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Department of Psychology, Parvatibai Chowgule College, Margao –Goa		
New Captain at the helm!	<u>Roma Prabhudessai wins the Hira Wagh award</u>	
<p>With the retirement of the erstwhile Head of the Department, Mrs. Kavita Borker, we now have a change of guard. Mrs. Sobita Kiratani has taken over the mantle of In-charge of the Department. Sobita joined Chowgule College in 2010, but has had a longer association with the institute as a student. Under the able headship of Mrs. Kavita Borker, whom she acknowledges as her mentor, Sobita shouldered all responsibilities of the department that came her way. In 2013, she participated in the Second Leg of Student Exchange Program to Sweden. She has registered for PhD in Karnatak University of Dharwad and is on the verge of completing the same. She is now set to navigate the department into uncharted waters.</p>	 <p>At the annual convocation ceremony for the outgoing batch, Ms. Roma Prabhudessai was conferred with the prestigious Hira Wagh award. In a span of 3 years, this is the second time that a student of the department has won the coveted award.</p> <p>Roma has been a star pupil throughout her undergraduate years. She has been actively involved in academic as well as extra curricular pursuits. From attending numerous workshops and conferences to paper publications and presentation, she has done it all. Her achievements include an academic exchange program to Sri Lanka, representing the college in basketball at the university level, winning numerous awards in inter-collegiate competitions and being nominated to the post of Cultural Secretary in the Student's Council for 2017-18. Apart from this, Roma is also trained in Bharatnatyam and in classical singing.</p>	
<p>Inside: <u>Page 2:</u> Editorial; Reports on graduating UG and PG batches; Spotlight on a new student. <u>Page 3:</u> New students at the UG and PG levels; Roma's award acceptance speech. <u>Page 4:</u> List of organizations that provided Internship to students.</p>	<p>In the introduction speech for Roma at the annual convocation ceremony, Mrs. Sobita Kirtani mentioned how Roma had grown as an individual. Sobita added, <i>"From being a complete nervous wreck before exams and spreading it like an epidemic, she has learnt to harness her nerves and is much composed today. From cribbing at the announcement of assignments, to ensuring that she gives her best, she has submitted some fantastic creative assignments... One quality that I appreciate the most about Roma is that she never shies from challenges... Its been an amazing journey over the past three years and we have witnessed this bud blooming into a flower. Hearty congratulations to Roma. We wish her all success in her future endeavours."</i></p>	

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Editorial By Aresh Naik ann004@chowgules.ac.in	First Autonomous UG batch graduates the course.	First ever PG batch of MA Psychology steps out.
<p>As I was compiling this newsletter, I happened to notice the Volume number and then it struck me. This is the first newsletter after 10 years of the department's existence. This is the first newsletter without our beloved Ma'am Kavita Borkar, who is busy enjoying her much deserved rest.</p> <p>This is also the first newsletter signalling the graduating of the first ever autonomy batches of the college. Batch 2015-18 (UG) and 2016-18 (PG) have left the building, folks and they have ventured out into the unforgiving world. We wish them all the best, and this edition of the newsletter is dedicated to them. But as some leave, others stream in to join us. We have new faces who have begun their journey with us and all of us are excited for what lies ahead.</p> <p>The college too is seeing a lot of systemic changes and introduction of innovative practices in its pedagogy; and we are all gearing up for it. The accreditation process is around the corner and the coming months will see frenzied activity leading up to the D-day. So as we settle in for the coming months, we hope to create many more special moments and memories that we can share with you all. Till that time, happy reading!</p>	<p>Batch 2015-18 becomes the first ever batch to graduate the course, under autonomy. There were a lot of apprehensions for the students when they first began the course but eventually they settled into the new system of course structure and assessments that the college had designed for them. This batch was also the first one to have a completely new selection of papers to choose from; including courses like sports psychology and emotional development. Under the guidance of their teachers, the students also participated in a host of events and won accolades; all of which have been covered in our past newsletters. The introduction of non-evaluative credits for the students also served to develop their personalities and skill sets via the various clubs and forums that exist in the college. The last three years were an eventful one for the batch and they leave us with a bagful of memories.</p>	<p>The first batch of MA Child Psychology has successfully graduated. The group of 5 child psychology professionals will now join the workforce. The students completed their dissertations and specialised internships along with case studies in different schools in Goa. They have stated that the set of skills that they acquired during the two-year course will come in handy when they look out for opportunities. Some of them will also be looking out for specialised courses in different therapies, whereas others have joined as educational counsellors and some look forward to join prominent organizations for internship opportunities. We are proud of them and wish them the best for their journey.</p>
In the Spotlight!		
	 <p>Ramya Warriar (FYBA); state ranker at the HSSCE exams talks about why she opted to study psychology: <i>"Psychology has always interested me greatly and I've dreamt of making a career in it since my 9th std. It's mainly the biological aspects of psychology that interests me the most and thus I plan to take up Neuroscience or clinical psychology in the future and pursue research and teaching. I know what I've done is unconventional and a lot of people have questioned my choices.. But I have always believed in being fearless in the pursuit of your dreams and that's what I'll do."</i></p>	

First Year UG students, batch of 2018-21



The First Year Bachelors of Arts in Psychology has attracted 38 students from across Goa for the academic year 2018-2019. Amongst them is the 12th science state ranker Ramya Warriar who secured 94.17% from GVMs SNJA Higher Secondary School, Ponda. The new batch is an enthusiastic and energetic bunch. The entire department welcomes the new entrants and wishes them all the very best for the next three years of college.

