

# NATIONAL ACADEMY OF PSYCHOLOGY

Vol. 5, No. 1 & 2



National Academy of Psychology (NAOP), INDIA



## National Academy of Psychology (India)

Towards continued development of psychology

## BULLETIN OF NATIONAL ACADEMY OF PSYCHOLOGY VOL. 5, NO. 1 & 2

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Esteemed Members of NAOP Family,

We are pleased to circulate the fifth volume of our biennial NAOP Bulletin with the latest information about its activities throughout the year. Though this time we are combining this volume due to some unavoidable reasons and time constraints, we hope that you will find the content of this bulletin informative and useful. We are thankful to the members for their contribution and invaluable suggestions. We assure you that all the suggestions received from you are incorporated from the upcoming issue of this bulletin. We seek your support and request you to provide the information that could be included in the upcoming issues of this bulletin.

Editors

## **Bulletin Editors**

Dr. Yogesh K Arya, Banaras Hindu University, Varanasi Dr. Tushar Singh, Banaras Hindu University, Varanasi Dr. Sunil K. Verma, Vivekanand College, Delhi Dr. Vijyendra Pandey, Central University of Karnataka Dr. Rishabh Rai, Indian Institute of Technology, Kharagpur Dr. Guneet Inder Jit Kaur, JAIN University, Bangalore Ms. Shalini Mittal, Amity University, Lucknow Dr. Kavita Pandey, Varanasi

## Messages



My short message is intended towards the younger generation — students and young Faculty. The two points that I wish to make are not advices but suggestions that could be quite helpful for the development of the discipline in our country. The first message is to explore new areas of basic and application-oriented research. The history of our subject shows that many major developments in fundamental and applied research in Psychology

came from work on animals. However, the emphasis on such research has totally changed today. Whereas the 'Comparative Psychology' attempted to explore the parallels between animal and human behaviour, and generalize results from animal studies to humans, the trend today is to study 'Animal Behavior' in an ecological and evolutionary perspective. The results in no way necessitate that we generalize these to human behaviour but rather understand the evolutionary perspective within which human behaviour would have evolved. It is in this context that 'Evolutionary Psychology' is gaining increasing importance in contemporary Psychology. Evolutionary Psychology is not another area of "specialization" in Psychology but a totally different perspective to look at entire human behaviour and cognitive processes. India offers ample opportunities for research both in animal behaviour and evolutionary psychology. My second message is for the younger people to play more active role in the running of NAOP as officers of the Academy. The seniors have made the tremendous contributions to bring the organization to the present level, but younger people should now carry it forward.

Prof. Mewa Singh
President NAOP
Distinguished Professor (for Life), and
SERB Distinguished Fellow
Institution of Excellence, Vijnana Bhavan, University of Mysore



It is heartening to see the recent edition of NAOP newsletter. NAOP India has been growing in strength in recent years. In addition to well attended and successful annual conventions, Psychological studies continue to be the premier psychological science journal in the country. NAOP has been conducting other activities including workshops to enhance the quality of manpower trained in Psychology in India. The newsletter outlines the events and achievements of NAOP and its members over the past

months. The newsletter along with the website plays a critical role in disseminating information. The editors and contributors of the newsletter have done a wonderful job of putting it together and we are thankful to their hard work and contribution.

# Prof. Narayanan Srinivasan President (Elect), NAOP CBCS, University of Allahabad



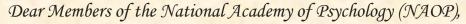
With a profound sense of gratitude, I would like to extend warm greetings to the esteemed members of NAoP family, and wish you all a Happy New Year and Hope this year brings you happiness, peace and prosperity. I feel honored and humbled by the opportunity given to me to serve NAOP as the Secretary General for the next two years.

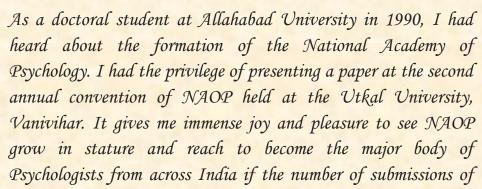
The dedication and tireless efforts exerted by our predecessors to keep academics as its high priority, and to remain inclusive, keeping divergent fields of Psychology under the same umbrella,

have been the strength of NAoP. The eight Divisions of NAoP are like eight wings that will play vital role towards achieving this end. I along with my colleagues will carry forward this goal, and will try to put our best effort to foster the growth of the discipline of Psychology in India.

My heartiest congratulations to you all for being part of the NAoP family.

Prof. Sonali De Secretary General, NAOP University of Calcutta





abstracts and number of delegates attending each subsequent annual convention is anything to go by. Thirty years is not a long time for any institution of national stature. It takes time to nurture and find legitimacy in the society of academics and practitioners. We should not forget that NAOP's objective is to nurture and spread quality psychology education and research, which will not only break the frontiers of knowledge but also make psychology relevant to the issues of national development.

