

New Faculty of the Department

Undergraduate Department of Psychology	Postgraduate Department of Psychology
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Mr. Aresh Naik is an alumnus of Dhempe College of Arts and Science. He has over 5 years of experience in the aptitude training industry and has trained over 1200 students for various entrance exams for post-graduate studies in India and abroad. After completing his MA in Psychology at St. Xavier's College, he worked for 2 years at Sangath, a premier research NGO based in Goa, where he coordinated a first-of-its-kind 8 year follow up



study on outcomes related to alcohol use/abuse in India. He has co-authored two international publications and is trained in Mindfulness based Active Listening for suicide prevention.

Ms. Aiswarya. M. Babu has joined as the coordinator for the PG course. She has Masters in Psychology from the Indian Institute of Psychology & Research, Bangalore. She has been a meritorious student. In the year 2012, she was a part of student exchange programme to Waseda University, Japan. She is trained in Life skills programme, Academic Writing, Research skills, and Reiki. She has conducted workshops on study skills & stress management in Bangalore & Mysore, conducted awareness programmes on suicide prevention and mental health awareness.



Celebrating decade of independence!
The department of psychology has been functioning under the department of philosophy since the inception of the college in 1962. In 2008 it finally emerged as an independent year with 3 units being offered to the Third Year students. Immediately in 2009 all 6 units were being offered by the department. Since then the department has grown in leaps and bounds. From 02 students (Third year) in 2008, the department boasts of 47 students in 2017. It is one of the biggest departments in college with a total strength of 140 students. In celebration of the completion of 10 years, the department will be hosting a party clubbed with installation of the alumni association in December 2017.

Psychology Forum 2017-18
The following students have been elected to constitute the psychology forum
Ms. Jenette Barbosa Noronha—President
Ms. Shruti Shetgaonkar - Vice President
Ms. Jumana Khan—Treasurer
Ms. Dashmi Phal Dessai - Secretary
Ms. Sonia Naik—Joint Secretary
Mr. Dhritiman Sharma—Joint Treasurer
Hearty congratulations to all.

Upcoming Events
Discussion Forum on Anger Management on 22nd August, 2017.

Editorial Board
Mrs Sobita Kirtani
Mrs. Kavita Borker

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**



Department of Psychology, Parvatibai Chowgule College, Margao –Goa

Workshop On Primary Data Collection

The department of psychology organized a Two Day Workshop on Primary Data Collection for the Third Year B.A. students of the college on 5th 12th and 19th August, 2017. Dr. Nandini Vaz was the chief guest for the inaugural. Dr. Vaz is a senior teacher in the Zoology Department with immense research work to her credit. She has won awards for her work in the field and is also on the editorial board of seven international journals. Dr. Vaz congratulated the department for conducting such a workshop for the students.
The workshop covered three
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Congratulations to Ms. Yusra Sayed and Ms. Michelle Pinto



Above, Ms. Yusra Sayed topped the College (85%) at the Third Year B.A. examination held by the Goa University. Below, Ms. Michelle Pinto who secured the second place (84%)

