



**DEPARTMENT OF COUNSELLING PSYCHOLOGY**  
**St. JOSEPH'S COLLEGE (AUTONOMOUS)**  
TIRUCHIRAPPALLI | 620 002 | TAMIL NADU | INDIA

[www.sjctni.edu](http://www.sjctni.edu)



Five-day *International* Online Faculty Development Programme on

# HUMAN ENGINEERING FOR PSYCHOLOGICAL WELL-BEING



zoom

**09.09.2024 to 13.09.2024**  
Monday to Friday | 5:30 pm to 7:00 pm

## About the College

St. Joseph's College (SJC) was founded by the Jesuit visionaries in 1844 with the noble aim of educating humanity for the Good and the True (Pro Bono Et Vero). Serving as a beacon of light for everyone aspiring to pursue holistic higher education, the college caters to the educational needs of all sections with a marked emphasis on the preferential option for the poor, the marginalized, the first-generation learners and the other deprived sections of the society.

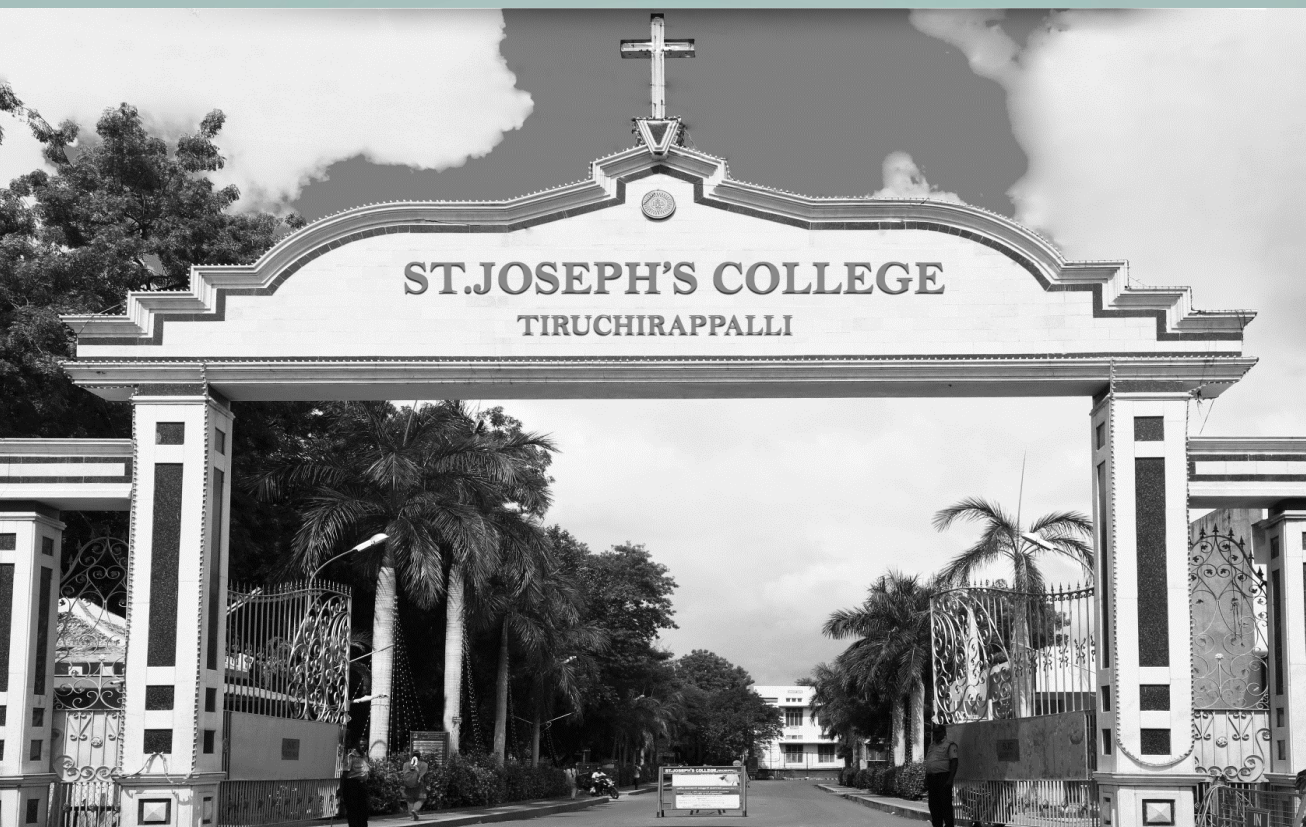
St. Joseph's College

- secured 25<sup>th</sup> position in NIRF Ranking in 2024.
- secured A<sup>++</sup> (2019) in NAAC accreditation process.
- received the coveted honour of the Special Heritage Status from the UGC in 2015.
- was recognized by the UGC as a College with Potential for Excellence in 2004 & 2014.
- was one of the first colleges to be granted autonomy by the UGC in 1978.

