

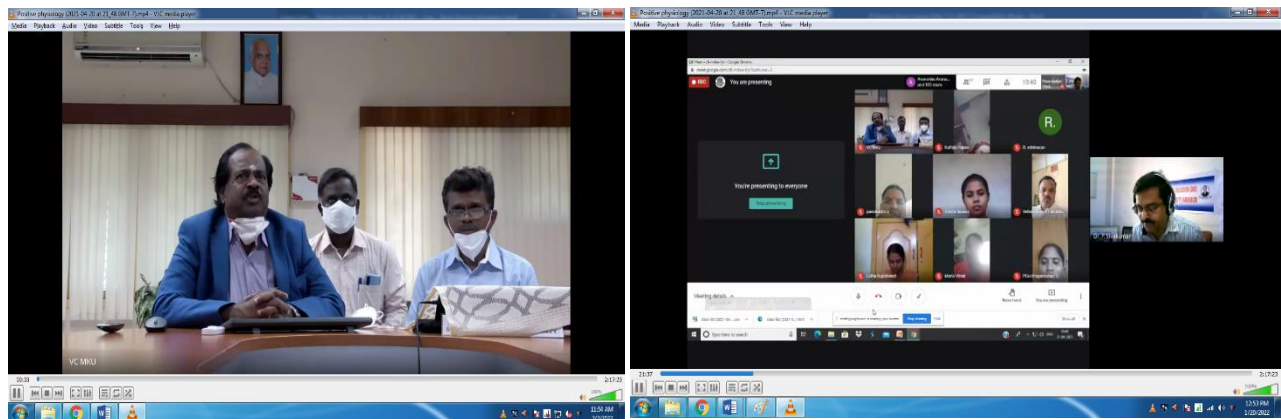


Madurai Kamaraj University
(University with Potential for Excellence)
Centre for Educational Research



Report of the online Seminar
on
“Positive Psychology: Approaches and Applications”

held on
21st & 22nd April, 2021
Through Google Meet: <https://meet.google.com/zfi-mdea-fjm>



Seminar Director
Dr. R. Annadurai

Organizing Secretary
Dr. B. Kannan
Organizing Committee Member
Dr.M.Rajeshkumar



“Positive Psychology: Approaches and Applications”

Organized by
Centre for Educational Research - Madurai Kamaraj University
on 21st & 22nd April, 2021

Report of the Online Seminar

Positive psychology is concerned with "the good life" or flourishing, living according to what holds the greatest value in life and other such factors that contribute the most to a well-lived and fulfilling life. While not attempting a strict definition of the good life, positive psychologists agree that one must live a happy, engaged, and meaningful life in order to experience "the good life." Martin Seligman referred to "the good life" as "using your signature strengths every day to produce authentic happiness and abundant gratification." Positive psychology complements, without intending to replace or ignore, the traditional areas of psychology. By emphasizing the study of positive human development, this field helps to balance other approaches that focus on disorder, and which may produce only limited understanding. Positive psychology has also placed a significant emphasis on fostering positive self-esteem and self-image, though positive psychologists with a less humanist direction are less likely to focus as intently on such topics.

Positive psychology focuses on the positive events and influences in life, including:

- Positive experiences (like happiness, joy, inspiration, and love).
- Positive states and traits (like gratitude, resilience, and compassion).
- Positive institutions (applying positive principles within entire organizations and institutions).

Teachers and students in positive psychology are natural allies. At its core, education is about nurturing strengths, about growth and learning. Furthermore, psychological and social well-being are key concerns for teachers and students and for people working in the field of positive psychology.

In this context, the CER has planned to organize a two-day National Seminar on **“Positive Psychology: Approaches and Applications” on 21st & 22nd April 2021** for Teacher Educators for realizing the objectives of the Centre, rethinking our roles and to prepare skilled, scholarly, and socially responsible professionals.





