



BIANNUAL NEWSLETTER OF THE DEPARTMENT OF PSYCHOLOGY

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MINDKRAFT 2023

The Psychology Forum organized the Annual intercollegiate departmental event, MindKraft '23, on the 25th of February. A total of 05 teams across Goa participated in the event. The event had various competitions such as Shutter Stories (Photography), Slam Poetry, Teach-a-class, and Psychology in Mythology (skit) among others which tested the participants' knowledge about the field as well as their application skills. All the events were contested intensely by the participants, who were judged by current and past faculty of the host institution. The overall champions for the event were the team from Rosary College of Commerce and Arts, Navelim while the Runners-up were MES College of Arts and Commerce, Zuarinagar.

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EDITORIAL

Dear Reader,

After an eventful semester, all of us are enjoying the much-needed break. The even semester was fun-filled and crazy. Activities were lined up one after the other and we witnessed students juggling their responsibilities, studies, submissions, and relationships. Students seemed to be trying to make the most of their life on campus after being deprived of it due to the pandemic. The Psychology department saw events ranging from organizing an intercollegiate events to participating in one; from field trips to picnics, and their commitment to the community through an outreach activity.

The year-end break in the summer too came along as the schedules were readjusted to the pre-pandemic times. We take it for granted that vacations always offer travel, relaxation, bonding with family and friends, learning new skills or just chilling out. However, some students may be recuperating from illnesses or may have scheduled medical treatments. Wishing them a speedy recovery to come anew to college in the new academic year. Some may have witnessed losses and separations. May they have healed through some private time. As the vacations come to an end, may this newsletter get you energised for starting afresh. Happy reading!

By
Dr. Sobita Kirtani

DISCLAIMER!

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

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DEPARTMENTAL ACTIVITIES



World Autism Awareness Day
Open Mic



MindKraft 2023

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FROM CLASSROOM TO REAL-WORLD



Embracing Mental Health: COOJ Foundation Field Trip By Katelynn Vaz

On the 3rd of March 2023, the students and faculty of the Psychology department of Parvatibai Chowgule College embarked on a field trip aimed at being both, educational and fun. Our first stop for the day was COOJ (Cause Of Our Joy) Mental Health Foundation which is a mental health foundation that provides psychosocial rehabilitation, geriatric and dementia care as well as a suicide prevention helpline. COOJ has 30 clients with various psychological and intellectual disabilities and they undergo various kinds of therapy sessions and participate in recreational activities.

Meetings are held monthly, where the clients learn budgeting, conversing with vendors by themselves, buying supplies, cooking and baking. At the geriatric and dementia care centre, the older persons meet and conduct various beneficial sessions. 6 months ago, a new project was hatched by COOJ called the 'Geriatric Digital Buddy Program', where the counsellors of COOJ go to the homes of the older persons in order to teach them about technology. Additionally, COOJ has a suicide prevention helpline available on Mondays to Fridays from 1pm to 7pm. (The helpline number is 0832-2252525.)

The visit ultimately came to an end as a whole, it was a very interactive and knowledgeable experience for all the students of Psychology.

THE OWL HOUSE by Sanavi Fernandes

on 3 March, 2023 We went to The Owl House which functioned similarly to a service initiative that provides skill support to autistic children and those with other neurological differences. Their goal is to identify an individual's skills and build their confidence in using them. A sensory wall was displayed, which allows them to see how things are felt. There was also a sensory room designed specifically for children to relax and feel calm. They have a garden where they grow plants, and the children learn how to distinguish between soils and about plants. They have a large area to play and spend their free time. They also work with other local businesses to provide opportunities for the students to put their skills to use. Every activity at The Owl House is done with a good amount of dedication and hard work that each autistic child has unique strengths and challenges, which are well addressed at The Owl House. The experience was fantastic and incredible; it was very informative and fascinating to learn how things work out when specially trained team members have to work with children who have neurological differences. It's amazing how they made the place so comfortable for the children.



A VISIT TO THE RECREATION CENTRE FOR SENIOR CITIZENS by Sejal Panchwadkar

The students of Department of Psychology of Parvatibai Chowgule College of Arts and Science, Autonomous, visited the Recreation Centre for Senior Citizens in Panjim on 3rd March.

