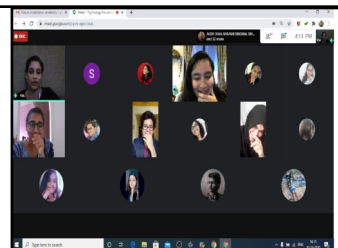
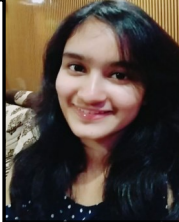
		
VOL XII	15th October 2020	ISSUE 1
Department of Psychology, Parvatibai Chowgule College, Margao –Goa		
<b>Inauguration of the Psychology Forum.</b> <b>By Ms. Subhiksha Mahalaxmi (M.A)</b>	<b>Welcome Freshers! A Report</b> <b>By Mr. Ryle Faustino Souto &amp; Ms. Malaika Alphonsus (SYBA-Psychology)</b>	
<p>The Department held the annual elections for the appointment of the new office bearers of the Psychology Forum on the 5th of October 2020 via google forms. A formal inaugural function was organized by the faculty and the newly elected office bearers were introduced . The outgoing President Mr. Dhritiman Sharma addressed the gathering and shared his experience. The outgoing Vice President threw light on the activities undertaken by the forum. Owing to the current conditions, a personal event couldn't be organized and hence it was not possible to have the pinning ceremony, however, this was made up by the outgoing office bearers sharing their experiences and introduced the newly elected members. The following are the newly elected members: President: Ms. Ramya Warriar, Treasurer: Ms. Rucha Kare, Secretary: Ms. Neha Pareek, Vice President: Ms. Sabrin Shaikh, Jt. Treasurer: Ms. Anika Haldankar, Jt. Secretary: Ms. Tavanya Coutinho, PG Representative: Ms. Subhiksha Mahalaxmi</p>	<p>The Department organized a Fresher's Party on 26<sup>th</sup> September 2020 at 4:30pm over Google Meet. The theme for this year's fresher's party was 'The Face Reveal Party' and was hosted by Ms. Malaika Alphonsus, Mr. Ryle Souto and Ms. Azelia Fernandes. The event began with an introduction from the hosts followed by a fun interaction with the teachers after which the face reveals began. Post the first half of face reveals, a beautiful and touching poem was presented by Ms. Kalpana Vashist who is also the writer of the poem. The second half of face reveals were a little different, two students were called out and a prompt was given out their prompts the audience had to guess who was who. Following this face reveal portion, the third year students showcased a very real and funny depiction of what the college is like, explaining places such as the library, the canteen and even the college gate. Post that another game was hosted by Ms. Sabrin Siddique. As a surprise, graduating students of 2020 also made an appearance to give their well wishes to the juniors. Finally, Ms. Azelia Fernandes proceeded to reveal all the faces behind the Fresher's party through prompts created with the help of the same questionnaire. It was an extremely interactive and lively fresher's party.</p>	
<b>Inside:</b> <u>Page 2:</u> Editorial, teacher's day article, something, Sometime, Someone <u>Page 3:</u> Poem by Ms. Talhaa Sadekar, The new president of the forum <u>Page 4:</u> Art by Ms. Sonam Panandika, report on farewell, some pictures	<b>Left: A Picture of the online Inaugural function of the Psychology Forum</b>	

