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Mr.S.Nagendra Kishore, President, SPRUHA

Coordinators

Mrs.B.Jyothi (Research Scholar) - 8555863767

Mr.Rakesh Gorle - 6301919669

Venue

The Psychology Laboratory

Adikavi Nannaya University

Raja Raja Narendra Nagar

Rajamahendravaram-533 296

Contact Details

Dr.N.V.V.S.Narayana

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National Workshop

On

Power of Positive Psychology

03 March 2021

Organized By



**Department of Psychology
Adikavi Nannaya University
Rajamahendravaram
Andhra Pradesh**

In Association with

**SPRUHA
Psychology Alumni Association of
Adikavi Nannaya University**



About the Workshop

Positive psychology is a relatively new branch of psychology that shifts the focus from what is clinically wrong, to the promotion of wellbeing and the creation of a satisfying life filled with meaning, pleasure, engagement, positive relationships and accomplishment. Gable and Haidt (2005) defined positive psychology as ‘the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups, and institutions’. Positive psychology is not about putting on a happy face all the time. Life can be hard with disappointments and challenges are inevitable. However, scientific research has shown that there are some strategies and skills that allow people to navigate the challenges of life more effectively and enjoy life despite the upsets. ”Some of these strategies include: Engaging in activities that give us pleasure, being mindful of and grateful for the positive emotions we experience; identify and use our strength, so that we can engage in activities that facilitate the experience of “Flow”; establish and cultivate positive relationships; and finding meaning and purpose in our lives.

Objectives of Workshop

- ❖ Introduction to Positive Psychology
- ❖ Role of Positive Emotions
- ❖ Resilience and Positive Views Development
- ❖ Positive Relationships
- ❖ Prosocial Behaviour and Gratitude

Resource Person

Dr.Rupa Selvaraj is a seasoned mental health professional with 14 years of experience working with people who have diverse needs. Currently she is working as Head & Associate Professor, Department of Psychology, PSG College of Arts and Science, Coimbatore.

Intended Participants

The national level workshop is designed for students, research scholars, educationalists and common people to establish and cultivate positive relationships and finding meaning and purpose in our lives.

Date, Time and Venue

The workshop will be conducted on 03 March 2021, 09.00 a.m. to 05.00 p.m. the workshop will be organized at Psychology Laboratory, Department of Psychology, Adikavi Nannaya University, Rajamahendravaram, Andhra Pradesh-533296.

Registration

Registration form of the workshop is enclosed along with this brochure. Fee details are as follows.

Delegates 200/-, Students Rs.100/-,
Alumni Members & Research Scholars Rs.150/-.

The registration fee should be paid through In-person/
Online/Gpay/Phonepay, Spot registration is also permitted but
Prior registration is mandatory.

