


University of Mysore
Department of Studies in Psychology
Manasagangothri, Mysuru 570006

**ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ**
ಮನೋವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ

ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗದ ಶ್ರೇಷ್ಠ ಹಿರಿಯ ವಿದ್ಯಾರ್ಥಿ
ರಾಷ್ಟ್ರಕವಿ ಕುವೆಂಪು ಅವರ ಜನ್ಮೋತ್ಸವ ದಿನಾಚರಣೆ ಪ್ರಯುಕ್ತ
ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗ ಹಿರಿಯ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಂಘ (ರಿ) ಹಾಗೂ
ಮೈಸೂರು ಸೈಕಾಲಜಿಕಲ್ ಸೊಸೈಟಿ
ಸಂಯುಕ್ತಾಶ್ರಯದಲ್ಲಿ






ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗದ ಶತಮಾನೋತ್ಸವ ಸಂಭ್ರಮಾಚರಣೆ
ವಿಶೇಷ ಉಪನ್ಯಾಸ ಕಾರ್ಯಕ್ರಮ

ಉದ್ಘಾಟನೆ : ಪ್ರೊ. ಎನ್.ಕೆ. ಲೋಕನಾಥ್

ಮಾನ್ಯ ಕುಲಪತಿಗಳು
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು

ಅಧ್ಯಕ್ಷತೆ : ಪ್ರೊ. ಸಂಪತ್ತಕುಮಾರ್

ಮುಖ್ಯಸ್ಥರು
ಮನೋವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು

ಪ್ರಾಸ್ತವಿಕ ನುಡಿ : ಡಾ. ಮಂಜುನಾಥ, ಪಿ.

ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗದ ಹಿರಿಯ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಂಘದ
ಸಂಘಟನಾ ಕಾರ್ಯದರ್ಶಿ & ಮುಖ್ಯಸ್ಥರು ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗ
ಕರಾಮುವಿ, ಮೈಸೂರು

ವಿಶೇಷ ಉಪನ್ಯಾಸ : ಏಕಾಗ್ರತೆ - ಇಂದಿನ ಸವಾಲುಗಳು

ಶ್ರೀ. ಶ್ರೀಧರ್ಮೂರ್ತಿ, ಎಂ.

ವಿಶ್ರಾಂತ ಪ್ರಾಧ್ಯಾಪಕರು, ಎನ್.ಎಂ.ಕೆ.ಆರ್.ವಿ ಕಾಲೇಜು, ಬೆಂಗಳೂರು

ವಿಶೇಷ ಉಪನ್ಯಾಸ : ರಾಷ್ಟ್ರಕವಿ ಕುವೆಂಪು ಮತ್ತು ಮನೋವಿಜ್ಞಾನ

ಡಾ. ಜ್ಯೋತಿಶಂಕರ್

ಅಧ್ಯಾಪಕರು, ಕನ್ನಡ ವಿಭಾಗ, ಕರಾಮುವಿ, ಮೈಸೂರು

ದಿನಾಂಕ: 16-12-2024 ಸಮಯ ಬೆಳಿಗ್ಗೆ 11-00ಕ್ಕೆ

ಸ್ಥಳ: ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು

ಎಲ್ಲರಿಗೂ ಆದರದ ಸ್ವಾಗತ

ಡಾ. ಹೆಚ್.ಕೆ. ಮಂಜು
ಕಾರ್ಯದರ್ಶಿ
ಮ.ವಿ.ಹಿ.ವಿ. ಸಂಘ (ರಿ)

ನಿನಾದ. ಪಿ.ಎಲ್.
ಕಾರ್ಯದರ್ಶಿ
ಮೈಸೂರು ಸೈಕಾಲಜಿಕಲ್ ಸೊಸೈಟಿ

ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗದ ಬೋಧಕ ಮತ್ತು ಬೋಧಕೇತರ ವರ್ಗ, ಸಂಶೋಧಕರು & ವಿದ್ಯಾರ್ಥಿಗಳು

Lecture 4: Session 1: Concentration – Today’s Challenges

Session 2: Rastrakavi Kuvempu and Psychology

Date: 16.12.2024

Venue: Seminar Hall, DoS Psychology

Resource Person: Prof. Shridhar Murthy. M, Dr. Jyothi Shankar

Introduction:

As a part of the Centenary Year Celebration, the DOS in Psychology, University of Mysore hosted special lecture for the students of Psychology, themed "**Concentration- today’s problem, and Rastrakavi Kuvempu and Psychology** " was a milestone event held on December 16, 2024, at the Seminar Hall, Department of Studies in Psychology, University of Mysore. The program was organized as a collaborative effort between the DOS in Psychology, the Mysore University Psychology Alumni Association, Mysore Psychological Society, Bringing together students and faculty from renowned institutions such as Teresian College, Maharani's Arts College for Women, and the University of Mysore's DOS in Psychology, the event created a vibrant platform for dialogue, engagement, and inspiration.

The initiative was designed to Commemorate Kuvempu’s birth anniversary and to provide participants with a deeper understanding of two different lecture “Concentration- today’s challenges and Kuvempu and psychology”.

"Concentration: Today's Challenges" the importance of maintaining focus amidst numerous distractions was thoroughly discussed. This lecture provided valuable insights into these challenges, exploring their impact on personal productivity, mental well-being, and overall performance in both academic and professional settings.

The lecture on “Kuvempu and Psychology” explored how Kuvempu's works deeply reflect human emotions and psychological struggles. Kuvempu’s ability to use nature as a psychological metaphor and addresses the emotional impacts of social issues, particularly on marginalized groups. His ability to weave psychological depth into storytelling makes his works a powerful exploration of the human psyche.

Program Overview

1. Inaugural Session

The program began with a warm and ceremonial lighting of the lamp, symbolizing knowledge and enlightenment. As the lamp was lit, first-year psychology student Nivedita and team performed a cultural song, adding a harmonious and auspicious start to the event. Their heartfelt performance was well-received, setting a positive and reflective tone for the day. Floral tribute was paid to commemorate the birth anniversary of the renowned poet Kuvempu.

The lecture was graced by the presence of the Vice Chancellor Prof. N. K. Loknath and several senior professors. Dignitaries and guest speakers were welcomed onto the stage and welcome speech was delivered by 1st year student **Spoorthi. Sharada and Priyanka** introduced guest speakers with poise and grace, highlighting their professional accomplishments and contributions to their field. Each dignitary and guests were then presented with floral tributes as a gesture of respect and gratitude.



Dignitaries lighting the Lamp



Dignitaries offering floral tribute to Kuvempu

Keynote Address

Keynote speaker Prof. Manjunath. P, chairperson Department of psychology, KSOU, Mysuru. Delivered an insightful address that highlighted the essence and the legacy of the psychology department and Kuvempu. Prof. Manjunath highlighted how Kuvempu's literature is deeply influenced by psychological themes. His exploration of human emotions, mental conflicts, existential dilemmas, and social struggles provides a rich psychological

landscape. He mentioned Kuvempu's Speech that he delivered during the inauguration of Psychology Society and Psychology Magazine. Prof. Manjunath highlighted that Kuvempu's literature is not just a portrayal of external conflicts but a thorough exploration of the human mind, emotions, and the inner struggles faced by individuals.



Vice Chancellor delivering Inaugural Speech



Felicitating Vice Chancellor

Inaugural Speech

Prof. Loknath, Vice Chancellor UoM, inaugurated the lecture and delivered inaugural speech highlighting on Kuvempu and his contribution towards University and Literature.

He quoted “Sri Kuvempu was one of the most respected figures in Kannada literature, played a crucial role in raising awareness about the significance of language, not just as a means of communication but as a vehicle for cultural identity, pride, and unity. Through his works, Kuvempu ignited a sense of responsibility towards preserving and promoting the language, encouraging people to view it as a powerful tool for social change and intellectual growth”

“Kuvempu has deep connection to psychology. During his under graduation at Maharaja College, Kuvempu chose psychology as an optional subject, which speaks to his early interest in understanding the human mind. This connection to psychology is reflected in his literary works, where he often delved into the complexities of human emotions, thoughts, and behavior. Kuvempu's exploration of these psychological themes helped shape his writings, allowing him to create characters and narratives that resonate with readers on a deeply emotional and intellectual level. It is fascinating to note that even as a literary giant,

Kuvempu’s understanding of psychology influenced his creative expression and the way he connected with the human experience."

