

Linkages with other General Colleges



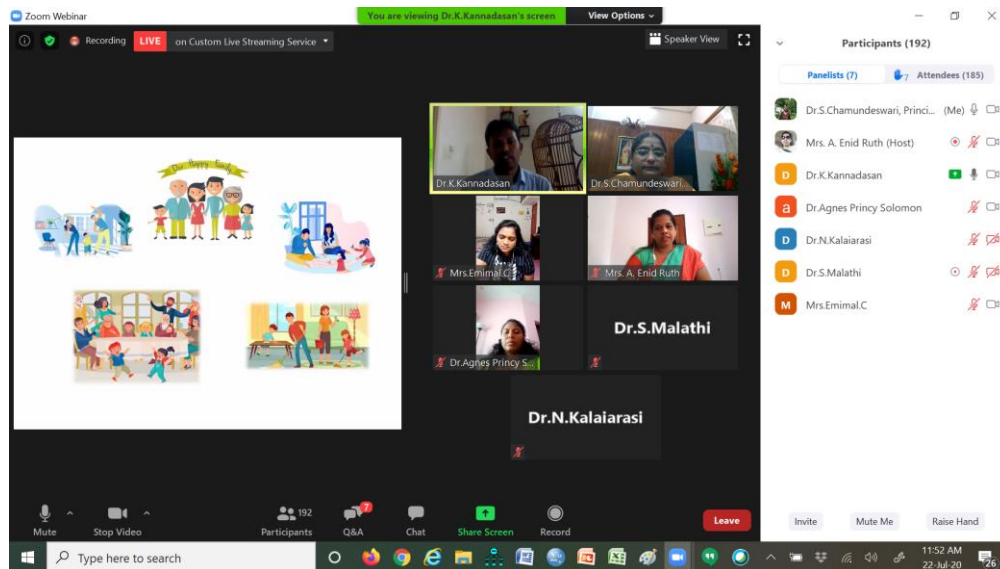
**N.K.T. National College of Education for Women, Chennai
(Autonomous)**

In Collaboration with



**Sarah Tucker College, Tirunelveli
(Autonomous)**

Report on Community Extension & Outreach Activity National Webinar on Psychological Aspects of Mental Wellbeing



22nd July 2020


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS).
TRIPPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity
National Webinar on Psychological Aspects of Mental Wellbeing
22nd July 2020



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

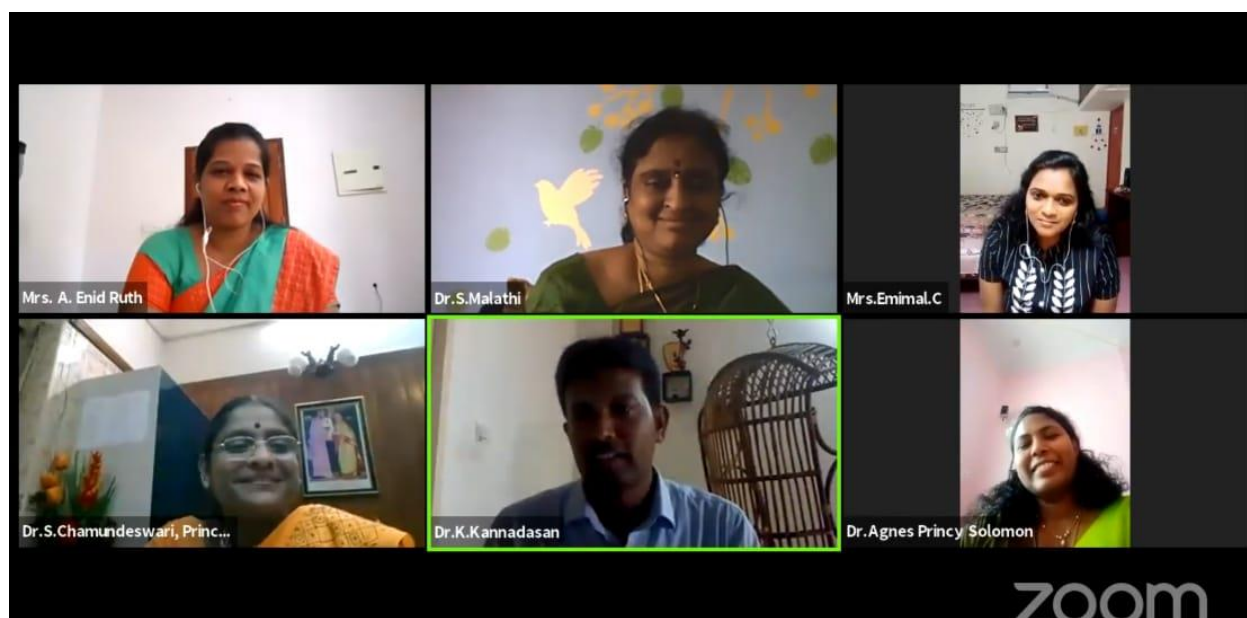
Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being is attained by achieving a **state of balance affected by** both challenging and rewarding life events.


