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Department of Psychology, Parvatibai Chowgule College, Margao –Goa

Psychospectrum 2019
By: Ramya Warriar
S.Y. B. A.

Discussion Forum 2019
By: Ms. Neha Pai Dukle
S.Y. B.A.

Learning Difficulties in School Children
By: Chrysanne Dias
M.A. Part I

The Department of Psychology organised its annual one day exhibition titled 'Psychospectrum' on 10th August 2019. All the students of the department together came up with the most creative activities and exhibits, to walk people through the mesmerizing world of psychology.
Contd. On pg 4



The Department of Psychology of Parvatibai Chowgule College of Arts and Science, Autonomous organized their annual discussion forum on the 30th of August 2019. This year's topic for discussion was "LGBTQ rights: The Journey of a Rainbow."



Shri Harish Nadkarni inaugurating the exhibition

Four speakers addressed the event, shedding light on all sides of the topic from different viewpoints. There was Christine Fernandes, CEO of the Goa Rainbow Trust, Rakhee Bhide, parent of a child who has come out as a lesbian, Preetha Mathews, counsellor at Antarmam and Prasanna Timblo, an advocate.

Inside:
Page 2: Editorial Psychospectrum 2019
Page 3: Discussion Forum
Page 4: Seminar on LD
Paper Presentation by Faculty
Page 5 and 6— Mental Health day!

Contd. On pg 3

The Goa Dyslexia Association in collaboration with the Department of Psychology in Parvatibai Chowgule College of Arts and Science Autonomous hosted a One Day Seminar on Understanding Learning Difficulties In School Children on 13th September, 2019.

The resource persons for the day were Dr. Kersi Chavda, Dr. Avinash Desouza and Mr. Narendra Kinger.

Dr. Kersi Chavda gave an overview of learning disabilities from the child's point of view. He highlighted that factors such as home environment, school environment and teaching methodology, caregivers health conditions, child's emotional and social development and mental health conditions could lead to learning difficulties and learning disabilities. He shared his experiences in various schools where he has been

Contd. On pg 2

Editorial
By: Dr. Sobita Kirtani
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Seminar on Learning Disorders
Contd. From pg 1

"They cant rescue you if they don't know you need it. Ask for help to fight another day"

-www.geckoandfly.com

The World Health Organization celebrates 10th October as the World Mental Health Day. This year's theme is *Suicide Prevention*.

The Department however could not celebrate the Mental Health Day. It was a rather hard hitting fact that this time of the year turned out to be the most stressful period for both the students and teachers. With semester system that ends in October, teachers are overburdened with examinations and assessments. Students fall on the other end of the continuum with submissions and examinations.

As a teacher of Psychology it is my endeavor to be as accommodating as the system allows. Sadly, as much approachable you think you are, I realized that students who suffer from mental illnesses find it extremely difficult to come out and seek that support. It is for us then to be vigilant and attentive to signs indicating depression that is growing to be a common illness that people—both old and young suffer from.

This year, we have included yet another page to the newsletter dedicated to the mental health day. To all Readers then, may you enjoy reading our newsletter. Remember, if you have a problem, we provide you with a shoulder to cry on. If you need help, we are here to guide you.

been a visiting psychiatrist, stating that the teaching methodology in most schools is inadequate and the teaching techniques are not modified as per each child's learning style. He appealed to the teachers to "teach the child the way she/ he learns". He then explained specific learning disorder, the psychological problems linked with it and that is a multi-factorial concern. He highlighted on how professionals dealing with children including teachers need to move out of their old mindset and need to reach out to such students.

Dr. Avinash Desouza explained the main features of learning disabilities among children. He shared that learning disabilities is a not easily observable hence it is difficult to identify. This condition could occur in children having high intelligence or low intelligence. There are three main types of Learning disorders that is, dyslexia (disability in language and reading), dyscalculia (disability in maths and algorithms) and dysgraphia (disability in writing) another disorder such that child does not know how to organise themselves has an incidence in recent years however it is not included in the criteria for learning disabilities.

Dr. Kinger spoke about psycho-educational assessments that are carried out for children with learning difficulties. The key points were that educational assessment was to understand how much the child has learned and retained in the present, psychological testing was to assess cognitive strengths and weaknesses, visual and auditory memory tests are undertaken to have a comprehensive report about child's condition. He shared that though LD has no cure, early intervention could help child cope better in life. He made the audience aware of the concessions given to children having learning disability such as getting a benefit of 25% extra time on any oral test from Std I to X. Child with average grade can be promoted to next class and use of typewriters, writer or computers are allowed from 1st to 12th Std. Question papers could be read out loud during exams and exemption of 2nd and 3rd language.

The seminar was well received by the audience.

