

2024

NEWSLETTER (JULY – SEPTEMBER)

DEPT. OF PSYCHOLOGY



PSYCH READER



SWAMI VIVEKANANDA UNIVERSITY

Swami Vivekananda University imparting knowledge and values and providing students, an excellent learning experience through research & innovation in the field of Science, Technology, Management and other areas that will meet the aspirations of world community.

Swami Vivekananda University stands for academic, professional and ethical empowerment of the youths by using the state-of-the-art technology, time-tested and innovative concepts, excellent infrastructure and internationally acclaimed facilitators.



● OBJECTIVES

One of the primary objectives of **Department of Psychology of Swami Vivekananda University** to provide rigorous and comprehensive academic programs that promote excellence in learning. We strive to maintain high education standards and ensure that students understand their chosen disciplines deeply.

Swami Vivekananda Universities began embracing innovative teaching and learning approaches focused on student-centric learning, experiential learning and interdisciplinary collaboration. Instead of remembering facts and memorising, students are encouraged to develop critical thinking, problem-solving, and communication skills. This shift in focus helped students develop a more holistic understanding of the world, allowing them to apply their knowledge to further their professional life.

FROM THE DESK OF THE EDITOR

- Dr. Nilanjana Mitra, HoD – Dept. of Psychology, SVU

The Evolving Landscape of Psychology in a Post-Pandemic World

In the wake of unprecedented global upheaval, psychology has never been more crucial. The COVID-19 pandemic reshaped not just societies but also our individual mental landscapes, forcing us to confront psychological phenomena on an unprecedented scale. As a field, psychology has evolved rapidly, responding to the emergent needs of a world grappling with uncertainty, grief, and transformation.

One striking development is the mainstream recognition of mental health as integral to overall well-being. Terms like 'burnout' 'social anxiety' and 'resilience' are no longer confined to academic papers—they've entered everyday conversations. This cultural shift offers both opportunities and challenges for psychologists. On one hand, increased awareness facilitates open dialogue about mental health; on the other, it underscores the critical need for evidence-based interventions amid a flood of self-help misinformation.



Remote work, for instance, has fundamentally altered the structure of work-life balance. While it has granted flexibility to many, it has also blurred boundaries, fostering a new kind of stress: the inability to disconnect. Psychologists are studying the long-term implications of these shifts, addressing issues like digital fatigue, isolation, and the evolving nature of workplace relationships.

Another area seeing significant progress is trauma-informed care. From healthcare systems to schools, there is growing recognition of how adverse experiences shape behaviour and mental health. This has spurred the development of more compassionate approaches to therapy, education and community support.

Meanwhile, technology continues to revolutionize the practice of psychology. Teletherapy has opened doors for clients previously restricted by geographical or financial barriers. However, it also raises questions about accessibility, confidentiality, and the quality of therapeutic relationships in virtual settings. Moreover, AI-driven tools for mental health—such as mood-tracking apps and chatbot therapists—present exciting yet ethically complex possibilities.

The challenges are as profound as the opportunities. Stigma, though diminished, still persists, particularly in marginalized communities. Access to mental health resources remains uneven, with systemic inequalities magnifying barriers for many.

As practitioners, researchers, and students of psychology, we stand at a critical juncture. It is not enough to merely react to the changing tides, we must actively shape the field to better serve diverse populations and anticipate future challenges. In this moment of transformation, psychology's relevance shines brighter than ever. By deepening our understanding of ourselves and each other, we can contribute to a world that values mental well-being as much as physical health—a vision that feels not just possible, but necessary.

International Conference on Restructuring the Canon



AN INTERNATIONAL CONFERENCE ON RESTRUCTURING THE CANON:

GENDER, TRANSGENDER AND SUBVERSION OF IDENTITY

31st August 2024

Organised by

Department of English, Department of Psychology
Centre for Gender Studies

Swami Vivekananda University



Prof. Dr. Jayaram Venay
Associate Professor
Centre for Gender Studies



Prof. Dr. Jayaram Venay
Associate Professor
Centre for Gender Studies



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> **Keynote Speakers** <



Prof. Dr. Jayaram Venay
Associate Professor
Centre for Gender Studies



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Centre for Gender Studies



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Dept. of English, Dept. of Psychology & Dept. of Education, Swami Vivekananda University organized a highly successful International Conference on Scripting Sustainable Development Goals (SDGs) on 24th and 25th September 2024. The event brought together leading academics, policymakers, researchers, and students from across the globe to discuss innovative strategies for achieving the United Nations' Sustainable Development Goals.