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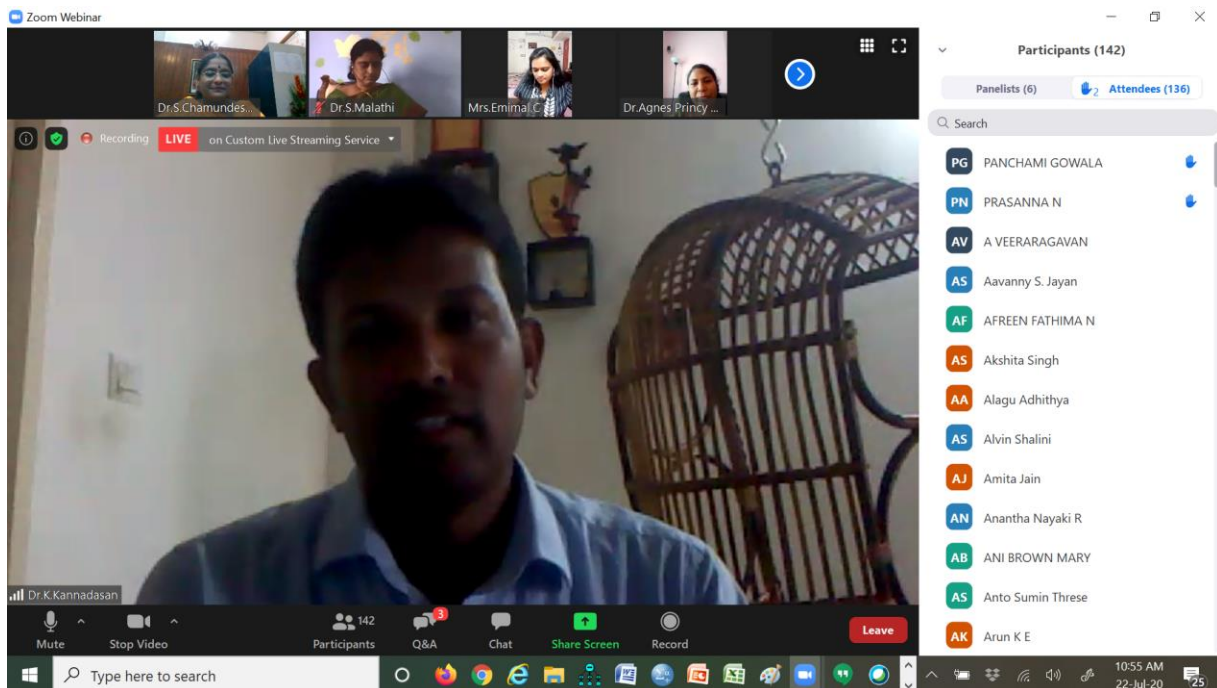
National Webinar on Psychological Aspects of Mental Wellbeing organized by N.K.T. National College of Education for Women, Chennai and Sarah Tucker College, Tirunelveli

The Principal of the College Dr. S. Chamundeswari, addressed that psychosocial well-being incorporates the physical, economic, social, mental, emotional, cultural, and spiritual determinants of health. Well-being of an individual includes coping with the various stresses of everyday living and realization of the full potential of an individual as a productive member of the society and welcomed the gathering for a very important Outreach Programme organized for the benefit of all in the society. She placed on record her gratitude to the Honourable Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the Organizing Team, Mrs. A. Enid Ruth, Assistant Professor, N.K.T. National College of Education for Women, Chennai & Dr. Agnes Princy Solomon, Director of Physical Education, Sarah Tucker College, Tirunelveli.

