



## NEWSLETTER OF THE DEPARTMENT OF PSYCHOLOGY

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## EDITORIAL

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WHILE PSYCHOLOGY AS A FIELD HAS GROWN SINCE ITS INCEPTION IN THE EARLY 1800S. FROM A FIELD THAT HAS SUPPLEMENTED MEDICAL CARE AND DIAGNOSIS, TODAY WE MOVE BEYOND THE MEDICAL MODEL TO THE CURRENT APPROACH; THE HOLISTIC ONE. THIS SHIFT HAS LED TO THE WIDENING OF THE SCOPE OF PSYCHOLOGY IN ITS RESPONSIBILITY TOWARDS SOCIETY. COMMUNITY OUTREACH PROGRAMMES HAVE BEEN A RECENT INCLUSION HERE AT PARVATIBAI CHOWGULES COLLEGE. IT IS A MEANS TO REACH OUT TO THE COMMUNITY THROUGH ACTIVITIES AND INITIATIVES AIMED AT BUILDING A BRIDGE BETWEEN ACADEMIA AND THE COMMUNITY AT LARGE. PSYCHOLOGY IN ITS CAPACITY HAS PROVIDED US VARIOUS MEANS OF REACHING OUT.

THE DEPARTMENT HAS TAKEN VARIOUS INITIATIVES THIS YEAR IN LINE WITH THE INSTITUTIONS COMMITMENT TOWARDS COMMUNITY OUTREACH. THESE INCLUDE THIRD YEAR RESEARCH TOPICS FOCUSING ON GERIATRIC AND STUDENT MENTAL HEALTH ISSUES. SIMILARLY, IN CONTRIBUTION TO THE COMMUNITY OUTREACH COMMITTEE ACTIVITIES, THE DEPARTMENT HAS PROVIDED A CAREER TALK ALONG WITH A TALK ON ADOLESCENT ISSUES TO SCHOOL STUDENTS HELD THIS SEMESTER. FURTHER, THE DEPARTMENT LOOKS FORWARD TOWARDS REACHING OUT TO THE WORKING POPULATION DURING THE MENTAL HEALTH FESTIVAL WHICH WILL BE HELD NEXT SEMESTER.

IN THE MODERN CONTEXT, PSYCHOLOGY ALSO HAS A RESPONSIBILITY TO ADAPT ITS PRACTICES TO THE CHANGING SOCIAL LANDSCAPE, RESPONDING TO ISSUES SUCH AS THE IMPACT OF TECHNOLOGY ON MENTAL HEALTH, SOCIETAL PRESSURE, AND THE CHALLENGES OF MODERN WORK-LIFE BALANCE. THE DEPARTMENT OF PSYCHOLOGY IS COMMITTED TO THESE RESPONSIBILITIES AND LOOK FORWARD TO GIVING BACK TO THE COMMUNITY.

# WORLD MENTAL HEALTH DAY

10 October 2024



The Department of Psychology at Parvatibai Chowgule College of Arts and Science observed Mental Health Day 2024 on October 10th, with the purpose of raising awareness about mental health issues and providing helpful insights into dealing with stress, psychological flexibility, and mindfulness. The Psychology Department also organized a series of awareness stalls aimed at promoting mental well-being among students and reflecting on their mental health and displaying a sense of gratitude.



OUR GUIDANCE



THE TEAM



TREE OF FEELINGS



The first session began at 10:30 AM, with a primary focus on stress management. The speaker discussed common stressful situations faced by students and teachers on a daily basis and introduced the audience with new techniques such as time management, relaxation exercises like the 54321 grounding technique, box breathing, progressive muscle relaxation, and stress ball creation activities. The audience was very engaged, with many sharing their experiences and opinions, which enhanced the session and made it more interactive and enjoyable.



The second session focused on psychological flexibility, which is the ability to adapt to changing circumstances while maintaining mental well-being. The speaker began by narrating an interesting story about mice and cheese. Attendees were encouraged to reflect on their thought patterns and explore new ways of responding to difficulties by understanding various concepts, such as resistance and the importance of change. The need for adaptability and psychological flexibility was emphasized using the cognitive appraisal technique of Relational Frame Theory (RFT), which encourages individuals to view situations from multiple perspectives, fostering cognitive flexibility.