SVU VIVEKANANDA UNIVERSITY

International Conference on

SCRIPTING SUSTAINABLE DEVELOPMENT GOALS:
STRATEGIES OF AFFIRMATIVE ACTION & CAPACITY BUILDING

by
Department of **English, Psychology & Education**

24th - 25th Sep 2024

TRACK 1 ————— **TRACK 2** ————— **TRACK 3**

Literature & Environment Mental Health & Wellbeing Quality Education: Interdisciplinary Insights

Send your full paper by 22nd September 2024
at icسد@svu.ac.in

Contact details for registration

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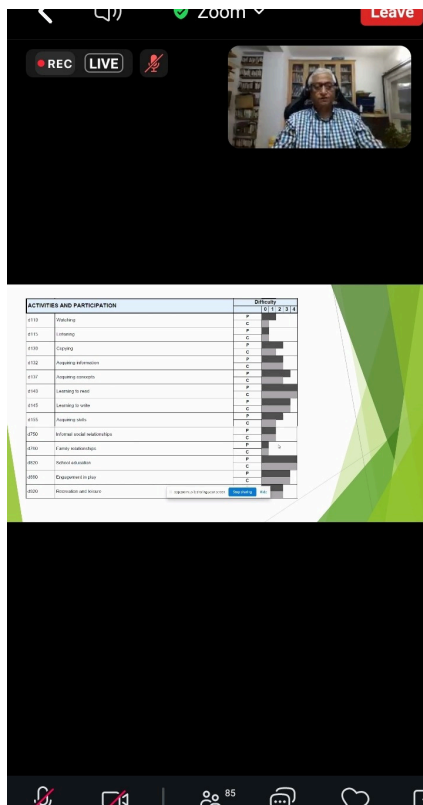
The Conference was graced by the presence of esteemed guests, who delivered inspiring speeches and contributed valuable insights.

SEMINAR

CME on International Classification of Functioning, Disability and Health (ICF)

On 5th September 2024, the Nabajatak Child Development Centre (NCDC) in collaboration with Swami Vivekananda University successfully organized a Continuing Medical Education (CME) Webinar focused on the International Classification of Functioning, Disability, and Health (ICF).

This event brought together esteemed experts from various domains to discuss the significance of ICF in advancing a holistic understanding of functioning, disability, and health across age groups.



The Convenor was Dr. Anjan Bhattacharya, a leading Developmental Pediatrician. As the Senior Consultant and Head of the CDC at Apollo Multispeciality Hospital, Kolkata, and Director of NCDC. The webinar featured a distinguished panel of speakers who enriched the discourse with their specialized insights: Dr. Liesbeth Siderius – Pediatrician and Geneticist, Dr. Gurpreet Singh Binopal – Retired District Program Officer for TB, Tobacco Control, HIV, Leprosy, and Blood Banks with 8 years of experience, Dr. Jewel Chakraborty – Pediatric Physiotherapist, and Director of NCDC, And Ms. Subhangi Roy and Ms. Devika Das – Psychologists from NCDC, delivered perspectives on psychological interventions within the ICF framework.

INTERNSHIP

Completion of Internship: Rise and Shine Foundation

● B.Sc. (H) in Psychology – Semester IV

B.Sc Psychology Semester IV student from Swami Vivekananda University has successfully completed an internship with the esteemed Rise and Shine Foundation. This milestone reflects the university's emphasis on practical learning and real-world application of psychological concepts.



● B.Sc. (H) in Psychology – Semester II

Student of B.Sc. Semester II, Department of Psychology, Swami Vivekananda University have completed their internship in Rise and Shine Foundation.

INTERNSHIP

Completion of Internship: Nabajatak Child Development Centre

● B.Sc. (H) in Psychology – Semester V

Student of B.Sc Psychology Semester V from Swami Vivekananda University has successfully completed an internship at Nabajatak Child Development Centre. This enriching experience reflects the university's commitment to fostering practical knowledge and skills in the field of child psychology and development.



During the internship, the student actively engaged in various activities and programs focused on child development, psychological assessment, and therapeutic interventions. The internship offered a valuable opportunity to understand the unique psychological needs of children and apply theoretical knowledge in a professional setting. Also, students were attended many workshop, seminar, program of care which was organized at the Nabajatak Child Development Centre.

