



Quarterly Newsletter of the Department of Psychology

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Psyched-up for Psyched-Up!

**SHRINIDHI KARKAL
FYBA**



The Psychology Forum in collaboration with Club Cerebro organized the first edition of Psyched Up, an intra-departmental event for psychology students of the college. The event was held across a span of three days from 6th April to 8th April, 2022. A variety of competitions were organised for students to 'Unleash their creative potential'. The competitions were a mesh between offline and online modes of submissions and participation.

The event began with a small Inaugural function in the Lower Auditorium. As President of the Psychology Forum, I extended a warm welcome to all the participants and faculty members. After which the Faculty In charge, Asst. Prof. Aresh Naik was invited to say a few words and declare the event open. The inaugural was followed by the first competition of the event i.e. Music Box, a solo singing competition. The winners of Music Box are Katelyn Vaz (SY) who won the first place, followed by Apurva Gude from TY who bagged the second place.

The next competition was 'A story from your lens' a photo essay competition which was judged by the audience as they voted for the most appealing and aesthetic photo essay. The theme for this event was 'Violence' and participants were expected to submit their photographs along with a short description about it.

In attendance: Presentation of Research Reports

MONALIZ DA COSTA
TYBA



On April 30th 2022, students of the department of Psychology, accompanied by Asst. Prof Aresh Naik, attended a presentation on research report and interactive exhibition program that took place at the International Centre Goa at 10 am, and was divided into two categories. During the first part, two presentations on research reports were put forth, the first presentation was presented by Dr. Malini L.Tantri, Assistant Professor at the Centre for Economic Studies and Policy, Institute for Social and Economic Change (ISEC), Bangalore, India, along with Dr. Nalin Kuma, C. Associate Professor at Presidency University, Bengaluru, on their research "Government Approach for Nutrition Security- A Case Study of Goa". While the second presenter, Ms. Devika Gupta, Career Researcher at Sangath and a PhD Candidate at London School of Hygiene and Tropical Medicine, U.K. presented her findings on "Explaining the Association Between Dating Violence and Mental Health Among Young People in Goa". This was followed by a panel discussion on both the research findings, where various queries and questions were put forth.

The second half of the program was on "Mog ani Fog: an interactive exhibition on dating violence" where the audience were split into two groups and were then led to two different activity sessions. The activities provided during these sessions were "Flip the script", where the students were shown toxic dating portrayals in popular television shows and movies and then were asked to revise the scripts. Next, was a "Choices" style play, where the students were presented with a play, however, the students had to make choices for the actors and these choices determined the direction the play would move in. Both the groups got to experience both the activity sessions. After the activity sessions were completed, the students were offered lunch and the program concluded with a debriefing presentation, where the goal and objectives of the activity sessions were discussed. Lastly, members of the organization provided insight and spoke about their experiences working with Sangath.



[Click here to view pictures of the event](#)

Editorial

ARESH NAIK
ASST. PROFESSOR



After a year and a half of on-and-off online classes, we have finally had one entire semester of classes on campus and what a refreshing change it has been for everyone. Students have finally had a chance to break out of their shells and enjoy the college experience. Although the semester has been shortened, it nevertheless was a welcome break from teaching and learning exclusively online. Being on campus also meant that students got an opportunity to partake in extra-curricular events. The Psychology Forum organized the first ever intra-departmental event titled 'Psyched-Up' which allowed the departmental students to showcase their talents; although I must add that there were others who stayed back from participating and who I've discovered are immensely talented. Let us see when we are able to witness them in full glory. For now, its back to submissions, reports, assignments, projects, and eventually the final exams; after which we bid adieu to the TY batch and welcome an entire new cohort of learners to the Department of Psychology.

Glimpse of the career talk



Disclaimer

The views in this newsletter are those of the contributors and the Editor and not of the Principal

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THE DEPARTMENT AT WORK

Talk for NSS Students



The department of psychology organized a talk on Understanding Mental Health, for NSS volunteers of the college. The resource persons for the talk were from Sangath, a mental health NGO. They spoke about recognizing the signs and symptoms of and about coping with anxiety and depression. A total of 71 NSS volunteers attended the event.

