

Mental Health Contd. From pg 1	Poem By: Mr. Yash Naik F.Y.BA	
<p>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 receive treatment. It is important to know that what works for one person may not work for another. Some strategies include self help like diet, exercise, meditation, yoga. Psychotherapies and medication may also be used in sever cases and when the problem is more complex.</p> <p>The untitled poem written by a student of F.Y.B.A. depicts the plight of a person suffering from bipolar disorder.</p>	<p>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?</p> 	<p>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</p> <p>Below: Field Trip to SETU</p> 
Below: Discussion Forum organized on 'Underachievers'		
		Upcoming Events MindKraft an Inter Higher Secondary event in December 2016.
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.	If you have any contributions or suggestions feel free to contact us at psychology@chowgules.ac.in

		
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Department of Psychology, Parvatibai Chowgule College, Margao –Goa		
'Underachievers- From Caterpillar To Butterfly' Discussion Form on: 27th August 2016	Mental Health By: Dr. Golda Vas	Talk by Dr. Wilbur on Contemporary Psychotherapies By: Yusra Sayed (T.Y.B.A.)
<p>The Department of Psychology organized the Annual discussion Forum on 27th August 2016. The topic for the same was 'Underachievers - From Caterpillar To Butterfly'. The speakers for the event were Dr. Nandakumar Sawant (Principal of Parvatibai Chowgule College), Dr. Belinda Mueller (Psychiatrist) and Mr. Radhakant Divkar (key accounts manager of Redbull India). They spoke from different perspectives.</p> <p>Contd. On pg 2</p>	<p>All over the world October is considered as the month dedicated to mental health. 10th October is observed as mental Health Day Mental health refers to our cognitive, and/or emotional wellbeing.it is all about how we think, feel and behave. Our mental health can affect our daily life, relationships and even our physical health. Mental health also includes the person's ability to enjoy life—to attain a balance between life activities and efforts to achieve psychological resilience.</p> <p>Contd. On pg 2</p>	 <p>The Department of Psychology organized a talk on 10th October 2016 on 'Contemporary Psychotherapies' by Dr. Wilbur Gonsalves, Asst. professor in the Department of Applied Psychology, Mumbai University.</p> <p>The talk began with an introduction to the concept of psychotherapy with focus on specific therapies such as REBT, EMDT, Gestalt therapy and Reality therapy. He provided insight on how to choose the right type of therapy as a clinical professional. He shared some tips on how to become good clinicians.</p> <p>Contd. On</p>
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Editorial

By Mrs. Sobita Kirtani
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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 solution to war?

Goa, which has all along been one of the safest lands in the nation, is hosting the BRICS summit. As a result, 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 significance of 10th October has faded.

10th October is celebrated as the world mental health day. Mental health professionals across the world try in their own little way to organize activities that would bring about awareness as also sensitize people 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 29th and 30th September 2016 by the Computer Science Department.

Mrs. Sobita Kirtani participated in the “Two day state level Train the Trainer Workshop on MOOCs – Design, development & Delivery” organized by IQAC on 13th & 14th October, 2016

Movies Screened

Following movies were screened for the students:
'A Beautiful Mind' on 20th August, 2016
'The Orphan' on 23rd August, 2016

Discussion Forum: 27th August 2016

**By: Yusra Sayed
TYBA**

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The program began with a wonderful performance by the T.Y.B.A students on the theme of the event. Mrs. Kavita Borkar addressed the gathering and highlighted the issue of underachievers. 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. Radhakant 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 emotional 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 academic aspect but on also the cultural 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.

Field Trip to SETHU.
By: Anushka Estibeiro
T.Y.B.A.

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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 multi-disciplinary 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 whenever required.

Talk on Contemporary Psychotherapies

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Dr. Wilbur Gonsalves was very enthusiastic and encouraged an interactive session.

The talk went on for about one and a half hour which indeed provided us with vast knowledge. It was well attended by the students of the department.

We truly thank the department for inviting Dr. Wilbur Gonsalves to introduce us to the world of psychotherapy.

Below: Field Visit to Kripa Foundation



Field Trip to Kripa Foundation.

By: Anushka Estibeiro
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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.