



NEWSLETTER OF THE DEPARTMENT OF PSYCHOLOGY

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Psychosynergy

(SNEAK PEEK)

MENTAL HEALTH TOOK CENTER STAGE AT PSYCHOSYNERGY 2025, WHERE STUDENTS, PROFESSIONALS, AND ORGANIZATIONS CAME TOGETHER TO EXPLORE THE THEME PRIORITIZING MENTAL HEALTH IN THE WORKPLACE. THE DAY BEGAN WITH A WARM WELCOME, INSPIRING ADDRESSES FROM ESTEEMED GUESTS, AND A POWERFUL MESSAGE ON THE IMPORTANCE OF WORK-LIFE BALANCE.



EXPERT-LED LECTURES SHED LIGHT ON YOUTH CHALLENGES, RELATIONSHIPS, AND THE IMPACT OF SOCIAL MEDIA, WHILE INTERACTIVE SESSIONS TACKLED STRESS MANAGEMENT, PARENTING IN THE DIGITAL ERA, AND MEN'S MENTAL HEALTH. ATTENDEES ALSO EXPLORED STALLS SET UP BY VARIOUS MENTAL HEALTH ORGANIZATIONS, FOSTERING CONNECTIONS AND SUPPORT FOR MEANINGFUL CAUSES. THE EVENT CONCLUDED ON A HIGH NOTE WITH AN ENGAGING OPEN MIC, HEARTFELT MESSAGES, AND MUSICAL PERFORMANCES, LEAVING EVERYONE INSPIRED AND EMPOWERED.

CURIOUS ABOUT WHAT WENT DOWN?
DIVE IN FOR ALL THE HIGHLIGHTS!



Editorial

ASST. PROF. NIDHI
MHAMBREY

"COMING TOGETHER IS A BEGINNING; KEEPING TOGETHER IS PROGRESS; WORKING TOGETHER IS SUCCESS." - HENRY FORD
COLLABORATION IS THE CORNERSTONE OF PROGRESS, ENABLING INDIVIDUALS AND ORGANIZATIONS TO ACHIEVE GOALS THAT WOULD BE DIFFICULT TO ACCOMPLISH ALONE. WHETHER IN ACADEMIA, MENTAL HEALTH ADVOCACY, OR ANY PROFESSIONAL SETTINGS, WORKING TOGETHER FOSTERS INNOVATION, INCLUSIVITY, AND MEANINGFUL IMPACT. IT PAVES WAY FOR EXCHANGE OF DIVERSE PERSPECTIVES, LEADING TO RICHER DISCUSSIONS AND MORE COMPREHENSIVE SOLUTIONS. WHEN STUDENTS, FACULTY, AND PROFESSIONALS ENGAGE IN SHARED LEARNING EXPERIENCES, THEY PUSH THE BOUNDARIES OF KNOWLEDGE, ENCOURAGE CRITICAL THINKING, AND CREATE A CULTURE OF INTELLECTUAL CURIOSITY. THE GOAL IS NOT SIMPLY TO COLLABORATE BUT CREATE A SPACE THAT SPARKS INNOVATION, INQUISITIVENESS, INCLUSIVITY AND INSPIRE EVERY INDIVIDUAL WHO WITNESS THE COLLECTIVE APPROACH - "SYNERGY"

AS WE NAVIGATE AN EVER-EVOLVING WORLD, LET US RECOGNIZE THAT TRUE PROGRESS LIES NOT IN WORKING IN ISOLATION BUT IN BUILDING BRIDGES, SHARING KNOWLEDGE, AND UPLIFTING ONE ANOTHER. THROUGH COLLABORATION, WE CAN CREATE SUSTAINABLE CHANGE, EMPOWER COMMUNITIES, AND LEAVE A LASTING LEGACY THAT EXTENDS FAR BEYOND INDIVIDUAL EFFORTS. BY FOSTERING A SPIRIT OF SYNERGY, WE TAKE STEPS TOWARD A MORE JUST, INCLUSIVE, AND COMPASSIONATE SOCIETY.

