



## Biannual Newsletter of the Department of Psychology

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The Resource Persons for the Discussion Forum alongwith the Officiating Principal, Faculty and Members of the Psychology Forum

## Discussion Forum on 'Aging India'



**DR. SOBITA KIRTANI**

The Department of Psychology organized its annual Discussion Forum on 22nd October, 2022 in the lower auditorium of the college. 28 students from 05 different colleges in Goa participated in the event along with accompanying faculty. The resource persons for the event were: Dr. Amit Dias (Epidemiologist and Geriatrician, GMC), Dr. Shruti Nadkarni (Asst. Professor, G. R. Kare College of Law, and Ms. Rohini Gonsalves (Founder and MD, Sevarat Healthcare and Nursing Pvt. Ltd.). The objectives of this years Discussion Forum were to sensitize students about psychological issues of aging, rights of older persons and legal bindings on family members toward them, and the daily challenges faced by the older persons and caregivers and ways in which the society can contribute.

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# WORLD MENTAL HEALTH DAY

The Department of Psychology celebrated World Mental Health Day on Monday, 10th October, on two fronts. Firstly, a talk for both teaching and non-teaching staff of the college was organized in the lower auditorium from 12.30 pm to 1.30 pm. Ms. Shobhika Jaju, mental health practitioner addressed the audience on the theme, 'Make mental health and well-being for all, a global priority'. She presented important statistics pertaining to mental health of Indians. She then spoke about the need to access mental health and ways to take care of one's own mental health.



Additionally, all students of the department presented posters on themes suggested by the World Federation of Mental Health. These posters were displayed and presented in the Quad, Corridor, Canteen and the area outside the canteen.



# Editorial

ARESH NAIK



As 2022 draws to a close, it's time to bring out the first newsletter of the academic year. This is a change from our earlier publishing schedule. From this year onward, we will release the newsletter twice a year, instead of four times. This change allows us to capture the happenings of the entire semester in one consolidated newsletter, instead of having them spread out over two. Hope that you enjoy the newer version.

While the newsletter captures the past, here's a heads-up about what lies ahead. The National Education Policy (NEP) is all set to be rolled out across educational institutes in the country. This promises to be a massive exercise of restructuring the educational and learning ecosystem at all levels. Institutions are already exploring avenues to implement the suggestions of the NEP in phases. The opportunities under the policy are exciting. Students of the future will learn a lot differently from their predecessors. Our department will also need to evolve to meet the demands and needs of the NEP, and we are prepared to take-on the challenge. Wish us luck!

Lastly, as you move on to exploring the rest of the newsletter, here's wishing you all a very happy 2023.

#### 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 2022-23*



*Tavanya Coutinho*  
President

*Janhavi Dhulapkar*  
Vice President



*Alyssa Colaco*  
Secretary

*Sylvia Lewis*  
Jt. Secretary



*Shereen Miranda*  
Treasurer

*Komal Halwai*  
Jt. Treasurer



*Kenria Rego*  
PG  
Representative

# YOUTH MENTAL HEALTH FESTIVAL

The Sangath Youth Mental Health Group (YMHG) in collaboration with the Department of Psychology organized a Youth Mental Health Festival on the 27th of August. The Festival consisted of 3 competitions; namely, a PhotoEssay competition, a Skit competition, and a Short film competition. The festival witnessed a great zeal of participation amongst the young students of different colleges of Goa. The top 3 winners of all competitions were awarded with certificates, trophies and amazon vouchers. The winners (First Place, Second Place and Third Place, respectively) for each event were as follows:

## Photo Essay Competition

1. Anisha Sandhi of Dnyanprasarak Mandal college, Assagao, Bardez, Goa
2. Khushi Mandrekar of Goa College of Homescience
3. Safiya Shaikh of Rosary College of Commerce and Arts



## Short Film Competition

1. Vineet Aigal of Goa Engineering College for "Hey Tim !!!"
2. Harsh Swar, Niraj Gauns, Deepraj Nadar, Gaurish Prabhu, Unmesha Naik, Manjiri Vernekar, Abbigail Vaz, Jonathan Jorge, and Shrinidhi Shanbag of Goa Medical College- Allied Health Science for "To all the Boys who want to die."
3. Shreya Khorjuvekar, Rohit Hadapad, and Pooja Alvadkar of Goa Engineering College for "Life is Always Good".

