

3. Research, Innovations and Extension

3.1 Thrust Areas of Current Research

There are several thrust areas of current research in the field of Linguistics but the faculty of the department has specialization in the particular areas listed below so they can conduct research only in these areas:

- Social Psychology,
- Clinical Psychology
- Indian Psychology
- Health Psychology
- Cognitive Psychology,
- Positive Psychology

3.2 Research Publications and Awards (2015-2020)

Sr. No.	Publications	National	International	Total
1	Research Papers in Journals	10	55	65
2	Chapters in Book	07	NIL	07
3	Books	01	NIL	01

3.3 Details of Publications

Research Papers in Journals: (65)

Year	Details of Research Papers
2021	Parihar, P., Tiwari, G. K., Pandey, R., & Rai, P. K. (2021). The protective strengths of positive body image for somatic symptoms, anxiety, social dysfunction and depression. <i>Hellenic Journal of Psychology</i>, <i>accepted</i>. Pandey, R., Tiwari, G. K., Parihar, P., & Rai, P. K. (2021). Positive, not negative, self-compassion mediates the relationship between self-esteem and well-being. <i>Psychology and Psychotherapy: Theory, Research and Practice</i>, 94(1), 1–15. https://doi.org/10.1111/papt.12259 Pandey, R., Tiwari, G. K., & Rai, P. K. (2021). Restoring and preserving capacity of self-affirmation for well-being in Indian adults with non-clinical depressive tendencies. <i>Current Issues in Personality Psychology</i>, 9(2), 135–147. https://doi.org/10.5114/cipp.2021.105260 Tiwari, G. K., Singh, A. K., Parihar, P., Pandey, R., Sharma, D. N., & Rai, P. K. (2021). Understanding the perceived psychological distress and health outcomes of children during COVID-19 pandemic. <i>The Educational and Developmental Psychologist</i>, 1–12. https://doi.org/10.1080/20590776.2021.1899749 Maurya, V., Kumar, S., & Parray, W. (2021) Cognitive Behavior Therapy in treatment of Internet Addiction: Case Studies, <i>Indian Journal of Clinical Psychology</i> (In Press). Maurya, V., Kumar, S., & Sonkar, A. (2021) Internet pornography consumption in the lockdown scenario of the COVID-19 Pandemic: A survey of the emerging adults in Northern India, <i>ASEAN Journal of Psychiatric</i> (In press).

