

2024

NEWSLETTER (OCTOBER – DECEMBER)

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

Fawning: Is it a new survival strategy?

Most of us want to make our friends and family members happy. But if you're constantly going above and beyond for everyone or feeling guilty when you don't put others first, you might be experiencing a trauma response called "fawning." We have probably heard of "fight or flight" responses to distressing situations. You may also be familiar with the tendency to "freeze". But there is another defence or survival strategy a person can have: "fawn". The fawn response usually occurs when a person is being attacked in some way, and they try to appease or placate their attacker to protect themselves. The term Fawning was coined by psychotherapist Pete Walker in 2013. It has been commonly seen in trauma survivors.



How does a fawning response look like?

If someone is fawning, it often means they are trying to cope with complex trauma by appeasing others sometimes including an abuser. When growing up in a dangerous environment, some people become aggressive (fight response), while others run away (flight response), while others still are unable to make a decision (freeze response). Hence, fawning becomes the new F response when the brain perceives a threat in our environment.

How do I get the signal if someone is fawning?

When faced with trauma, fawning serves as a coping mechanism. By developing a fawn trauma response, trauma survivors attempt to avoid conflict by pleasing their abuser. The fawn might agree with everything the abuser says, do things that will earn them approval, or set aside their personal feelings to avoid abuse.

For some people, the fawn response can turn into a normal behaviour pattern that they carry into adulthood, especially if they're dealing with toxic relationships or high-conflict situations. Individuals with the fawn response pattern may be targeted by narcissists in a relationship dynamic wherein the fawn response can create a dangerous cycle of co-dependency.

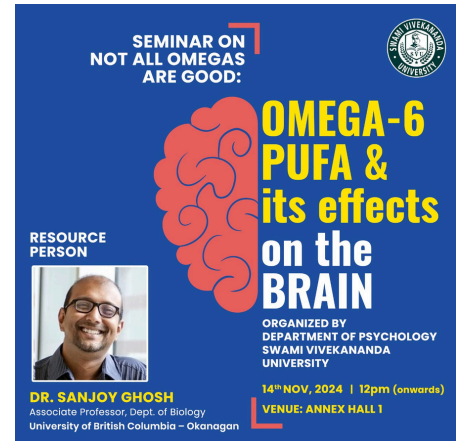
SEMINAR

Seminar on Not all omegas are good

On 14th October 2024, the Department of Psychology, Swami Vivekananda University hosted an insightful seminar titled "Not All Omegas Are Good: Omega-6 PUFA and Its Side Effects on the Brain."

The event aimed to shed light on the often-overlooked adverse effects of Omega-6 polyunsaturated fatty acids (PUFA) on brain health, challenging common perceptions about dietary fats. Keynote Speaker:

The seminar featured Dr. Sanjoy Ghosh, Associate Professor at the Department of Biology, University of British Columbia - Okanagan.



INTERNSHIP

Completion of 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.



Completion of Internship: Civilian Welfare Foundation

B.Sc. (H) in Psychology – Semester VI

B.Sc Psychology Semester VI students of Swami Vivekananda University are actively participating in an internship program at the Civilian Welfare Foundation. This learning opportunity is designed to deepen their understanding of psychological practices while engaging with diverse community welfare projects.



INTERNSHIP

Completion of Internship: Nabajatak Child Development Centre

B.Sc. (H) in Psychology - Semester IV

B.Sc Psychology Semester IV students of Swami Vivekananda University are currently undergoing an internship at the Nabajatak Child Development Centre. This internship provides a platform for students to gain hands-on experience in child psychology and development, enhancing their academic learning with practical exposure.



STUDENT ACHIEVEMENT

Shinjini Bhattacharya

Shinjini Bhattacharya student of B.Sc. (H) in Psychology, Semester - III, Swami Vivekananda University scored 90% in Consumer Psychology course and become the 2% Topper among the candidates of NPTEL Exam.



