

2024

NEWSLETTER (JAN - MARCH)



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

Narcissists and Ghosting

Ghosting is a form of relational aggression where someone suddenly ceases all communication and contact with another person without any apparent warning or explanation and ignores any subsequent attempts to communicate. Ghosting is often used to avoid conflict but it is fundamentally a destructive move, triggering feelings of confusion, distress, and humiliation in the person who is ghosted. Emotionally, being ghosted triggers feelings of vulnerability, doubt, and lowered self-worth. At a physiological level, ghosting depletes neurotransmitters, activates abandonment and rejection wounds, activates a systemic experience of loss, and activates the same neuropathways as physical pain (Krossa et al., 2011). To ghost someone is to make an intentional, self-centered decision to leave a situation in a manner that inflicts trauma and shame while leaving the recipient without a voice. In this way, ghosting is an act of narcissism. It is an act of discarding another, without empathy, completely ignoring the other person's feelings or needs.



Further, ghosting precludes an acknowledgment that the goodbye is what the ghosting person wants, blaming it instead on circumstances or the other person. It inherently distorts reality, allowing the ghoster to deny all responsibility for their behavior.

Interestingly, however, Jonason et al. (2021) found that while narcissistic individuals may endorse ghosting as an acceptable way to terminate a relationship, they may not necessarily be more likely to engage in ghosting behavior compared to non-narcissists. This finding highlights the complexity of human behavior and the fact that individual differences, context, and various other factors can influence whether someone with narcissistic traits chooses to ghost or not. Narcissists may engage in ghosting for various reasons, which are often rooted in their personality traits and desire for control and validation. Highly narcissistic people are motivated by their need for attention, admiration, and control. Ghosting can be a manipulative tactic employed by narcissists to keep the other person emotionally entangled, positioning the narcissist as the one who has control over the dynamic. The sudden withdrawal of attention and affection can leave the person feeling insecure and eager to please the narcissist, thereby boosting the narcissist's ego and sense of self-importance. Narcissists often avoid uncomfortable conversations, criticism, or accountability for their actions. Ghosting allows them to sidestep these difficult discussions and avoid taking any responsibility for the consequences of their behaviour.

CONFERENCE

Global Healthcon 2024: Challenges & Explications

Swami Vivekananda University organized a successful Global HealthCon 2024: Challenges & Explications Conference on the 22th to 24th of February, 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 Dr. Kaustav Chakraborty, Professor & Head, Dept. of Psychiatry, College of Medicine and JNM Hospital, WBUHS, Kalyani, W.B, Prof. (Dr.) Samirranjan Adhikari, Professor, Department of Education, Sidho-Kanho-Birsha University, Dr. Anuttama Banerjee, Psychologist, Poet & Columnist, & Dr. Paromita Mitra Bhaumik, HoD of Clinical Psychology, George group of colleges, GCF, MAKAUT, Founder Member, Anubhav Positive Psychology Clinic, Kolkata who delivered inspiring speeches and contributed valuable insights.



A highlight of the conference was the active participation from the field of psychology, and 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.

WORKSHOP

Workshop on Rorschach Inkblot Test

The Rorschach Inkblot Test was developed in 1921 by a Swiss psychologist named Hermann Rorschach (pronounced "ROAR-shock"). The Rorschach Inkblot Test is a projective psychological assessment with 10 inkblots on cards, designed to probe the unconscious mind. By analyzing responses to the inkblots, insights into an individual's social behavior, thoughts, and emotions emerge, often unveiling deeper, unconscious aspects of their psyche.

Department of Psychology and Applied Psychology, Swami Vivekananda University organized two days comprehensive workshop sessions on Rorschach Inkblot Test which took place on 13th and 14th of January, 2024 at the university campus under the illuminating guidance of Dr. Soma Pramanik. The workshop was exclusive for final year under-graduate students, all post-graduate students of psychology, research scholar, professionals and teachers of psychology.



