

CENTRAL UNIVERSITY OF TAMIL NADU, THIRUVARUR



PSYNOVA



DEPARTMENT OF APPLIED PSYCHOLOGY

DEPARTMENTAL ACTIVITIES

NEW OFFICE BEARERS FOR PSYCHOLOGICAL SOCIETY,
DEPARTMENT OF APPLIED PSYCHOLOGY



A meeting was held on 22nd August 2019 in Department of Applied Psychology to discuss about the various activities to be conducted by Psychological Society in the academic year. Members of the Psychological Society were present in the meeting. Psychological Society Office Bearers for this academic year are as follows:

Honorary Chairman- **Dr.Mamman Joseph C**, Head of the Department

Faculty Coordinator- **Dr.Vithya V**, Assistant Professor

President- **Sandra Liz Denny** (3rd Semester, M.Sc. Applied Psychology)

Vice President- **Ananthanarayanan S.V** (1st Semester, M.Sc. Applied Psychology)

Secretary- **Athira B** (1st Semester, M.Sc. Applied Psychology)

Joint Secretary- **MuhammedAnas** (3rd Semester, M.Sc. Applied Psychology)

Treasurer- **Induja P.R** (1st Semester, M.Sc. Applied Psychology)

Psychological Society, Department of Applied Psychology is a representative body of the psychological fraternity in Central University of Tamil Nadu. It was inaugurated on 9th October 2018. The Society hosts regular invited talks, group discussions, seminars and activities that enrich students' curiosity and creativity. It also celebrates days of importance in the field of Psychology and spreads awareness on various psychological issues.

SEMINAR SERIES I : 'ETHICAL WRITING'



The Psychological Society, Department of Applied Psychology conducted a seminar on 'Ethical Writing' on 8th August 2019 at 2.15 pm. The resource person of the seminar was Mr. Syed Yaseen Ahmed. Recent news reports reveal that India has emerged as one of the biggest markets for predatory and substandard journals. In this context, ethical writing is of great significance to produce quality research. The resource person elaborated on the standards of academic writing and the different methods to acknowledge authors. This session enriched students' knowledge and helped them to draw a view on requirements that make a quality research.

SEMINAR SERIES II : 'PLAGIARISM IN RESEARCH'



The term 'Plagiarism' refers to using ideas and thoughts of other authors and representing oneself as the creator of the content. Stealing others work is ethically wrong and unappreciable. In this regard, a seminar on 'Plagiarism in Research' was hosted by Mr. Manikandaprabhu on 8th August 2019 at 3.30 pm. Demonstration of

the procedure to check plagiarism using the software 'Turnitin' was introduced to the students. An on-going research paper was checked for the plagiarism level during the seminar for in-depth understanding of the participants.

The other topics discussed were procedures to get access to the software, rules and regulations issued by UGC on Plagiarism and other softwares to check plagiarism.

MANEUVER OF WORD GUESSING

On behalf of the Psychological Society, an activity to introduce new psychological words was organized on 1st August 2019 at 2015 pm in the Department of Applied Psychology. Inculcating knowledge among the students by indulging them in an activity promotes the learning rate. The group activity to guess psychological words was coordinated by Mr. Syed Yaseen Ahmed. The students of the class were divided into groups and a participant was instructed to enact the word that had been shown to her/him. The word enacted should be guessed by the group members. Many new concepts in psychology were learnt by the students through this creative activity.

INVITED TALKS

SPECIAL LECTURE ON 'POSITIVE PSYCHOLOGY' BY PROF. B. RANGAIAH



The field of psychology which at one point of time was solely focused on mental illnesses and disorders has recently witnessed a paradigm shift. This resulted in the tangential attraction towards research in ways to lead meaningful and fulfilling lives. By paying particular attention to the positive states, traits and experiences, positive psychology has emerged as a branch of study that helps people flourish and live their

best lives. Dr. B. Rangaiah, Professor and Former Head of Department of Applied Psychology, Pondicherry University hosted a thought provoking talk in the Department of Applied Psychology on 21st August 2019 at 3.15 pm. His talk enlightened the minds of students to a unique way of perceiving the concept of a happy life. The students actively engaged in the intellectual discussion that ensued.

