

Quarterly Newsletter of the Department of Psychology

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Head of Department, Dr. Sobita Kirtani
Welcoming the Freshers

Welcome Freshers!

Shereen Miranda

On the 20th of November, 2021, the Department of Psychology organized a Freshers program for the first year psychology students of our college. The program was conducted to make the first year students feel comfortable and at home before starting their offline classes. The program was organized by the second and third year students and was held in the lower auditorium at 2.30 pm.

The program started off with our Head of Department, Dr. Sobita Kirtani, giving a wonderful speech to welcome the first year students.

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Welcome Freshers!

Shereen Miranda

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The whole program was the fun part. After the inaugural and the introduction of the psychology club, the main event began. The event was hosted by the second year students of psychology: Srisha Sakhardande, Shereen Miranda and Roxanna Pinheiro. The second year students also put up a very interesting song and dance performance which kept the crowd engaged. There was even a very casual tik tok dance competition. The third year students also organised very interesting games for the first year students. Refreshments were given towards the end of the program. It was overwhelming to get a very positive response from the first years and everyone was very happy to meet the newcomers of the psychology department.

The program ended on a very positive note and before leaving the first years were also given momentos to commemorate the day. At the end of the day, everyone enjoyed themselves and had a great time.

PG Freshers 2021

Anisah Fernandes



On 23rd October 2021, the PG department of psychology organised a fresher's party for the Part I, first year students. The party started with a quick introduction round where the students of part I and part II got to know each other. The part I and part II students were paired together and were required to introduce each other. After this ice-breaker, the faculty of the PG psychology spoke a few words welcoming the first years into the department. This was followed by lots of fun games and activities which in turn led to forfeits, enjoyed by everyone. There was dance, music and a lot of bonding that took place. After this, the freshers were given bookmarks as mementos which were specially made by Dashmi, from the second year, followed by which they were given refreshments prepared by the second years. This concluded the event.

A Glimpse of The Freshers Party



Editorial

Dr. Golda Vas



The pandemic claimed more than we could ever imagine. The first wave took us by surprise and the second wave took us by storm. Some of us got infected, suffered and recovered, while some of us lost our loved ones. Anxiety and fear gripped us all and the social environment around us changed dramatically. The vaccine came as a sigh of relief and people lined up for the much awaited jab. Slowly but steadily the situation started to improve and the number of incidences finally close to zero.

Just as things were finally getting back to normal, the impending third wave hit us, but this time we seemed to be more prepared. Even with the drastic increase in the number of cases lately, people are going about their daily routines almost fearlessly. That brings me to think, have we become immuned to the virus? Well, certainly not as the current situation suggests, then what is it?

I strongly believe that it is the armor of courage, grit, resilience that we wear and the shield of the vaccine has helped us fight this war so far and that, is keeping us going.

Will things ever get back to normal like in times pre-covid? I say, yes, it will. with will, determination, and perseverance while following the rules and maintaining the current healthy practices, I believe that sooner or later, everything will be alright. You just have to believe!

Disclaimer

The views in this newsletter are those of the contributors and the Editor and not of the Principal

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Report of IDPD

Vaishnavi Pai Raiturkar



Every year "International Day of Persons with Disabilities" (IDPD) is celebrated on 3 December to promote the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life. To commemorate this day, the Psychology Forum in collaboration with Club 'Cerebro', organised a programme. The Theme was "Leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world." Many competitions were organised around this theme for students to showcase their talents which included poetry writing, photography and poster making competitions. Miss Laxmi Srinivas, who is currently pursuing her MA in Child Psychology and Child Development, gave an enriching talk. This was followed by the screening of a Spanish short film "Cuerdas". The movie was followed by the prize distribution ceremony and was concluded with a vote of thanks by the President of the forum, Miss Sabrin Siddiqui.