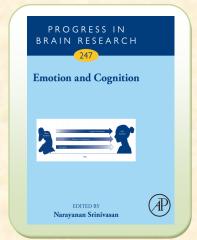
I am sure, the 29th annual convention of NAOP Organized by the Department of Applied Psychology, Pondicherry University, will bring NAOP closer to its cherished objectives. The theme, "Making Psychology Deliverable to the Society" aptly signifies the dream with which the founders created this unique institution.

Prof. Saswata Narayan Biswas
Institute of Rural Management, Anand

## **A GENTLE REMINDER TO HONORED MEMBERS**

All the members are requested to pay their membership dues so as to retain their association with NAOP. You are also requested to support NAOP by encouraging your colleagues and students to join NAOP. All the membership enquires can be sent to the Treasurer, Dr. Tushar Singh (tusharsinghalld@gmail.com), Department of Psychology, Banaras Hindu University, Varanasi, U. P. India

# Latest Arrivals in Psychology



# **Progress in Brain Research: Emotion and Cognition**

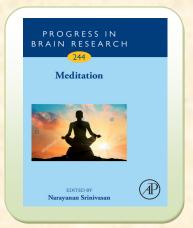
*ISBN*: 9 780444 642523 *Year of Publication: 2019* 

Editor: Prof. Narayanan Srinivasan

Publisher: Academic Press: An imprint of Elsevier

Description of the Book: Emotion and Cognition, Volume 247, consists of 16 chapters on recent scientific advances in emotion and

cognition research. The chapters include theoretical, review, and empirical chapters presenting original data on interactions between emotion and cognition. Chapters touch on a variety of topics, including common and different mechanisms underlying the processing of extrinsic and intrinsic emotions, attention-emotion interactions, how age shapes empathic accuracy, how aging influences emotion-cognition links, the motivational dimensional model of affect, and more. The chapters encompass multiple methodologies including experience sampling, behavioral experiments, ERP, and fMRI. The volume would be of great benefit to Psychology and Neuroscience researchers interested in latest findings on the interactions between emotion and cognition.



## **Progress in Brain Research: Meditation**

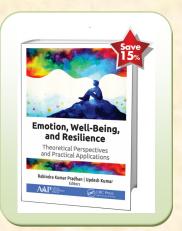
ISBN: 9 780444 642271 Year of Publication: 2019

Editor: Prof. Narayanan Srinivasan

Publisher: Academic Press: An imprint of Elsevier

**Description of the Book:** Meditation has been practiced for many centuries in multiple traditions throughout the world. There is a large

classical its putative beneficial literature on meditation training and states of consciousness that could be achieved through meditation practice and effects. The current volume explores interdisciplinary research on meditation. The papers cover the current status of research on the effects of meditation on brain and cognition using multiple methodologies. The papers also cover research on different types of meditation. This volume would be of great benefit to meditation researchers worldwide and serve as a resource for neuroscientists.



# **Emotion, Well-Being, and Resilience: Theoretical Perspectives and Practical Applications**

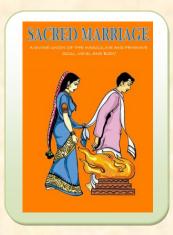
ISBN: 978-1-77188-890-5 Year of Publication: 2020

Editors: Rabindra Kumar Pradhan and Updesh Kumar

Publisher: Apple Academic Press (AAP)

Description of the Book: This important new volume discusses the

role of emotion, resilience, and well-being in many contexts of human life, including home, school, and workplace. Leading researchers and academicians from around the world and from various fields—such as the health, education, information and technology, and manufacturing industries—explore theoretical and practical implications of many studies in this area and present new concepts, models, and knowledge for practical applications that address challenges to well-being. The volume also considers the roles of several other influencing factors, such as emotional intelligence, performance, productivity, and employee's health and happiness.



## Sacred Marriage

ISBN: 9789388381918
Year of Publication: 2018

Editors: M. B. Saran

Publisher: Educreation Publishing

**Description of the Book:** This book is all about understanding the true meaning of "Sacred Marriage" and "Divine Love" for creating the soulmate relationships with the Spouse and God. A true love never runs smoothly. Therefore, everyone has to learn about how to make the path of

loving relationship smooth, and how to turn his/her mate into a soulmate for moving together on this path of marriage happily. This is possible only when one learns not only the fun and enjoyable parts of marriage but also the difficult parts which frustrate him or her sometimes to understand each other properly. This book will help the reader to understand all these issues at deeper levels one by one as listed below: Grand Design of God of Men and Women, How to Activate Physical, Mental, Spiritual, Emotional, and Sexual Energies, Purpose of Sacred Marriage, Building Good Relationships with Everyone, Enhancing Marital Relationship through Intimacy, Love, and Sex, Understanding Universal Spiritual Laws, Creating Soulmate, Relationships with the Spouse and God, Proper sex education for everyone, Transmutation of Sexual Energy.

