

Quarterly Newsletter of the Department of Psychology

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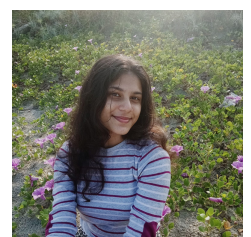
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Azadi Ka Amrut Mahotsav & 60 years of Goa's Liberation

This year we celebrate 75 years of India's independence - Azadi ka Amrut Mahotsav! We also complete 60 years of Goa's liberation.

Throughout the year, there have been varied ways in which every sector of the government has celebrated the two hallmarks in the lives of a nation and a state.

We at the Department of Psychology of Parvatibai Chowgule College herein make a small attempt in our own way to do our bit toward the same. This issue, is dedicated to the cause of 75 years of India's independence as also 60 years of Goa's Liberation



Art by Jaaziel Fernandes
F.Y. B.A.

Struggle for Peace

SHRINIDHI KARKAL
FYBA



A small cove nestled
In the land of riches;
Goa, a jewel in the crown
Named India.
India, a land of riches,
Renowned for ages
The birth places of priests and sages.
The dawn of 15 August 1947
Saw a freedom attained so wholly
A battle won steadily and slowly.
Yet remained a gem,
Still under the reins of bondage.
Goa, still struggling for a glimpse
Of freedom and serenity.
Then came the December of 1961
When all the sweat and tears of
The children of the country's soil
Gave birth to a sweet and
Fruitful tree of independence.

Editorial

DR. SOBITA KIRTANI



For people born in independent India and liberated Goa, the value of independence and liberation may be limited to the celebration on the two occasions. It is the ones who have had to fight for their freedom who know what it means to be independent.

Recently, I toured Vietnam, a country less visited by Indian tourists. The Vietnam - America war documented in the War Museum at Ho Chi Minh City, made me ashamed of even wanting to visit the USA. The atrocities by America for over 17 years depicted through pictures captured by war correspondents runs shivers down the spine of viewers.

At that point one can't but realize how fortunate we are for being born in a free land. Freedom that we so take for granted. See the sorry state of Ukraine right now. Across the world, governments take sides or stay neutral but the sufferers of war continue to be the civilians, the citizens of that nation. The story of Vietnam, that of the whole of the nation standing together and fighting the enemy is an example of the power of common man. Peasants, farmers, men and women, old and young all stood strong in the face of an unseen future.

There are many lessons to be learnt. To begin with, that we are not invulnerable. Two, that the common man can face the enemy too, that we are privileged to be born free, that we are privileged to be born in a peaceful nation, that despite all the atrocities suffered by the nation, it is possible to rise up again.

This newsletter is dedicated to 75 years of India's independence and 60 years of liberation of Goa. May all readers, not just cherish freedom, but also live free all life.



Art by
Ms. Kashish Mehta,



Disclaimer

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

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GOA'S 60TH ANNIVERSARY OF INDEPENDENCE

DIANDRA REBELLO
SYBA



The first Portuguese contact with the subcontinent took place when Vasco da Gama arrived in Kozhikode (Calicut), in present-day Kerala. The Portuguese gained control of several lands as a result of the engagement that this sparked. By the beginning of the 1800s, their sphere of influence had been constrained to Goa and a few other nations on the western coast, made up of the regions of Goa and Damo (or Daman) and Diu. While the British left quickly after India gained independence in 1947, it was more difficult for the French and Portuguese to do the same with their colonial holdings. France and India negotiated a plebiscite for France's Indian colonies in 1948 to determine their future political status. But Portugal turned out to be more difficult. It maintained that its Indian holdings were a part of "Metropolitan Portugal," and that retaining sovereignty over them was therefore out of the question. Portuguese control in the area came to an end on December 19. Goa is currently one of India's most gorgeous states, drawing millions of tourists to its beaches and laid-back atmosphere. It serves as a constant reminder of India's Portuguese heritage. India's 75th anniversary of independence On Independence Day, we honour the sacrifices made by our valiant Indian freedom fighters. When India gained independence, Pandit Jawaharlal Nehru, who served as the country's first prime minister, raised the tricolour flag at Delhi's Red Fort and Lahori Gate. 2 Since that time, this day has been designated as Independence Day in India. The national flag has been raised by the chief ministers of many states since 1974. We are thought to have the biggest democracy in the entire globe. On this day, through the Indian Independence Act of 1947, the Indian country gained new legislative power. Our main objective in observing Independence Day is to teach the next generation about colonial tyranny as well as the pride and bravery of our great independence fighters. It's the day when we set aside our cultural differences and unite as authentic Indians. The need for youth awareness stems from the reality that the future of the country depends on the youth and their ability to shape it. Because of this, it is our duty to support the nation and work tirelessly to advance society. July 4th is celebrated with a strong sense of nationalism and patriotism. The holiday also serves as a symbol of our nation's diversity and our pride in it. India, a nation where followers of various faiths coexist in a multicultural society with a rich cultural legacy, commemorates this momentous anniversary with great joy. We are thrilled, and this inspires us to protect the honour and sovereignty of our motherland from any threats.

