



ST. XAVIER'S COLLEGE,
MAPUSA - GOA

DEPARTMENT OF PSYCHOLOGY

MANOVIGYAN



Newsletter X

2022-23

DEPARTMENT OF PSYCHOLOGY 2022- 2023



**Head of Department
Prof. Dr. Janet Fernandes**



**Dr. Anuradha Kakodkar
Associate Professor**



**Dr. Eulalia Fernandes
Associate Professor**



**Ms. Elvira Pereira
Assistant Professor**



**Fr. Dr. Ramiro Luis
Assistant Professor**



**Ms. Maryjane De Souza
Assistant Professor**

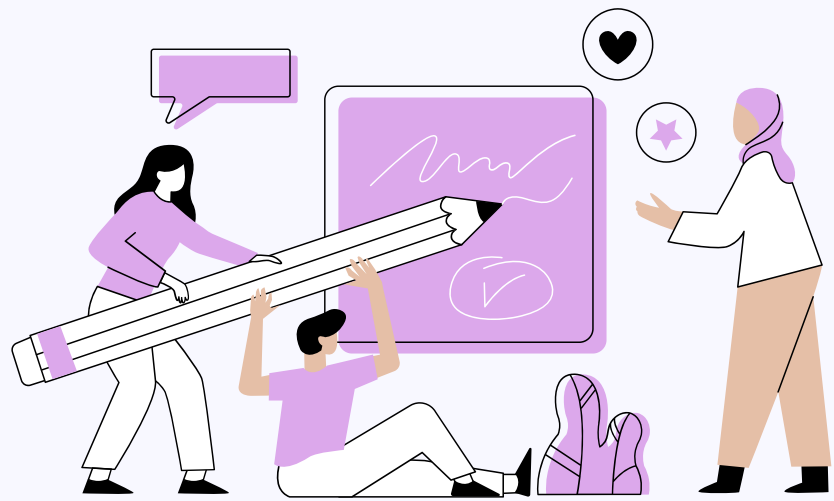


**Ms. Tabitha Dolores Nunes
Assistant Professor**



**Mr. Joaquim D'Souza
M.T.S Staff**

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Principal's Message



It gives me immense pleasure to announce that our Under Graduate Department of Psychology is releasing its Newsletter – X 2022-2023 “Manovigyan” during this Academic Year 2023-2024.

The Department of Psychology at the Undergraduate level has been performing extremely well by playing a crucial role in imparting valuable skills in Counselling, Teaching and Research. A number of its alumni are spread throughout the Globe in different fields.

The faculty is highly competent and takes care of the academic needs as well as the inter curricular and extracurricular activities at the college and inter-collegiate levels.

The Newsletter is a reflection of active participation of students and faculty in particular, serving the society at large. I owe gratitude to the Almighty, supportive Management, the Head of the Department along with the faculty members and students for their support and dedicated services towards the institution.

I express my warm Greetings and Congratulations to the Editorial Team under the guidance of Ms. Tabitha Nunes. God Bless your efforts and all your future endeavours too.

Prof. (Dr.) Blanche Mascarenhas

PRINCIPAL

Administrator's Message



The field of psychology is getting wider and wider. We get overwhelmed with various factors that affect our daily living, pressures of work and studies, pressures brought in by the developments in the fields of electronics, social media, artificial intelligence, etc. Daniel Kahneman says: "The world makes much less sense than you think. The coherence comes mostly from the way your mind works." True to this saying, psychology has been providing a soothing touch to the disturbed and often distraught lives, bringing in the much needed coherence in a bewildered person. Abraham Maslow, a great psychologist, propounded that the happiest people were able to satisfy not only their basic needs, but also their psychological needs, fully incorporating elements of their personality into themselves and what they do.

Psychology strives to achieve the holistic wellbeing of a person by bringing to the fore the self-actualizing potencies that lie within each one of us but do get clouded due to various factors. In this task, a psychologist has to be as humane as possible but at same time unwavering so that he/she can be a true mentor and achieve the desired results.

