



Editorial
By Mrs. Sobita Kirtani

Dear Reader,
This newsletter gets released in the month in which World Mental Health Day is celebrated. The World Health Organization (WHO) declares a theme for World Mental Health Day every year along which various activities are conducted across the globe. This year's theme is Young People and mental health in a changing world. This theme recognizes the rapid changes that are taking place across the world. Changes in technology, lifestyle, law, economy and society at large. While at every age people need to adapt to the changes, the thrust lies on the youth. Young people are at the centre of the challenges that are a result of these changes. It is alarming to see youth succumb to demands of life - depression being the most common mental disorder. At this point then it becomes important for us to stop and think of ways in which we can provide a protective net to the youngsters. Chowgule College ensures this through the mentoring program. So my appeal to students is to make the most of it.

Talk on 'Handling Abusive Relationships' By Dr. Ravindra Agrawal.
—By Ramya Warriar

The Department of Psychology of Parvatibai Chowgule College of Arts and Science (Autonomous), organised a talk on the topic of 'Handling Abusive Relationships' on 31 July 2018 at the upper auditorium of the college. In accordance with the topic of the WHO for the year 2018 i.e. 'Youth and Mental Health', this talk was organised to increase awareness, empower and sensitise the youth towards this very much relevant topic in today's milieu. Goa's renowned psychiatrist Dr. Ravindra Agrawal was the guest speaker.

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Discussion Forum on 'Tolerance to Intolerance: A Psychosocial Disease.' held on the 24th of August, 2018.
By Neha Pai Dukle

On Friday, 24th August 2018, a discussion forum was held by the department of Psychology, Parvatibai Chowgule College of Arts and Science for students of various higher secondary and colleges. The topic of discussion was in accordance with WHO's theme of the year 2018 "youth and mental health", "Tolerance to Intolerance- a psychosocial disease". The three guest speakers were Dr. Mukul Raiturkar, Prabhakar Timble and dr. Aldina Braganza. Mrs Sobita Kirtani, Department In charge of Psychology introduced the topic to the audience briefly. Each of the three guests was presented with flowers made by students of the college.

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Talk on 'Handling Abusive Relationships' By Dr. Ravindra Agrawal.
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Dr. Agrawal began the talk by throwing light upon what are abusive relationships and where all do they exist. He focused his talk mainly on the abusive relationships between marital couples, where usually the wife becomes the victim of abuse and the husband becomes the abuser. He further centred his talk to only **emotional abuse** that is quite common in marital relationships, and is not seen, but leaves an even deeper imprint on our mental and emotional well-being. He discussed the various causes of abuse. Dr. Agrawal concluded his talk by showing the audience a clip from a movie that shows how a woman breaks free from her abusive relationship with her husband. He then answered few questions raised by the students and appreciated their enthusiasm and interest. The audience left the auditorium feeling utterly enlightened and empowered to face the world and the people out there...

"It's better to break your own heart by leaving, rather than having that person break your heart and will every day you're with them..."
-Hans Thatcher

Discussion Forum on 'Tolerance to Intolerance: A Psychosocial Disease.' held on the 24th of August, 2018.
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This was followed by the first speaker, Dr. Mukul raiturkar, a consultant peditrition who is also well versed in neuropsychology. He spoke about how institutions aim at training the youth of today and not on educating them, the latter of which is more crucial. He also mentioned how, why and where the individual starts following and becoming cults as well as how to avoid it. He also spoke about the protean self and the fundamentalist self. Dr. Raiturkar explained to his audience, mostly youngsters, the BITE model as well as ways to gain control on one's mind with the aim of enlightening them and making sure they don't come under influence of cults themselves and be responsible enough to protect their fellow friends and themselves from doing the same. While this was a very scientific approach to the topic, Prabhakar Timble, the second speaker gave a social perspective to the topic. He said that intolerance is good too, but only if it is towards regressive values. He also said this phrase "education has failed to educate the educated". "Intolerance is not hard to erase but tolerance is a hard path" he concluded. The third speaker of the event added yet another perspective to the topic of discussion- this time psychological. The Head of Department of Carmel College, Department of Psychology, Dr Aldina Braganza gave a speech that reached out to the hearts of all the young students present there. She spoke about how we are subconsciously tolerant to the intolerance not only around us but also towards us. She spoke about women empowerment and how everyone should contribute to it. She concluded by saying, and I quote "feeling of worth can flourish in an atmosphere where the individuals with differences are appreciated, mistakes are tolerated, communication is open and rules are flexible." and as such ended her speech. The forum was then declared open for discussion. It was an active discussion. Topics like feminism, religion, medical psychopathology were discussed. But as they say, a curious mind will always try harder to find answers, and mostly the right ones. The event was a success .