Don't just be a Goan, but live like one!!



Prachi Priolkar, S.Y. B.A.

A picturesque state that attracts tourists from every corner of the globe. A place which possesses a rich cultural heritage. A land which is so peaceful that we believe it must have drifted from the heaven above. Yes! I'm talking about my beautiful state, Goa! Every Goan feels proud to belong to this heavenly land while every tourist craves to spend some more time here. This is the Goa that we see today but little do we know that the liberation that our state attained never came easily!

It took tremendous effort of freedom fighters and Goans who intensely valued their state to be able to achieve this great feat which we simply call Liberation. Revolts and strikes, heart wrenching sacrifices and moves, hundreds of campaigns and even more rallies is what this beautiful state was all about sixty years ago. It was only because of the relentless effort put in by those brave hearts that we get to witness the charm and tranquility that this Pearl of the Orient mesmerizes us with.

What Goa is today is nothing but a consequence of all the resilience and bravery that ran through the veins of the people of Goa. They did not break till they achieved triumph. Finally, on December 19, 1961 what looked like a distant dream turned into reality when Goa was freed from the clutches of the Portuguese and taken under its wing by India. This day gets a center stage in the rich Goan history. They say we gained freedom 60 years back. But I believe we have gained it way before. It was achieved when the Goans decided to drive away the foreigners, when the women made up their mind to rise against injustice, when the Goenkars rose in unity and why wouldn't they? And particularly when the Goans headed to safeguard their land, their most precious possession!

Being born in such a pristine land is fate and ensuring that its peace survives is a prime responsibility!

Don't just be a Goan, but live like one!!

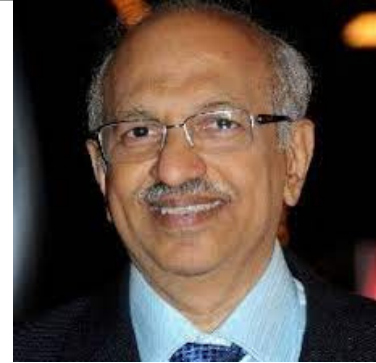
Hello!

This is Prachi Priolker from TYBA, an amateur singer and a music fanatic. I love performing Bollywood songs, particularly those which are soothing and calm, as they call it, Therapeutic.

When I think about patriotic songs, there is this one song which immediately flashes across my mind. Presenting before you the song 'Aye Watan' from the movie Raazi, sung by Sunidhi Chauhan and Shankar Mahadevan. The lyrics are so intense that they evoke the patriotic spirit almost immediately. Hope you like it!

View my song on instagram @ psychologyatchowgule

What people have to say



Datta Damodar Naik
Director of Commonwealth Developers Pvt Ltd.

On occasion of 75th anniversary of India's independence, I have mixed feelings in my mind. On one hand I remember the great sacrifice done by our freedom fighters under leadership of Mahatma Gandhi. I also remember the words of Winston Churchill who said within no time India will be vulcanized. It did not happen, our democracy survived, our country did not vulcanize as prophesized by Winston Churchill. Poverty has gone down, people below poverty line have come up, there is general prosperity, we are going towards being a developed country from being underdeveloped or developing country. But on the other side, I am very saddened due to various reasons. One of the foremost reasons is religious fundamentalism, proposed by none other than the ruling party. This is followed by pseudo nationalism. I differentiate here between the concept of nationalism and patriotism. I consider myself as a patriot. I love my country. But when you say that you are a nationalist, you love your country but you hate your enemy. You need somebody to hate like Pakistan for example. That is pseudo nationalism. So, we see along with religious fundamentalism, pseudo nationalism. Then authoritarian leadership, they want to shrink the space of opposition party. The slogan is opposition party is pre-India. They say Congress, but when they say Congress mukta Bharat, what they mean to say we don't want opposition to have any political space. Then there are restrictions on freedom of expression. Many of the social activists like Dr. Anand Chomde a well educated IIM and IIT graduate is in jail for the last three years. There was emergency in 1975, this is also a concealed emergency. I am disturbed by this situation. So there are mixed feelings on the occasion of 75 anniversary of India's independence. As a businessman, I don't think there is a qualitative difference between foreign rulers and Indian rulers. Because the mentality continues to be the same. There is a high level of corruption on every stage, there is delay, inordinate delay in clearing all files. So, there is a fatigue which I call entrepreneurial fatigue. We don't want to do new businesses. In fact Indian businessmen have so much entrepreneurial spirit, but that is curtailed due to these factors like corruption, delay, bureaucratic hurdles, our legal system is very bad. Our legal system has not kept pace with liberalization. Even if a cheque is bounced, it takes years to get the money. So these are the problems the entrepreneurs face. That is why I don't see any qualitative difference if Britishers were there or Portuguese were there and our own people. That is my perception.

