
		
VOL X <span style="margin-left: 150px;">01st May 2019</span> <span style="float: right;">ISSUE 4</span>		
Department of Psychology, Parvatibai Chowgule College, Margao –Goa		
<b>‘MindKraft’ January 2019 Organized by the Department of Psychology</b>	<b><i>“If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life”</i></b>  <b>- Abraham Maslow</b>	<b>2nd Place winners at ‘PsychoRocks’ Organized by PES’s RSN College of Arts and Science-Farmagudi</b>
The Department of Psychology organized their annual one-day psychology event, <b>‘Mind Kraft’ on 19<sup>th</sup> January, 2019</b> . This one-day event was lined up with a number of interesting competitions such as Teach-a-class, Dress to impress, and Stand-up Psychology. In keeping with the World Mental Health day for 2018, as outlined by the World Health Organization, the theme for this year’s event was <b>‘Young People and Mental Health in a Changing World’</b> .  Cont. On Page 2	<b>Workshops and Seminars attended by Faculty of the Department</b>  Aiswarya M Babu, Coordinator MA Child psychology & Child development and Maria Barbara Da Silva, Assistant professor Department of Psychology attended the two day workshop on ‘Neuropsychological Assessment and Rehabilitation’ at Institute of Mental Health and Neuroscience, (IMHANS ) Calicut, India held on 24th & 25th January, 2019.  Aiswarya M Babu, Coordinator MA Child psychology & Child development and Dr. Golda Vas, Assistant professor Department of Psychology attended the National Seminar on ‘e-Learning and MOOCs in Higher Education’ held on Monday, 14th January 2019 at Parvatibai Chowgule College of Arts & Science, Autonomous.	A team of 10 UG Psychology students won the <b>overall 2nd place</b> in the annual one-day intercollegiate Psychology festival, ‘PsychoRocks’ organised by PES’S RSN College of Arts and Science, Farmagudi, held on the 27th of February, 2019.  The team won the following prizes at the festival: First place for Dance & Wealth out of Waste, Second place for Dialogue, Face Art & Fashion Show, Third place for Talent show & Singing.  The team of students were accompanied and guided by Asst. Prof. Aresh Naik
<b>Inside:</b> <b>Page 2:</b> Editorial, MindKraft contd. from page 1, student participation, paper presentation by faculty. <b>Page 3:</b> Paper presentation by students, Street play, Lecture by Roderick Monteiro, Faculty participation & UG farewell <b>Page 4:</b> picnic, career talk, PG Farewell		<b>Below: 2nd Place winners PsychoRocks 2019</b> 

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<b>Editorial</b> <b>By Dr. Golda Vas</b> gtv002@chowgules.ac.in		<b>Student Participation In ‘PsychoZest’ Organized by MES College Zuarinagar</b>	<b>‘MindKraft’ January 2019 Organized by the Department of Psychology.</b> Contd. From page 1
<b>SUICIDE....!!!!</b> As I was contemplating what to write about in the editorial for the newsletter, I heard something very troubling. A student from our very own college decided to end his life for reasons best known to him. Leaving behind a family who loved and cherished him, with so many unanswered questions. Suicide is a big problem in the country and a bigger one in Goa as the state’s suicide rate is higher than the national figures. The national figures are 11.7 per lakh population while in Goa it is a staggering 15.8 per lakh population. Why?? Why is it that so many people see suicide as the only option to what is only a temporary situation? It is a known fact that depression is a key factor and impulsiveness also plays a role among adolescents who take their life. There are several myths surrounding suicide and one of them is that talking about it to a person in danger encourages it. If a loved one expresses suicidal thoughts, it is important to initiate a conversation. Identify resources such as therapist or a suicide prevention hotline, explore the person’s thoughts & emotions & follow up overtime.		The undergraduate students participated in the one-day intercollegiate psychology festival, Psychozest, organized by MES's College of Arts and Commerce, Zuarinagar, on the 17th of January, 2019. A total of 10 students took part in various events such as fashion show, paper presentation and tile painting, all of which were centred around the theme of conflicts among adolescents. The students won the first place in the ‘Power Partners’ event and the second place in the ‘Psychrelief Hues’ event. The students were accompanied by Asst. Prof. Aresh Naik.	A total of 6 teams participated for the event. The overall winner was the team representing M.E.S. College of Arts and Commerce, Zuarinagar, Goa who won the trophy for the second consecutive year. Rosary College of Commerce and Arts were the first runner-up.
<b>Below: Participants of PsychoZest 2019. Organized by MES College, Zuarinagar</b>		<b>Paper Presentation by Faculty</b>  Mrs. Sobita Kirtani presented a paper titled “Impact of Personality and General Health Conditions on Subjective Well-being in elderly people” at the two days National Conference on the theme of “Psychology for Health, Happiness and Humanity” on 22nd and 23rd February, 2019.	
			