I HAVE PURSUED MY MA IN CLINICAL PSYCHOLOGY FROM UNIVERSITY OF MUMBAI. I AM ALSO AN ALUMNI OF THIS COLLEGE WHICH MAKES THIS CURRENT TEACHING EXPERIENCE MUCH MORE REWARDING. APART FROM TEACHING I AM ALSO A PRACTITIONER. I CONDUCT THERAPY SESSIONS AT ANTARMAN AND VIDA CLINICS. I ALSO ENJOY CONDUCTING VARIOUS WORKSHOPS AND TALKS FOR PEOPLE ABOUT MENTAL HEALTH. I AM TRAINED IN ACCEPTANCE AND COMMITMENT THERAPY. LIFE MOTO: LIFE IS A BEAUTIFUL RIDE, AND I DO EVERYTHING I CAN TO ENJOY EVERY BIT OF IT. I ENJOY LIVING LIFE IN THE SMALLER MOMENTS. A COMPLIMENT, A GOOD PICTURE OF THE MOON ON MY PHONE, A NOTE, A NICE TUNE. IT ADDS VALUE TO EVERY SINGLE MOMENT YOU LIVE.



FACULTY FEATURE

ASST. PROF. NEHA PAI DUKLE

HOBBIES

READING
BAKING
DANCING

MIND MATTERS!!!

PSYCHOLOGY IN THE CORPORATE WORLD

SANGRAIL CARVALHO, AN ALUMNI OF THE DEPARTMENT OF PSYCHOLOGY DELIVERED AN ENGAGING AND INFORMATIVE TALK TO THE SECOND AND THIRD-YEAR PSYCHOLOGY STUDENTS. THE SESSION OFFERED VALUABLE INSIGHTS INTO CAREER OPPORTUNITIES IN CORPORATE PSYCHOLOGY AND THE IMPORTANCE OF PERSONAL BRANDING FOR PROFESSIONAL GROWTH IN ONE'S CAREER.

MS. CARVALHO DISCUSSED AND SHARED THE VARIOUS CAREER PATHS WITHIN CORPORATE PSYCHOLOGY, INCLUDING TEACHING, MARKETING AND BUSINESS, AND RESEARCH. SHE EMPHASIZED HOW PSYCHOLOGY STUDENTS CAN EFFECTIVELY APPLY THEIR SKILLS AND KNOWLEDGE IN THESE FIELDS AND BUILD A CAREER.

A MAJOR FOCUS OF THE TALK WAS PERSONAL BRANDING. MS. CARVALHO ELABORATED ON THE IMPORTANCE OF CREATING A STRONG PERSONAL BRAND, WHICH SHE DESCRIBED AS AN ESSENTIAL TOOL FOR STANDING OUT IN TODAY'S COMPETITIVE JOB MARKET. SHE PROVIDED PRACTICAL TIPS ON BRANDING ONESELF AS A STUDENT, SUCH AS MAINTAINING A PROFESSIONAL PRESENCE ON SOCIAL MEDIA PLATFORMS LIKE LINKEDIN. BY SHOWCASING SMALL AND SIGNIFICANT ACHIEVEMENTS AND NETWORKING, STUDENTS CAN ENHANCE THEIR VISIBILITY AND ESTABLISH VALUABLE CONNECTIONS TO STAND OUT IN THE JOB MARKET AND INCREASE THEIR LIKELIHOOD OF GETTING HIRED.



ANOTHER KEY ASPECT OF THE TALK WAS THE ROLE OF PERSONALITY IN CAREER SUCCESS. MS. CARVALHO EXPLAINED HOW PERSONALITY TRAITS AND PRESENTATION SKILLS PLAY A CRUCIAL ROLE IN INTERVIEWS AND HIRING PROCESSES. SHE ADVISED STUDENTS TO ALIGN THEIR PERSONAL STRENGTHS WITH THEIR PROFESSIONAL GOALS, EMPHASIZING AUTHENTICITY AND ADAPTABILITY. SHE ALSO EMPHASIZED ON HOW ONE CAN PRESENT THEMSELVES IN INTERVIEWS.

THE SESSION ENDED WITH HER ANSWERING QUESTIONS FROM THE AUDIENCE. IT WAS HIGHLY INTERACTIVE AND INFORMATIVE, WHICH GAVE STUDENTS PRACTICAL KNOWLEDGE TO NAVIGATE THE CORPORATE WORLD EFFECTIVELY. IT STOOD AS AN INSPIRATION FOR THE STUDENTS TO EXPLORE DIVERSE CAREER OPPORTUNITIES AND FOCUS ON DEVELOPING THEIR PERSONAL AND PROFESSIONAL IDENTITIES.



