



Biannual Newsletter of The Department of Psychology



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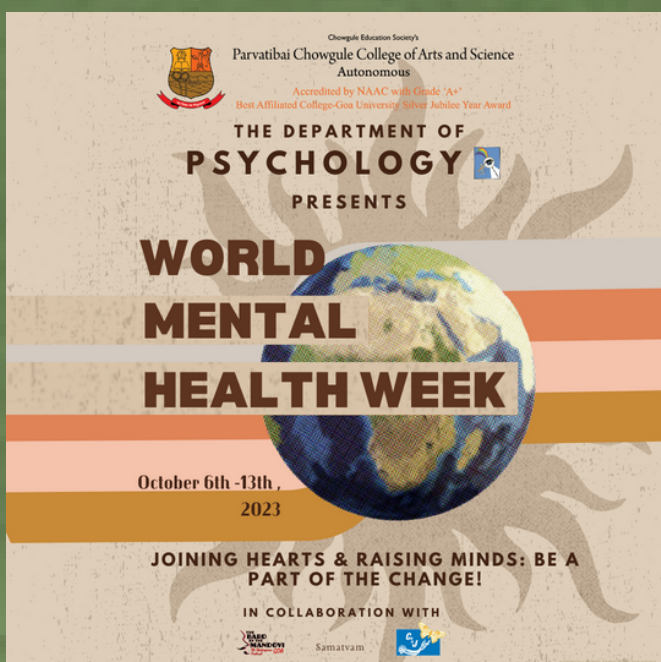
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Mental Health Week 2023



Mental Health Week was commemorated at Parvatibai Chowgule College from 6th October to October 13th. The commemoration saw offline and online activities that involved students and faculty alike. Throughout the week, for the “Tree of Emotions” activity, the students were encouraged to add a thumb impression to express the emotion they were experiencing at the time.

Through the social media platforms, there were reels, memes, and other awareness-building activities that were held. There were posters on the mental health services available in Goa that were put up on various notice boards on campus.

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EDITORIAL

by Dr. Sobita Kirtani, Asst. Professor, Dept. of Psychology

Hello Readers,

Wish you a very happy New Year. May this New Year bring joy in your life and peace across the globe! The second half of 2023 witnessed yet another war and while that may not have changed our personal lives here in Goa, I'm sure it disturbed us to a great extent. It is saddening to accept that humans are the most aggressive and destructive species on earth. It is not about who is in the right or wrong, it is merely about the number of lives lost and an exponential number of lives disrupted by wars. Last year, I visited the War Remnants Museum in Ho Chi Minh City Vietnam. Depiction of the impact that the war had and continues to have on the people there is heart-wrenching.

The Vietnam War also impacted the neighbouring country Laos and the COPE Visitor Centre in Vientiane tells a living story of the same. COPE does excellent work in providing prosthetics and funding surgeries for people affected by war. As ordinary citizens it allows us to contribute toward the wellness of those affected by the war. When we donated a sum, it got me wondering if I was trying to relieve some guilt of having a better life. Shouldn't a better life be what we all aspire for?

Values prized across the human race enforce hard work, being truthful and sincere, and living harmoniously. And these values guide us in creating safe spaces for people. Several organizations work toward humanity.

One such organization that routes mental health efforts across the globe is the World Federation for Mental Health. The department of psychology of PCCAS, through several activities, has been celebrating the theme given by WFMH this year as 'mental health is a universal human right'. Isn't peace as much our right? Beyond the economic development of a nation, progress should be measured in terms of number of peaceful years the nation can provide to its citizens. To peace in our lives!

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10 TH OCTOBER – WORLD MENTAL HEALTH DAY

In a country where mental health has long been a neglected aspect of overall well-being, World Mental Health Day serves as a crucial platform to advocate for better mental health care, foster empathy, and encourage open conversations. Recognizing the importance of mental well-being contributes to a healthier, more compassionate society in India. We as students of Parvatibai Chowgule College of Arts And; Science, Autonomous from the Department of Child Psychology had the opportunity to celebrate World Mental Health Day at the South Goa District Hospital Hospicio by volunteering for the District Mental Health Programme (DMHP). As students, we were given responsibilities within crowd management wherein we directed the visitors and various other staff towards stalls set up by different NGOs that advocate for mental health including Novi Suruvat and Tele Manas.