A sneak peak at IDPD



The Forum



Inaugural of the Psychology Forum, 2021-22



Sabrin Shaikh

The Inaugural of Psychology Forum 2021 was held on 20th November, 2021. The Inaugural was hosted by Asst. Prof. Aresh Naik. The programme began with a welcome to the First Year students, who were on campus for the first time. Proceeding with the Inaugural, Ex-student Rucha Kare was invited to initiate the pinning ceremony. The Psychology Forum 2021-22 included 2 student representatives from each year and 1 student representative from the PG section, held the following posts: Sabrin Shaikh(TY) held the post of President, followed by Anika Haldankar(SY) as the Vice-President, Azelia Fernandes(TY) as the Treasurer, Alyssa Colaco(FY) as the Vice Treasurer, Srisha Sakhardande (SY) as the Secretary, Jaaziel Fernandes(FY) as the Joint Secretary and Dashmi Phaldessai (MA part. 2) as the PG representative. After the pinning ceremony, the department in-charge Dr. Sobita Kirtani said a few words in the occasion followed by the president of the forum, who addressed the students and shared the activities planned for the academic year 2021-22. Preceding this, the President and Vice-President of Club Cerebro, Vaishnavi Pai Raiturkar (TY) and Roxanna Pinheiro (SY) briefed the students on the activities planned for this year's club sessions. To conclude the programme, ex-student Rucha Kare, shared her experience of being a part of the forum and encouraged students to participate and be a part of the extra-curricular activities.

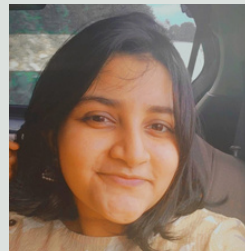
New Faculty



Nasreen Banu Shaikh has completed her Masters in Psychology and B.Ed. She is currently pursuing her Masters in Sociology. She has Worked as Psychology teacher for 5 academic years in Smt. C T Naik Higher Secondary School, Curchorem-Goa.

Club 'Cerebro'

Vaishnavi Pai Raiturkar - Club President



The inauguration of the Psychology club was held on the 20th of November, 2021. The event began with Dr. Sobita Kirtani, the Head of the Department addressing and welcoming the gathering. After the speech by the HOD, Mr. Aresh Naik was called to begin the forum inaugural and introduce the new psychology club. The president of the club, Miss Vaishnavi Pai Raiturkar, also said a few words and revealed the name of the club and its agenda for the year.



Roxanna Pinheiro - Club Secretary

Planned Activities of the Club

- Group Bonding Activities
- Movie Reviews
- Stress management Activities
- Art Based Relaxation Activities - Mandala
- Manifestation and Goal setting Activity
- Painting
- Dance Session - Zumba
- Making a self-care Help kit for young adults
- Community Service
- Field visits
- Collaborating with the Psychology forum to - organise departmental events, talks.
- Collaboration with the alumni
- Street play to raise awareness
- /Destigmatise mental health
- Weekly sessions by Aresh sir for non psychology students to raise awareness around various mental health issues and ways to tackle them.

PG Field Trip to Daddy's Home

Laxmi. S

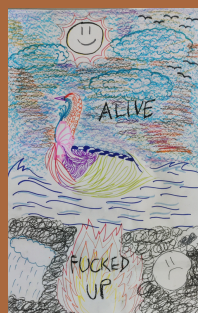
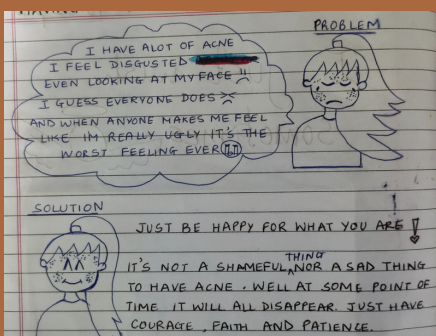


The faculty of the PG department organised a field visit to Daddys' home for the part I students as a part of school counseling program, on 1st December 2021 from 9:10AM to 10:35AM. Daddy's home is a school for special children located in Margao, Goa. It facilitates special students from all diversities and classes of the society. They provide education to around 22 children of varying age groups and deformities such as autism, learning, speech and hearing disorders. On this day, 11 children - 6 girls and 5 boys performed a dance to a hindi song, as a part of rehearsal for an upcoming event followed by a song "we shall overcome someday".

PG Field Trip



Therapeutic Session in Progress



Dance Movement Therapeutic Session Exploring Resilience

Clizma Da'Costa



On the 19th of November 2021, a very unique and experiential class was held in Positive Psychology. It was a dance/movement therapy class held at the college studio under the able guidance of the course instructor and dance moment therapeutic practitioner and Faculty Ms. Clizma Aniuska Da Costa. The whole session lasted a little more than 2 hours.

At the start of the session, the students were briefed about the therapy, after which the participants were instructed to say out their name a loud and as they did so, they were expected to accompany it with a dance movement.

In the next part of the session, the participants were guided to draw how they looked at their life and how they see what life is all about for them.