B.- N. Melvani Senior Citizens Recreation Centre which was opened 4 years ago is a medium for the seniors to be mentally and physically active this centre has about 200 registered members with 40-50 folk dropping in daily. The Centre has a Medical and Counseling room wherein people can avail the services of homeopathy clinic. The Centre also has an exercise room with all the exercising equipment best suited for the older adults. The Centre also organizes picnics and periodic talks for their members on health and diet. Upon reaching the Centre, the seniors greeted us and gave us a tour of the place. At the end, we interacted with them wherein they shared with us their stories and experiences of the place and also asked us for feedback.



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CAREER TALKS!

Post-graduate department of psychology organized a career talk on 6th February 2023. The speakers were Ms Meuril Estibeiro, a Child psychologist and Ms Dashmi Devidas Phaldessai, a Psychologist who were ex-students of the department. The speakers shared their experiences and insights. Both UG and PG students attended the talk

The MA Department of child psychology and child development organized a career talk at Parvatibai Chowgule College of Science and Arts on 06th February 2023, for the students of the psychology program. The honourable chief guest for the day was the department in charge Dr. Sobita Kirtani. The guest speakers were the alumni of Chowgule College, that is Meuril Ana Estibeiro and Dashmi Devidas Phaldesai. The talk began at 10:00 a.m. with a welcome speech by Dr. Madhu S. K. Vanagondi, who then presented the guests with a token of appreciation followed by the welcome song "a million dreams" sung by the MA part I students. The first speaker Meuril Ana Estibeiro who is currently working as a child psychologist at JKP Healthcare Vasco started by sharing her personal experience in building her career, she enlightened the students on why does one choose a career? By her saying "Chase the vision, not the money", she spoke about the different approaches to helping children with special needs including their families, she focused mainly on the skills required to be a good counsellor and concluded by advising the students to be wise and to choose a profession that they really like. The second Speaker for the day, Dashmi Devidas Phaldesai, currently working as a psychologist at Sethu Centre for child development and family guidance, began by sharing her experience at an internship which she pursued after her bachelor's degree and her motivation to work with children. She shared some insights about the world of work and what one can do after graduation. She advised the students to apply for multiple jobs, followed by the importance of updating their LinkedIn profiles, and how planning ahead of time can help the students. Following the speakers, Dr. Sobita Kirtani shared the difficulties she had to go through in building her career, she also enlightened the students on the difference between a career and a job as well as the importance of book knowledge. At the end of the session, the students actively asked some questions to the speaker to better understand the speaker's thoughts on the profession of child psychologist and child counsellor. The talk ended with a vote of thanks by Ma'am Aiswarya Babu M.

The Department of MA Child Psychology and Child Development organised its second career talk for the students of MA Child Psychology Part I and Part II. The talk was held on 6th March 2023 at Parvatibai Chowgule College of Arts and Science. The chief guest for the day was Miss Sumedha More, our college counsellor. The guest speakers for the talk were the alumni of the department Miss Shazia Shaikh and Miss Bethilda Lisa Andrade. The talk commenced with an introductory speech, given by the Coordinator of the department Dr. Madhu S. K. Vanagondi followed by, presenting our guests with a potted plant as a token of appreciation. The first speaker was Miss Shazia Shaikh, a college counsellor and currently working as North Goa program coordinator for 150 Cybersmart schools under Human Touch Foundation (NGO) in collaboration with WNS. The speaker began her session by mentioning some enlightening career tips, wherein she spoke about the difference between a school counsellor and a college counsellor. She also focused on the various issues college counsellors handle that as family issues, relationship issues, sexual issues and career guidance. The speaker also pitched some key strategies to start one career, which included basic skills of searching for jobs, constructing CVs, interview skills and having a pre-planned set of techniques to work with different clients. The second speaker was Miss Bethilda Lisa Andrade, a child counsellor who worked as a child counsellor for the South Goa district child helpline and also as a school counsellor in Our Lady of Mount Carmel High School Curtorim. She began her session by implementing guided imagery for the students present. After this, she spoke about her journey to her current position. She also mentioned how social media can help an individual in building a career. The speaker also discussed the importance of dedication in one's field and how this dedication can lead to finding different jobs as well as internships of their choice. After the speakers, the chief guest Miss Sumedha More gave the students some ways how to deal with the confusion in selecting the right career for themselves. All three guests spoke of one common thing, to apply for multiple jobs and internships without any hesitations. They said, "You may never know what turns out." Finally, Assistant Professor Ma'am Aiswarya Babu proposed the vote of thanks, thanking the dignitaries, the coordinator and the students.

