

PROGRAMME SCHEDULE

Schedule	Name of the Resource Person	Time
Inaugural - 9:30 am -10:00 am		
Session 1 Coping & Resilience	Dr Swathi. P BoS Chairperson, Department of Psychology, University College of Arts & Social Sciences, O.U, Hyd.	10:00 am 11:30 am
Tea Break - 11:30 am - 11:45 am		
Session 2 Happiness & Wellbeing	Dr Anupama Head, Department of Psychology & Vice Principal, University College of Arts & Social Sciences, O.U, Hyd.	11:45 am 1:15 pm
Lunch Break - 1:15 pm - 2:00 pm		
Session 3 Character Building- Strengths, Virtues, and Values	Dr G C Kavitha, entrepreneur. (Psychotherapist) Positive Psychologist, Vice President-ISRA	2:00 pm 3:30 pm
Certificate Distribution & Vote of Thanks		

For further Queries Kindly Contact:

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PATRONS

Rev. Fr. K. Marreddy

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Fr. Dr. D. Sunder Reddy

Principal

Organizing Committee:

Amthul Fathima

HOD, Dept of Psychology
Assistant Professor

Sumana Bhuvakar

Assistant Professor

Shravya Saneev Merugu

Assistant Professor

ST. JOSEPH'S DEGREE & PG COLLEGE

Autonomous, Affiliated to Osmania University
Re-Accredited by NAAC (3rd Cycle) - B++
#5-9-1106, King Koti Road, Gun Foundry,
Hyderabad. Telangana.

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ST. JOSEPH'S DEGREE & PG COLLEGE

Department of Psychology Organizes

A ONE DAY INTER-COLLEGE SYMPOSIUM ON

BUILDING POSITIVE PSYCHOLOGY COMPETENCIES

For Psychology Faculty & Students of
Twin Cities

Date: 1st February 2023, Wednesday

Time: 9:30 am - 4:00 pm

Venue: Seminar Hall – II (Chapel Hall)



ABOUT COLLEGE:

St. Joseph's Degree & PG College, established in the year 1997 by the Hyderabad Archdiocese Educational Society, is a Co-education Catholic Christian Minority Institution. The college functions under His Grace Most Rev. Poola Anthony, Archbishop of Hyderabad. Our holistic approach to education sets our brand equity as a trusted name for value-based education and integrated learning. Discipline which is a non-negotiable factor of students' life on our campus inculcates value of time management and punctuality. Apart from integrating value education into the main curriculum, several motivational talks, leadership programs, and regular group and personal counseling sessions are conducted by well qualified counselors to nurture the emotional intelligence of the students making them confident and competitive to take on the challenges of life ahead. The students during the process of education in college emerge as well qualified and socially responsible citizens of India.

ABOUT DEPARTMENT:

The Department of Psychology was established in the year 2012, with a purpose to equip the students with knowledge, skills and values to become effective and competent professional psychologist. The Department was set up to develop an awareness of the importance of studying human behavior and the societal relevance of psychology, With the same determination we embarked the journey by starting BA JPE course, with psychology as one of the important disciplines with an annual student strength of 150.



ABOUT SYMPOSIUM:

Main Theme: Building Positive Psychology Competencies

The one-day symposium focuses on adopting positive psychology in day-to-day life which includes a wide variety of areas. Positive psychology has the unique luxury of endurance in the job market.

The present symposium aims at inculcating the concepts of positive psychology in the mind set of students and faculty of psychology. Positive psychology is a new emerging field of psychology.

According to this new positive psychology paradigm, individuals are encouraged to work with their inner strengths to promote flourishing and the optimal functioning of people, groups, and institutions.

Positive psychologists believe that happiness can be broken down into three different dimensions that can be improved. These dimensions are the "pleasant life", "meaningful life", and "good life".

Objective:

Aim to cultivate both subjective and psychological wellbeing. Develop resilience and coping skills. Foster self-acceptance. Consider the relationship they have with themselves.

RESOURCES PERSONS

DR. SWATHI

BoS Chairperson, Department of Psychology, University College of Arts & Social Sciences, O.U, Hyderabad.

DR. A. ANUPAMA

Head, Department of Psychology & Vice Principal, University College of Arts & Social Sciences, O.U, Hyderabad.

DR. G. C. KAVITHA

entrepreneur. (Psychotherapist)
Positive Psychologist, Vice President-ISRA.

Registration Link:

<https://docs.google.com/forms/d/1Kv6pfk-GgSecKuARXXJUgQ2kUDA1hZeP39PZIFHFJlc/edit>

Note: Participation certificates will be given.