“During his tenure as Vice-Chancellor, He inaugurated the Psychology Society and psychology magazine, emphasized its importance in fostering a community of scholars and students who could engage deeply with the subject.”

“Congratulations to the Psychology Department on reaching an incredible milestone – 100 years of excellence and contribution to the field of psychology. Over the past century, this department has not only educated and inspired countless individuals but has also played a vital role in advancing psychological research, theory, and practice. we look forward to many more years of growth, innovation, and impact in the field. Congratulations to all the faculty, students, and alumni who have contributed to this remarkable achievement.”

Concentration- challenges today

Facilitated by Prof. Sridhar Murthy. M. Senior professor, N. M. K. R. V. College, Bengaluru. Prof. Murthy’s, lecture on Concentration-Today’s challenges, was a topic aligns with the complexities of the contemporary world. He explained the significance of concentration and maintained a clear focus on the challenges of today. He shared real-life experiences as example, that made the lecture much more relatable and interesting. Prof. Murthy’s unique ability to weave humor into his lecture to educate and raise awareness is enjoyable and enlightening. His lecture was thought provoking, filled with valuable insights and his message resonates among the audiences. His lecture was followed by Q&A session, where participants eagerly posed questions, further enriching the discussion.



Dignitaries in conversation



Prof. Sampathkumar’s Presidential address



Prof. Murthy addressing audience



Dr. Jyothi addressing the audience

Rastrakavi Kuvempu and Psychology

Facilitated by Dr. Jyothi Shankar, Lecturer, Department of Kannada, KSOU, Mysuru. Dr. Jyothi Shankar's lecture on Kuvempu and psychology was a feast to listeners, Dr. Jyothi's soulful rendering of lines from the epic book Sri Ramayanadarshanam and her ability of interwine the Ramayana and its characters to psychology and its aspects, not only showed her hold towards the literature but also showed the greatness of Kuvempu, and his deep understanding over Psychology and Philosophy. Kuvempu's criticism over some psychological theories was brought up by Dr. Jyothi and lead audience to have a new perception on the same. Dr. Jyothi's promising rendition of Sri Ramayanadarshanam captivated the audience.

The special lecture on "Kuvempu and Psychology" by Dr. Jyothi was not just a lecture but a celebration of rich history of department of psychology and our respected alumni Sri. Kuvempu. and also upholds promising future that our department holds. It highlighted the respected Chairperson's and also the department's commitment to fostering a vibrant intellectual community and set a high benchmark for the centenary celebrations to follow by remembering our roots and our epic story - Sri Ramayanadarshanam. This memorable day will be cherished as a lecture that glorified Indian Psychology and Philosophy, marking the successful lecture series that promises to inspire and illuminate minds in the days to come.



Felicitating Prof. Shridhar Murthy M.



Felicitating Dr. Jyothi Shankar

Closing Address

The first session “Concentration – challenges today” was motivational and the second session “Kuvempu and psychology” was thought-provoking. Both the speakers had their unique way of rendering the lecture which made every listener to takeaway something from the session which clearly made some impact on their affect and behaviour. The lecture concluded with the felicitation of the esteemed resource people, acknowledging their invaluable contribution. This was followed by a vote of thanks, expressing gratitude to all organizers, guests and participants. The lecture was formally concluded with a group photo session, followed by lunch. The program marked a great success with over more than one hundred and sixty participants, comprising of senior lectures, students, staff, research scholars from the DOS in Psychology and its constituent colleges across Mysore. The Program received extensive coverage from the print media, with several prominent publications carrying reports and features.



Group Photo with Staff members



Group Photo with Participants



Section of the Audience

Acknowledgments

The Department of Studies in Psychology, University of Mysore, expresses its heartfelt gratitude to esteemed speakers Prof. Shridhar Murthy M, and Dr. Jyothi Shankar and the participants from Teresian College, Maharani's College, JSS College, and the University of Mysore. Special thanks to Spoorthi, Sharada and Priyanka for introducing the dignitaries and the first-year psychology students, Nivedita and team, for their beautiful cultural song. The collaborative efforts of all contributors made this event a resounding success.

Report:

Ms. SANJANA N

II Year M.Sc in Psychology, DOS in Psychology,
UOM, MGM.

Editors:

PROF. SAMPATHKUMAR
DR. HITA CLAUDIA RAO