	David, B. E., Kumar, S., & Rai, P. K. (2021). The Roots of Malnutrition and Its Possible Alleviation within the Family. <i>International Journal of Social Science And Human Research</i> , 4(9), 2308–2316. https://doi.org/https://doi.org/10.47191/ijssshr/v4-i9-06
2020	Jain, P., & Tiwari, G. K. (2020). The development and standardization of an Indian Positive Body Image Scale with an Exploratory Research Design [Preprint]. Authorea: <i>Open Research Collaboration and Publishing</i>. https://doi.org/10.22541/au.158981526.69902499 Pandey, R., Tiwari, G. K., Pandey, R., Mandal, S. P., Mudgal, S., Parihar, P., Rai, P. K., Tiwari, A. S., & Shukla, M. (2020). <i>The relationship between self-esteem and self-forgiveness: Understanding the mediating role of positive and negative self-compassion [Preprint]</i>. Authorea: Open Research Collaboration and Publishing. https://doi.org/10.22541/au.158981530.01103201 Pandey, R., Tiwari, G. K., Parihar, P., & Rai, P. K. (2020). The relationship between self-forgiveness and human flourishing: Inferring the underlying psychological mechanisms. <i>Polish Psychological Bulletin</i>, 51(1), 23–36. https://doi.org/10.24425/PPB.2020.132649 Pandey, R., Tiwari, G. K., & Rai, P. K. (2020a). “Bouncing back” with self-affirmation intervention: A case of Indian adults with depressive tendencies. <i>Madhya Bharti</i>, 79(2), 252–263. Pandey, R., Tiwari, G. K., & Rai, P. K. (2020b). <i>The Independent and Interdependent Self-affirmations in Action: Understanding their dynamics in India during COVID-19 [Preprint]</i>. Authorea: Open Research Collaboration and Publishing. https://doi.org/10.22541/au.158958018.83880224 Parihar, P., Tiwari, G. K., & Rai, P. K. (2020a). Understanding the Relationship between Self-Compassion and Interdependent Happiness of the Married Hindu Couples. <i>Polish Psychological Bulletin</i>, 51(4), 260–272. https://doi.org/10.24425/ppb.2020.135458 Parihar, P., Tiwari, G. K., & Rai, P. K. (2020b). <i>Understanding the Role of Some Demographic Factors and Forgiveness in Shaping the Flourishing of Hindu Married Couples [Preprint]</i>. Authorea: Open Research Collaboration and Publishing. https://doi.org/10.22541/au.158981527.79816193 Prabhakar, C., Mishra, L. K., Sharma, P., Tiwari, G. K., Pandey, R., Shukla, M., Bajpai, A., & Rai, P. K. (2020). <i>Exploring the similarities and differences in the forgiveness of the elders living in the old-age homes and the families [Preprint]</i>. Authorea: Open Research Collaboration and Publishing. https://doi.org/10.22541/au.159665991.15556284 Sharma, D. N., Tiwari, G. K., & Rai, P. K. (2020). The spiritual beliefs of cancer survivors: A thematic analysis. <i>Psychology, Community & Health</i>, 8(1), 139–157. https://doi.org/10.5964/pch.v8i1.290 Tiwari, G. K., Pandey, R., Parihar, P., & Rai, P. K. (2020). <i>Understanding the mediating role of self-esteem between the relationship of self-forgiveness and human flourishing [Preprint]</i>. Authorea: Open Research Collaboration and Publishing. https://doi.org/10.22541/au.158981525.55950259 Tiwari, G. K., Pandey, R., Rai, P. K., Pandey, R., Verma, Y., Parihar, P., Ahirwar, G., Tiwari, A. S., & Mandal, S. P. (2020). Self-compassion as an intrapersonal resource of perceived positive mental health outcomes: A thematic analysis. <i>Mental Health, Religion & Culture</i>, 23(7), 550–569. https://doi.org/10.1080/13674676.2020.1774524 Tiwari, G. K., Pandey, R., Sharma, D. N., Parihar, P., Pandey, R., Raj, R., Mudgal, S., Singh, A., Vishwakarma, S., & Singh, A. K. (2020).