Lastly, the final session focused on mindfulness practices. Students learned about the benefits of mindfulness for mental health and were introduced to various mindfulness exercises, including breathing techniques and meditation. Mindfulness activities are specifically designed to help individuals gain more focus and calm in their daily lives, thereby reducing the negative effects of stress on their mental and physical health.



# THE SESSIONS

## STRESS MANAGEMENT

On the occasion of Mental Health Day, an engaging session on "Stress Management" was conducted by Lyanne Fernandes and Shamirah Aguiar. The session provided a detailed exploration of stress, focusing on its various causes, such as external pressures like work, academics, and relationships, as well as internal factors like self-doubt and negative thinking. The speakers explained how stress impacts daily life, interfering with productivity, relationships, and emotional and physical well-being.

In addition to discussing the challenges stress poses, the session introduced practical and creative strategies for stress relief. One key activity involved making a stress ball using simple, readily available household items, offering participants an interactive way to manage tension. Another technique highlighted was the "5-4-3-2-1 exercise," a grounding method designed to bring awareness to the present moment. Participants were guided through identifying five things they could see, four they could touch, three they could hear, two they could smell, and one they could taste. This exercise helps reduce stress by engaging the senses and redirecting attention away from overwhelming thoughts.

The speakers also emphasized the importance of regular exercise and yoga as powerful tools for stress management. Physical activities such as walking, jogging, or practicing yoga not only improve physical health but also release endorphins, which help alleviate stress and elevate mood. Together, these techniques provided participants with a holistic approach to recognizing stress triggers and adopting strategies to manage them effectively, fostering mental balance and well-being in everyday life.

### PSYCHOLOGICAL FLEXIBILITY

THE DEPARTMENT OF PSYCHOLOGY (PCCAS) COMMEMORATED WORLD MENTAL HEALTH DAY ON OCTOBER 10TH, 2024, WITH A SERIES OF THREE MINDFUL SESSIONS. AS PART OF THIS CELEBRATION, THE DEPARTMENT INVITED THE ALUMNI WHO ARE ALSO MENTAL HEALTH EXPERTS, TO SHARE THEIR EXPERTISE. SESSION 2 FOCUSED ON "PSYCHOLOGICAL FLEXIBILITY" AND WAS LED BY NEHA PAI DUKLE AND URVI UMARYE, WHO WERE WARMLY WELCOMED WITH TOKENS OF APPRECIATION. THE ESTEEMED GUEST SPEAKERS BEGAN BY ESTABLISHING A SOLID FOUNDATION OF THE CONCEPT, GRADUALLY DELVING INTO ITS FACTORS AND APPLICATIONS. THE SESSION PROVED TO BE THOUGHT-PROVOKING, INTERACTIVE, AND ENCOURAGED ATTENDEES TO THINK CRITICALLY BY CHALLENGING THEIR WITS. BY FOSTERING AWARENESS AND PROMOTING MENTAL STABILITY, THIS SESSION MADE A VALUABLE CONTRIBUTION TO THE DEPARTMENT'S WORLD MENTAL HEALTH DAY CELEBRATIONS.

#### DISCLAIMER!

THE VIEWS IN THIS NEWSLETTER ARE THOSE OF THE CONTRIBUTORS AND THE EDITOR, AND NOT OF THE PRINCIPAL.  
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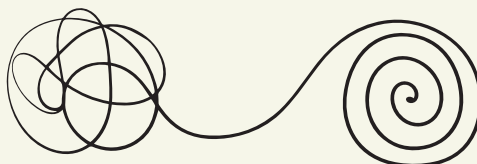
# MINDFULNESS

