

Dr. Sobita Kirtani

Educational Qualifications

PhD in Health Psychology from Karnatak University of Dharwad (2019-20)

Masters in Industrial Psychology from the University of Mumbai (2002)

Graduate in Psychology from Goa University (2000)

Work Experience

Parvatibai Chowgule College of Arts and Science, Autonomous, Margao (since 2010)

Carmel College for Women, Nuvem (2005-2006; 2008-2010)

Rosary College of Arts, Science and Commerce, Navelim (2003-2005)

Nusi Maritime Academy, Assolna (2002-2003)

Research Publications

05 Paper publications in peer reviewed journals

Kirtani, S. (Jan-March, 2019). Impact of Personality and General Health conditions on subjective well-being in elderly people. *AJANTA: An international multi-disciplinary quarterly research journal*. Vol. 8; Issue 1, Part 1

Kirtani, S. & Aminabhavi, V. (July, 2018). Impact of membership to groups on subjective well-being and spiritual intelligence in elderly. *Indian Journal of Gerontology* Vol. 32, No.3, July, 2018 pp 231-245

Kirtani, S. (2015). A Study of Social Support and Subjective Well- Being in the Elderly Women across Marital Status. *Indian Streams Research Journal an International Recognized Multidisciplinary Research Journal* Vol V issue IX

Kirtani, S. (June, 2014). Effectiveness of Problem Based and Lecture Based Learning Methods on Performance and Learner Attitudes in Undergraduate Arts Program. *Indian Streams Research Journal* (International Recognition Multidisciplinary Research Journal) Vol IV Issue V

Kirtani, S., Alagundgi, V. & Pereira, J. (July, 2013). A study of the impact of modernization on career and family values of women. *Indian Journal of Psychological Science* Volume 4(1) pp 07-17

Scientific Publication in Konkani

Kirtani, S. (2023, May-June). Jarashastra - Vruddhpnishad. Navi Jaag Goinkarank, 49(08), 20-22

Kirtani, S. (2023, April). Jarashastra - Vruddhpnishad. Navi Jaag Goinkarank, 49(07), 18-19

Kirtani, S. (2023, March). Jarashastra - Vruddhpnishad. Navi Jaag Goinkarank, 49(06), 12-13,15

Kirtani, S. (2023, February). Jarashastra - Vruddhpnishad. Navi Jaag Goinkarank, 49(05), 21-23

Kirtani, S. (2023, January). Jarashastra - Vruddhpnishad. Navi Jaag Goinkarank, 49(04), 08-10

Kirtani, S. (2022, December). Jarashastra - Vruddhpnishad. Navi Jaag Goinkarank, 49(03), 12-13

Kirtani, S. (2022, September-November). Jarashastra - Vruddhpnishad: Vishay Pravesh. Navi Jaag Goinkarank, 41(02), 34-35

Kirtani, S. (2022, August). Jarashastra – Vruddhpnishad. Navi Jaag Goinkarank, 49(01), 12-13, 29

Kirtani, S. (2022, July). Jarashastra - Vruddhpnishad: Vishay Pravesh. Navi Jaag Goinkarank, 48(11), 10-11

Research Papers Presented

Presented a paper titled ‘Technology use and happiness in older persons’ at in the 27th International and 58th National Conference on ‘Psychology and Technology: Shaping the World’ of Indian Academy of Applied Psychology from 15th-17th February, 2023 at New Delhi.

Served as a panel expert at the Symposium on “Uncovering the Susegado Self: Understanding of Goan Personality through Psycholexical Lens” at Multidisciplinary National Conference titled “Cultural SYmbiosis: Psycho-social Perspectives and Challenges” on 12th February, 2020 organized by Bombay Psychological Association (BPA) and the Department of Psychology of St. Xavier’s College, Mapusa. Dr. Kirtani spoke about “The BFI in Goa: Understanding personality through Etic Approach”.