THE WEEK THAT HAD IT ALL A WHIRLWIND OF EXCITEMENT AND MEMORIES!

EXPERIENCE OF THE FUN WEEK THROUGH A FRESHMAN'S EYES

THE TCMB OF PARVATIBAI CHOWGULE COLLEGE OF SCIENCE AND ARTS HOSTED AN EXUBERANT FUN WEEK AND INTERDEPARTMENTAL COMPETITION BETWEEN DECEMBER 16 TO 20. THE CAMPUS FELT ALIVE WITH EXCITEMENT AS STUDENTS FROM VARIOUS DEPARTMENTS CAME TOGETHER TO PARTICIPATE IN 17 DYNAMIC EVENTS.



EACH DAY HAD A UNIQUE THEME, INCLUDING MISMATCHED DAY, TRADITIONAL DAY, CHARACTER DAY, AND DISCO DAY. I, AS A FIRST-YEAR STUDENT, WAS THRILLED TO PARTICIPATE IN THE TREASURE HUNT, FASHION SHOW, AND VOLUNTEER FOR FLAMELESS COOKING. THESE ACTIVITIES WERE NOT ONLY ENTERTAINING BUT ALSO CHALLENGING, ALLOWING ME TO LEGITIMATELY STEP OUT OF MY COMFORT ZONE.

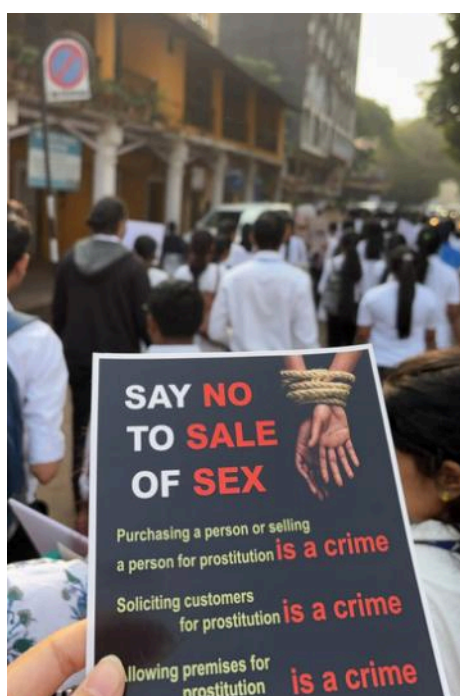


THE FUN WEEK WAS A GREAT OPPORTUNITY FOR US TO BOND WITH OUR PEERS, MAKE NEW FRIENDS, AND BOOST OUR CONFIDENCE. IT WAS HEARTENING TO SEE STUDENTS FROM DIFFERENT DEPARTMENTS INTERACTING AND COMPETING WITH EACH OTHER IN EVENTS LIKE WATER BALLOON FIGHT, DANCE, SINGING, AND MANY MANY MORE.

THE EXPERIENCE WAS TRULY ENRICHING. THE FUN WEEK WAS, INDEED, AN UNFORGETTABLE EXPERIENCE THAT HELPED US BREAK THE ICE, MAKE NEW CONNECTIONS, AND CREATE LIFELONG MEMORIES.

FROM SHADOWS TO SPOTLIGHT: RAISING VOICES AGAINST HUMAN TRAFFICKING

TO COMMEMORATE NATIONAL HUMAN TRAFFICKING AWARENESS DAY, THE THIRD YEAR STUDENTS OF THE DEPARTMENT OF PSYCHOLOGY PARTICIPATED IN A RALLY ORGANISED BY SCAN-GOIA ON THE 11TH OF JANUARY 2025. THE RALLY COMMENCED WITH SPEECHES, AND WAS FLAGGED OFF FROM THE POLICE HEADQUARTERS IN PANJIM. PAMPHLETS ON HUMAN TRAFFICKING AWARENESS WERE DISTRIBUTED TO PEOPLE BY THE STUDENTS AS THEY WALKED THROUGH THE STREETS OF PANJIM. ALONG THE WAY, A STREET PLAY WAS PERFORMED BY THE STUDENTS OF VVM'S GOVIND RAMNATH KARE COLLEGE OF LAW, DEPICTING THE REALITIES OF HUMAN TRAFFICKING AND ITS DEVASTATING CONSEQUENCES.



