3. Ms. Smrity Bhatia- M.Phil. in Clinical Psychology, Gautam Buddha University, Uttar Pradesh.
4. Ms. Amala Sudarsan- Research Assistant, ICSSR- IMPRESS Project, Department of Applied Psychology, CUTN.
5. Ms. Sneha S- Guest Faculty, Department of Applied Psychology, CUTN
6. Ms. Haritha PH- Guest Faculty, MES College, Valanchery, Kerala
7. Mr. Jeevan David Maxim- Entrepreneur, Brio League, Nutrition Club, Kerala





# ACHIEVEMENTS

## Research Publications of Students

**Haritha, P.H.** & Mamman, J.C. (2019). Suicidal Ideation and Coping Strategies among Engineering Students. *Journal for Research in Engineering Application and Management*, 5 (2).



**Savitha, K.V.**, & Mamman, J.C. (2019). Marital Adjustment and Quality of Life among Nurses. *International journal of Advanced Scientific Research*, 4 (5), 297-301.

**Sona, V.**, & Dileena, A.P. (2018). Self-esteem and Psychological Well-being among transgender individuals and common heterosexuals. *Indian journal of Human Relationship*, 52(2), 115-124.

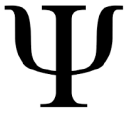


## Research Publications of Faculties

### Dr. Mamman Joseph C



1. **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.
2. **Mamman, J.C.**, & George, S. (2019). Perceived Parental Attachment and Identity Processing Style among Adolescents. 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.
3. **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. ISBN: 9789388134996.

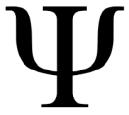


4. **Mamman, J.C.**, Kammaath, S.P. & Fincy, M.P. (2019). Yoga and Emotional Intelligence. *I AHRW International Journal of Social Sciences*, 7(6), 1185-1189. ISSN 2347-3797. UGC Journal No. 41948
5. **Mamman, J.C.** & Savitha, K.V. (2019). Marital adjustment and Quality of Life among Nurses. *International Journal of Advanced Scientific Research and Management*, 4(5), 297-301. ISSN 2455-6378. UGC Journal No. 63502.
6. **Mamman, J.C.** & Haritha, P. H. (2019). *Suicidal Ideation and coping Strategies among Engineering students*. *International Journal for Research in Engineering Application and Management*, 5(2), 511-516. ISSN: 2454-9150. UGC Journal No. 64077.
7. **Mamman, J.C.** & Anitta, E. (2018). Self-Compassion and Emotional Intelligence of Nursing Students. *International Journal of Social Science Review*, 9(13), 1465-1468. ISSN- 2347-3797.
8. **Mamman, J.C.** & Fincy, M.P. (2018). Body Image and Sexual Quality of Life among Diabetic and Non-Diabetic Married Women. *Asian Journal of Psychology & Education*, 51(7-8). ISSN-0971-2909.
9. **Mamman, J.C.**, Buela, S., & Rajalakshmi, V.R. (2017). Work motivation and Organisational commitment of college teachers, *Splint International Journal of Professionals*, 1(4): 67-73.

### Dr. Vithya V



1. Udhaya Kumar, P, **Vithya, V** & Srinivasan, P (2019). Emotional Intelligence of Rural Undergraduate Students. *IAHRW International Journal of Social Sciences Review*. 7(2), 206-208. ISSN: 2347-3797; UGC Journal No 41948, NAAS Rating- 2.72. 9789388134996
2. Mamman Joseph C, **Vithya V**, Neethu P S, & Sigamani P (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. ISBN: 9789388134996



3. Karunanidhi S., Sasikala S., & **Vithya V** (2019). Influence of Certain Socio-Demographic Factors on Psychological Well-Being of Adolescent Students. 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.