Presented a paper titled “Life Satisfaction and Health in Elderly people in Goa” at the National Seminar On 11th February 2020 organized by Department of Social Work, Don Bosco College Panaji Goa In Association with National Institute of Social Defence New Delhi (Ministry of Social Justice and Empowerment Government of India).

Presented a paper titled ‘Impact of Personality and General Health Conditions on Subjective Well-being in elderly people’ at the Two day National Conference on Health, Happiness and Humanity organized by Karmaveer Bhaurao Patil College, Navi Mumbai in December, 2018

Presented a paper titled ‘Resilience and Emotional Competence in Sports Persons’ at the National Conference on Sport Psychology: Application & Emerging Trends organized by Goa College of Home Science in collaboration with Directorate of Sports and Youth Affairs and Goa Psychology Association in 2016

Presented a paper titled ‘A Study of Social Support and Subjective Well- Being in the Elderly Women across Marital Status’ at the 2nd International and 4th Indian Psychological Science Congress organized by the National Association of Psychological Science in 2015 in Chandigarh

Presented a paper titled ‘A study of the determinants of healthy ageing’ at the International Conference organized by Bombay Psychological Association in December 2013

Conferences/Seminars/Workshops Organized

Coordinator of Certificate Course on Research Methodology organized by the Department of Psychology from 9th August, 2022 to 10th September, 2022. Also served as a resource person for five sessions for the same.

Coordinator of Bridge Course in Research Methodology organized by the Department of Psychology in June, 2021. Also served as a resource person for five sessions for the same.

Organized an orientation for the students and faculty of the Department of Psychology on Revisions of APA publication 7th edition in October 2020.

Coordinator of Bridge Course in Research Methodology organized by the Department of Psychology from 17th August to 31st August 2020. Also served as a resource person for four sessions of the same.

Organized a workshop on Primary Data Collection in August, 2017. Conducted a session therein on questionnaires as tools of data collection.

Mrs. Sobita Kirtani conducted a workshop on 'Newsletter Designing' for the faculty and students of the Department of Psychology on 9th August, 2016.

Conferences/Seminars/Workshops Attended

Mrs. Sobita Kirtani attended a two day workshop on 'R Tools' held on 29th and 30th September 2016 by the Computer Science Department.

Mrs. Sobita Kirtani attended a workshop on 'Assistive Technology in Education for Differently Abled' on 28th July, 2014.

Mrs. Sobita Kirtani attended the National Workshop on Doctoral Research and Academic Writings in Social Sciences organized by Dnyanprasarak Mandal's College, Mapusa on 28th and 29th October, 2013.

Mrs. Sobita Kirtani attended a One day State Level Seminar on 'Sexual Revolution: Strategies for Healthy Adolescents' organized by the Rosary College of Commerce and Arts, Navelim on 13th February, 2013.

Mrs. Sobita Kirtani along with six students attended the Two day State Level seminar on 'Stress and Coping Among Youth' organized by the Department of Psychology, Government College of arts, Science and Commerce, Khandola, Marcel- Goa on 17th and 18th February, 2012.

Mrs. Sobita Kirtani attended a Two Day Workshop on 'Adolescence Crises' organized by Government College of Arts, Science and Commerce, Quepem – Goa and Children's Rights in Goa, on 30th and 31st January, 2012.

Mrs. Sobita Kirtani attended a One Day State Level Seminar on the topic 'The Family in Post-Liberation Goa' organized by Rosary College of Commerce and Arts, Navelim, Goa, in association with the Directorate of Art and Culture, Government of Goa, on 15th December, 2011.

Activities College Related

Chairperson of the BOS of Psychology since 2018

Edited several Newsletters of the Department titled Psychoscoop

Has presided over Chowgule College Teachers' Committee 2014-2017

Participated in the second leg of student exchange program to Tullinge Gymnasium in Stockholm, Sweden in 2013

Been on various committees in the College like mentoring committee, ICC, Research committee, Election committee, Admission Committee, Staff-advisory committee, Time-table committee.