MADURAI KAMARAJ UNIVERSITY
(University with Potential for Excellence)
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Madurai - 625 021

CENTRE FOR EDUCATIONAL RESEARCH
Two-day Online National Seminar on
"Positive Psychology: Approaches and Applications"
21st & 22nd April 2021

Inaugural function

21.04.2021 - 10.30 a.m. Through Google Meet:
Link: <https://meet.google.com/zfi-mdea-fjm>

Dr. R. Annadurai
Director i/c
Centre for Educational Research
Madurai Kamaraj University
Welcomes

Prof. M. Krishnan
Vice-Chancellor
Madurai Kamaraj University
Madurai
Presides & Inaugurates

Prof. P. Sivakumar
Professor & Head, Department of Education, DDE
Alagappa University, Karaikudi
Delivers Keynote Address

Prof. K. P. Suresh
Dean, Academics
Department of Education, Central University of Kerala
Offers Felicitation Address

All are cordially invited Director & Faculty Members, CER-MKU

The Inaugural ceremony was begins with Tamilthai Vazhthu followed by welcome address, **Dr. R. Annadurai, Director i/c., Centre for Educational Research, Madurai Kamaraj University** warmly welcomed the gathering and gave brief introduction about the need for conduct this Online Seminar.

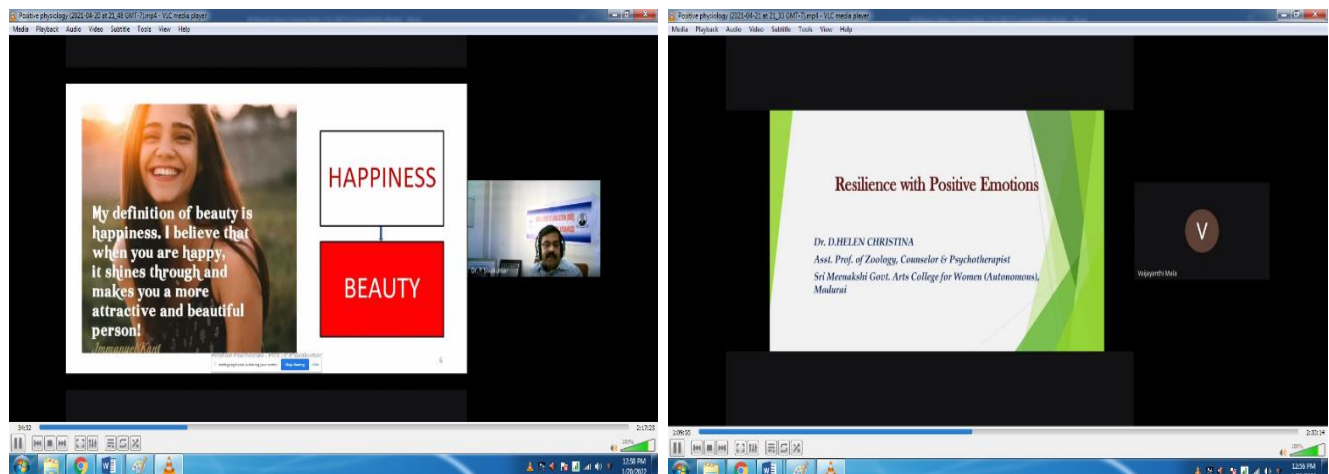
The Honourable Vice-chancellor Prof. M. Krishnan has delivered the inaugural address. In his inaugural address he stated that, positive psychology is the scientific study of what makes life most worth living, focusing on both individual and societal well-being. It studies "positive subjective experience, positive individual traits, and positive institutions...it aims to improve quality of life." It is a field of study that has been growing steadily throughout the years as individuals and researchers look for common ground on better well-being. He also stated that


the need and importance of the positive psychology in the current pandemic situation and various approaches of the positive psychology.