	<i>Dissimilar mechanisms underlie perceived happiness of the introverts and extraverts: A Thematic Analysis [Preprint]</i>. Authorea: Open Research Collaboration and Publishing. https://doi.org/10.22541/au.159793442.28371663 Tiwari, G. K., Rai, P. K., Dwivedi, A., & Ray, B. (2020). <i>The Outbreak of COVID-19: A Narrative Thematic Analysis of the Perceived Psychological distress and health Outcomes [Preprint]</i>. Authorea: Open Research Collaboration and Publishing. https://doi.org/10.22541/au.158955320.05988992 Tiwari, G. K., Tiwari, R. P., Pandey, R., Ray, B., Dwivedi, A., Sharma, D. N., Singh, P., & Tiwari, A. K. (2020). <i>The life outcomes of children during COVID-19: Exploring the protective roles of the joint and nuclear families in India [Preprint]</i>. Authorea: Open Research Collaboration and Publishing. https://doi.org/10.22541/au.159769493.33057412 Verma, Y., Tiwari, G. K., Pandey, A., & Pandey, R. (2020). Triguna (three qualities) personality model and two-factor conceptualization of self-compassion: A new insight to understand achievement goal orientations. <i>Current Issues in Personality Psychology</i>, 8(3), 211–228. https://doi.org/10.5114/cipp.2020.100096 Tiwari, G. K., Kashyap, A. K., Rai, P. K., Tiwari, R. P., & Pandey, R. (2020). <i>The Collective-affirmation in Action: Understanding the Success of Lockdown in India after the Outbreak of COVID-19 [Preprint]</i>. Authorea: Open Research Collaboration and Publishing. https://doi.org/10.22541/au.158949202.27402247 Basu, R., & Kumar, S. (2020). Awareness, Attitude and Social Identity in the Contemporary Globalized World: An Exploratory Study of Emerging Adults. <i>International Journal of Recent Research in Social Sciences and Humanities (IJRSSH)</i>, 7(1), 1–9. https://www.paperpublications.org/upload/book/Awareness attitude and social identity-1460.pdf David, B. E., & Kumar, S. (2020). <i>Psychological health problems during the lockdown: A survey of Indian population in COVID-19 pandemic</i>. Data in Brief, 33. https://doi.org/10.1016/j.dib.2020.106566 Maqbool Parray, W., Kumar, S., E. David, B., & Khare, S. (2020). Assertiveness predicts self-esteem, academic achievement, and stress: A study of Kashmiri adolescents. <i>Humanities & Social Sciences Reviews</i>, 8(1), 707–715. https://doi.org/10.18510/hssr.2020.8185 Parray, W. M., Kumar, S., David, B. E., Khare, S., & Maurya, V. P. (2020). Building Psychological Immunity in Children and Adolescents Journal of Indian Association for Child and Adolescent Mental Health - ISSN 0973-1342. <i>Journal of Indian Association for Child and Adolescent Mental Health</i>, 16(2), 106–122. http://www.jiacam.org/ojs/index.php/JIACAM/article/view/437 Parray, W. M., Kumar, S., & David, B. E. (2020). Investigating the impact of assertiveness training on assertiveness and Self-esteem of High School students. <i>Polish Psychological Bulletin</i>, 51(3), 171–176. https://doi.org/10.24425/ppb.2020.134724
	Ahirwar, G., Tiwari, G. K., & Rai, P. K. (2019a). Are the Big Five personality dimensions uniformly relevant to understand the forgiveness of children? <i>IAHRW International Journal of Social Sciences Review</i>, 7(5), 852–857. Ahirwar, G., Tiwari, G. K., & Rai, P. K. (2019b). Assessing the relative predictive strengths of the Big Five personality factors for moral judgement of children. <i>IMPACT: International Journal of Research in Humanities, Arts and Literature</i>, 7(6), 127–140.

2019	Ahirwar, G., Tiwari, G. K., & Rai, P. K. (2019c). Exploring the nature, attributes and consequences of forgiveness in children: A qualitative study. <i>Psychological Thought</i>, 12(2), 214–231. https://doi.org/10.5964/psyc.v12i2.347 Raj, R., Tiwari, G. K., & Rai, P. K. (2019a). Assessing the predictive strengths of school organizations and organizational cultures in interdependent happiness of the secondary school teachers. <i>IAHRW International Journal of Social Sciences Review</i>, 7(5), 1093–1101. Raj, R., Tiwari, G. K., & Rai, P. K. (2019b). Gender and nature of school organizations predict interdependent Happiness of teachers. <i>IMPACT: International Journal of Research in Humanities, Arts and Literature</i>, 7(6), 363–378. Raj, R., Tiwari, G. K., & Rai, P. K. (2019c). Psychological capital and nature of school organization have significant relevance to understand the turnover intentions of secondary school teachers. <i>Journal of Organisation & Human Behaviour</i>, 8(2 & 3), 31–43. Kumar, S., Awasthi, P., & Shankar, O. (2019). Religious beliefs, patient–doctor interaction and resilience as predictors for treatment decisions and health outcomes of heart patients. <i>Mental Health, Religion and Culture</i>, 22(4), 423–436. https://doi.org/10.1080/13674676.2019.1620190
2018	Jain, D., Tiwari, G. K., & Awasthi, I. (2018a). Average level of socioeconomic status is conducive for metacognitive awareness and academic success. <i>Madhya Bharti</i>, 74, 207–221. Jain, D., Tiwari, G. K., & Awasthi, I. (2018b). Metacognitive awareness and academic locus of control as the predictors of academic adjustment. <i>Polish Psychological Bulletin</i>, 49(4), 432–441. https://doi.org/10.24425/119512 Jain, P., Tiwari, G. K., & Awasthi, I. (2018). Menstrual distress and attitude towards femininity of rural and urban adolescent girls. <i>Madhya Bharti</i>, 74, 222–233. Jain, P., Tiwari, G. K., Awasthi, I., & Chaubey, A. (2018). Menstrual Experiences of Adolescent Girls: A Qualitative Study. <i>The International Journal of Indian Psychology</i>, 6(1), 74–82. https://doi.org/10.25215/0601.087 Parihar, P., Tiwari, G. K., Pandey, R., & Rai, P. K. (2018). Assessing the Relative Impacts of Gender and Educational Levels on the Moral Foundations of the Students. <i>International Journal of Indian Psychology</i>, 6(4), 11–25. https://doi.org/10.25215/0604.082 Sharma, D. N., Tiwari, G. K., Rai, P. K., & Gour, S. (2018). The spiritual beliefs and quality of life of cancer patients: A correlational Inquiry. <i>Madhya Bharti</i>, 74, 234–244. Ahirwar, G., Parray, W. M., & Kumar, S. (2018). Challenges and Coping Strategies of Elderly in Shelter homes: A Qualitative Inquiry. <i>International Journal of Scientific Research in Science and Technology (IJSRST)</i>, 4(11), 543–550. www.ijrst.com
2017	Jain, D., Tiwari, G. K., & Awasthi, I. (2017). Impact of Metacognitive Awareness on Academic Adjustment and Academic Outcome of the Students. <i>The International Journal of Indian Psychology</i>, 5(1), 123–138. https://doi.org/10.25215/0501.034 Mudgal, S., & Tiwari, G. K. (2017). High level of self-forgiveness facilitates quality of life in males and females. <i>Vaichariki-A Multidisciplinary Refereed International Research Journal</i>, 8(3), 154–166. Sharma, D. N., Tiwari, G. K., & Rai, P. K. (2017). Spiritual Beliefs Add To the Perceived Health of Cancer Patients. <i>International Journal of Indian</i>