### **Mr. Manikandaprabu M**



1. Vijyendra, P, **Manikandaprabu, M.**, Jeyavel, S., (2019). Perception of Health Facilities and Justice: A Comparative Study between Public and Private Hospitals. Asian Resonance, Vol.-8, Issue-1
2. **Manikandaprabu, M.**, Jeyavel, S., Vijyendra, P., (2018). Type II Diabetic Patients' Illness Perception and Self-care Behaviour: Does Comorbidity make any Difference. International journal of behavioural sciences, 2018; 12 (3):115-125.
3. **Manikandaprabu, M.**, Jeyavel, S., Vijyendra, P., (2018). Illness Perception among Diabetes in Tamil Nadu: A Pilot Study. Indian Journal of Psychological Sciences, V-10, No. 1 (032-042).

### **Mr. Syed Yaseen Ahmed**



1. Earla, P, Kaur, G., & **Yaseen, S.** (2019). Target Detection Its Relation with Individual and Target Features. *Defence Life Science Journal*, 4(3), 197-202.



### ***Funded Research Projects***

The Ministry of Human Resource Development had launched a new scheme called IMPRESS (Impactful Policy Research in Social Science) through Indian Council of Social Science Research (ICSSR) to promote policy research in social sciences. Two faculty members of the Department of Applied Psychology have been awarded projects under the domain health and environment.

1. "Gatekeeper's Attitude: Skill and knowledge about psychosocial care for the disaster-affected" - Dr. Mamman Joseph C.
2. "Impact of Natural Disaster on Mental Health of Rescue Workers" - Dr. Vithya V.

### ***Awards/Recognition received by the Faculty***

1. Dr. Vithya V received Young Scientist Award from the Governing Council of Indian School Psychology Association. The award is instituted by Prof. Erika Vogit, School Psychologist, Germany, 2018.
2. Dr. Vithya V received Prof. Durganand Sinha Dissertation Award by National Academy of Psychology (NAOP), 2018.

## **Departmental Activities**

### **Invited Talk on 'Personal Effectiveness' by Prof. Razeena Padmam, 16th July, 2019**



A special lecture on 'Personal Effectiveness' was organised by the Department of Applied Psychology. The resource person, Dr. M.S. Razeena Padmam is the Professor and Former Director of School of Behavioural Sciences in Mahatma Gandhi University, Kottayam. She is an academican with around 30 years of experience in teaching field. She discussed about efficiency and effectiveness and its significance in current competitive world. Her insights on how well one can be equipped during turbulent periods was enlightening.





### **Orientation Programme for Freshers, 24th July 2019**

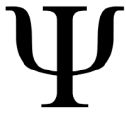


Department of Applied Psychology organized an orientation programme for the new students enrolled for the M.Sc Applied Psychology programme. The programme was headed by Dr. Vithya V, Assistant Professor, Department of Applied Psychology. Students were familiarized with the psychology community and academic culture followed by the department. Entire Department of Applied Psychology, both faculties and students were present for the orientation programme.

### **Book Launch Event of 'Health and Well-Being in a Multi Sectoral Perspective: Recent Trends, Challenges and Opportunities'**



The book titled 'Health and Well-Being in a Multi Sectoral Perspective: Recent Trends, Challenges and Opportunities' was launched on 9th April, 2019. It consisted of 9 selected research papers from the Departmental National Seminar and was released by the Bloomsbury Publishers. The event was organized in Pro VC's Hall, Administrative Block, Central University of Tamil Nadu. The book was released by hon'ble Vice Chancellor, Prof. A. P. Dash in the event. Editors of the book are Dr. Mamman Joseph C, Head (i/c), Department of Applied Psychology, Dr. Vithya V, Assistant Professor, Department of Applied Psychology, Dr. Neethu P.S., Guest Faculty, Department of Applied Psychology and Dr. P. Sigamani, Head, Department of Social Work.



## National Workshop on 'Cognitive Behavioural Therapy'



A National Workshop was conducted by Department of Applied Psychology on the topic Cognitive Behavioral Therapy (CBT) on 1st October, 2018. The resource person was Mr. Baijesh A R, Clinical Psychologist. The workshop was beneficial for the students of M.Sc Applied Psychology as it strengthened their understanding of Cognitive Behavioural Therapy. CBT is a counselling approach which enables an individual to recognize how one's thoughts can affect their feelings and behaviour. The workshop facilitated the students to view, understand, interpret and find out solutions to issues of mental health setting in this approach.