## Skit Competition

1. Mahira Aga, Kulsum Khan, Aisha Khatri, Simran Pategar, Ratika Lotlikar, Esiya Lopes, Khushi Mandrekar, Sherie Fernandes, and Stenia Palha of Goa College of Home Science
2. Aditya Jaiswal, Bhairavi Gaunkar, Prasad Naik, Areia Gernandes, Prapti Naik, Priyanka Sant, Akansha Navti, and Syloney Fernandes of PES's RSN College of Arts and Science, Farmagudi
3. Payal Patil, Sneha Kudchadkar, Siddhrath Manjrekar, Dakshat Patil, Raghurama Shanbag, and Dattaprasad Naik of Goa College of Engineering



# Learning beyond the Classroom

## Games for Children with Special Needs

Dr. Madhu Vanagondi and MA part I students Ms. Naomi Jawaharlal, Burial Gomes, Fiena Oliveira, Adriala Mascarenhas, Tabitha Fernandes and Oona Fernandes organized games for special children on 14th November at the Gujarati Samaj educational trust special school, Margao-Goa, by volunteering to put up stalls which consisted of three games; Cookie monster, Lord of the rings and Pick your color.



## State Level Lecture Series

30 students of the MA Program and two faculty members of the department attended a State Level Lecture Series on 'Community Resilience-Advanced Level of Healthcare Therapeutics and Strategies for the Differently Abled Millennials: Inclusivity in Society', organised by MES College of Arts and Science, Zuarinagar, Vasco, on 28th September 2022. The students were accompanied by Asst. Prof. Aiswarya Babu and Dr. Madhu Vanagondi.

## World Suicide Prevention Day by COOJ

Five students and one faculty member of the department attended a one day programme organised by The Directorate of Higher Education, in association with COOJ Mental Health Foundation, to observe World Suicide Prevention Day on 10th September 2022 from 9:30 am to 4:30 pm at the Multipurpose Auditorium, School of Chemical Sciences, Goa University, Taleigao Plateau, Goa. The attendees were students of the MA in Child Psychology and Child Development Program. They were accompanied by Asst. Prof. Aresh Naik and Counsellor, Ms. Sumedha More.



## Faculty Publications

- Kirtani, S. (2022, July). Jarashastra - Vruddhpnishad: Vishay Pravesh. Navi Jaag Goinkarank, 48(11), 10-11
- Kirtani, S. (2022, July, 13). Scent of Youth. The Navhind Times, Buzz 7
- Kirtani, S. (2022, August). Jarashastra - Vruddhpnishad: Vishay Pravesh. Navi Jaag Goinkarank, 49(01), 12-13, 29
- Kirtani, S. (2022, September-November). Jarashastra - Vruddhpnishad: Vishay Pravesh. Navi Jaag Goinkarank, 41(02), 34-35

## Faculty Highlights

### *Dr. Sobita Kirtani*

- Recorded 08 modules in Konkani for DISHTAVO
- Attended a workshop on Prevention of Sexual Harassment on 27th October, 2022 organized by the V.M. Salgaocar College of Law in association with GPARD, Goa

### *Dr. Madhu Vanagondi*

- Invited as resource person for the certificate course on 'Test Analysis (SPSS)', on 20th and 21st October, 2022 organised by the Department of Psychology, Rosary College of commerce and Arts, Navelim -Goa.

### *Aiswarya M. Babu*

- Completed 10 hours of online training in Family and Marital Therapy conducted by Dr. Tania Roy under Your Dost academy
- Attended an online workshop on the topic Know Your Rights for Professionals organised by Umeed Child Development Centre, Mumbai on 14th October, 2022
- Attended the ATAL FDP Program on 'Leadership Excellence' organised by National Institute of Technology, Goa during 21st-25th November 2022.

### *Aresh Naik*

- Attended the 3rd online Refresher Course in Social Sciences from 12th to 25th July, conducted by HRDC, Gujarat University, Ahmedabad.
- Attended GPsyCon 2022, the annual conference of the Goa Psychiatric Society on the 23rd/24th of July, 2022
- Was invited as a resource person on 15th July for 'Handling Suicidal Ideation in Clients' at the Antarman Centre for Psychosocial Wellbeing
- Has been nominated as a Managing Committee member of Sangath, a mental health NGO, at their Annual General body Meeting held on 24th September
- Recorded 08 modules in Konkani for DISHTAVO

## New Faculty



Ms. Jeanne Cotta holds a Master's in Clinical Psychology from Rajiv Gandhi University of Allied Health Sciences, Bangalore, where she also ranked 3rd at the university level. Besides teaching, Ms. Jeanne is a counselor at "Untangle" which is an online counseling service founded by her. Besides teaching and therapy, Ms. Jeanne is also involved in increasing awareness about counselling, psychology and dismantling myths and stigmas about mental health through her online social media page "untangle\_therapy".