THE RALLY ENDED AT PANJIM BUS STAND AND SERVED AS AN IMPORTANT REMINDER, BOTH TO THE PARTICIPANTS AND THE PUBLIC, ABOUT THE IMPORTANCE OF FIGHTING HUMAN TRAFFICKING AND ENSURING A SAFER SOCIETY FOR ALL.



THE PSYCHOLOGY SYMPOSIUM: INSIGHTS, RESEARCH, AND DISCOVERY

ON JANUARY 9, 2025, FROM 2:30 TO 4:30 PM, THE DEPARTMENT OF PSYCHOLOGY HELD THE TYBA PSYCHOLOGY STUDENTS' PROJECT PRESENTATIONS. THE EVENT WAS ATTENDED BY DR. SOBITA KIRTANI, HEAD OF THE DEPARTMENT, ALONG WITH ASSISTANT PROFESSORS MS. JEANNE COTTA AND MS. NIDHI MHAMBREY. STUDENTS SHOWCASED THEIR FINAL RESEARCH PROJECTS, DISCUSSING THEIR ACADEMIC INSIGHTS, METHODOLOGIES, AND RESEARCH CHALLENGES.

THE FIRST GROUP, COMPRISING VANICA MAYBELLE FERNANDES, SANIYA VALANKA GOMES, BRINDA S. ABRAHAM, KOMAL HALWAI, AND PAI ANGLE SMRITI MAHESH, PRESENTED THEIR STUDY ON THE RELATIONSHIP BETWEEN EMOTIONAL REGULATION AND EATING BEHAVIOR. THEY DISCUSSED THEIR RESEARCH METHODOLOGY, HIGHLIGHTED GAPS IN THE LITERATURE, AND SHARED CHALLENGES FACED DURING DATA COLLECTION.

THE SECOND GROUP, CONSISTING OF EVIRA DANIELA PEREIRA, PRATIKSHA GURUDATT MALLYA, VANESSA BONITA PEREIRA, SHALYN ANGEL CARDOZO, ADRIENNE BETHANY BARRETTO, AND SALONI RODRIGUES, EXAMINED AGE-RELATED DIFFERENCES IN COGNITIVE BIASES WHEN ACQUIRING KNOWLEDGE ABOUT AI. THEIR DISCUSSION COVERED DECISION-MAKING, SOCIAL MEDIA, STRESS, INTELLIGENCE, AND OTHER RELEVANT THEMES WHILE ELABORATING ON THEIR DATA COLLECTION AND ANALYSIS METHODS.

GAURI SHIRODKAR AND VIVIAN VAZ EXPLORED THE RELATIONSHIP BETWEEN IMPULSIVITY AND ACADEMIC MOTIVATION AMONG UNDERGRADUATE STUDENTS, EXPLAINING THEIR RESEARCH DESIGN, INSTRUMENTS, AND DATA ANALYSIS APPROACH WHILE ALSO ADDRESSING CHALLENGES IN DATA COLLECTION AND SCORING.



ANOTHER PRESENTATION, BY ANGELIQUE FURTADO, BEVERLY NORONHA, DELIA DMELLO, SHANELLE DIAS, AND TENI JOHNSON, FOCUSED ON MEMORY CAFÉ PROGRAMS AS STRUCTURED COMMUNITY ENGAGEMENT INITIATIVES. THEY OUTLINED THEIR STUDY OBJECTIVES, RESEARCH DESIGN, AND DATA COLLECTION PROCESS WHILE EMPHASIZING THE SIGNIFICANCE OF THESE PROGRAMS.





TRISHA BENE, SHALOM CARDOZO, AND SYLVIA LEWIS STUDIED THE PROMINENT STRESSORS FACED BY 12TH-GRADE STUDENTS DURING THE 2024 ENTRANCE EXAMINATIONS. THEY PROVIDED INSIGHTS INTO THEIR PROJECT'S CONCEPTUAL FRAMEWORK, LITERATURE REVIEW, AND DATA COLLECTION EXPERIENCES.



