



**ST. XAVIER'S COLLEGE, MAPUSA GOA**  
**Report of Activity conducted in the Academic Year 2024-25**

<b>Name of Activity</b>	<b>Value Added Course "Student Refresher Talk "</b>
<b>Date/ Duration</b>	<b>29<sup>th</sup> June 2024 - One hour</b>
<b>Venue</b>	<b>Physics laboratory classroom , St. Xavier's College, Mapusa</b>
<b>Name of organizing Department/Cell</b>	<b>Department of Physics.</b>
<b>In collaboration with</b>	
<b>Name/s of Faculty Co ordinator</b>	<b>Prof Bosco Lawrence (Coordinator) and Prof Nelson Lobo</b>
<b>Stratum of Event</b>	<b>College Departmental level</b>
<b>Name &amp; details of Resource Person/s if any</b>	<b>Ms Tanaya Tankar</b>
<b>Report</b>	<p>A refresher talk on "How to go about in TYBSc" was held on 29/7/24 by Ms Tanaya Tankar at 9:30am in the Physics lab.</p> <p>In keeping with a long-standing tradition of the Physics Department, Ms. Tanaya Talkar (a recently passed-out student) delivered a Talk, to the students of the 2024-2025 TYBSc batch, on 29<sup>th</sup> June 2024. During the session, her inputs were complemented by her classmate, Mr. Mervyn D'Souza. The objective of this exercise was to share their insights and experience in navigating the academic challenges of the Final Year of graduation.</p> <p>At the outset, in the presence of the Head of Department (Prof. Nelson Lobo), Prof. Bosco Lawrence welcomed Ms. Talkar and Mr. D'Souza, and introduced them to the students. After the formal introduction, both the faculty members recused themselves in order to permit a frank exchange of thoughts and ideas between the Resource Persons and the current students.</p>

	<p>Initially, Ms. Talkar shared her experiences with the TYBSc students. She strongly emphasized the importance of consistency, discipline and a strong work ethic. She stressed on the need to stay organized, manage time effectively and to work hard. Along with Mr. D’Souza, she offered suggestions about the manner in which the various courses of the Final Year curriculum could be balanced, regarding the assignments, ISAs etc. She also highlighted the more-important areas in every course from the point of view of examinations. Ms. Talkar also highlighted the available resources in the College and Physics Department. She advised the students to supplement information obtained from textbooks with online resources e.g. DISTAVO, YouTube videos etc. She strongly encouraged the students to reach out for assistance whenever required. In her own words, “Seeking support is a sign of strength, not weakness”. She also urged students to participate in competitions and events, even though the academic schedule of the Final Year is rather packed. Participation in such activities, she said, helped in the holistic development of one’s personality.</p> <p>Towards the end of the Talk, Ms. Talkar focused on the need and strategy of planning for competitive examinations and GU-ART. She also advised the students to desist from neglecting self-care.</p> <p>The Talk was followed by a Question-n-Answer session wherein students raised various queries. The same were painstakingly addressed by Ms. Talkar and Mr. D’Souza with personalized answers and solutions.</p> <p>At the end of the session, Ms. Pranjali Gad proposed the Vote of Thanks. She noted that, as a result of the session, the current TYBSc students felt motivated and confident to face the challenges of the academic year 2024-2025.</p> <p>(By Pranjali Gad)</p>
<b>Brochure/Poster</b>	NA
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Photographs.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Photographs.pdf</a>
<b>List of participants with signatures</b>	NA
<b>Certificate</b>	NA
<b>Feedback</b>	NA