The faculty of the psychology department of our College are highly qualified and have acquired the necessary experience and skills to guide the young and aspiring psychologists. I wish them all the very best. We all should remember that God uses us all to create around us a world where joy, peace prevail and everyone lives in solidarity with everyone else. A psychologist has a unique role to play in enhancing this solidarity by restoring the lines of communications, especially with those who find themselves lost and confused.

"The fact is that people are good. Give people affection and security, and they will give affection and be secure in their feelings and their behavior." - Abraham Maslow

*God bless you all.
Fr Tony Salama*

Administrator

Head of Department's message



I am delighted to see the Manavigyan unfold with vibrant colors that adorn the Department of Psychology at St. Xavier's College, Goa. The X Newsletter is an embodiment of achievements, activities and new initiatives by the faculty and students of the department. As the Academic year 2022-23 ends and the New 2023-24 Academic year begins, I ask the Almighty to keep the faculty blessed in our efforts to become worthy of our professional status and students to reach the heights of their potentials. We hope to do our best and be concerned people to reach out to the society. Psychology has a large potential and a huge application status. Mental health of all sections of the population is our primary concern. We offer various course papers to our students to equip them with suitable skills of both mind and heart that enables them to be gaurdians of mental health. I look forward to yet another year of enriching experience.

My sincere gratitude to the Editor of Manavigyan Ms Tabitha Nunes who has diligently spared her time and energy to polish the newsletter in its graceful attire.

My sincere thank you to the faculty and students of the department for their enthusiasm and support at all times in my endeavors to make the Psychology department stand out with a difference. God bless us all to succeed in our mission towards the goals of Education.

*Dr. Janet Fernandes
Professor and Head
Department of Psychology*

From the Editor's desk



*' Education is the most powerful weapon you can use to change the world
- Nelson Mandela*

It is my privilege to have been appointed editor for the Xth Edition of 'Manovigyan'. I take this opportunity to thank my Head of Department Prof. Dr. Janet Fernandes for this wonderful opportunity of documenting the reports of activities held during the academic year 2022- 23 which also happens to be the Diamond Jubilee Year of our St. Xavier's College, Mapusa. I also extend my gratitude to my colleagues for their unwavering support and their contributions to our Department of Psychology by organising numerous activities and talks, may God bless you for your dedication to this noble profession.

2022-2023 witnessed a buzz of activity with talks and interactions that gave students an insight into the practice of Psychology and the celebration of a psychology day 'Psynapse' gave students the opportunity to create awareness about mental health. This year, students also participated in various seminars and discussions which allowed them a very wholesome experience of not just theoretical instruction but knowledge of practical applications and career opportunities in the field of psychology.

As another academic year draws to a close we thank the Almighty for His blessings and graces in the past year and beseech His guidance in the year to come..

*Ms. Tabitha Dolores Nunes
Assistant Professor*

Knowledge Initiatives

2022- 2023

**Prof. Dr. Janet Fernandes
(PhD)
Professor & Head of
Department of Psychology
St. Xavier's College- Goa.**

Participated:

- 1. 19TH - 26TH March 2023- 'Bharat panchayat dialogues in mental health ' organized by department of Mental health and behavioral sciences, Fortis healthcare in association with Jindal school of psychology and counselling, O.P Jindal global university.**
- 2. 25th – 27th February 2023 -International online workshop on 'academic writing: ethical issues 'organized by Global Institute of Statistical Solutions(GISS).**
- 3. 10th – 12th DECEMBER 2022, International online workshop on 'Data Analysis using Excel' organized by Inspire Softech solutions Chennai.**
- 4. 12TH INSPA international conference at Pondicherry University from 2nd Oct to 4th Oct 2022. Meeting the challenges in school: towards Atmanirbhar Bharat.**
 - A) CHAIR- invited talk- psychosocial and legal implication of children in covid 19 pandemic.**
 - B) Presented a paper on “ mental health implication of covid 19”.**
- 5. UGC HRD centre, Goa University UGC Sponsored workshop on NEP 2020 (ONLINE) – Changing role of teachers on the occasion of Shikshak parv - 9th September 2022.**
- 6. International online workshop on Basic Statistical Analysis and its interpretation using SPSS 24th September- 26th September 2022 by GISS.**
- 7. UGC- HRDCC- UGC Sponsored workshop on NEP 2020 (online) – pursuing 2 academic courses simultaneously and internationalization of higher education and online 29th June 2022.**
- 8. 7 days online workshop on research methodology through SPSS 20TH June to 26th June 2022. Chatrapati S.J.maharaj university kanpur, department of Life- long learning and extension. 15th – 16th march 2023.**
- 9. Exploring the triangle of happiness, gratitude and forgiveness: a focus to sustainable relationship- invited talk- Central University of Haryana 4th ASPA international conference on SDG. With special reference to school of psychology in Asia pacific region – 15th & 16th March,2023**

Professional Service and Extension

- 1. Head of the Department of Psychology.**
- 2. 20th April 2023- AIC visit to Carmel college as subject expert.**
- 3. January/June 2023- M.A. syllabus reconstruction & NEP2020 structure plan and Syllabus Development for Undergraduate Studies in Psychology.**
- 4. Conducted a webinar on 'cracking the project viva' TYBA students for the state of Goa.**
- 5. Online academic counselor for CPDT (IGNOU) – Certificate Course on Professional Development of Teachers.**
- 6. Nominee of the Vice - Chancellor of Goa University, subject expert on screening/ selection committee- CAS - at MES college Vasco and PCC of arts and Sciences- Chowgule Education Society.**
- 7. 15TH March 2023 Release of the konkani version- School Psychology in the Indian context- Managing Editor.**
- 8. GU- ART coordination for MA psychology & Admission counsellor.**
- 9. Convenor of Research & Development cell of Directorate of Higher Education, Govrt of Goa for St. Xavier's College.**
- 10. Member Elected unopposed at the Academic Council Goa University till July 2022.**
- 11. Counsellor nominated at the safety team for POCSO Act by the Jesuit Province for Goa State.**
- 12. Counsellor nominated at the counselling center of District Service Legal Authority by the High Court of Mumbai in Goa.**
- 13. Mentor (North Goa) nominated by Directorate of Higher Education, Govrt of Goa for NET/SET Mentorship.**
- 14. Chairperson of the college Unfair Means Inquiry Committee (CUMIC).**
- 15. Member of the AQAR college Committee for Criterion 1.**

Research Publications:

- Mental Health Implications of COVID 19: Generalized Anxiety, Depression & Stress INSPA Journal of Applied and School Psychology. Vol. IV. (2) April 2023. Pg. 187-191. UGC CARE Listed. Co-Author**
- Impact of Instagram Usage and Social Comparison on Self- Esteem of Young Adults. INSPA Journal of Applied and School Psychology, Vol. IV. (2) April 2023. Pg. 202 -209. UGC CARE Listed. Co-Author.**

Dr. Anuradha Kakodkar **Associate Professor**

1. Participated in the Faculty Development Programme on “Examinations 2022 and Institutional Plan” organised by St Xavier’s College, Mapusa, Goa on 14th November, 2022.
 2. Participated in the one day Faculty Enrichment Programme titled” positive Vibes” organised by the Internal Quality Assurance Cell (IQAC) of St Xavier’s College, Mapusa Goa as part of the Diamond Jubilee celebrations on 16th March 2023 at St Joseph Vaz Spiritual Renewal Centre , Old Goa.
 3. Participated in the workshop on restructuring and formulating the psychology syllabus according to the New Education Policy on 3rd April 2023 organised by the Board of Studies of Psychology at Carmel College of Arts, Science and Commerce for Women, Nuvem Goa.
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Dr. Eulalia Fernandes **Associate Professor**