## Observance of World Suicide Prevention Day



World Suicide Prevention Day was celebrated on 10th September 2018 on the title 'Every Life Matters'. As a sequel to the observance of the significant day in 2017, the Department of Applied Psychology conducted various programmes including awareness talk on the theme 'Working Together to Prevent Suicide' and competitions of extempore, poster making, skit, photography and slogan writing. 'Working Together to Prevent Suicide' was the theme of the World Suicide Prevention Day.



### 'Psychosocial Care for Flood Affected'



In the context of the flood and landslide in Kerala and its disastrous aftermath (August 2018), 10 students of 2nd year M.Sc Applied Psychology actively participated in the relief and rehabilitation activities from 24th August to 5th September, 2018 in the affected areas. Initially the students were trained from the Department of Applied Psychology. In the action area the whole process of providing psychological care was implemented at two levels; first through Camp Visits and then through House Visits. In addition to intervention program the students provided training to volunteers of health and social justice department like ASHA workers, Anganwadi workers and Kudumbasree members. This helped in providing better extension to people by facilitating the reach of psychological first aid. There was an abundance of help and support from various ministries and departments of Government of Kerala such as Local Self-Government, Revenue and Health Department, District Medical Officer, Department of Social Justice and Community Development Societies. The intervention programme named 'Psychosocial Care for Flood Affected' was organized by Department of Women and Child Development, Department of Health and Family Welfare, District Mental Health Programme, Government of Kerala and National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.



## Inauguration of Psychological Society



Department of Applied Psychology organised the inauguration of 'Psychological Society' on 9th October 2018. The entire psychology fraternity of CUTN are the members of the Psychological Society. The program was inaugurated by Prof. A. P. Dash, Vice Chancellor, Central University of Tamil Nadu in the presence of Dr S Bhuvaneshwari, Registrar, Central University of Tamil Nadu, Dr. Nagarajan, Dean of Students Welfare, Dr. Mamman Joseph C. Head (i/c), Department of Applied Psychology and Dr. V. Vithya, Assistant Professor, Department of Applied Psychology.

## World Mental Health Day Celebration



Department of Applied Psychology observed World Mental Health Day on the 9th and 10th of October 2018. A two-day exhibition, various competitions and a musical concert, Rhapsody, were conducted on behalf of it. The exhibition comprised of stalls for various psychological assessments. There was an art expo and sale by an artist Mr. M. Joseph as well. The art and craft sale by the students of Sathya Special School, Pondicherry was another remarkable event of the day. A debate and quiz pertaining to mental health was also coordinated. The programs were structured in such a way that it addressed the needs of the people to be aware of the need and importance of mental health.



### Special Lecture on 'Applications of Psychology in a Changing World'



A special lecture on 'Applications of Psychology in a Changing World' was organised by Department of Applied Psychology on 31st October 2018. The resource person, Prof. N. Seshadri was the Former Principal of National College, Trichi. He discussed about the common mental health issues and challenges young people face in current times. His insights on how one can navigate turbulent periods effectively was enlightening.

### National Workshop on 'Psychodiagnostics'

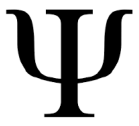
Department of Applied Psychology conducted a two-day National Workshop on the topic Psychodiagnostics on 29th and 30th September, 2018. The resource person was Mr. Baijesh A R, Clinical Psychologist. The major focus of the workshop was to impart knowledge on Rorschach Inkblot Test. Rorschach inkblot test is a projective psychological test often utilized to assess personality and emotional functioning.



### Sensitization Programme in Kendriya Vidyalaya



As a part of Clean India Mission and Swachhta Hi Sewa Initiative, the Department of Applied Psychology organized a sensitization program on Health and Hygiene in Kendriya Vidyalaya, Central University of Tamil Nadu Campus 25th September 2018. The programme was inaugurated by the Principal Vijay Anand and was presided over by Dr. Mamman Joseph. The key note speaker was Dr. K. Sivakami and the resource person was Dr. Jakka Pradeep. The programme was effective in terms of creating awareness and changing the attitude of participants up to a great extent.