The Resource Expert of the day Dr. K. Kannadasan Assistant Professor, Department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai was introduced and the session started.



Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well. Good living conditions (e.g., housing, employment) are fundamental to well-being. Tracking these conditions is important for public policy. However, many indicators that measure living conditions fail to measure what people think and feel about their lives, such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life—i.e., their “well-being.”



Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy. Psychological Wellbeing (PWB) has two important facets.

The first of these refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect of psychological wellbeing is referred to as subjective wellbeing.

Subjective wellbeing is a necessary part of overall PWB but on its own it is not enough.


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The two important ingredients in PWB are the subjective happy feelings brought on by something we enjoy AND the feeling that what we are doing with our lives has some meaning and purpose.

Self-Acceptance: One's positive attitude about his or her self. An example statement for this criterion is "I like most aspects of my personality"

Environmental Mastery: One makes effective use of opportunities and has a sense of mastery in managing environmental factors and activities, including managing everyday affairs and creating situations to benefit personal needs. An example statement for this criterion is "In general, I feel I am in charge of the situation in which I live".

Positive Relations with Others: High scores reflect the respondent's engagement in meaningful relationships with others that include reciprocal empathy, intimacy, and affection. An example statement for this criterion is "People would describe me as a giving person, willing to share my time with others".

Personal Growth: High scores indicate that one continues to develop, is welcoming to new experiences, and recognizes improvements in behavior and self over time. An example statement for this criterion is "I think it is important to have new experiences that challenge how you think about yourself and the world".

Purpose in Life: High scores reflect the respondent's strong goal orientation and conviction that life holds meaning. An example statement for this criterion is "Some people wander aimlessly through life, but I am not one of them".

Autonomy: one is independent and regulates his or her behavior independent of social pressures. An example statement for this criterion is "I have confidence in my opinions, even if they are contrary to the general consensus".

The session ended with the note of thanks to the Resource Expert and all participants of the National Webinar on Psychological Aspects of Mental Wellbeing.

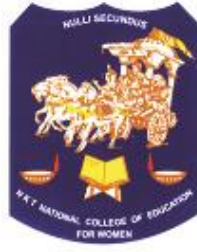
Programme Outcome and Feedback

The Outreach Programme on psychological aspects of mental well-being was very useful to the people in the community who attended the webinar as they opined that the importance of mental health was emphasized and is now understood to involve both the absence of mental illness and the presence of psychological well-being. Psychological well-being is a complex construct that concerns optimal psychological functioning and experience. They have also understood that the mental health can be maintained as follows:

- spend time with friends, loved ones and people you trust.
- talk about or express your feelings regularly.
- reduce alcohol consumption.
- avoid illicit drug use.
- keep active and eat well.
- develop new skills and challenge your capabilities.
- relax and enjoy your hobbies.
- set realistic goals.



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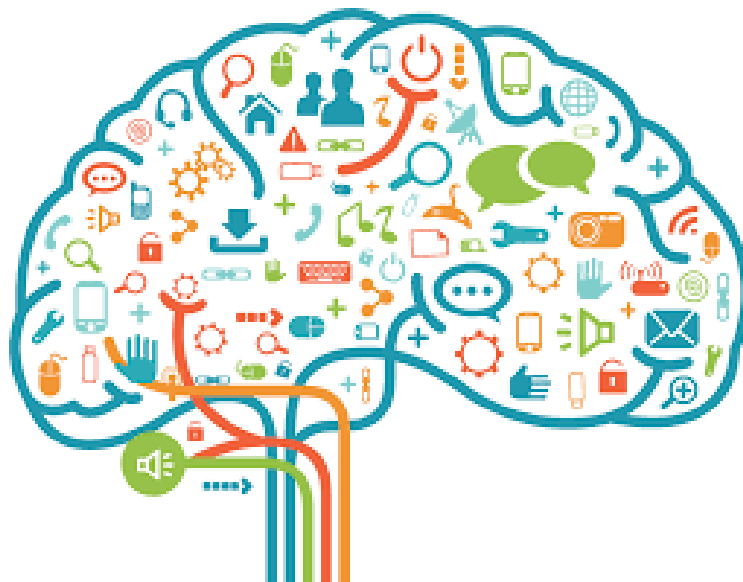
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In Collaboration with

