



Rehabilitation Centre for the visually impaired . Group picture with Major A.P.Singh (CEO), Ms. Sundari Coordinator and Ms. Ilene Social Worker



Visually impaired people enrolled in the Life Skills training program.

Below: Snehadaan – a Community Care Centre for People living with HIV



Prof. S.K. Shankar Founder of the Brain Museum at NIMHANS Bangalore



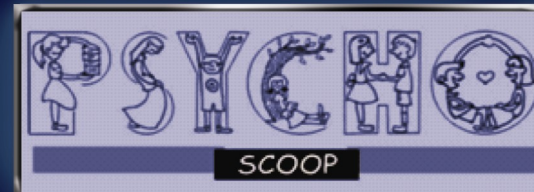
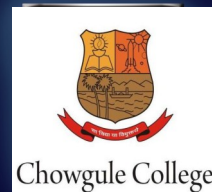
Holding brain in our hand ! We also held kidney, large intestine, heart, esophagus, & lungs.

With Ms. Annie John—School Counsellor at Mallya Aditi International School, Bangalore.

Editorial Board
Mrs. Kavita A. Borker
Mrs Sobita Kirtani

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If you have any contributions or suggestions feel free to **contact us at** psychology@chowgules.ac.in



Department of Psychology, Parvatibai Chowgule College, Margao –Goa

Discussion Forum on ‘Empowering the Girl Child’

The Department of Psychology organized a Discussion Forum on ‘Empowering the Girl Child’ on 27th August 2015 in the Upper Auditorium. The Panel Members were

Dr. Belinda Mueller - Psychiatrist
Dr. Medha Bakhle – Paediatrician
Dr. Ranjana Ferrao – Asst. Professor, V.M. Salgaonkar’s Law College
Dr. Debashish Bagchi – Director of Physical Education and Sports, Parvatibai Chowgule College

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Talk on Event Management By Ms. Sweta Borker—alumnus

On 24th September, 2015, Ms. Sweta Borker, alumna of the Department, delivered a talk on Event Management for Second and Third Year students of the Department. Presently she works in Mumbai as a Senior Event Coordinator.

This was a part of the Career Talks held every year, by the Department of Psychology for its students to broaden their view of various career options available to them. Ms. Borker spoke about the various career options within the broad field of Event Management. She stressed the virtues of discipline and hard-work as the prime necessities on the path of success. She shared that the discipline of Psychology has been useful to her in her career. Students of the Department found the talk very informative. Having an alumna to guide present students was indeed a proud moment for the Department.

Tour to Bangalore



The Department of Psychology had organized a tour to Bangalore for the Third Year students of the Department. From 16th November to 22nd November 2015. Mrs. Sobita Kirtani accompanied a group of 12 students. Upon reaching Bangalore on 17th, the group conducted a city tour around Bangalore. On the second day, two sites were visited namely: Mitra Jyothi and Snehadaan. On the third day Mallya Aditi International School was visited. A trip to Mysore was conducted on the 4th day followed by a visit to the Brain Museum at NIMHANS on the fifth day. With a lot of shopping possible, students had much fun and enjoyment on this study tour to Bangalore.

Editorial

By Mrs. Sobita Kirtani
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Intolerance is an oft read term in newspapers today. It is used to refer to the current political state of our country. While the politicians are doing every bit to lobby support of people, it is ultimately the common man falling prey to the bait. For years Goa has managed to stay unmoved by the rest of the political agenda of the center. However, the social media has been instrumental in creating a hate wave. Surprisingly, the educated lot are falling prey to this.

But like any other phenomena, there is always a reason behind this occurrence be it rational or irrational. We are all but a bundle of thoughts and feelings. Our thoughts are generally guided by objective data. Thus it is easier to mould our thoughts. Feelings however, are rooted in subjective judgments, making it difficult to move people's attitude.

But the question then is what can you and I do to resist this hate wave.? The easiest solution is not to forward messages that spread nothing but hatred. Dedicating this issue to love for humanity.

Paper Presentations/Publications

Dr. Mahadevi Waddar & Keni Tanya. (2015), published a paper titled "Work-Task Motivation And Role Based Performance of Teachers", in Indian Journal of Applied Research. Vol 5(9), Pp. 17-19. Impact factor: 3.62.

Dr. Mahadevi Waddar, Luis Daasha, Fernandes Nicky, & Keni Tanya. (2015). "Elderly Living In Old Age Homes And Within Family Setup: A Psychological Analysis, International Journal of Scientific Research. Vol 4(9), PP. 68-69. Impact factor:3.24.