THE FINAL GROUP, COMPRISING RUTVI PAINGINKAR, SANA PRABHU, SHAMBHAVI PRABHUDESAI, VALARIE SHASHA REBELLO, AND TRACY COUTINHO, ASSESSED THE EFFICACY OF INTERACTIVE ACTIVITIES IN HANDLING LONELINESS AMONG INSTITUTIONALIZED OLDER ADULTS. THEIR STUDY INVOLVED A PRE-TEST AND POST-TEST APPROACH USING THE DE JONG GIERVELD LONELINESS SCALE, AND THEY DISCUSSED THEIR EXPECTATIONS REGARDING THE EFFECTIVENESS OF THE INTERVENTION.



THE FACULTY PROVIDED CONSTRUCTIVE FEEDBACK, PRAISED THE STUDENTS' EFFORTS, AND OFFERED SUGGESTIONS FOR IMPROVEMENT. THE SESSION WAS ENGAGING AND HIGHLIGHTED THEIR DEDICATION TO PSYCHOLOGICAL RESEARCH.

TIMELESS BONDS: EXPLORING LOVE AND LIFE IN LATER YEARS

THIRD-YEAR STUDENTS OF PSYCHOLOGY INTERVIEWED TWO ELDERLY COUPLES, ONE BRITISH AND ONE INDIAN, TO UNDERSTAND THEIR PERSPECTIVES ON AGING. EXPLORING LIFESTYLES, CULTURES, AND THE DIVERSE WAYS PEOPLE PERCEIVE THEIR LATER YEARS.



VISITING THE INDIAN COUPLE FELT LIKE STEPPING INTO A HOME WITH WARMTH AND HOSPITALITY. THEY WELCOMED US WITH OPEN ARMS, SERVING SNACKS AND BEAUTIFUL STORIES. THEIR HOME WAS A REFLECTION OF THEIR PEACEFUL AND FULFILLING LIFE. THERE WAS AN UNDENIABLE SATISFACTION IN THE WAY THEY SPOKE ABOUT THEIR LIVES, AND THE DYNAMIC BETWEEN THEM BOTH WAS FULL OF BANTER AND LAUGHTER.

WE MET THE BRITISH COUPLE AT A SHACK IN BENAULIM, A SETTING THAT PERFECTLY REFLECTED THEIR RELAXED APPROACH TO LIFE. THEY HAD BEEN COMING TO GOA FOR YEARS, EMBRACING AN ACTIVE LIFESTYLE OF CYCLING, WALKING, AND ENJOYING THE BEACH. THEIR OUTLOOK ON AGING WAS REFRESHINGLY POSITIVE—THEY SAW IT AS A TIME TO FOCUS ON THEMSELVES, EXPLORE THE WORLD, AND STAY PHYSICALLY ENGAGED.



THE MOST HEARTWARMING PART OF BOTH INTERVIEWS WAS WITNESSING HOW THESE COUPLES KEPT THEIR RELATIONSHIP ALIVE AFTER DECADES OF MARRIAGE. THERE WAS PLAYFUL TEASING, SHARED LAUGHTER, AND AN EFFORTLESS UNDERSTANDING BETWEEN THEM THAT ONLY COMES WITH YEARS OF BEING TOGETHER.

IT WAS A REMINDER THAT LOVE DOESN'T DISAPPEAR WITH AGE, IT EVOLVES. WITNESSING THAT KIND OF COMPANIONSHIP WAS AT ONCE INSPIRING AND REASSURING—THE LIVING PROOF THAT LOVE, LAUGHTER, AND A LITTLE BIT OF MISCHIEF CAN MAKE LIFE INTERESTING AT ANY AGE.

PSYCHOSYNERGY

“PRIORITIZING MENTAL HEALTH IN THE WORKPLACE” WAS THE THEME OF PSYCHOSYNERGY 2025. THE DAY STARTED WITH THE INAUGURAL CEREMONY, HOSTED BY JEANNE COTTA, DURING WHICH THE STUDENTS OF THE PSYCHOLOGY DEPARTMENT WELCOMED EVERYONE WITH THEIR MELODIC PERFORMANCE AFTER WHICH THE GUESTS OF HONOR AND THE CHIEF GUEST WERE GIVEN A WELCOME MEMENTO.



