



## Quarterly Newsletter of the Department of Psychology

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## WHAT'S INSIDE

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Studying in  
Germany  
**PAGE 1 & 6**

Alumni Connect  
**PAGE 2**

Editorial  
Forum Members  
**PAGE 3**

Bridge Course  
FY Induction  
**PAGE 4**

New Faculty  
**PAGE 5**

Health Webinar  
Career Talk  
**PAGE 6**

Alumni Testimonials  
**PAGE 7**

## Ichfreuemichsehr, in Deutschland zustudieren!!!

**TANYA KENI**



This was the phrase that popped up in my head the moment I started writing this article maybe because I am getting used to German and am also rehearsing it. Nevertheless, the phrase sums up my emotions and can be closely translated as "I am very excited to be studying in Germany!". It's been a month and a half post shifting here and I am now slowly getting used to the culture, rules, food, weather and language (in the order).

Talking about my PhD Program, 'Multicultural and Interdisciplinary' are the only words that I feel can truly describe it. I have colleagues from Germany (both south and north), Denmark, Spain, Chile, Zimbabwe, Turkey, China and US. Being the only Indian in my team is a different feeling altogether. Additionally, my project supervisors belong to different disciplines like Sociology and Political Science while I come from a background of Psychology. Certainly, I saw the challenges first. Initial meetings with my project guides made me feel so incompetent, not due to them, but the fact that broadening my knowledge to other disciplines is what I lacked and am now gaining slowly. But the best part about this program is the exposure to people whose theories we read in text books. Seeing them in flesh and blood makes me feel unreal for a moment!

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# Alumni Connect: Securing the PG seat

MALLAIKA ALPHONSUS  
TYBA



The Department of Psychology organised a session on the 8th of October 2021, over Google Meet where alumni of the department were invited to talk about their experiences of applying to colleges to pursue a postgraduate degree. They also discussed preparing for and answering entrance exams and interviews. The talk was aimed at providing students a comprehensive picture of the possible plans after graduation and how to chart their course. There were a total of five alumni across the batches of 2019, 2020 and 2021.

The talk began with Dr. Sobita Kirtani extending a warm welcome to the speakers. First, Neha Pai Dukle, currently a student of the Department of Applied Psychology, University of Mumbai, spoke about how she landed her seat despite the odds. She also touched upon a few techniques to prepare for entrance tests.

The following speaker, Ramya Warriar, student of IIT Gandhinagar, shared her story of how she happened upon their MSc. Cognitive Science course over the internet and her journey to securing admission. Some of the topics she covered in her presentation were how to pick a course and college, how to filter out colleges, getting familiar with the application process and how to crack entrance tests and interviews.

Dion Rodrigues, pursuing a Master's in Clinical Psychology at Christ University, Bangalore discussed the importance of building a network through LinkedIn and getting in touch with alumni of prospective colleges. He also opened up about his decision to take a gap year and how his indecisiveness has enabled him to freely explore his interests.

Nikita Narkvekar, currently a student of the Department of Psychiatry at KMC, Mangalore spoke on her preparation for the MET (Manipal Entrance Test) as well as the interview. She highlighted the areas in Psychology one must focus on for entrance tests and the necessity of keeping parents in the loop about one's plans.

Finally, Dashmi Phal Desai, a current MA Child Psychology student at Chowgule College, spoke about how taking a gap year and gaining work experience after graduation equipped her for the course.

The speakers emphasized how making the most of what Chowgule offered in terms of academics and extracurricular opportunities helped them throughout the process. The students and faculty of the department sincerely appreciate the alumni for their time and valued experiences.

# Editorial

ARESH NAIK



The Covid restrictions are slowly being phased out. We now have some students attending campus classes. As an educator, I cannot even begin to tell you just how invigorating it is to be in the classroom. Online classes tested everyone; teachers as well as students. Due to the nature of online classes, learning was hampered, tempers flared easily and patience was in short supply. The lack of real-time student feedback during a class meant that teachers were fumbling in the dark; unsure of whether students had understood the matter being taught. In the classroom all this is so much easier. One look at a student and you know if she has absorbed the matter; the face lights up, the body language is engaging and the student is fully present in the here and now. A student is also more confident of asking for clarification in an in-person class. In an online class, the medium itself can become an obstacle. It can hamper the learning process if everyone who speaks has to check if they're audible, every time they speak. However, the continuation of in-person classes is contingent on everyone following the safety protocols to ensure that cases don't rise. Towards that goal, let's all band together and stick to all precautionary measures so that we can enjoy each others company without putting anyone at risk. Online classes can wait for another day.