The undergraduate students showcased a stall with fun games and involved all the people. This was done to engage them to understand psychology in a fun way. This paved the way for people to recognise the importance of mental health and gain awareness about the resources available to us in society. We encouraged the incoming crowd to write notes on their understanding of mental health to gain more insight. Moreover, we were also allowed to create flyers for the event. The flyers were circulated to various students from different colleges and departments within this field. Overall, we had a great learning experience as volunteers for the program and we're thankful for the insight we received regarding the various NGOs tirelessly working to foster good mental health among different age groups.

BY:

Naomi Mary Jawaharlal
PG PART 2

MA Child Psychology & Child Development

DR VIKRAM PATEL'S VISIT TO

PARVATIBAI CHOWGULE COLLEGE

Dr. Vikram Patel, a renowned figure in the field of mental health and developmental issues, visited Parvatibai Chowgule College to engage with students and share insights into his impactful work. During his visit, he shed light on his journey, the establishment of an NGO, and the transformative initiatives taken by his organization, Sangath. Dr. Vikram Patel, a prominent psychiatrist and researcher, was drawn to Goa due to its pressing needs in mental health care. His passion for addressing societal challenges led him to focus on developmental problems in children, prompting the founding of an NGO aimed at addressing these critical issues. Dr. Patel's eminent stature in the field of mental health and his dedication to understanding and resolving developmental problems in children underscored his decision to establish an organization devoted to these crucial issues. His visionary approach and unwavering commitment positioned him as a beacon of change in Goa's mental health landscape.

Seven individuals collaborated to establish Sangath at Defence Colony, Porvorim, Goa, with the noble goal of catering to the needs of children facing developmental challenges. Despite initial high demand, families dropped out after the first session, prompting the organization to reassess their approach. Recognizing the challenges faced by families and the inefficiency of existing approaches, Sangath implemented innovative strategies to address these issues effectively. They devised concise yet impactful interventions tailored to meet the specific needs of children with developmental problems. Moreover, Sangath's proactive approach extended beyond direct interventions. They imparted comprehensive training programs to empower first-line community workers, equipping them with the necessary skills and knowledge to provide effective care and support. Sangath achieved a significant milestone by forging a strategic partnership through the signing of a Memorandum of Understanding (MOU) with the Government of Goa. This collaboration symbolized a unified effort towards improving mental health services, leveraging Sangath's expertise and resources in conjunction with governmental support to address the critical needs of the region.

The treatments and methodologies developed by Sangath gained traction not only within Goa but also transcended borders, being adopted and exported to other countries. This expansion provided extensive opportunities for students and individuals interested in mental health research and outreach. During his address to students at Parvatibai Chowgule College, Dr. Patel encouraged students to contribute ideas, learn about various treatments, and actively engage in outreach work. He highlighted the organization's ongoing research plans across Goa and showcased the hybrid course on leadership and mental health, emphasizing its significance in the field.

By: Anshu Dnyanesh Moghe TY BA

MOU BETWEEN CHOWGULE COLLEGE AND SANGATH

On behalf of the department, Chowgule College has recently signed a Memorandum of Understanding (MoU) with Sangath in July this year. Through this partnership, both organizations aim to collaborate on multiple fronts including scientific activities, curriculum innovation, community engagement, and internship opportunities, among others. The partnership aims to leverage the strengths of both the collaborators, to achieve each of the objectives outlined in the MoU. Under the MoU, we've already held two events on the college campus i.e. a session by Dr. Agrawal for the staff and faculty of the college, and the Youth Mental Health Festival. We now look forward to building upon this initial momentum in the next semester. One long-term project that is being explored is a student-led initiative to improve the mental health of all students on campus. It is hoped that this partnership will become a model for all future collaborations via the department.