INVITED TALK ON 'PRO ENVIRONMENTAL BEHAVIOUR'
BY PROF. SURENDRA KUMAR SIA

"We are the first generation to feel the effect of climate change and the last generation who can do something about it." —Barack Obama



Climate change is a major concern of the present scenario. The change is rapid now than at any point in the history of mankind. Human actions are pushing the world towards a place from where a comeback is difficult. Natural calamities like flood, drought, landslide and forest fires are recurring and it is high time that we start rethinking our ways. Psychologists have a greater responsibility to bring awareness on this concern. An eye opening talk was given by Dr. Surendra Kumar Sia, Professor and Head, Department of Applied Psychology, Pondicherry University on 'Pro Environmental Behaviour' at 2.15 pm on 22nd August 2019. His talk centred on the necessity of conserving and protecting our natural environment and the approaches that we can adopt to attain it. The session was inspiring and triggered the participants with a new vigour to work towards a sustainable and imperishable future.

EXTENSION PROGRAMS AND WORKSHOPS

SPECIAL LECTURE ON 'PERSONAL EFFECTIVENESS'



As a part of extending the psychological academic resources to the students of Central University of Tamil Nadu, Dr. Mamman Joseph C; Head of the Department of Applied Psychology was invited for the inaugural lecture at the 'Forum for Contemporary Thought' (FCT) in the Department of English Studies, CUTN on 23rd August 2019. In his lecture on 'Personal Effectiveness' he discussed about efficiency and effectiveness and its significance in current competitive world. His insights on how well one can be equipped during turbulent periods were enlightening.

TALK ON 'ROLE OF PSYCHOLOGISTS IN DISASTER MANAGEMENT'

AT ANNAMALAI UNIVERSITY

Dr. Mamman Joseph C, Head of the Department of Applied Psychology was invited for a special Lecture on 'Role of Psychologists in Disaster Management' in Annamalai University, Annamalainagar on 28th August 2019. Being affected by a disaster can be a major life stressor. The role of psychologist extends from the psychological preparedness before the occurrence of a disaster, crisis intervention during the disaster and mitigation of the after effects like developing a recovery plan for the affected and the significant others. The talk instilled a new hope for the disaster affected community and an awareness to the overall strengthening of the disaster management practices.

TWO DAY WORKSHOP ON 'DATA ANALYSIS USING SPSS'



Statistical Package for Social Sciences (SPSS) is a leading software platform that helps in understanding and analysing data easily and quickly. Data analysis is a process used to inspect, clean, transform and remodel data with a view to reach to a certain conclusion for a given situation. In order to aid the students with the necessary knowledge, the Department of Applied Psychology conducted a two day workshop on 'Data Analysis using SPSS' on 31st August 2019 and 1st September 2019 from 10.00 am to 5.00 pm. The resource person for the workshop was Mr.Manikandaprabhu. The workshop was inaugurated by Dr.Mamman Joseph C; Head of the Department of Applied Psychology.Certificates were given for the active participation of the students of CUTN. The workshop was conducted in five sessions which covered topics from data management, data screening, and usage of parametric and non-parametric tests in SPSS.

FRESHER'S DAY: NOVATO 2.0



The students of 3rd semester M.Sc. Applied Psychology organized a fresher's party for the newly joined students in M.Sc. Applied Psychology on 29th August 2019 at 2.30 pm in the Psychology Laboratory, Department of Applied Psychology. The program was inaugurated by Dr. Mamman Joseph C, Head of the Department of Applied Psychology followed by felicitations of each faculty member. The first year students were wholeheartedly welcomed to the Department. It was a fun filled session with various innovative games and activities and it gave a platform to the newbies to showcase their unique talents and skills.

MIND PRICKS

Article

ENVIRONMENTAL PSYCHOLOGY – AN ALLEY TO ECO-CENTRISM

“Viewed as an amenity, nature maybe readily replaced by some greater technological advancement. Viewed as an essential bond between human and other living things, the nature has no substitute.”