#### Disclaimer

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

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## Psychology Forum 2021-22



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PG  
Representative

# THE DEPARTMENT AT WORK

## Bridge Course for TY Students

APOORVA GULE  
TYBA



We attended an in-house bridge course for TY students from 6th September to 21st September 2021. The purpose was to acquaint students with the mechanics of research for their TY Projects. The course was held online via Google Meet. Introduction to research, formulating research problem, literature review, research design, sample design, data collection, formulating working hypothesis and statistical analysis, report writing, and submission of proposal were among the topics covered in the course. The students were provided with a very scientific approach to proceed with the TY project. The classes were very engaging, and in addition to teaching us theory, the teachers used other resources like videos and reading material to help us comprehend the concepts better. Students were also engaged in various group activities that encouraged them to employ skills such as critical thinking, problem solving, concept application, and so on. Overall, this session was beneficial in understanding the needs of the TY project and provided us clarity on how to proceed with the project.

## The FY Induction

SHRINIDHI KARKAL  
FYBA



We recently had an induction program held by the Department, that spanned across three days. Two of the sessions were conducted by Dr. Sobita Kirtani and one by Asst. Prof. Aresh Naik. The sessions gave us an insight into our course and evaluation methods. Sobita Ma'am explained the various topics we would be learning throughout our time in the college. She also told us about the mentoring facility and how she would assist and guide us throughout the three years. She told us about the uniqueness of the college and how Chowgule College stands apart from the rest of the colleges in Goa. Aresh sir helped us get the hang of the technical side of our classes. Since we started with online classes, there was a lot of confusion regarding the classroom and meeting apps and how we'd go about submitting our work on time. Aresh sir not only cleared up all of these doubts but also gave us a virtual tour of Google Classroom. He explained to us how we'd join classes, how to attend lectures, and also how we were supposed to submit assignments and projects. The induction program felt like the faculty was welcoming us home with all their warmth and friendliness, they quickly put all our awkwardness and inhibitions to ease.





## Clizma Da Costa : UG

Clizma holds a Master's degree in Child Psychology and Child Development. She is also a certified Dance Movement Therapeutic Practitioner (DMTP) from TISS (Mumbai). Besides this, she is an American Council on Exercise certified Group Fitness Instructor (ACE-GFI). She teaches fitness formats like Zumba, H.I.I.T and Pound Fitness. With 'Dance Heals', she works with different populations using dance/movement therapy as a tool to promote emotional, cognitive, physical, and social integration of the individual, for the purpose of improving health and well-being. Her work spreads across corporates, community and academic institutes. She is on the panel of corporate trainers at The Learning Curve, a corporate training company based in Mumbai and has acted in the national award winning Konkani movie 'Nacho-ia-Kumpasar' as 'Isabel'. Her research interest lies in Social Emotional Learning (SEL) and expressive arts.



## Dr. Madhu Vanagondi : PG

Dr. Madhu has previously taught at the UG program at Parvatibai Chowgule College and now rejoins the department at the PG program. She obtained her Ph.D in Industrial Psychology and possesses research experience of 10 years. She has published 20 research articles and has presented 15 papers at national and international conferences. She is skilled in statistical computation and analysis has guided many a student on various projects for the same. Additionally, she has graced a multitude of programs as a resource person including one sponsored by the Indian Council for Social Sciences Research for Ph.D Research Scholars, titled 'Measurement and Scales'. Suffice to say that she is actively involved in extensive research consultancy work.



## Karun Cherian : PG

Karun is currently an Asst. Prof in Psychology at Parvatibai Chowgule College of Arts and Science, Goa (Post Graduation Department). He has completed his master's in psychopathology and mental hygiene from Karnatak University, Dharwad and he has four and a half years of teaching experience at the undergraduate level. His areas of interest include clinical psychology, child psychology and positive psychology. Karun likes to travel and engage in adventure activities in his spare time





## Mental Health Day Webinar

**ASHLESHA REDKAR**  
SYBA

Every year on October 10th, World Mental Health Day is marked, with the overall goals of organizing actions in support of improved and increasing awareness of improving mental health. An online webinar on 10th October on the theme “Mental Health in an Unequal World” was conducted by COOJ Mental Health Foundation. The speakers for the event were Dr. Avinash DeSouza, Dr. R Mangala, Dr. Soumitra Pathare, Giselle Lobo, Dr. Peter Castelino, Dr Prof. Savita Malhotra, Dr. Raghavendra, Manisha Fernandes, Darryl D’Souza and Jagruti Wandrekar. They emphasised the importance of early detection of mental illness and their role in reducing stigma associated with mental illness. They educated people on stress management and how to develop coping strategies to reduce stress. They also discussed how the pandemic has caused isolation and financial loss, both of which are well-known triggers of mental illness. They also discussed the discrimination that people with mental illnesses endure. The campaign “Mental Health in an Unequal World” for World Mental Health Day 2021 will allow us to focus on the issues that promote mental health inequality locally and worldwide. A day dedicated to raising awareness reinforced the message that mental illness is nothing to be embarrassed of and neither is talking about it. It is “Time to Talk, Time to Change.”

