



St. Xavier's College

Mapusa, Goa



Newsletter - XI

Manovigyan

Department of
Psychology

2023-2024



ADMINISTRATOR'S MESSAGE

It gives me a great pleasure to write these few of congratulations to the Department of Psychology, for the excellent work done during the academic year, 2023-24, and wish the teachers and the students a fruitful new academic year, 2024-25.

More and more people today are acknowledging the importance of psychology in our day to day life. It is no longer considered as a branch of science exclusively for some psychiatric treatment, but its diurnal application for our life is becoming more and more pronounced. From learning how to be a person-friendly receptionist in an organisation, to being an effective CEO, able to engage in an ethical dialogue with his staff, the study of psychology has become a sine qua non. Seminars are being organised for deeper studies on its various aspects and how they can aid managing our personal lives, mental health, solving interpersonal relationships, building healthy and strong ties within the family, and even using it as a self-healing therapeutic tool, "self psychology, an offshoot of Freud's psychoanalytic theory, forms much of the foundation of contemporary psychoanalysis as the first large psychoanalytic movement recognising empathy as an essential aspect of the therapeutic process of addressing human development and growth".

I wish the department, especially the students a fruitful academic year, and hope that the teachers will make the learning of psychology not only interesting but also make the students aware that psychology is an essential subject that embraces every aspect of our life for successful living.

Fr Tony Salema
Administrator.





PRINCIPAL'S **MESSAGE**

I am deeply appreciative of the Department of Psychology for all you do for our college. Your commitment to academic excellence and the overall development of our students is clear in everything you do. The programmes and activities you organize not only help our students grow intellectually and psychologically but also support their overall well-being.

I want to congratulate the Editor of the '**MANOVIGYAN**' newsletter for the release of its XI edition, the Faculty, and the Head of the Department for your hard work. I wish you all continued success in everything you do. May you continue to inspire our students and colleagues with your passion for psychology and education.

With best wishes for your future endeavours,

Ms. Ursula Barreto

Acting Principal





WORDS OF APPRECIATION

Although I finished my 5 years term as Principal of St. Xavier's College, yet because of the love and constant appeal by the Department, I am penning down these few words of mine with immense pleasure in honour of the Release of The Newsletter "MANOVIGYAN" Vol. No. 11, August 2024 by the Department of Psychology of our College.

I take this opportunity to congratulate all the students and faculty for the excellence in organisation of Activities like Psynergy 2024, Departmental Fiesta, study tour, Field trip and also for winning laurels for the institution in many other fields.

A word of Appreciation to the Head of the Department Prof. Janet Fernandes for the release of the book titled " School Psychology in the Indian Context", translated in Konkani, the first copy of the book received by me at the hands of the Governor of Pondicherry as well as for participating in a number of Programmes organised by the Directorate of Higher Education one of which is Academic Leadership Program. I am indeed grateful to you for your unwavering support throughout the five years of my tenure. I wish the Department and its Alumni even greater success in their future endeavors.

A word of Appreciation to the Editorial Team.

God Bless You abundantly.

Dr. Blanche Mascarenhas
Professor and Ex-Principal





From the **Editor's Desk**

As we reflect on the academic year 2023-24, we take immense pride in celebrating the achievements and dynamic activities of our Department of Psychology. Our department has flourished under the guidance of a dedicated faculty and the enthusiasm of our students.

This year marked a significant milestone with the implementation of the National Education Policy (NEP) 2020 at the undergraduate level. Our first-year students embraced a diverse range of subjects, fostering interdisciplinary learning and internationalization of education.

As the editor of MANOVIGYAN, it is my privilege to present the efforts and contributions of our students and faculty. Their dedication to the essence of psychology and the pursuit of knowledge is truly inspiring. Our department continues to grow, not just in numbers but in the depth of our understanding and the impact we make on society.

I extend my heartfelt gratitude to everyone who has been a part of this journey. Let us continue to strive for excellence, uphold the values of education, and remain committed to our mission. May we be blessed with the strength to enlighten minds and contribute positively to the world.

Fr. Dr. Ramiro Luis

Assistant Professor



MESSAGE FROM THE HEAD OF DEPARTMENT...



It is a joy to pride in the achievements and activities of the academic year 2023-24. The year began with God's blessings in June 2023 and the department of Psychology marched graciously till the end of May 2024.