Career Talk by Uchita Raiturkar
By: Leann Mesquita S.Y.B.A




The Department of Psychology organized a Career Talk, on the 29th of July, 2017. The guest speaker invited to deliver the talk was Ms. Uchita Pai Raiturkar, a qualified Montessori Directress, practitioner and Special Educator, who serves as an advocate for better education and rights of children as well as adults with special needs. Mrs. Sobita Kirtani, in-charge of the department welcomed everyone and stated the motive of organizing a career talk, which is meant to be beneficial
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Editorial By Mrs. Sobita Kirtani svk004@chowgules.ac.in	MA in Child Psychology & Child Development	Obituary to Mrs. Sudha Joshi
<p>In 2015, Parvatibai Chowgule College attained autonomous status. 2017-18 will see the first batch passing out. Any change is not easy and a change of moving from an affiliated system to an autonomous one has been a massive one for the faculty. It has been an adventurous journey for the students trying to understand the whole new system. The first batch has withstood changes and uncertainties, undergone internships and gathered 180 hours of non-evaluative credits (06). This batch is surely strong and will surpass any hurdles in life. They have set an example for their juniors and are likely to emerge as leaders. With the volume of activities taking place on campus, students of Chowgule College have a host of experiences to gain from. Besides, emphasis of the college on research and analytical skills to be imparted to students has created enthusiastic bunch of students keen on research. The students of department of psychology alone will be presenting 05 papers at international conferences shortly. I wish success to the endeavours of the department and the students. And to our readers, a happy journey through the host of activities of the department!</p>	<p>The Department of Psychology began Mater's Program in Child Psychology & Child Development in July 2016. This program in psychology is driven by its core objective to equip the students with in-depth knowledge and expertise. The syllabi have been specially designed to bridge the gap between education and industry. With major emphasis on skill based courses, the M.A. Program intends to train and equip counsellors who are capable of dealing with any situation pertaining to children. The 80 credits course emphasizes on experiential learning with focus on research, case study method and internship. The course comprises of IV semesters with mix of core and elective papers with a blend of theory and practicals. To gain skills and practical knowledge, the student will be exposed to various field trips, institutions working in the area of Child Development and will have experiential learning through various case studies.</p> <p>Career Prospects</p> <p>This course will help students gain employment as school counselors, work in NGOs, set up own clinic, work in remand homes, counselling centers and child guidance clinics.</p>	<p>On 5th July, Mrs. Sudha Joshi former teacher of economics at the Higher Secondary School of Parvatibai Chowgule College passed away after suffering from a prolonged illness. Mrs. Joshi had joined the institute in 1990 and was a very popular teacher of economics. In 2010 she resigned from the job and moved to Bangalore where she worked for a while. Her interest in Psychology drew her closer to the field and she pursued the same as a career, until she could no more as a result of her illness. Her death is mourned by all her students and colleagues. May her soul rest in peace.</p> <p>Need Based Modules</p> <p>The PG Dept of Psychology conducts Need Based Modules (NBM) for students. These are specially designed to empower students in various areas as per their expressed need. The modules have practical oriented activities and some theory. The department has been conducting NBMs on self-confidence, anger management and parapsychology. It is open to anyone, from any stream. It is spread over a two week period with 4 classes of one hour each. The cost of one NBM is Rs 500/ per participant. Classes are held at the college itself. On successful completion the participant is awarded a certificate. Interested students can contact Ms. Rochelle Pereira, in-charge of NBM.</p>

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Fresher's Party By Ms. Roma Prabhudesai T.Y.B.A.	Workshop Contd. From pg 1	Career Talk by Uchita Raiturkar Contd. From pg 1
<p>On the 1st of July, the department of psychology organised a fresher's party for its fresh batch of first year students. The party was attended by the department's head, along with the other members of the faculty. It comprised of fun ,cultural programs - dances, songs and skits that was put together by the students of the tired year and second year. Later, the freshers played a lot of games, including the very fun 'pictionary' which found the teachers joining in too. After all the laughs there was a pinning ceremony where the third years and second years pinned the departmental logos on the first years, followed by snacks and drinks. The PG department too hosted a fresher's party for part I students on 14th July, 2017.</p>	<p>methods of primary data collection namely, questionnaire, interview and focus-group techniques. The session on questionnaire method was engaged by Mrs. Sobita Kirtani and the Interview method was conducted by Mr. Aresh Naik, both being faculty of the department of psychology. The Focus-group technique was engaged by Ms. Urvita Bhatia. Ms. Bhatia is currently working in Sangath Centre. 17 students attended the workshop and acquired skills that will benefit them in the research projects that they undertake. Response of the students has been very encouraging. The department wishes all the students for success in the field.</p>	<p>for the students in choosing and moving on towards a particular career. Ms. Leann Mesquita, a second year student of the department introduced the guest speaker to the audience. Ms. Uchita Raiturkar, in her speech, mentioned her journey towards her career, including the positives, difficulties and challenges she faced and most importantly her experiences as a student volunteer. She advised the students to actively volunteer in various social groups and NGOs to gain hands-on experience. She shared her own experiences while volunteering in institutes such as the Indian Montessori Centre in Bangalore, Sri Lanka Volunteers (SLV) in Colombo, Sri Lanka, Bubbles Centre for Autism in Bangalore and SE-THU in Panaji. She made an appeal to the students to take the field of psychology seriously and to carve a career for oneself by trying to explore and understand the area that one is passionate about. The talk ended with, Ms. Jenifa, third year student of the department, proposing the vote of thanks to Ms. Raiturkar. The department was glad to have such a renowned and experienced personality and definitely intends to conduct such activities whenever possible.</p>
		
<p>Ms. Urvita Bhatia conducting FGD session with students.</p>		