VOL XII	PAGE 2	ISSUE 1
<b>Editorial</b> <b>By Dr. Golda Vas</b> <b>gtv002@chowgules.ac.in</b>	<b>Teacher's Day</b> <b>By Dr. Sobita Kirtani</b> <b>svk004@chowgules.ac.in</b>	
<p>World Mental Health Day celebrated on the 10<sup>th</sup> of October, this year, is shrouded with the outbreak of COVID-19 that has put the mental health of every individual at risk. With every passing day, watching, reading and listening to the news of more and more people getting infected and reports on the increasing number of deaths, causes considerable amount of fear and anxiety. This can be extremely overwhelming and can take a toll on one's mental health. Coping and helping others through this difficult time will not only make you, but also the people you care about, and your community stronger and more resilient. The last few months have been extremely difficult for every individual. That includes health care workers, teachers, students, business owners and the most effected sector of the society; the people living below the poverty line. The pandemic has dramatically changed our lives and therefore it is in times like these that the need for mental health intervention is of utmost importance. Perhaps, this is the reason why the goal of the World Mental Health day campaign this year is increased investment in mental health.</p>	<p>5<sup>th</sup> September, 2020..  I woke up thinking of all my teachers, wishing them in my thoughts and saying a silent prayer. Being a teacher myself, I have valued the profession all the more. Nevertheless, in this era of forward messaging, I almost don't download images and don't care to read forwards. Frankly, I feel cheated. Maybe I am wrong. Personally, I have never felt short of words to express my love and gratitude toward my teachers. So, when it's not from within, I don't appreciate it much. But that day was different. We received an invite from our students and when I joined the google meet, I was pleasantly surprised... actually touched. Our students found words, pictures, poetry, dance, music and cards to express their love for us. After such a long time, I felt treasured. I had goosebumps as I heard Talha recite her creation for us. All of sudden the entire department came to life. There were 4 batches of students – from first year to third year and the outgoing Third Years as challenging times had kept them lingering around us for a little longer period. Till then I was skeptical of whether a virtual event would really get us connected to bid farewell to our TYs or extend welcome to our Freshers. But the Teachers Day event organized by our ever-enthusiastic students just nailed it. Thank you, guys, for all the love you have given us in these testing times.</p>	
<b>Something, Sometimes Someone. By Ms. Aiswarya M. Babu abm002@chowgules.ac.in</b>		
<p>It often cripples your heart when you see something you wish so bad going away from you, someone whom you wish to be with doesn't feel the same.. Your impulsive mind will cripple you and make you feel so weak. However, the rational one still tells you in a light voice that sometimes, somethings or some people are not meant to be.. Are not meant to stay. Not everything you wish for becomes yours. Not because you are not capable but because it's not meant for you. You don't deserve it or that thing or person doesn't deserve you. Sometimes just sometimes it's fine to accept that it's just a desire not a ultimate goal. Better things will happen to you and eventually you will know why somethings aren't meant for you. I am sharing this because I believe there is hope, anyone reading this.. going through something, I just want to say don't give up on yourself. You and your mental health matter the most.. You are a beautiful creature and you matter in this universe. If it hurts share your pain. Reach out.. Mental health is most important. You are important.</p>		

**A Poem Dedicated to the Teachers  
By Ms. Talhaa Sadekar (TYBA-Psychology)**

Teacher aur student ka Rishta ek alag hi hota hai..  
Kuch hamare bahut favourite hote hai...  
to kuch hume bilkul bhi pasand nahi hote...!  
Kisi ke lecture ke lie hum panch minute pehle  
aajate hai...  
to kisika lecture hafto tak attend hi nahi karte...!  
Wo Golda Ma'am ka pehla lecture! Late hojane par  
taaliyan bajwakar swagat karwana!  
Wo 10 minute ke baad practical class mei entry,  
phir attendance na milne par unka maska lagana!  
Wo Praneeta Ma'am ki extra classes,  
Hote the bade mazedaar with movies, games and  
activities!  
Wo 'sampling', 'statistical test' ne hume bahut  
sataya...  
Par Tanya Ma'am ne hume ye bade pyaar se seek-  
haya...!  
'E-smart' kaise hona ye Aresh Sir ne dikhaya!  
Hare huye insaan ke andar, na tutne wali ummed  
jaga de...  
aise hamari Sobita Ma'am...!  
Maana ki kabhi-kabhi C.A/ Project karne ka hama-  
ra mann nahi karta,  
par -2 ke chakkar mein jee- jaan lagayi humne!  
Jaise taise karke humne nikala tha wo pehla saal...  
bahut khush the ki yaar bache huye hai bas do  
saal!!  
Inka wo 75% attendance ke lie darana,  
wo surprise tests lena...  
10 minute late aane par bhi class se bahar nikalna,  
aur test mei kum number aane par ghanto tak lec-  
ture sunana..  
Unka wo hamari zindagi mei aana or kuch seek-  
hana , de gaya kayi yaadein!!  
Kabhi- Kabhi hum yaad kareng tum sab ki yaadon  
ko...  
Jab dekhenge hum ghar ki kisi kone mei padi col-  
lege ke kitabon ko..!  
Maa ne to ungli thaam ke kaha tha 'Chalo', par  
chalu main kidhar, ye Guru ne hi bataya tha!  
Mujhe bhi aapne bahut seekhaya..  
Bhale hi ma'am ye kabhi zaahir nahi kiya ho,  
lekin dil se hamesha izzat ki hai,  
ab aap aise mat sochna ki ye finals ke pehle ki  
makkhan malaai hai, na - na!!  
Ye bas choti se baat hai jo mann mei thi..!!!