Career Management post Covid-19

ROXANNE PINHEIRO
SYBA



Club Cerebro organised a talk on “Generation COVID 19: Bouncing Back to a New Normal” on 29th April 2022. It was held in the lower Auditorium of the college and was open to all the third year students of Chowgule College. The spokesperson for the talk was Dr. Aldina Braganza who is an associate professor of psychology at the Carmel College for women. She spoke about the devastating effects the pandemic has left us with, especially in terms of careers and social isolation. She spoke about having flexible career plans considering the uncertainties and new opportunities brought by the pandemic.

She also stressed on self care amidst the social isolation, about smartphone and internet detox, taking up hobbies for leisure. The compering was done by Miss Swizel Da Gama. The Speaker was presented with a token of thanks made by Azelia Fernandes, and the vote of thanks was delivered by Vaishnavi Pai Raiturkar.



Other News

NAAC awards A+ Grade to the College

The National Assessment and Accreditation Council (NAAC), a body that assesses and accredits Higher Education Institutions across the country recently awarded the A+ grade to Parvatibai Chowgule College of Arts and Science, with a CGPA of 3.27 on a 4 point scale. This rating was given for the last five years of the college across seven evaluation criteria; namely (i) Curricular Aspects, (ii) Teaching-Learning, and Evaluation, (iii) Research, Innovation, and Extensions, (iv) Infrastructure and Learning Resources, (v) Student Support and Progression, (vi) Governance, Leadership, and Management, and (vii) Institutional Values & Best Practices. For the one-day visit of the three-member NAAC peer team to the campus, five departments of the Arts and Humanities section were chosen to showcase their achievements, which included the Department of Psychology. This could be said to be a recognition of the efforts and good work of the students and faculty of the department.

Career Talk by Sangrail Carvalho

ALBANY FERNANDES
SYBA



On the 27th of April 2022, the Department of Psychology held a Career Guidance talk for the students. The talk was begun by Dr. Golda Vas, who gave a warm welcome to the students present as well as the speaker, Ms. Sangrail Brito Carvalho. The speaker started out by introducing herself and giving a brief insight into her academic history. She spoke about her time spent here at Chowgule College along with her experience of having worked in the field of Corporate Psychology. She then proceeded to talk about the various career opportunities one can pursue with regard to Corporate Psychology. Furthermore, she gave the students a run-down about what exactly one could do with a degree in this field, along with how vital it is to be aware of one's passion in order to make the appropriate choice, to know one's resources and their availability that'll not only help to put oneself "out there" but to also grow as an individual. The speaker then concluded her presentation by giving a short brief about the information put forth, followed by a quick Q/A session wherein the students were presented with the opportunity to ask questions to the speaker pertaining to clear any doubts, and ask for some advice, and such. The talk was then concluded with a vote of thanks given by Dr. Golda Vas.

Psyched Up...

... Continued from Page 1

The first place for this competition was bagged by Monaliz Da Costa (TY) followed by Srisha Sakhardande (SY) in the second place.

The third competition Words and Verses, was a poetry writing competition. The theme of this competition was 'Milestones and memories'. The winners of this competition were Ryle Souto (TY) in the first place and Kalpana Vashisht (TY) in the second place.

The next competition was United Canvas was an art competition with a twist, where participants expected to paint on anything but a paper. The theme for this event was 'Phobias- Irrational Fears'. The prizes were bagged by Sonam Panandiker (SY) in the first place and Malaika Alphonsus (TY) in the second place.

The last on stage competition was Step Up, a solo dance competition. The competition was judged by the audience through the medium of Instagram Story Poll. The winners of this competition were Roxanna Pinheiro (SY) in the first place, followed by Prachi Pawaskar (TY) in the second place.

One of the last two competitions was 'This is not a TikTok', which revolved around participants creating instagram reels by capturing the making and behind the scenes of Psyched Up 2022. The prizes for this event were bagged by Jaaziel Fernandes (FY) and Sonam Panandiker (SY) in the first place, followed by Vania Fernandes (TY) and Kim Rodrigues (SY) in the second place.

