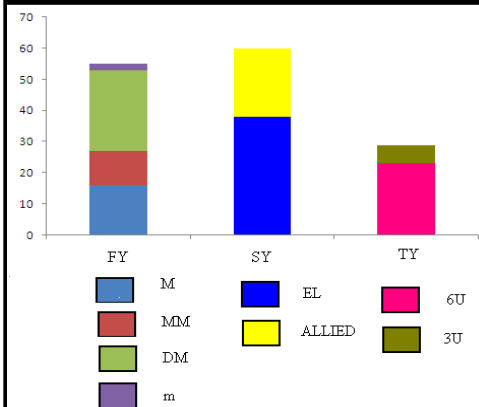


Student strength of the Dept. 2015-16



Mrs. Kavita Borker addressing the women in the slum

area at Mangor Hill in Vasco on 'Empower the Girl'



Upcoming events of the Department

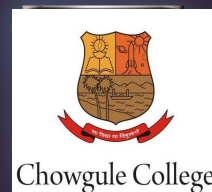
Month	Tentative Dates	Activity
July	30 th	Talk: Relationship Management
	20 th	Field Visit: Genetics Lab, Chowgule college
August	15 th	Newsletter
	27 th	Discussion Forum: Empowering Girl-child
	30 th	Field Visit: Borker Packaging Industry, Nesai, 18 th August.
September	24 th	Talk: Event Management
	28 th	Field Visit: IPHB, Bambolim, Goa
October	-----	-----
November	15 th	Newsletter
	15 th – 22 nd	Study Tour
December	20 th	Community Outreach Program
January	15 th & 16 th	National Conference: 'Children: Our Wealth', 15 th & 16 th Jan.
		Mind Kraft
February	15 th	Newsletter
	10 th	Talk: Handling Patients with Parkinson's Disorder
March	-----	-----
April	-----	-----
May	15 th	News letter

Editorial Board

Mrs. Kavita A. Borker
Mrs Sobita Kirtani

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



Chowgule College



Department of Psychology, Parvatibai Chowgule College, Margao –Goa

Congratulations Toppers!

The following students of T.Y. B.A. have made the Department proud by topping the Department, at the Sem VI examination held by the Goa University 2014-15.

The First place was secured by **Ms. Ruhi Panandiker** with 85.76%

She is now pursuing Masters Degree in SNDT Pune.



Inside:

Page 2: Editorial Project Titles
Faculty at work
Page 3: Talk on Relationship Management (contd. From pg 1)
Page 4: Students' Strength of the Year
Upcoming events of the Department

The Second place was secured by **Ms. Gretchen Barretto** with 84.30%



The Third place was secured by **Ms. Aditi Tendulkar** with 77.15%
Both of these students are



pursuing their masters Degree in Indian Institute of Psychological Research in

Talk on Relationship Management by Dr. Peter Castelino—A report by Ms. Amba Prabhu, T.Y. B.A.



The Department of Psychology had organized a talk on Relationship Management on 31st July 2015. The resource person for that day was Dr. Peter Castelino, Psychiatrist practicing at Mapusa. He is the winner of the prestigious Bagadia award for excellence in social service. He is instrumental in setting up an NGO called COOJ which functions to provide psychiatric rehabilitation services and has set

Editorial By Kavita Borker kab001@chowgules.ac.in

It is the beginning of a new academic year, with new students, new aspirations and new hope. Everything feels fresh and nature also blesses us through rains and new green life everywhere.

This year however, there is a difference. We are entering into autonomy with the First Year students. New students and new courses! The campus is buzzing with excitement among teachers and students. It is an exciting experience to be able to draft one's own syllabus which is interesting and relevant, and to be able to implement it.

It is an academic journey filled with responsibilities and commitment coined with the joy of learning. To make it successful, each one's wholehearted participation is crucial. There is no shortcut to success. It is only hard work and consistent performance that is going to take us to the pinnacles of success. Let us walk together, work together, sow together and reap together.

Happy Independence Day!

Project Titles of T.Y.

The Third Year students of the Department have selected the following topics for their project in 2015-2016.

Under the guidance of Mrs. Kavita A. Borker

A study of relationship between single mothers and their children as also mothers with spouses and their children related to self-esteem.

Studying personality and social intelligence in virtual gamers and athletes.

Religion, gender, and homosexuality: a study.

Adolescent dangers and sportsmen: a study of emotional intelligence and aggression among them.

Under the guidance of Mrs. Sobita Kirtani

Quality of sibling relationship: a study of adolescents having same sex or opposite sex siblings.

A study of social competence and subjective well-being in adolescents.

A study of emotional competence and resilience in sports persons.

A study of intolerance of ambiguity and stress in adolescents.

Under the guidance of Dr. Mahadevi Waddar

Yoga: A positive approach towards interpersonal attractiveness.

Burden of care and coping strategies among siblings of children with special needs in relation to locus of control.

Faculty at Work

Mrs. Kavita Borker addressed the women of slum area of Mongur hill Vasco, as an invitee of the Lion's Club on 'Empower the girl child' on 26th July, 2015.

She was invited by Inner Wheel Club as a chief guest to felicitate the successful wards of the members and address them on friendship on the occasion of friendship day celebration of the club on 4th August, 2015.

Mrs. Kavita Borker interviewed Dr Gopalrao Mayeker at Gomant Vidya Niketan under the Aaswad program on 26th June. Dr Gopalrao Mayeker is a litterateur. He has been a professor, MLA and Ex-education minister.

Mrs. Sobita Kirtani was invited by the Manovikas School on 29th July, 2015 to judge an inter-school elocution competition.

She was also invited to read out questions in the Question-answer round at a program involving inspirational talk by Rev. Dada J.P. Vaswani an eminent educationist, writer, orator, philosopher, visionary and mystic on 9th Aug, 2015 held at Ravindra Bhavan, Margao.

Talk on Relationship Management

contd. From pg 1



up the Goa's only suicide helpline.

The talk was preceded by a cultural program in which students of the Department sang songs and also performed a small skit related to the topic. Dr. Castelino started his talk by explaining to us the difference between a real relationship and today's definition of relationship. In his talk he focused more on one to one relationship like husband-wife, boyfriend-girlfriend, fiancé, etc. he then went on to explain what is love and what is lust and how we often misunderstand lust for love. Whenever we feel that we are in love, our perspective towards the world changes. We fail to see the reality. He said that the major mistake that people do in relationships is that they think their partners will change their behavior, personality or for that matter change herself or himself for .

them. He said that this is just a bubble they are living in and when this bubble breaks they cannot cope with the reality. He then spoke about the stages of a relationship and stages involved in friendship. These refer to the different stages that an individual experiences when entering a new relationship and different stages that an individual experiences in a new friendship.

He also told us about the different types of relationships. Dr. Castelino made us aware about the loopholes in a relationship and how to identify them. According to him if in a relationship an individual is losing his/her individuality and identity then those people have to find a way to come out of that relationship because that relationship will give them pain and sufferings only. He explained this point by giving us an example of his client who was suffering from similar problems. At the end he also told us different ways in which we can keep our relationship intact, and that psychologists/ psychiatrists/ therapists/counselors can help in an estranged relationship.



From right—Dr. Nandkumar Sawant, Dr. Mahadevi Waddar, Mrs. Kavita Borker, Dr. Peter castelino and Mr. Sahil Prabhudesai



Side: Ms. Nishigandha a Deshpande
Down: Adrian Sequeira and Ryan Andrade



Down: Skit by the S.Y. Students: Sumedha, Ramona, Yusra, Shamna, Manjunath. Written & directed by Abhirupa Sarkar

