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Department of Psychology, Parvatibai Chowgule College, Margao –Goa		
<b>MindKraft 2020 Organized by the department of Psychology</b> <b>By Ms. Jisha Ponnachan</b> <b>ip000@chowgules.ac.in</b>	<b>A report on the Excursion</b> <b>By Ms. Neha Pai Duple</b> <b>pdn003@chowgules.ac.in</b>	<b>Talk by Dr. Avinash DeSousa</b> <b>By Ms. Anisah Fernandes</b> <b>anisahfernandes@gmail.com</b>
The Department of Psychology organized their annual event, 'Mindkraft'2020, on 8th January, 2020. The theme for this years event was 'Suicide Prevention' which was set in accordance with the theme of The World Mental Health Day, 2019, as put forth by World Federation for Mental Health. The event was inaugurated by the chief guest and Vice Principal of the College, Dr. Shaila Ghanti.	The department of psychology organized an excursion for the students of Psychology on the 15th December 2019. The forum took up the responsibility of gathering students. The venue decided was Naguesh Love Forest in Quepem. The duration of the excursion 9.00 am to 5.30 pm. It was an exciting day with lots of thrilling activities as well as activities that were rather relaxing.	The Department of Psychology in collaboration with the Goa Dyslexia Association organized a talk by Dr. Avinash DeSousa on 12th December 2019. Dr. DeSousa is a renowned psychiatrist practicing in Mumbai and works in close connection with mainstream and special schools. The topic for the talk was 'Counsellors and Special Educators - Challenges in the Indian Scenario'. Dr Avinash addressed the young audience talking about the stigma associated with mental health, the misconception of counsellors and the struggles they face. He spoke of his own struggles in the beginning having very little experience. He wanted to give back to the community so he joined the school where he studied as a counsellor for free. He mentioned the high expectations the school had from a counsellor,
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<b>Inside:</b> <b>Page 1: Report on MindKraft, Report on Excursion, Talk by Dr. Avinash DeSousa.</b> <b>Page 2: Editorial, Talk by Dr. Avinash DeSousa Contd., Report on MindKraft Contd.</b> <b>Page 3: Poem by Ms. Leanne Rebelo, faculty Contribution, Crossword Puzzle by Mr. Ravi Almeida, History of men by SYBA students, introducing the new faculty.</b> <b>Page 4: A collage of pictures of departmental activities, editorial, Disclaimer</b>		
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<b>Editorial</b> <b>By Dr. Golda Vas</b> <b>gtv002@chowgules.ac.in</b>			<b>'MindKraft' January 2020</b> <b>Organized by the Department of Psychology.</b> <b>Contd. From page 1</b>
People experience all kinds of hardships in life and have to learn to cope with very challenging experiences, such as failure in relationships, loss of a loved one, bullying, abuse, financial instability, and the like. In many of these instances an individual may not be able to adapt to the situation and may end up taking his life. But, several other individuals are able to bounce right back despite their difficult situation. It is called being RESILIENT! Resilience is not a fixed trait. Some people equate being resilient with mental toughness, however, exhibiting resilience includes laboring through emotional pain and suffering. Resilience does not phase out stress or does not get rid of life's difficulties. Resilient people can handle life's difficulties in ways that cultivate strength and growth. Those who lack resilience become paralyzed by such experiences. Some people possess this ability by birth, with personality traits, that help them deal with challenges. Social support is another factor that contributes to resilience. There are several ways to build resilience: re-frame your thoughts, seek support, focus on what you can control. Take active steps toward becoming more resilient in the face of life's challenges.		<b>Talk by Dr. Avinash DeSousa</b> <b>Cont. from page 1</b>	A total of 5 colleges participated in a number of interesting competitions throughout the day including Teach A Class, Psychology in Mythology, Slam Poetry, Judging Your Cover, and a very exhilarating Treasure Hunt. The teams were also expected to submit a short film for an additional event called; 'Z-Videography'. The best films were screened before the audience prior to the Valedictory function.
		which did not meet his idea of being a counsellor. He followed a lot of unconventional methods for schools to make children feel comfortable and would often go and talk to students randomly. He encourages the audience to follow not only what is taught in books but to also think out of the box and break away from the stereotypes. He mentions that when it comes to counseling, it is important to stay on neutral grounds and satisfy the needs of everyone - the parent, the teachers and the child. He highlights the skills of a professional, i.e the need to understand all ages, the need for good therapy skills and the need to update oneself. At the end the speaker shared a meaningful interaction with the audience discussing various personal experiences. It was a mesmerizing talk given by Dr Avinash and very beneficial to everyone who listened.	The winners of each of these events were announced and prizes and certificates were awarded at the hands of Chief Guest Dr. Shaila Ghanti. MES College of Arts and Commerce, Zuarinagar, bagged the overall championship trophy of Mindkraft 2020 for the third consecutive year whereas Goa College of Home Science, Panaji, and Carmel College of Arts, Science and Commerce, Nuvem, were the first and second runners-up respectively. The vote of thanks for the event was proposed by Dr. Golda Vas.