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Departmental Activities!

STUDENT & FACULTY PARTICIPATION:

The faculty of the post-graduate department of psychology, Ms Aiswarya M Babu, along with the students of undergraduate and postgraduate department of psychology participated in the district mental health exhibition on 10th October, 2023 organized by South Goa District Hospital. The undergraduate student's set-up a table showcasing games relating to psychology concepts for the general public in the exhibition.

PG students were involved in crowd management. The students who participated from UG are as follows: Trisha Bene, Shanelle Dias, Beverly Noronha, Teni Johnson, Tracy Coutinho, Namrata Debsikdar and Valerie Shasha Rebello. PG students are as follows: Tabitha Fernandes, Naomi Jawaharlal, Treza Gomes, Fiena Oliveira and Buriel Gomes.



ALUMNI OF THE 2022 BATCH

03 alumni of the 2022 batch visited the department on 25th September and interacted with second-year and third-year students from 2:30 to 3:30 p.m. They briefed the audience about their journeys after graduation and also provided hands-on advice to the current students. Each of the alumni had a distinct experience to share as they all had chosen different paths after graduation; one was employed soon after graduation, another was pursuing higher studies in India and the third had just secured admission to a Master's program abroad.



Alumni Batch 2021 visiting the department

12 alumni of the 2021 batch visited the department on 16th September 2023. They had an interaction with the students of the department in the Psychology Laboratory from 11:30 till 1:30. They shared their experiences pertaining to the institutes of post-graduation as well as their current status. Those who had taken up a job after graduation shared about their experiences at work. They also answered students' queries about admission processes and studies abroad.



Interaction of alumni 2023 with the students





WELCOME TO THE DEPARTMENT OF PSYCHOLOGY

Ms. Lavixia E. G. Carvalho completed her MA in Psychology from Carmel College, Nuvem. She has attended several workshops and training programs. She has completed intensive training in various Psychotherapies. She has also interned at various mental health organizations and volunteered as a mental health helpline expert. She is a certified Career Counselling Practitioner. Besides this, she has facilitated a workshop for a mental health organization. She has also participated in awareness programs by NGOs.

CELEBRATING ACADEMIC MILESTONES



Congratulations to Mr. Aresh Naik on pursuing a part-time PhD at BITS Pilani Goa campus in the Department of Humanities and Social Sciences! Wishing him great success in his academic journey.



Congratulations to Ms. Jeanne Cotta on starting her part-time PhD at Christ University! Her dedication to the topic of an Intervention Study on building resilience and flourishing in high school students is truly commendable.



Congratulations to Ms. Ramya Warriar, an alumna from the batch (2018-2019), for securing admission to Oxford University for a master's in neuroscience with an extended PhD program! Wishing her an enriching and successful academic pursuit.

FACULTY AS RESOURCE PERSONS



Aresh Naik was invited as a resource person for a session on 'Research Methodology in the Humanities & Social Sciences' for the students at P.E.S.R.S.N. College of Arts and Science, Farmagudi, on 17th August 2023. In the session, he addressed various features of research as relevant to social sciences. The talk was attended by final-year students of the host institution.

PINNING CEREMONY OF THE PSYCHOLOGY FORUM 2023 - 24

Elections were held on 21st August 2023 to elect the new members for the Psychology Forum. After that, the pinning ceremony took place on the 15th of September 2023. The elected members of the forum are Shrinidhi Karkal - President, Anshu Moghe - Treasurer, Chevonne Coelho - Joint Treasurer, Pratishtha Shenoy - Media Officer, Dhanvi Shah - PG Representative, Kate Cruz - Media Officer, Saniya Valanka Gomes - Vice President, Vivian Vaz - Secretary, Shefali Madkaikar - Joint Secretary.

The pinning ceremony started with a welcome speech by Miss Jeanne Cotta followed by a speech from Dr. Sobita Kirtani. Miss Tavanya Coutinho who was the president of the psychology forum last year gave a speech and pinned the forum members. After the pinning of the newly elected forum members was done, the ceremony was concluded with a thank you speech from Miss Jeanne Cotta.