Prof. P.Sivakumar, Head, Department of Education (DDE), Alagappa University, Karaikudi delivered Keynote Address. In his keynote address he emphasis about, psychological and social well-being are key concerns for teachers and students and for people working in the field of positive psychology.

In his felicitation address **Prof. K.P.Suresh, Dean Academics, Professor of Education, Central University of Kerala**, stressed Positive psychology has placed a significant emphasis on fostering positive self-esteem and self-image, though positive psychologists with a less humanist direction are less likely to focus as intently on such topics viz. Positive experiences, Positive states and traits and Positive institutions. **Dr.B.Kannan, organizing Secretary & Assistant Professor of Centre for Educational Research** proposed vote of thanks.





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CENTRE FOR EDUCATIONAL RESEARCH

Two-day Online National Seminar on

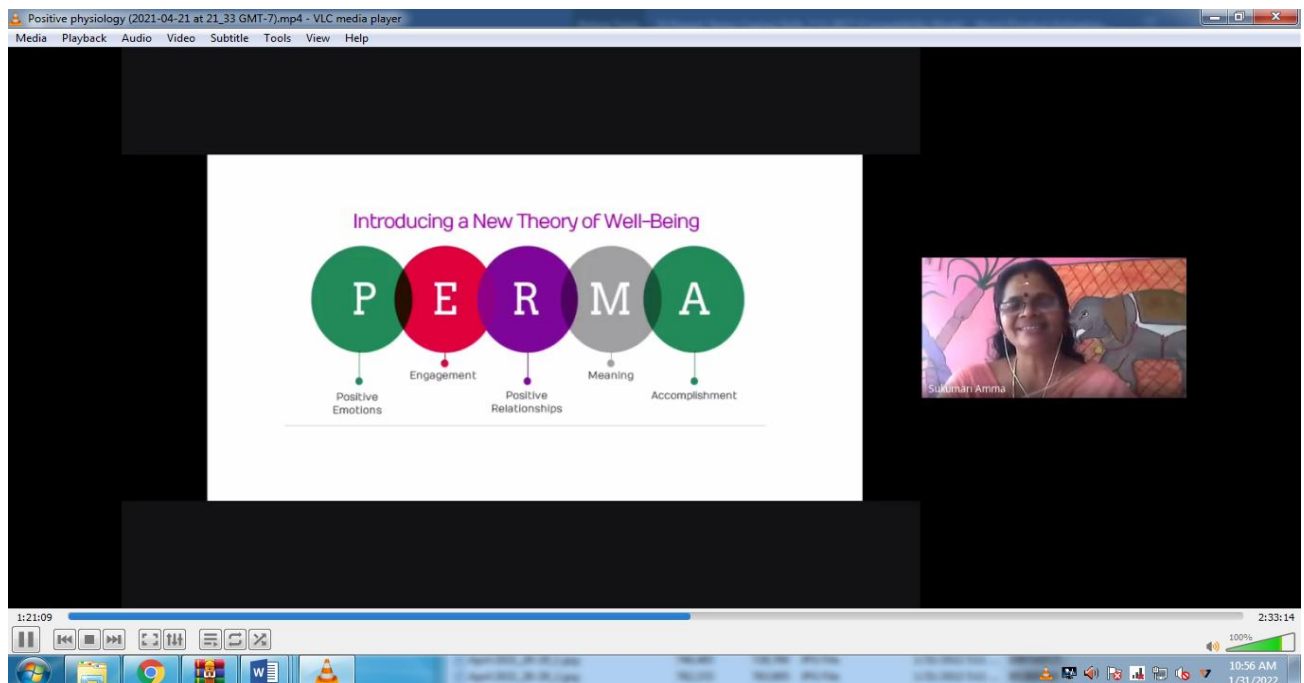
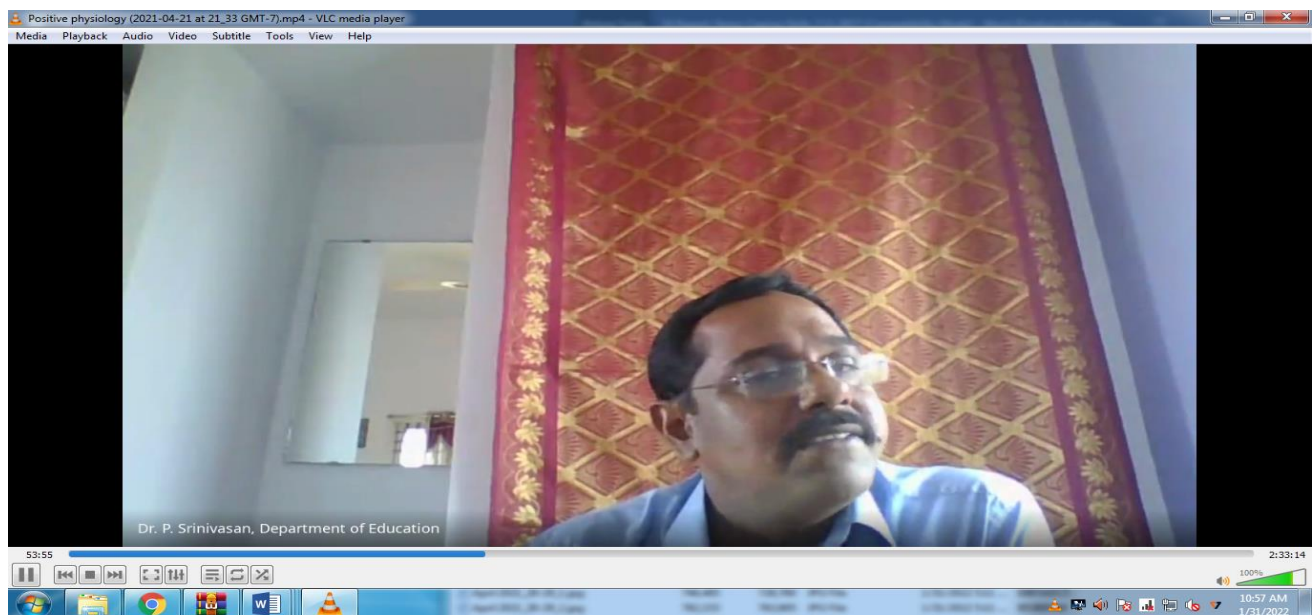
“Positive Psychology: Approaches and Applications”

