

Linkages with General Colleges



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN

(Autonomous)

In Collaboration with

**MOHAMED SATHAK DASTHAGIR TEACHER TRAINING COLLEGE
RAMANATHAPURAM**

Report on Community Extension Programme

Live Webinar on Cyber Psychology



8th July 2020

**PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 006.**

Report on Community Extension Programme
Live Webinar on Cyber Psychology
8th July 2020

**Invites you to participate in the
National Level Webinar
On
Cyber Psychology 2020**
On Wednesday, 8th July 2020 at 11am to 12pm
Knowledge Counts

Guest of Honor
Dr. S. Suresh Kumar, Management
Department, VIT Vellore
Vellore, Tamil Nadu

Organizing Institution
Dr. S. Vijaya
Assistant Professor of Education
N.K.T. National College of Education
for Women

Organizing Faculty
Mrs. S. Sindhu
Assistant Professor of
Education
N.K.T. National College of Education
for Women

Organizing Institution
Mrs. A. Lakshmi
Assistant Professor of Education
N.K.T. National College of Education
for Women

Organizing Faculty
Mrs. M. Neelima Lakshmi
Assistant Professor of Mathematics
Mohamed Sathak Dasthagir Teacher Training College

No Registration Fee
Certificates will be provided to all the participants

QR Code
Mrs. M. Neelima Lakshmi
Assistant Professor of Mathematics
Mohamed Sathak Dasthagir Teacher Training College

Check the before link to register!
<https://www.google.com/calendar/invite?hl=en&time=20200708T110000&method=REQUEST&url=https://www.youtube.com/watch?v=...>

Cyber Psychology is the study of the human mind and behavior and how the culture of technology, specifically, virtual reality, and social media affect them. Mainstream research studies focus on the effect of the Internet and cyberspace on the psychology of individuals and groups.

Live Webinar organized by N.K.T. National College of Education for Women and Mohamed Sathak Dasthagir Teacher Training College, Ramanathapuram

Cyber psychology is also addressed as Internet psychology or web psychology. In the modern era it is gaining momentum as a field, as more and more people are embracing

the virtual world. Changing lifestyles and a constant digital presence is impacting the minds of millions of youngsters as the average amount of time spent on the internet increases rapidly. Youngsters are spending a lot of time online-chatting with their friends through social networks, playing online games with their peers, and shopping products online. As the individual need for recognition and self actualisation grows, youngsters are trying to form and establish identities online. This hunger for appreciation, coupled with long hours spent online are paving way for several problems regarding the health and well being of the adolescents. To address these issues for the benefit of students in the community the Live Webinar on Cyber Psychology was organized by N.K.T. National College of Education for Women and Mohamed Sathak Dasthagir Teacher Training College, Ramanathapuram.



The participants were welcomed and addressed by Principals of both the collaborating Institutions. Dr. S. Chamundeswari, Principal, NKT National College of Education for Women, Chennai placed on record her gratitude to the Hon Secretary of the College, Dr. M. Arumugam, the Head of the Collaborating Institution, Dr. S. Somasundaram, Principal, Mohamed Sathak Dasthagir Teacher Training College, Ramanathapuram, Organizing Team, Dr. K. Vijaya, Mrs. V. Sridevi and Mrs. A. Enid Ruth, Assistant Professors of the College. The Resource Expert of the day, Dr. Suresh Kumar

Murugesan, Department of Psychology, American College, Madurai was introduced and the session started.

Cyber Psychology is the field of study pertaining to the way people interact through computers or digital devices and the emotional effects that usage has on the brain. Cyber Psychology is also referred to as internet psychology or web psychology.



Cyber Psychologists and other people who specialize in the study of the mind and behavior use the field to understand the ways in which online life affects their patients. This, in turn, increases their understanding of how to best help their patients' internet and computer-related psychological issues.

Cyber comes from the word cybernetics, which is the operation of computer control and communication. The cyber psychology field also encompasses rapidly approaching future considerations such as cyborgs, the effects of interaction with artificial intelligence (AI) and robots.

Cyber Psychology Studies

Cyber Psychology studies the mental and emotional effects, implications and phenomena of computer and internet use. The study of Cyber Psychology shows how people think and behave in different ways while using -- and as a result of using -- technology. Cyber Psychology is especially interested in the effects of social media and virtual reality on the minds of users.

One noted effect of social media is the lowering of a person's self-esteem due to the constant comparison of their own life to the glamorized lives portrayed by the people they follow online. Also related to social media is the fear of missing out (FOMO) and fear of being missed (FOBM), which concerns the compulsive checking of a user's social media account and posting constant updates out of fear of missing friends and any sort of event.

Other popular topics of study include online identities, personality types on the internet, regressive behavior online, technology, smart phone and social media addictions, cyber bullying, negative effects on relationships and online gender-switching.

Therapy

Beyond traditional therapy, e-therapy has emerged as a potential way for individuals to receive mental health care. E-therapy is a therapeutic counseling service provided to a patient over the internet. Even though it may be a controversial approach to therapy, it can be beneficial for people who aren't able to go to a therapist in a physical location. E-therapy can also see therapists and patients interact via emails, chats or video.

However, when searching for an e-therapy service, one should ensure that they are talking to a licensed professional. In a past controversy, e-therapy service Better Help was discovered to have hidden that they could not guarantee a user was talking to a licensed professional; claiming it was on the user to determine this in their terms of service.


Virtual reality can also be applied in various therapeutic environments, including the treatment of patients with PTSD, autism and phobias. Immersive virtual reality therapy alters a patient's perception of their environment and safely places them in a potentially triggering setting. Here, the patient can securely investigate their fears without any real threats to their wellbeing and while being guided and monitored by a therapist.