- Participated in the U G C – Sponsored Workshop on NEP 2020 organized by University Grants Commission Human Resource Development Centre, Goa University, titled - ‘NEP2020: Global Outreach of Higher Education (Online) held on 19-09-2022.
- Participated in the U G C – Sponsored Workshop on NEP 2020 organized by University Grants Commission Human Resource Development Centre, Goa University, titled - - ‘NEP2020: Changing Role of Teachers (Online) on the occasion of “Shikshak Parv” held on 09-09-2022.
- Participated in the Faculty Development Programme on, ‘ Examinations 2022 and Institutional Plan’, organized by St. Xavier’s College, Mapusa, Goa, held on 14th November, 2022.
- Attended a Webinar on “Cyber Safety” organized by Dempo Charities Trust’s Dhempe College of Arts & Science Miramar-Goa, Department of Psychology in collaboration with Cyber Wellness Centre, Goa on 13th January, 2023.
- Participated in the one day Faculty Enrichment Programme titled, ‘ Positive Vibes’, organized by the Internal Quality Assurance Cell(IQAC) of St. Xavier’s College, Mapusa, Goa, as part of the Diamond Jubilee Celebrations, held on 16th March, 2023 at St. Joseph Vaz Spiritual Renewal Centre, Cruz Dos Milagres, Old Goa.
- Participated in the One Day Workshop on ‘Restructuring and Formulating the Psychology Syllabus according to the New Education Policy ’, held on 3rd April, 2023, organized by the Board of Studies (BoS) of Psychology at Carmel College of Arts, Science, and Commerce for Women, Nuvem

Ms. Elvira Pereira

Assistant Professor

- Participated in a webinar titled ‘Major and Minor Research Projects For External Funding organised by Research and Development Cell of St. Xavier’s College held on 10th May 2022.
- Participated in a UGC Sponsored workshop on ‘NEP 2020: Pursuing Two Academic Courses Simultaneously and Internationalization of Higher Education (Online) held on 29-06-2022.
- Participated in a Workshop on NEP 2020: Academic Bank of Credit (ABC) and Multiple Entry and Exit (Online) held on 30-06-2022
- Participated in an International workshop on ‘Basic Statistical Analysis and its Interpretation using SPSS’ on 24th, 25th and 26th September 2022.
- Participated in E Quiz on ‘Know Your UGC CARE List’ organized by the department of Library St. Xavier’s College Mapusa held on 21st October 2022.
- Participated in E Quiz on Life of Mahatma Gandhi organized by the department of Library St. Juze Vaz College Cortalim held on 22nd October 2022
- Attended a two day workshop on designing with Canva conducted on 12th and 13th of November 2022
- Participated in the Faculty Development Programme on ‘Examinations 2022 & Institutional Plan held on 14th November 2022 at St. Xavier’s College Mapusa
- Attended a UGC Sponsored Short Term Course on Data Analytics for Research conducted from 9th January to 14th January 2023
- Participated in an International Online workshop on Academic Writing: Ethical Issues from 25th to 27th February 2023.
- Participated in One Day Faculty Enrichment Programme organised by Internal Quality Assurance Cell titled ‘Positive Vibes’ held on 16th March 2023 at Cruz Dos Milagres, Old Goa.

Fr.Dr.Ramiro Luis
Assistant Professor

- Participated in the U G C – Sponsored Workshop on NEP 2020 organized by University Grants Commission Human Resource Development Centre, Goa University, titled - ‘NEP2020: Global Outreach of Higher Education (Online) held on 19-09-2022.
- Participated in the Faculty Development Programme on, ‘ Examinations 2022 and Institutional Plan’, organized by St. Xavier’s College, Mapusa, Goa, held on 14th November, 2022.
- Participated in the One day Faculty Enrichment Programme titled, ‘ Positive Vibes’, organized by the Internal Quality Assurance Cell (IQAC) of St. Xavier’s College, Mapusa, Goa, as part of the Diamond Jubilee Celebrations, held on 16th March, 2023 at St. Joseph Vaz Spiritual Renewal Centre, Cruz Dos Milagres, Old Goa.