B.Sc. (H) in Psychology, Semester V

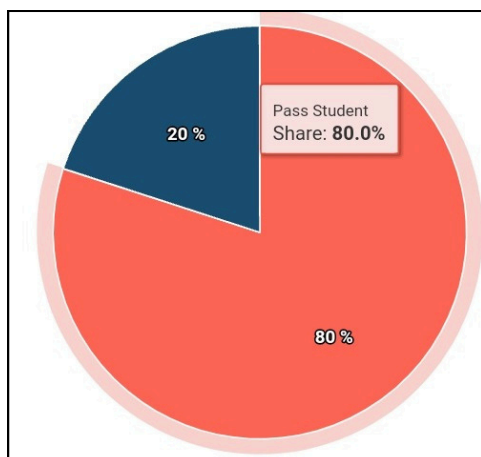


Fig: Pie Chart of Course Completed Student.

Students of B.Sc. (H) in Psychology, Semester V, Swami Vivekananda University, Many of them scored 80% and above in Organizational Behaviour course and 8 out of 10 students has successfully completed the NPTEL Examination.

Kune Niang

Karate championship which was held at Hoogly district on the 29 of December 2024 the championship was open to all the champion who want to participate and take part at the district level this program was organised by SAMURAI SELF-DEFENCE ACADEMY Affiliated by Traditional shotokan karate Do association India. This programs include - 1.kata, 2.kumite, 3.group kata

Kune niang actively participated in kata and kumite by which she achieved 3rd position in kata and 2nd position in kumite.



MEMORANDUM OF UNDERSTANDING (MoU)

MoU Between Swami Vivekananda University and Rekhi Foundation

On 27th December 2024, a Memorandum of Understanding (MoU) was formally signed between **Swami Vivekananda University** and **Rekhi Foundation**, 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.



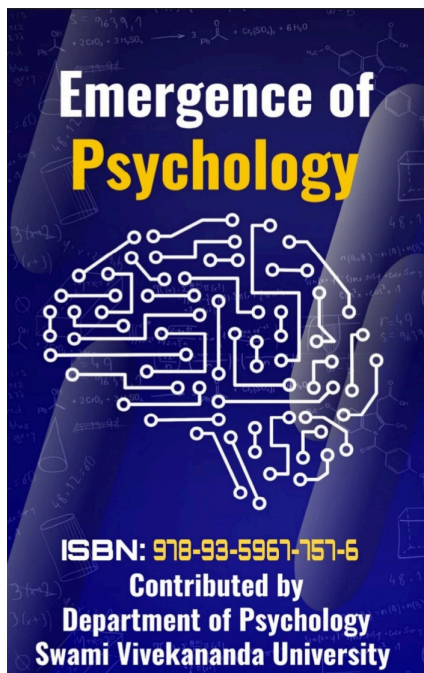
The MoU will open up opportunities for knowledge exchange, joint programs, and research initiatives. Both institutions are excited about the potential outcomes of this partnership.

