
		
VOL XI ISSUE 4 15th April, 2020		
Department of Psychology, Parvatibai Chowgule College, Margao –Goa		
Editorial Aresh Naik	Board of Studies 2020 Dr. Golda Vas	
<p>We find ourselves in strange times today. The entire world is in a lockdown due to the Covid-19 pandemic that's swept across the world. We have had an abrupt stop to our schedules and are now ensconced in the safety of our homes. A good thing to emerge from this forced period of isolation are the creative outputs that we are all engaging in. As a case in point, one request for articles for the newsletter was all it took, for me to be flooded with emails. I've had to add more pages to accommodate the submissions, perhaps making this the lengthiest newsletter as(continued on page 2)</p>	<p>This year, the Board of Studies (BoS) meeting for the Department of Psychology, took place on the 6th of March 2020. The BoS is the body that decides the course curriculum for the UG and PG programs in Psychology. It strives to maintain a high standard of course curriculum that empowers our students with the skills and resources necessary for a robust foundation as they decide on their careers. The BoS, whose tenure is for a period of two years at a time, is comprised of all the current faculty members as well as other external members. This year we have had to constitute a new team as per the tenure requirement. The external members for the current BoS are: Dr. Shanmukh Kamble (Karnataka University), Dr. Ubaldina Noronha (St. Xavier's College), Dr. Alina Braganza (Carmel College), Dr. Ravindra Agrawal (Psychiatrist) and Ms. Aditi Tendulkar (Counsellor & Alumni). The meeting proceedings were vibrant with various changes being proposed to the syllabi, to enrich the learning experience of the students.</p>	
	<p><i>We strive to survive, But our innocent best won't suffice These memories won't fade, They're locked up in this cage Driving through the night I see this spark of light Gives me a flicker of hope, To ignite a fire within our timid souls.</i> Leanne Rebello (SYBA)</p>	

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<p>And now, a word from the President. <i>Dhritiman Sarma (TYBA)</i></p>	<p>Brief report of the M.A. program <i>Aiswarya Babu</i></p>	<p>Editorial <i>(continued from page 1)</i></p>	
<p><i>Frankly, I didn't have many expectations about 'college life' when I had joined, but today, I can admit that I have learned a lot during my time here; especially from the Psychology Forum.</i></p> <p><i>In my FY, I was elected as the Jt. Treasurer of the forum and I learned about the intricacies of planning and execution. Balancing academics and activities taught me time management. Being a double major, I had commitments towards Economics as well. Today when I look back, I can say that while I couldn't opt for certain electives, I imbibed a lot of skills from being part of the activities of both these departments. Last year, I was the Vice President and I had to dive into content creation, document design and vendor communication which I had never done before. I also worked on my public speaking and negotiation skills.</i></p> <p><i>(Continued on page 3)</i></p>	<p>The Masters in Child Psychology & Child Development course turns four this June. This year (as for every year) the course has been revised to mirror current field requirements, based on feedback and industry needs.</p> <p>The program now offers various elective courses such as research methodology, school counselling, psychology of adolescence and adulthood, positive psychology, counselling parents, child and crime, and rehabilitation psychology.</p> <p>Another major structural revision</p> <p><i>(Continued on page 3)</i></p>	<p>Yet. With a heavy heart, I've had to leave out umpteen articles, poems and illustrations. My apologies to the ones whom I could not accommodate. Don't let this slow you down, however. There are always other pages to conquer. And so it happens to pass that rather than being centered on a theme, this newsletter is more a potpourri of sorts; a few of the happenings and a lot of surmising. Have fun reading it!</p>	
<p>Ecstatic MA students with the Overall 2nd place trophy for PsychoZest 2020</p>			
			

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<p><i>(Continued from page 2) ...President Development of such life skills is perhaps one of the reasons why anyone should go to college. This year around, I am the President of the forum and departmental activities were handed over to us in their entirety, with guidance from the faculty. Let me be frank; on paper, chalking and implementing an action plan seems simple, but when it involves leading a group of people, such tasks can seem daunting. There were hard lessons that I had to learn, but thankfully, there were good results. Finally, being a part of the forum put me in a position where I had to communicate with all departmental students and thanks to that, I managed to form some genuine friendships. While I am highly excited about the experiences in my future, I am very glad that I decided to attend Parvatibai Chowgule College and got to be a part of the department of Psychology. I learned a lot in the classroom, but I learned more outside it. Just as it should be for any student.</i></p>	<p align="center">Brief report of the M.A. program <i>Continued from page 2</i></p> <p>sion done last year was that of making the dissertation component optional; which means that students can now take up other courses in lieu of the dissertation. Having said that, the batch of 2019-20 had some interesting research dissertations. These were based on a variety of topics such as relationships between grandparents and grandchildren, emotional maturity of Bharatanatyam dancers, differences between father's and mother's parenting styles, effect of Instagram use on body image, anxiety and depression among school students, and ADHD symptoms among school children; to name a few. Our alumni have already joined the workforce and are contributing as behaviour therapists, counsellors, child development trainees and in research projects; and similar opportunities await our current batches as well. The program continues to evolve. By virtue of being the only program of its kind in Goa that focuses on Child Development and Child Psychology it seeks to engineer service providers that are more sensitized towards the myriad needs of children everywhere.</p>	
	Publications : Asawari Nayak	
	<ul style="list-style-type: none"> Siqueira, A. & Nayak, A. (2020). Mada, nall. In R. B. Nair & P. R. Desouza (Eds.), <i>Keywords for India: A conceptual lexicon for the 21st Century</i> (pp. 217). London: Bloomsbury Academic. ISBN: 9781350039230 Siqueira, A. & Nayak, A. (2020). Susegad. In R. B. Nair & P. R. Desouza (Eds.), <i>Keywords for India: A conceptual lexicon for the 21st Century</i> (pp. 224-225). London: Bloomsbury Academic. ISBN: 9781350039230 	

