

Department of Psychology, Parvatibai Chowgule College, Margao –Goa

Mindkraft 2021: Pandemic Edition
By Ms. Ramya Warriar
TY BA

The Department of Psychology at Parvatibai Chowgule College of Arts & Science, Autonomous, Margao, organised their annual state-level intercollegiate event 'Mindkraft', as an innovative online event, titled 'Mindkraft2021: Pandemic Edition', on 13th March 2021. This year, the theme for Mindkraft, was- 'Mental Health for All: Greater Investment- Greater Access'. And rightly so, because in the face of the global pandemic, investing in our mental health has become more important than ever.

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Faculty Participation

Mr. **Aresh Naik** participated in the second Intervention Development Group Workshop held to develop an adolescent mental health program, on the 20th of March, 2021, at Sangath, Goa.
Ms. **Aiswarya M Babu** completed an online course of 16 hours of training in Acceptance and Commitment Therapy conducted by Dr. Gitanjali Natarajan, HOD Department of Clinical Psychology, AIIMS Kochi & Dr. Urmila Pilay, Chartered Clinical Psychologist, London held in March, 2021.
Dr. **Golda Vas** was invited as a guest speaker for a seminar on 'Job Readiness And Opportunities' a charitable initiative organized on 21st March 2021 at Presentation Convent High School by Adv. Seoula Vas.

Students' achievements through the year

Ms. Ramya Warriar (Third Year) bagged the **1st place** at the 'All Goa Inter-Collegiate Elocution Competition' organised by the Literary Association of Dnyanprassarak Mandal's College and Research Centre, in association with UCO Bank, on 20th March 2021.
Ms. Kalpana Vashist secured the **2nd place** in the online poetry event of MEAR 2021 organized by The Manohar Parrikar School of Law, Governance and Public Policy on the occasion of Women's day 2021.
Ms Sabrin Shaikh secured **1st place** in the e-Essay Writing Competition organised by the Writing Center on 24th October, 2020.
Ms. Shnaia Angel Patel won the **1st place** for the Prena Diwas: Digital storytelling organized by French department on 27th February 2021
Ms. Sonam Panandiker secured **2nd Place** in the 'Poster Making Competition' organised by the Psychology Forum, Department of Psychology, on 3rd December, 2020.

Editorial
By Dr. Sobita Kirtani
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Workshop on Statistical Analysis using excel.

Mindkraft 2021: Pandemic Edition'

Adaptability is the hallmark of mental health. The Covid 19 pandemic that derailed our lives since the beginning of 2020 has been a challenge for everybody. Thanks to the ever-expanding technology functioning close to normal has been possible. Or is it that we have revised the definition of normal? It amazes me how the student community has been pushed not only to study online but to organize and participate in various events as well. With students restricted to their own homes, coordinating and executing must have been such a huge challenge. For many it must still be a hurdle too high to cross. Yet the ones who have managed to cope with changes have certainly enriched themselves, unleashing their creativity, making best out of every opportunity.

This newsletter is dedicated to all those who have 'virtually' made it! I hope this newsletter will be a motivator for the many who need to just try.

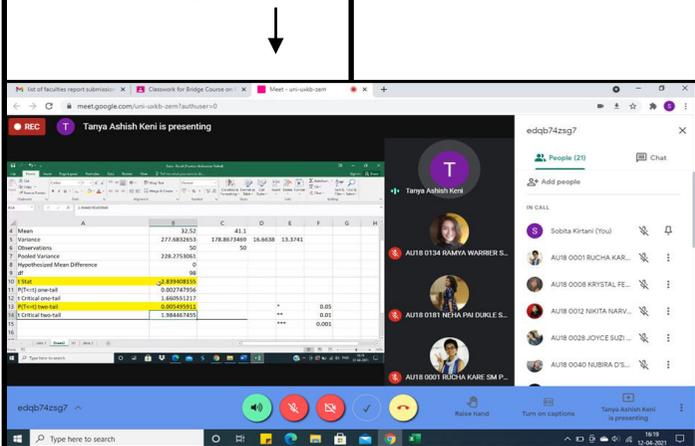
The Department of Psychology organized a workshop for the third Year students pursuing their project in the subject on 12th April, 2021.

The workshop was in continuation to the Bridge Course on Research Methodology conducted earlier by the Department in August 2020.

Ms. Tanya Keni, Assistant Professor in the Department of Psychology conducted the workshop in which students learnt to compute correlation, t test and F test using excel sheet.

The objective of the workshop was to make the student self-reliant and be conversant with the steps involved in the computation.

The workshop was conducted on gmeet. Screenshot of gmeet.



All events this year were submission-based which allowed participants to work on their events from the safety of their homes. The event was declared open by Mrs Kavita Borker (Rtd Associate Professor and Head), at the inaugural function held on 4th March 2021. The event received enthusiastic participation from various colleges all over Goa. The winners were announced at the online valedictory function held on 13th March 2021 at the hands of Dr. Sachin Moraes, Dean of Social Sciences. In a close competition, **Carmel College for Women, Nuvem** won the overall rolling trophy, and **Goa College of Home Science, Panaji** were declared the runners-up. Along with the trophy and certificates, prize coupons were also awarded to all the winners.