STATE-LEVEL SEMINAR

Human Trafficking: Recognizing, Responding and Combating

By Ms. Jeanne Cotta

The Department of Psychology and the Counselling Cell of Carmel College in collaboration with NGO ARZ (Anyay Rahit Zindagi) organized a one-day state-level seminar based on the topic 'Human Trafficking Recognizing Responding and Combating'. This seminar was held on the 13th of January 2023 at the auditorium of Carmel College of Arts, Science, and Commerce. The chief guest of this event was Mr. Bossuet Silva, SP Goa Police. In his speech, Mr. Silva shared his work experiences related to this topic and anecdotes of operations in order to save victims of human trafficking.

The first session was given by Mr. Arun Pandey, Director of ARZ. The speaker emphasized the concept of Human Trafficking and the situation of sex trafficking in Goa. He emphasized the perceptions of sex workers by society, the gain associated with sex trafficking businesses and the demand for sexual services, and other factors which perpetuates the human trafficking business. Mr. Pandey pointed out how sex trafficking is a lucrative business. Sex trafficking as a business does not need investments, has low risks, needs basic infrastructure, and can lead to earning profits from the very first day. He concluded with the steps that can be taken to help prevent sex trafficking. The second session was conducted by Ms. Sudiksha Naik, Police Inspector, Anti-Trafficking Unit, Margao. She spoke about the intervention by Goa Police, explaining section 370 of IPC followed by discussions of the consent of victims. Ms. Naik explained commercial sexual exploitation and the involvement of middlemen in it and explained some of the preventative measures that one may use. The third session was conducted by Hon. Sarika Fal Dessai, Secretary of, the District Legal Service Authority, South Goa. This session focused on the legal provision, intervention, and schemes by the judiciary focusing on sex trafficking. The speaker highlighted the prevalence of trafficking in our society, involving common aspects of society such as begging, smuggling, organ harvesting, etc are forms of human trafficking. The speaker linked the role of poverty, migration and lack of opportunities faced by the victims of sex trafficking. According to the speaker, an important law that one ought to be aware of is the Goa Children's Act, an act present only in Goa which promotes and preserves the best interest of children. The speaker further discussed and explained Articles 23, 24, Section 347, 357, 362, etc.

The fourth and last session was held by Ms. Juliana Lohar, ARZ Coordinator. Ms Johar through her session covered the intervention by ARZ NGO to address the sexual, financial, physical and psychological exploitation of the victims of sex trafficking. Through real-life examples, The speaker explained how through community-based interventions the NGO helped evoke hope and encouraged the rescued individuals to focus on a positive future.

The seminar successfully created awareness of the issue of human trafficking. The students were informed about the reality of the victims and informed the role each one of us may play in the prevention of Human Trafficking.