Two groups of students from the Department of Psychology presented papers at the Interdisciplinary Seminar for Social Sciences' students on 'Agriculture' 29th August, 2015.

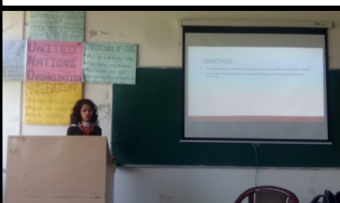
Ms. Anjali Mascarenhas and Ms. Kelly Noronha of S.Y. B.A. presented a paper on 'Subjective well-being of Farmers'. This was guided by Mrs. Sobita Kirtani.

Ms. Kruttika Pagi and Ms. Simran Sheikh of F.Y.B.A. presented a paper on 'A survey of awareness and usage of boiled rice'. This was guided by Mrs. Kavita Borker.

Mrs. Sobita Kirtani presented a paper titled 'A study of social support and subjective well-being in the elderly women across marital status' at the 2nd International and 4th Indian Psychological Science Congress held in Chandigarh in Oct, 2015.

The same has been published in the Indian Streams Research Journal an International Recognized Multidisciplinary Research Journal, volume V, issue IX ISSN No : 2230-7850 Impact Factor : 3.1560 (UIF) Article ID : ISRJ-7277 Journal DOI : 10.9780/22307850 .

Three Second Year students of the Department of Psychology, namely, Anjali Mascarenhas, Prarthana Kaushik and Yusra Sayed under the guidance of Mrs. Sobita Kirtani presented a paper titled 'A study of Emotional Intelligence and Subjective well-being in adolescents across relationship status' at the 2nd International and 4th Indian Psychological Science Congress held in Chandigarh on 8th and 9th October, 2015.



Ms. Anjali presenting at the International Conference in Chandigarh. Down: Rock Garden

**Talk on Suicide Prevention**

by Ms. Sana Iqbal
By: Ms. Tanya Keni
T.Y.B.A.

Ms. Sana Iqbal a corporate trainer on a mission of spreading awareness regarding Suicide prevention and depression conducted a talk for the Third Year students of the Department of Psychology on 24th November, 2015. She is a solo bike rider covering whole of India on Bullet and meeting students from place to place.

Sana gave us a broad outlook about life and the adversities that force people to take such an adverse step. She spoke about various such problems like depression, relationship issues, job failures etc. Giving the students her own life experience, she made us realize how important it is to see the other side of the issue. With suicidal tendencies in mind, she set off with her bike and after riding 200 km away, she met a lot of adventurous people, motivating her not to end everything. She suggested that the most important thing in preventing suicide is realization of self worth. Just a talk with the right person can change almost everything. We need to love ourselves the way we are and not be judgemental. Towards the end, Sana gave a nice quote to live with. She said "live happy and carry it with you".

Discussion Forum on 'Empowering the Girl Child'

Report by Ms. Tanya Keni

The program began with an inaugural song by Adrian Sequeira, Roselle Coutinho, Sangrail Carvalho, Joanna Gomes, and Archa Joshi.

The Head. of the department, Mrs. Kavita Borkar welcomed the gathering and the panelists were welcomed by pinning them badges prepared specially by our own student, Ms. Sangrail Carvalho.

The first panelist to share views was Dr. Medha Bakhle. Being a pediatrician. She covered the physical aspect of the theme. According to her, being able to function to the fullest should be the need as well as the capacity of the body. Exercise, nutrition, avoidance of alcohol, medical self care, correct posture, reduction in the usage of cosmetics and correct amount of sleep are the pathways to a healthy and fit body.

Dr. Belinda Muller, a psychiatric by profession, touched upon the mental aspect of the forum's topic. She enriched us with experiences gained from her clients as well as her own life. She emphasized the importance of thinking for ourselves.

Dr. Ranjana Ferrao, Asst. Professor in Salgaokar College of Law, dealt with the legal aspect of empowering girl child. She defined the concept of a child from various aspects, specifically focusing on her modesty. She further spoke about child labour and gave us a message to be careful while using social media. She also put forth the 'beti bachao beti padhao' campaign of our Prime minister and advised to work along similar lines for the upliftment of girl child.

And finally, Dr. Bagchi, Sports Director of Chowgule College shared the importance of physical activities. Play is a part and parcel of human life and he emphasized how sports helps in empowering children by shaping them along correct lines. He stressed on how important it is to change our mindsets if we really need to empower girl child.

Later, the forum was open for an interactive session between the panelists and the audience.

The forum ended with a vote of thanks by Mrs. Sobita Kirtani.