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

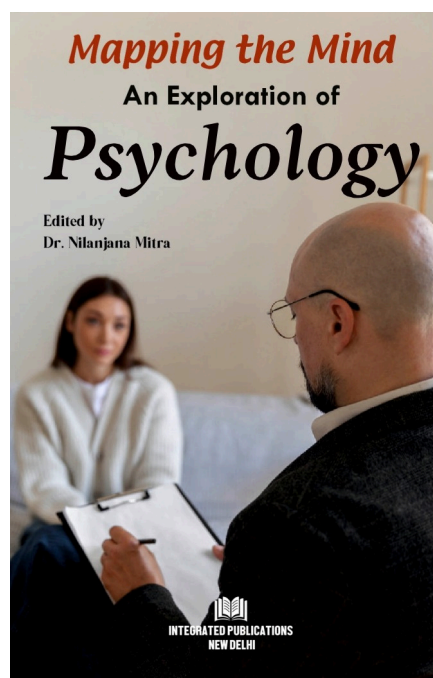
FACULTY PUBLICATION

Books by the Department of Psychology, SVU

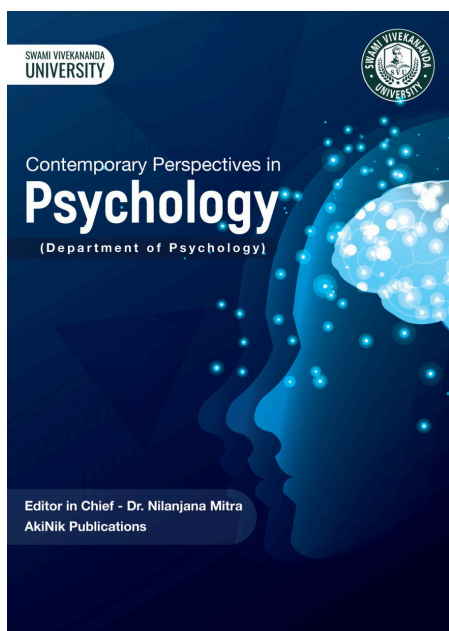
I. Emergence of Psychology



II. Mapping the Mind An Exploration of Psychology



III. Contemporary Perspectives in Psychology (in process)



FACULTY PUBLICATION

Journal Publication by the Department of Psychology, SVU

(in process)

e-ISSN: XAXA-XAXA



Advances in Contemporary Psychological Research

A Journal of Psychology

Published By

Swami Vivekananda University



Mail: acpr@svu.ac.in


Website: www.swamivivekanandauniversity.ac.in

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

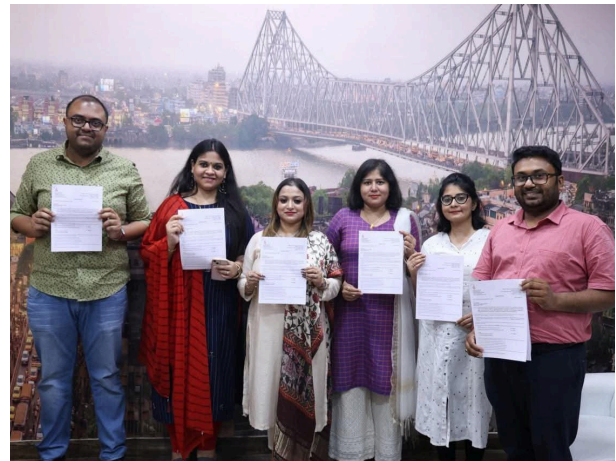
www.gov.uk/ipos

FACULTY ACHIVEMENT

- Dr. Nilanjana Mitra

Indian Council of Social Science Research

Award of Research Project (Collaborative) titled 'Post-Covid Era and the Zero Generation: Vulnerability, Resilience and Adaptive Capacity in Ageing Communities of selected Urban Spaces of North-East India under the special call for Vision Viksit Bharat@2047 (VVB@2047) to Dr. Rituparna Chakraborty, Shubham Bhattacharjee, Pramiti Roy, Nilanjana Mitra, Bidisha Ghosh, Priyajit Banerjee.



The Indian Council of Social Science Research (ICSSR) has approved the award of Research Project under the Special Call on Vision Viksit Bharat@2047 the Research Project submitted by Dr. Rituparna Chakraborty, HoD, Department of English.

We are thankful to Dr. Nandan Gupta sir, Chancellor, Swami Vivekananda University for his immense support; Prof. (Dr.) Subrata Kumar Dey sir, Vice Chancellor, Swami Vivekananda University for making us reach new heights; Prof.(Dr.) Debnarayan Bandyopadhyay sir, Chief Executive Director (Academics) for insightful assistance with every possibility; Prof.(Dr.) Pinak Pani Nath Sir, Registrar, Swami Vivekananda University for guiding us and Mr. Saurabh Adhikari sir, Chief Operating Officer, Swami Vivekananda University for being with us since the beginning.