INTERNSHIP

Ongoing Internship: Calcutta Pavlov Hospital

M.Sc. in Applied Psychology – Semester III

M.Sc in Applied Psychology, semester III students of Swami Vivekananda University are actively participating in an internship program at the Calcutta Pavlov Hospital. Interning at Calcutta Pavlov Hospital offers a unique blend of academic learning and hands-on patient interaction. From participating in therapy sessions to understanding psychiatric evaluations.



FIELD VISIT

Field Visit at Indian Institute of Cerebral Palsy

On 26th July 2024, the **Department of Psychology, Swami Vivekananda University** organized an insightful field visit to the Indian Institute of Cerebral Palsy (IICP), Kolkata. This visit provided B.Sc. Sem III and B.Sc. Sem V students with a unique opportunity to enhance their practical understanding of working with individuals with cerebral palsy and other disabilities.

The field visit began with a warm welcome from the IICP team, followed by an orientation session where the institute's mission, vision, and various programs were introduced. Students were exposed to the innovative techniques and assistive technologies used to empower individuals with disabilities. They also interacted with caregivers, therapists, and educators to gain insights into the multifaceted approaches employed in rehabilitation and inclusive education.



PLACEMENT

Placement at Psychaxis

M.Sc. in Applied Psychology (Batch – 2024)

The **Department of Applied Psychology** at **Swami Vivekananda University** is proud to announce the successful placement of its MSc in Applied Psychology students of Batch 2024. Out of 17 candidates, 11 have been placed at Psychaxis, a prestigious organization dedicated to academic and clinical activities aimed at promoting mental health and improving quality of life.



Psychaxis Trust, known for its holistic approach to mental health, plays a pivotal role in training professionals for both academic and clinical domains. The organization operates across various branches in Kolkata, including Sealdah, Narkeldanga, and Salt Lake.

Students who have joined Psychaxis are serving as Counselling Psychologists and Counsellors. Their focus lies in offering empathetic support, counseling, and interventions to individuals, aligning with Psychaxis' mission to enhance mental health awareness and access.

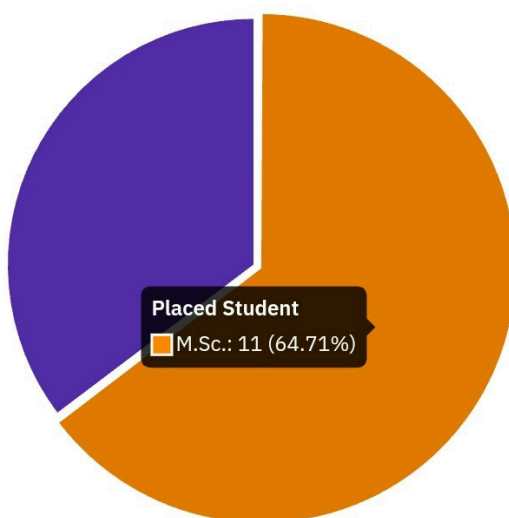


Fig: Pie Chart of Placement



MEMORANDUM OF UNDERSTANDING (MoU)

MoU Between Swami Vivekananda University and Vivekananda College

On 15th July 2024, **Swami Vivekananda University** and **Vivekananda College** signed a Memorandum of Understanding (MoU) to work together on various academic and social initiatives. The agreement focuses on improving education, research, and skill development for students and faculty members of both institutions.

This partnership will provide students and faculty members from both institutions with enhanced opportunities for interdisciplinary learning, professional development



The MoU aims to promote knowledge exchange, research collaborations, and joint academic programs. This partnership will provide students and faculty members from both institutions with enhanced opportunities for interdisciplinary learning, professional development, and innovative research.

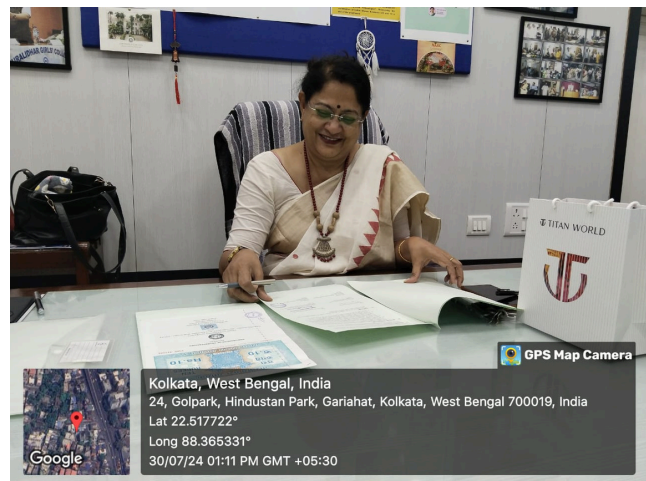


MEMORANDUM OF UNDERSTANDING (MoU)

MoU Between Swami Vivekananda University and Muralidhar Girls' College



Swami Vivekananda University and **Muralidhar Girls' College** signed a Memorandum of Understanding (MoU) to foster academic collaboration and strengthen ties between the two institutions on 30th July 2024.