The department of Psychology is known to have a vibrant teaching faculty with the highest number of students for all the 3 years of the undergraduate program. This year witnessed the implementation of NEP 2020 for the first year undergraduate level. Students were offered choices of subjects in varied areas to meet the major highlights of the NEP 2020. Interdisciplinary learning and internationalization of education were upheld. Learning and teaching is now operationalized through outcome based Education(OBE). This exercise will help to monitor the quality of teaching and student's engagement in learning effectively. The introduction of compulsory internships after completion of 2 years of undergraduate program will undoubtedly provide industry academia advantage and help students discover their interests and future avenues for professional development. I am delighted to welcome the implementation of NEP 2020 that has the potential to shape young minds to be valuable and contributing members of the society.

I am truly indebted to our former Principal Prof. Blanche Mascarenhas and our Administrator Rev. Fr. Antonio Salema for their unwavering support at all times. I am grateful to the faculty of our department for their continuous effort and support at all times. I am impressed by the large interest of students in the essence of Psychology. May God give us the strength to be enlightened in our mission of education.

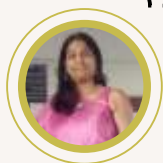
God Bless us all!

Love n prayers,

*Janet Fernandes (Ph.D)
Professor & Head
Department of Psychology*



Knowledge initiatives: 2023 - 2024



Prof. Janet Fernandes e de Souza **Professor & Head**

Publication:

Published 02 research papers in UGC care listed journals.

Published 3 chapters in edited books

Released a konkani translated book at Pondicherry University.

Projects:

Sanctioned 2 lakhs minor research project by Goa State Research foundation for 2 years from Jan 2024.

Paper presentation:

Presented a research paper at an international conference on Psychology at Pondicherry University in Feb 2024.

Chaired 2 technical sessions at the international conference held at Pondicherry University.

Academic Responsibilities:

BoS member of Psychology at the Goa University.

BoS member of Psychology at SNDT University, Churchgate Mumbai, Maharashtra.

NET/SET Mentor for psychology for Directorate of Higher Education, Government of Goa.

Member of the PhD Evaluation Committee for DHE, Goa.

Academic Counsellor at the IGNOU, centre Goa for CPDT.

PhD Co- Guide at Amity University - Student completed PhD and awarded the degree in February 2024.

Administrative duties:

Head of the department of Psychology

IQAC member

AQAR Criterion convener of Curriculum planning and Development.

Convener of Unfair Means Committee of examinations (CUMIC)

Convener of Time Table committee

NEP Coordinator for Arts Stream

Convener of the Research and Development Cell, DHE, in college.

Outreach activities:

Nominated counsellor for the Prelitigation Centre " Let's Talk' at the DLSA, High Court of Bombay in Goa.

Invited Resource person for PTA meetings and conducting workshops for teachers and parents.

Professional development:

Participated in NEP 2020 short term course at MMTTC Pondicherry University for 2 weeks.

Participated in Data analytics workshops online for brushing data handling skills.

Participated in 4 trainings, each training of 5 days duration, of Academic Leadership Program organized by Directorate of Higher Education and GSHEC. All sessions were exposure to governance, administration and leadership.



Fr. Ramiro Luis
Assistant Professor

Participated in One Day Faculty Enrichment Programme titled 'Outcome Based Education and Academic Excellence' organised by the IQAC held on 12th April 2024.

Participated in a FDP on 'Group Dynamics' at Pastoral Institute Old Goa on 2.03.24.

Participated in Purple Fest at Kala Academy on 11th January, 2023



Anuradha Kakodkar
Associate Professor

Participated in the one day workshop titled " Enhancing final year student projects" organized by Directorate of higher education in collaboration with Goa State Higher Education Council, Goa State Research Foundation and Goa University on 16th June, 2023.

Convenor of the "International Year of Millets 2023 " under which various programs were organized through the year with the objective of spreading awareness about the nutritional benefits of millets such as Bajra, ragi, Jowar and others. Awareness programs, sweet and savory millet based dish competitions, street play on millets, visit to millet farms for students were some of the activities.

Participated in a FDP on 'Group Dynamics' at Pastoral Institute Old Goa on 2.03.24.

