



BIANNUAL NEWSLETTER OF THE DEPARTMENT OF PSYCHOLOGY

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YOUTH MENTAL HEALTH FESTIVAL

The Department of Psychology organized the Youth Mental Health Festival in collaboration with Sangath on 16th December, 2023. This festival included a number of events such as talks by Sangath team members on projects involving youth, expressive arts, listening circles and interaction with organizations working in the field of mental health, namely ARZ, SCAN one stop center, COOJ Foundation, and Sangath. All the activities were thoroughly enjoyed by students of all departments.

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EDITORIAL...

BY ARESH NAIK
ASST. PROFESSOR



Hey everyone! As we wrap up another semester, let's celebrate the strides we've made in embracing the National Education Policy 2020 (NEP) and its exciting changes. Our department has been gearing up to bring these reforms to life through our courses and activities. From revamped curricula to fresh ways of learning, we're all in on making sure your college experience is as enriching and relevant as possible. This semester was a big deal for us: we saw our first batch of students complete their first

year under the NEP, with a new course structure. Your feedback has been invaluable in fine-tuning our approach, and we're excited to keep improving based on what works best for you. We're also focussed on staying nimble and responsive to the evolving educational landscape in India. Our goal? To prepare you not just for the job market but for a future where adaptability and innovation are key. Looking forward to seeing what we can achieve together in the semesters to come!

DISCLAIMER!

The views in this Newsletter are those of the contributors and the Editor, and not of the Principal.
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POSTER PRESENTATION



TYBA students displayed posters on 'Understanding Substance Addiction' to educate the general public. This was held on the 6th of April and was part of their assessment for the same course. These same posters were then displayed in a common area on the campus to increase awareness about addiction among the student community. Rather than only a display, an explanation of the content put up was a more engaging approach. A total of 08 posters were prepared by various groups of students. These were explained to visitors by the students. A total of 23 students participated in the creation and display of the posters.

YOUTH MENTAL HEALTH FESTIVAL

Students also put up food stalls, game stalls and art stalls which brought out the wide array of talents possessed by them into the limelight! The festival ended with a prize distribution for an intercollegiate competition on short film-making and photo essay held earlier on the theme 'Mental Health is a Universal Human Right' which was joyously celebrated by the winners.



pride corner



activities and interactions with the organisations



DMC College won the prize for both competitions.



food, game and art stalls along with expressive arts session put up by enterprising students



THE APPLICATIONS OF NEUROPSYCHOLOGY

On 1st February 2024, the department of Psychology organized a talk on “The Applications of Neuropsychology” by Mr. Nathan Fernandes for the third year psychology students. The session aimed at updating students about the practical applications of neuropsychology and the current status of neuropsychological research in India. The speaker talked about the invasive and non-invasive techniques in neuropsychology and its application in diagnosis and research, which was extremely insightful. The talk was supplemented with discussions about real, on field examples. The speaker, who is associated with Christ (Deemed to be) University, Bangalore, provided students with information about the courses offered and the scope of Neuropsychology in India which helped the final year students explore their options for further study.



A JOURNEY OF LESSONS FROM REAL WORLD COGNITIVE EXPERIMENTS

The department of Psychology organized a talk on “A Journey of Lessons from Real- World Cognitive Experiments” By Ms. Yesoda Bhargava, research scholar from the Cognitive Neuroscience Department at BITS Goa. The session was divided into three parts which included the following: i) Using paper-pencil tests and adding variations to it ii) Using VR technology in assessment and iii) Q&A and feedback session. The students were given the chance to work with the VR technology and gain hands-on experience.





A team of 10 undergraduate students from the Department of Psychology won the Overall Winners trophy at 'Psychozest 2024', an annual intercollegiate psychology competition organised by MES College of Arts and Commerce, Zuarinagar, on 2nd March 2024.

The multi-talented team consisted of Shanelle Dias, Adsila D' Silva, Shawnika Vaz, Shefali Madkaikar, Namrata Debsikdar, Anoushka Da Costa, Isha Dalvi, Akshi Saglani, Fia Fernandes and Kashish Mehta, along with Pratishtha Shenoy and Tanishqa Walawalkar as volunteers. The team was accompanied by Asst. Prof. Aresh Naik.