# Publications by NAOP Members

- Ahirwar, G., Tiwari, G. K., & Rai, P. K. (in Press). Exploring the nature, attributes and consequences of forgiveness in children: A Qualitative Study. Psychological Thought.
- Aswini, M., & Srinivasan, N. (2019). Wandering mind, brewing ideas. Proceedings of Annual Conference of Cognitive Science, Goa, India.
- Bandyopadhyay, D., Pammi, V.S.C., & Srinivasan, N. (2019). Incidental positive emotion modulates neural response to outcome valence in a monetarily rewarded gambling task. Progress in Brain Research, 247, 219-251.
- ▶ Bhanot, D. & Verma,S.K. (2019). Fiona Kate Barlow and Chris G. Sibley (eds.): The Cambridge Handbook of the Psychology of Prejudice (Concise Student Edition) in Psychological Studies, DOI 10.1007/s12646-019-00515-0 (Book Review)
- Chakraborty, R. & De, S. (2019). Be(com)ing a Woman: Body, Authority and Society. Psychology and Developing Societies. Volume: 31 issue: 2, page(s): 283-314. DOI: 10.1177/0971333619863236
- Conroy-Beam, D., Buss, D.M., Asao, K., Sharad, S et al. Contrasting Computational Models of Mate Preference Integration Across 45 Countries. *Scientific Reports*, 9, 16885 (2019) doi:10.1038/s41598-019-52748-8
- ➤ Conroy-Beam, D., Roney, J.R., Lukaszewski, A.W., Buss, D.M., Asao, K., **Sharad**, S et al. (2019). Assortative Mating and the Evolution of Desirability Covariation, *Evolution and Human Behavior*, 40 (5), 479-491.
- ➤ Dash,S.S. & Verma S.K.(2019).Researcher's Journey in exploring ambivalence among closed ties: Addressing obstacles experienced. in International Journal of Social Science Review, 7(6), 1135-1140
- ➤ Hupenda,G; Mahama,S, Mesurado, B; Verma, S.K. & Silvia Koller,S.H (2018). Cultural variability and consistency in adolescents' emotional regulation and relationship with their parents: Data from Argentina, Ghana, India and Zambia. In International journal of adolescence and youth, DOI:10.1080/02673843.2018.1544083
- ➤ Indrajeet, Ray, S. (2019). Detectability of stop-signal determines magnitude of deceleration in saccade planning. European Journal of Neuroscience, 49:2. 232-249.
- ➤ Jain, D., Tiwari, G. K., & Awasthi, I. (2018). Metacognitive awareness and academic locus control as the predictors of academic adjustment. Polish Psychological Bulletin, 49(4), 432-441.
- ➤ Jaiswal, A., Arya, Y. K., & Singh, T. (2019). Promoting Workplace Health: A Positive Occupational Health Psychology Perspective. In Prashna, Rabindra & Kumar, Updesh (Eds) Emotion, Well-Being and Resilience. Canada, USA: Apple Academic Press.
- ➤ Kar, B.R., Nigam, R., Pammi, V.S.C., Guleria, A., & Srinivasan, N. (2019). Neuro-cognitive mechanisms of conflict adaptation: An event related fMRI study. Progress in Brain Research, 247, 149-167.