The MoU aims to promote knowledge exchange, research collaborations, and joint academic programs. This partnership will provide students and faculty members from both institutions with enhanced opportunities for interdisciplinary learning, professional development, and innovative research.



MEMORANDUM OF UNDERSTANDING (MoU)

MoU Between Swami Vivekananda University and Asutosh College

On 31st July 2024, a Memorandum of Understanding (MoU) was formally signed between **Swami Vivekananda University** and **Asutosh College**, marking the beginning of a strategic academic partnership. This collaboration aims to strengthen academic frameworks, encourage research, and enhance skill development opportunities for students and faculty of both institutions.



The MoU will open up opportunities for knowledge exchange, joint programs, and research initiatives. Both institutions are excited about the potential outcomes of this partnership.

This marks the beginning of a strong relationship between the two institutions, paving the way for future growth and cooperation.

MEMORANDUM OF UNDERSTANDING (MoU)

MoU Between Swami Vivekananda University and Nabajatak Child Development Centre

On 24th August 2024, **Swami Vivekananda University** and **Nabajatak Child Development Centre** signed a Memorandum of Understanding (MoU) to establish a collaborative partnership.

This MoU aims to facilitate joint initiatives focusing on child development, research, and community outreach programs. The collaboration will enable the exchange of expertise, resources, and innovative practices to support the holistic development of children and enhance educational and therapeutic practices.



The MoU aims to promote knowledge exchange, research collaborations, and joint academic programs. This partnership will provide students and faculty members from both institutions with enhanced opportunities for interdisciplinary learning, professional development, and innovative research. And for improvisation of areas such as academic publications, internships, research activities, co-hosting of conferences, symposiums, workshop, educational courses, research projects and many more for creating an optimal environment for all related activities.

MEMORANDUM OF UNDERSTANDING (MoU)

MoU Between Swami Vivekananda University and Gokhale Memorial Girls' College

Swami Vivekananda University and **Gokhale Memorial Girls' College** signed a Memorandum of Understanding (MoU) to foster academic collaboration and strengthen ties between the two institutions on 9th September 2024.

This partnership will provide students and faculty members from both institutions with enhanced opportunities for interdisciplinary learning, professional development



The MoU will open up opportunities for knowledge exchange, joint programs, and research initiatives. Both institutions are excited about the potential outcomes of this partnership.

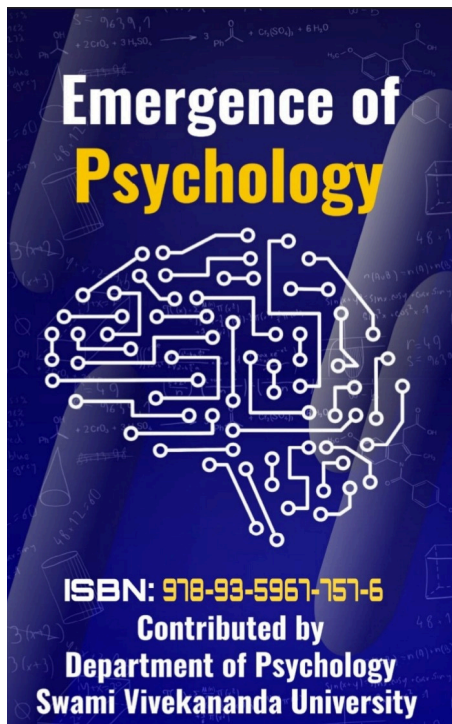
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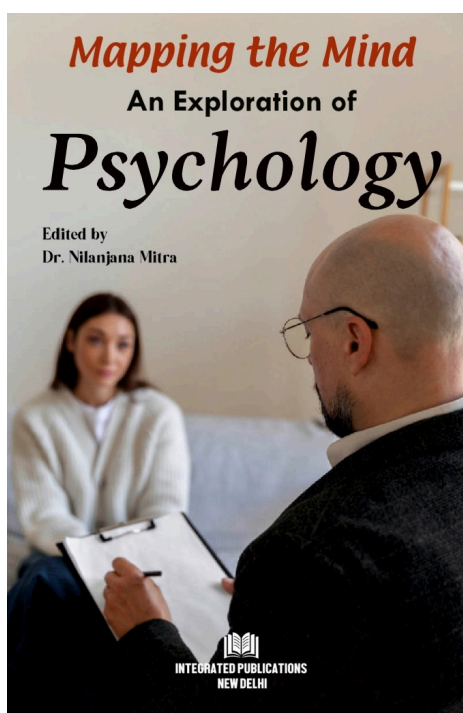
FACULTY PUBLICATION