LGBTQ rights: The Journey of a Rainbow

Contd. From pg 1

Ms. Mathews led the audience through different aspects of homophobia. She spoke about how social culture determines gender and how homophobia is a choice. She cited some horrifying yet true cases in India where homosexuals were tortured in order to make them “normal” according to the society. She spoke about the various mental health problems, faced by individuals from the LGBTQ community. In her concluding note she mentioned that the only cure for homophobia is education.

Ms. Timblo walked us through the complex processes and the various hearings and judgments of the Indian legal system regarding the LGBTQ community. She gave us an insight about the struggle they had to go through in order to remove section 377 from the constitution. She ended her speech by saying that law changes as the society changes as the constitution is an organic charter for progressive rights without which it will be obsolete.

Mrs. Rakhi Bhide made an appeal to the audience to love each person and each child unconditionally as children need this support the most. The emotional and heart touching speech of a mother, gave us goose bumps and left us with tears in our eyes.

Chris Fernandes shared that she realized how different she was at a young age of seven years and embraced it. She was quite upbeat whilst highlighting the adversities she faced and how difficult it was to face rejection at home. Finally she spoke about how she arrived at setting up a Rainbow Trust in Goa and a success story of this establishment.

The forum was then declared open. The very active audience addressed various topics such as the effect of labeling of the LGBTQ community, how to approach counsellors, how rejection leads to depression, to name a few were addressed. The speakers had a meaningful interaction, with an inquisitive audience, shedding light on previously untouched topics.

Paper Presentation by Faculty

Dr. Sobita Kirtani presented a paper titled “**A Psychological Analysis of Damodar Mauzo’s Short Stories**” at the Two Day National Seminar titled Akshar Damodar organized by the Konkani Department of Government College, Quepem in association with Directorate of Higher Education and Ravindra Bhavan, Margao on 2nd and 3rd August, 2019 at Ravindra Bhavan Margao.



From Left to Right: Dr. Sobita Kitani (In-Charge, Department of Psychology; Ms. Preetha Mathew (Counsellor – Antarman); Christine Fernandes (Founder/CEO – Goa Rainbow Trust); Adv. Prassana Timblo and Ms. Rakhee Bhide

Audience**Psychospectrum 2019
Contd. From Pg 1**

This one of its kind event kicked off at 9:30am in the morning with the Vice Principal Harish Nadkarni inaugurating the exhibition. Students from different Higher Secondary schools all over Goa were invited to witness these exhibits and learn more about the subject. The function saw more than 250 students accompanied by their teachers.

The first year students laid out beautiful exhibits in the form of charts and models in the quad. Right from the Bobo doll experiment, the communication process, to Freud’s levels of consciousness, skinner’s experiment and the structure of the brain, they put up impressive displays accompanied with insightful explanation on the topic. The spectators were awed by the creativity and detail showcased in each chart and model.

The second year students on the other hand, brewed up innovative games and social experiments based on principles on psychology. Every stall was a bag of fun surprises, be it the stroop-effect in practice, the false memory theory, effect of stress on performance, or a bunch a psychics mystically reading and controlling the minds of the spectators! The students had great fun being a part of these, and were blown away when they were debriefed about the techniques and principles underlying these experiments.

The final year students gave the visitors a great dose of knowledge, by displaying and explaining the lab equipments and techniques used. It ranged from the different projective techniques, block design and picture arrangement, personality tests, aptitude and interest inventories, to even the bilateral transfer experiment with the mirror drawing apparatus. The visitors had a fun time learning how these equipments work and even trying their hands at some of these experiments.

Besides the invited schools, the parents of the students of the department, other students and teachers of the college, and also the team of ‘Antarman’ – mental health welfare organization - came down to witness all the efforts put in by the department.

This unique event was a fun experience for all, and now we can’t wait for the calendars to turn to the day of ‘Psychospectrum 2020!’

**Picture gallery
Psychospectrum 2019**

Depression—a secret sorrow*By: Ms. Neha Pai Dukle**S.Y. B. A.*

Today morning, when the sun arose and marked the beginning of a new day, there was someone here amongst us who wasn't feeling all too well. Like most of us she too woke up and freshened up, but cursing and without any motivation to go through the day.

But she did so because she didn't want her parents to know the pain she felt every minute of the day. She did so because she didn't want her classmates to see the stinging tears in her eyes. She did so to not let the people around her know how difficult it is to spend her day here, ignoring everything and pretending as if nothing is bothering her

Here she is, one amongst us, trying so hard to win this battle against depression. She sings and laughs like the girl next to you, she smiles back when you smile. She talks when the teacher asks her to. But she knows the hidden battle she is fighting... The war of emotions inside her and how it is all consuming... She is hiding it because the stigma and the judgments will be unbearable and she knows she won't survive it if she is inflicted with even a fraction of more pain. She shies away from the fear of society when she should be fearing the depression she is fighting.

Depression is a secret sorrow... When it shouldn't be so.