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<b>Street Play Organized by the Department of Psychology on</b>	<b>Lecture on 'IQ Testing and Learning Disabilities in Children'</b>	<b>Paper Presentation by students of the department organized by Karmaveer Bhaurao Patil College, Vashi, Navi Mumbai</b>
	<p>The Post Graduate department of psychology organised a lecture for the PG students on 28th February, 2019. The topic for the lecture was 'IQ testing and learning disabilities in children'. The lecture was conducted by Mr. Roderick Monteiro, practising clinical psychologist at IPHB, Bambolim Goa.</p>	<p>Students of the department attended and presented papers at the two days National Conference on the theme of "Psychology for Health, Happiness and Humanity" held at Karmaveer Bhaurao Patil College, Vashi, Navi Mumbai, on 22nd and 23rd February, 2019, Under the supervision of Asst. Prof. Aresh Naik.</p>
<b>Above: Participants of the street play organized by the department</b>	<b>Below: Lecture on IQ Testing &amp; Disabilities in children</b>	<p>Dashmi Phal Desai &amp; Ms. Berlyn Barreto, Ms. Priyanka Fernandes &amp; Ms Chrysanne Dias, Ms. Sneha Umary Ms. Galicia Rodrigues.</p>
<p>As a part of our social responsibility the department of psychology, organized an awareness program in the form of a street play on the 3rd of April 2019. The street play was guided by Ms. Barbara Da Silva Asst. professor and was executed by the following students: Ms. Galicia, Ms. Vaibhavi, Ms. Shruti, Ms. Simran, Ms. Michelle, Ms. Priyanka, Ms. Leanne &amp; Ms. Dashmi. The issues addressed through the street play were: Women empowerment &amp; gender Equality. The street plays were performed at Hospicio Hospital, Margao &amp; KTC busstand Margao.</p>		<b>UG Farewell</b>
	<b>Faculty Participation in a 2 day National Interdisciplinary Conference</b>	
	<p>Dr. Golda Vas, Mr. Aresh Naik &amp; Ms. Aiswarya M. Babu, (aculty members of the department of Psychology) were part of the organising team of the national interdisciplinary conference organized by the college on 22nd and 23rd February 2019.</p>	<p>The FYBA &amp; SYBA students of the department of psychology along with the faculty members organized a heartfelt farewell to the TYBA students on the 10th of April 2019 at around 3.00 pm. The party began by welcoming the guests to a well decorated room with a thunderous applause and continued to enthralled the guests with fun games, an award ceremony, messages and fishponds to each other.</p>
		<p>Former faculty member and Head of department Mrs. Kavita Borker graced the occasion with her presence and shared some very important advice with the students. The event concluded with other faculty members wishing the students good luck a bright future.</p>

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<b>Department Picnic to Sernabatim Beach</b>	<b>PG Farewell</b>	<b>Annual Career Talk By- Mr. Roderick Monteiro</b>
<p>Student's forum of the Department of Psychology, organized a picnic for the faculty and students of the department on 17th February, 2019 at Furtados at Sernabatim beach, Goa.</p> <p>The picnic was a success with 38 students from FY, Sy &amp; TY and 04 faculty members in attendance.</p> <p>It turned out to be an eventful day with lots of games and an opportunity for the students and faculty to bond with each other.</p>	<p>The MA part I students organized a short and sweet farewell for the MA part II students. The event included fun filled games, in which the students as well as faculty members participated with much enthusiasm. The event concluded with the students and faculty sharing their experiences of the last two years with each other and some helpful advice from the faculty to the future professionals.</p>	<p>The Department of Psychology organised the annual career talk for the undergraduate students on 28th February, 2019. The resource person for the talk was Mr. Roderick Monteiro, practising clinical psychologist at IPHB, Bambolim Goa. He enlightened the students about the various career options they have post their Bachelor degree and Master degree courses. The session ended with an interactive session where the resource person addressed the queries of students as well as those of the faculty.</p>
	<b>Below: Picnic at Sernabatim</b>	
		<p><i>"Life doesn't make sense without interdependence. We need each other, and the sooner we learn that, the better for us all"</i></p> <p><i>- Erik Erikson</i></p>
	<b>Left: PG Farewell</b>	
<b>Editorial Board</b> Dr. Golda Vas	<b>Right: UG Farewell</b>	
	<b>Disclaimer:</b> The opinions and news appearing herein are those of the Editor and not of the Principal.	<p>If you have any contributions or suggestions feel free to <b>contact us at</b> <a href="mailto:psychology@chowgules.ac.in">psychology@chowgules.ac.in</a></p>