- Participated in the Seminar, Careers in counselling and Psychology, held on 18th March 2023, organised by the M.A. Wellness Counselling in association with the IQAC of Nirmala Institute of Education, Altinho-Panaji, Goa
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Ms. Maryjane De Souza
Assistant Professor

- Was facilitator for workshop on 'Mental Health and Stress Management' for students of St. Xavier's High school Mapusa in the month of February 2023
 - Was facilitator for workshop on 'Challenges and ways of coping during adolescence' for students of St. Xavier's High school Mapusa in the month of February 2023
 - Was facilitator for workshop on 'Menstrual health and wellbeing ' for students of St. Xavier's High school Mapusa in the month of February 2023
-

Ms. Tabitha Dolores Nunes
Assistant Professor

- Participated in the Faculty Development Programme on, ' Examinations 2022 and Institutional Plan', organized by St. Xavier's College, Mapusa, Goa, held on 14th November, 2022.
- Participated in the One day Faculty Enrichment Programme titled, ' Positive Vibes', organized by the Internal Quality Assurance Cell (IQAC) of St. Xavier's College, Mapusa, Goa, as part of the Diamond Jubilee Celebrations, held on 16th March, 2023 at St. Joseph Vaz Spiritual Renewal Centre, Cruz Dos Milagres, Old Goa.
- Attended a two day workshop on designing with Canva conducted on 12th and 13th of November 2022

Addiction and the Journey to Recovery

- Talk organised for students of S.Y. and T.Y.B.A.



The teenage period of life is considered very crucial in a person's life as it is the time when a lot of physical, as well as psychological changes occur. Most teenagers can be influenced by many external and internal factors. This emotional upheaval makes adolescents vulnerable to alcohol and drug use. Keeping this in mind, the Department of Psychology invited Mr. Edwin Pinto an established Recovery Coach, De addiction counsellor and member of the Alcoholics Anonymous movement to address the students of the Second and Third Year B.A. in a talk that would highlight the disease of addiction. The talk was held on the 19th of January 2023. Miss Tabitha Nunes welcomed Mr. Pinto and introduced him to the students after which the talk began.

Mr. Pinto shared his personal testimony and his earlier struggles with addiction, explaining that addiction is much like some chronic diseases that have no absolute medical cure but need constant treatment that will last a lifetime. He also shared that addiction began with just one taste of alcohol or drugs which led to obsessions to consume more and more, ultimately trapping the individual with both, physical and psychological dependence. He shared that to recover, an alcoholic must first want to stop his habit, he must receive compassion, encouragement and support from the family to facilitate this lifestyle change and lastly, the method with the highest success rate for treating addiction was the 12 step program used by the Alcoholics Anonymous movement.

Joining this program would help a recovering alcoholic to share his struggles with a close knit support group that would listen without judgement, furthermore, the AL Anon branch of the AA movement is a support group for the family members of alcoholics and members find a safe space to discuss issues and support each other. The session ended with questions from the students about prevention of alcohol abuse and about the locations of rehab facilities for alcoholics in Goa.

Professor Janet Fernandes proposed the vote of thanks and presented Mr. Pinto with a potted plant as a sign of the department's appreciation and gratitude.

Talk on “**ADOLESCENTS AND SUBSTANCE ABUSE**”

An Enriching session on the Topic “Adolescents and Substance Abuse” was held on 30th January 2023 at 11.45 pm in Room No. 207. The resource person for the enriching session was Shri Shrikant Banerjee, official from Kripa Foundation, Anjuna.