Workshop on Rorschach Inkblot Test
Organised by
Department of Psychology
Swami Vivekananda University

The Resource Person
Dr. Soma Pramanik
Assistant Professor
Department of Psychology
St. Xavier's University
Kolkata

The Convenor
Dr. Nilanjana Mitra
Head of Department
Department of Psychology
Swami Vivekananda University

HIGHLIGHTS

Administration of Rorschach Inkblot Test

Scoring and Interpretation of Rorschach Inkblot Test

Date : 13th & 14th January
Timing : 10:30 AM



Registration Fees : ₹ 1200
Registration Link :
https://docs.google.com/forms/d/e/1fAlpQLSeK7oMHMww7PN6Cb98RC414ReQdcIXmXo5d5d9CCgovctyelpw/vie-wform?usp=sf_link

Account Details:
A/C Holder Name: Swami Vivekananda University
Bank name: ICICI Bank Limited
A/C No. : 161101001732
IFSC Code: ICIC00016111
Branch MICR Code : 700229044

QR Code of SVU



Venue : Swami Vivekananda University
Bara Kanthalia Barrackpore

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Email ID : nilanjana@svu.ac.in

Website : <https://www.swami-vivekanandauniversity.ac.in/>

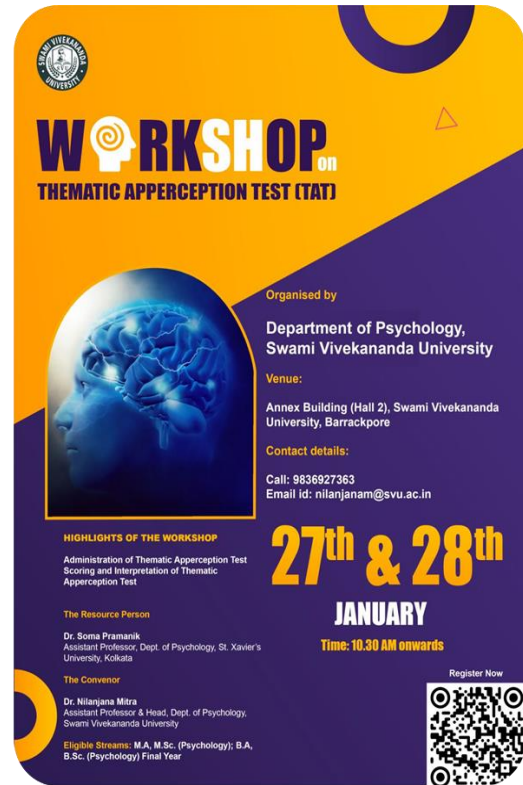


WORKSHOP

Workshop on Thematic Apperception Test

Thematic apperception test (TAT) is a Projective Psychological Test developed during the 1930s by Henry A. Murray and Christiana D. Morgan at Harvard University. Proponents of the technique assert that subjects' responses, in the narratives they make up about ambiguous pictures of people, reveal their underlying motives, concerns, and the way they see the social world. Historically, the test has been among the most widely researched, taught, and used of such techniques. It involves describing ambiguous scenes to learn more about a person's emotions, motivations, and personality.

Department of Psychology and Applied Psychology, Swami Vivekananda University organized two days comprehensive workshop sessions on Thematic Apperception Test which took place on 27th and 28th of January at the university campus under the illuminating guidance of Dr. Soma Pramanik. The workshop was exclusive for final year under-graduate students, all post-graduate students of psychology, research scholar, professionals and teachers of psychology



WORKSHOP on
THEMATIC APPERCEPTION TEST (TAT)

Organised by
Department of Psychology,
Swami Vivekananda University

Venue:
Annex Building (Hall 2), Swami Vivekananda
University, Barrackpore

Contact details:
Call: 9836927363
Email id: nilanjanam@svu.ac.in

27th & 28th
JANUARY
Time: 10.30 AM onwards


HIGHLIGHTS OF THE WORKSHOP
Administration of Thematic Apperception Test
Scoring and Interpretation of Thematic
Apperception Test

The Resource Person
Dr. Soma Pramanik
Assistant Professor, Dept. of Psychology, St. Xavier's
University, Kolkata

The Convener
Dr. Nilanjana Mitra
Assistant Professor & Head, Dept. of Psychology,
Swami Vivekananda University

Eligible Streams: M.A. M.Sc. (Psychology); B.A.,
B.Sc. (Psychology) Final Year

Register Now




WORKSHOP

Workshop on Solution Focused Brief Therapy

- Solution-Focused Brief Therapy (SFBT) is a short-term goal-focused evidence-based therapeutic approach, which incorporates positive psychology principles and practices, and which helps clients change by constructing solutions rather than focusing on problems.
- Department of Psychology, Swami Vivekananda University organized a workshop on Solution Focused Brief Therapy on March 15, 2024. The speaker was Arnoud Huibers, Director, Solution Centre, The Netherlands.