Departmental Activities

Organized Discussion Forum on Ageing India held on 22nd October, 2022

Organized Discussion Forum on #Download Relationships – Navigating a Private Affair held on 12th December, 2020

Conceptualized and organized Psychospectrum – a psychology exhibition in 2018-19 and 2019-20

Organized Discussion Forum on 'Tolerance to Intolerance – A Psychosocial Disease' held on 23rd August, 2018

Organized Discussion Forum on 'Anger Management', held on 22nd August, 2017

Organized Discussion Forum on 'Underachievers', held on 27th August, 2016

Organized a Career Talk by Ms. Vaishnavi Hegde on 30th July 2016

Organized a talk on Suicide Prevention by Ms. Sana Iqbal on 24th November, 2015

Organized a Talk on Event Management as a career option by Ms. Shweta Borker on 24th September, 2015

Organized Discussion Forum on 'Empowering the Girl Child' held on 27th August, 2015

Organized a Talk on Relationship Management by Dr. Peter Castelino on 31st July, 2015

Organized a Career talk on Entrepreneurship by Mrs. Anita Karambalkar on 24th March, 2015

Organized Discussion Forum on 'Listen to Your Child' held on 5th August, 2014

Organized a one-Act Competition on the theme 'Psychology in Mythology' on 14th December, 2013.

Organized a community outreach program by Third Year B.A. students of the department for the VIIIth standard students of Bhatikar Model High School on 'Drug Use and Abuse' on 22nd August 2012

Organized Discussion Forum on 'Suicide, A shame to the Society' held on 23rd February, 2012

Organized Discussion Forum on 'Sexual Assault' held on 19th February, 2011

Study Tours and Field Visits

Organized a field visit for the Third Year students to COOJ Mental Health Foundation (Bastora), The Owl House (Aldona) and Senior Citizens Recreational Centre in Panaji on 3rd March, 2023.

Organized a field trip to Memory Café, in Benaulim for third year students pursuing Gerontology course in psychology on 9th February, 2023

Conducted study tour to Bangalore in November, 2015

Organized a visit to Asro in Cavelossim a residential shelter for HIV positive children on Sunday, 14th December, 2014. The program involved some learning activities, charity and entertainment.

Organized a visit to an exhibition on 'Lifestyle Disorders' hosted by Gomantak Ayurveda Mahavidyalaya and Research Centre (Ayurvedic College), Shiroda on 15th September, 2014.

Conducted a Field trip for Third Year B.A. students of the Psychology Department, to two NGOs on 30th January, 2014. The NGOs visited were: 'SETHU – Child Development Center' in Althino, Panjim, and 'Kripa Foundation – a Deaddiction Center in Anjuna, Goa.

Organized a field visit to Jyot School for Autistic Children in Shantinagar, and Shree Gujarati Samaj School for the Deaf and Dumb in Margao on 06th March, 2013.

Organized a field visit to the Institute of Psychiatry and Human Behavior (IPHB), Bambolim, Goa and to Kripa Foundation: An NGO for Drug/Alcohol Deaddiction cum Rehabilitation, Centre, Anjuna, Goa, was conducted on 29.08.12 for the TYBA students to sensitize them to the issues related to the treatment of mentally disordered patients and to introduce them to the working modalities of Kripa Foundation.

Students of T.Y. B.A. were taken for a field trip to Sangath Center, Raia- Goa, to understand the working of an NGO as also the role of Psychologists in it, on 29th September 2012.

Conducted a study tour to Bangalore in November, 2010

Literary works published

Article titled 'Scent of Youth' published in Buzz of The Navhind Times on 13th July, 2022

Poem titled 'Ashiy hi bhogaval' in Konkani Daily - Sunaparant

Poem titled 'Utfarke' in Konkani Daily - Sunaparant

Poem titled 'Can You Hear Me?' in Konkani Magazine Bimb in June 2021

Article titled 'Saglyanchyach Vatyak' in Konkani Magazine Bimb in May 2021

Published a short story titled 'Ashiy bi Museebat' in Konkani Magazine Bimb in Diwali edition 2018

Published an article titled 'Scent of Youth' on Buzz, The Navhind Times on 27th July, 2022

