



NEWSLETTER OF THE DEPARTMENT OF PSYCHOLOGY

AN INSIDE-OUT FRESHERS

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The Psychology Department's much-awaited Freshers' Party for 2024 was held on 25th July in the Upper Auditorium, organized by the second and third-year students to warmly welcome the new batch into our department. The theme for this year, "Inside Out," was chosen to reflect the core essence of psychology—understanding and expressing emotions.



The event began with a grand entry for the freshers. As they arrived, each fresher struck a pose for the photographer, marking their special moment in style. The auditorium buzzed with excitement as students gathered for the celebration.

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EDITORIAL...

BY JEANNE MARIE COTTA
ASST. PROFESSOR

The world we live in is constantly changing. This unescapable change has led to a complexity of the new era with a myriad of challenges that one faces. Issues that are at the forefront range from climate change to the emerging and evolving artificial intelligence. These issues require solutions that draw on multiple perspectives and areas of expertise. Issues, that cannot take on a single perspective but require a paradigm shift, to include a more collaborative, interdisciplinary approach.

Traditional educational and professional realms have taken a dogmatic view to tackle issues of the current world. This has led to specializations and greater advancements in respective fields. For instance, Psychology currently consists of approximately more than twenty specializations. This advancement is driven by rigorous research in the field. However, complex problems rarely require interventions focused on only one field. For instance, climate change actions are influenced by sciences, social sciences and the arts to reach a creative solution.

A critical starting point for fostering interdisciplinary collaboration lies in education. The current National Education Policy encourages interdisciplinary curricula which encourages cross-disciplinary learning. The students from the 2023-24 batch onwards are fortunate to have the opportunity to engage in collaborative projects and contribute towards interdisciplinary action towards solving major issues today.

As society becomes ever more interconnected, the importance of interdisciplinary collaboration will only grow. Academia and the industry may use creativity and knowledge across the disciplines, to bridge the shortcomings of individual disciplines. By embracing diversity of thought and expertise, we unlock the potential to address complex challenges. As we embrace the changes we experience, let us unlock creative strategies driving progress for the betterment of all.



NIDHI MHAMBREY
ASST. PROFESSOR



Loves watching sunset - tries her best not to miss them.

Enjoys learning and discovering proverbs and idioms from different languages, to use them as one liners.

A night owl - who thrives on creative energy during late hours.

-FACULTY FEATURE-

Nidhi Mhambrey has pursued M.Sc in Clinical Psychology from National Forensic Science University and has qualified UGC NET. She is passionate about creating interactive and collaborative learning environments that empower students to thrive academically and personally. Her professional experiences include conducting psychological assessments, delivering counseling under supervision, and organizing psychoeducational sessions for individuals coping with mental health challenges.

LIFE MOTTO: KNOW THE FINE STRING THAT IS DANGLING BETWEEN LETTING GO AND HOLDING ON!

MAKING CORE MEMORIES



The program officially kicked off with an impressive performance by second-year students Siya and Tanishqa. Siya captivated the audience with her graceful classical Indian dance, while Tanishqa's melodious singing added a soulful touch, setting the tone for the rest of the event. A series of fun and engaging games followed, designed to bring out the freshers' energy and enthusiasm!

These activities not only allowed the juniors to bond with their peers but also showcased their creativity and spontaneity. Gifts were distributed to the winners, adding a delightful surprise to the festivities.



One of the highlights of the event was the introduction round, where each fresher got a chance to step into the spotlight and introduce themselves. This segment was a wonderful opportunity for everyone to get to know the newest members of the department.



The party concluded with delicious food, leaving everyone in high spirits and with cherished memories. The combined efforts of the second and third-year students ensured the event was a grand success, making the freshers feel truly welcomed and celebrated.

INTERNSHIP ORIENTATION

At the start of the even semester of the academic year 2024-2025, the TY Psychology students presented an insightful overview of their internship experiences, showcasing their growth across various fields:

