



- **Outreach/Extension**

1. **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.



2. 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, Annamalai nagar 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.

3. Kendriya Vidyalaya Teachers’ Program

As part of Suicide Prevention Day, the Department of Applied Psychology organised various programmes within the campus and extension programs for schools. An awareness session for Kendriya Vidyalaya, CUTN Residential campus, Thiruvavur school teachers was the opening event of the suicide prevention observance, which was held on 2nd September, 2022 from 2:00 to 4:00 pm at the school. The principal, Mr. Arumugam welcomed the faculty and student coordinators of the department. Dr. Vithya V., Head of the Department gave the welcome note and talked about the importance of mental health in schools. The session on “Enhancing Mental Health at School” was taken by Dr. Mamman Joseph C., Assistant professor, Department of Applied Psychology. He emphasised the importance of mentoring children and the

indications that children give when they are stressed. The discussion was followed by a question & answer session where the teachers shared their experiences with their students and asked their queries related to what aspects they should focus on in a classroom setting. The program was concluded with the vote of thanks by Dr. Padiri Ruth Angiel, Assistant professor, Department of Applied



Psychology.



4. Kendriya Vidyalaya Students' Program

The Department of Applied Psychology of Central University of Tamil Nadu organized a student training programme at Kendriya Vidyalaya, CUTN campus as an extension activity in observance of Suicide Prevention Day on 3rd September 2022. The programme was organised to create awareness about suicide prevention among school children. Students from class 9th to class 12th along with their teachers were present. The meeting started at 10:15 am with the welcome address by Ms Devu Rajeev, faculty of the department. It was followed by a mime performance by the second year M.Sc. students which focused on suicide prevention with the aim of

giving a strong message on the importance of seeking professional help when needed. The promotional video for the suicide prevention day was later screened for the students. Dr Padiri Ruth Angiel gave an introductory session and talked about the mime and the promotional video. Along with relevant examples of school life, she also talked about the importance of celebrating life. This was followed by a talk by Dr Vithya.V. It was an interactive session with the students where she talked about the changes that an adolescent goes through and the different problems faced by school students. She concluded by talking on the importance of keeping a positive mindset even at times of adversity. Following which, research scholar Ms. Sainaba. P. interacted with the students and played an engaging game which the children enjoyed a lot. This was followed by a session by Dr. Padiri Ruth Angiel who talked about accepting differences, embracing uniqueness and doing our part. She encouraged students to be their unique self and to celebrate life. The vote of thanks was given by Mr. Saravana Priyan .T who thanked the teachers and students of KV, CUTN campus for their support and enthusiasm. It was followed by the feedback session where several students and teachers gave their feedback about the programme. Students opined that they have learnt many things and that the sessions were motivational. They understood the importance of seeking help when in need. The program concluded at 12:00 pm.





5. Program for CUTN Students

In observance of Suicide Prevention Day, the Department of Applied Psychology, Central University of Tamil Nādu organised an awareness program for CUTN students on 6th September 2022 from 10 AM to 1 PM at Pro VC hall.

The programme started with Tamil Thai Vazhthu. There were 104 participants in total including the students and research scholars. Dr.Vithya. V., Head in charge, Department of Applied Psychology, delivered the welcome speech. The inaugural address was given by Prof. S Nagarajan, COE, Central University of Tamil Nadu. He talked about the need and significance of observing this day by citing some real-life examples. He then acknowledged the activities of the department of Applied Psychology. Following the inaugural address, the video prepared by the students of the department was screened. Then the students performed a mime on the theme of Suicide Prevention Day ‘Creating Hope Through Action’. Following this, the first session was delivered by Dr. Padiri Ruth Angiel, Assistant professor, Department of Applied Psychology, on the topic “Celebrate Life”. She discussed how to face the hurdles in life, how to have a positive mindset and make ourselves resilient. The second session was addressed by Ms. Devu Rajeev, Faculty, Department of Applied psychology on the topic of ‘Gender Sensitivity and Inclusion’. She elucidated about the importance of sex, gender, gender identity and sexual orientation. She also stressed on the significance of using gender pronouns while addressing an individual in today’s world. The event was concluded with the vote of thanks given by Mr. Michael John M. He thanked everyone for making the programme successful. The

feedback was collected from the participants in which they expressed the program to be informative and motivating. The programme ended with the National Anthem.

6. **Enhancing Mental Health at Schools: Kattur Government Higher Secondary School**

The students, scholars, and faculty of the Department of Applied Psychology visited Kattur Government School on 7th September, 2022. The headmistress and staff of the school gave a warm welcome to the students and teachers. There were 80 students in total from the classes 10th, 11th & 12th all of whom assembled in the common hall. Activities were initiated with an energiser by Ms. Amala Sudarsan, Mr. Arif Subair and Ms. Sainaba P. After this, the students were divided into different groups for activities and games. Each group had 2 instructors and 14 students. Students were assigned with activities to introspect their consciousness, identify and share their dreams and gain an insight about their problems. Students were equipped with techniques and activities that they can practise in their daily life to improve their academic skills. As well as their general queries and concerns related to several aspects of life were also addressed by the trainers. The children were very enthusiastic, attentive and participatory throughout the program. Dr. Vithya.V., Dr. Mamman Joseph C. and Dr. Padiri Ruth Angiel addressed the teachers and listened to the problems they faced. The program was fruitful and gave a practical exposure to the students of the department.





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