Faculty Participation & Publication

- Dr. Sobita Kirtani participated in the 27th International and 58th National Conference on 'Psychology and Technology: Shaping the World' of the Indian Academy of Applied Psychology from 15th-17th February 2023 in New Delhi. She presented a paper titled 'Technology use and happiness in older persons'.
- Dr. Madhu Vanagondi, Ms. Aiswarya Babu and Ms. Maitreyi Sawant along with 6 Research Writing students of MA Part II attended a two days national seminar on the theme Integrative therapy, innovation & best practices on 2nd and 3rd March 2023 organised by Goa college of home science in association with the directorate of higher education, Goa.
- "Madonna, A., Waddar, M., Pushkarna, M., and Gopan, R. (2022) conducted a study titled 'Love Should not hurt-Why Women stay in an abusive relationship?' which was published in Advance Social Science and Humanities - A Sage Preprint Community.
- Since January 2023, the articles on Jarashastra - Vriddhohnishad by Dr. Sobita Kirtani have been consistently published in Navi Jaag Goinkarank, a renowned publication.
- Dr. Madhu Vanagondi attended a webinar on 'Cyber Safety' organised by Dhempe College in collaboration with Cyber Wellness Centre, Goa. dated 13th January 2023.
- Miss Maitreyi Sawant attended an online workshop on 'Dialectical Behaviour Therapy (DBT) - Skills and Strategies' conducted by Psycafe - Chennai on the 21st and 22nd of January 2023.
- Dr Madhu Vanagondi and Miss Aiswarya M Babu attended an online Mindfulness Therapeutic workshop on 21st January 2023 conducted by team Manoshala.
- Asst. Prof. Aresh Naik attended a one-day workshop on "Use of Census Data" organised by Goa Business School & Manohar Parrikar School of Law, Governance and Public Policy, Goa University in collaboration with the Directorate of Census Operations, Goa on 2nd February 2023.
- Aresh Naik attended a meeting on Contextualizing Child Protection in Academics and Exploring Opportunities for Engagement with Child Protection System, organised by the DHE at SCERT building, Porvorim, on the 19th of April, 2023. The meeting was addressed by the Chairperson of the Goa State Commission for Protection of Child Rights (GSCPCR), Mr. Peter Borges.





PSYCHOZEST

Psychozest is an annual psychology event held by MES college situated in Vasco, and this year, the psychology department of Chowgule participated in the same and won the runners up spot. There were a variety of competitions held at the venue as part of the event. The stage was set up in the middle of the building with both the audience from MES and the 5 visiting colleges taking up undesignated spots in the corridor surrounding the stage. The theme of the event was ' Gen Z breaks the stigma: Addressing stigmas around mental health ' and every competition reflected that theme from the t shirt painting competition to the fashion show. Our team gave it their all and excelled in most of the competitions. The Chowgule team was composed of Bemvinda Barretto, Riya Naik, Shrinidhi Karkal, Alyssa Colaco, Jaaziel Fernandes, Anshu Moghe and Janhavi Dhulapkar from SYBA and Shalom Cardozo, Valerie Rebello, Sylvia Lewis and Teni Johnson from FYBA and Glen Noronha from SYBSc.

The amazing team took the top prize for the fashion show, treasure hunt and reel making competition, and took the coveted top spot for Ms. Psychozest too. They also won third place in the short film competition and second place in the flag painting competition. The early bird spot was also taken by them which gave them extra points. The participants truly worked hard to make their mark in the competition with constant practice, hard work in terms of designs and planning and a whole lot of teamwork and talent. All the members of the team gave their hundred percent and the trophies they currently hold are definitely well deserved.



ALUMNI CONNECT

Two alumni of the department, Margaret Ferrao and Sydelle Rodrigues interacted with the SY and TY students, on the 24th of January, about study and work opportunities in the UK. The two alumni are currently employed in the UK and were in Goa for a short visit during which time they visited the campus and participated in the interaction. They discussed the dos and don'ts of looking for work or study options abroad and also presented a first-hand perspective of making the move there.



Parvatibai Chowgule College of Arts and Science, Autonomous completed 60 years since inception and thus celebrated the entire year under the age of CC@60. One such event was the alumni connect. Being an alumna myself, I was involved in the organization of the event. What was most exciting was having our ex-students walk in again to interact with our current students. While the number of alumni who visited us was small, we had a whole range right from the topper of the first batch of the independent department, to the students who had just completed their graduation last year. Many could not attend as they are either studying or working outside Goa. Nonetheless, their wishes reached us on social media platforms. Alumni are a rich source of real-life experiences and opportunities. We wish great success to our alumni. May they go far and high.



PG STUDENT PARTICIPATION



PG students of child Development and child psychology Oona Fernandes, Treza Mabel Gomes, and Fiena Oliveira attended lecture series on a topic entitles ‘Preventing Substance Abuse: Know more to No more’ as a part of their lecture series on ‘Community Resilience’, organised by The department of psychology of M.E.S College, Zuarinagar Goa, dated 20th March 2023.