AT 12:30P.M. ON WORLD MENTAL HEALTH DAY, A SESSION ON “MINDFULNESS” WAS CONDUCTED IN THE PSYCHOLOGY LAB OF PARVATIBAI CHOWGULE COLLEGE. IT WAS AN INFORMATIVE AND INTERACTIVE PRESENTATION ON THE BENEFITS OF MINDFULNESS AND WAYS TO PRACTICE IT. THE SPEAKERS, LYANNE FERNANDES AND SHAMIRAH AGUIAR, BROUGHT TO ATTENTION HOW IMPORTANT IT IS TO BE MINDFUL. THEY TALKED ABOUT HOW RARELY PEOPLE STAY IN THE PRESENT MOMENT DUE TO THEIR PREOCCUPATIONS WITH THE FUTURE OR PAST. THEY SPOKE OF BEING MINDFUL ABOUT FEELINGS, AND NOTICING, ACKNOWLEDGING, AND ACCEPTING EMOTIONS AS THEY COME UP.

MINDFULNESS AS A PRACTICE, THEY MENTIONED, IS NOT EASY TO MASTER, BUT IT’S ABOUT TEACHING THE BRAIN TO COME BACK INTO THE PRESENT MOMENT EACH TIME ATTENTION DRIFTS. THEY SPOKE ABOUT THE NEED FOR MINDFULNESS AND ITS EFFECTS ON STRESS AND ANXIETY LEVELS, NEUROPLASTICITY, ACCEPTANCE OF THOUGHTS, AND STRESS RESPONSE REGULATION. IT ALSO STRENGTHENS THE MIND-BODY CONNECTION.

THEY ALSO SPOKE ABOUT MINDFUL OBSERVATION, MINDFUL EATING, BODY SCANNING, AND THE IMPORTANCE OF GRATITUDE. THEY EMPHASIZED THE IMPORTANCE OF ACCEPTANCE THROUGH A METAPHOR OF LETTING THOUGHTS GO LIKE “LEAVES ON A STREAM”. THROUGH MINDFUL OBSERVATION, THE AUDIENCE WAS ASKED TO FOCUS THEIR ATTENTION ON ANY OBJECT IN THE ROOM AND NOTICE ITS CHARACTERISTICS. SHAMIRAH AGUIAR SPOKE ABOUT NOTICING OUR FOOD’S TEXTURE, FEEL, TASTE, SMELL, AND THAT MINDFUL EATING CAN IMPROVE OUR RELATIONSHIP WITH FOOD.

WITH THE HELP OF LYANNE FERNANDES, GUIDED BODY SCANNING WAS DONE AND THIS RELAXED THE AUDIENCE AND BROUGHT THEIR ATTENTION TO PHYSICAL SENSATIONS AND THE PRESENT MOMENT. THE AUDIENCE WAS ASKED TO THINK OF THREE THINGS THEY ARE GRATEFUL FOR AND WERE ENCOURAGED TO SHARE. THE MINDFUL, CALMING SESSION WAS ENDED WITH THE SPEAKERS BEING THANKED FOR THEIR HELPFUL AND EDUCATIONAL INSIGHTS.