Member of the selection panel for the post of counsellor at Salgaonkar College of Law in June, 2023.

Member of the IQAC (Internal Quality Assurance Cell) of St. Xavier's College

Member of the Anti Ragging Committee of St. Xavier's College

Member of Goenchi Asmitai Cell of St Xavier's College

Life member of Bombay Psychological Association

Member of the Curriculum Development Committee of the Board of studies in Psychology of Goa University for NEP

Participated in One Day Faculty Enrichment Programme titled 'Outcome Based Education and Academic Excellence' organised by the IQAC held on 12th April 2024

Participated in the Viksit Bharat @2047 at Raj Bhavan on 11th December, 2023

Participated in Purple Fest at Kala Academy on 11th January, 2023



Dr. Ubaldina Noronha
Associate Professor

Participated in the India writing Project July 2023.

Attended capacity workshop on 'Leveraging generative AI for pedagogical excelling higher education' June 2024

Article for The Goan 'reflections on academics, past and future' June 2023

Article for The Rivulet 'emotional intelligence as a stepping stone to mental health' jan 2024

Attended master class on 'digital marketing fundamentals' by IIDE, July 2024

Article for The Goan 'bias towards celebrity, affluent and powerful' august 2023.

On the ICC Panel as external member for J W Marriott Goa (Feb 2024- Feb 2026)



Dr. Eulalia Fernandes
Associate Professor

Participated in the National Webinar on 'Academic writing skills and publishing' organized by Balani Infotech Pvt. Ltd. Noida in collaboration with St. Joseph Vaz College, Cortalim-Goa, held on July 25th 2023.

Coordinated a Workshop for F.Y.B.A. Psychology (Major) students on the theme, 'Mental Health in your hands' on 6th October 2023.

Participated in the One day State Level Seminar on 'Mental Health' organized by Govt. College Khandola on 12th October 2023.

Participated in the Two Day National Webinar on 'Shifting Paradigms in Social Sciences' on 3rd & 4th November 2023.

Organized a Talk for the T.Y.B.A. Psychology (Hons.) students on the topic, 'Counselling Interventions' on 9th February 2024.



Elvira Pereira
Assistant Professor

Participated in an International Workshop on 'Data Analysis Using Business Excel' from 10th June to 12th 2023.

Participated in a workshop on 'Enhancing Final Year Student Projects' at Goa University on 16th June 2023.

Participated in a BoS meet on NEP at Goa University on 7.06.23.

Participated in a National Webinar on 'Plagiarism: What it is? How to Avoid and Penalties in India' on 29th August 2023.

Was member of the Coffee Series of DHE organised by the Department of Psychology held on 14.09.23.

Participated in an International Workshop on 'Academic Writing – Ethical Issues' from 16th September to 18th September 2023.

Participated in a workshop on 'Learning Outcomes –Based Curriculum Framework for Undergraduate Education' held on 10th and 11th October 2023 at Goa University.

Participated in a FDP on 'Group Dynamics' at Pastoral Institute Old Goa on 2.03.24.

Participated in an International Workshop on 'Start Research on Smart Artificial Intelligence' from 2.03.24 - 4.03.24.9

Participated in the National E Quiz on International Women's Day from 8th March to 10th March 2024.

Participated in a Three Days International Workshop on 'Data Analysis Using Ms. Excel, Google Sheets and AI Tools' from 6th April to 8th April 2024.

Participated in One Day Faculty Enrichment Programme titled 'Outcome Based Education and Academic Excellence' organised by the IQAC held on 12th April 2024.

Developed Syllabus for the paper titled 'Human Factors at Work' for the undergraduate students across different colleges affiliated to Goa University.

Member of Board of Studies – Psychology at Goa University.

Completed a course on the topic 'Design your Thesis using Microsoft Word' by Dr. Gopakumar.

Participated in a webinar on 'Reference Management Using Mendeley' by Dr.Gopakumar

Workshop on “Mental health”

A workshop on mental health was conducted on the 6th of October, 2023, for the students of FYBA Psychology Major in the laboratory. The resource persons were welcomed with a potted plant. In two successive sessions, they educated the students on the importance of mental health.