**MOHAMED SATHAK DASTHAGIR TEACHER TRAINING COLLEGE
RAMANATHAPURAM**

Report on Community Extension & Outreach Activity

Live Webinar on Cyber Psychology



8th July 2020

Report on Community Extension & Outreach Activity

Live Webinar on Cyber Psychology

8th July 2020

 N.K.T National College Of Education for Women (Autonomous) 41,Dr.Besant Road, Triplicane Chennai-600005	 Mohamed Sathak Dasthagir Teacher Training College (Sponsored by Mohamed Sathak Trust) Ramanathapuram - 623 503
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Invites you to participate in the
National Level Webinar
On
Cyber Psychology 2020
On Wednesday, 8th July 2020 at 11am to 12pm

Resource Person


Dr. Suresh Kumar Murugesan
Department Of Psychology
American College, Madurai

Programme Directors

 Dr.S.Chamundeswari Principal NKT National College of Education for Women	 Dr.S.Somasundaram Principal Mohamed Sathak Dasthagir Teacher Training College
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Programme Co-ordinators

 Dr.K.Vijaya Assistant Professor of Education NKT National College of Education for Women	 Mrs.V.Sridevi Assistant Professor of Biological Science NKT National College of Education for Women
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 Mrs.A.Enid Ruth Assistant Professor of Education NKT National College of Education for Women	• No Registration Fee • E-Certificates will be provided to all the participants
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Host

Mrs.M.Maureen Gomez
Assistant Professor of Mathematics
Mohamed Sathak Dasthagir Teacher Training College

Click the below link to register:
<https://docs.google.com/forms/d/e/1FAIpQLSdNdTN9yHuWIPGJArnY9DIZGTdelQjcOskAHcEQPRRBIWg/viewform>

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

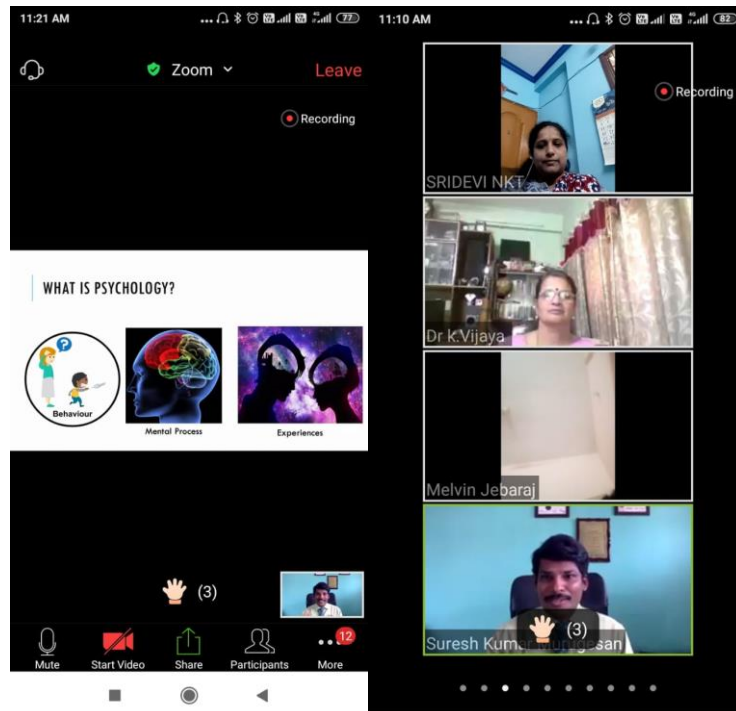
the virtual world. Changing lifestyles and a constant digital presence is impacting the minds of millions of youngsters as the average amount of time spent on the internet increases rapidly. Youngsters are spending a lot of time online-chatting with their friends through social networks, playing online 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.

