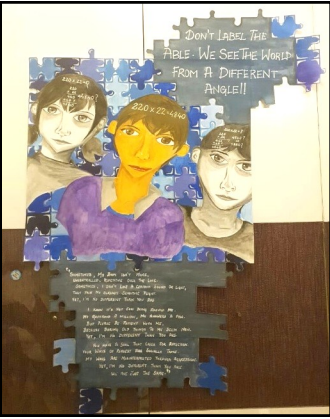

		
VOL XI	15th July, 2019	ISSUE 1
Department of Psychology, Parvatibai Chowgule College, Margao –Goa		
2nd Place at All Goa Poster Competition  <p>Ms. Saleema Salwa, Ms. Jisha Ponnachan and Ms. Vidnya Navelkar, won the second place at a State level poster making competition organized by Sangath, Goa and Colorcon Asia Pvt. Ltd., on the 2nd April, 2019. This competition was held in recognition of the World Autism Awareness Day. The theme of the competition was “Let me be me, I am unique and different too”.</p> <p>(contd on pg. 4)</p>	<u>New Doctor in the House!!!</u> <p>Mrs. Sobita Kirtani, will now officially be known as Dr. Sobita Kirtani, as she has been awarded a Doctor of Philosophy in Psychology. Her thesis is titled ‘A Psychological Analysis of the Elderly with varying levels of Subjective Well-Being’. The same has been submitted to Karnatak University, Dharwad and has been done under the guidance of Dr. Vijayalaxmi Aminabhavi, Professor at the Post Graduate Department of Psychology, Karnatak University, Dharwad.</p> <p>Though Health Psychology is the area of specialization, the area of study also overlaps with positive psychology and gerontology. In this study, differences in the elderly people with varying levels of subjective well-being have been explored along the psychological dimensions of Personality, Spiritual Intelligence and General Health conditions. The study also explores the impact of demographic variables on Subjective Well-Being. The sample constituted of 200 men and women in the age range of 60-80, residing in the Salcette taluka of Goa.</p> <p>Findings of the study hold important social implications limited not only to individuals but also to the community at large. It underlines the need for policy making by the Government that provides ample scope for NGOs to help the elderly live a life of dignity and enjoy higher quality of life.</p> <p>(Contd. on page 3)</p>	

VOL XI	PAGE 2	ISSUE 1
Editorial By Aresh Naik	Evolution of the PG course By Aiswarya M. Babu	Fresher’s party for FY 2019-20 By Neha Pai Dukle
<p>Exciting times lie ahead! The department is on the verge of breaking new ground in it’s relatively short history. With feedback about our past ventures coupled with the unbridled enthusiasm of our students, we have decided to get out of our comfort zone and challenge ourselves. The massive success of Psychospectrum 2018, held to commemorate the 10-year anniversary of the department, has prompted us to make it an annual feature. This year too, higher secondary students will get a chance to interact with our students and have fun with psychology. Our students have also set in motion the process to have our very own ‘Psychology Club’. As of now, the first meeting has already been held and the office bearers will be elected soon. We are also looking to partner with industry experts so that our students gain exposure to real-world settings. We should have more details on this by the time the next newsletter is due. So keep a look-out for some thrilling news on that front.</p>	<p>The M. A. in Child Psychology and Child Development program began in 2016 and two batches have successfully graduated till today. Through these years, the course has seen major revisions. New courses such as <i>Rehabilitation Psychology</i> and <i>Positive Psychology</i> are now offered at the PG level. Additionally, the <i>Project Dissertation</i> will now be an optional component in place of which a student may opt for two additional courses at the Part II level. The elective courses have been expanded from 2 credits to 4 credits so that students get a deeper understanding of concepts and be more focused with their choices on the career front.</p> <p>(contd on pg. 3)</p>	<p>The fresher’s party of the Department of Psychology was held on the 5th of July. This year’s theme was ‘<i>Cliche Categories of College: punk, rock, emo, popular, nerds, etc</i>’. On the 3rd of July, the students of the second and the third year dressed up as per the theme, entered the classes that held the freshers and invited them to the event with a small act. The freshers were requested to dress as per the theme. On the d-day, the FY students were escorted into the auditorium by the second year students, dressed as cheerleaders, cheering their way in with a High School Musical melody</p> <p>(contd. on pg. 3)</p>
Snapshots of the fresher’s party		
		

Fresher's Party (contd from pg. 2)

playing in the background. The hall was decorated with each corner representing a cliché category.