## FDP Concept Note

Fostering Human Engineering for Psychological well-being is the main theme of this International Faculty Development Programme. The significance of fostering Psychological Well-Being has gained swift momentum in recent times as the world is becoming more complex than never before and it is in need of Psychological liberation. Psychological issues, such as, Struggle in balancing teaching, learning and research; Work-Life balancing; Conflict in Work place and Family; Stress, anxiety and tension due to high bench mark set by the system (Family & Work); Lack of intervention and mediation skills during crisis management; Overwhelming emotional experiences; Misuse of Social media: Alcohol and drugs intruding professional institutions - are some of the psychological indicators that do affect the Well-Being and Happiness of the individuals.

As a response, the department of Counselling Psychology is encouraged to organize this Five-Day International Webinar on Human Engineering for Psychological Well-Being.



DAY ONE : 09.09.2024

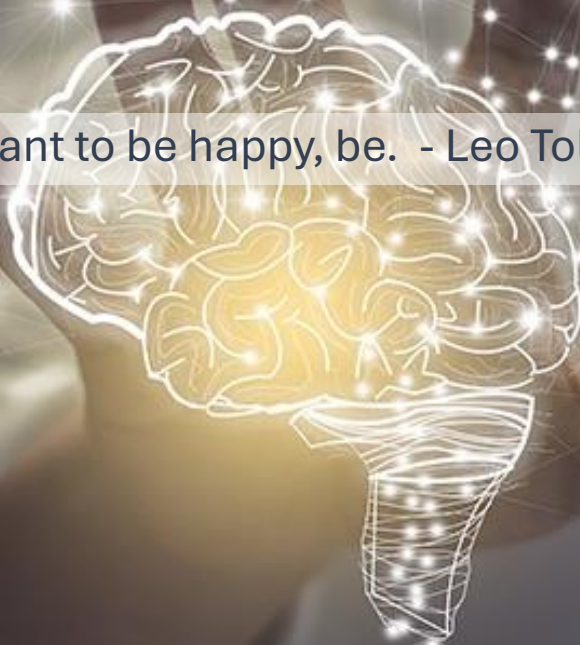
# THE PSYCHOLOGY OF HAPPINESS

MS. MEGHA GURUDAS

A HR Professional, who is currently working in the domain of Employee Engagement and Well-being. She earned her Master's in Business and Organizational Psychology at Steinbeis University, Berlin.