- Makwana, M., & Srinivasan, N. (2019). Self-associated stimuli produce stronger intentional binding. Journal of Experimental Psychology: Human Perception and Performance, 45(11), 1436-1442.
- Mukherjee, S., & Sahay, A. (2018). Nocebo effects from negative product information: when information hurts, paying money could heal. Journal of Consumer Marketing, 35(1), 32-39. doi.org/10.1108/JCM-11-2015-1609
- Mukherjee, S., Srinivasan, N., Kumar, N., & Manjaly, J. A. (2018). Perceptual broadening leads to more prosociality. Frontiers in Psychology, 9:1821. doi:10.3389/fpsyg.2018.01821
- Narayan, A., Srinivasan, N., & Srivastava, N. (2019). Memory of relative magnitude judgments informs absolute identification. Proceedings of International Conference on Cognitive Modeling.
- ➤ Patwardhan, V. (2018). Boudhik v vyaktimattva maanasapataachyaa aadhaare adhyaapakaanchi vayaanusaar tulanaa. (Age-wise comparison of teachers based on intelligence & personality profiles). In Regional Language Marathi -) Manas-Shastra Patrika, ISSN-2394-4730, Issue 26, 27-34.
- ➤ Rai, P. K., & Tiwari, G. K. (2019). Self-Compassion and Positive Mental Health. In S. Ojha, M. Asthna, & U. Ojha (Eds.), Spirituality & health: Emerging issues (pp. 175-201). New Delhi, India: Shree Publishers & Distributors.
- ➤ Raj, S., Sachdeva, S., Jha, R., Sharad, S., Singh, T., Arya, A., & Verma, S. K. (2019). Effectiveness of Mindfulness Based Cognitive Behavior Therapy on Life Satisfaction, and Life Orientation of Adolescents with Depression and Suicidal Ideation. Asian Journal Psychiatry, 39, 58-62.
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- Sharad, S., & Misra, G. (2019). Dynamics of Social Development and Engagement of Authentic Responsible Self. In Janak Pandey, Rashmi Kumar and Komilla Thapa (Eds.) Psychological Perspectives on Diversity and Social Development (2019) (pp.181-200), Springer, Singapore. ISBN 1876- 2018
- Shivnekar, R., & Srinivasan, N. (2019). Effect of perceived control on moral dilemmas. Proceedings of Annual Conference of Cognitive Science, Goa, India.
- ➤ Singh, A., & Srinivasan, N. (2019). Concentrative (Sahaj Samadhi) meditation training expands subjective time. PsyCh Journal, 8, 28-35.
- ➤ Singh, A., & Srinivasan, N. (2019). Concentrative meditation increases temporal sensitivity for local processing. Proceedings of Annual Conference of Cognitive Science, Goa, India.
- Singh, A., Pammi, V.S.C., Guleria, A., & Srinivasan, N. (2019). Concentrative (Sahaj Samadhi) meditation training and visual awareness: A fMRI study on color afterimages. Progress in Brain Research, 244, 185-206.

- ➤ Singhal, I., & Srinivasan, N. (2019). Studying the structure matching thesis of time-consciousness through perceptual switching. Proceedings of Annual Conference of Cognitive Science, Goa, India.
- ➤ Sudha, P., & Reddy, B. S. K. (2018). Efficacy of Yoga and Meditation on Academic Stress among High school Children. International Journal of Scientific Research, 7 (12), 28-30.
- Sudha, P., & Reddy, B. S. K. (2018). Emotion Focused coping styles in relation to Personality type, Health Behavior and Life satisfaction among cardiovascular patients. Global Journal For Research Analysis, 7(1), 37-39.
- ➤ Sunil,S. & Verma S.K.(2019) "Development and Initial Validation of Perceived Moral Socialization Scale (PMSS) in Psychological Studies. DOI:10.1007/s12646-019-00509-y
- Tarai, S.K., & Srinivasan, N. (2019). Emotional prosody Stroop effect in Hindi. An event related potential study. Progress in Brain Research, 247, 193-217.
- > Thanissery, N., Cherodath. S., Srinivasan, N., Surampudi, B.R., & Alladi, S. (2019). Cognitive reserve: Current concepts and need new approaches. Proceedings of Annual Conference of Cognitive Science, Goa, India.
- ➤ Vallabha, S., & Srinivasan, N. (2019). Revisiting the dual-process theory of cooperation: Intertemporal sensitivity interacts with time pressure to influence cooperation. Proceedings of Annual Conference of Cognitive Science, Goa, India.
- Verma, S. K., Satyanarayana, A. & Singh, T. (In Press). Experience of well-being: a cross-generational study in India. *Journal of Family Studies*. 28(6), 495-507. doi.org/10.1080/13229400.2019.1674181

#### SUBMIT TO NAOP BLOG

Send your blog articles (150-450 words typically but can be longer) to any topic related to psychology or closely associated disciplines by email to <a href="mailto:admin@naopindia.org">admin@naopindia.org</a> with subject 'NAOP blog'. Anybody (both members and non-members) can submit articles for NAOP blog. Please send a brief bionote about the author.

#### JOIN NAOP: BENEFITS TO MEMBERS

- All the members will receive the issues of the journal, Psychological Studies (Springer) of the membership year(s).
- All the members receive some discount in the conference Registration Fee from the organizers of NAOP annual conferences.
- Full members have the voting rights in electing the office bearers of NAOP that is done electronically every year in the month of November or December.

# Members' Updates



Dr. Sumitava Mukherjee

Assistant Professor, HSS, Indian Institute of Technology Delhi

I study cognitive processes underlying human judgment

and decision making. I intend to apply the insights from the domain of judgment and decision research to topics that interface with science and technology with special emphasis on issues relevant to India. I am also interested in large-scale studies that test theories and in efforts to measure cognition ecologically.