What people have to say



Damodar Mauzo
Janpith Awardee, Konkani Writer

Yes, I was born when India gained independence. But I came to know the price we paid for the freedom when I grew up to understand the implications. I revere and salute all those who fought for the freedom. Now that our independence is 75 years old and as we celebrate the Amrutmahotsav, I think we should take stock to weigh up our achievements vis-à-vis what we aspired for. I am a proud Indian and as such I am proud of our achievements as nation. Yet, sadly, I must admit that we have fallen short of our aspirations. The minimum what we aspire for is what is enshrined in our Constitution as our fundamental rights, viz. Equality, Liberty, Justice and Fraternity. Can we claim as equal, as society? Do we enjoy liberty/freedom to say what I want? Is every Indian getting his share of justice? With so much communal violence around are we anywhere near to enjoying fraternity? The answer is in the negative. But I am optimistic. We can still look forward to achieving these fundamental rights, the most important for me, as a member of the writers' fraternity, is freedom: Freedom of expression, freedom from hate speeches, freedom from poverty, freedom from discriminations and freedom to love my fellow beings. On this occasion of the Amrutmahotsav of our Independence, I vow to fight for my right to speak, to think and to act in the interest of humanity.



Dr. Minaxi Panandikar
Sr. Gynaecologist,
Hospicio Hospital

Initially female doctors were not considered as doctors at all. But it has definitely changed over these 75 years. In the past doctors like Anandibai Kulkarni were not accepted as doctors, they were not even allowed to educate themselves. Today the proportion of female MBBS doctors is much more than male doctors. A lot of females are getting themselves educated in the medical profession. Today female doctors, staff nurses, health personnel are all now accepted. Even today there is a bias towards female surgeons. People prefer a male surgeon over a female surgeon.

What people have to say

Dr. Samina Khan,
Psychiatrist

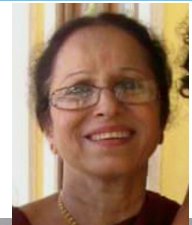


It's 75yrs of glorious independence and we can't stop feeling fortunate to have born in the post-independence era which has let us enjoy all new economic and social reforms, better healthcare system and a unique sense of identity.

We at individual level still continue to live with a deep sense of fear and insecurity which influences the choices we make and its turning into a major reason for rising number of general health and especially mental health/ psychological issues that we are facing.

The recent covid crisis has shaken our beliefs and shifted the attention towards health which is the actual wealth. There has been a sharp rise in the psychological issues since the emergence of covid. We are still shackled by our attitudes, perceptions and beliefs which are affecting our independent thinking and leading to violence and hatred. It's high time we understand the importance of self-growth over materialistic ambitions to continue be the unique nation that we are.

Sandhya Kamat
Senior Citizen



After liberation of India till standard 11th I was in Mumbai. I had seen the struggle for separate state of Maharashtra but I was too small to understand it. At that time, I think children were not encouraged to know about politics. By the time I came to Goa, opinion poll was already over. People would talk about phool and Don paana. As I was not interested in politics, I never took any interest to know about it. Being in the hostel I never came to know about the political movement. Then again, I went back to Mumbai for further study and at that time I saw bomb attack on Mumbai during India Pakistan war. But now for the last 50 years, I have been in Goa. About 75 years of independence, when India got freedom, I feel that there were many sincere politicians. Many who had really better ideals for free India didn't get proper backing from the government. As citizens, we don't know all the facts of that time. We have not been told about it. In the schools nothing much is being taught about our freedom fighters, our kings but they teach the history of Britishers, Mughals etc. So how can we expect children to know the value of freedom and the feeling of pride. So, I just want to say that no doubt India has progressed but at the same time people are fed up of politicians and their politics. That is the reason why they are trying to go away from the country. From this we know what is their feeling for nation. This is my opinion as a common citizen of the country.