Mind Care Student's Well-being Centre ~ A new outreach initiative by the Dept. of Psychology

On this auspicious day of Swami Vivekananda's birthday, Department of Psychology, Swami Vivekananda University took the initiative to inaugurate a Student Wellbeing Centre - "Mind Care" for all the students of the University.

Assistant Professors of Psychology Department will be available for all students, even other working members of SVU to provide mental health guidance & counselling services through a rotational way. The operating hour is 4-6pm on every Thursday & Friday.



Mind Exploration: A Journey into Psychology and Self-Discovery

An Out-reach Programme on “Mind Exploration: A Journey into Psychology and Self-Discovery” was conducted by Lina Sarkar, Assistant Professor & coordinator, Department of Psychology, Swami Vivekananda University. On March 6, 2024, Students of B.Sc. Sem-VI visited in Dum dum Subhas nagar Girls High School to promote knowledge about that topic under her guidance.



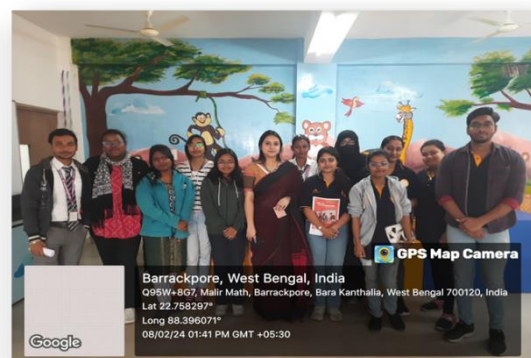
Talk Session

- A Talk session of Swami Nikhilswarananda Maharaj, President of Shri Ramakrishna Ashrama, Rajkot was arranged in Swami Vivekananda University on 6th February, 2024.
- Dr. Papia Mukherjee, Senior Faculty of Psychology Department was actively participated in the talk session.



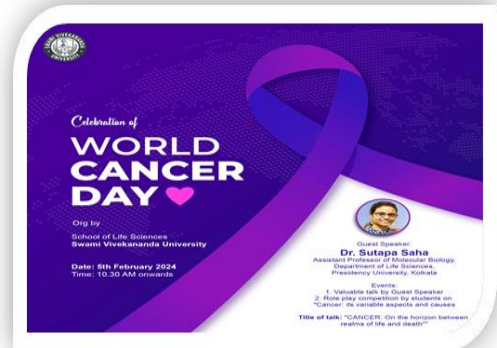
Health Camp at Summit School


A health Camp was organised at Summit School on 8th February, 2024. Students of Psychology Department, Swami Vivekananda University were actively joined on that session under the guidance of our Psychology faculty, Rudrani Mitra.



Cancer Awareness Program

Cancer is a deadly disease and is struggling hard presently to become the number one killer of our times. The incidence of cancer is increasing. This is because of increasing longevity, changing lifestyle, increasing pollution and many other factors. The study of Cancer is called Oncology, Cancer awareness is when people understand what cancer is, the causes of cancer, knowing the national cancer screening programmes available and what to do when concerned about a possible symptom.