- Trisha Bene began by sharing her internship at **Guinoa Marketing**, where she focused on creating social media content, SEO, and remote work.
- Following her, Sylvia discussed her internships at **Alliance Française Panjim**, where she managed the library and did some administration work, and **Deepvihar High School**, where she taught the students and applied behavioral psychology.
- Valerie Rebello spoke about her role at an **automobile showroom**, where she refined her customer service and communication skills.
- Tracy Coutinho then shared her experiences at the **NayePankh Foundation** and **Bethesda Children's Home**, working on fundraising and social work, while also balancing administrative tasks and mentoring children.
- Shanelle Dias discussed her time at **Bethesda Children's Home**, where she focused on administration and tutoring.
- Smriti Pai Angle spoke about her internship at **Sangath**, where she worked on data management and created educational content for children.
- Vivian Vaz explained her internship at **M/s. Durganand R. Sawardekar**, where she developed organizational and accounting skills.
- Beverly Noronha shared her internships at **Nayepankh Foundation** and **Bethesda Children's Home**, gaining experience in fundraising, social work, and administration.
- Sana Prabhu, Shambavi Prabhudessai, and Rutvi Painginkar discussed their internship at **Smartlink Pvt. Ltd.**, where they worked on data collection in HR, while Saloni spoke about her recruitment-focused role at Timechain Labs.
- Saniya Valanka Gomes shared her ongoing internship at **Vandrevala Foundation**, where she provides mental health support via chat.
- Shalyn, Evira, and Vanessa spoke about their work at **South Goa District Hospital**, observing patient interactions and working on mental health case studies.
- Adrienne Baretto concluded by discussing her remote internship at **The Entrepreneurship Network**, where she managed recruitment and led a team.

The presentation highlighted the diverse skills and knowledge gained by the students, showing how their internships bridged academic learning with real-world application, preparing them for future careers in psychology and related fields.

On the vibrant day of August 17th, 2024, Parvatibai Chowgule College of Arts and Science (Autonomous) came alive with the highly anticipated Psychospectrum 2024, a spectacular event organized by the enthusiastic Department of Psychology. The air buzzed with excitement, for this was the grand revival of the department's flagship event, and everyone had been eagerly awaiting its return. The event unfolded in the heart of the campus, at the Quadrangle, from 9:30 a.m. to 3:30 p.m., where a dynamic crowd gathered to explore the wonders of the mind.



PSYCHOSPECTRUM



The event drew an incredible turnout of eager, bright-eyed higher-secondary students from schools across Goa, creating a dynamic atmosphere filled with curiosity and excitement. Among the institutions represented were Shree Damodar Higher Secondary School of Science, The King's School, Rosary Higher Secondary School, Multipurpose Higher Secondary School, GVM's Smt. Nelly Joildo Aguiar Higher Secondary School, and People's High School. Our very own students took on the role of welcoming guides, leading the visitors through the college with warm smiles and insightful tours, setting the tone for a truly enriching experience. Psychospectrum 2024 was a delightful fusion of learning and interaction !



The first-year students of Chowgule College showcased their creativity, bringing psychological theories and experiments to life with engaging charts and models. Guests marveled at displays illustrating the Stroop Effect, Pavlov's Classical Conditioning, Skinner's Box, and the fascinating stages of personality development. Projects also caught attention, focusing on timely topics such as effective study habits, the complexities of attachment styles, the psychological toll of gaslighting, and the diverse career paths in psychology.



The third-year students added an extra layer of creativity and heart to the event. They hosted engaging games and exercises, such as "I Am Grateful For..."—a moment where participants shared their gratitude while enjoying samples of delicious cake!



Second-year students took the experiential route, thrilling attendees with a series of interactive tests and experiments. The visual depth perception, mirror tracing challenges, and the mind-bending Muller-Lyer illusion were crowd favorites, leaving many in awe. The students also guided the visitors through intriguing non-verbal intelligence tests, projective assessments, and personality questionnaires, each offering a window into the mysteries of human cognition.



Adding a touch of whimsy to the day, the event featured a popular photo booth, designed by our talented decor team. Armed with quirky props and signs, the booth became the perfect spot for playful memories. Among the highlights were a prop featuring Dr. Sigmund Freud's face—an instant hit—and a cheeky sign that read "Daddy Issues."



The event was a resounding success, earning heartfelt compliments from visiting students, teachers, and parents alike. Miss Danika Lobo, a counselor from the King's School, expressed her enthusiasm, saying, "It was a fantastic experience! It gave our students a lot of exposure to the world of testing, experimentation, and understanding human behavior. Seeing it explained by someone other than their teacher made it all the more exciting. The entire organizing team was so cooperative and courteous—it was truly wonderful!" What an encouraging and uplifting feedback!

Psychospectrum 2024 has left an indelible mark, and we can't wait to bring this dynamic event back. We hope to see you at the next one—until then, let the magic of learning and discovery continue!



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