	<i>Psychology</i>, 5(1), 57–69. https://doi.org/10.25215/0501.107 Verma, Y., & Tiwari, G. K. (2017b). Self-Compassion as the Predictor of Flourishing of the Students. <i>The International Journal of Indian Psychology</i>, 4(3), 10–29. https://doi.org/10.25215/0403.122 Verma, Y., & Tiwari, G. K. (2017a). Relative dominance of Sattva and Tamas Gunas (qualities) makes a difference in self-compassion and human flourishing. <i>International Journal of Education and Psychological Research</i>, 6(2), 67–74. Pararay, W. M., & Kumar, S. (2017). Impact of assertiveness training on the level of assertiveness, self-esteem, stress, psychological well-being and academic achievement of adolescents. <i>Indian Journal of Health & Wellbeing</i>, 8(12), 1476–1480. https://www.researchgate.net/profile/Waqar Pararay/publication/322420370_Impactof_AssertivenessTraining_on_the_Level_of_Assertiveness_SelfEsteem_Stress_Psychological_WellBeing_and_Academic_Achievement_of_Adolescents/links/5a5c732c458515450278fd27/Impac
2016	Gujare, S. K., & Tiwari, G. K. (2016a). Mental health symptoms predict academic achievement of the female students. <i>The International Journal of Indian Psychology</i>, 4(1, 76), 93–111. https://doi.org/10.25215/0476.006 Gujare, S. K., & Tiwari, G. K. (2016b). Academic self-concept and academic outcome of the graduate students: The mediating role of socioeconomic status and gender. <i>International Journal of Education and Psychological Research</i>, 4(5), 1–7. Jain, P., & Tiwari, G. K. (2016a). Body image satisfaction and Life Satisfaction in HIV/AIDS patients. <i>The International Journal of Indian Psychology</i>, 3(2, 1), 85–90. https://doi.org/10.25215/0302.010 Jain, P., & Tiwari, G. K. (2016b). Positive body image and general health: A Mixed Methods Study. <i>The International Journal of Indian Psychology</i>, 4(1, 76), 33–51. https://doi.org/10.25215/0476.003 Tiwari, G. K. (2016a). Mediating role of emotional intelligence in academic achievement of the graduate students. <i>International Journal of Indian Psychology</i>, 4(1, 74), 49–59. https://doi.org/10.25215/0401.026 Tiwari, G. K. (2016b). Yoga and mental health: An Underexplored relationship. <i>The International Journal of Indian Psychology</i>, 4(1, 76), 19–31. https://doi.org/10.25215/0476.002 Tiwari, G. K. (2016c). Sustainable behaviors and happiness: An optimistic link. <i>The International Journal of Indian Psychology</i>, 4(1, 75), 127–136. https://doi.org/10.25215/0401.051 Vyas, D., Seikh, I. A., & Tiwari, G. K. (2016). Role of Mushroom in maintaining mental health with special reference to anti-convulsant activity. <i>The International Journal of Indian Psychology</i>, 4(1, 76), 73–92. https://doi.org/10.25215/0476.005 Tiwari, G. K., & Mudgal, S. (2016). Heartland Forgiveness Scale in Hindi. https://doi.org/10.13140/RG.2.2.25153.15202 Pararay, W. M., Kumar, S., & Awasthi, P. (2016). Stress among Teachers: A Theoretical Examination. <i>International Journal of Indian Psychology</i>, 3(4). https://doi.org/10.25215/0304.029 Verma, N. K., & Kumar, S. (2016). Role of health and emotions in promotion of well-being: Current thoughts in indian perspective. <i>Indian Journal of Health & Wellbeing</i>, 7(8), 841–844. Pararay, W. M., Kumar, S., & Awasthi, P. (2016). Stress among Teachers: A Theoretical Examination. <i>International Journal of Indian Psychology</i>, 3(4).