Myeloma Cancer: A Comprehensive Exploration			
Shruti Sahay			
Department of Psychology, Semester-4th			
INTRODUCTION Myeloma, or multiple myeloma, is a type of cancer that affects plasma cells, which are vital in producing antibodies for the body's defense against infections. In myeloma, these cells multiply excessively, leading to the overcrowding of the bone marrow and affecting the production of red blood cells, platelets, and other white blood cells. There are three main types of myeloma: multiple myeloma, which is the most common form and affects the bone marrow throughout the body; solitary plasmacytoma, a single plasma cell tumor usually found in one bone; and extramedullary plasmacytoma, which occurs outside the bones in soft tissues like the lung or throat.			
EPIDEMIOLOGY High-Risk Demographics: Age: Individuals over 65 are at higher risk. Gender: Men are slightly more predisposed than women. Race: African Americans are at a higher risk compared to other racial groups.		Incidence Rate (per 100,000) 	
DISEASE PROGRESSION: Disease Progression: Plasm Early Stage: Smoldering Phase Active Phase: Symptomatic Myeloma Advanced Stage: Severe Myeloma		DIAGNOSTIC CRITERIA Diagnostic Modalities: Blood Tests: Examination of specific proteins and cell counts. Urine Analysis: Detection of abnormal proteins like Bence Jones protein. Bone Marrow Biopsy: Extraction of bone marrow sample for detailed examination.	
SIGNS AND SYMPTOMS: Common Symptoms: Bone Pain: Persistent pain in bones, often in the back or ribs. Fatigue: Persistent tiredness and lack of energy. Renal Dysfunction: Kidney problems leading to changes in urine pattern and increased thirst.		THERAPEUTIC INTERVENTIONS Treatment Strategies: Chemotherapy: Administration of anti-cancer drugs to target abnormal cells. Immunotherapy: Stimulation of the immune system to fight cancer cells. Transplantation: Stem cell transplant to replace diseased bone marrow with healthy cells.	

WORLD CANCER DAY was celebrated on 5th February, 2024 by School of Life Sciences, Swami Vivekananda University through an awareness program. Students of Psychology Department along with other departments were also participated in that awareness program. Following posters were presented by M.Sc. Final year (4th Sem) students of Department of Psychology: Myeloma Cancer: A Comprehensive Exploration, by Shruti Sahay
Prostate Cancer Awareness and Effect of Men's Mental Health, by Rhythm Arora.



National Science Day

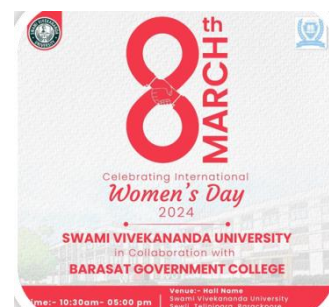
National Science Day is celebrated every year on February 28 to commemorate the discovery of the 'Raman Effect' and to raise awareness about the importance of science and its role in improving the lives of people. The theme for National Science Day 2024 is "Indigenous Technologies for Viksit Bharat".



Students of Psychology Department participated in Quiz Competition, organized by Swami Vivekananda University on 28th February, 2024.

International Women's Day Celebration

International Women's Day is observed on March 8 every year to mark and celebrate the social, economic, cultural and political achievements of women and raise awareness about women's equality and accelerate gender parity. International Women's Day was first observed in 1911. This year, IWD's global theme is 'Invest in women: Accelerate progress.'



Swami Vivekananda University celebrated International Women's Day in collaboration with Barasat Government College on 8th March, 2024. Few students from B.Sc. Sem-II performed on that programme. Prof.(Dr.) Manabi Bandyopadhyay, Principal, Krishnanagar Women's College, was invited as Special Guest Lecturer by SVU.



National No Smoking Day

No Smoking Day is an annual event that takes place on the second Wednesday of March, with the primary objective of raising awareness about the detrimental effects of smoking on one's health. Initiated in the United Kingdom in 1984, this day aims to educate people about the risks associated with smoking and provide support for those who wish to quit this unhealthy habit. By promoting a better understanding of the dangers of smoking, No Smoking Day contributes to a healthier society and encourages individuals to make positive choices for their well-being.

No Smoking Day was celebrated by the school of Allied Health Sciences on that day. A Street Play Programme was organised by the students of Swami Vivekananda University, on March 13, 2024. Following are the names of students from Psychology Department who were participating in street play :

1. Akash Roy Bhowmik
2. Shilpa Polley
3. Rubi karmakar
4. Abhisikta Mishra
5. Saniya Parvin



Cultural Fest 2024

- Cultural Fest, 2024 was organised by Swami Vivekananda University from 19th – 21th February.
- Students (B.Sc. 2nd Year) of Psychology Department were participated in group dance performance on Tuesday, 20th February, 2024



Cultural Fest 2024

Basant Utsav was celebrated by Swami Vivekananda University on 22th March 2024. All the faculties and students of SVU enjoyed and participated in that colourful occasion.