Ms. Jeanne has interned at various organizations, NGOs and hospitals in and around Goa and is equipped with knowledge about therapy, abnormal psychology, health psychology, rehabilitation, child psychology among others. She is currently studying to pursue her degree in Mphil Clinical Psychology.

Miss Maitreyi Sawant joined the Department of Psychology at Chowgule College in August 2022. She has completed her Masters with a specialization in Counselling and has attended a number of workshops and training programs. She has also briefly volunteered at the Distress Helpline operated by COOJ. She likes learning about the non-verbal aspect of human communication. Her hobbies include collecting stationery, reading stories, writing stories, writing poems, and watching anime and drama series.



## Certificate Course in Research Methodology

The Department of Psychology conducted a Certificate Course in Research Methodology, of 30 hours for TY students. This was formerly a Bridge course that was offered within the department. The course had six resource persons including an external one from Sangath. The Chief Guest for the Inaugural function was Dr. Nandakumar Sawant and for the Valedictory, it was Dr. G.K. Naik. Certificates were conferred upon students having more than 50% attendance. Two SY students, Shrinidhi Karkal and Riya Naik participated as student volunteers for the smooth conduct of the course.



# FRESHER'S 2022

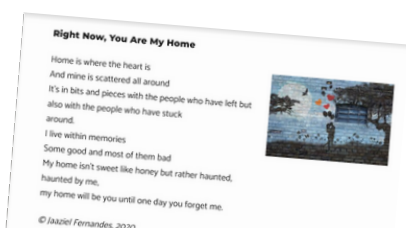
The Second and Third year students held a 'Fresher's Welcome' event on 16th August, 2022, for the First year students of the department. The theme of the event was 'Bollywood', wherein students turned up dressed as various characters from their favourite movies. There were also various activities and games organized to make the first year students feel at home in the department.



## Student Contributions and Achievements

A poem written by SY student, Jaaziel Fernandes has been featured and published in the October 2022 issue of the 'Pen to Print' Magazine, which is based from London. Her poem can be viewed online at [this link](#).

Prachi Priolkar successfully completed the NPTEL Online Certification in the course, 'Psychology of Everyday', offered by the Indian Institute of Technology Kanpur. She obtained a consolidated score of 75%.





# Psyched Up 2.0

The Psychology Forum and Club Cerebro organized the annual intra-departmental event 'Psyched-Up' on the 13th and 14th of October, 2022. The event had students from all sections participating in various competitions. The 1st day was themed toward Autism Awareness while the 2nd day was themed "What makes you happy?". The event had stalls put up by students as well as online and offline competitions allowing students to showcase their talents and interests.



Additionally, as part of the department's Community Outreach efforts, the Caritas Centre for the DeafBlind - South Goa were also invited to set up a stall at 'Psyched-Up' to display and sell 'dijas' that were made by the children at the centre.

## Shake it Off

JANHAVI DHULAPAKAR



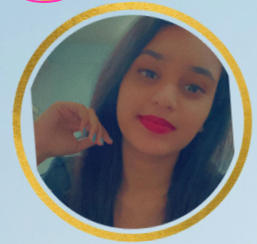
On the 13th of October at 3 pm, we held a dance competition called 'Shake it off'. Students from the First year, second year and the PG participated. It was held near the canteen and the rules of the competition were simple. The contestants were made to dance in a song for a minimum of 3 minutes and showcase their skills through a fusion dance with a unique mixture of 2 or more dance forms. The contestants were also allowed the usage of non hazardous props like balloons, chairs etc. It was a mixed dance competition wherein both group participation as well as solo participation was allowed so we had 3 solo performance by Riya Naik (SY), Teni Johnson (FY) and Valerie Rebello (FY). We also had one group performance by Dhanvi Shah, Prachita Shirodkar and Tabitha Fernandes from the PG. For the competition, we invited two ex-students of Parvatibai Chowgule College of Arts and Science, Maeve Fernandes and Sharon Wankhede as judges. Dhanvi Shah, Tabitha Fernandes and Prachita Shirodkar from the PG won the first place followed by Valerie Rebello at second place and Teni Johnson who won third place. Overall, the competition was a success and was well enjoyed by the crowd. We had a good reception and unmatched enthusiasm to the competition from the participants as well.



