Mental Health

We all have a potential for

suffering from mental health

problems, no matter how old

we are, whether we are male

or female, rich or poor, or

ethnic group we belong to.

There are various ways people

with mental health might re-

ceive treatment. It is im-

portant to know that what

works for one person may not

work for another. Some strate-

gies include self help like diet.

exercise, meditation, yoga.

Psychotherapies and medica-

tion may also be used in sever

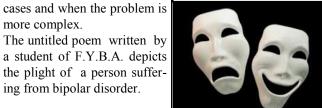
more complex.

PAGE 4

Poem Contd. From pg 1 Bv: Mr. Yash Naik F.Y.BA

> Terrified of all those voices inside my head. They scream to hurt They will bring me to death. I can't let them win But I'm just so tired, Tired of this life Oh so tired to fight, I just want to let go And close my eyes, Take a deep breath And sink into the unconscious. After all

wasn't I born to die?



Below: Discussion Forum organized on 'Underachievers'

the plight of a person suffer-

ing from bipolar disorder.



Editorial Board

Dr. Golda Vas Mrs. Sobita Kirtani

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



ISSUE 2

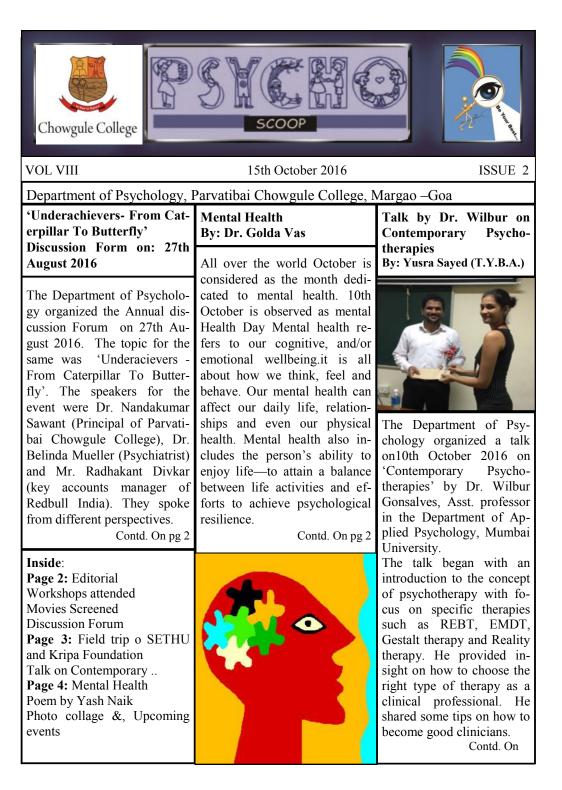
Above: A young boy aged 13 brave enough to share with the students the story of how he got addicted and how he was brought to Kripa foundation. Along with Mr. Paul Noronha Admin and in-charge of Kripa

Below: Field Trip to SETU



Upcoming Events MindKraft an Inter Higher Secondary event in December 2016.