The first session was conducted by Ms. Aileen De Souza from Sethu, an NGO dealing with child guidance. She spoke on the topic "Mental Health in Your Hands." The session began with an ice-breaker exercise, where we formed groups based on the instrument names written on chits. A video on the effects of stigma was shown, and we noted down our observations and other factors potentially affecting mental health. The students' inputs were discussed, and the speaker enlightened us on coping with negative life events. She emphasized the importance of self-care, maintaining healthy connections, using coping strategies, and focusing on strengths to improve mental health. Coping strategies like the mindfulness jar and daily planner were demonstrated.

The second session, conducted by Ms. Chrissiedana Gomes from COOJ Mental Health Foundation, focused on "Caregiving." We learned the differences between mental health and mental illness. Various scenarios were given for us to identify ways to provide care to individuals suffering from depression. We discussed methods such as learning about illnesses, watching for signs, seeking professional help, and self-care. Role plays involving students emphasized the importance of effective listening and communication in caregiving, showcasing both ideal and inefficient ways of communication.

The workshop concluded with the presentation of tokens by the Head of the Department, Prof. Janet DeSouza, and a vote of thanks. Dr. Eulalia Fernandes and Dr. Ubaldina Noronha organized the program with the help of student volunteers. Around 36 students attended the workshop.



“ World suicide prevention day”

On September 8th, 2023, the students of TYBA psychology meticulously staged a play to commemorate the world suicide prevention day. The Play focused on the importance of seeking help in times of distress and also highlighted the importance of awareness and counselling services in promoting mental health. Miss Anuradha Kakodkar was the special guest for the program and was largely attended by several students of St Xavier's College, Mapusa Goa. The street play was coordinated by the head of the department, Professor Janet Fernandes and the College Counsellors.



Importance of “Mental health”



On October 5th , 2023, the FYBA, FYBCom (SEC) Psychology students, staged an act on “Importance of Mental Health” for students of St. Xavier's College.

On September 8, 2023, Mental Health day celebration was held for the students of the St Xavier's higher secondary school at the Fr. Nicolau Pereira Amphitheatre of the St. Xavier's HSS..



Students active participation at the Purple Fest 2024



Master's studies overseas: a prospect

On August 24th, our accomplished alumna, Ms. Carmisa Pereira, who recently completed her Master's studies in the UK in special education, delivered an inspirational orientation for TYBA students aspiring to pursue studies abroad. Organised by Fr. Ramiro Luis, the session provided practical insights into the challenges and triumphs of international education. Ms. Pereira's firsthand experiences and advice served as a valuable guide, fostering motivation and aspirations among the TYBA students.

Our Achievers - TYBA

Grades	CGPA	No. of Students
Excellent	9	2
V.Good	8	28
Good	7	20
Above Average	6	10

Participation in **Mental health Programme**

On October 10th, 2023, the FY BA (SEC) students of Psychology participated in a full day, mental health programme organised by the South Goa District Hospital, Margao. The students displayed a meaningful medley of dance, skit, slogan, poem, and a pledge to commemorate the world mental health day. St. Xavier's College, Department of psychology had a display desk of selected psychological tests that are often used to screen depression, anxiety, stress, coping etc. The students were led under the leadership of the HOD, professor, Janet Fernandes.



“Bi-Annual Research Series”

The first interaction of the Bi-Annual Research Series was held on 27th November, 2023, at the Department of Psychology. A soft copy of the selected paper from The Open Psychology Journal, 2018, Volume 11, DOI: 10.2174/18743501811010077, entitled "The Impact of Workaholism on Nurses' Burnout and Disillusion," was emailed to the faculty members for reading and evaluation.

The faculty first discussed a brief summary of the entire paper, highlighting its relevance and technical soundness. The paper aimed to contribute to ongoing research on the relationship between workaholism and burnout among nurses, focusing particularly on disillusionment.

The study, carried out in Sardinia, southern Italy, involved a sample of 614 nurses from various hospital departments, with work experience ranging from less than a year to over 21 years. Two self-report questionnaires, the Dutch Utrecht Workaholism Scale and the Link Burnout Questionnaire, were used. The impact of workaholism on burnout was examined using the Structural Equation Model for variables under the Link Burnout Questionnaire, including psychophysical exhaustion, relational deterioration, professional inefficacy, and disillusion. Both dimensions of workaholism, working compulsively and working excessively, were examined.