#### Workshop on Cognition and Technology: Academic-Industry dialogues

Organized in March 2019 at Dept. of HSS, IIT Delhi, it was the first workshop linking cognitive psychology with industry implications. It was attended by academicians and professionals from different companies like Mircosoft, Maruti Suzuki, Tobii, Ernst & Young, etc.

#### **Blog:**

CognoBytes featured the distinguished thinker, Don Norman in its latest spotlight : http://cognobytes.info/interviews/don-norman/

Music Therapy Cell/Lab



Dr. Durgesh Kumar Upadhyay

Assistant Professor, Mahatma Gandhi Kashi Vidyapeeth, Varanasi

Trying my best to remain always a learner, I see my students/learners as unique individual. I motivate them through authentic experiential knowledge and usually facilitate rather guide them to arrive at their own conclusions. I consider my students as co-learners and collaborate with them to arrive at a shared understanding of truth in the field of Psychology.

Department of Psychology, Mahatma Gandhi Kashi Vidyapith under the Co-Ordination of Dr. Durgesh K. Upadhyay is going to establish a 'Music Therapy Lab' under its premises. Two modes of music therapy namely receptive and active music therapy will be provided to the students and staffs of the entire campus. Following areas will be covered: attention, concentration, impulse control, social functioning, self-esteem, self-expression, motivation, and cognition.



Dr. Sweta Pathak

Assistant Professor, Department of Psychology, T.N.B. College, Tilka Manjhi Bhagalpur University, Bhagalpur, Bihar

I am an alumnus of the Department of Psychology, Banaras Hindu University, Varanasi and received my Ph.D. Degree in 2017. My core area of research is Parent-Adolescent relationship and how self disclosure affects the nature and quality of the said relationship. During 2018-19 year I had published two research papers in UGC listed journals related to the above mentioned theme. During my Ph.D. work, we had developed a scale measuring self disclosure between parent-adolescent relationships.

#### Dr. Kshipra V. Moghe



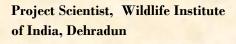
I have been into teaching and counseling for 10 years and the thing I love about my job is that it keeps me young at heart yet balanced at mind. My key skills

include teaching, counseling, & training and I am passionate about research in anything related to behavioural sciences. My experience in all these areas has been extremely enriching and I have learnt that there is no excuse for hard work and sincerity. Being a learner, I seek to apply my experience and knowledge with teachers, parents and youth so that I continue contributing in the development of a responsible society that would take our nation forward.

I have initiated the establishment of a Wellness Center at COEP to handle all issues pertaining to mental health of students as well as faculty and staff, through counseling, training sessions and research.

I have also designed an entire course on Industrial Psychology as part of the Open Electives at College of Engineering, Pune (CoEP) which is offered as a 2 credit course for two semesters to TYBTech students of all branches. The course includes, among the basics, a very practical teaching methodology understanding behaviour at workplace is explored through activities, games, group discussions, combined with Resume writing and Mock Interviews.

#### Dr. Shovana Ray



After completing Post Graduation in Psychology from University of

Calcutta, I acquired a diploma in disability rehabilitation management from National Institute for Locomotor Disabilities, Kolkata. I am registered under RCI as rehabilitation professional. Afterwards, I joined Defence Institute of Psychological Research, DRDO, Delhi as a Research Fellow. Since last two years I have joined Wildlife Institute of India, Dehradun as Project Scientist.

My doctoral research is oriented towards Political Psychology. I am registered under the supervision of Dr. Jitendra Kumar Singh, Scientist E, DRDO, from Bharathiar University, Tamil Nadu. For my thesis, I am keen to understand the psychologically constructive factors of social identity with respect to involuntarily acquired groups such as nationality.

## Research/Project in progress

Working on the project titled 'Development of Conservation Action Plan for River dolphins' funded under Compensatory Afforestation Fund Management and Planning Authority, Ministry of Environment Forest and Climate Control, Government India. dolphin Ganges (Platanista gangetica gangetica) is India's National Aquatic Animal, and listed Endangered species under IUCN category. Amongst various anthropogenic threats prevailing for the species, illegal hunting and poaching are prime ones. Hence, Wildlife Institute of India has initiated sociological research to understand the perceptions, beliefs and attitude related to river dolphin in and around Ganges and Brahmaputra river basin. Intensive community oriented studies and are extensive outreach strategies under experimentation to understand conservation threats and their association with specific communities.