I have mastered an art of lying

The world now knows a new me

*I've created a new being
It seems so sunny and bright out side*

*But a storm is blowing right here inside
I want to be perfect, to fit in but can't.*

The one with flaws and scars that outlook everything else in my perspective.

The one with insecurities that steal away every step of life.

At every exhale of breath, the feel of emptiness.

Is my hair ok? Do I look fine today?

Am I enough? Am I too less?

Is it not ok to be, who I am?

Its so dark

So hard to see

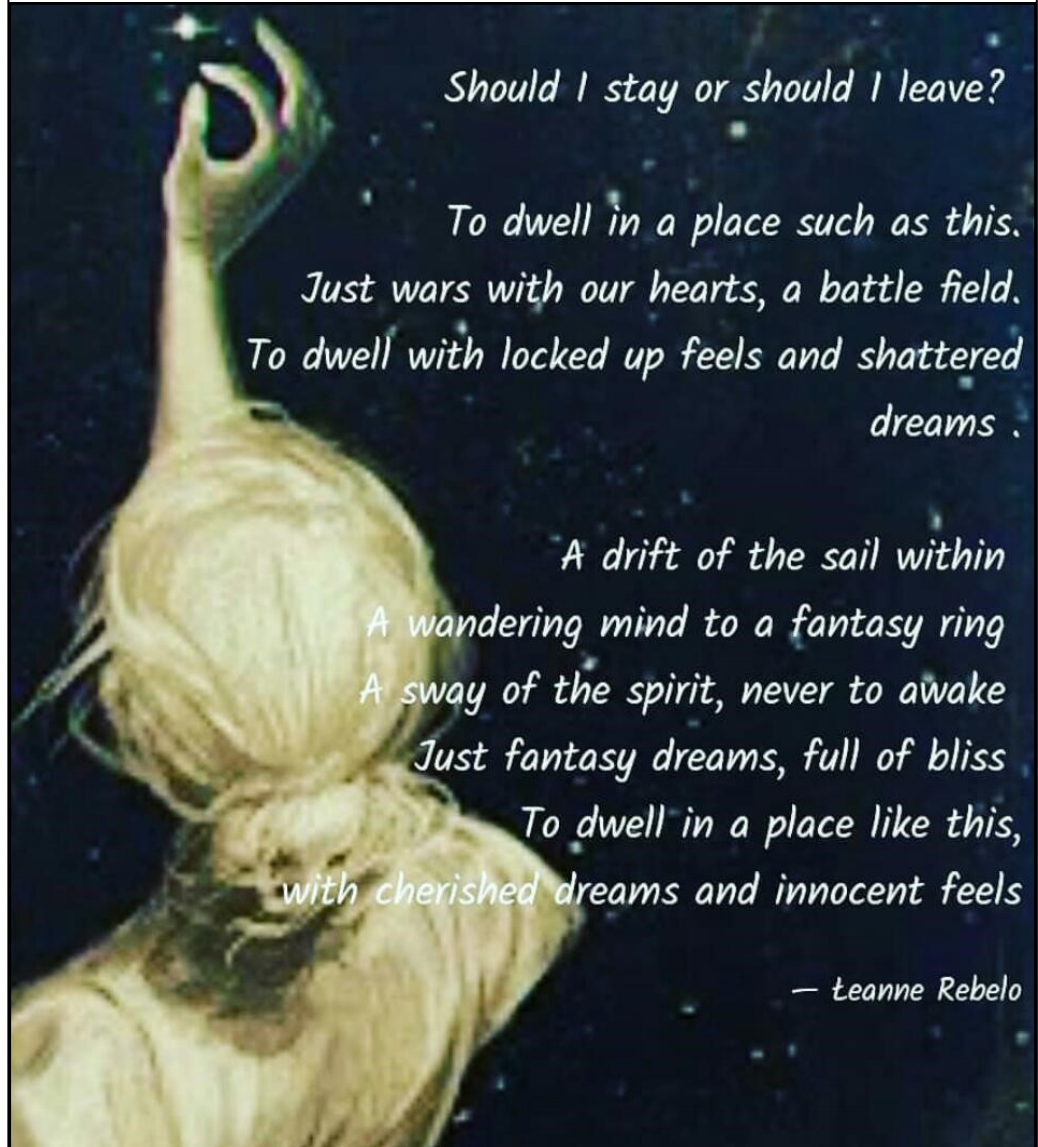
Where am I now?

What do you see?

Am I, where you want me to be?

Am I, what society expects me to be?

By: Leanne Rebello
S.Y. B.A.



Should I stay or should I leave?

*To dwell in a place such as this.
Just wars with our hearts, a battle field.
To dwell with locked up feels and shattered dreams .*

*A drift of the sail within
A wandering mind to a fantasy ring
A sway of the spirit, never to awake
Just fantasy dreams, full of bliss*

*To dwell in a place like this,
with cherished dreams and innocent feels*

— Leanne Rebello

Editorial Board
Mrs Sobita Kirtani

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