	https://doi.org/10.25215/0304.029 Verma, N. K., & Kumar, S. (2016). Role of health and emotions in promotion of well-being: Current thoughts in indian perspective. <i>Indian Journal of Health & Wellbeing</i> , 7(8), 841–844.
2015	Mudgal, S., & Tiwari, G. K. (2015). Self-Forgiveness and Life Satisfaction in People Living with HIV/AIDS. <i>The International Journal of Indian Psychology</i> , 3(1, 10), 101–108. Tiwari, G. K. (2015). Chronic Physical Illness Affects Emotion Regulation Process: A Case of HIV/AIDS. <i>The International Journal of Indian Psychology</i> , 3(1, 8), 158–166. https://doi.org/10.25215/0301.144 Tiwari, G. K. (2015b). Does judgement of learning predict accuracy of recall during emotional arousal? <i>Madhya Bharti</i> , 68(1), 175–190. Tiwari, G. K., & Kumar, S. (2015). Psychology and body image: A review. <i>Shodh Prerak</i> , 5(1), 1–9.

3.3 Books and Chapters: (07)

Year	Details of Research Papers
2021	Tiwari, G. K., & Rai, P. K. (2021). Forgiveness and Mental Health Intervention. In S. Ojha & M. Asthana, <i>Life Goal, Spirituality and Health</i> (First, pp. 246–291). Shree Publishers & Distributors. Singh, A., Singh, V. & Singh, L. K.(2021). <i>Development of human brain and neurological disorder</i> . Garbh Sanskar: A Pilgrimage within. BUUKS publication. Singh, A. & Singh, L. K (2021). कोविद -१९ एवं वृद्धावस्था: मनोवैज्ञानिक स्थिति संकट : एक वैश्विक परिदृश्य आविर्भाव , चुनौतियां एवं प्रबंधन अनु बुक्स, दिल्ली
2020	Singh, A. & Singh, L. K. (2020) <i>Crisis intervention in attempted suicides</i> . Crisis: A Global Scenario, Emergence, Challenges, and its management. Anu Books, H.O. Shivaji Road Meerut.
2019	Rai, P. K., & Tiwari, G. K. (2019). Self-Compassion and Positive Mental Health. In S. Ojha, M. Asthana, & U. Ojha, <i>Spirituality & health: Emerging issues</i> (pp. 175–201). Shree Publishers & Distributors. Vishwakarma, S. (2019). Imagery traning module for memory improvement. Madhav prakashan.
2017	Vyas, D., & Tiwari, G. K. (2017). <i>Mushroom Production, Skill Development and Entrepreneurship</i> (First). Aman Publisher.