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IAAP CONFERENCE

By Dr. Sobita Kirtani

I was very excited to present my paper titled ‘Technology use and happiness in older persons’ at the 27th International and 58th National Conference on ‘Psychology and Technology: Shaping the World’ organized by the Indian Academy of Applied Psychology in collaboration with the University of Delhi from 15th-17th February 2023 at New Delhi. The entire experience was so enriching that as a teacher, I kept missing my students wishing they could also be a part of this.

The conference was very systematically organized right from the beginning till the end. The plenary sessions were very enriching. Beginning with Professor Michael Moscolo who spoke about technology being a cultural tool that transforms us. Dr. Vinay Singh Chief Scientist and CEO, of Orange Neurosciences, Canada spoke about his research on Machine Learning and AI technologies in psychological intervention as also about the neurodiverse population. I was most excited to attend a session by Professor Michael Posner whose research works are not just taught by me but have also been studied by me as a student. He spoke about the use of technology in the field of cognitive neuroscience.

Dr. Ritesh Malik is a medical doctor by qualification but is a startup guru. He spoke about using technology to make use of the technology of buyers. Dr Asha Srivastava, forensic psychologist and Keshav Kumar, IPS, spoke about the use of technology to uncover crime cases and anti-corruption cases.

Dr. Gautam Gawli spoke about social justice and multiculturalism. He introduced a concept called interbeing – the idea of interdependence of all things.

Professor Jena for his age, surprised all by his favourable attitude toward technology and the inevitability to incorporate the same in our life for our own betterment.

Professor Ramadhar Singh spoke about being sane with persons and groups in the information-overloaded world. This is just a glimpse of what occurred at the conference. These are the sessions that I attended, based on my preferences during the simultaneous sessions.

The scientific sessions were very engaging as researchers across the country presented their own research works and received very constructive feedback.

The three days of the scientific buffet were cognitively appetising creating greater hunger for knowledge.

I wish my students get a chance to attend such conferences and seminars early in their careers.



Professor Michael Posner

RATIONAL EMOTIVE BEHAVIORAL THERAPY WORKSHOP

by Tabitha Sherna Fernandes

The Rational Emotive Behavioral Therapy (REBT) workshop, facilitated by Mr Samir Walawalkar on 14th and 15th March 2023 was definitely a great one. There were so many wonderful insights shared by Sir Samir. We discovered a new approach to therapy and so many known concepts were made clear.

DAY 1

On day one, Mr. Samir briefed us about the Basic Principles of REBT. He took us down history to when REBT was formulated. He said this therapy was brought into existence by Albert Ellis in 1955, much before CBT. He drew a great analogy to distinguish REBT from CBT. What he said was that while CBT works on the philosophy that 'every cloud has a silver lining', REBT works on the principle – 'Even if the sky is dark, I'll still sail through it'. He emphasized how REBT works on the roots of a problem, while CBT on the branches or the inferences (the meaning we provide or give to a situation or event).

He stressed how little we know of the 1600 emotions that exist, one reason why I feel we most often confuse sadness with depression. He spoke about the 4 steps for Mental Health: Awareness, Acceptance, Analysis and Application. He revealed how every event is a neutral trigger, what makes the difference is our reaction to it.

Sir Samir mentioned that REBT works on the rationale of "Non-judgmental Acceptance". He then moved on to explain the 3 levels of thinking. Descriptive (the event as it is), Inference (the meaning we give to the event and Evaluation (the labelling, judging etc.)

He also spoke about the 'ABC Framework' – Activating agent, Beliefs and Consequences. We discussed the 8 healthy emotions and their healthy alternatives. For example, a healthy alternative for anger might be a disappointment (this is solely based on the act).

Towards the end of the first session, we spoke about the theoretical considerations of REBT with children and adolescents. For example, when using REBT with children it will need to be implemented in combination with therapies such as art or play therapy to get the child to speak about whatever's on their mind.