The analysis revealed that working compulsively and working excessively were linked to disillusion. Additionally, working excessively impacted psychophysical exhaustion. More than 26% of the nurses were affected by burnout, while 21% were workaholics. Working excessively was a better predictor of psychophysical exhaustion and disillusion.

After faculty comments, the session concluded.

Field Visit to Central Jail, Colvale



The TYBA Psychology students of St. Xavier's College, Mapusa, visited Central Jail Colvale on 17th October, 2023. After the security check and formalities, the jailor and staff showed the students around the jail premises. The students observed the several heavy gates within which various facilities were seen, including the jail cells housing the inmates, the kitchen, the IGNOU educational centre, the vocational centre, and the medical centre.

The jail visit succeeded in changing the students' perspective of a jail as being a punitive institution to that of a reformatory centre for individuals from disadvantaged backgrounds who are victims of their personal circumstances.

The field visit was coordinated by Ms. Anuradha Kakodkar, Associate Professor, Department of Psychology.



“World Mental Health Day: Mental Health is a Universal Human Right”

Dr. Eulalia Fernandes, along with five students from the T.Y.B.A. Psychology Honours class, participated in a one-day state-level seminar on the theme "World Mental Health Day: Mental Health is a Universal Human Right." The seminar was organized by Government College of Arts, Science, and Commerce, Khandola – Marcela, Goa, in collaboration with Rotary Club of Panaji Mid-Town on the 12th of October, 2023, from 9:30 a.m. to 6:00 p.m., at Sanskruti Bhavan, Patto, Panjim – Goa.

The seminar aimed to raise awareness of mental health issues and mobilize efforts in support of mental health. Six interesting sessions were conducted:

Importance of Emotional First Aid Training among Youth - Prof. Mahesh Pai, Principal, Goa College of Home Science, highlighted seven common psychological injuries and ways to heal them.

Addiction among Youth - Mr. Debojit Majumdar, Sr. Consultant, Kripa Foundation, spoke about addiction as a brain-based disorder.

Countering Violence and Ensuring Wellbeing in Intimate Relationships - Ms. Devika Gupta, Research Coordinator, Sangath, Goa, discussed different types of violence and their mental health effects.

Being an Ally: Ensuring Developmental and Behavioural Wellbeing among Youth with Disabilities - Dr. Nandita de Souza, Director & Developmental & Behavioural Paediatrician, Sethu Goa, enlightened the audience about the challenges faced by neurodivergent individuals.

Suicide Prevention among Youth - Dr. Peter Castelino, Psychiatrist & Director, Cooj- Mental Health Foundation, explained the statistics and causes of suicide, warning signs, and creating safety plans.

Assuring Mental Health for Victims of Trauma and Abuse - Ms. Juliana Lohar, Coordinator, ARZ, addressed the needs of abuse victims, including rescue, justice, protection, and reintegration. The seminar focused on the work done by mental health professionals and highlighted what more needs to be done to make mental health care a reality for all.

Guess the Disorder

On October 12, 2023, Elvira Pereira, Assistant Professor from the Department of Psychology, organized an engaging and educational activity centered around guessing psychological disorders. The activity aimed to enhance students' understanding of various mental health conditions and promote a more nuanced perspective on psychological well-being.

The activity began with an introduction by Ms. Elvira Pereira, who explained the purpose and format of the guessing game. The students, primarily from the psychology department, were divided into teams. Teams had to create posters based on carefully crafted scenarios depicting common behaviors and symptoms associated with different psychological disorders. Participants from all streams had to analyze the scenarios and identify the corresponding disorders.

Seminar on "Harassment at Workplace"



On the 16th of September, 2023, a significant seminar on the topic of "Harassment at Workplaces" was conducted at St. Xavier's College, Mapusa, organized by the Department of Psychology. This seminar was coordinated by Elvira Pereira, Assistant Professor, and Rev. Dr. Ramiro Luis, Assistant Professor, Department of Psychology. The distinguished speaker for this enlightening session was Advocate and Notary Harsha Naik, an esteemed ex-alumnus of the college, who graduated in 1996 and was also part of the psychology department during her academic journey.