Books by the Department of Psychology, SVU

I. Emergence of Psychology



II. Mapping the Mind: An Exploration of Psychology




FACULTY PUBLICATION

Faculty Publication (Research Articles and Book Chapters)

FACULTY NAME	2022	2023	2024
Dr. Nilanjana Mitra	-	3	16
Dr. Papia Mukherjee	-	2	11
Ms. Lina Sarkar	1	1	9
Ms. Rudrani Mitra	-	-	1

Patent Publication



Certificate of Registration for a UK Design

Design number: 6295358
Grant date: 18 July 2023
Registration date: 10 July 2023

This is to certify that,

in pursuance of and subject to the provision of Registered Designs Act 1949, the design of which a representation or specimen is attached, had been registered as of the date of registration shown above in the name of

SWAMI VIVEKANANDA UNIVERSITY, Prarthita Biswas, Nilanjana Mitra,
Subhadeep Mazumder, Debashis Roy, Papia Mukherjee, Liton Mallick, Mam
Sameem, Dan Agervig Hansen, Abjei Mondal


in respect of the application of such design to:

SMART VOICE ASSISTED LEARNING DEVICE FOR VISUALLY IMPAIRED
STUDENTS

International Design Classification:
Version: 14-2023
Class: 14 RECORDING, TELECOMMUNICATION OR DATA PROCESSING
EQUIPMENT
Subclass: 01 EQUIPMENT FOR THE RECORDING OR REPRODUCTION OF
SOUNDS OR PICTURES

Adam Williams

Adam Williams
Comptroller-General of Patents, Designs and Trade Marks
Intellectual Property Office
The attention of the Proprietor(s) is drawn to the important notes overleaf.



Intellectual Property Office is an operating name of the Patent Office

www.gov.uk/ipos

FACULTY ACHIVEMENT **- Dr. Nilanjana Mitra**

Behavioural and Communication Skill Development

Barrackpore Police Commissionerate, in collaboration with Swami Vivekananda University, successfully organized a two-day training session focusing on Behavioral and Communication Skill Development.



The event witnessed active participation from professionals, including Dr. Nilanjana Mitra, Assistant Professor and Head of the Department of Psychology.



FACULTY ACHIVEMENT

- Dr. Nilanjana Mitra

Faculty Development Program – Amity University



Faculty Development Program – Malaviya Mission Teacher Training Programme



CELEBRATIONS OF THE DEPARTMENT

Farewell Programme – RANGAN'24

The Department of Psychology at Swami Vivekananda University organized a memorable farewell program, Rangan'24, on 9th July 2024. The event celebrated the graduating students of B.Sc. (Hons) in Psychology, Semester VI, and M.Sc. in Applied Psychology, Semester IV. With the theme of nostalgia and gratitude, the program was skillfully managed and hosted by the students of B.Sc. Psychology, Semester IV.



Graduating students shared emotional reflections, expressing gratitude to their mentors, peers, and the department for shaping their academic and personal growth. Faculty members congratulated the graduates and shared inspiring messages about the road ahead in the field of psychology.

The students of B.Sc. Psychology, Semester IV, played a pivotal role in organizing Rangan'24. Their meticulous planning, seamless hosting, and enthusiasm brought the event to life, making it a resounding success.



The program began with a warm welcome by the hosts from Semester IV, who set an uplifting tone for the event. Vibrant cultural performances brought joy and excitement to the celebration. From dances to music and a short skit portraying student life, the acts left the audience captivated.



CELEBRATIONS OF THE DEPARTMENT

Teacher's Day Celebration

On 5th September 2024, the students of the Psychology Department at Swami Vivekananda University came together to celebrate Teachers' Day with immense enthusiasm and gratitude. The event, held to honor the invaluable contributions of the department's faculty, was a heartfelt expression of appreciation for their dedication and guidance.

As a token of gratitude, handmade cards and small gifts were presented to the faculty members, symbolizing the students' respect and admiration for their mentors.