If you want to be happy, be. - Leo Tolstoy





DAY TWO : 10.09.2024

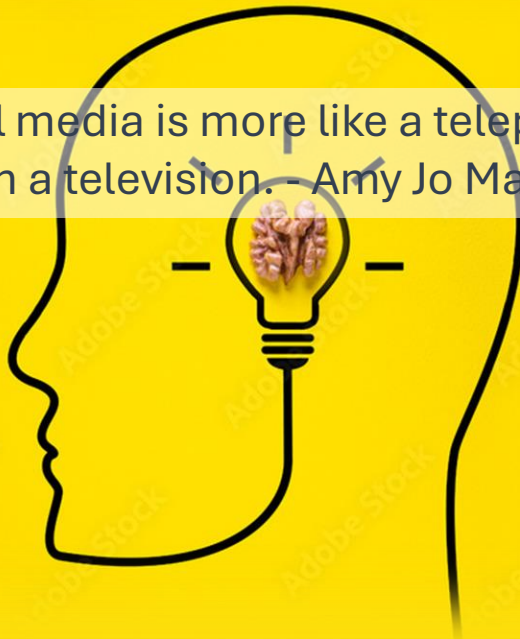
# SOCIAL MEDIA USE AND MENTAL WELL BEING: AN AI PERSPECTIVE

DR. NOORUL HASAN, M.D

Psychiatrist & Consultant, Alpha Mind Care Centre, Palayamkottai.  
Clinical coordinator for *Manitham* Foundation clinics at Melapalayam



Social media is more like a telephone than a television. — Amy Jo Martin



DAY THREE : 11.09.2024

## PRACTISING POSITIVE PSYCHOLOGY

DR. SIVARAMAN, M.D

Professor & Head, Department of Psychiatry, SRM Medical College & Research Centre, Trichy. He is also Member and Present Secretary of Psychiatrists (TAP), Trichy



Perpetual optimism is a force multiplier.  
- Colin Powell

DAY FOUR : 12.09.2024

## CONFLICT RESOLUTION AND MEDIATION

MS. JOYCE MESHACH

Associate Dean, PES University.  
Highly accomplished nursing  
professional with extensive  
experience in teaching, leadership  
and curriculum development

A photograph of a wooden gavel with a gold band resting on a dark wooden base on the left. To its right is a golden scale of justice with two pans hanging from a central beam. In the background, two people in professional attire are seated at a table, one holding a pen and the other a clipboard. The scene is set on a light-colored wooden table.

There are three truths: my truth, your truth and the truth. - Chinese Proverb


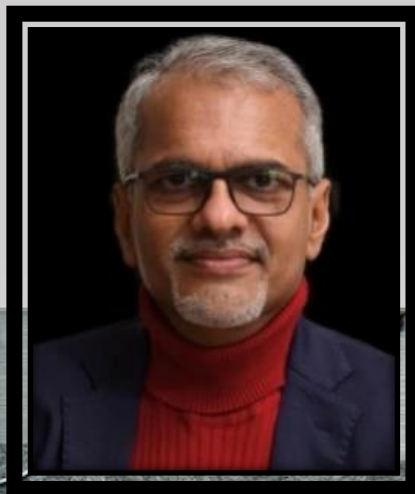


DAY FIVE : 13.09.2024

# WORK-LIFE INTEGRATION: REHUMANIZE WORK; REVITALIZE LIFE

DR. C. SURIYA PRAKASH

An Integrative Coach, a transactional analysis trainer and supervisor. Former president of the International Transactional Analysis Association (ITAA)

A top-down view of a person sitting at a desk, working on a laptop and keyboard. The desk is cluttered with papers and a mouse. The person is wearing a grey sweater. A semi-transparent white box with text is overlaid on the image.

Wellness at work follows you home  
and vice versa. -Melissa Steginus

## Who can apply?

Interested teachers and trainers from colleges, Executives from the Industry, Government and Private Sectors and research scholars desirous of developing their psychological well being

## Takeaways

- Certificates for all the registered participants
- Training materials, PPTs and recorded sessions of the FDP will be available

## Registration Details

- Registration fees per participant is **Rs. 500/-** for participants from India and **25 USD** for the other participants.
- Registration has to be done before **08.09.2024** along with the Registration fees
- For Registration and fee payment, log on to <https://admission.sjctni.edu/IFDP24/>
- Participants opting to pay through NEFT are requested to send the UTR number to [counsellingpsychology24@gmail.com](mailto:counsellingpsychology24@gmail.com)
- Payment Details:  
Society of St. Joseph's College  
A/C No: 0082053000044058  
IFSC code: SIBL0000082  
South Indian Bank, Tiruchirappalli

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Dr. A. John Balaiah, Head & FDP Coordinator  
Dr. V. Suganthi  
Ms. Christeeba  
CP Well-Being Association Members

## Technical Assistance

JCICT & ERP Team

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