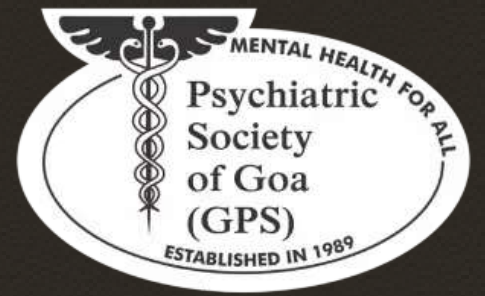




Chowgule Education Society's

Parvatibai Chowgule College of Arts and Science  
Autonomous

Accredited by NAAC with Grade 'A+'  
Best Affiliated College-Goa University Silver Jubilee Year Award



# The Department of Psychology

IN COLLABORATION WITH

## Psychiatric Society of Goa

INVITES YOU TO BE A PART OF

# *PsychoSynergy*

A MENTAL HEALTH FESTIVAL ON

## 'Prioritising Mental Health in the Workplace'

8TH FEBRUARY,  
2025  
SATURDAY  
09.30AM to 4.30PM



VENUE:  
Parvatibai Chowgule  
College of Arts and  
Science  
(Autonomous)

Dr. Sobita Kirtani  
Incharge - Department of Psychology

Dr. Wenona Fernandes  
President - Psychiatric Society of Goa

# Lecture Series

## 'Empowering Youth for a Mentally Healthy Future'

Join us for an insightful series on discovering the key to understanding mental health challenges, navigating relationships, and the real impact of social media on young adults with expert speakers from the Psychiatric Society of Goa!

**The Mental Health  
Puzzle: Understanding  
Youth Challenges**

**Dr. Veena Kantak**  
10.30 am - 11.00 am

**Love, Friendship, and  
Everything In  
Between: Navigating  
Youth Relationships.**

**Dr. Arya Naik**  
11.00 am - 11.30 am

**Beyond Likes and  
Filters: Social Media's  
True Impact on Youth**

**Dr. Tanvi Pednekar**  
11.30 am - 12.00 pm

**LOCATION:  
LOWER AUDITORIUM**

# *The Synergy*

Take this opportunity to interact with esteemed professionals - counsellors, psychiatrists, psychologists, social workers, and legal experts - working in Mental Health and Allied fields and explore the wide array of objectives these organisations work towards!

**Sangath**

**Sethu**

**Institute of Psychiatry &  
Human Behaviour**

**Telemanas &  
District Hospital**

**COOJ**

**Antarman**

**Scan Goa**

**ARZ**

**Gujarati Samaj School**

**Novi Survat**

**ManoVed**

**Soul Healing  
Counselling Centre**

**Caritas**

**Mpower**

**TIME: 10.30 AM - 4.30 PM / LOCATION: QUAD**

# *Interactive Sessions*

**Don't miss out on these essential sessions led by our own faculty, and alumni practicing as counsellors! Gain practical insights on stress management, parenting in the digital age, and men's mental health—designed to support personal growth and well-being.**

## **Stress Management**

**Counsellors Rucha Kare  
& Lyanne Fernandes**

**11.30 am - 12.00 pm  
2.30 pm - 3.00 pm**

## **Parenting in the Digital Era**

**Asst. Prof. Neha Pai Dukle**

**12.00 pm - 12.30 pm  
3.00 pm - 3.30 pm**

## **Men's Mental Health**

**Asst. Prof. Aresh Naik**

**12.30 pm - 1.00 pm  
3.30 pm - 4.00 pm**

**LOCATION:  
PSYCHOLOGY LAB**



# *Open Mic*



**Seize the chance - use the open mic as a platform to actively engage in contributing to the broad realm of Mental Health by expressing yourself!**

**Personal  
Experiences**

**Poetry**

**What is  
'mental health'  
to you?**

**Share a message!**

**Music**

**TIME: 2.30 PM - 4.30 PM/ LOCATION: QUAD**



# PsychoSynergy



## -Schedule of Events-

EVENT	TIME	VENUE	RESOURCE PERSON
Inaugural	9.30 am - 10.30 am	Lower Auditorium	
Lecture Series on 'Youth Mental Health'	10.30 am - 12.00 pm		Dr. Tanvi Pednekar Dr. Veena Kantak Dr. Arya Naik
The Synergy	10.30 am - 4.30 pm	Quad	Organisations working in mental health & allied fields
Open Mic	2.30 pm - 4.30 pm		
Stress Management Session	11.30 am - 12.00 pm & 2.30 pm - 3.00 pm	Psychology Lab	Counselors Rucha Kare & Lyanne Fernandes
Parenting in the Digital Era	12.00 pm - 12.30 pm & 3.00 pm - 3.30 pm		Asst. Prof. Neha Pai Dukle
Men's Mental Health Session	12.30 pm - 1.00 pm & 3.30 pm - 4.00 pm		Asst. Prof. Aresh Naik
Valedictory	4.30 pm - 5.00 pm	Quad	

# *Find your way to PsychoSynergy...*

## **LOCATION**

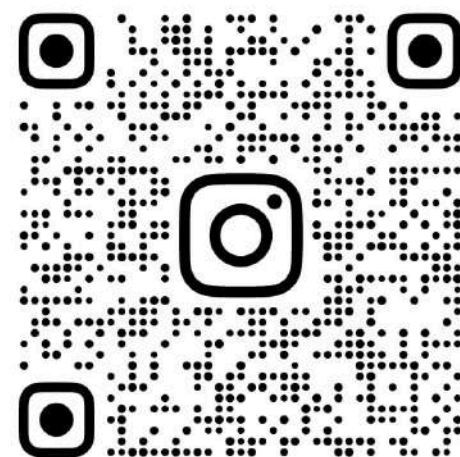
**Parvatibai Chowgule College  
of Arts & Science(Autonomous)  
Gogol, Margao, Goa 403602**

**[https://maps.app.goo.g  
l/6DweLWuPeyXiZ1P9A](https://maps.app.goo.gl/6DweLWuPeyXiZ1P9A)**

## **CONTACT**

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Nidhi Mhambrey: 8830106680**

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