NIRBHAY BHARAT WORKSHOP

Dr. Sobita Kirtani participated in a one day Workshop on Nirbhay Bharat - Sashakt Nari organized by the Goa State Women's Commission at Ravindra Bhavan, Margao, on 30th June 2023. 29 students of SY BA also participated in the same. The workshop began with a formal inaugural during which Chairperson Smt. Ranjita Pai welcomed the audience. Chief Guest of the event was Smt. Sangeeta Porob, Director, Directorate of Women & Child Development. In the first session, Dr. Sulochana Pednekar spoke on Sustainable Women Empowerment. She conducted a demonstration to make people aware of various challenges and disparities that different people face. In the next session, Adv. Krishnakant Hedge Desai spoke about Women's Rights. This session stirred a very engaging discussion. Finally Dr. Minakshi Panandikar spoke about Women's Mental Health Wellbeing. The students of Chowgule College were highly appreciated by the organizers for participating in a large number

CAREER TALK



Talk by Ms. Delice Mascarenhas on LinkedIn profile development and interview skills.

A career talk was organized for the TY Psychology students on 15 September 2023 with Ms. Delice Mascarenhas. Ms. Delice is a founding member of Hivel. She is an entrepreneur and a Personal Branding Specialist. She has also given TED talks on entrepreneurship and personal branding. The session was one hour long over a Google Meet. The session focused on LinkedIn profile building, interview preparation and negotiation skills.

WORLD DAY AGAINST TRAFFICKING

On July 31, 2023, the "Educating Youth to Combat Trafficking" program took place at the Conference Hall, Ravindra Bhawan, Margao, commemorating World Day Against Trafficking. Organized jointly by Goa Police and Arz NGO, the event aimed to raise awareness about human trafficking and empower youth. Notably, 31 students from Parvatibai Chowgule College participated, with 12 from Sociology and 19 from Psychology. The program featured symbolic lamp lighting by representatives from the Goa Women's Commission, Goa Police, and Arz NGO, setting a positive tone. Skit performances by various colleges, including Parvatibai Chowgule College, MES, Carmels, and Kare College of Law, highlighted different aspects of trafficking, emphasizing unique perspectives.



Distinguished guests, including a PI from the Anti-Human Trafficking Unit and the Chairperson of the State Women Commission, delivered speeches, encouraging youth to actively combat trafficking. The transgender community addressed attendees, adding diverse perspectives to the fight. Participants received certificates acknowledging their contributions. Ms. Juliana from Arz NGO concluded the event with encouraging remarks. A group photo captured the spirit of unity. The collaborative efforts of Goa Police, Arz NGO, and student participation contributed to an informed and empowered youth community dedicated to combating trafficking. The gained knowledge and connections are expected to have a lasting impact in the fight against human trafficking.



FRESHER'S 2023

The fresher's party was an event filled with excitement, intrigue, and camaraderie as we welcomed the new batch of students to the college in style. The party was centered around a "murder mystery" theme that added an element of suspense to the evening. The event kicked off with the hosts, Angelique Futardo and Pratiksha Mallya, extending a warm welcome to the first-year students and introducing themselves. A unique twist was introduced as one student played the role of a murder victim, triggering a thrilling hunt for the murderer. The entire campus became a playground of clues, and the students were grouped into teams to solve the mystery. It was entertaining to witness the first-year students interrogating the second-year students, knowing that the culprit was hidden among them.



Once the murderer was uncovered, the students settled down, and the atmosphere shifted to a more relaxed one. Refreshments were distributed, and the stage was opened for the students' performances. The highlight of the evening was the interaction with some alumni who had returned for the event. Their presence added a sense of connection between the past and present. As the event progressed, the floor transformed into a space for music, dancing, and capturing memories. The students had the chance to enjoy the music, dance freely, and take photos to mark the occasion. The fresher's party successfully fostered a sense of unity and excitement among the students, welcoming them into the college community in a memorable way.