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My Experience as a Counsellor <i>Pranita Kalangutkar</i>		
<p><i>Counselling has taken me places, literally and figuratively. Soon after my masters degree, I started as a counsellor in 2014 at Dhempe College of Arts and Science. There I had to do orientation programmes for all the students initially and along with cases had to conduct seminars for teachers as well as students. I was thrilled with this experience and soon next year was selected at Dempo college of Commerce and Economics in a similar capacity. The third other institute where I've worked is the V. M Salgaonkar College of Law. Thus, I've been a counsellor at three starkly different higher educational institutes and at one NGO; Childline.</i></p> <p><i>Being a counsellor is very rewarding. Although what you provide to your client in a session is invisible, it can be sensed and felt. And for me, this experience cannot be put into words. I have had clients who were overwhelmed and emotional (expressed their feelings) and others who were completely silent because they were absorbing everything. At Childline I have dealt with child victims of physical, mental and emotional abuse. I realize that sometimes no matter how hard you try in a session, it can be next to impossible to connect with a child. But being a counsellor it's your responsibility to find ways to overcome this, with the utmost regard for and responsibility towards the client. Here every word that you say will affect them in some way which is why one needs to be extra careful.</i></p> <p><i>The whole five years counselling has been an upheaval and a dizzying experience. There were times I felt guilty for not understanding their problems and other times I was thrilled and overjoyed looking at clients who showed progress. Ultimately, the counselling profession, has helped me not just personally and professionally but spiritually as well. Counselling others helps me enrich my overall well-being which is why I continue to do it every chance I get.</i></p>		
Faculty Spotlight: Dr. Sobita Kirtani		
<ul style="list-style-type: none"> Paper presentation on “Life Satisfaction and Health in Elderly people in Goa” at the National Seminar On 11th February 2020 organized by Don Bosco College Panaji and National Institute of Social Defence New Delhi (Ministry of Social Justice and Empowerment Government of India). Panel expert at Symposium on “Uncovering the Susegado Self: Understanding of Goan Personality through Psycholexical Lens” at national Conference titled “Cultural Symbiosis: Psycho-social Perspectives and Challenges” on 12th February, 2020 organized by Bombay Psychological Association (BPA) and the Department of Psychology of St. Xavier's College, Mapusa. 		

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Unexpected Pause <i>Sneha Umarye (TYBA)</i>		Breathing Hope <i>Chelsea Lizy Gomes (FYBA)</i>
<p>After spending a week at home in quarantine, I thought of sharing something with you all. Isn't it strange, how we all complained about the problem of not having enough time when we were occupied with work but now, when we are asked to stay at home, yet we complain of being bored! That's how we humans are, right? If we've too much, we fear losing it and when we've too little we worry if it will be enough.</p> <p>Just think about the things on your to-do list that are pending while you were busy fulfilling other demands. For example, that book you wanted to read was consumed by a presentation or a test, the passion for painting, gardening, music etc was scheduled to be done after retirement or an exam. All these things are put to rest and we easily complain that we are missing out on some things as we are occupied with everything else.</p> <p>And then, there comes a sudden lock-down! You are asked to stay at home with all your "precious time". But now, we are worried and panic about the situation. This reminds me of a quote I recently read. During the World War II, Albert Camus said, "There is no love of life without the despair of life". Though the current situation is quite disturbing, we should accept this gift of unexpected time. This is a pause, a vacation, a long off that we did not account in our calendar. A forced lock-down for our own safety.</p> <p>So, in this chase and hustle of life, this unexpected pause is offering you so much of time. This pandemic is like a signal! It's time to STOP and do more than we would have on a normal routine day. All 24 hours of the day are in our own hands (except for those who are doing work from home or studying for the exams). All others are free to spend this time doing whatever you wish. But only at your home. <i>(Continued on page 7)</i></p>		<p><i>This lockdown is nothing but a hope, A 'hope', to refrain from bumping into Cov-19, An opportunity to reflect, An escape from outdoors; that undoubtedly offers a doubted tomorrow, Left with no clue what's next, Maybe something worse or something better, But grateful to have today, to have 'Now'.</i></p> <p><i>Don't you feel lucky enough to be breathing right now? Especially in this age of Cov-19, That embarks with heavy breathing, fever, tiredness, dry cough; Uncertainty, paving a way to the grave.</i></p> <p><i>Ironically, the earth's health is getting better While, the people's health is at stake. It's a call for a battle, A battle with the fate, A battle that urges unity; To stay safe, To assure prevention, Till we find vaccination.</i></p>