The first act for the day was put up by Ravi and Dion from the Department of Psychology, which became the introduction and welcome to the department. They mentioned all the pros and cons, the serious things and the fun things that came along with picking the course, aided with a tremendous amount of wit and laughter. The party was filled with many fun activities that included games and spot prizes. Interactive activities were held as ice-breakers for the first year students and the teachers were asked to perform certain tasks, picked based on popular demand by the students. The spot prizes were held during intervals to keep up the spirit of the gathering. The melodious voices of two students from our department paved the way for the rest of the event.

Allotment of the badges for the first year students was done by the students of the third year, thus making it the official entry of the first year students to the department. Lastly, the vote of thanks was given by Sir Aresh on behalf of the department. After this, the freshers were given mementos made by the senior students which included bookmarks and stress-balls on their way out, followed by which they were given refreshments- cookies, sandwiches and juice made by the students of the department. This concluded the event.

New Doctor in the House (contd from page 1)...

The most striking finding of the study is that being a member of some group; be it formal/informal, religious/spiritual, or social/cultural has protective influence on well-being. Opportunities need to be created for the elderly to seek active participation and membership to groups. This finding has important implications for the younger generation too. As more youngsters today move away from each other and seek solace in gadgets, the study emphasizes that connecting with people can be an important contributor to well-being.

PG Course (contd. from pg.1)

The department aims towards making students self - learners; with the teacher acting as a facilitator and catalyst in the learning process. The course thus emphasizes on building a sturdy foundation of theory and presenting students opportunities to apply their knowledge in the practical domain.

A big welcome to the new faculty of the department.



Ms. Pranita Kalangutkar possesses five years' of experience in providing counselling services across schools, colleges and NGOs. She's skilled in the areas of substance abuse, crisis response, and group therapy, and is keenly interested in knowledge based intervention programs for the youth. Additionally, she's also actively involved in the local drama and theatre communities as an actress. She's a fitness fan as well and routinely participates in long distance runs (5kms, 10kms and 21kms). Pranita also currently serves as the Sarpanch of Mercedes.

Ms. Tanya Keni has completed her Masters in Applied Psychology from the University of Mumbai and has worked as a research assistant there in psycholinguistics and personality. She has been a counsellor at the Don Bosco College of Agriculture, Quepem. Her interests are cross-cultural psychology, personality studies and cognitive psychology. Moreover, she has also completed her Masters in Bharatanatyam. Tanya is a star alumni of the Department of Psychology at Chowgule College, having been an outstanding student and the recipient of the Hira Wagh Award in 2015-16.



Poster Competition (contd. from pg. 1)...

The students brainstormed various ideas for the background of the poster and finally incorporated jigsaw puzzles and shades of blue into it, each of which are the primary symbol and colour for autism awareness. In order to highlight the uniqueness of those with autism, a large illustration was used, which was followed by a poem of three stanzas that was collectively composed by the students. The award ceremony was held at Ravindra Bhavan, Margao where the students were felicitated with a trophy and certificate.

Faculty Highlight

Aresh Naik was invited as a guest speaker on *Suicide Prevention* at the 4th annual 'Counselling in Clinical Practice (CICP)' workshop, organized by Antarman from 3rd June - 8th June, 2019.

Editor:

Mr. Aresh Naik

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

If you have any suggestions write to us at psychology@chowgules.ac.in