In commemoration of World Mental Health Day, the Department of Psychology had a week-long celebration from 6th October to 13th October. There were offline and online activities which involved students and faculty alike. The week's objectives included 1) To Create awareness about mental health and its importance. 2) Provide means of emotional expression and 3) Provide ease of locating resources of mental health services in Goa. The event saw collaborations with "The Bard by the Mandovi" event and the Gender Champion club to create awareness through role plays, poetry and skits. There were talks organized on the Mental HealthCare Act, means for self-expression and movie scene discussions which culminated in a workshop on suicide prevention by Sanya Pereira from COOJ. The event saw participation from a large no. of students and faculty alike.



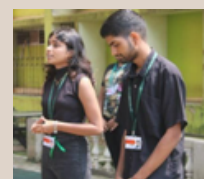
CANVAS OF THE MIND EVENT



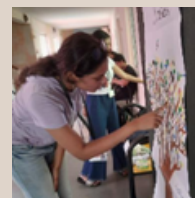
STUDENTS SUPPORTING MENTAL HEALTH FOR ALL BY WEARING COLORS DEDICATED TO SPECIFIC CAUSES THROUGHOUT THE WEEK



MEDITATION AND LISTENING CIRCLE



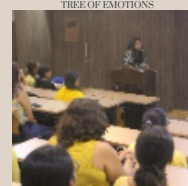
STREET PLAY ON MEN'S MENTAL HEALTH



TREE OF EMOTIONS



MOVIE DISCUSSION ON MENTAL HEALTH



WORKSHOP ON SUICIDE PREVENTION BY SANYA PEREIRA



TALK ON MENTAL HEALTHCARE ACT BY SIR ARSH NAIM

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DEPARTMENTAL ACTIVITIES

The Department of Psychology organized a talk on the theme 'Mental Health for All' by Dr. Ravindra Agrawal on 10th October 2023 to commemorate World Mental Health Day. This talk was attended by teaching and non-teaching staff of the College. Dr. Agrawal threw light on various mental health issues faced by all in general and youth in particular.



TALK BY DR. RAVINDRA AGRAWAL



TEACHING AND NON-TEACHING STAFF ATTENDING TALK BY DR. RAVINDRA AGRAWAL



COLLABORATION WITH "THE BARD BY THE MANDOV" SKIT

DAY 1 - THE MINDFUL BARD

Hear ye, hear ye! Curious about how the Department of Psychology kicked off Mental Health Week? As part of the collaboration with The Bard by The Mandovi (XIII): the Shakespeare Festival organized by the Department of English & English Tygers Club, through 'The Mindful Bard' our students of the Department of Psychology took the initiative to raise awareness about mental health through the literary festival which drew large audiences. This partnership not only expanded our social outreach but also set the stage for a fantastic start to Mental Health Week. By taking on activities such as quizzes, inspirational poems, insightful character analyses, and a meaningful musical skit, the audience was enthusiastic and extremely engaging, thereby motivating our students to influence the spectators with positivity and a changed attitude towards mental health. The first day of Mental Health Week was represented by the colour white and was also the day of installation of the 'Tree of Emotions' which was set up in the Quadrangle and attracted students to paint on the emotions they were experiencing through a thumbprint with each colour corresponding to a particular emotion. Day one truly proved to be a huge success and touched many hearts and minds!



DAY 2- CINEMACHAT

"Cinemachat," conducted on October 7, 2023, at Parvatibai Chowgule College of Arts and Science, was a well-planned 90-minute interactive event. Its primary aim was to engage students through a selection of movie clips from Hindi cinema that shed light on diverse mental health issues. The session provided a platform for students to connect and deepen their understanding of how mental health is portrayed in films. The carefully chosen films, including "Ranjhanaa," "Highway," "Dil Dhadakne Do," "Taare Zameen Par," and more, triggered introspection and prompted students to consider their responses in challenging situations.

The session was emotionally charged, evoking laughter and moments of realization, fostering meaningful discussions, and enhancing students' awareness of mental health issues as depicted in Hindi cinema. Cinemachat successfully promoted camaraderie and a greater comprehension of the relationship between cinema and mental health.

