



ST. XAVIER'S COLLEGE, MAPUSA GOA

College with Potential for Excellence
 Re-accredited by NAAC with A Grade
 Awarded DBT STAR College Scheme

Nature of Event (Workshop, Guest Lecture, Add-on Course, Seminar, etc.)	Interactive session
Name of Department	Chemistry
Faculty In-Charge	Ms. Kathleen Pinto Ms. Flavia Travasso
Stratum of Event (College, State, Regional, National)	College
Title of Event	'Stress Management and Life Skills'
Date of Event	30th March 2024
Venue	Room No. 210, St. Xavier's College, Mapusa-Goa
Resource Person details	Ms. Zaneta D'Mello and Mr. Cipriano Fernandes, College Counselors
Objective/ Scope of Event	To give the students insights on social skills, thinking skills and emotional skills.
Particulars of Event	The Department of Chemistry, St. Xavier's College, Mapusa-Goa organised an interactive session for its Third Year B. Sc. Chemistry students on 30th March 2024 at 11:45 a.m. in Room No. 210. This interactive and highly engaging session was conducted by the College Counselors, Ms. Zaneta D'Mello and Mr. Cipriano Fernandes on the topic 'Stress Management and Life Skills'. During this session, the students were given insights on social skills, thinking skills and emotional skills. The Counselors also highlighted the need for stress management and taught the students to take a meditative approach towards coping with stress. The session was coordinated by Ms. Kathleen Pinto, Head, Dept. of Chemistry and Ms. Flavia Travasso, Assistant Professor.
Outcome of Event	The students got an opportunity to understand life skills through role plays, puzzle solving and case studies.
Feedback	The students found the session very engaging and very helpful.

Total No. of Participants

30

Photographs