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



VOL VIII	PAGE 2	ISSUE 2
Editorial By Mrs. Sobita Kirtani svk004@chowgules.ac.in		Discussion Forum: 27th August 2016 By: Yusra Sayed
Over the past one month fear has been looming over Indians– repeated terrorist attacks have been answered through the surgical strike. While on one hand, this shows the strength of the nation, on the other it is an unsaid signal to the citizens to brace themselves for a war. Will world powers adopt an alternative solu- tion to war? Goa, which has all along been one of the safest lands in the nation, is hosting the BRICS summit. As a re- sult, security issues are suddenly being highlighted. In the name of security, normal life of Goans along the south coastal belt has been rather disrupted. What with examinations being postponed, students are under duress. And in the midst of all this, the signifi- cance of 10 th October has faded. 10 th October is celebrated as the world mental health day. Mental health profes- sionals across the world try in their own little way to organize activities that would bring about aware- ness as also sensitize peo- ple regarding various issues of mental health.	Psychology as a discipline has shifted its focus from problems of human beings to healthy ways of living. Isn't it easier to live healthy and cope with problems than suffer from its wrath? Well, while the readers read this issue, heads of various nations will negotiate trade and exchange. We sincerely hope that peace prevails and a constructive solution to terror is obtained. Workshops Attended Mrs. Sobita Kirtani attended a two day workshop on 'R Tools' held on 29 th and 30 th September 2016 by the Computer Science Depart- ment. Mrs. Sobita Kirtani partici- pated in the "Two day state level Train the Trainer Workshop on MOOCs – Design, development & De- livery" organized by IQAC on 13 th & 14 th October, 2016 Movies Screened Following movies were screened for the students: 'A Beautiful Mind' on 20th August, 2016 'The Orphan' on 23rd Au- gust, 2016	TYBA Contd. From pg 1 The program began with a won- derful performance by the T.Y.B.A students on the theme of the event. Mrs. Kavita Borkar addressed the gathering and high- lighted the issue of underachiev- ers. The students of the Post- Graduate department presented a research paper on the same. The research was conducted in the premises of the college and the participants were the students of the college. The sessions began with the first speaker Mr. Ra- dhakant Divkar who was able to connect well with the students. He spoke about the importance of speaking up and how it is crucial to understand the person's emo- tional aspect in order to relate to the person. The second speaker our very own Principal Dr. Nandkumar Sawant spoke from the perspective of a parent. He emphasized not only on the aca- demic aspect but on also the cul- tural aspect. He said that the teachers play an important role in nourishing the child. The last speaker was Dr. Belinda Mueller spoke from the perspective of a psychiatrist and highlighted that failure due to pressure is a major cause of underachievement which leads to other mental issues. The event was concluded by a vote of thanks by Mrs. Sobita Kirtani.

VOL VIII		
Field Trip to SETHU.		
By: Anushka Estibeiro		
T.Y.B.A.		
Contd. From pg		

SETHU's mission is to be a bridge between children and their families, their schools and their communities to foster their complete development through assessments. therapy, educational initiatives, training, awareness and capacity building. Sethu Trust was born on 1st June 2005. seeded from a commitment to children. At that time, there was a great need in Goa for a professional yet caring multidisciplinary service to promote the development of children and support parents, teachers and all who care for children to do a better job. The students were greeted by Ms. Laxmi Pillai who is the administrator of Sethu and were introduced to the staff of Sethu. Ms. Laxmi spoke about the brief history of Sethu and also spoke about the various programs they have for children, parents and schools. Mr. Andre spoke exclusively on autism and autistic children. Where he highlighted the problems autistic children suffer from and how to help them. Parents are also given sessions along with their children so that they understand their children better and are in a position to help them when-

ever required.

Talk on Contemporary **Psychotherapies** Contd. From pg 1

Dr. Wilbur Gonsalves was

very enthusiastic and en-

couraged an interactive ses-

The talk went on for about

one and a half hour which

indeed provided us with vast

knowledge. It was well at-

tended by the students of the

We truly thank the depart-

ment for inviting Dr. Wilbur

Gonsalves to introduce us to

the world of psychotherapy.

sion.

department.

PAGE 3

Field Trip to Kripa Foundation. **Bv: Anushka Estibeiro**

Contd. From pg 1

The Kripa Foundation is the largest NGO in India. It has grown for over thirty years to become a community that changes lives and empowers individuals. Kripa's program features detoxification, rehabilitation, after care, and the option for extended care. Here patients are treated with respect and patience.

Mr. Paul Noronha (Admin) spoke about the root of the problem of addiction, and how deep and disastrous it is. No matter who you are, and what kind of addiction you are struggling with, Kripa Foundation is a fantastic place to seek recovery.

Below: Field Visit to Kripa Foundation



ISSUE 2