The team secured the following laurels for the department :

- First place in Anthem (original song composition)
- First place in Paper Presentation
- First place in Tech for Wellbeing
- Second place in Cosplay X Conceptualize
- Second place in Fashion show

T.Y. FIELD VISITS

On 21st February 2024, the Third Year students of the department of Psychology visited three organizations, namely Sanjeevan, Sneha Mandir, and Visava. All three are old age facilities and these were visited in connection to the Gerontology course offered in semester VI. The objective of the field visit was to create awareness among students pertaining to the various types of facilities available for older persons; to create awareness among students pertaining to the mental health needs of the different sections of the society. By interacting with the elderly, an understanding of the practical essence of the course was fostered. 18 students were accompanied by Dr. Sobita Kirtani.



On 23rd February 2024, the Third Year students visited three organizations, namely COOJ Mental Health Foundation in Bastora, Chaitanya Rehabilitation Centre in Thivim, and B.M. Melwani's Senior Citizens Recreational Centre in Panaji. The field visit was conducted to create awareness among students pertaining to the activities conducted by various NGOs in Goa; to create awareness among students pertaining to the mental health needs of the different sections of the society. The engagement with NGOs undoubtedly provided a clear insight into their workings. 20 students were accompanied by Dr. Sobita Kirtani and Asst Professor Aresh Naik.

M.A. TRAINING PROGRAM

The second year students of MA Child Psychology & Child Development attended the Training Program on Understanding Neurodevelopmental Disorders, Mental health and Women's health on 15th February, 2024 at Hospicio, South Goa district hospital Margao Goa. The program took learning beyond the classroom walls, diving into practical scenes. The list of students are as follows: Buriel Gomes, Sailee Lotlikar, Jessifa Costa, Oona Fernandes, Dhanvi Shah, Tabitha Fernandes, Celphy Coelho, Adriela Mascarenhas, Nashvita Cruz, Chandani M. Borkar, Fiena Oliveira, Treza Gomes.



DISCUSSION FORUM: INTIMATE PARTNER VIOLENCE

On 22nd March, 2024 the Department of Psychology organized a Discussion Forum on the theme Intimate Partner Violence. Experts from three different fields were invited to share their expertise in the field. The program began with the students enticing the audience with a welcome song. The audience was then formally welcomed by Principal Prof. Dr. Sangeeta Sankhalkar. The theme of the discussion forum was introduced by Department in-charge Dr. Sobita Kirtani. The three experts were then introduced and invited to speak. Adv. Lariza Gomes spoke about how the law protects us and what are the provisions made in our constitution for our safety in intimate relationships. Ms. Devika Gupta spoke about the concept and prevalence of IPV. She shared her research findings with the participants. P.I. Sudiksha Naik spoke about the ground realities of dealing with IPV and her experiences therein. After this, the forum was open for interaction and a number of questions were answered by the experts. An overall successful session, the discussion left attendees alert and well-informed.



FACULTY HIGHLIGHTS

Dr. Sobita Kirtani

- completed the Faculty Development Program on NEP Orientation & Sensitization programme from 15/11/2023 to 23/11/2023 (online) organized by UNIVERSITY GRANTS COMMISSION MALAVIYA MISSION TEACHER TRAINING CENTRE (formerly known as Human Resource Development Centre) GOA UNIVERSITY.

Ms. Aishwarya M Babu

- PG Coordinator of MA Child Psychology & Child development completed Faculty Development Program on NEP Orientation & Sensitization programme from 01/11/2023 to 10/11/2023 (online) organized by UNIVERSITY GRANTS COMMISSION MALAVIYA MISSION TEACHER TRAINING CENTRE (formerly known as Human Resource Development Centre) GOA UNIVERSITY.

Ms. Jeanne Colla

- presented a paper in an online conference “UDGAM” organized by Shri Vaishnav Vidhyapeeth Vishwavidhyalaya, Indore on 4th November 2023 titled “Differentiation of Self: The Key to parental influenced indecisiveness?”