## Suicide Prevention Training Programme (Peer Counselling Training)



Prevalence of suicide and its attempt is increasing day by day. The second major cause of death among young people 15- 29 years of age is suicide. In this context, the role of peer support really significant. Peer counselling focuses on peers helping peers. Psychologists have a great role in facilitating peer counsellors for this purpose. In this purview, Dr. Mamman Joseph C, Assistant Professor, Department of Applied Psychology organised a three-day 'Suicide Prevention Training Programme' wherein peer counselling training was given to 24 selected students from 12 different departments. The training programme commenced on 12th September, and was concluded on 14th September, 2017. The extensive training included various activities like self-reflection, simulation of counselling sessions, informal way of counselling etc.

### Marathon: Spreading Awareness on Suicide Prevention



On behalf of the Suicide Prevention Week a marathon was conducted on 15th September 2017. Prof. S. Bhuvanewari, Registrar, emphasised the need for suicide prevention and flagged off the event. Apart from the Registrar, Prof. T. Sengadir, Dean, Academics, Prof. S. Nagarajan, Dean, Students' Welfare and other faculties of the academia graced the occasion with their presence. More than 50 students showed their interest in spreading awareness about suicide prevention by being part of the marathon. The winners of the marathon were awarded with certificate, medal and cash prize by Prof. S. Nagarajan, Dean, Students' Welfare.



# Lucid Dreams

## RUINS

The ruins of what I have destroyed remains in you  
You protest, you scream, you cry, you smile  
    No one knows  
Not a clue of the raging war within you  
    You remained mum  
    But not anymore  
    Not another second  
For the scorching pain has started burning me  
    Unraveling layer by layer  
    Shredding my soul  
    Wiping out my very existence  
Until there is no "me" anymore

**Athira B**

**I MSc Applied Psychology**

## PATH

Finally I am at the point...  
Though the path I chose taught me...  
To not believe in destination points...  
The path which cost me personas...  
The path which cost me diamond absolutes...  
The path which broke me...  
And the one which is going to break me...  
    But still I lie to myself...  
    The lies I like to call defenses...  
    I am at the point...

**Jithin Prem**

**1st MSc Applied Psychology**

## UTOPIA

CUTN' is located in Thiruvavarur.  
An Utopia amidst the moor!  
In the beginning I felt like an alien,  
Desperately looking for a Tamilian!  
    But now, everyone is -  
    My "Kootukaaran"!  
Most of them are friendly, talking very gently.  
    I felt alone; now I am not,  
    Cos I've got good friends a lot.

**Ananthanarayanan**

**1st MSc Applied Psychology**



## Distinguished Visitors of the Department

1. **Prof. V George Mathew**, Former Professor & Head, Department of Psychology, University of Kerala.
2. **Prof. Vimala Veeraraghavan**, Former Professor, Department of Psychology, University of Delhi.
3. **Prof. V Suresh**, Former Professor & Head, Department of Psychology, Annamalai University.
4. **Prof. M S Razeena Padmam**, Former Professor & Director, School of Behavioural Sciences, Mahatma Gandhi University
5. **Prof. Surendra Kumar Sia**, Head of the Department, Pondicherry University
6. **Prof. B Rangiah**, Professor & Former Head, Department of Applied Psychology, Pondicherry University.
7. **Mr. Massimo Koester**, University of Netherland.

The science of psychology benefits society and enhances human's lives. Psychologists examine the relationships between biological processes and behavior, and the environment and behavior, applying what is learned to illuminate the understanding and improve the world around us. Application of psychological principles to solve human problems has acquired new dimension with the changing nature of the challenges that the world faces today. In this context Department of Applied Psychology likes to be the mental health whistleblowers of the entire Central University of Tamil Nadu community. Mental health concerns are nothing to be ashamed of, but stigma and bias shame us all. So let us hold hands and be the changemakers.

It's so common, it could be anyone. The trouble is, nobody wants to talk about it. And that makes everything worse.

RUBY WAX

