

## Faculty of the Postgraduate Department of Psychology participate in two major Academic Programmes in Sri Lanka

The Faculty of the Postgraduate Department of Psychology embarked on an academic trip to Sri Lanka with two separate agendas during the last week of October 2014. They conducted a Workshop at Jaffna University and also presented papers and Chaired sessions at the ICAP Conference.

### Workshop at Jaffna University:

A one day workshop for undergraduate and postgraduate students of Psychology on '*Psychology to Promote Sustainable Well-being*' was conducted on the 21 October, 2014. Dr. Sherin P Antony, Dr. C Gnanaprakash and Ms. Ashwini, Assistant Professors at the Department of Psychology, Jain University were the resource persons. A total of 125 students attended the sessions besides 10 faculty members. They were from the Departments of Psychology, Philosophy and English Literature. Themes addressed at the workshop included dealing with Child Sexual Abuse, Happiness and the Scope of Psychology in today's world. Students spoke of the need for hands-on training on counselling and training skills. Many queries- both personal and professional were dealt with successfully at the end of the workshop. The trainers found the university at Jaffna a very friendly and approachable place and were extended every measure of warm hospitality.



Glimpse of Sessions at Jaffna University

## **ICAP Conference:**

The International Conference on Applied Psychology was organized by the Colombo Institute of Research and Psychology (CIRP) in the city of Colombo from 22 to 24 October 2014. Seven faculty members and one Research Scholar from the Department of Psychology participated in the conference. Dr. Shailaja Shastri, Dr. Sherin P Antony, Dr. Santhosh K R, Dr. C Gnana Prakash, Dr. Sowmya Puttaraju, Ms. Ashwini N.V, Ms. Deepti S and Ms. Mridu M.S attended the conference. A total of five papers were presented:

1. 'Practicing Play Therapy in South India: Need, Feasibility and Implications' authored and presented by Dr. Sherin P Antony and Ms. Ashwini N V
2. 'Suicide by Self-Incineration among Women in India: Conceptualization of motives' authored and presented by Ms. Ashwini N V
3. 'Analysis of Sport Intervention Strategies and Developing a Practice Model for the Asian Climate' authored by Ms. Mridu M S and Ms. Deepti S
4. 'Perceived Organizational Support and Self-Leadership as Predictors of Innovative Work Behaviour among Knowledge Workers' authored and presented by Dr. C Gnana Prakash and Dr. K R Santhosh
5. 'A Study on the Effectiveness of Non-Cognitive Skill Building Programme on Academic Performance of students' authored and presented by Dr. Sowmya Puttaraju and Dr. Shailaja Shastri

Apart from the presentations, Dr. Shailaja Shastri, Professor and Head, Department of Psychology chaired a session of presentations on the 23 October 2014.

She also participated in a Panel Discussion on the theme of 'Practice of Psychology in South Asia.' She was one of three members who were part of the Panel and she specialized on the application of Psychology in Education and in the Indian context.

Two members of the faculty also attended workshops which were conducted during the course of the conference-

- Dr. C Gnanaprakash attended a workshop on 'Cognitive Behavioral Therapy' conducted by Dr. Graham Turpin
- Ms. Mridu M.S attended a workshop on 'Sports Psychology' conducted by Dr. Peter Terry.

The presentations as well as the panel discussion participation was very well received by the other members attending the conference. A lot of learning happened with ideas being exchanged during the conference. Appreciation was received by the Department for the progress in research and the training programmes implemented at the University. Several delegates at the conference showed interest in collaborating with the Department and University to exchange ideas on furthering research and other innovations using psychology.



Dr. Sherin P Antony and Ms. Ashwini making the presentations



Ms. Mridu and Dr. Gnana Prakash making the presentations



Dr. Sowmya Puttaraju making a presentation



Dr. Shailaja Shastri participating in the panel discussion