



Quarterly Newsletter of the Department of Psychology

WHAT'S INSIDE

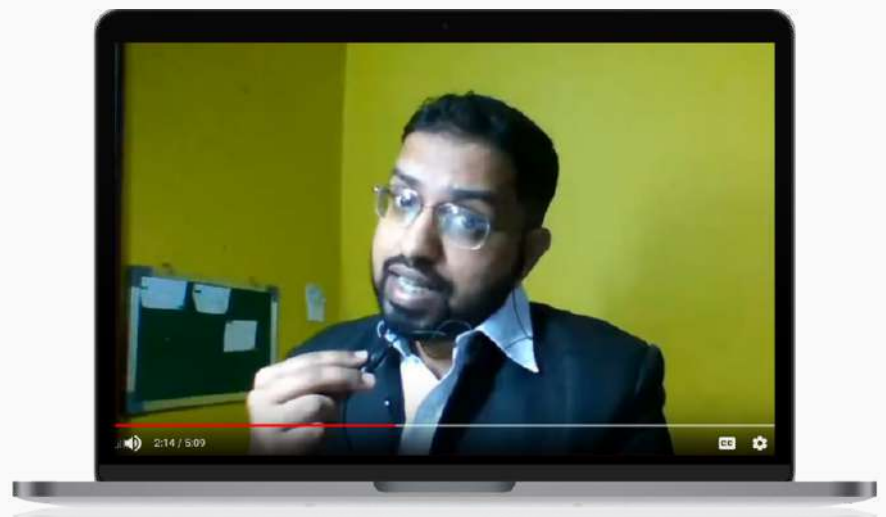
A Final Goodbye
PAGE 1 & 2

Editorial
PG Admissions
PAGE 3

TY Project list
UG Farewell report
PAGE 4

Faculty Highlights
Psychology Club
Scholarship List
PAGE 5

PG Farewell Report
PG Dissertations
PAGE 6



Lester Dourado inviting the TY batch for the farewell as Adv. Gulati

A final goodbye from the President

RAMYA WARRIER

Joining the Psychology Forum is one of the best decisions I made in the 3 years I've spent at the Department of Psychology. Being elected as the president of the forum was both a moment of pride as well as of the realisation of the weight it had placed on my shoulders. During my first speech as the President of the forum at the inaugural ceremony, I vowed to always strive to live up to the expectations placed in me, and do everything in my capacity to make this year fun, engaging and worthwhile for everyone.

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A FINAL GOODBYE...

contd from pg. 1...

RAMYA WARRIER



Since that day, I, along with my team of 6 bright girls in the forum, have worked hard to make sure all departmental events were planned well, and executed without a hitch. But as they say, it takes extra effort to make something look effortless. We too had to brave our own share of confusion, anxiety, miscommunication, sleepless nights, long text messages, never-ending calls, unsent e-mails in the draft, and last minute changes. This process was especially challenging this year, as everything had to be done online, right from the planning to the delegation, and to the final execution.

Overcoming all these roadblocks, the forum managed to successfully organise a social outreach program to commemorate IDPD (International Day of Persons with Disabilities), which was done for the first time in the history of the department. We also organised the annual "Discussion Forum" and the state-level intercollegiate event- "Mindkraft 2021". The forum also launched the departmental Instagram page, and revamped the Instagram page for Mindkraft. As our final project for the year, we are working on the department magazine- "Alohomora Unlock Edition 2.0", which is to be released soon. The forum couldn't have possibly achieved all this without the constant guidance, support, feedback and criticism from our Forum In-charge, Dr. Golda Vas, Department In-charge, Dr. Sobita Kirtani, and Asst. Prof. Aresh Naik.

When I look back at this year as the president of the Psychology Forum, I reflect on all the lessons in leadership and life it has taught me. I have learnt to be more patient, understanding, meticulous, assertive and eloquent. It has taught me how not to panic, but improvise, when things don't go as planned; learn from our mistakes, and always keep the team closely knit. As I now find myself at the brink of handing over the baton to the new Psychology Forum, I only hope that we have lived up to all the trust, confidence and expectations that the teachers placed in us, and that we have left a legacy, one would hope to look up to. I have had the most wonderful time working with every member of the forum and I so cherish the team-spirit we share. I thank the teachers and the entire department for believing in us, and wish the upcoming forum the very best.



Sabrin Shaikh - SY
Vice President



Rucha Kare - TY
Treasurer



Neha Pareekh - SY
Secretary

*The rest of the
Forum Members*



Anika Haldankar - FY
Joint Treasurer



Tavanya Coutinho- FY
Joint Secretary



Subhiksha Mahalakshmi
PG Representative

Editorial

ARESH NAIK



And just like that, we've completed an entire year of online teaching/learning. It seems as if it was just yesterday that the pandemic was first upon us and we had to consider the possibility of online classes being a reality. There was considerable anxiety among the teachers. 'How do you adapt the course material to an online format, how does one deliver lectures, which is the best app to monitor attendance, how do I record my lectures'; these were just some of the questions that we were grappling with. The Covid-19 pandemic necessitated that we all learn a whole new set of skills and ultimately, we tried our best to provide a quality of learning that the students would've had if the classes were in-person. But one thing that we couldn't replicate online was the actual experience of being on campus. My heart goes out to the graduating batch in this regard. To not be able to live the last year of graduation in its entirety is quite a tragedy. I distinctly remember my final year of college and how much I had enjoyed it. To be denied that opportunity is heartbreaking.

Having said that, I firmly believe that these graduating batches (UG/PG) are the most prepared for what lies ahead. They have witnessed uncertain scenarios from up close and have held their own. If they can get through such a demanding year of their lives in an entirely new format of instruction, then they can handle anything. That I am sure of.