## Dr. Gyanesh Kumar Tiwari

Assistant Professor,
Department of Psychology, Dr.
H. S. Gour Visvidyalaya, Sagar

I am currently working as an Assistant Professor, Department of Psychology, School of Humanities & Social Sciences, Dr. Harisingh Gour Vishwavidyalaya. I have more than fourteen years of teaching and research experiences.

## **Kumar Visit my Blog:**

#### https://psychologyindian.blogspot.com

I have started a blog. The link of the blog is https://psychologyindian.blogspot.com. The blog aims to act a platform for the researchers, academicians, research scholars, policymakers and public to interact with one another on the positive psychological issues.



#### Dr. Vanita Patwardhan

Sr. Research Consultant and Ex HOD of Jnana Prabodhini's Institute of Psychology (JPIP), Pune

I have published several research papers, 20 psychological test manuals, books, chapters and monograph. In addition I have supervised many Ph. D. in S.P. Pune University and have completed 16 research projects. I am a member of Editing Committee, 'Gender and Behavior' – a research journal in Nigeria. I have worked at Singapore, Eritrea (Africa), Nottingham, Sheffield, Glasgow (U. K.) and Houston, Bloomington (U. S.).

Seminar Team Leader at international conference by Chinmay Vishvavidyapeeth/University 'Human Development and Indian Knowledge Traditions', at Ernakulum, Kerala in Dec. 2019

Recently executed 11 facilitation programs at Houston, USA about creative thinking, graceful aging, parenting, assertive behaviour, family culture as well as executed Yog class for 7 weeks with 'International Yog Day Celebration'.

I deliberately switched to writing in Marathi – regional language, aiming to spread psychology for common people who prefer Marathi. My blogs can be seen at https://vp-human-enhancement.blogspot.com/



## Dr. Paipuru Sudha

Yogi Vemana University, Kadapa

I have published 12 research papers in reputed National and International journals. I have presented 13 scientific papers in various National and

International seminars/conferences. I have selected for best poster award by Andhra Pradesh Akademi of Sciences (APSC) in the year 2018.

My association with NAOP started when my HOD forwarded the convention of NAOP brochure then I have gone through the brochure and NAOP Organization Activities and its collaborations: it created interest to join as member and now I am very happy to be a member of NAOP. It gives me pleasure to be associated with members of NAOP and to share the ideas and thoughts of the research activities in the field of psychology.



Dr. Sudha R

Assistant Professor (on Contract), Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. I am a registered rehabilitation psychologist and have presented many papers in national as well as international conferences. I have published four papers and have delivered a couple of invited lectures in the year 2019.



#### C Renuka

I did my UG and PG in Psychology in full time course at Bharathiar University, coimbatore. After working as an

Assistant Professor in Psychology for 6 years, I have changed my profession and working as a CEO, CFO and Company Secretary for 21 years to a big Conglomerate company.

Psychology, being my mother subject, it helped me personally to achieve all my potentials. I am proud for studied Psychology. In the business circle, I get a special respect for this subject I studied.

For updating my knowledge, I have joined NAOP.



#### Dr. R. K. Biswal

Assistant Professor, NIT Rourkela

I have been working with children for the past 17 years. I pursued my PhD from Delhi University.

Currently I am associated with various kinds of organizations who are basically working with children with all kinds of needs starting from children with normal needs, children with disabilities, children in conflict with law to children demanding special care and protection.

Dr. R.K Biswal presented in a 3-day workshop organized by Chinese University of Hong Kong on the topic of 'Child Behavioural Development' or 'in other words 'Disciplining Children' held at Hong Kong in June, 2019. Dr. Biswal was one among the 50 selected participants out of 500 applications from all over the world. Professor Biswal was one of the few recipients of this fully-funded travel grant from the International Society for study of Behavioural Development (ISSBD).



## Ms. Sucharita Maji

Research Scholar, IIT Kanpur

I am attending the doctoral program at the department of Humanities and Social Sciences, Indian Institute of Technology Kanpur. I am an alumna of

Bethune College (Calcutta University) and Banaras Hindu University. I am a recipient of BHU gold medal, M M Sinha Endowment Fellowship (Banaras Hindu University), Ila Chatterjee and Bibhuti bhushan Chatterjee Memorial medal (Bethune College), and I am broadly interested in working in the area of the social psychology of gender. To explore that area, I have been working in three main streams,

- 1. The psychology and gendering process in organizations.
- 2. Gender in STEM (Science, Technology, Engineering, and Mathematics): I studied math anxiety, math self-efficacy, and math achievement among school children. I conducted qualitative work to understand how gender stereotype impacts math anxiety among graduate students. I intend to work in the process of self-stereotyping among women in

Junior research fellowship (University Grant Commission). I have published papers in reputed journals like International Journal of Social Psychiatry. In addition to psychology, I enjoy Bengali literature, Ravindra Sangeet, and travelling.