On day two, we began with the homework assigned to us. Through this assignment, it became evident that a major mental health concern among children and adolescents was depressive disorder, and these values were double in urban children. 2.6% of adolescents experience depressive symptoms. Moving forward we discussed some of the other common problems that children and adolescents face, and how we can use REBT to help such children.

The common issues faced were that of loneliness, discrimination, relationships, financial problems, violence abuse etc.

The major topic discussed on day 2 was 'frustration tolerance'. Understanding what it is and how it is the cause behind many problems that we face. We were encouraged to learn and apply the concept in our day-to-day life. This frustration can either be a process or episodic.

Sir shared 3 ways of how we can train to tolerate any small or big frustrations of life. Further we studied the 4 distinct dimensions of irrationality in childhood.

The most interesting and intriguing aspect of the workshop was the discover of self-acceptance, a concept that replaces self-esteem. We concluded that the self is ever changing and dynamic and hence an estimate of self cannot be made. The only way is to accept yourself, your behavior, thoughts. Instead of judging the self, it's better to judge or rate performances. Always separate the act from the person.

This was the end of a very fruitful two-day workshop.

DAY 2



JUDGING YOUR CANVAS

Judging your canvas was organized keeping in mind the concepts of self, self-expression and self-care, these being the core crux of the event. Participants were given the liberty to let their creativity flow while designing a book cover, incorporating the theme "Mental health: self-care is essential". A total of 5 teams participated from different colleges. The event showcased different perspectives and different approaches used by participants to show the same topic which shows the different forms of expression and opinions.

The event was a grand success with so much to learn from. It was indeed a perfect mix of psychology with a whole bunch of fun!



TEACH A CLASS

The event "Teach A Class" was designed to showcase participants' teaching skills and their ability to engage judges and audiences through creative, innovative, and interactive methods. Each participant was given one topic to teach. The judging criteria for the event include concept clarity, teaching effectiveness and overall presentation, originality and creativity in teaching methods, and the participant's ability to answer questions from the judges. Participants had the opportunity to demonstrate their teaching prowess by employing unique and engaging methods to convey their topic. The event aimed to encourage effective communication, knowledge transfer, and audience engagement.

For individuals who enjoy teaching or learning, this event can be particularly interesting as it presents an opportunity to witness innovative teaching methods and gain knowledge on various topics. It can also inspire participants to think creatively and explore new ways to convey information effectively.

PSYCHOLOGY IN MYTHOLOGY

This event welcomed the participants to the fascinating world of Japanese mythology and psychology and presented it as a skit competition. Participants had to present a tale or folklore from Japanese mythology that showcases a psychological aspect. The participants were judged based on their creativity, originality, relevance, and overall presentation.

After careful deliberation, M.E.S College emerged as the winner of the competition.

Overall, the event was a resounding success, and it provided a platform for students to showcase their creativity and understanding of psychological concepts. The event not only helped to foster healthy competition but also provided an opportunity for students to learn from each other and broaden their perspectives.



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STAND UP PSYCHOLOGY

"Stand Up Psychology" was one of the most fascinating events of Mindkraft 2023 in which humour met Psychology to give the audience some lessons about mental health and lots of giggles. A brief introduction given about the event by the event head marked the beginning of Stand-Up Psychology. The participants enacted comic characters from different movies and shows who advocated mental health. The judges for the same were two faculty members of Parvatibai Chowgule College with a keen interest in theatre. One, Miss Loretta Rodrigues, Asst.Prof Department of English and Mr. Prajot Asolkar, Asst. Prof Department of Sociology. The participants performed to the best of their abilities and entertained the audience.



SHUTTER STORIES by Nicole Furtado

Shutter stories was a photography event that was organised as a part of Mindkraft 2023. Participants were given a theme and asked to click and present photographs that would enable the audience and the judges to see the world through their eyes. The theme for this year was the importance of the mental health of those with special needs. All the participants did justice to the theme by coming up with unique approaches to it. The judges too, Mr. Presley and Miss Sneha Andrade were well versed with both aspects of the competition to be judged- the photography and the presentation. The first place in the competition was awarded to Miss Aditi Sarkar from MES college, the second place was won by miss Keziah Fernandes of Goa college of home science and the third place was taken by Miss Vallenly Pinto. All in all, the event was a huge success.

