

DEPARTMENT OF PSYCHOLOGY

Psychology is an exciting and fascinating science concerned with a range of real world applications in everyday life. It is a well respected profession around the world. Beyond being a Professional Psychologist, one can apply knowledge to studies of human behaviour in anthropological and social scenarios all over the world. The common factors linking people who study Psychology are curiosity and the search for knowledge. **Education in Psychology offers many benefits that last a life time!**

The Psychology Department aims to provide students with a comprehensive knowledge of the Scientific Discipline of Psychology, opportunities for practical experience and growth in the understanding of self and others. The department emphasizes and excellence in teaching and active student involvement in scientific empirical research and applied internships.

DEPARTMENT PROFILE

The Department of Psychology had its inception in June 1978. The Department started a Post Graduate Course in Applied Psychology - Counselling and Guidance in 1997, which was renamed as Counselling Psychology in 2000. The M. Phil. Programme in Counselling Psychology was started in August 1999 and Ph. D. programme was started in August 2000. The Nomenclature of the M.Sc. Counselling Psychology was renamed to M.Sc. Applied Psychology in June 2017. The Department has started the very popular M. Sc. in Clinical Psychology from the year 2021. Dr. Hemalatha Natesan, Former Professor and Head, had evolved a distinct therapy called Positive Therapy, which is a combination of Eastern Techniques of Yoga and Western Techniques of Cognitive Behaviour Therapy. The Efficacy of the therapy is laudable in dealing with various Psychological Issues.

The Department has made great strides forward under the leadership of the former Head Dr. N. S. Rohini and continues to march forward in glory under the guidance of the present Head, Dr. S. Gayatri Devi.

VISION

The Department of Psychology postulates to promote an understanding of behaviour and the underlying mechanisms, scientifically analyzing psychological paradigms and applying empirical research to solve the complexities of human interactions. We aspire to catalyse students into competent professionals, transforming knowledge into directives for holistic living.

MISSION

The Department strives to impart learning of theoretical constructs, administration of psychometric tools and operative techniques of intervention in counselling and psychotherapy. We provide hands on training in assessment, diagnosis and management of psychological conflicts through in house practice sessions and real time exposure at mental health care settings.

OBJECTIVES

- To promote optimum Personality Development
- To develop Sound Mental Health and Healthy Human Relations
- To develop Skills in Psychological Assessment and Diagnosis
- To develop skills in Counselling using varied Psychotherapeutic Techniques
- To develop Affective Skills.
- To develop Skills to Conduct Research

All the M. Sc., M. Phil. and Ph. D. students are well trained in giving Counselling through all types of Psychotherapeutic Techniques. M.Sc. students undergo one month Internship in Hospitals during summer vacation, where they give Counselling to patients with Psychological Problems, Cancer, Coronary Heart Disease, Essential Hypertension, Accident Victims, Trauma, Victims of Abuse, Learning Disorders and Other Childhood Disorders, Life Style Disorders, Geriatric Problems etc. Significant number of students is placed in Hospitals, Counselling Centers, Schools, Colleges, Industries and IT Companies. Some are absorbed in the place of their internship and some others are self employed as Counsellors. The department offers opportunities for path breaking research in contemporary psychological doctrines.

GROWTH

1978 – B. Sc. Psychology

1997 - M. Sc. Applied Psychology - Counselling and Guidance /2000 Rename Counselling Psychology

2017 - M. Sc. Applied Psychology

1999 - M. Phil. Counselling Psychology

2000 - Ph. D. Counselling Psychology

THRUST AREAS OF RESEARCH

- Interdisciplinary Research
- Counselling the Geriatrics, Adults, Adolescents, especially Women and Children
- Clinical Psychology Research
- Rehabilitation for the Special Population such as Trauma Victims, Abuse Victims, Accident Victims etc.
- Counselling and Guidance involving Psychotherapeutic Techniques such as
 - ✓ Behaviour Therapy
 - ✓ Cognitive Behaviour Therapy (CBT)
 - ✓ Art Therapy
 - ✓ Gestalt Therapy
 - ✓ Mindfulness Based Stress Reduction (MBSR)
 - ✓ Mindfulness Meditation
 - ✓ Neuro Linguistic Programming
 - ✓ Positive Behaviour Therapy
 - ✓ Rational Emotive Behaviour Therapy (REBT)

PSYCHOLOGICAL TESTS CONSTRUCTED AND STANDARDIZED

- Stress Inventory (Hemalatha Natesan and Nandini Menon, Revised 2005)
- Manifest Anxiety Inventory (Hemalatha Natesan and Nandini Menon, 2000)

C.A.R.E

C.A.R.E - Centre for Ambitious and Resourceful Endeavours is an initiative of staff and students of the Department of Psychology which extends Guidance and Counselling to Faculty and Students of the Institution. The Centre motivates the student community to feel free to undergo Psychometric Assessment that would open their Pandora Box of Aptitude, Abilities and Personality Characteristics that, in turn would facilitate their decision in choice of Career, Higher Education and for a Holistic Personal Development.

The Centre also provides assistance to staff and students to deal with their emotional and personal concerns.

- ❖ Academics and Career Skills identification
- ❖ Aptitude and Personality Testing using Psychometric Tests
- ❖ Counselling and Psychotherapy for Adjustment, Behavioural and Interpersonal Problems
- ❖ Identification of Slow Learners and Underachievers
- ❖ Innovative Methods of instruction such as In- situ Learning, Self Monitoring, NLP

Staff Members

1. Dr. (Mrs.) S. Gayatri Devi , M. A., M. Phil., Ph. D., Associate Professor & Head
2. Dr. (Mrs.) N.V. Amudha Devi, M. A., Ph.D., NET Assistant Professor
3. Ms. A. M. Srinithi (Temporary), MDMP, M. Sc. NET Assistant Professor
4. Mrs. Sudha, R. (Temporary), M. Phil., NET, Assistant Professor
5. Ms. Vishnu Priya, S.K. (Temporary), M. Sc. , Teaching Assistant
6. Mrs. Sathya, M. (Temporary), M. Sc., M. Phil., Teaching Assistant

Overseas Visit

- ♦ Dr. N. S. Rohini, Head of the Department attended the Faculty Exchange Programme between Illinois State University, US and Avinashilingam Deemed University – February 22, 2002 to May 6, 2002.
- ♦ Dr. Hemalatha Natesan, Head of the Department, attended the International Conference of IMTA (International Military Testing Association) in Singapore from 8-10 November, 2005 and presented a paper on, 'Positive Therapy for Self Development, Stress Management and Successful Living' on 10th November, 2005.