Business Plan Competition 2024

- Students of Psychology Department, Swami Vivekananda University, participated in business plan competition on 19th February, 2024, made the following 4 team models –
- CyberCog - done by Rhythm Arora, Shruti Sahay and Kirti Jha
- Saathi – done by Piyali Bose (Individual work)
- Happy Pill – done by Rubi Karmakar and Sidharth Kumar
- Psych Tech – done by Shreya Chatterjee, Somdatta Mitra and Tanusree Shom.



SWAMI VIVEKANANDA UNIVERSITY
BUSINESS PLAN COMPETITION 2024
Speak Up to Start Up

WIN PRIZE ₹50,000

19th FEB
11 AM Onwards
Campus Ground, Swami Vivekananda University, Barrackpore, Kolkata

Preface
Teams are challenged to improve an existing service or product or conceive of a new service or product offering. Teams must then create a business plan and concept pitch video of 1 to 2 minutes and PPT to compete the jury. A jury of business professionals and academics selects the best submissions to compete in the final round.

About the Competition:

- The participants need to be present physically on the campus.
- Students participate in teams of a maximum of 3 individuals.
- Multidisciplinary teams are encouraged.
- Both UG and PG students can participate.
- The task is to conceive of a new service or product offering improve an existing product service and create a business plan for it.
- Registration deadline – 14.02.2024
- Entry fee – ₹500 per team.
- A total of ₹50,000 (exclusive of prize money).

Format for Business Plan:
A PPT needs to be presented in front of the jury which will contain the following –

- Title Slide
- Preface
- The Problem
- The Idea
- Feasibility Study
- Prototype design if any
- Financials
- Marketing Strategy
- Milestones Planning
- Future Plan of the project

Scan this QR code for registration of the business plan.

Bank Details:
A/C Name: Swami Vivekananda University
Bank: ICICI Bank Ltd.
Branch: Indira Nagar, Howrah/Barrackpore Branch
A/C No: 36100007732
IFSC: ICIC0001001
Branch MICR Code: 700229044

Scan QR Code to Register

Other Events of the SVU Management Fest – 2024

SVU Smart Hospital System
Students will be encouraged to develop prototypes of the Smart Hospital System.
Event Coordinator –
Mr. Soumen Bhow
7003559584

Explore Business Quiz
A 3 Day Business Quiz Competition with Mr. Soumen Bhow
Event Coordinator –
Prof. (Dr.) Khushama Chakraborty
9330884802

SVU Mind Mappers Start-up Competition
One Day Start-up Plan Competition. Get the opportunity to do business on Campus for a Day.
Event Coordinator –
Mr. Amitabha Gupta
907449504

Business Plan Competition 2024

The Annual Sports Day was celebrated by Swami Vivekananda University on 15th-16th March, 2024. Students of Psychology Department also actively participated in that occasion.



Swami Vivekananda UNIVERSITY
THE ANNUAL SPORTS 2024

OUTDOOR GAMES	INDOOR GAMES
1. Short Hand Cricket (Male)	1. Chess (Both)
2. Football 5 Side Each (Male)	2. Carrom (Both)
3. Badminton (Both)	FUN GAMES 1. Musical Chair (Female) 2. Hit the Wicket (Both) BOTH: MALE & FEMALE
4. Tug of War (Both)	
5. 100 mt Race (Both)	
6. 200 mt Race (Both)	
7. 400 mt Race (Relay) (Both)	

DATE: 15th – 16th March 2024
VENUE: Swami Vivekananda University, Barrackpore

SCAN AND REGISTER



INTERNSHIP

Ongoing Internship: NRS Medical College and Hospital

M.Sc. in Applied Psychology – Semester IV

Students of M.Sc. semester IV, Department of Applied Psychology (part of their 3 months ongoing internship), Swami Vivekananda University have started their internship program in NRS Medical College and Hospital.