SLAM POETRY

To bring more light to our mental well being the topic chosen for the slam poetry competition was "Mental Health, A Priority At Home". The event began at 10:00 a.m. in the lower auditorium, by introducing the judges Assistant Professor Subhankar Shah and Miss Chelsea Maria Fernandes. The poems were read out, moving the audience as each contestant brought out a different perspective through which we can approach the topic and begin to understand the status of mental health seen in different households. The judges chose the winner of this competition based on creativity, content, relevance to the topic and the presentation. The 2nd place was bagged by Rosary College of Commerce and Arts and the first place was won by the MES College of Arts and Commerce.



THE MA's GO ON A FIELD TRIP

By: Oona Fernandes

On 9th March 2023, the Postgraduate Department in child psychology and child development of Chowgule College of Science and Arts, Autonomous organized a field trip for the students of MA part I and part II. They were set to visit 2 centres that are; Sethu-Centre for child development and family guidance Saligao and Sanjay School for special education Porvorim.

At Sanjay school, the individual in charge explained in detail about the centres, it helped us gain knowledge about the different ways in which the special education system works, what the qualifications required to join specific fields, and the different internship opportunities, at the same time we were given a tour around the school which gave us an idea about how they manage and help the students. The second stop was at Sethu Child Development Centre, where in they shared information about how the Centre functions and their services. Overall, the field trip was quite fruitful and it helped us gain a lot of insight. It also helped to get a clear picture about the field of psychology related to special children.

MEMORY CAFE

by Gabriella Naomi De Souza

On 9th February, the Department of Psychology organized a field trip for third-year students of Gerontology. A memory cafe is a setup operated across the world and is done in Goa at Don Bosco Animation Center, Benaulim. These set-ups are centred around enriching the lives of older persons, especially those with dementia, through memory games, activities, music, dance and a sense of communal belonging. In honour of Valentine's Day and Carnival Day, love and fun was the theme of the event. The organizers arranged quite a few activities for students and older people. The Valentine's and Carnival Day session started with a grand welcome entrance song and dance with an energetic volunteer performance. There was a great deal of enthusiasm among participants as the activities began. Crossword puzzles were next on the agenda.



On stage, they all gave their best in their individual performances, throwing in a bit of personality and quirk. It seemed like they were having a great time putting on a show. Action songs were sung to help the participants stay alert and involved during the session. Volunteers conducted action songs keeping in mind to sing and dance at a pace comfortable for all. There were brief talks given to the participants on living a peaceful and healthy life with practical advice. Towards the end, they mimicked a carnival to reminisce about the days of their youth. Some wore beautiful elaborate costumes. Everyone wore festive masks, celebrated with balloons and danced to the beat, truly making it a joyous event.



DEPARTMENTAL ACTIVITIES

(...contd. from page 2)



Visit to COOJ Mental Health Foundation



Visit to B.N. Melwani's Senior Citizens Recreational Centre

- A field trip was conducted for students of the Third Year of the Department to COOJ Mental Health Foundation (Bastora), The Owl House (Aldona) and Senior Citizens Recreational Centre in Panaji on 3rd March 2023. The students were accompanied by Dr. Sobita Kirtani and Asst. Professor Aresh Naik.



Song Performance by Psychology students



Address by Ms. Percy Cardozo, Program Coordinator at Sangath



Career Talk on 6th March 2023



Street Play Performance by Kare College students



Prerna Diwas 2023



PG Field Trip



REBT Workshop



- The World Autism Awareness Day was commemorated on 12th April, 2023 by the Department of Psychology in collaboration with Sangath, and with the support of Kare College of Law and Club Carpe Diem. As part of the day's proceedings, professionals from Sangath briefed the audience about their fieldwork regarding autism awareness and students of Kare College of Law put up a street play performance depicting the life of a child with autism. Club Carpe Diem organized an 'Open Mic' session in which numerous students and audience members shared original poems, sang songs and provided testimonials surrounding autism.