THE DEPARTMENT INCHARGE, DR SOBITA KIRTANI ADDRESSED THE CROWD, TALKING ABOUT THE WORK THAT WENT INTO ORGANIZING THIS EVENT AND THE HOPE SHE HAS FOR THE COLLABORATIONS THAT WILL COME FOR FUTURE EVENTS ALIKE. THE PRINCIPAL DR. SANGEETA G. SANKHALKAR ALSO GAVE HER ENCOURAGING WORDS TO START OFF PSYCHOSYNERGY. THEN DR. AKSHADA AMONKAR, FROM THE PSYCHIATRIC SOCIETY OF GOA WAS UP TO SPEAK, EMPHASIZING ON WORK-LIFE BALANCE AND HER EXCITEMENT FOR THE COLLABORATION BETWEEN PARAVATIBAI CHOWGULE COLLEGE AND THE PSYCHIATRIC SOCIETY OF GOA. FINALLY THE CHIEF GUEST MR. AVINASH MESQITA SHARED HIS OWN EXPERIENCE IN THE WORKPLACE AND THE IMPORTANCE OF HAVING A HOLISTIC APPROACH TO WORK AND LIFE.



WITH THE CONCLUSION OF THE INAUGURAL CEREMONY EVERYONE WAS OPEN TO ATTEND THE LECTURE SERIES HOSTED IN THE AUDITORIUM, THE INTERACTIVE SESSIONS TAKING PLACE IN THE PSYCHOLOGY LAB, AND EXPLORING THE SYNERGY OF DIFFERENT ORGANISATIONS WORKING IN MENTAL HEALTH AND ALLIED FIELDS. THE LECTURE SERIES HAD THREE INSIGHTFUL SESSIONS ALL HOSTED BY THREE EXPERT SPEAKERS FROM THE PSYCHIATRIC ASSOCIATION OF GOA. THE SPEAKERS DR. VEENA KANTAK, DR. ARYA NAIK, AND DR. TANVI PEDNEKAR SHED LIGHT ON THE TOPICS OF YOUTH CHALLENGES, YOUTH RELATIONSHIPS AND THE IMPACT OF SOCIAL MEDIA ON YOUTH, RESPECTIVELY. THE LECTURE SERIES ALLOWED AN AUDITORIUM FULL OF PEOPLE TO LEARN MORE ABOUT YOUNG ADULTS TODAY. AN HOUR LATER THE INTERACTIVE SESSION BEGAN HOSTED BY OUR VERY OWN FACULTY AND ALUMNI OF THE PSYCHOLOGY DEPARTMENT SPEAKING TO A ROOM FULL OF INTRIGUED LISTENERS.



COUNSELLOR RUCHA KARE AND LYANNE FERNADES PROVIDED INSIGHT ON STRESS MANAGEMENT, ASST. PROF. NEHA PAI DUKLE DISCUSSED THE PRESSING TOPIC OF PARENTING IN THE DIGITAL ERA AND ASST. PROF. ARESH NAIK SPOKE ABOUT THE OFTEN OVERLOOKED TOPIC OF MEN'S MENTAL HEALTH. WHILE THIS WAS GOING ON THE GUEST AND STUDENTS ALIKE EXPLORED THE SYNERGY OF ORGANIZATIONS IN MENTAL HEALTH AND ALLIED FIELDS. EACH ORGANIZATION PUT UP STALLS THAT ALLOWED INDIVIDUALS TO LEARN ABOUT WHAT THEY DO, THEIR CAUSE AND MISSION AND SOME ORGANIZATIONS EVEN BROUGHT PRODUCTS TO BE SOLD GIVING PEOPLE THE OPPORTUNITY TO FINANCIALLY HELP THE CAUSES THEY CARE ABOUT. LATER DURING THE DAY THE FLOOR WAS OPENED TO EVERYONE PRESENT, THIS OPEN MIC ALLOWED PEOPLE TO SHARE HEARTFELT POEMS, MESSAGES AND STORIES WITH MUSICAL PERFORMANCES HAD PEOPLE MOVING TO THE BEAT ALL WHILE THE HOST, TRISHA BENE KEPT EVERYONE ENGAGED AND ENTERTAINED WITH GROUP CHANTS AND BANTER. THE EVENT CONCLUDED WITH A VALEDICTORY WHERE ALL THE ORGANIZATIONS ATTENDING TO MAKE UP THE SYNERGY WERE SHOWN GRATITUDE FOR ATTENDING BY THE ORGANIZERS.



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SAKSHI MISHRA AND NAMRATA DEBSIKDAR ,
EDITED BY: NIDHI MHAMBREY,
EMAIL: PSYCHOLOGY@CHOWGULES.AC.IN