## Career Talk

**SRISHA SAKHARDANDE**  
SYBA



On Thursday, 7th October 2021, as a part of ‘Career Talk’, an initiative by the Department of Psychology, Ms. Sharmila Menezes was invited to guide the students and walk them through the future prospects in the field of Psychology. In her talk, she introduced the students to various fields in Psychology, including some newly emerging ones that they can look out for. The students were given honest insights about the details of the fields with respect to the type of work each specialization entails, the population it serves, as well as its scope in Goa, India as well as abroad.

She then guided the students through some of the most esteemed Universities in India that offer Masters Programs in Psychology. In this segment she discussed the important details about these universities and their admission procedures. She shared, for each of the universities mentioned, the type of courses offered, their requirements for admissions, the procedure of admissions, the fee structure and so on.

She also listed out a few colleges in other countries like Germany, Canada and Australia that offer some impressive courses. For such international universities she discussed the additional requirements and also listed a few agencies that can be consulted for help in overseas education. The talk as a whole was informative, honest, and gave the students a lot to take back from.

## Studying in Germany...

*... Continued from Page 1*



I was also delighted by the amount of recreation available to us. City tours (with bicycles), pub crawls with the entire organization, monthly lunch etc.

Germany, as a country, has a lot of rules, which at times makes it a little difficult to adapt. However, the locals are aware of the same I guess and hence overlook any minute mistakes. I personally, am enjoying this international experience and the cultural exchange that happens every single moment!

[Click here to know more about Tanya's Ph.D. work](#)

# Testimonials



## RAMYA WARRIER

*Batch of 2021. Currently pursuing M.Sc. in Cognitive Science at JY Gandhinagar*

My time at the Department of Psychology has been nothing short of amazing. I have had so much fun and made memories to last a lifetime. I have met so many incredible people and learned a lot from each one of them. Right from the creative assessments that helped me get out of my shell, to handling all the organizational and leadership positions; the department has really helped me grow as a person. Besides an interactive approach to academic learning, all the talks, seminars, webinars and competitions that the department exposed me to, has really been a unique and enriching experience that's hard to find elsewhere. It has taught me to be proactive, work smart, and grab every opportunity I come across. Now that I've moved ahead to pursue my masters degree, I realize that my experience here has really prepared me for what lies ahead and I'm finding it easier to adapt. And for that, I'd like to wholeheartedly thank all my teachers and friends. I look forward to giving back to the department in whatever way I can.

## DION RODRIGUES

*Batch of 2020. Currently pursuing M.Sc. in Clinical Psychology at Christ, Bangalore*

Time and time again I have praised the Psychology Department of Parvatibai Chowgule College, for numerous reasons; may it be the exposure, academic rigour, multiple events, it's supportive environment, and creative initiatives. Taking this B.A. Psychology course changed my life for the better; I wouldn't have chosen anything else instead of it. The practical nature of the course has been unbelievably beneficial. This has also helped me integrate whatever I've learnt here, into different facets of my life. There are of course things to be improved like any other institution, but it's the nature of the faculty which has made this program such a great one, due to their perseverance to make the department better each day. I have realised, now that I've started my Master's course at Christ (deemed to be) University-Bangalore, that I am much better-equipped with overall skill and creativity than my colleagues. I am able to stand out and make a mark in this program because of the Chowgule Psychology department, and I'm sure my batchmates will say the same.



## DASHMI PHAL DESSAI

*Batch of 2019. Currently pursuing M.A. in Child Psychology and Child Development at Chowgules, Goa*

The Department of Psychology at Parvatibai Chowgule College of Arts and Science has not only given me academic knowledge, but also shaped me as the person I am today. Under the guidance of Ma'am Kavita and Dr. Sobita, the department and the faculty have always been a pillar of trust and support towards all students. From encouraging us to participate in various extra-curricular activities, to guiding us in presenting and publishing papers at international level seminars, the department always puts all efforts to make the students reach their best potential. It was here that I realized my passion towards Child Psychology, as the syllabus is catered towards the students needs. Every year, the syllabus is being revised, according to the comfort and understanding of the students. My love for psychology was what brought me to the department, but the support of the faculty, the opportunities, the love, and the care shown by each and every person involved in the department is what made me stay and connect to the subject. The department also gave me a chance to organize events with my fellow students, and this experience was one of a kind. I am proud to call myself a student of the Department of Psychology at Parvatibai Chowgule College of Arts and Science.



## NEHA PAI DUKLE

*Batch of 2021. Currently pursuing M.A. in Clinical Psychology at Mumbai University.*

My journey with the department of Psychology has been a very memorable one. The teachers are very knowledgeable and have been supportive and approachable to students. Being a part of this department gave me numerous opportunities to grow and develop my skills. I was encouraged to organise as well as participate in multiple extra curricular activities. Apart from this, the curriculum designed by the department is challenging and interesting. I can proudly say that being a part of this department allowed me to learn psychology in depth and gave me a sense of confidence and command over my subject. I would like to thank the faculty as well as the college for this wonderful experience in my undergraduate years