Disclaimer

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

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Institutes that have offered PG admissions to our students

- IIT Gandhinagar
- Kensington University
- University of Cumbria
- Christ University
- Jain University
- CMR University
- Manipal Academy of Higher Education
- Goa University

UG Projects of AY 2020-21

- Meditation and its Relation to Stress, Anxiety and Depression among Adults During Covid-19: A Cross-Sectional Study
- The Path Less Taken: A Qualitative Study of Homeschooling Families in Goa
- Stress and Anxiety among Students and Teachers during the Covid-19 Pandemic
- Mental Health in Covid Times - A Comparative Study across Age Groups
- Know the Goenkar: A Study of Goan Personality
- False Memories- As a Function of Emotions and Criterion of Recognition

Farewell: Batch of 2020-21

The Department of Psychology organised an online farewell for the 2018-21 graduating batch on 3rd July, 2021. The theme for which was "Ascendants of the Prison". This signified the ascendance of the TYs from an entire year spent within a limited and enclosed space. Another understanding that evolved was that the pandemic was found guilty of robbing the students from spending their final year together. After the heartfelt messages of Dr. Sobita Kirtani and Dr. Golda Vas to the students, the third years were involved in a short and fun game conducted by Vaishnavi Pai Raiturkar. The game ended on a joyous note, after which Asst. Prof. Tanya Keni was invited to say a few words to the graduating batch. Marking the end of her gratifying words, ex-students Margaret Ferrao and Vidnya Navelkar made guest appearances and conducted a special game. After the nostalgic segment, a few third-year students were invited to share their thoughts.

SABRIN SHAIKH



Malaika Alphonsus and Sakshi Adke then began the next event, 'The Deposition', which was a long session of confessions, laughs and memories followed by a song performed by Shereen Miranda. Another of our ex-students, Dion Rodrigues then shared his experience on having the outgoing batch as his juniors. Asst. Prof. Aresh Naik was then called upon to voice his thoughts. The final event was the Ramp Walk, giving the Third-year students a chance to flaunt their attires for the special evening. The floor was then opened for the outgoing batch to share their memories. Anika was invited to propose the vote of thanks, marking the end of the programme. Lastly, the mementos prepared for the Third years were virtually presented and the Hosts along with Lester Dourado from Second Year who played the role of Adv. Gullati for the farewell, concluded the event.

Faculty Highlights

- ➡ Asst. Prof. Tanya Keni has secured admission for her Doctoral Studies in Psychology from the Bremen International Graduate School of Social Sciences at the University of Bremen and Jacobs University, Bremen, Germany.
- ➡ Asst. Prof. Aiswarya Babu successfully completed the "Basic Proficiency Test in Digital Tools for Education" conducted by Tech for Educators on 3rd June 2021.
- ➡ Dr. Sobita Kirtani published an article titled 'Saglyanchyach vatyak' in the May issue (vol 20) of Konkani periodical *Bimb*. The June issue of the magazine featured her poem titled 'Can you hear me'.

Let's Go Clubbing!

NEHA PAI DUKLE



The Psychology Club resumed online after a semester long break. The need for dealing with stressors of online classes and lockdown blues was being increasingly felt by everyone in the department. Hence the club took an initiative by conducting fun and interactive sessions with ice-breakers, debates, discussions as well as other activities that would help manage this stress. The need for recognizing and sharing stressful experiences and accepting the dynamics of the current situation were discussed along with multiple stress management approaches and effective strategies. As students of psychology, this is a small step towards spreading awareness and helping our peers deal with the complexities of the pandemic.

Government Merit Scholarships won by our students for AY 2019-20

Odd Semesters

Viraj Lad - FY
Ramya Warriar - SY
Neha Pai Dukle - SY
Anisah Fernandes - TY

Even Semesters

Viraj Lad - FY
Rosanne Fernandes - SY
Neha Pai Dukle - SY
Jisha Ponnachan - TY

Congratulations!

Farewell to the PG Batch

DASHMI PHAL DESSAI



An online farewell for the students of MA Part II was held on 5th July 2021, at 10:30 am. The theme for which was 'Dress up as a Netflix Psychological thriller (movie/show) character'. Part II students were enthusiastically dressed, as characters like The Joker, Harley Quinn, Veronica Lodge, etc.

Asst. Prof. Tanya Keni opened with a heartfelt address and wished them the best. Naomi Barretto then sang a cover of "I'll Remember You" by Miley Cyrus. The next act was a performance by Riya Nagvenkar, on the song "Bhaga Aala". We then played a new version of the game Bingo, which was headed by Jesney Carvalho. It was full of chaos and fun. This was followed by another game, called Brain Teaser, headed by Shriya Sawant, based on the Stroop effect. This was the last game of the day, and was followed by the last act, a dance performance by Dashmi Phal Desai. Finally, the Part II students were asked to express their feelings about the two years they spent at Parvatibai Chowgule College, and all their addresses, were spontaneous, and heart touching. They reminisced about their time here and thanked the teachers for being supportive and understanding. The teachers provided kind words of advice and best wishes to and assured them of unending support. These small yet powerful bits of advice by the teachers were inspiring and motivating. The vote of thanks was delivered by Jesney Carvalho and the program was compered by Dashmi Phal Desai. All seniors were sent a virtual farewell card, put together by Jesney and Shriya.

PG Dissertations of 2020-21

- *Internet Gaming Disorder: Prevalence Based Study Among Adolescents In Goa, India*
- *A Study Of Well-Being And Emotional Maturity Among Children In Context To The Quality Of Sibling Relationships*
- *Emotional Intelligence And Values: A Comparative Study Among Children With And Without Engagement In Expressive Arts*
- *A Grounded Theory Study Of Social Constructs And Children's Perception Of Gender In Contemporary Times*

A glimpse of the characters at the PG farewell...