ON THE 10TH OF OCTOBER 2024, THE DEPARTMENT OF MENTAL HEALTH NURSING AT THE INSTITUTE OF NURSING EDUCATION, BAMBOLIM-GOA, ORGANIZED AN INTERCOLLEGIATE ELOCUTION COMPETITION TO COMMEMORATE WORLD MENTAL HEALTH DAY. THE THEME OF THE COMPETITION, "VOICE YOUR VOTE FOR MENTAL HEALTH," SOUGHT TO AMPLIFY THE IMPORTANCE OF MENTAL HEALTH AWARENESS IN TODAY'S SOCIETY THROUGH A 5-MINUTE TALK. STUDENTS FROM VARIOUS INSTITUTIONS GAVE COMPELLING SPEECHES EXPRESSING THEIR VIEWS ON THE TOPIC. THE VARIOUS ISSUES SURROUNDING MENTAL HEALTH WERE DISCUSSED, INCLUDING THE IMPORTANCE OF RAISING AWARENESS, ENCOURAGING OPEN CONVERSATIONS, REDUCING STIGMA, AND PROMOTING A SUPPORTIVE ENVIRONMENT FOR MENTAL HEALTH. THE PROGRAM BEGAN WITH A WELCOME SONG BY THE STUDENTS OF THE INSTITUTE OF NURSING EDUCATION. THIS WAS FOLLOWED BY A SPEECH FROM THE CHIEF GUEST, WHO SPOKE ABOUT THE IMPORTANCE OF WORLD MENTAL HEALTH DAY. THE JUDGES, INTRODUCED THEREAFTER, BROUGHT WITH THEM A WEALTH OF EXPERTISE IN PUBLIC SPEAKING, AND MENTAL HEALTH EDUCATION, WHICH INSPIRED THE PARTICIPANTS TO DELIVER THEIR BEST. THE COMPETITION THEN PROCEEDED SMOOTHLY, WITH EACH PARTICIPANT PRESENTING THEIR SPEECH WITH GREAT PASSION AND ZEAL. PARTICIPATING IN THE ELOCUTION COMPETITION WAS A MEANINGFUL EXPERIENCE FOR ME. IT GAVE ME A CHANCE TO SPEAK ABOUT MENTAL HEALTH, A TOPIC I TRULY CARE ABOUT. PREPARING FOR THE COMPETITION HELPED ME GAIN IN-DEPTH INSIGHTS INTO THE THEME AND SHARPENED MY RESEARCH SKILLS, MAKING ME MORE AWARE OF THE VARIOUS ASPECTS OF MENTAL HEALTH. IT WAS TRULY AN ENRICHING EXPERIENCE TO GET THE OPPORTUNITY TO PARTICIPATE IN THIS COMPETITION AND WITNESS EVERYONE'S PASSION AND COMMITMENT TO BRINGING MENTAL HEALTH AWARENESS TO THE FOREFRONT.

## INTERCOLLEGIATE ELOCUTION COMPETITION



-SHANELLE DIAS  
TYBA



# OUTREACH PROGRAMME & ADOLESCENT AWARENESS SESSION

On November 16, 2024, the TYBA psychology students of Parvatibai Chowgule College of Arts and Science (Autonomous), Goa, conducted an outreach program at PM Shri Govt High School, Gaval Khol, Canacona. Under the guidance of Assistant Professor Ms. Jeanne Cotta, the students organized a series of interactive sessions on adolescent awareness and wellbeing for students from classes 8 to 10. The program aimed to address significant challenges faced during adolescence, fostering awareness and equipping students with practical knowledge to navigate this transformative phase of life.

The outreach was structured into three focused sessions, each addressing critical aspects of adolescent well-being. The first session, led by Trisha Bene, Tracy Coutinho, and Valerie Rebello, delved into the topic of *Depression*. This session aimed to create awareness about what depression is, how it manifests in children, and its symptoms. With relatable examples for better understanding, the presenters also highlighted the importance of emotional needs and strategies for maintaining mental health.

The second session, conducted by Komal Halwai, Sanya Gomes, Vaidehi Zharapkar, and Shanelle Dias, tackled the issue of *Drug and Alcohol Addiction*. The discussion encompassed a broad spectrum of topics, including the definition of addiction, reasons why teenagers may experiment with drugs or alcohol, local terminologies for various substances, and the consequences of substance abuse. The session also provided insights into

identifying signs of addiction, strategies for prevention, coping mechanisms, and resources available for support. To enhance engagement, the group employed interactive methods, including short skits, to simplify complex concepts and encourage active participation.

The final session, presented by Smriti Pai Angle, Sylvia Lewis, and Pratiksha Mallya, focused on *E-Gadget Addiction*. This session explored topics such as the nature of gadget addiction, the reasons behind overuse, and its impact on physical and mental health. The presenters emphasized cultivating healthy digital habits, understanding online relationships, recognizing the disparity between reality and online appearances, identifying red flags of addiction, and fostering positive digital connections.

Following the educational sessions, students from the Sociology Department of the college led a Zumba session for the schoolchildren, adding an element of fun and relaxation to the program. The day concluded with a valedictory ceremony and a vote of thanks.

Participating in this outreach program was a valuable learning experience for the students. It provided a platform to interact with children, convey essential knowledge, and contribute positively to society. The experience enriched their understanding of community engagement and the practical application of their academic learning, instilling a sense of fulfillment and responsibility.