Advocate Harsha Naik has had an impressive career, boasting 23 years of practice in the field of law. Her accolades include serving as the ex-president of the district consumer forum and the ex-president of JCI, Santa Inez. She has also been a legal aid advocate and a resource person for schools and colleges, actively contributing to the education and awareness on legal matters. The talk commenced with a warm introduction by Ms. Elysia Luis, TYBA student, who highlighted Advocate Harsha Naik's illustrious career and her deep-rooted connection to St. Xavier's College. As a token of appreciation, the speaker was presented with a potted plant. The stage was then set for the topic of discussion - "Harassment at Workplace" - by explaining its significance and the need for awareness.

Advocate Harsha Naik, with her extensive legal experience, delivered an insightful talk that covered various aspects of workplace harassment. She began by shedding light on the role of Internal Complaints Committees (ICCs) in addressing workplace harassment and elaborated on their guidelines and importance in safeguarding employees' rights. She made a clear distinction between sexual and non-sexual harassment, emphasizing that both forms are detrimental to a healthy work environment.

During her talk, Advocate Harsha Naik also delved into the legal framework in place to protect victims of harassment. She emphasized the importance of counseling for both the victim and the perpetrator, highlighting the potential for rehabilitation and education. Additionally, she outlined the penalties for harassment, which encompassed a range of consequences such as personal apologies, debarment from other institutions, suspension from the workplace, and strict measures to prevent any further interaction with the victim.

The talk on "Harassment at Workplaces" was brought to a close with a comprehensive outro and a vote of thanks by Ms. Tannicia Dias and Ms. Elysia Luis. The session left the audience enlightened about the crucial issues surrounding workplace harassment and provided valuable insights into the legal and psychological dimensions of addressing this problem. Advocate Harsha Naik's expertise, combined with her passion for advocacy and awareness, made the event both informative and impactful, contributing to the promotion of safe and respectful work environments for all.

Report on "Awareness of Substance Abuse"

The event "Awareness of Substance Abuse" was conducted on September 7, 2023, at St. Xavier's College, Mapusa. The program aimed to educate students about the dangers of substance abuse and promote a healthy and drug-free lifestyle. The program commenced at 9:30 AM with an opening address by Mr. Debojit Majumdar, who emphasized the importance of creating awareness about substance abuse and its detrimental effects on individuals and society.

The event included two informative sessions, interactive discussions, and expert presentations. Expert speakers delivered presentations on various aspects of substance abuse, including its impact on physical and mental health, social consequences, and the role of preventive measures. Students actively participated in interactive sessions where they could ask questions, share their concerns, and engage in open discussions about the challenges related to substance abuse.

Personal testimonials from individuals who have overcome substance abuse were shared to inspire and motivate the audience. These stories provided insight into the challenges faced by those affected and demonstrated that recovery is possible. Mr. Debojit reiterated the importance of continuous efforts to raise awareness about substance abuse and encouraged everyone to be proactive in promoting a healthy lifestyle.

The "Awareness of Substance Abuse" event at St. Xavier's College, Mapusa, was a successful initiative in fostering awareness and understanding of the issues surrounding substance abuse.

Summer Internship Program at Kripa Foundation

The Summer Internship Program at Kripa Foundation, Anjuna, provided an enriching experience for the 32 participating students from the Department of Psychology, held from 18th May 2023 to 18th June 2023. Coordinated by Elvira Pereira, Assistant Professor in the Department of Psychology, the program aimed to offer practical exposure to drug de-addiction procedures, group sharing sessions, and other rehabilitative activities organized at the center.

Various activities were organized to complement the de-addiction procedures and provide holistic rehabilitation for patients. Students actively participated in these activities, which included yoga and meditation, recreational activities, and seminars on topics related to addiction, mental health, and personal development.

The feedback from the participants highlighted the profound impact of the program on their personal and professional growth. Many expressed gratitude for the opportunity to work closely with patients and professionals in a real-world setting, which significantly enriched their educational journey.



Talk on 'Counselling Interventions'



The Department of Psychology, St. Xavier's College, Mapusa-Goa, organized a talk for the TYBA Psychology students (Honours) on 9th February, 2024, on the topic "Counselling Interventions," at 9:30 a.m. The resource persons were Ms. Zaneta D'mello and Mr. Cipriano Fernandes, the College Counsellors of St. Xavier's College, Mapusa.

After a brief welcome, Ms. Zaneta began the session by highlighting the methods used in counselling. She explained the role of metaphors, followed by a video presentation of the "Empty Chair Technique," which helps move clients from discomfort to emotional relief.