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Hi hello from Corona <i>Reezel Pereira (TYBA)</i>		
<p><i>Hi there, I'm sure you all know me by now. It's me, the Corona Virus, pet name Covid-19, who came into the world and became famous worldwide. Today I'm going to share a very important story as to why I came and especially at this time. As the world is facing lockdown because of me, I am aware of the death rates increasing because of me. But, did anyone think of the impact the lockdown has done on the Mother nature? Maybe my way of working is very wrong but this lesson was required to teach the world that if given a chance for life, it can bloom and everything can go back to normal.</i></p> <p><i>You all have seen the consequences of the lockdown. All kinds of animals, birds, fishes are seen having a time of their life breathing fresh air due to less pollution of all kinds. Earth is healing itself from all the harms that YOU, humans have caused. Families are spending time together, children and all the young people are now spending time not on the phones but by learning various things like cooking, painting, etc. This Present looks so much like the Past times where everyone lived a simple life with minimal food, healthy diet, no wastage of money or other things. This Mother Earth needed a break from your busy schedules of working continuously day and night and I have given it because humans themselves were so preoccupied in their own worlds that they forgot to give time for themselves.</i></p> <p><i>I have come here to tell you this; VALUE the time you have NOW. Have a close look at what is happening now, how the Earth is still working for you and your future generations to make yours and their lives better. And I really hope that this continues even when I go away and that you don't be greedy again. Or else, I may have to make a comeback!</i></p> <p><small>(background image: © Alfred Pasieka/Science Photo Library via Getty Images)</small></p>		
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LOCKDOWN

Everyone in their houses, just sitting quiet,
But I cant hear a sound, which feels like a night.
Later I see people out of the store standing two meters apart ,
Food shelves getting empty, panic at the start,
There is stigma in the mind and fear in the heart.

Thinking of the Easter
I can smell some cake
Which the neighbours bake.
Each one in their houses
dreaming of the easter egg...

Dont panic, Dont stress,
Just stay calm...
Take care of yourself.
Start with self help,

Life has it's own way to teach.
Some take it as a lesson
Others take it as a punishment
and on and on it goes.

BY: Vidnya Sinai Navelkar

(Continued from page 5) *Unexpected Pause*

We can sleep, read, sing, cook, eat (only if you've stocked enough), binge watch, paint, doodle, write, knit, spend time with family or pets, and repeat all! Its you who has to decide what will soothe you. You can spend the whole day at home doing nothing, if you want to. In this way, our small world of our home will not be affected with the illness, fear and worry. So, for a while let's just accept this unexpected gift of time since a pause will always be better than complete shutdown. Let's stay at home and stay safe to hear the news that the situation is in control and we have defeated the virus and resume with our lives ahead...

Son Of Mine

Subhiksha Mahalakshmi (M.A.)

I know my child is different
Yet he is not ignorant

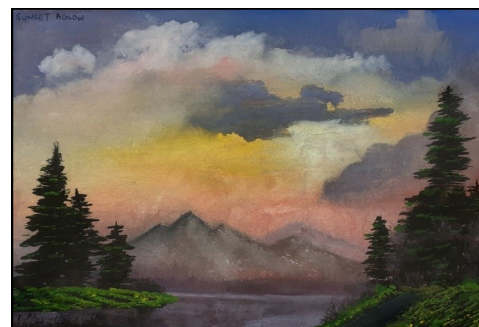
Abnormal is what he is tagged as
But he owns a soul that nobody has

I know he cannot communicate
Yet he longs for a play-mate

Sometimes he does a bizarre gesture
But his smile is always a treasure.

I know he doesn't fit in the world you
flow
Yet he makes my world shine and glow

For he is an oasis to my desert
And the only rainbow that beats in my
heart!



Sunset Aglow: Lyanne Fernandes (TYBA)

Local Hero

Ramya Warriar (SYBA)

He was broken and bleeding,
He knew the damage was done.
He looked up at the thousand smiling
faces,
Determined that he'd fall for none...

For the eyes he'd trusted, turned out to
be glass.
All left him which he called 'mine'.
His tiny vulnerable self, crumpled in
the corner,
Screaming and howling in pain,
He finally grew a spine...

He stumbled, he fell face first,
But then bared his scars and stood up
tall.
Ebbing with pride, his tears didn't shy
away,
He'd won the battle single-handedly
after all...

He still looked the same,
But his eyes said different.

He drew in a breath, aimed upfront,
and ran.
Knowing his demons, fighting them
over,
The boy in him was now a man...

artwork by: Dion Rodrigues (TYBA)