

1st Annual National Conference

“Contemporary Psychological Issues among Adolescents- The way Forward” – 8th Sep 2015 – PG Department of Counseling Psychology, Tirupattur

In Collaboration with

Department of Psychology, Periyar University, Salem

Conference Report

The 1st National conference organized by the Post Graduate Department of Counselling Psychology, Sacred Heart College, Tirupattur in Collaboration with Periyar University Salem took place on 8th September 2015 in the campus of the Sacred Heart College, Tirupattur. It was a ground breaking conference as this was the first conference organized by the budding Department of Counselling Psychology, Sacred Heart College which was born just one year back in 2014. It adds more feather to the cap as it was done in collaboration with Pariyar University Salem. The theme of the Conference was **“Contemporary Psychological Issues among Adolescents- The way Forward”**. This was both thought-provoking and inspiring as participants learnt with the excitement the psychological challenges faced by the adolescent and intervention methods to overcome these issues. A total of 255 participants from 29 institutions participated in the conference.

List of Institutions of Paper & Poster Presenters & Participants

1. Anna University, Chennai
2. Anugraha Institute of Social Sciences, Dinidgul
3. Auxilium College, Vellore
4. Bharathiar University, Coimbatore
5. Bishop Heber College, Trichy
6. C. Abdul Hakeem College, Melvisharam
7. College of Education, Dharmapuri
8. Don Bosco College, Dharmapuri
9. Dr. David Raja & Dr. Chandralekha College of Education, Vengalapuram
10. Gandhigram Rural Institute, Dindigul
11. Islamiah College, Vaniyambadi

12. Karunya University, Coimbatore
13. Loyola College of Social Sciences, Trivandrum
14. Loyola College, Chennai
15. Madras Christian College, Chennai
16. Madras School of Social Work, Chennai.
17. Madras University, Chennai
18. Mahatma Gandhi University, Kottayam
19. Montfort College, Bengaluru
20. Mother Teresa Women's University, Kodaikanal
21. Patrician Arts & Science College, Chennai
22. Periyar University, Salem
23. S.R.M. College of Education, Vaniyambadi
24. Sacred Heart College, Tirupattur
25. St. Joseph's Women's College of Education, Jolarpettai
26. University of Kerala, Trivandrum
27. Vhoorhees Arts and Science College Vellore
28. Wadihuda Institute of Research & Advanced Studies, Kannur
29. Women's Christian College, Chennai

Registration of the participants started from 8.30 onwards and volunteers guided the participants to the Bishop Mathias Hall, John Med Block which was the venue for the conference. The Conference started with Prayer and lighting of kuthuvilakku. The Conference Convener **Dr. J. Henry Rozario**, Head, Department of Counselling Psychology, Sacred Heart College gave the welcome address and the Organizing secretary **Dr. S. Kadhiravan**, Professor and Head, Department of Psychology, Periyar University, Salem gave the conference overview. **Rev. Dr. D. Maria Antony Raj SDB**, Principal, Sacred Heart College gave the Inaugural Address.

We were honoured to have distinguished keynote speakers: **Dr. Tony Sam George**, Associate Professor & Head, Dept. Of Psychology Christ University, Bengaluru in the inauguration session

and **Dr. Dr. A. Joseph Einstein** Director- Masters of Mind- Behavioral Consultancy & Training Academy, Chennai, in the valedictory session.

Dr. Tony Sam George gave the opening key note address on “**Emerging Psycho-Social Issues of Adolescents – Global Perspective**”. Drawing on his extensive experience with the adolescents, he expertly spoke about the vulnerability of adolescent and how to handle adolescent psychological issues skillfully. He enlightened the participants about the anatomy of a teenager's brained temperament. It was like a magical journey towards the life of an adolescent in existential dialectics in his lecture. He also encouraged the participants to concentrate not only on adolescents but also their parents in the helping process.

Dr. A. Joseph Einstein gave the heart provoking key note address on “**Intervention Strategies towards Holistic Well Being of Adolescents- An Eclectic Approach**” in the afternoon session. He started the session with an action song, which brought the participants to the mood of learning. He gave a brief description on the holistic personality of an adolescent and the frame work for the intervention.

Paper Presentation - Academic diversity

The academic content of the conference was notable for its diversity. Paper presentation was divided into ten parallel sessions according to the similarity in the content of the papers. Total 44 papers which focused on various issues of adolescent were presented. The main highlight was, out of 44 papers 85% of them were empirical studies. All the parallel sessions were chaired by experienced academicians namely 1. **Prof. N. Selvaraj**, Periyar University, Salem 2. **Prof. Parameshwari**, Periyar University, Salem 3. **Prof. Lawrence Susainathan**, Anugraha Institute of Counseling and Psychotherapy 4. **Dr. Pramod**, Loyola College of Social Sciences, Trivandrum 5. **Dr. Susha Janardanan** Loyola College of Social Sciences, Trivandrum. 6. **Dr. Venkatchalam**, Periya University.

Poster Presentation – Research work on the Canvas

Posters continue to be a popular method of presenting research. The placement of the poster session was in the Bishop Mathias Hall- John Med Block.

Poster presentation was inaugurated by **Rev. Fr. K.A. Maria Arokiaraj** SDB, Additional Principal, Sacred Heart College and he gave the introductory remarks. Total Number of posters were 10 on the conference theme.

We were delighted that the conference was so well attended with 255 registered participants from 29 different institutions representing many disciplines were Psychology, Social work and Education. It felt a truly academic community. It was a pleasure to witness how vibrant and active our social science community is in practice.

As conference organisers, we were thrilled that so many people seemed excited to be at the conference and we were impressed by the quality and range of the conference presentations. We enjoyed the experience of connecting with kindred spirits in open dialogue and sharing that is so characteristic of our social science community.

The Valediction function started, at 4.15 pm after the key note address by Dr. A. Joseph Einstein. Valedictory Address was given by **Rev. Dr. C. Antony Raj**, SDB, Rector & Secretary, Sacred Heart College, Tirupattur. **Dr. S. Kadhiravan**, Professor and Head, Department of Psychology, Periyar University handed over Certificates to the participants. Vote of Thanks was proposed by the organizing secretary **Mr. A. John Xavier**, Assistant Professor PG Department of Counseling Psychology, Sacred Heart College, Tirupattur. The conference got over by 4.45pm.