



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Scope of mental health treatment in Goa
Date/Duration	October 8, 2024, half day.
Venue	Sangath, NGO at Sangolda
Name of organizing Department/Cell	Psychology UG
In collaboration with	Sangath
Name/s of Faculty Coordinator	Dr Eulalia Fernandes, Dr Ubaldina Noronha
Stratum of Event	Field Trip
Name & details of Resource Person/s If any	Ms. Miriam Sequeira
Report	<p style="text-align: center;">Report: Field Trip to Sangath</p> <p>The Department of Psychology organized a Field Trip to Sangath (an NGO located in Porvorim), for the S.Y.B.A. students of Psychology, on October 8, 2024. A total of 21 students participated in the Field trip and were accompanied by Dr. Ubaldina Noronha and Dr. Eulalia Fernandes.</p> <p>'Sangath' is actively involved in mental health care and addresses a wide range of concerns across the life course, from cognitive development in childhood to self-harm and depression in youth, to drinking problems, psychoses and dementia in adults. After a brief tour of the place, an introductory session was conducted by a senior co-coordinator, Ms. Miriam Sequeira, who highlighted the vision and mission of Sangath and the goal of making mental healthcare easily accessible and affordable to all. Ms. Sequeira also explained the different types of research work done at Sangath as well as the interventions employed not only in Goa, but in other States of India and globally too.</p> <p>Next, the Addictions and Related-research Group (ARG) was introduced to the students, wherein members of this project spoke about the various intervention methods used to deal with addiction and other related problems. The students were also encouraged to volunteer in various projects undertaken by Sangath. Besides, students were also informed about internship facilities at Sangath and were urged to participate in their various programs in order to get acquainted with the organization.</p> <p>The field trip proved to be highly motivating, opening up a range of new possibilities and pathways for students interested in pursuing careers in psychology. It encouraged them to explore various areas</p>

	within the field and how they might apply their studies in real-world contexts.
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/IMG_7880.pdf
List of participants With signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/sangath field trip attendance.pdf
Certificate	NA