MA in Child Psychology and Child Development Batch of 2018-20

This year our first batch passed out and a new fresh batch of students have come to join us. This academic year eleven students joined the post graduate department of psychology. The students are from different institutes in Goa and we



even have one student from Maharashtra. The highlight about this batch is that its all about "girl power"; a batch comprised only of girls. On 13th July, 2018 the MA Part 2 students organised a warm welcome for these power puff girls. They had games which emphasised on team and rapport building in a fun environment. Both the seniors and juniors bonded well and they all look forward to develop healthy relationships and nurturing good learning experiences. We as a department wish these girls all the very best!

Roma's Hira Wagh Award Acceptance Speech in full

"First of all, a hearty congratulations to my friends and fellow batch mates on our Graduation Day. It's safe to say we got through the last three years successfully enough to be wearing these gowns with pride. So, a round of applause for all of us for being the first autonomous batch to graduate in the whole of the state. Good evening, ladies and gentlemen, I extend a warm welcome and express my deep gratitude to all present here. As I stand here, there are a few thoughts I want to convey that I will always remember.

I remember walking into my first class, on the first day of Eleventh std, hopeful, excited, and very, very, late. I can't help it if the campus is just that huge, it took me forever to find my class. That was completely irrelevant to my teacher, however, because I was promptly shown the door. A lot has changed since then, including me.

I walked into college as a clueless teenager, and today I stand before you, the same person, but new and improved; this time, with a story to tell, a direction to follow, and goals to achieve. It hasn't been easy, and I'm grateful. I've repeatedly re-invented myself, overcome my own problems, - all the while standing my ground, and trying to be unapologetically myself. Today, I stand before you as the Hira Wagh Awardee for the academic year 2017-18, and looking back, I wouldn't change a thing.

Now that I've already begun walking down the memory lane, a few distinct incidents call my attention.

The first being one that occurred in the earlier half of my college life, and quite possibly the most significant one. I'd always considered myself a shadow of someone else, and never really considered myself good at anything. However, that changed entirely when one of the teachers from my department said to me, "I

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Roma's Speech (contd. from page 3)

believe in you." I was stunned. That one sentence made me realise that maybe there really was something in me that was worth believing in. And I worked on bettering myself.

Which leads me to the second instance, where I was introduced to the world of research. My friend and I worked tirelessly for days and presented a research paper for a competition. We did not win. But my definition of winning slightly differs from the conventional one. I took that experience and learnt from it, worked hard enough since then to proudly say today, that I have co-authored papers that have been published in internationally reputed journals of psychology.

Another thing that has shaped me into who I am and got me past my very panicky college life was to accept that we are all human beings and we all make mistakes in life. In times like these, my friends and teachers have always, always had my back and pushed me forward to take the right decisions - not necessarily the easy ones.

In spite of all the running around and the academic stresses, I was always happy to be here. This leads me to say, that this-this part of my life, is called Happiness.

This happiness, for the most part, is credited to the college for all that it has given me. In this college, I've made new connections, discovered aspects of me that I did not know existed, honed on my talent and faced my shortcomings while having fun all the time.

My deepest gratitude to the Management of Parvatibai Chowgule College, for giving us all these opportunities, the infrastructure to pursue the same, the freedom to express ourselves as individuals, and for, most importantly, considering me worthy of being the recipient of this prestigious award.

There are many people to thank on this journey and my award is yours as much as it is mine. To begin with, thank you to my parents for their constant love support and belief that motivates me to do better every day. Subsequently, I'd like to thank my teachers and every single member of the Department of Psychology for their unshakable faith in me and my potential. Special mention to the non teaching staff, for facilitating the smooth running of the family that is Chowgule's and the canteen for fulfilling our hunger pangs. Lastly, a big part of my success goes out to my friends for helping me grow as a person, especially Jumana who has always motivated me and never left my side for the last five years, thank you Juju.

So today, as we arrive at the crossroads of what we are and what we can be, I'd like to leave you with this:

We have all we need - the talent, the potential, the ability- to get to where we want to be, so believe in yourself and don't wait for someone else to believe in you. From this day on, we will all walk different paths, and I wish you all the very best in your journeys and hope that one day our paths may cross once more. I wish everyone a long, happy and fulfilling life. Thank you.."

Organisations that have provided internship opportunities to psychology students

- Alila Diwa Goa, Majorda
- Asro Hospital, Community Care Centre, Cavelossim
- Bethesda Life Center
- Bookworm Trust, Taleigao
- Cooj Mental Health Foundation, Vasco
- Fatma Aasra, Benaulim
- GMC ,Bambolim
- Holy Family Pharmacy, Borda
- Knowledge Square, Mumbai
- Les Anges academy, Fatorda, Margao
- Lokvishwas Pratishthan, Ponda
- Masina hospital, Mumbai
- Mind Lite assessment, Miramar
- Sangath, Raia
- Sethu Centre for Child Development and Family Guidance, Succour
- Silver Linings Guidance and Counseling Center, Margao
- St. Mary's High School
- St.Vincent De Paul, Special school, Curtorim
- Stepping Stones, Margao
- Tara Trust, Benaulim

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Disclaimer: The opinions and news appearing herein are those of the Editor and not of the Principal.

If you have any contributions or suggestions feel free to contact us at ann004@chowgules.ac.in