Completion Internship: Autism Society West Bengal



B.Sc. (H) in Psychology – Semester VI

On 7th March, 2024 A validictory session (Certificate Distribution) was arranged for completing Internship program of B.Sc. VI, Dept. of Psychology, Swami Vivekananda University from Autism Society of West Bengal (ASWB)



FIELD VISIT

Field Visit at Autism Society West Bengal

On 07th March 2024, the Department of Psychology, Swami Vivekananda University organized an insightful field visit to the Autism Society West Bengal, Kolkata. This visit provided B.Sc. Sem II, B.Sc. Sem IV and M.Sc. Sem II students with a unique opportunity to enhance their practical understanding of working with individuals with autism and other disabilities.



STUDENT ACHIEVEMENT

Model Competition on Tech Fest 2024

Students of Dept. of Psychology, Swami Vivekananda University, participated in the Model Competition program for Tech Fest, 2024 (19th-21st Feb) under the guidance of Dr. Papia Mukherjee. The following models were presented by our students-

- Erik Erikson's Psychosocial Development
- Ivan Pavlov's Classical Conditioning
- Maslow's Hierarchy of Motivation
- Iceberg theory of mind by Sigmund Freud
- Broadbent's filter model of Attention
- Gardner's theory of Multiple Intelligence
- Working memory
- Stress model
- Function of Brain lobes

They got 3rd Prize for the model on "Gardner's Theory of Multiple Intelligence". The students of Psychology Department who got 3rd position in the Model Competition they are Pratyusha Pal, Akash Roy Bhowmik, Debosmit Ghosh, Sehenaz Farhana, Khusboo Khanal, Siddharth Kumar, Subhodip Sengupta .



MEMORANDUM OF UNDERSTANDING (MoU)

MoU Between Swami Vivekananda University and Autism Society West Bengal

Swami Vivekananda University in liaison with Autism Society West Bengal, decided to have Memorandum of Understanding for improvisation of areas such as academic publications, internships, research activities, co-hosting of conferences, symposiums, workshops, educational courses, joint teaching, consultancy, research projects and many more for creating an optimal environment for all related activities.



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 ACHIVEMENT

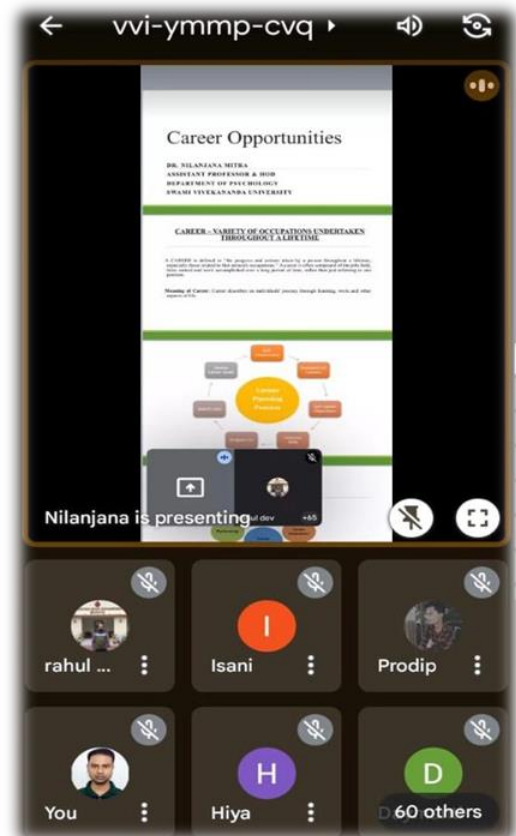
- Dr. Nilanjana Mitra

Career Counselling Webinar

Career Counselling is a process that will helps one to know and understand oneself better and the world of work in order to make career, educational, and life decisions.

Dr. Nilanjana Mitra, Assistant Professor & Head of the Dept. of Psychology, Swami Vivekananda University was invited by the Internal Quality Assurance Cell (IQAC) of Kalinagar Mahavidyalaya college to conduct a webinar on Career counselling session for the students of the college.

On 7th January, 2024 a webinar was conducted by Dr. Mitra on various “Career opportunities” and the emerging interdisciplinary fields of career choices were also discussed.



FACULTY ACHIVEMENT

- Dr. Nilanjana Mitra

Faculty Exchange Programme – Autism Society West Bengal

An invited lecture was delivered by Dr. Nilanjana Mitra for the D. El. Ed. Course students of Autism Society West Bengal on Faculty Exchange Programme (7th March, 2024)