**Presenting The New President of the  
Psychology Forum**



The new president of the forum Ms. Ramya Warrier addressed the gathering with her plans for the upcoming year, to make sure that the department had a wonderful academic year ahead, despite the prevailing conditions. She began her speech by greeting everyone, and expressed the renewed energy and excitement she was feeling as she looked forward to working with the department towards a great, fun-filled year. She spoke of the weight of the great legacy that the previous forum members had left on them, and how the new forum planned to take it ahead and refine it even further. Ramya went on to speak of how the recent times had been unprecedented and things hadn't gone the way one would expect them to. She added to it saying that, "What matters in such times is that we persevere and turn every adversity into a new opportunity." She believed that this was an opportunity for everyone in the department to be more creative, innovative and to channelize their energies in a new direction. She added that conceiving and executing such unique events would definitely bring out the undiscovered best in everyone. She shared the forum's plans to have all the eagerly-awaited departmental events this year too, albeit in a slightly different way owing to the current conditions. She also hinted at a few additions to the departmental activities which were in the making. Finally, she urged the whole department to continue showing their support and enthusiasm on this new journey, as together they could create wonders and take the department to new heights.

**Art By Ms. Sonam Panandikar (FYBA)**



**The Department Bids Adieu to the Batch of 2019-2020!  
By Mr. Nathan Colaco (TYBA)**

On October 1, 2020 the Department organized a farewell for the batch of 2019-20. Due to the ongoing Covid-19 pandemic, an online farewell was conducted through the use of google meet. This year the theme for the farewell was 'Euphoria'. The farewell began with the welcoming of the teachers and students of the department. This was followed by the Head of Department Dr Sobita Kirtani's address. After the address, a beautiful virtual dance performance was presented by the Third year students of the department. This performance included a surprise element who was none other than our Head of Department, Dr Sobita Kirtani! This was followed up by the first game of the evening, that is, the game of Flap the Bird. This game was played through an Instagram filter. Sydelle Rodrigues was declared the winner of this game. This was followed by a touching poem performed by Ms. Urvi Umariye whose performance left many in tears. After this, the 'Euphoria Thought Bots 2020' quiz was conducted by Ms. Ramya Warrier and Mr. Nathan Colaco. This was followed by a touching speech from Mr. Aresh Naik. Next up was a melodious performance of the F.R.I.E.N.D.S. theme song by the Second year students, This was followed by two more touching speeches by Dr Golda Vas and Ms. Tanya Keni. After this, a few Third-Year students shared their journeys of the three years spent in college and with the department which has come to become their second home. This was followed by the very much anticipated Fish Pond which was filled with lots of fun, tears and laughter! Not to forget the many dares given and secrets revealed in the process. This was followed by more emotional speeches given by the outgoing students. After this, a video memento was presented to the outgoing Third-Year students along with a personalised emailed letter to them. The Vote of Thanks was given by Leanne Rebelo which concluded the event.



**On the left and right:  
Pictures of the online  
farewell party for the  
Third Year students**

**Editorial Board:**  
Dr. Golda Vas

**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](mailto:psychology@chowgules.ac.in)