Mindkraft 2021—Pandemic Edition

Psychology in Mythology
Xena Andrea Monteiro

This was a one-man act wherein mythology had to be explained using psychological principles. It was judged online (likes) and offline (judges), wherein they had to address the issues related to the given Event Theme. Four individuals participated from different colleges. Neel Narayan Dicholcar won the first place from M.E.S. College of Arts and Commerce, followed by Awani Mulgaonkar from Goa College of Home Science in second place. Volunteers for this event were Delicia Dias (TY), Roxanna Pinheiro (FY), Rosanne Fernandes (TY), Krystal Fernandes (TY), and Daniella D'Souza (TY).

5minutes of frame
Neha Pai Dukle

In this event the participating teams sent in their videos based on one of the three themes Invest today, reap tomorrow; COVID-19— a wakeup call and Know your rights. The 1st place was won by Red Jasper (Home Science College) and the 2nd place was won by team Moonstone (Carmel College). The volunteers for the event were Nikita Narvekar (TY), Yamini Patil (TY), UrviUmarye (TY), and Leanne Rebelo (TY).

Decode
Ryle Faustino Souto

The event, DECODE was a modified version of a treasure hunt that was created to be conducted through an online mode. The event was modified into a series of checkpoints that could be completed in the comfort of their own home without any need for travel.

The event consisted of six checkpoints held over six days on Google classroom. The checkpoints included, a quiz on APA 6 and 7, Song Decode, a complicated riddle, a picture taking task, identifying a psychological phenomenon in a movie scene and creating a crossword. The event was formulated along with the help of the volunteers Monaliz Da Costa (SY), Calene Pereira (SY) and Sanya Perpetual Cardozo (FY) who helped in creating the checkpoints and making sure things ran smoothly. The event saw two winners i.e. Team Emerald (M.E.S. College of Arts & Commerce) winning second place and Team Moonstone (Carmel College for Women) winning first place.

Memento by Ms. Sonam Panandiker →**Pitch a Plan, 2021**
Anushri Bhende

Pitch a plan event consisted of two rounds. Round 1 was Video Submission and Round 2 was an interaction session. Volunteers for this event were Rayzel Sandra Prabhi Fernandes (SY), Gabriella Naomi De souza (FY), Prachi Priolker (FY).

In this event, the participant had to pitch an original plan to an organization. The plan had to be presented in a video. The interaction session was held via Google Meet. It consisted of each participant individually being questioned by the judges, the event head was the only other person present during these sessions. Each session went on for about 8 minutes and the entire round was over in approximately half an hour.

Harshada Sawant from Goa College of Home Science was declared the winner of the event with Neel Narayan Dicholdar from M.E.S. College of Arts and Commerce as the runner-up.



Theme: Mental Health for All: Greater Investment- Greater Access

Lockdown ke Shikaar Manovignyani
Bethilda Lisa Andrade

In this event the participants had to prepare a stand-up act expressing how according to them would this lockdown affect the mental health of early psychologists. The participants uploaded the pre-recorded video on google classroom. Volunteers for the event were Anjali Sharma (MA part II), Dashmi Phaldesai (MA part I), Robin Thekkanath (MA part I), and Lester Dourado (SY). Carmen Miranda from 'Carmel College for Women' secured the 1st place while Anushree Bhat from 'Goa College of Home Science' secured the 2nd place.

Judging Your Cover
Azelia Fernandes

In this handmade poster event participants had to design a poster cover for an NGO based Magazine on the topic Investment in Mental Health for Senior Citizens". The 1st place was won by Ms. Diela Dias from team Red Jasper and the 2nd place was won by Ms. Natasha Palha from team Moonstone. Volunteers for this event were Blithe Rosanne Pereira (SY), and Chelsea Lizy Gomes (SY).

Editorial Board
Dr. Sobita Kirtani

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If pages could talk (Poetry Event)
Kalpana Vashisht

In this event, the participants were given prompts and asked to write and recite the poem and record themselves in video and submit the same. Shaheen Shaikh from 'M.E.S. College of Arts and Commerce' secured the first place and Rhea Linnia Fernandes from 'Carmel College for Women' secured the second place. Volunteers for this event were Kashish Aggarwal (TY), Talha Sadekar (TY), Purva Prabhu Dessai (TY), Shania Crasto (TY), Saloni Prabhugaunkar (TY).

The Department appreciates all the Judges who made time for our event. A Big Thank You!

Long Story Short (Minisaga) by Nashmiya Khan

Participants had to write a short story within 50 words on a given character. They had to hero and write a story highlighting how their mental health is affected and how they invested in it during the pandemic. 1st place for this event was won by Naomi Angelo Dias Do Rosario from Goa College Of Home Science and the 2nd place was won by Velinka Fernandes from Rosary College Of Commerce And Arts. Volunteers for this event were Viraj lad (SY), Simran Havnoor (SY), Swizel Swinie Da gama (SY), Precia Fernandes (SY) and Prachi Pawaskar (SY).

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

Gaston's Movement
Malaika Alphonsus

In this event each participating team was assigned an emotion on which they had to compose an original song and send in a video of them performing it. We were delighted to see how the teams interpreted Fear, Inadequacy, Loneliness and Anger in different styles with solos, duets and rap performances. The runners up were Lowell and Kris from MES College and the first place was bagged by Rania from Carmel College. Volunteers for this event were Shereen Miranda (FY), Sakshi Adke (SY), Nubira D'Sa (TY), & Nathan Colaço (TY).