DAY 3 - TALK ON MENTAL HEALTH ACT, 2017

The Psychology Department of Parvatibai Chowgule College of Arts and Science, autonomous, celebrated Mental Health Week during the second week of October. October 9th, or the third day of mental health awareness week, was marked by a talk on the Mental Health Act, 2017. The talk was led by Mr. Aresh Naik, an assistant professor from the psychology department, with Ms. Pratishtha Shenoy, a first-year student from the psychology department, hosting the event. Ms. Bemvida Barreto, a second-year student from the psychology department, gave the guest speaker a token of appreciation.

Through his presentation, the speaker highlighted the key provisions and amendments of the Mental Health Act 2017. He emphasised the importance of understanding and implementing this act to ensure better mental health care for individuals. Additionally, he discussed the role of different stakeholders in promoting mental well-being and encouraged active participation from the audience in advocating for mental health rights. The theme for the day was purple, for disability awareness. The talk was attended by more than 50 students from numerous departments, all in vibrant shades of purple. Overall, the event was a huge success.



DAY 4 - SERENITY CIRCLE

The Serenity Circle event that was held on 10th October 2023 was organized to allow students to experience inner peace and tranquillity through meditation as a way to provide a respite from the daily stress they experience and to provide a safe space for them to share their thoughts and feelings without any fear of judgment. The meditation exercise was conducted for 20 minutes to enable the participants to enter a relaxed state and to be in touch with their emotions and physical sensations. The latter part of the event consisted of the listening circle where every willing participant shared a little bit about their day and the things that made them feel happy, sad, anxious, or at peace. Everyone was encouraged to wear green to celebrate mental health.





DAY 5- CANVAS OF THE MIND

On the 11th of October 2023, Parvatibai Chowgule College witnessed a remarkable confluence of creativity and compassion during Mental Health Week. This memorable day was marked not only by the vibrant celebration of "Canvas of the Mind" but also by our collective support for Women's Mental Health Day, signified by the sea of pink attire adorning our students and faculty.

"Canvas of the Mind" was more than just an event; it was an artistic odyssey that beckoned students from all academic years to partake. Under the theme of "Self-Expression and Mental Health" it catalyzed self-discovery and emotional exploration.

The success of this event was not merely in the numbers but in the warmth it radiated, nurturing a safe space where everyone felt heard and understood. "Canvas of the Mind" was not just a college event; it was a testament to our commitment to mental well-being, artistic expression, and the power of unity within our academic community.

DAY 6 - MEN'S MENTAL HEALTH DAY

Men's Mental Health Day at Parvatibai Chowgule College Of Arts and Science was a tie-rific success! To keep things both engaging and meaningful, everyone sported ties to support men's mental health. Club Cerebro's volunteers took a meaningful step by tying green ribbons to the men on campus, symbolizing the importance of their mental health. These simple gestures served as a powerful reminder that their well-being matters.

During the lunch break, Club Cerebro and the Gender Champion Club - Samatvam joined forces to present a thought-provoking street play. This performance focused on the significant influence of societal stigmas on men's mental health, highlighting the challenges they face in expressing their emotions openly. The takeaway was a simple yet powerful message: it's not weak to share your feelings.

The event wrapped up with a group photo, symbolizing our collective commitment to men's mental health. It was a day marked by genuine connections, a sense of togetherness, and, above all, a focused effort to raise awareness about this crucial issue.



DAY 7 - PREVENTION OF SUICIDE

The workshop on suicide prevention took place on 13th October 2023 at 2:30 pm in the lower auditorium. It started with a welcome song from the students of the psychology department followed by a speech from the Head of the Department Dr. Sobita Kirtani. Miss Saniya Pereira then took over and explained the signs which indicate suicidal behaviour as well as how to deal with such situations. She also asked two students to role-play a situation of a person with suicidal thoughts.

The workshop then ended with a memento given to the resource person followed by the vote of thanks by Asst. Prof. Maitreyi Sawant.