STEM.

3. Gender in Mental Health: I am curious to understand social psychiatry in terms of gender. I have explored depression and gender.



## Ms. Aishwarya Jaiswal Research Scholar, B.H.U.

I am a UGC (NET) JRF currently pursuing research at the Department of Psychology, Banaras Hindu University (BHU). I have been awarded the

prestigious BHU Gold Medal, Late Shephali Nandy Memorial Gold Medal, and the Prof. M.M. Sinha Memorial Endowment Scholarship for academic excellence in M.A. (Psychology), BHU. I have presented papers at national and international conferences and have attended several training workshops on psychological testing and assessment, research methodology, statistical computing packages (Excel, SPSS and NVivo), etc. I have been an awardee of the Best Paper Award in both the Indian Congress of Industrial & Organizational Psychology (ICIOP) 2018 and 2019. I was also awarded Smt. Pratibha Singh Memorial Award for Best Paper of the ICIOP 2019.

My research interest lies in the disciplines of Educational Psychology and Positive Organizational Behavior (POB). I have assisted in an NCERT sponsored project concerning the education of tribal children. I am currently involved in the adaptation and validation of the academic procrastination scale for university students in the Indian context. My current research work concerns the exploration of psychosocial correlates of psychological immunity among primary educators. All my research efforts are aimed at providing practical aid to academicians, educational decisionmakers. policy-framers, administrators in the formulation and implementation of apt rules, regulations and policies, for both students and educators, in an to ameliorate schools' environment. I have worked as a consumer psychologist in a private furnishing firm in Gurugram, India.

# NAOP's Representative in ECP 2019



Prof. Purnima Singh represented NAOP and presented on the topic "Emerging economies and societal challenges: Role of psychological science" in the symposium entitled "Scientific and professional psychology in BRICS" organized by the BRICS Psychologists at ECP 2019 held at Moscow, Russia during 2–5 July 2019.

# Reflections



## The need of self-suggestions in today's era!

Have you ever wondered how suggestions play a key role in mending our lives?

If yes! Here's what actually you should peek into, what suggestions actually mean? Are they the attempt to induce an idea, belief, decision or an action by one agent in another through stimulation, whether verbal or otherwise, but exclusive of argument OR they are verbal/ visual stimulus in nature by which one agent seeks to arouse action in another by circumventing the critical, integrative functions.

Yes suggestions are vital since we humans in today's world are influenced by everything we see, hear and read and everything we experience, also they are important beside many a things for strengthening immense power of perception in our analytical mind.

We are surrounded by a suggestive environment like friends, family, home, radio, workplace, TV, newspapers and magazine who in actuality affect how we think and how we feel about ourselves! And impact of all

these external persuasive factors could influence who we are becoming.

But unfortunately none of us have the time or ability to test everything we encounter or experience in life by critical assessment and in depth analysis and it is also true that we would be reinventing every discovery ever made in history before moving forward with our own life.

And henceforth we're forced to accept the 'exclusive of argument' of a many things about ourselves and our world through blind trust and faith and in this non cumbersome process we give credibility and power to the suggestive influences in our own life.

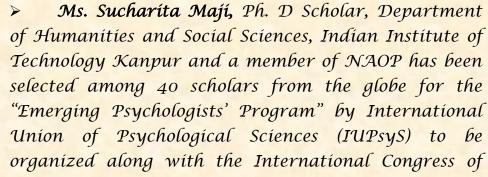
So, let's make self suggestions most influential in our lives then suggestive environment and we could be doing this either by letting our ideas flow in a learning process i. e from the conscious to the subconscious self or by having a habitual thinking followed by a learning i.e. from the sub-conscious to the conscious self.

Self suggestion could have dramatic impact on our behaviour and performance, as perhaps it is designed by our 'self'.

## Ms. Harleen Kaur

M.Sc. (Psychology), Banaras Hindu University

# Award/Honors to NAOP Members



Psychology (ICP2020) at Prague, Czech Republic in July 2020.



Ms. Aishwarya Jaiswal, Ph. D Scholar, Department of Psychology, Banaras Hindu University and a member of NAOP has been selected among 40 scholars from the globe for the "Emerging Psychologists' Program" by International Union of Psychological Sciences (IUPsyS) to be organized along with the International Congress of Psychology

(ICP2020) at Prague, Czech Republic in July 2020.

# NAOP's Representative in IUPsyS



It's a matter of great joy and pride that Prof. Prakash Padakannaya, Former NAOP President and NAOP Fellow, was elected as a representative in the Executive Committee of IUPsyS in its Montreal assembly on June 30, 2018. Prof. Padakannaya was nominated by NAOP to represent India in the apex body. He also represented NAOP to the Alliance of Asia-Pacific Countries.