# Psyched Up 2.0

## Chef's Choice

KENRIA REGO



This was a cooking competition held to showcase the cooking talent of our students. This competition was held on the first day of psyched up. The dish had to be prepared without using any electric appliances, and within 1 hour. No prior cutting or grating of ingredients was allowed. Once the dish was ready, the recipe had to be written along with the ingredients used. The participants were asked to come up with their own dish to get bonus points. There were four participants and the esteemed judge was Rozwin Antao from the accounts department. Rozwin has worked with a CA before joining Parvatibai Chowgule College of Arts and Science in 2021. Everyone managed to prepare their dishes within the given time. They also cleaned the place they used before the judge evaluated their dish. The first place was won by Prachi Priolker for preparing some delicious ladoos. Where as Anika Haldankar won the the second place for preparing swiss rolls. The participants were thanked for their participation and the competition came to and end.



## Discussion Forum ... (contd. from pg. 1)

The event began at 10.00 am with a theme-based song by students of the department. Asst. Prof. Jeanne Cotta compered the event. Dr. Sobita Kirtani introduced the theme and welcomed the audience. The Psychology Forum members welcomed the resource persons with flowers. The resource persons were introduced to the audience by Ms. Sleysha Naik, Ms. Shrinidhi Karkal, and Ms. Gabriella De Souza. Dr. Amit Dias spoke about the psychological issues of old age and presented details of research conducted by him in the field. He also spoke about various activities conducted by him for the older persons. Dr. Shruti Nadkarni made a presentation on rights of older persons and real-life cases as well. She also broke myths pertaining to elderly abuse and neglect. Ms. Rohini Gonsalves presented caregiving needs of older persons. She shared the initiative taken by her organization toward engaging older persons during covid times and the world record made by them. This was followed by a discussion between the audience and the experts. The audience was very interactive and asked several questions. Finally at 12.30 the discussion was ended. The resource persons were presented with potted plants as memento. Asst. Professor Aresh Naik, proposed the vote of thanks.

# Psyched Up 2.0



## Let the Melody Speak

SYLVIA LEWIS

This was a solo singing competition held in the upper auditorium of the college. The aim of this event was to showcase the psychology department's beautiful voices and musical talents. The event that kicked off psyched up, right after the inaugural, saw twelve participants belting out a mix of old and latest pop songs in Hindi and English enthraling the appreciative audience, with their melodious voices. At times the audience joined in with the singing with the participants. A stand out from the lot was Shalom a student from the FY with her guitarist, she sang "Power of Love" by Celine Dion, and the whole audience was left in awe by her performance, thereafter erupting into applause. The event started at 3:00 pm and lasted for around 1 hour in total. The judges, one of whom was the psychology department's very own ex-student Mallaika Alphonsus, and the other a student from the postgraduate department of the college, Megan, had a tough time selecting the best three from the lot. The organizers of the event were met with an overwhelmingly positive response from the audience. The results of the competition were given at the end of Psyched-Up on the second day as follows; 1st place - Shalom Cardozo, 2nd place - Katelynn Vaz and Prutha Gaunkar; and 3rd place - Teni Johnson.

## Acts from a Hat

SYLVIA LEWIS

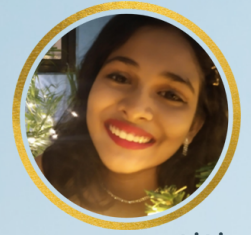
This was the department's cosplay competition it was the last event of the second day on October 14th and was held near the canteen area at around 4:00 pm. The competition saw nine participants attired in varied costumes strutting on stage and entertaining the audience with their witty and sometimes quirky responses to the question, "What is the inspiration behind your costume?" leaving the crowd cheering. One that caught the audience's eye was that of Trisha, an FY student who dressed up as the character Groot from Guardians of The Galaxy, and just like Groot, her response to every question the organizer asked was, "I am Groot." The event was judged by Zane, a student from the postgraduate department, and Ryle, an alumni of the psychology department and who is also an avid cosplayer. The grey cloudy weather created a setting that matched the participants' rather spooky-themed attire. It ended with the prize distribution to the winners who were: 1st place - Janhavi Dhulapkar, 2nd place - Mareshah Pereira, and 3rd place - Leandra Dourado.