Programme Outcome and Feedback

The Programme created a lot of awareness among students and community people who participated in the Programme. It was well understood by participants that with the rising number of Internet and computer users around the world, computer technology's effects on the human psyche will continue to significantly shape both interactions with each other and people's perceptions of a world literally "at fingertips".

The Programme was appreciated by all and the Resource Expert was thanked formally.




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Academic Skill Enhancement Programme:

International Webinar on Research within Reach

Date: 15 to 17th July 2020

Organizers: N.K.T. National College of Education for Women, Chennai & Stella Maris College, Chennai

Resource Experts: 3

Dr. R. Sevugan, Associate Professor, Department of Library and Information Science, Pondicherry University


Dr. K. Ramasamy, Librarian, M. V. Muthiah, Government Arts College for Women, Dindugal,

Dr. Mary Immaculate Sheela, Professor & Head, Pentecost University, Accra State, Ghana

Participants: 189



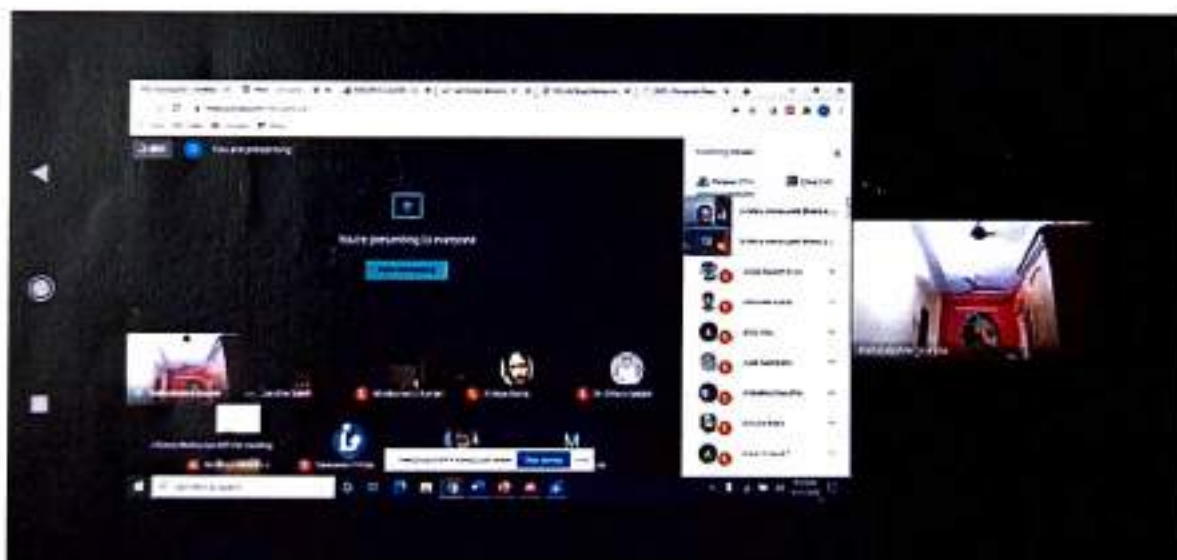
In the field of machine learning, reading a research paper can feel like staring into an abyss of dense words and complicated formulas. Learning how to extract information from research papers, though, is critical was the main search of Students undertaking projects. The field of machine learning is moving so quickly that often the only way to stay up to date is by reading papers. The objective of the Webinar was to develop skills


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and strategies in order to make students comfortable in extracting the required information relating to their Research.

On Day-1, the Resource Expert Dr. Sevugan deliberated on the various fundamental issues pertaining to research he highlighted on Lack of standardization in the research process. He emphasized on Reliance on self-reported data and to develop of team based culture in research. He was of the opinion that lack of motivation and low self-confidence to be the main reason for our country lagging behind.

The resource expert emphasized, on the ways to overcome the problems by stressing on the coping strategies such as to develop a doable topic. Further, he recommended reading everything you can on the topic so that the scholars can sustain interest in the topic.




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The Resource Expert of Day-2, Dr. Ramasamy highlighted on the free software for analyzing data SOFA. **Statistics Open for All -Beauty - Attractive Output.** is a feature, he highlighted the features of SOFA to be as database friendly, spreadsheet friendly, data entry friendly, easy data recording, output, can share easily. He deliberated that SOFA is highly useful to Student community. Further, he also gave a live demo on the application of the SOFA Software.

Dr. Mary Immaculate Sheela on Day-3 deliberated on referencing software Mendeley on the third day. Multiple ways to import and create references, Unique options for organizing and annotating PDFs, Integrates with Word, Open Office and Bib TeX, Options to sync and collaborate across multiple computers and with multiple people. The Expert highlighted the importance of free reference manager that can help to collect references, organize citations, and create bibliographies.

The strength of Mendeley, however, is an academic social network enables to share your research with others. Mendeley can help scholars to connect with other scholars and the latest research in your subject area.

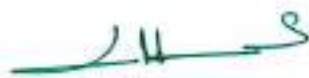
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Programme Outcome and Feedback

The three days programme in collaboration with Stella Maris College was a real eye opener for the Post-graduate students as it paved way to identify the problems for research, overcome the same, Collect references from the Web , Automatically generate citations and bibliographies, Collaborate with other researchers online, Find relevant papers based on what you're reading, Access your papers from anywhere online.

The participants wholeheartedly thanked the Heads of the Institutions for their efforts to update the students during the pandemic and all the resource experts for sharing and patiently responding to the queries of the participants.

The programme came to end with a note of appreciation to the organizers, Dr. M. Mahalakshmi, Librarian, Stella Maris College, Chennai and Dr. S. Dhanalakshmi, Librarian and Mrs. A.H. Komala, Assistant Professor of NKT National College of Education for Women, Chennai.



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