3.4 Participation of Faculty in Academic Events (2015-2020)

S. No.	Academic Events	National	International	Total
1	Seminars/Conferences	16	30	46
2	Workshops	15	05	20
3	Invited Lectures	130	08	138
4	Refresher Courses	03		03
5	FDP Programmes	02		02

3.5 Seminars/Conferences and Workshops organized in the Department

- **Seminars and Workshops**

Department of Psychology has been known for excellence in teaching and research. More than eighty eight research scholars have been awarded Ph. D. degree in Psychology pertaining to the various fields of psychology. The Faculty members of the Department have completed research projects funded by prestigious institutions such as ICMR, ICSSR and U.G.C. and W.H.O. and planning commission. A good number of research papers have been published in national and international journals of repute by the Faculty members. The Department has been regularly organizing a number of seminars, workshops, conferences and refresher courses in Psychology from time to time. The workshops on the issues of contemporary theoretical and practical significance are periodically organized by the Department. In the recent past, many workshops have been organized in the areas of Cognitive behavior therapy, environmental psychology, soft-skill training and behavior change communication, the details of which are as under:

- **National Seminars**

In the recent past, Department of psychology has organized two national academic events: one GIAN programme and one national seminar. In consonance with new initiative of Ministry of Human Resource and Development (MHRD), Government of India with the goal to accelerate academic interaction with Indian academicians and research scholars, Global Initiative of Academic Networks (GIAN) the department of psychology organized a GIAN programme on “**Emotion, Cognition and Consciousness: The Eastern and Western Perspectives**”. The course was conducted under the supervision of expert and renowned foreign faculty Prof. Anand. C. Paranjpe, Professor Emeritus at Simon Fraser University, Canada and Prof. Uday Jain, Honorary Professor, Department of Psychology, Dr. H. S. Gour Vishwavidyalaya, Sagar., M. P. during August 25-30, 2017. The basic purpose is to integrate the Western and Indian thoughts on emotion, cognition and consciousness as well as its applications in the organizations and institutions to enhance the performance, function and well being of the individuals. About 45 participants including 38 research scholars and postgraduate students, 01 scientist and 06 faculties belonging to the discipline of psychology, Sanskrit, adult education, philosophy and medical science attended and completed the programme. Dr. G. K. Tiwari was Coordinator and Dr. Sanjay Kumar was Co-coordinator of the programme.

A National Seminar was organized on the basic theme of “**Social Concerns of Social Psychology**” during November 28-29, 2016 by Department of Psychology. Prof. R. C. Tripathi, University of Allahabad, U. P. was keynote speaker who spoke about ‘Towards unothering of the Muslim other. Other invited speakers Prof. Girishwar Mishra, Vice Chancellor, Mahatma Gandhi anttrashtriya Vhishwavidyalaya, Wardha, Maharashtra (Topic: समाज मनोविज्ञान कितना सामाजिक? सामाजिक सरोकार के सन्दर्भ में कुछ जिज्ञासाएं), Prof. Lilawati Krishan, IIT, Kanpur, U. P. (Topic: Contributions of Social Psychology as a Profession: Some Possibilities) and Prof. Uday Jain, Honorary Professor, Department of Psychology, Dr. H. S. Gour University, Sagar, M. P. (Topic: Ongoing Efforts to Social Change in India and Social Psychology). More than 60 papers were presented in 10

scientific committees in the seminar. Prof. P. K. Rai was the Chairman and Dr. Sanjay Kumar was the convener of the seminar.