The last competition that wound up Psyched Up 2022 was Meme Me, a meme making competition where participants were to create memes by capturing moments that took place during the event. The winners of this event were Jaaziel Fernandes (FY) who bagged the first placed followed by Srisha Sakhardande (SY) in the second place.

Psyched Up 2022 wasn't just limited to this, numerous Art stalls were put by the students of the department wherein they put up their art works on display and sale. Along with this they also put up Games and Food Stalls, inviting students from all over the college to enjoy the delicacies and have fun playing games that took them back to school. The three days of Psyched Up 2022 were packed with nothing but laughs, giggles and a gala time. The valedictory function was held on the third day. After felicitating all the winners, the event was winded up with the Vote of Thanks by Dashmi Phaldesai (PG representative) of the Psychology Forum.

Click on the links below to view
[Reel Submissions](#)
[Meme Submissions](#)
[Pictures of the Event](#)



Alumni Speak



SONAL NAIK

Batch of 2021. Currently pursuing M.A. in Clinical Psychology at St. Xavier's College,

I am currently pursuing Masters in Clinical Psychology at St. Xavier's College, Mapusa, Goa. The college offers specialization in Clinical, Counseling and HR for Psychology. This year the college didn't offer HR because there were not enough students for the course. The faculty includes- Dr. Vijay Viegas- HOD, Dr. KshipraVora, Andrea D'Souza, Maryjane DeSouza.

In my first year, we had very general subjects for Psychology like cognitive processes, history of Psychology. Personality theories, psychometric, personality systems, Neuropsychology, practicum etc. It was a very light course because papers were similar to what we had in Bachelors. I did my Bachelors in Psychology and English because of which I didn't study all the 6 Psychology papers offered then because of which it was personally interesting and new to me. The semester was very fun and interactive yet online because teachers emphasized more on practical applications of theories learned via group discussions and ISA's. The Internal Semester Assignment always aimed to be creative, testing theoretical knowledge base of understanding. It helped me gain insights about applications of it in real life situations which is significantly important practically. Online learning was made easier to us by sharing content material online, giving notes and understanding our network issues. College was very lenient in the way how they accepted our academics submissions which got late because of network. I had good experience in the first year because I managed to make new friends in the college, though never met in person. We had sense of trust and comfort which got us bonding so well. Ups and downs never mattered nor regretted because we learn a lot from it.

In the current year, my papers included psychopathology, psychodiagnostics, ethics, counseling across life span; an additional paper in the third semester. During fourth semester, Psychotherapy, Geropsychology, Mental Health Counseling and Crisis and trauma counseling. The college also organized workshop on Counseling Skills workshop by Zaneta D'mello. She assisted us in developing skills such as verbal tracking, congruence, use of encourages, sentence stems, empathy and lot many concepts in practical applications during counseling sessions. It feels sad that the masters course is nearing an end. The programme has been very helpful which got deeper understanding of theories and implications. The faculty also had workshops on careers after MA in Psychology, workshop by Clinical psychologist who is practicing at IPHB. College also organized Fashion show on Psychological disorders, did role plays and it was a successful event. Students organized small get together for food called as Potluck. In collaboration with teachers, organized a Christmas Party and in one of the competition called as "Wacky Outfit", I won the first place and all thanks to my friends who put in all their hard work and patience and used their creativity at the best.

Realization that, psychology is merely lot more than shown in textbooks is evident towards the end. This year will determine what we want to do ahead in Psychology. The year has been tough and motivating because of term exams kept on postponing due to covid and now things are settling down. Indeed, our batch witnessed the doom that covid had on us at mental and physical level and even now Covid cases are increasing. However, due to new University guidelines, our semester has shortened because of this extreme summer heat because of which our syllabus will be reduced to 20%. Due to the same, students have to rush through their submissions, dissertation work and set proper schedule for time management. All the ISA dates and exams are postponed which will result in semester end exams by June.

To conclude, the Masters Course in Clinical Psychology is just amazing, journey has been very much mindful, made me reflect back on my own flaws, leading me to be a better person, got close to self actualization and importance of being a good human. The experience was all worth it and motivated me to push myself to do good and improve on my work, performance and potential. The faculty and the college has always been very understanding and supportive of students.