Mr. Cipriano spoke about hypnotherapy, which focuses on changing the script. He introduced the WDEP model that emphasizes exploring clients' wants, what they are doing to achieve those wants, evaluating whether their actions are helpful or harmful to their goals, and finally helping the client plan. Art therapy was also discussed as a way to help counselees interpret, express, and resolve their emotions and thoughts with creativity.

The session, coordinated by Dr. Eulalia Fernandes, Associate Professor, Department of Psychology, was attended by 30 students. The session was enriching and concluded with a vote of thanks by Ms. Elysia Luis.



A warm welcome to our
MTS staff to the department
of Psychology

MR. SERVULO MENEZES

Coffee Series



The Department of Psychology conducted a session under the Coffee Series of the DHE regarding the research activities of the institution. The session was held on 15th September, 2023. Final-year graduate students presented a synopsis of their projects for the academic year 2023-24. Six project synopses were presented, and analysis and feedback were given by the faculty present. The following projects were presented:

Character Strengths and Wellbeing among College Students

Guide: Prof. Janet De Souza

Students: Swezial D'Souza, Angela Fernandes, Vania Martins, Krislyn D'Souza, Ashaando Mendes, Elysian Luis, Desiree Fernandes, Angelica Falcao

Analysing the Mindset of Stock Market Investors

Guide: Dr. Ubaldina Noronha

Students: Prithaa Nabar, Varshada Kambli, Rhutuja Pokhare, Arya Tivrekar, Ritu Pednekar, Sarah Fernandes, Rakshanda Naik, Nehajoyce S

The Silent Scream: Survivor Testimonies and Public Perceptions of Child Sexual Abuse

Guide: Ms. Anuradha Kakodkar

Students: Saanya Naik, Celina Fernandes, Rahul Shirodkar, Janice De Souza, Alayna D'souza, Sailee Kamat, Raheiya Sayed, Jagruti Swar

Binge Watching in the Netflix Era: Relationship to Social Anxiety and Psychological Well-Being

Guide: Dr. Eulalia Fernandes

Students: Surabhi Pawaskar, Grizel Dias, Anusha Rathod, Juhi Naik, Rishwa Matondkar, Vedica Vaigankar, Scurly Taraves, Jessica Braganza

Perceived Stress and Hardiness among Caregivers of Children with Special Needs

Guide: Fr. Ramiro Luis

Students: Meldon Fernandes, Charlaine Pereira, Shravani Chari, Shruti Agarwadekar, Prashila Kharbe, Amisha Gadekar, Neha Kadam, Chaitali Vazarkar

Family Environment and Its Impact on Self-Esteem Across Different Age Groups

Guide: Ms. Elvira Pereira

Students: Fluino Carvalho, Mhelcristi Fernandes, Monoshka Coelho, Rizel Fernandes, Mahek Katvelia, Aditi Devi E S, Insiya Madraswala, Tannicia Dias, Jael Rego

The session concluded with the Head of the Department, Prof. Janet De Souza, thanking everyone for their participation. The session was held as part of the Coffee Series of the Research and Development Cell initiated by the DHE to promote research initiatives in college.

Report on Mindfulness, Stress Management

On 9th March 2024, as part of the Stress Management class, students participated in an enriching meditation session led by Fr. Ramiro Luis. The session aimed to provide students with effective techniques for managing stress and promoting overall well-being. Fr. Ramiro began by introducing the principles and benefits of meditation, emphasizing its role in reducing stress and enhancing mental clarity.



Environmental Field Trip

On March 3, 2024, Fr. Dr. Ramiro Luis organized a field trip for Environmental Psychology students of the FY MC class, in collaboration with the Centre for Responsible Tourism of GOA CARITAS, led by Fr. Freddy Braganza.

The trip offered students an opportunity to explore Verna village, experiencing its rich culture and natural beauty. Students visited village springs, explored nearly extinct local occupations, enjoyed local food, and participated in the local Kunbi dance. This enriching experience deepened their appreciation for the region's natural and cultural heritage.