Shri Shrikant Banerjee has worked as a counselor and administrator at Kripa Foundation Integrated Center for Addicts, Anjuna. Before his current assignment he worked as the Vasai and Dhanau Center of Kripa Foundation in similar capacities.

His association with addiction, AA and treatment programs began when he himself sought treatment for his own alcohol addiction.

In his presentation on Adolescents and Substance Abuse, Shri Shrikant spoke about the magnitude of addiction and menace of addiction and discussed how he himself was a victim of the same. While stating the statistics of addiction he spoke of the prevalence of opiate use in India. Use of opium is 3 times that of global average and the recovery rate is less than 33% globally, he said. He emphasized on the events that lead to increase in addiction and how rapid social change among cultural groups have led to increase consumption of the substance. He elaborated on how internet and use of cell phones have impacted the culture and social system. He spoke extensively on how the peer culture is also instrumental in the journey of an adolescent to a substance abuser. Lastly, he concluded by highlighting the role of Kripa Foundation in helping substance abusers. Kripa Foundation has played a vital role in healing wounded helpless addicts, he reiterated. He said that the journey of an addict is from “Brokenness to Wholeness to Holiness”.

This enriching session was organized by Asst. Prof. Elvira Pereira from the Department of Psychology.



Talk on “Building Healthy relationships Online and Offline



A session on Building Healthy relationships Online and Offline was organised on the 20th of March 2023 for the students of SYBA/TYBA in the Seminar Hall. The resource person for the same was Dr. Roshan Nazareth, Health Officer at PHC Aldona. The event began with the introduction of the guest speaker followed by the resource person address to the gathering.

In his address Dr. Nazareth put forward different types of relationships and its need and importance. He also pointed out the various problems that teenagers face with relationships and how can they avoid it.

He spoke about the concept of dating and marriage and the importance of waiting for the right person and for the right time to avoid regrets later. He also gave the students the key points to a healthy relationship online and offline followed by a doubt clearing session for the students where they were free to ask questions. The event ended with a vote of thanks. This session was organised by Elvira Pereira, Asst. Prof. Department of Psychology



Sexual Harassment and It's Aftermath

An enriching session on “Sexual Harassment and Its Aftermath” was organised on the 3rd April 2023, Mr. Sigmund, a Counselor at St. Xavier's College Mapusa, was the resource person for the aforementioned session. Mr. Sigmund elaborated on what amounts to sexual harassment, and the laws that are enacted to protect the victims.

During the session, Mr. Sigmund provided a detailed explanation of what constitutes sexual harassment with suitable examples and the different forms it can take, including verbal, physical, and visual. He also emphasized the importance of recognizing and reporting sexual harassment, both to prevent future unfortunate incidents and to support the victim.

He also discussed the legal procedures for victims of sexual harassment and the different Acts that are instituted for the protection of women such as the Prevention of Sexual Harassment at Workplace Act (POSH), which outlines the duties of employers and the rights of employees in case of sexual harassment. He explained the steps victims can take to file a complaint. He highlighted the role of internal complaints committee, spoke of the UCG regulations, the importance of local police, and the support of National Commission for Women.

Throughout the session, Mr. Sigmund, encouraged questions and discussion from the audience. He provided real examples of sexual harassment cases and how they were handled, which helped in better understanding of the gravity of the issue and the importance of taking action against it.

This session was organised by Ms. Elvira Pereira, Asst. Prof. Department of Psychology.



Careers in Counselling and Psychology; A Report



The seminar on "Careers in Counselling and Psychology" was conducted on 18th March 2023 at Nirmala Institute of Education, Altinho-Panaji, Goa. The event was organized by the M.A. Wellness Counselling program, in collaboration with the IQAC, to provide insights into the diverse career opportunities available in the fields of counselling and psychology. Six students along with Fr, Dr. Ramiro Luis attended this resourceful seminar.