Kaplan & Kaplan, 1989

Since its conception, Psychology, like many other branches of studies, has been standing for the benefit of humanity. Through the emergence of Environmental Psychology, focus has moved to human - nature interaction and the interdependence of both. Still, it is centered on the 'how and why' of the beneficial effect of nature on human wellbeing. A shift from this impression is needed to understand how the belief systems, attitudes, perceptions and values which are the cornerstones of human behaviours have effects on nature, either promising or detrimental.

The current global trends in climate change and the continuing natural catastrophes indicate that human impact on environment is still considerable and assert the necessity of enhancing pro-environmental behaviour – a term interesting to the pioneering scholars. Though pro- environmental behaviour is nowadays getting a tangential remark, there is lack of proper awareness about the impacts of human hands on nature and the importance of enhancing pro-environmental behaviour. Evident examples abound. The 'lungs of the planet' - Amazon rain forest had been burned for three weeks. If it disappears, the world would drastically change, since around 20% of oxygen for the entire world is from Amazon forest and it plays a major role in regulating the climate. But the issue is seen as the crisis for Brazil alone

rather than as the crisis for the earth. The causes of recent floods which swamped Kerala and other South Indian states have been attributed to the curse from God and other external factors rather than coming into terms with the fact that it is the after effects of anti-environmental activities by mankind. Some people even tried to take political benefits out of the crisis. Belief system and values play a key role in such perceptions and behaviours. Acceptability of environmental policies also depends on these perception, belief system, and values. It is the need of the hour to modify the belief systems, attitudes, perceptions and values which can be impeding the pro-environmental behaviour. For this, environmental psychology has to look back through the globe of eco-centrism - a new way of thinking, placing nature sustainability before human welfare. The challenge for further integration lies in bridging the gulf between anthropocentric and eco-centric perspectives, i.e. identifying and encouraging human-environment interaction which contributes to environmental quality as well as human wellbeing.

Sainaba P

Ph.D. Scholar

Poem

FRIENDSHIP

No matter where we are;
Friendship is like a golden thread that binds our hearts
Even when we are far apart.
I miss those golden days,
Our funny chats, quarrels, gossips.
Wandering around.
Hey friend, you are my happiness
Together we make a lovely picture
The journey continues lifelong.
No matter where we are,
The distance makes me feel the pain
But the memories are shining like a star
I never gave a chance for it to fade away.

Athulya M Ramesh

1st Semester M.Sc. Applied Psychology

Article

PSYCHOLOGY FOR ANIMAL LOVERS TOO..!

Have you ever worried about not having a chance to work with animals which you prefer more than humans? Being a psychology student do you worry for not having such an opportunity? Don't worry! This article will wipe out those worries by telling you the possible way to work with animals as a profession. Comparative psychology is a unique subspecialty that strives to distinguish differences between human and animal behaviour to better understand evolutionary processes. At the crossroads of biology and social science, comparative psychology is often a great fit for animal lovers looking to closely examine the behavioural and mental processes of creatures other than human beings. Here is a brief look on careers in comparative psychology.

Comparative Psychologist

Comparative psychologists are researchers who are devoted to understand human psychology by studying the similarities and differences with animals. Comparative Psychology is a scientific study of behaviour and mental processes of non-human animals, especially as these relate to the phylogenetic history, adaptive significance and development of behaviour. The job nature comparative psychologists usually involve designing research, conducting experiments, publishing journal articles and presenting their findings at conferences.

Animal Behaviourist

Animal Behaviourist is involved in determining the way animals behave and prompting positive behavioural changes through training. Becoming certified as an animal behaviourist will require at least a Master's Degree in Animal Behaviour/Psychology or Biology according to the Animal Behaviour Society.

Ethologist

If you want to specialize in science-oriented career then ethologist would be a good choice. Ethologists are trained researchers focusing their studies on analysing innate and instinctual animal behaviours in a natural habitat. A Bachelor's Degree is required for entry level Ethology jobs, but independent fieldwork could be undertaken only when a person possess Master's Degree or Ph.D.

J. RoselineNivetha

1st Semester M.Sc. Applied Psychology