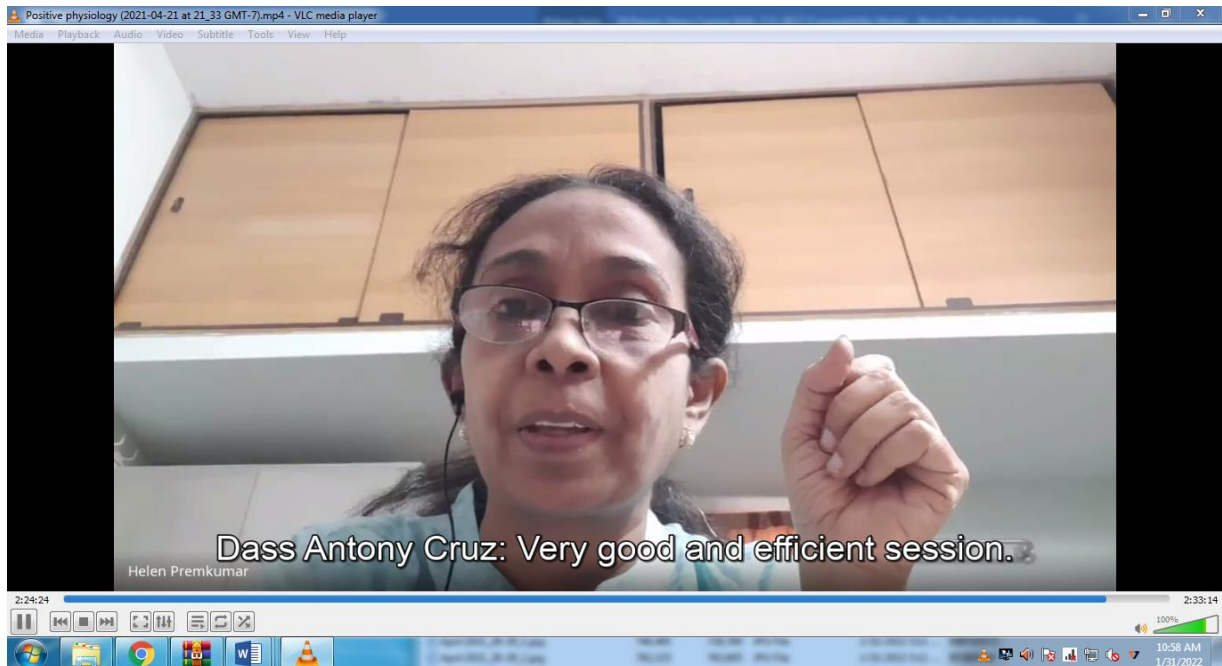
Technical Sessions

21.04.2021	Session I: 11.00 a.m to 1.30 p.m
<p>Topic : Positive Psychology: An Introduction</p> <p>Resource Person:</p> <p>Dr. K.P.Suresh Professor, Department of Education Central University of Kerala Kasargode</p>	
21.04.2021	Session II: 2.00 p.m to 5.00 p.m
<p>Topic : Approaches in Positive Psychology</p> <p>Resource Person:</p> <p>Dr. P. Srinivasan Professor & Head, Department of Education Central University of Tamil Nadu, Tiruvarur</p>	
22.04.2021	Session III: 10.00 a.m to 1.00 p.m
<p>Topic : Application of Positive Psychology in Classrooms</p> <p>Resource Person:</p> <p>Dr. Helen Christina Associate Professor, Department of Zoology Sri Meenakshi Government College, Madurai</p>	

The first Technical session (21.04.2021) was handled by **Prof. K.P.Suresh, Dean Academics, Professor of Education, Central University of Kerala** on the topic of **“Positive Psychology: An Introduction”**. In this session he mentioned about the Positive Psychology has three central concerns: positive experiences, positive individual traits, and positive institutions. Understanding positive emotions entails the study of contentment with the past, happiness in the present, and hope for the future.

The second Technical session (21.04.2021) was handled by **Prof. P.Srinivasan, Professor & Head, Department of Education, Central University of Tamil Nadu, Thiruvavur** on the topic of **“Approaches in Positive Psychology”**. In this session he mentioned about the Positive Psychology has three central concerns: positive experiences, positive individual traits, and positive institutions. Understanding positive emotions entails the study of contentment with the past, happiness in the present, and hope for the future.





The Third Technical session (22.04.2021) was handled by **Dr. Helen Christina, Associate Professor, Department of Zoology, Sri Meenakshi Govt. Arts College (Autonomous), Madurai** on the topic of **“Approaches in Positive Psychology in Classrooms”**. In this session she clearly explains about Positive education is not just for the sake of the students. Even teachers who believe that student well-being is a crucial part of teaching can feel burdened if asked to attend to both the academic and emotional needs of their students. If teachers are being asked to increase their workload, then steps must be taken to ensure their happiness as well. This is another reason to focus on teacher happiness as well as student happiness.

About 250 participants across country were participated and benefitted through this online seminar. Some of the Participants were raise their queries and some of the participants were given their feedback about the seminar. The second day session winded up with national anthem. Dr. R. Annadurai, Director of the Centre, Dr.B.Kannan & Dr. M. Rajeshkumar, Assistant professors of the centre has arranged the programme. The Feedback were collected from the participants through the google form and the e-certificates were sent to them.

List of Participants

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