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<p>Student participation for the Craft Workshop for children with life limiting conditions .</p> <p>Students of Interpersonal relations course from the department of Psychology participated in the craft workshop organized by Children's Palliative care Centre-Goa for children with life limiting conditions in collaboration with Department of Psychology of Parvatibai Chowgule of Arts and Science, Autonomous , on 28th of July, 2018 at the Chirtakala Studio, Goa state central library, Patto-Panjim. The students added that it was an enriching experience with practical implications.</p>	<p>Faculty and student Participation in workshop</p> <p>Ms. Aiswarya M. Babu along with part II students of MA Child Psychology participated in a two day workshop on 'Narrative Practices' held on 24th & 25th August, 2018 at Instituto Nossa Senhora De Picadade, Panjim-Goa. It was organized by Ummed Child Development Centre -Mumbai in collaboration with Sethu Child Development Centre-Goa.</p>	<p>'The Swedish Experience'</p> <p>By Aresh Naik</p> <p>The exchange program to Sweden was a wonderful experience. For quite a while till I was actually there, I couldn't believe that I was going to one of the countries that had been on my travel list. I've had some affinity for northern European and the Scandinavian countries for some time now but had never thought that I would get a chance to visit there any time soon. But there I was on Swedish soil, before I knew it.</p> <p>There are a number of things that strike you when you travel from India to a country like Sweden, and I don't refer to the obvious development that you would expect there (for e.g. world-class public transportation system). No; I am talking about the other, more subtle differences that you may not even notice.</p> <p>First is the absence of people/crowds. There are so few people in Sweden that it stands out significantly. To put it in perspective, the population of Sweden is less than that of Bangalore! At the airport, I distinctly remember thinking, 'Where has everyone gone?' It seemed as if there was a widely successful 'bandh' in the country, which is why hardly anyone had turned up for work that day.</p>
	<p>Faculty Participation</p> <p>Ms. Aiswarya M. Babu attended a seminar on 'Domestic Violence and Mental Health' on 26th September, 2018 at Carmel college.</p>	<p>Continued on page 4</p>
<p>Faculty Publication</p> <p>Mrs. Sobita Kirtani Published a paper titled " Impact of membership to groups on subjective well-being and spiritual intelligence in elderly" Co-authored By Dr. Vijayalaxmi Aminabhavi in Indian Journal of Gerontology , Vol. 32, No.3, July, 2018.</p>	<p>Trek By the Psychology Forum on 12th August, 2018</p> <p>The students Forum of the department of psychology organised a trek to Savri waterfalls in Netravalli on 12th August, 2018. Forty Students of the department were accompanied by Mrs. Sobita Kirtani, Department In-Charge.</p>	

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<p>Ms. Ramya Warriier Winner of the Debate Competition organized by D.B. Bandodkar Festival of Arts and Awareness 2018. -By Ramya Warriier</p> <p>Mashel Kala Premee of Marcel in association with the Department of English, Government College of Arts, Science, and Commerce, Khandola, Marcel, organised the 9th - All Goa Inter- Collegiate Debate as a part of the 9th D.B. Bandodkar Festival of Arts and Awareness 2018, on Tuesday, 25th September 2018 at Shree Shantadurga Verlekarin Sabhagraha, Chimulwada- Marcel. This debate was organised as an effort towards promoting arts and public speaking among the youth. The debate was open to all the colleges of Goa. The topic for the debate was "Should Tolerance Be A Societal Virtue- A Boon or A Bane?" Ramya Warriier from the psychology department of Parvatibai Chowgule College of Arts and Sciences, won the 1st place as the Best Speaker for the competition. She also won the consolation prize for the best team.</p>	<p>Newly Elected Psychology Forum Members for the academic year 2018-2019.</p> <p>The department of Psychology has a bunch of new enthusiastic forum members. The following are the new members: from the FYBA we have Raida Khan: Joint secretary and Ravi Almeida: Joint Treasurer, SYBA we have: Dhritiman Sarma: Vice President and Lyanne Fernandes: Secretary, and TYBA we have Shruti Shetgaonkar: Prsident and Dashmi Phal Desai: Treasurer. We wish them all good luck for smooth functioning of the department.</p>	
<p>Upcoming Events</p> <p>MindKraft an intercollegiate event will be organized by the department of psychology under the guidance of department in-Charge Mrs. Sobita Kirtani.</p>	<p>'The Swedish Experience' - By Aresh Naik</p> <p>Continued from page 1</p> <p>The next thing I remember is the silence or the lack of noise all around. It's not pin drop silence, but it's considerably less than what we are used to back home. The Swedes are a quiet people overall; conversations are muted, car honks are rarely (and I mean rarely!) used, and there are no loudspeakers blaring music late into the night. On certain occasions, I could even hear the ticking of the clock during the day. Try listening to that here without having to soundproof your room.</p> <p>And thirdly, Swedes walk fast. Pretty fast! Whenever the group had to walk for a while, the Indian students (yours truly included) would lag behind our Swedish hosts. Our hosts would then patiently wait for us to catch up and the cycle would begin anew. The walking speed of the Swedes could perhaps be explained by the relatively cool climate all year around. You are able to walk a lot quicker without breaking into a sweat at all; something that we can't (atleast I can't) manage to do here anytime of the year.</p> <p>All in all, it was a memorable visit. We were in Stockholm for the entirety of our stay there. I'm sure that Sweden's other districts have a lot more to offer; reason enough to go there a second and a third time.</p>	
<p>Editorial Board</p> <p>Ms. Barbara Da Silva Dr. Golda Vas Ms. Aiswarya M. Babu Mrs. Sobita Kirtani</p>	<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 psychology@chowgules.ac.in</p>