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Department of Psychology, Parvatibai Chowgule College, Margao –Goa	
<b>International day of Persons with Disabilities</b> <i>Azelia (SYBA)</i>	<b>Discussion Forum, 2020</b> <i>Ryle Faustino Souto (SYBA)</i>
<p>The Psychology Forum of the Department of Psychology, organised an online social outreach programme to commemorate the International Day of Persons with Disabilities (IDPD) on 3rd December, 2020.</p> <p>..... continued on pg 2</p>  <p><b>Winning Poster from the poster competition with theme 'Inclusiveness'</b></p>	<p><i>In an alternate existing universe, we find the same love, joy, heartache and even dangers!</i></p> <p>The department of Psychology held a discussion forum on December 12<sup>th</sup> 2020, on the topic <b>#Downloading Relationships – Navigating through Private affairs</b>. The event aimed at creating an open discussion for online relationships. The discussion forum had a panel of experts, Dr Vilas Padhye, Ms Sangeeta Naik and Advocate Seoula Vas who spoke on the psychological, technical and legal aspects of the topic respectively. The forum began with an address from Dr. Sobita Kirtani, In-charge of the department, who introduced the theme of the Discussion forum. The resource persons then shared their views on various aspects of online relationships.</p> <p>..... continued on pg 3</p> <p><b>Inside:</b>  Page 2: Editorial, IDPD Contd  Page 3: Discussion Forum Contd, Ready to fly  Page 4: Online Learning</p>

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<b>Editorial</b> <i>Tanya Keni</i> <i>tak000@chowgules.ac.in</i>	<b>International Day of Persons with Disabilities</b> <i>... Continued from pg 1</i>	
<p><i>When will 2020 end???</i></p> <p>Well, 2021 is already here. Have things changed? Are we back to normal? May be yes, may be no. As the number of positive cases slowly subside, the new strains of COVID show a peep. The curve seems to start flattening but second peak is already here. In all of these, if there is one thing that has gone for a toss, then it's everyone's mental health. But at the positive end, people have realised it is not something that can be taken for granted and who can be more happy than psychologists?</p> <p>In response to the growing concerns on mental health and to support people's well-being, WHO has called up for a massive scale-up in 'investment in mental health.' Spending on mental health results in five-fold returns in improved health and productivity if investments are right. How to invest is rather a personal choice. A fifteen minutes meditation, half an hour of good read, 10 minute fun conversation, anything. I also feel that returns can be manifold when investing isn't limited only to self. The department is working hard to invest in student's mental health.</p> <p>So here it is. New year with new commitments. What better than committing to our mental health and that of our loved ones?</p>	<p>This session aimed at creating awareness and building sensitivity towards this topic among students. On this day, Psychologist Kelly Olive Noronha was invited to deliver a talk on the theme 'IDPD 2020- A Psychological Perspective'. Additionally, a poster competition was held focusing on the theme of 'Inclusiveness'.</p> <p>Ms. Noronha, in her talk focused on the everyday challenges faced by persons with disabilities, especially during COVID-19 times and emphasised on the importance of equal treatment towards them, by the society instead of just a sympathetic approach. She further spoke of how children should be taught to celebrate differences right from a young age.</p> <p>The students also interacted with the speaker and spoke of ways in which they can personally create a difference and make this world a more inclusive place.</p>	

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Discussion Forum, 2020		Ready to fly...		ONLINE LEARNING ..... Lets hear it from the students!!!			
..... Continued from pg 1		Chrysanne Dias (MA Part II)					
<p>Dr. Padhye, spoke on the psychological aspect of online relationships that focuses on our needs, using several psychological perspectives like evolutionary and neurological. He also mentioned how humans are hard wired to enjoy a false sense of security. The following speaker, Ms Naik spoke about the internet as a whole and how we need to be careful about everything we put on the internet owing to our vulnerability.</p> <p>Finally, Advocate Vas, spoke on the legal terms, explaining what to do if one finds themselves in trouble online using the laws and legal mandates of the current judicial system.</p> <p>Post the address by our speakers, the forum was open for discussion wherein students interacted with speakers on several topics like, the privacy between spouses, the protection of encrypted data, cyber bullying, digital pre-nuptial agreement, usage of different accounts and coverage of law in terms of consent.</p> <p>The discussion forum is a yearly event hosted by the department which creates a safe space to discuss various topics. This year, with the understanding that everyone was under lockdown in their own homes and that the internet was their main source of establishing relationships, the department decided to make it the theme for discussion forum, 2020.</p>		<p><i>Ready to fly She stood by the river all alone, Her eyes were like fireflies. In the sorrows of her heart, Her hope was a fragile seed, Her hair a flowing golden river, Streaming down her shoulders!</i></p> <p><i>She looked up and saw diamonds glittering in the sky. And she said to herself, "I want to be one of them shimmering so high". She shook off the sorrows and mustered up courage, Light like a feather, ready to fly off to her dreams. For the first time in forever, faith and wisdom overwhelmed her!</i></p> <p><i>Roads to be taken, paths to be walked Following the inspiration from Robert Frost. In search of light through the darkness that falls Hoping for a sight and a long awaited call. Into pits she shall tumble and cover herself in rubble, Rising from the dust will her determination and struggle be Unlike no other she is just me!</i></p>		<p>Every shadow has light... So if there's eye strain, there's still recorded lectures for revision and no waste of in-between lecture time. - Leanne (TYBA)</p> <p>It has been a positive experience. From teaching, uploading resources and evaluations; our professors have been very creative. - Vaishnavi (SYBA)</p> <p>Back to back CAs and so much pressure. Learning was better offline. - Nashmiya (SYBA)</p> <p>Online learning is a blessing in disguise for me. Attending lectures and answering exams from my comfort is super relaxing and fun - Viraj (SYBA)</p> <p>Currahee: We stand alone together Online classes: We stand alone together - Ravi (TYBA)</p> <p>We took feedback from our students about online learning and here's what they have to say about it !!!</p> <p>Little distracting especially when message pops up! And the weight gain is real. - Kashish (TYBA)</p> <p>It isn't as bad as I thought. The college is taking tremendous efforts. Of course, being on campus is what I miss. - Prachi (FYBA)</p>			
				<p><b>Editorial Board</b> Ms Tanya Keni</p> <p><b>Disclaimer:</b> The opinions and news appearing herein are those of the Editor and not of the Principal.</p> <p>We can be reached at: <a href="mailto:psychology@chowgules.ac.in">psychology@chowgules.ac.in</a></p>			