- A two-day International Webinar on “**Mental Health, Well-Being and COVID-19: Challenges & Solutions**” was organized during June 4th and 5th, 2020. About 2038 participants got registered for this webinar. Out of these, 1060 were males and the rest 978 females. . The goals were:
 - To make people aware about the basic challenges to the mental health and psychosocial well-being issues emerged after the outbreak of COVID-19,
 - To through light on the major impacts of the pandemic on the lives of people,
 - To discuss some social constructions of mental health and well-being prevalent in Indian cultural system,
 - To acquaint people about the cultural practices and values relevant to protect, strengthen and promote mental health and well-being during and after the pandemic,
 - To explore the potential mental health interventions useful for people during and after the pandemic, and
 - To understanding the need and challenges to the mental health and well-being children and other people with special needs.
- On the occasion of the mental health day the two-day webinar on “Life amidst Crisis: Mental Health Perspective of COVID-19 Pandemic” was organized from October, 8th & 9th 2020 and the interactive session with the students was held adding the knowledge of the various aspect cognitive behavior therapy and its relatable application to the field. To fulfill the purpose of the awareness about mental health among society, approx. 200 students joined in the program.
- UGC-sponsored course on Gender sensitization organized at Human Resource Development Centre (HRDC) from March 2, 2020 to 07.02.2020
- A workshop, mental health awareness rally, psychological testing of through mind mystery camps etc. to commemorate the world mental health day-October-03-10, 2019
- A workshop on ‘Suicide prevention and child sexual abuse’ was organized during 14.10.2019-16.10.2019 in which Miss. Ashwini N.V., Bengaluru, Karnataka was a resource person.
- A workshop on ‘Personality Assessment through Projective Techniques’ was organized during 12.10.2018-13.10.2018 in which Dr. Masood Maqbool, New Delhi was a resource person.
- A workshop on ‘Cognitive Behavior Therapy’ was organized during 05.10.2017-09.10.2017 in which Miss. Ashwini N.V., Bengaluru, Karnataka was a resource person.
- A workshop, mental health awareness rally, psychological testing of through mind mystery camps etc. to commemorate the world mental health day-October-09-14, 2017
- Global Initiatives of Academic Networks (GIAN) programme, a scheme of Ministry of Human Resource Development, Government of India, on the topic “emotion, cognition and consciousness: The Eastern and Western Perspectives” during 25-30 August, 2017 in which Prof. Anand Parajne, Simon Frazer University, Canada, was foreign expert. The participants were from all over India.
- A Workshop on Self development and career opportunities in psychology was organized on 27.03.2017 in which Dr. Avnindra Kaushik, Chief Consultatnt, Career initiative, Pune, Maharashtra was a resource person.
- A Workshop on Learning Disability was organized on 25.03.2017 in which Dr. Sandeep Kumar Jain, Joint Director, CBSE, New Delhi was a resource person.
- A workshop on Cognitive Behaviour therapy (CBT) during 06-10 October, 2017
- A workshop, mental health awareness rally, psychological testing of through mind mystery camps etc. to commemorate the world mental health day-October-03-10, 2017
- A National Seminar on Social Concerns of Social Psychology, 29-30, November 2016

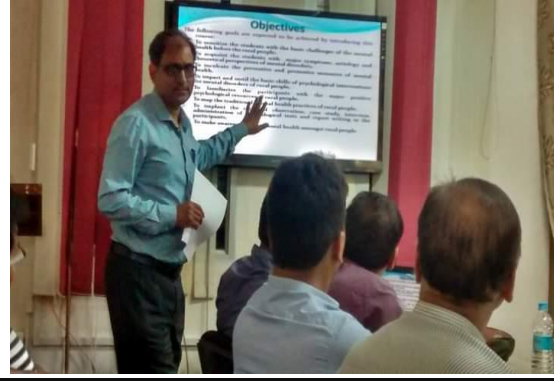
- A Workshops on “Handling Psychological Data Using SPSS” and “Cognitive Behaviour Therapy: Techniques and Applications” Organized by Department of Psychology on March 27, 28 & 29, 2015
- A Workshop on Soft Skills Development was organized on 27.03.2014 in which Mr. Tarun Singh, Training and Placement Officer, B. T. Institute of Technology& Management, Sagar, M. P. was a resource person.
- Workshop on Environmental Psychology was organized on 26.03.2014 in which Prof. Udai Jain, Barakatulla University, Bhoapl was a resource person.
- A Workshop on Behaviour Change Communication was organized on 28.03.2014 in which Mr. Alok Chaubey, Project officer, Global Grant MCH Project, BBC Media Action and Care India was a resource person.