# Psyched Up 2.0

## A Lens To Your Thoughts

SANIYA GOMES



'A Lens To Your Thoughts' was the name of Psyched Up 2.0's photo essay competition. This was one of the many events held during Psyched Up for the students of psychology department to take part in. The theme of this event was 'Beauty in Flaws'. The participants had to capture the beautiful flaws around them in pictures and describe these photos. The participants were asked to submit their photo essay on Google Classroom for judging. They were also asked to submit hard copies of these essays, which were displayed on day 2 of Psyched Up. The judges, Asst. Prof. Loretta Lisa Rodrigues and Asst. Prof. Shubhankar Shah evaluated the photo essays based on 4 criteria: overall design, relevance, creativity, and photography and editing skills. The 1st place was awarded to Jannes Vas, the 2nd place went to Lenzie Rebelo and Shanelle Dias won the 3rd place.

## Mind your Canvas

SMRITI PAI ANGLE



"Mind your Canvas" was the painting competition that was held on the 1st day and the theme for this competition was "You". Participants were expected to paint/draw something that reflected their personality. The competition was open to all psychology students. It was not a run-of-the-mill painting/drawing competition as the participant had to draw and paint on anything but paper or canvas. The participants were Sonam Panandiker, Shanaia Angel Patel, Bemvinda Barreto, Brinda Abraham and Saleema Salwa who participated very enthusiastically. The students got creative and used modelling clay, their hand, old CDs, a piece of wood, and a mask as their canvas and expressed themselves in their own way. After the participants were done with their art pieces Asst. Prof. Pooja Gaonkar from the Economics department judged the event. On the 2nd day medals were given to the winners where Sonam Panandikar won the 1st place, Brinda Abraham won the 2nd place and Saleema Salwa won the 3rd place. With the help of the volunteers and the cooperation of the participants, the whole competition went on smoothly and on time.



# Psyched Up 2.0

## SHAKESPEARE WHO?



ALYSSA COLACO

Poetry is said to be literature that evokes a concentrated imaginative awareness of experience or a specific emotional response through language chosen and arranged for its meaning, sound, and rhythm. It is a medium of expression that so many individuals use to manifest their emotions. Our department created a platform for students of the psychology department to unveil their literary talent in the form of a poetry competition. The competition was called 'Shakespeare who?' and the theme was 'Grief for who I was'. This competition was held on 13 October 2022 in the upper auditorium. We had a total of 8 participants who beautifully performed their original poetries. The judges were our very own ex-students from the department of psychology, Sabrin Shaik and Finoshka Rodrigues. The participants were judged for their originality, creativity, adherence to the theme, literary devices and overall performance. One by one the students came and performed their piece of literary art. The winners of the competition were as follows; Jaaziel Fernandes bagged the first place, Lenzie Rebello was in the second place and Gautami Devidas took the third place. The event ended with a small token of appreciation handed over to the judges, which was made by the students of our department.

## BEAUTYLICIOUS

ALYSSA COLACO

The way one presents themselves and the appearance of an individual always makes an impression. Some students are extremely talented in the way they are able to dress and present themselves well. So as an opportunity for all these talented students we as a department came up with a hair and make up competition. This competition was one new addition to our event and it was an absolute success. The competition was named Beautylicious with Fairyland as the theme and it was held on 14 October 2022 in the psychology lab. We had a total of 11 participants who dressed themselves or their friend with gorgeous use of colors and creativity. We had two judges. Both were ex-students of our college who had a great sense of fashion and were up to date with the trends. The participants were given a time period of one hour and were judged based on their originality, creativity, adherence to the theme, color scheme and coordination and overall presentation. The winners were as follows: Lisa Fernandes from the second year in the first place, Anshu Moghe from the second year in the second place and Swancy Souza from the third year in the third place. The competition ended with the judges giving their feedback to the participants and helping and encouraging them with positive feedback to help them improve. And finally the judges were presented with mementos as a token of appreciation; which were candles made by the students of our department.

# Psyched Up 2.0



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