The seminar commenced with an opening address by Dr. Rita Paes, the Manager of Nirmala Institute of Education. She emphasized the importance of counselling and psychology in fostering a healthy society.

Ms. Aditi Tendulkar, an esteemed resource person, delivered the keynote address. She shared her expertise and experience, inspiring the attendees to consider careers in counselling and psychology. Practical tips and best practices for establishing successful careers were shared.

A question and answer session was held, allowing attendees to seek guidance from Ms. Tendulkar and clarify their doubts.

The seminar on "Careers in Counselling and Psychology" provided a comprehensive overview of the various career opportunities available in the field of counselling and psychology. The attendees gained valuable knowledge about the importance of mental health and well-being and were encouraged to explore the possibility of pursuing a career in this rewarding profession.

- Report by Ms.Jasmine Kaur (TYBA)

CRUMBLING AWAY

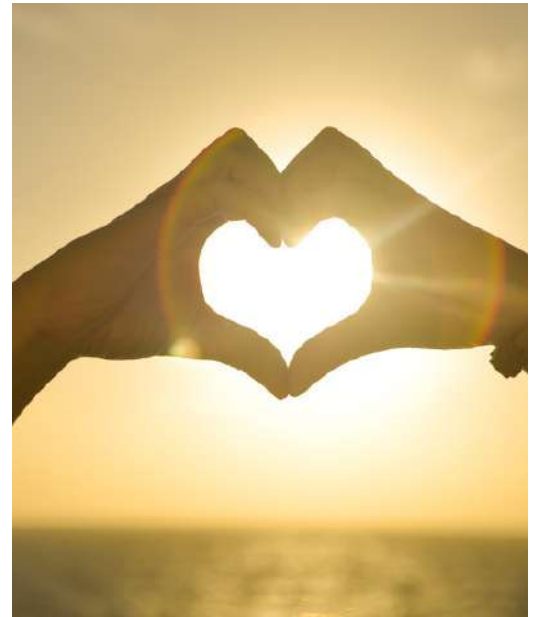
The heart is built of cardboard
Easy to damage, easy to invade.
It's not strong, not like a sword
filled with fear, the heart is afraid.

It gets frustrated, it's going to erupt.
like a volcano, that holds it in for too long.
But the heart is never abrupt,
It thinks hard but it also plays along.

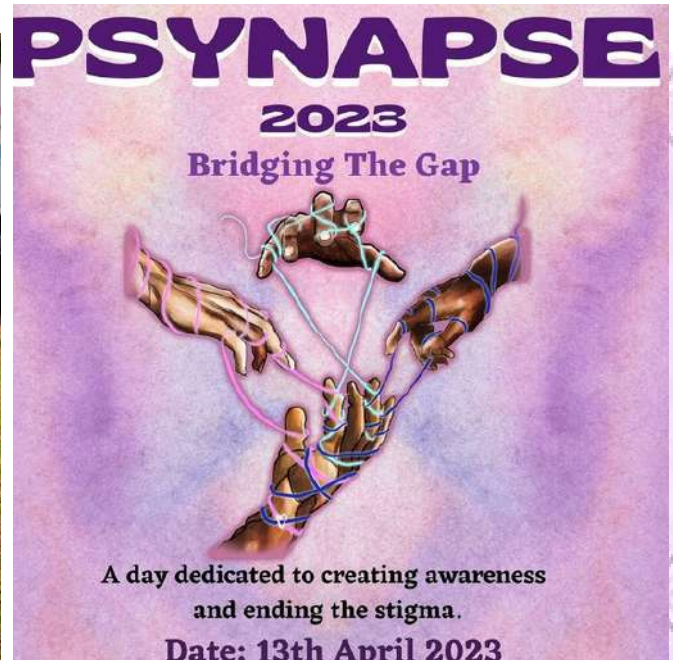
The heart is crumbling away
Anxiety and feelings are spilling out.
The heart has failed to stay.
The small voice just wants to shout.

