

Department of Psychology, Parvatibai Chowgule College, Margao –Goa

Students' paper presentation at International Conference
By: Barbara DaSilva

The Students of second year and third year Bachelors of Arts, from the Department of Psychology participated in the 4th International Conference on Stress Management, held on the 4th & 5th of November at Hotel Mandovi, Panaji, Goa.

Under the Guidance of the faculty of the department, five papers were presented at the conference. The following were the research papers presented at the conference.:

1) A Study Of The Popular Stress Management Techniques Used Among Teachers In Goa

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Congratulations !!



Above, Ms. Yusra Sayed of Parvatibai Chowgule College secured 8th rank at the Third Year B.A. examination held by the Goa University. Below, Ms. Lareina D'Souza from St. Xavier's College who secured the 7th rank. Presently both our pursuing Masters in Child Psychology and Child Development at the PG Dept. of Psychology at Parvatibai Chowgule College, Autonomous.



Discussion Forum on Anger Management
By: Krishen Cota (T.Y.B.A.)

Every year, the psychology department of Parvatibai Chowgule College of Arts and Science, organizes a discussion forum on specific themes. The topic of discussion for this year was 'Anger Management'. People who have difficulties in managing anger, are more likely to have disturbed relationships with others and in the extreme cases can land in trouble with law. Knowing how to manage anger and its importance to do so was the focus of this discussion forum.

The Discussion Forum was held on the 22nd of August 2017. Various institutions attended the event. The session commenced with a cultural program – a song and a dance performed by the students of the Second and Third Year. Mrs. Kavita Borker, Head of the Department of Psychology then welcomed the gathering. For the program, 3 inspirational speakers were invited to share their professional opinion and views- Adv. Kautuk Raikar,

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Editorial
By Mrs. Sobita Kirtani
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The Department of Psychology has been in existence since 2008. This is the 10th academic year. I have been lucky to have an association of eight long years.

The teething period is over. The department is now taking great strides ahead — from cent per cent results to student centric activities; from paper presentations and publications by students to collaborative research; from establishing a post graduate department to starting need based modules, from extension activities to MOUs; from one man department to an army of seven; from affiliation to autonomy ...

Autonomy has indeed empowered the department to cut out courses that are futuristic in nature. Courses like positive psychology and gerontology have strong application. The requirement for internship exposes students to the culture of work life. The post graduate course in Child Psychology and Child Development is designed to make students employable. The emphasis then is on providing a new generation of value added, employable youth.

Year 2018 is a defining year for the department. Besides completion of 10 years, the department will have the first batch of students graduating under autonomy as also the first batch of post graduates.

As 2018 approaches, the department is getting ready for new challenges and opportunities. On this note, I wish the readers Happy reading and a Happy New Year!

State level Workshop on Connecting through Creative Therapies

By: Amreen Lakdawala
Part I MA in Child Psychology & Child Development



Nirmala Education Institute recently hosted a fascinating and thought provoking workshop. By the end of which, we had managed to be more aware of our actions and connect with self and others via three modules. The people gathered for the workshop came from versatile backgrounds. The guest speaker shared a few stories to outline what should be expected from his workshop. He made it very clear that none of the techniques displayed to us today ought to replace the conventional therapies. These techniques should only be used to better enable people to understand themselves in a non-traditional way.

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MOU with Manovikas English Medium School




A Memorandum of Understanding (MOU) was signed between Manovikas English Medium School, Sonsodo, Margao and Parvatibai Chowgule College of Arts & Science in the month of December, 2017.

This MOU is established with the aim of looking out for a long-term collaboration in the areas of education, training and research between the two institutions. The department of psychology is delighted with this collaboration and is looking forward for its fruitful outcomes.

Below: Faculty of Psychology Dept along with Speakers of the Discussion Forum on Anger Management



