



**CHAMPIONS!!**

UG students participated in and won the Overall Championship Trophy for Psychorocks 2018, organized by the Department of Psychology of PES RNS College of Arts and Science, Ponda-Goa. The team comprised of Dashmi Phal Desai, Krishen Cotta, Finoshka Rodrigues, Joyston Costa, Swizel Costa, Simran Rodrigues, Rosebel Fernandes, Ralph Da Silva, Jenel Fernandes, and Naomi Barretto .



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**FAREWELL MA’AM KAVITA**



Mrs. Kavita Borkar, the Head of Department retired from active service after a career spanning 29 years. The department organised a farewell function for her on the 8th of February, which was attended by her well wishers, friends, past and present colleagues, and alumni. A small cultural program put up by the current students of the department. Principal of our College, Dr. Nandakumar Sawant, and Principal of Goa College of Home Science, Dr. Mahesh Pai shared their thoughts about Mrs. Borkar with the gathering. Former Principal of Chowgule College Prof. Vinayak Shirgurkar sent in his thoughts which were read out to the gathering by Sobita Kirtani along with an informal discussion led by her, the alumni of the department reminisced about their interactions with Ma’am The program ended with an interview of Ma’am conducted by Aresh Naik.

**MINDKRAFT**

The Department of Psychology in collaboration with the Career and Personal Counselling Centre conducted their annual one-day psychology event, ‘**Mind Kraft**’ on **13<sup>th</sup> January, 2018**. This one-day event was lined up with a number of interesting competitions such as Teach-a-class, Dress to impress, and Stand-up Psychology. In keeping with the World Mental Health day for 2017, as outlined by the World Health Organization, the theme for this year’s event was ‘**Unity In Diversity- Mental Health At The Workplace**’. A total of 7 teams participated for the event. The overall winner was the team representing M.E.S college of arts and Commerce, Zuarinagar, Goa.



**Editorial**  
 By Mr. Aresh Naik  
 ann004@chowgules.ac.in

Hello readers. The last few months have been hectic here at the department. The students (especially the TYs) have been busy with a host of activities; from their project/CA submissions to their participation in (and winning of) intercollegiate festivals, to visits to local institutions, and even participation in national -level workshops and seminars. Read all about it in this issue. But what I want to focus upon is the culmination of a glorious journey for the department's leading lady; Mrs. Kavita Borkar. She retired as the Head of Department of Psychology on the 8th of February, 2018 after 29 years of service leaving behind a legacy for all of us to emulate. I personally, didn't get a chance to see Ma'am in action and I will forever count it as a loss for me. If the stories that my colleagues keep sharing with me are any indication, then surely, seeing her at the helm of affairs, marshalling the troops in position would've been a fantastic learning experience. When she had joined the college the psychology department didn't exist. And today, it boasts of a PG department and 7 faculty to cater to 130+ students. So Ma'am, here's wishing you all the very best for the next leg of your journey. It is a privilege to be entrusted with the department that you have nurtured over your professional career and we hope to be able to do justice to it. This edition of the newsletter is dedicated to you, Ma'am.

**Report on Kerala Conference**  
 By: Joyson Dsouza  
**MA Part1- Child Psychology & Child Development.**

In collaboration with other organizations, the Association for Solution Focused Practices India (ASFP-I) organized an International Training Conference in Brief Psychotherapies. The theme for the conference was Time Effective Psychosocial Interventions in Mental Health. It was held from the 21-23 December 2017 at Institute of Mental Health and Neurosciences (IMHANS), Kozhikode, Kerala. Delegates from ten different countries and all over India were present. **Contd. On pg 3**



**Paper publications:**

Ms. Barbara Da Silva, Ms, Roma Prabhudessai, Ms. Eshani bakhel and Ms. Jumana Khan (2018) “ An Association between Stress, Lack of Sleep and Performance at an Organizational Level: A Critical Review”, Published in Stress Management Professional An International Journal, Volume 6, No.1, January to June 2018.  
 Samiksha Suraiya, Sarah Souza, Shrely Fernandes & Dr. Golda Vas “influence of recreational sports as a coping mechanism for stress on corporate workers”

**Workshop on ‘Solution Focused Practices’**  
 By Aishwarya Babu



The Department of Psychology in association with Academy of Solution Focused Approaches and Research, India (ASFAR) organized a two day workshop on ‘Solution Focused Practices’ on 10<sup>th</sup> & 11<sup>th</sup> March, 2018 at Parvatibai Chowgule College of Arts & Science, Autonomous. The resource person for the workshop was Dr. Jaseem Korrakot, from Calicut. He is currently working as a clinical psychologist and is a trained solution focused practitioner. The workshop was attended by students, counselors and other trained professionals. **Contd. On pg 3**

### M.A. Department of Child Psychology Farewell.

On the 7th of March 2018 the Part I students of M.A Child Psychology and Child Development organized a party for their seniors to bid them farewell as they fly beautifully towards their journey of life. The theme for the party was 'Retro'. The students welcomed their seniors by greeting them with happy smiles and party hats.