Human Resource Management.. Talk

The Department of Psychology arranged for a session for the Human Resource Management students on 29th February 2024. The speaker was an alumni of the department Ms. Sameera Khan. Ms. Khan after completing her graduation at St. Xavier's College in 2013, went on to do her Masters in Industrial and Organisation Psychology at the Wadia College of Arts and Science, Pune. She has worked in various organisations till 2018 when she joined InFeedo, where she is VP and Head presently. At InFeedo, Ms. Khan is involved in building high performing teams and building of Data Science leaders.

Ms Khan started her session with enquiring about the students aspirations and their plan once they pass their final year. She gave a lot of tips on how they can right away building on their strengths by engaging in extracurricular activities, internships, volunteering and so on. She believed that going out of the comfort of one's home even for a short time builds up on one's life skills that are equally important. Networking is crucial to stay ahead of the rest in terms of career building and opportunity. Prior to the session, she had shared a google link by which students sent her their concerns to which she could address directly. A lot of students got their queries answered and in turn Ms Khan offered them very practical tips on how students could pursue other related careers opportunities. She stressed the need for students to know beyond the scope of their academics and the fact that there is an excited world of opportunities outside of Goa if they wish to go in that direction.

The session ended with a vote of thanks and a presentation of a token to Ms. Khan. The session was coordinated by Dr. Ubaldina Noronha. Around 45 students attended and benefitted from the session.



PSYNERGY: A FESTIVAL OF EMOTION

The Department of Psychology, under the leadership of Professor Janet D'Souza e Fernandes and the faculty, organized a festival of psychology titled PSYNERGY on 18th March 2024. The festival featured various events:

Affective Elegance (Dance) Cognitive Inquiry (Quiz) Psychoemotive Captures (Photography) Emotive Artistry (Painting) Psych Quest (Treasure Hunt) Emotional Extravaganza (Fashion Show) Mr. and Ms. Psynergy. The Principal, Professor Blanche Mascarenhas, highlighted the importance of moving beyond the classroom and applying theoretical knowledge in practical settings. Our Faculty member, Ms. Nezima Lawrence delivered a short talk on the importance of emotions in life.

Mr. Psynergy was awarded to Shanoor Shaikh, and Ms. Psynergy was awarded to Claire Athena Gomes. The event was coordinated by Elysia Luis, with co-coordinators Desiree Fernandes and Ashaando Mendes.



Media and Psychology in Action

On February 27, 2024, the Department of Psychology at St. Xavier's College, Mapusa, hosted an event titled "My Product, My Service," organized by Fr. Dr. Ramiro Luis. This event featured second-year students from the generic elective course, who presented brochures advertising imaginative products or services. Designed using psychological principles, these brochures showcased the students' innovative approaches to entrepreneurship through the integration of media and psychology. The event, held in the college's conference hall, highlighted the practical application of Media and Psychology.

Poster Displays

The Department of Psychology, under the leadership of Professor Janet Fernandes, offered a skill enhancement course that provided students with opportunities to apply their theoretical knowledge through poster-making on various occasions. These posters served as a platform for students to express concerns about the dignity of life, the significance of counseling, stress management techniques, mental health care, and other important topics.

Throughout the duration of the course, the posters were prominently displayed on noticeboards, benefiting both students and staff of the college in numerous ways. They not only raised awareness but also sparked meaningful discussions and encouraged proactive engagement with these critical issues.

This initiative not only enriched the academic experience of the students but also contributed positively to the overall atmosphere of the college, fostering a deeper understanding and appreciation for psychological concepts among the entire community.





Our former Principal Prof. Dr. Blanche Mascarenhas receiving the first copy of the book "School Psychology in the Indian context", translated in konkani, from the hands of the Governor of Pondicherry at Pondicherry University for an International conference on Indian School Psychology. The Managing Editor for book translation was Prof. Janet Fernandes, Professor & Head, department of Psychology



Prof. Janet Fernandes, **Professor & Head, department of Psychology** participated in the Academic leadership programme organised by DHE for the Academic year 2023-24. The programme for experienced faculties for the state of Goa focuses on developing skills with respect to leadership, administration and governance.

- Programme 1: Infosys Mysore, Karnataka
- Programme 2: Palindrome Enterprises, Kautilya Bhavan, Goa
- Programme 3: Goa Institute of Management, Sanquelim, Goa
- Programme 4: Indian School of Business (ISB), Mohali Chandigarh



Faculty of Psychology Department

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