But it's going to be okay.
It's going to build a new wall.
The heart will find a way
I won't let it fall.

-Poem by Ms. Tanushka Pankar S.Y.B.A



Psychology Day - Psynapse 2023



As part of the Diamind Jubilee celebrations, the staff and students of the Department of Psychology organised a Psychology themed event on the 13th of April 2023, 'PSYNAPSE' - A day dedicated to creating awareness and ending the stigma associated with mental illness.

The event began with a prayer service and an invocation prayer dance by Ms Prachi from the S.Y.B.A.

This was followed by a formal inaugural ceremony where our Principal, Prof. Dr. Blanche Mascarenhas, Administrator Rev. Fr. Antonio Salema, Vice Principals, Ms Ursula Barretto and Dr. Sandra Fernandes along with members of the Psychology Department lit the ceremonial lamp. Our Principal Prof. Dr. Blanche Mascarenhas then digitally launched the event logo to the sounds of cheering from the students.

The event dedicated to awareness witnessed students actively engaging everyone on campus to participate in Art therapy, spread positivity on a colourful post-it 'Positivity Booth' and appreciate the blessings in their lives by leaving notes in the gratitude garden.

Interclass competitions that would bring out the creativity and ingenuity of the participants such as a poetry competition with the theme 'Mental Health Matters', Nail Art competition, where students displayed their personality traits, Mehendi depicting 60 glorious years of St. Xavier's College, Face painting and hairstyle competition wherein students displayed their knowledge of phobias were organised. In addition there were onstage events 'Psychedelve' a psychology quiz, Ad critique based on consumer psychology, 'Burst Mode'- a photography competition, 'Psyched' - Fashion show and the showstopper pageant - Mr. And Ms Psynapse.

The students also organised a street play during the recess to create mental health awareness, followed by a lively and enthusiastic session in music and dance therapy, it was a joy to see all the students taking active participation and demonstrating the benefits of alternate therapies and their value in coping with stress.

The event concluded with the valedictory cum prize distribution ceremony followed by the vote of thanks proposed by Prof. Dr. Janet Fernandes- Head of the Department of Psychology.

*Our Head of Department Prof. Dr. Janet Fernandes welcomes our
Principal Prof. Dr. Blanche Mascarenhas*



*Ms. Elvira Pereira - Assistant Professor welcomes
our Administrator
Rev. Fr. Antonio Salema*



Inaugural Ceremony



Mehendi, Nail Art & Face Painting



Offstage Awareness Activities



"Psyched" - Fashion Show



Valedictory Ceremony





Mr. Psynapse - Mr. Jayden Pais (T.Y.B.A)
&

Ms. Psynapse - Ms. Swezial D'Souza (S.Y.B.A)



T.Y.B.A PROJECTS 2022-23

Depression, Loneliness & Cognitive functioning among Geriatric Females - Prof. Dr. Janet Fernandes

Attitude Toward Rape & Rape Myth Acceptance Among Adolescents - Prof. Dr. Janet Fernandes

The Psychology of Compliance with Religious Practices- Dr. Anuradha Kakodkar (Associate Professor)

Debunking the Beliefs regarding Single Children Versus Children with Siblings - Dr. Anuradha Kakodkar (Associate Professor)

Does their Opinion on my body Matter? - Examining the Effects of Body Shaming on Self - Esteem, Social Appearance Anxiety & Resilience among Youth - Dr. Eulalia Fernandes (Associate Professor)

Influence of Family Environment on Romantic Attachment Styles - Ms. Elvira Pereira (Assistant Professor)

Superstition & Adjustment with respect to Religion- Ms Elvira Pereira (Assistant Professor)

Adolescent's Susceptibility to Peer Pressure & Risk Taking Behaviour - Ms. Elvira Pereira (Assistant Professor)



The Staff & Students
of
the Department of Psychology,
St. Xavier's College - Mapusa