FACULTY ACHIVEMENT

- Ms. Lina Sarkar

Webinar on Stress Management and Work Life Balance

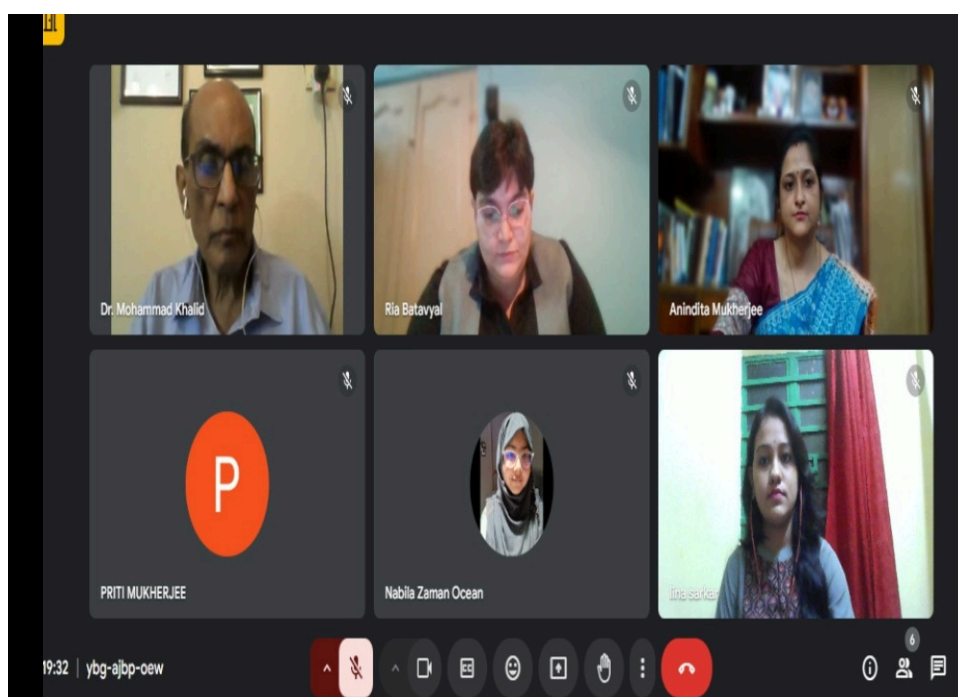
PROFESSIONAL INSTITUTE OF BUSINESS, BANGLADESH
ORGANIZES
WEBINAR ON

STRESS MANAGEMENT AND WORK LIFE BALANCE

			
Dr. Anindita Mukherjee Registered Clinical Psychologist (RCI registered). Head, Dept of Psychology, Sister Nivedita University, Kolkata	Dr. Mohammad Khalid Director Professional Institute of Business, Bangladesh & Adjunct Faculty, MBA and EMBA Program School of Business, AUST	Lina Sarkar ASSISTANT PROFESSOR DEPARTMENT OF PSYCHOLOGY SWAMI VIVEKANANDA UNIVERSITY, KOLKATA	Ria Batavyal Gold Medallist R.C.I, Licensed Clinical Psychologist Ph.D. Scholar, Dept. Of Psychology, University Of Calcutta

17 November, 2024 7:30 pm to 9pm (IST)

Link : <https://meet.google.com/ybg-ajbp-oew>



CELEBRATIONS OF THE DEPARTMENT

Children's Day Celebration

On 14th November 2024, the Faculty of the Psychology Department at Swami Vivekananda University celebrated Children's Day with immense enthusiasm and creativity. The event, dedicated to honoring the spirit of childhood and its importance in psychological growth, was organized by the faculty for the students. It was a day filled with fun, learning, and cherished memories.

The celebration ended with a heartfelt message from the faculty, urging students to always cherish their inner child and approach life with curiosity and joy. A group photo captured the essence of the day.