# NAOP's Representatives in IAAP

NAOP has strengthened its position in the international psychology community. This year three NAOP members were elected as members in the "Board of Directors" of International Association of Applied Psychology (IAAP) for a term of four years. These three members are:-



Prof. Purnima Singh is Prof. & Head of the Department of Humanities and Social Sciences, Indian Institute of Technology, Delhi. She has been an active member of NAOP family and has been NAOP President.



Prof. Saswata Narayan Biswas is a Professor at the Institute of Rural Management, Anand (IRMA). He has been an active NAOP member and has been the member of NAOP Executive Council.



Dr. Tushar Singh is an Assistant Professor at the Department of Psychology, Banaras Hindu University, Varanasi. He has been an active NAOP member has been the member of NAOP Executive Council. At present Dr. Singh is NAOP Treasurer.

## NAOP activities in ICP 2020 at Prague, Canada

- ➤ Prof. Girishwar Mishra will represent NAOP in a symposium on "indigenous psychologies of the Asia Pacific" being organized by Asia-Pacific Psychology Alliance (APPA) at ICP 2020.
- ➤ Prof. Narayanan Srinivasan will deliver a Keynote lecture on "Intentions, control, outcome content, and sense of agency" at ICP 2020.
- ➤ Prof. Bhumika Kar, Prof. Prakash Padakannaya, Prof. Neena Kohli, and Prof. Sadhana Nathu have been invited to organize symposiums at ICP 2020.
- Ms. Sucharita Maji and Ms. Aishwarya Jaiswal will participate in "Emerging Psychologists' Program" to be held as part of ICP 2020.
- Many members of NAOP have their Symposium/ Papers accepted for ICP 2020.

## 29<sup>™</sup> ANNUAL CONVENTION

29th Annual Convention of NAOP (India) and International Conference on

## "MAKING PSYCHOLOGY DELIVERABLE TO THE SOCIETY"

Pondicherry University, India December 20-22, 2019

We are pleased to announce the 29th Annual Convention of NAOP, India, and International Conference on "Making Psychology Deliverable to the Society".

Participants at the conference will have the opportunity to explore, interact and enrich from the deliberations on various domains of psychology intending for growth and development of the society. We expect to witness vibrant scholarly sessions embedded with thought-provoking ideas.

The conference will be a galaxy of academicians, practitioners, professionals, policy makers and business leaders.

# 

#### Prof. D. Sinha Memorial Lecture

Prof. Malavika Kapur, School of Humanities, National Institute of Advanced Studies (NIAS), Bangalore.

## **Conference Awards**

- > D. N. Sinha Best Dissertation Award
- Emerging Psychologists' Program
  NAOP Best Paper Award

# LIST OF INTENSIVE PRE-CONFERENCE WORKSHOPS (17 & 18 DECEMBER, 2018)

**Workshop 1-** Covariance-Based Structural Equation Modeling (CB-SEM) and Partial Least Squares SEM (PLS-SEM)

Workshop 2- Methodology for Indian Psychological Research

**Workshop 3-** Psychosocial Interventions In Substance Abuse

Workshop 4- Thematic Analysis

- For detailed conference program please visit: <a href="https://naop2019.in/wp-content/uploads/2019/12/Overall-Programme-Schedule-NAOP-2019.pdf">https://naop2019.in/wp-content/uploads/2019/12/Overall-Programme-Schedule-NAOP-2019.pdf</a>
- For other detaile visit: <a href="http://www.naop2019.in">http://www.naop2019.in</a>

## **NAOP -ARTS Initiatives**

#### National Academy of Psychology Initiative for Advanced Research Training Seminar

- > For young psychologists and Researchers
- > To be mentored by three experts of the field
- > Fully funded by the National Academy of Psychology (NAOP)
- > Participation purely on the basis of the quality of participants' academic background and most importantly on the basis of their submitted proposals
- > Open for all, everyone but expected to take NAOP membership after completion of the program
- > For more details: Stay tuned

## **Our Advisers:**

Prof. Arvind Sinha, Former Professor, HSS, Indian Institute of Technology Kanpur.

Prof. U Vindhya, Professor, Tata Institute of Social Sciences, (Hyderabad Campus).

**Prof. Manas K Mandal,** Former Distinguished Scientist & Director General (Life Sciences), Defense Research and Development Organization, Government of India

## NAOP Standing Committees

PUBLICATION COMMITTEE

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FELLOWSHIP & AWARDS COMMITTEE

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Please send your feedbacks/ comments on this bulletin to the editor Dr.

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