			



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A Poem	Faculty Contribution	History of Men
<p>I've mastered the art of lying The world now knows a new me I've created a new being</p> <p>It seems so sunny and bright outside But a storm is blowing right here inside</p> <p>I want to be perfect, to fit in but can't The one with flaws and scars that overlook everything else in my perspective The one with insecurities that steal away freedom. The one that feels judged at every step of life. At every exhale of breath, the feel of emptiness.</p> <p>Is my hair okay? Do I look fine today? Am I enough? Am I too less? Is it ok to be, who I am?</p> <p>It's so dark So hard to see Where I am now? What do you see? Am I, where you want me to be? Am I, what society expects me to be?</p> <p><b>- Leanne Rebelo, (SYBA Psychology)</b></p>	<p>Mr. Aresh Naik has been invited to be a member of the general body at Sangath, which is a mental health NGO serving as Nodal Agency for the National Trust for the Welfare of Persons with Autism, Mental Retardation, Cerebral Palsy, and Multiple Disabilities. Sangath was awarded the MacArthur Foundation's International Prize for creative and effective institutions in 2008 and was adjudged as the Public Health Champion for 2016 by the World Health Organization.</p> <p><b>Cross Word Puzzle</b> <b>By Ravi Almeida</b> <b>raa005@chowgules.ac.in</b></p> <p><b>Psychological terms</b></p>  <p><b>Across</b></p> <ol style="list-style-type: none"> <li>1. Fuel for reason</li> <li>2. Over emotional</li> <li>3. Austrian bearded guy</li> <li>4. Unconscious action/thought</li> <li>5. Of the brain</li> </ol> <p><b>Down</b></p> <ol style="list-style-type: none"> <li>1. Creative flash</li> <li>2. Art of reasoning</li> <li>3. Moral values</li> <li>4. Overly suspicious</li> <li>5. Irrationally sensitive</li> <li>6. Not fully aware of</li> <li>7. Inevitable urge</li> </ol> <p><b>Key</b> for more free tools visit <a href="http://edtools.markandforward.com">http://edtools.markandforward.com</a></p> <p><b>Across</b></p> <ol style="list-style-type: none"> <li>1. intelligence</li> <li>2. hysterical</li> <li>3. freud</li> <li>4. instinctive</li> <li>5. cerebral</li> </ol> <p><b>Down</b></p> <ol style="list-style-type: none"> <li>1. idea</li> <li>2. logic</li> <li>3. ethics</li> <li>4. paranoid</li> <li>5. neurotic</li> <li>6. subconscious</li> <li>7. compulsive</li> </ol>	<p>Where must we go? To a place unknown Far beyond these paved roads</p> <p>Through this wilderness An unknown destination In search of our better selves</p> <p><b>- Ravi Almeida, Leanne Rebelo, Genevieve Rodrigues, Neha Dukle, Adarsh Ajai, Nikita Narvekar (SYBA Psychology)</b></p> <p>Introducing the newest member of faculty in the Department of Psychology: <b>Ms. Asawari Nayak</b>. She has obtained her BA degree in Psychology from Fergusson College, Savitribai Phule University, A Masters degree, in Clinical Psychology from Maharaj Sayajirao University of Baroda, Gujarat, and in Social work (vulnerable families and children). She is also the recipient of the prestigious Erasmus Mundus Scholarship of the European Commission in 2015. She has previously worked as a research assistant on a project commissioned by the Sarva Shiksha Abhiyan &amp; Directorate of Education by NGOs Sethu &amp; Bookworm. She has also worked as the state project coordinator at the state resource centre for women, a Government sponsored organization.</p> 

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 	<p><b>To the left and right: Pictures of the talk Organized by the Department of Psychology held by Dr. Avinash DeSousa on 12th December 2019.</b></p> 	 
<p><b>To the Right: A picture of the students of the Department at the excursion</b></p> 	<p><b>Above: A picture of the students at the venue of the trek.</b></p> 	<p><b>Below: A picture of the students of the Department after completing the trek.</b></p> 
	<p><b>To the Left , the Right and Below: Pictures of Mind-Kraft 2020 organized by the Department of Psychology on 8th January 2020.</b></p> 	
<p><b>Editorial Board</b> Dr. Golda Vas</p>	<p><b>Disclaimer:</b> The opinions and news appearing herein are those of the Editor and not of the Principal.</p>	<p>If you have any contributions or suggestions feel free to <b>contact us at</b> <b>psychology@chowgules.ac.in</b></p>