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| Psychozest Champions—a legacy By: Aresh Naik ann004@chowgules.ac.in | | Discussion Forum Contd. From pg 1 | Students' paper presentation contd. From pg 1 |
| <p>Under graduate students of the department participated in and won the Overall Championship Trophy for Psychozest-2017, organized by the Department of Psychology of MES College of Arts and Commerce, Zuarinagar. The team comprised of Dashmi Phal Desai, Simran Sheikh, Krutika Pagi, Farheen Sha, Krishen Cotta, Mariah Dias, Priyanka Fernandes, Vaibhavi Naik, Dhritiman Sarma and Finoshka Rodrigues. The team was guided and accompanied by Asst. Prof. Aresh Naik. The students won the following prizes for individual events: First place for Panel Discussion, Street Play and Tattoo Art; Second place for Quiz. It is quite an achievement that over the past few years students of Chowgule College have been winning the title of champions of Psychozest bringing home the trophy year after year. Kudos to the Department!</p> | | <p>Dr. Belinda Mueller and Dr. Venkatesh Hegde. Each speaker brought their own perspectives to Anger Management. Adv. Raikar highlighted the legal consequences that might follow if anger isn't managed well. He stated that we don't get angry but decide to be angry and so it is very much an emotion that can be managed. Dr. Hegde approached the topic from a spiritual standpoint, suggesting ways to overcome anger. Being a psychiatrist, Dr. Mueller discussed the biological and cognitive aspects of anger management. She discussed a couple of cases to highlight the same. After the speakers expressed their views, the forum had a question-answer session with the audience. The discussion forum concluded with the vote of thanks proposed by Ms. Sobita Kirtani.</p> | <p>Author's: Ms. Priyanka Fernandes (SYBA), Ms. Dashmi Phal Desai (SYBA) & Dr. Golda Vas (Asst. Prof.). 1) Influence Of Recreational Sports As A Coping Mechanism For Stress On Corporate Workers. Author's: Samiksha Auraiya (TYBA), Sarah Souza (TYBA), Sherry Fernandes (TYBA) & Dr. Golda Vas (Asst. Prof.). 2) Cultural Variations in Stress Among the Executive Strata: A Comparative Study. Authors: Ms. Krishen Cotta (TYBA), Ms. Mariah Dias (TYBA) and Ms. Barbara Da Silva (Asst Professor). 3) An Association between Stress, Lack of Sleep and Performance at an Organizational level. Authors: Ms. Roma Prabhudessai (TYBA), Ms. Jumana Khan (TYBA), Ms. Eshani Bakhle (TYBA) and Ms. Barbara Da Silva (Asst Professor). 4) Strategies and Interventions to reduce stress due to overstimulation at the workplace: A literature review. Authors: Ms. Leann Mesquita (SYBA), Ms. Chrysanne Dias (SYBA) and Mr. Aresh Naik (Asst. Prof.). Ms. Krishen Cotta and Ms. Mariah Dias were appreciated by the panel of judges for systematically reviewing literature at an undergraduate level. It is admirable that the students participated in the conference in the midst of their examination.</p> |
| <p>Below: The winning team along with faculty</p> | |  | |

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| State level Workshop titled Connecting through Creative Therapies Contd. From pg 2 | | New Faculty in the Department | |
| <p>The first module that was introduced was Art Therapy by Ramond Pierrara. Mr. Pierrara gave each one of us a clay or a piece of paper and asked us to use it creatively. He pointed out that everything we made does not need an interpretation. The purpose of this exercise was just to go back to school and do what "our 5 year old self" would have done with the paper or clay. Art is a medium of expression of our inner most feelings. Sometimes, unconsciously we draw or write stories that have in some way touched our soul. These drawings and the story behind them whether it is happy or sad is a gateway to knowing something very vulnerable, and personal to us. The second module was Dance Therapy by Clizma _____. Along with her friend and wonderful music she set the mood for a very refreshing session. She was energetic and passionate about her session that radiated through her to us. Dance here was used as a tool to explore our inhibitions. The dance was non-instructional, non-judgmental. The session was liberating and very joyful. All participants were mindful about their movements. The third session was on Music Therapy by Mr. Naicee. He shared his experience of healing with music. He was of the opinion that music could heal all physical and spiritual ailments. We were given an instrument that resembled a tabla. He taught us to play 5 tunes based on the 5 elements in nature: air, water, fire, earth and space. At one point the hall hummed the tune that all played in unity. We connected in harmony to the tune and 240 hands moved at the same time to the same beat. The different therapies gave us a unique path to connect with our roots and awaken the child within us. After a day of art, music and dance I think I can finally conclude that we all did connect via creative therapies. We walked out with smiles on our faces and new friends.</p> | | <p>The Department welcomes two new faculty members Ms. Hyacintha Monteiro - an alumnus of Chowgule College, has attained post graduate degree in Wellness Psychology. Hyacintha has the qualities of hard work and determination.</p>  | |
| | | <p>Ms. Desiree Almeida—an alumnus of Carmel College has attained post graduate degree in Counselling Psychology. She has the qualities of patience and perseverance.</p>  | |
| | | <p>Upcoming Events: The Undergraduate and Postgraduate students of Psychology would be attending/presenting papers at the International training conference in Brief Psychotherapies held at Calicut, India from 21st December to 23rd December. Mind Kraft on 13th January, 2018 Installation of Alumni Association 10th February, 2018</p> | |
| Editorial Board Mrs Sobita Kirtani | | <p>Disclaimer: The opinions and news appearing herein are those of the Editor and not of the Principal.</p> | |
| | | <p>If you have any contributions or suggestions feel free to contact us at svk004@chowgules.ac.in</p> | |