

2024

NEWSLETTER (APRIL – JUNE)

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

Fear of Missing Out

Have you ever been afraid of missing anything important?
What does FOMO

the trending abbreviation stands for "Fear of Missing Out? It's the uneasiness you have when you discover, via social media, that other people are having fun and you are excluded. With 4G and 5G Internet speeds available today, news travels quickly. Taking photos and creating films has become a child's play since almost everyone owns a camera. Furthermore, you don't have to be concerned about how often you take photos. The undesirable ones can always be removed with a single button click, however this is easier said than done. In addition, you can use filters to improve the image quality.

And these select and appealing handful are shared throughout a number of media. As a result, everyone knows what that specific person is wearing, preparing, and vacationing in. The phrase FOMO was initially used by McGinni in 2004. It goes without saying that it was created at the same time as social media platforms like Instagram, Twitter, WhatsApp, and Facebook. Everybody has experienced this at some point, and in order to stand out, we have to go above and beyond.



AFTER ALL, PEOPLE HAVE TO SEE IT TO BELIEVE IT

We've all had time during the lockdown to discover our secret skills or resurrect those that have been lost. As a result, social media is awash with illustrations, paintings, singing, and dancing. The majority of people have tried countless recipes, to the point where YouTube recipe channels consistently post new recipes, each claiming to be the tastiest and easiest to make. Gone are the days of recipe books. I've heard that every household's grocery bill has increased significantly. But your work is not done till you share the photo on social media. Therefore, you must share this supposedly delicious result of your effort on social media before you can even taste it. Otherwise, you will miss out.

CONFERENCE

Global HealthCon 2024: Challenges and Explications 2.0

Swami Vivekananda University organized a successful Global HealthCon 2024: Challenges & Explications 2.0 Conference on the 20th and 21st of June, 2024. This significant conference brought together thought students, researchers, and academicians to discuss critical issues in global health and explore innovative solutions.

The conference was graced by the presence of esteemed guests, including Mr. Apurbayan Biswas, Dr. Ranadeb Banerjee, and Dr. Biswajit Dey, Assistant Professor, School of Behavioural Forensic, NFSU, who delivered inspiring speeches and contributed valuable insights.



A highlight of the conference was the active participation from the field of psychology, with 15 out of 20 research articles presented by students, scholars of the Psychology Department. These papers sparked engaging discussions and showcased cutting-edge research.

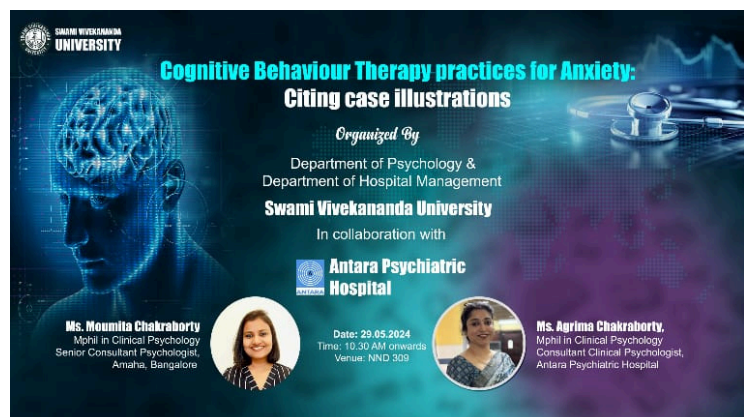
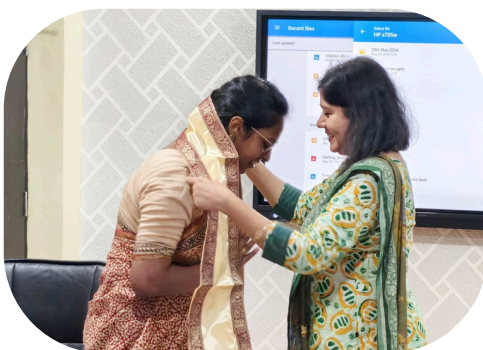
The event successfully provided a collaborative platform for knowledge sharing. The organizers expressed gratitude to all participants for their contributions, which made the conference an enriching experience.

SEMINAR

Cognitive Behaviour Therapy practices for Anxiety: Citing case illustrations

A seminar focusing on key psychological concepts, including Cognitive Distortions, Cognitive Restructuring, and Cognitive Behavioral Therapy (CBT) for Anxiety.

The session offered in-depth discussions on effective therapeutic approaches, equipping participants with tools to better understand and manage anxiety through evidence-based practices.



Department of Psychology & Department of Hospital Management, Swami Vivekananda University in collaboration with Antara Psychiatric Hospital organized a seminar on Cognitive Behaviour Therapy practices for Anxiety: Citing case illustrations on May 29, 2024. The speaker was Ms. Moumita Chakraborty, M.Phil in Clinical Psychology, Senior Consultant Psychologist, Amaha, Bangalore and Ms. Agrima Chakraborty, M.Phil in Clinical Psychology, Consultant Clinical Psychologist, Antara Psychiatric Hospital.

MEMORANDUM OF UNDERSTANDING (MoU)

MoU Between Swami Vivekananda University and Durbar Mahila Samanwaya Committee

On 24th May 2024, **Swami Vivekananda University** and **Durbar Mahila Samanwaya Committee** signed a Memorandum of Understanding (MoU) to establish a collaborative partnership focused on research, education, and community development. This agreement marks a significant step toward fostering academic and social initiatives that align with the shared vision of both institutions.

The MoU was signed in the presence of distinguished representatives from both organizations. The collaboration aims to promote interdisciplinary research, capacity-building programs, and field-based learning opportunities for students. Additionally, it will facilitate joint initiatives addressing social issues, particularly in the areas of gender studies, public health, and community empowerment.

This MoU represents a commitment to bridging academic knowledge with social action, providing students and researchers with valuable exposure to real-world challenges. Both organizations look forward to a fruitful collaboration that will contribute to academic excellence and societal well-being.