Workshops

To enhance and consolidate the various skills and enrich the exposure of the faculty, research scholars and undergraduate and postgraduate students of our department, we periodically organize workshops on various themes. In recent past, Department of Psychology has organized the following workshops:

S. No.	Theme of Workshops	Resource Person	Coordinator	Duration	Participants
1.	Cognitive Behaviour Therapy (CBT)	Dr. Ashwini N. V.	Dr. Sanjay Kumar	05.10.2017-09.10.2017	35
2.	Learning Disability	Dr. Sandeep Kumar Jain, Joint Director, CBSE, New Delhi	Dr. Sanjay Kumar	25.03.2017	50
3.	Self Development and Carrier opportunities in Psychology	Dr. Avnindra Kaushik, Chief Consultatnt, Career initiative, Pune, Maharashtra	Dr. Sanjay Kumar	27.03.2017	50
4.	Cognitive Behavior Therapy: Technique & Applications	Prof. S. P. K. Jena, University of Delhi, New Delhi	Dr. G. K. Tiwari	28.03.2015-29.03.2015	40
5.	Handling Psychological Data Using SPSS	Dr. Rajesh Gautam, Assistant Professor, Department of Anthropology, Dr. H. S. Gour University, Sagar, M. P.	Dr. Sanjay Kumar	25.03.2015	45





- A workshop on ‘Suicide prevention and child sexual abuse’ was organized during 14.10.2019-16.10.2019 in which Miss. Ashwini N.V., Bengaluru, Karnataka was a resource person.
- A workshop on ‘Personality Assessment through Projective Techniques’ was organized during 12.10.2018-13.10.2018 in which Dr. Masood Maqbool, New Delhi was a resource person.
- A workshop on ‘Cognitive Behavior Therapy’ was organized during 05.10.2017-09.10.2017 in which Miss. Ashwini N.V., Bengaluru, Karnataka was a resource person.

3.6 *Extension and Outreach Activities*

- ✓ Most of the students from our department also participate in the extension activities such as NCC/ NSS to render their service voluntarily to the society.
- ✓ Swchhata Abhiyan was done in the department and nearby area of it.



- ✓ Teachers’ Day is celebrated every year in the department.

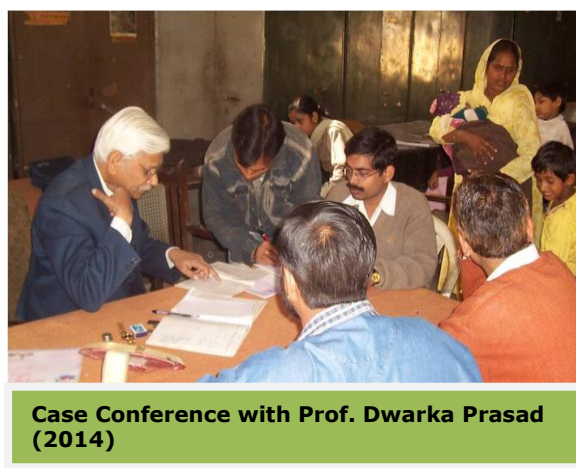


Research and Extension Services

The Department has been associated with extension services since its inception. The B. S. Centre of Neuro-psychology and Counseling was established in the beginning of 1981

by the University with the contribution of M/S Bhagwandas Shobhalal Trust, Sagar through Seth Dalchandji Jain. The Center was conceived as a platform for scientific research and community services in the area of Guidance & Counselling and mental health. Now, counseling services are regularly provided to those who come with general mental health problems and need of guidance & counseling. In addition, Family and Marital counselling services are extended also to the needy ones. The centre was established to fulfill the following goals:

- a. Providing mental health counseling,
- b. Conducting training programmes for organizations,
- c. Organizing assessment camps,
- d. Extending psychiatric services to university staff and local community,
- e. An academic platform for teaching, research and practice & skill-based training for Postgraduate and Ph.D. students



Innovative Practices

In order to inculcate innovation in students, we conduct sufficient activities on our part. Some of the innovations in teaching and learning, we motivate the students to take part are as follows:

1. Ice breaking sessions
2. Psychodrama for resolving emotional blockage and creative expressions
3. Group counselling
4. Field work
5. Presentations by the students
6. Practical work having community orientation