After a brief introduction, each senior was asked to share few thoughts about their journey in this course. The course coordinator Ms. Aiswarya Babu expressed few thoughts and wished them luck for their future endeavours.



### Workshop on 'Solution Focused Practices'

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The workshop focused and highlighted on the practical aspects of using this approach in dealing with clients and the key objective to empower the client. One of the key highlight in this approach was the unique and effective questioning style and way of eliciting the client to respond and use their strengths and resources to deal with problems. The workshop included many case discussions, role-plays and activities which indeed got the participants involved. Overall, the two day workshop gave new insights and provided the participants with useful approaches to inculcate in the therapeutic settings. The participants got an enriching and fruitful experience through this workshop.

### Project topics of the TY undergraduate students

- 'A study to explore similarity among twins across various dimensions'
- 'A study of home environment and self esteem of early adolescents'
- 'A study of quality of sleep as a function of nightmares in adolescents'
- 'Effects of mental health on job satisfaction of school teachers'
- 'A study of the relationship between sibling comparison and adjustment neuroticism dimension of personality.'
- Parenting styles and their impact on social maturity of school students.
- A study of friendship across gender in adolescents.

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. There were five keynote speakers:-**DrArnoudHuibers** who spoke on *Essentials of the Solution Focused approach- Time Effective Interventions*; **Dr Frances Huber** who spoke on *Mindfulness in Solution Focused Brief Therapy: Every Moment is Precious*; **Dr Ben Furman** who spoke on *Hope, Collaboration and creativity- Cornerstones of Success in coaching Children and Teens to Overcome Difficulties*; **Dr Michael Durrant** who spoke on *The strengths Approach..... Resilience.....Positive Psychology.....Isn't Solution Focused Just a Version of these?* and **Dr Elliot Connie** who spoke on *Using Solution Focused Brief Therapy to Live Beyond Trauma*. Besides, there were various workshops being held simultaneously at various halls. The participants could opt for any workshop according to their interest. Some scholarly researched papers were selected and presented based on the theme and its sub-topics. It was an exposure to learning new time effective brief therapies and also expanding the horizon of experiential learning and knowledge. The Postgraduate and Undergraduate students presented papers in the conference and few papers got published. Such opportunities definitely boost the students and give opportunity to get new perspectives which indeed enhance learning. The students and faculty from the MA department presented 3 papers and the UG students presented 4 papers at the conference.

### A Visit to the Old Age home By Ms. Desiree Almeida

The SY and TY students of the gerontology course visited 'Cluny home for the aged' situated at Nagao, Verna, Goa. The students were accompanied by Ms. Desiree Almeida and Ms. Hyacinta Monteiro on the 9th of February 2018.

Gerontology- the study of aging process which involves the social, psychological and biological variations in advancing old age. The main objective of the trip included interacting and observing the psychosocial and economic factors related to ageing such as changes in personal relationships, change in lifestyle, life after retirement, living arrangements, living in institutions, special losses in their lives and highlighted important moments of their life. The students presented a cultural programme wherein they sang actions songs, danced with the inmates and they also sang the traditions 'mando' songs. They enacted a humorous skit and also played games which helped the students bond with the inmates.

Then students then interacted with the inmates, where the inmates shared about their life, experiences, pitfalls, achievements and so forth.

The students had an enriching experience where they were able to relate and understand the challenges of aging.



**Editorial Board**  
Mr. Aresh Naik  
Ms. Hyacinta Monteiro

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### Project AMBIT at Chowgules

Sangath has recently embarked on a project called AMBIT (Alcohol use disorders- Mobile based Brief Intervention Treatment) that aims to increase access to care for risky drinking by developing a Brief Intervention that can be delivered through mobile phones. Young people with drinking problems avoid accessing help because of lack of awareness of about their drinking and stigma associated with help seeking. These barriers to access can be reduced by delivering the intervention using mobile-based technology, thus assuring adequate care through a platform that is easily accessible and assures the young person of the desired anonymity. The Medical Research Council, UK has funded this project and the formative work on the project began in January 2018.

As part of this study, Chowgule college has been identified as one of the study sites to collect primary data in the form of in-depth interviews and discussions with the students. This data (along with data from other study sites) will help the team develop the intervention which will then be pilot tested for further refinement. The Sangath team is at the college campus from the 13th to the 16th of March, 2018 for the first phase of data collection.

### Project topics of the TY undergraduate students- Contd from pg 3

- A comparative study of stress and coping habits among housewives and married employed women.

### Upcoming Events:

- TY farewell scheduled for 28th March
- Admissions open for the masters course in child psychology & child development.

If you have any contributions or suggestions feel free to **contact us at** [ann004@chowgules.ac.in](mailto:ann004@chowgules.ac.in)