



## ST.XAVIER'S COLLEGE, MAPUSA GOA

### Report of Activity conducted in the Academic Year 2024-25

<b>Name of Activity</b>	Session on Career Guidance for students of Class X
<b>Date/Duration</b>	15/10/24
<b>Venue</b>	District Hospital Mapusa
<b>Name of organizing Department/Cell</b>	Department of Psychology
<b>In collaboration with</b>	--
<b>Name/s of Faculty Coordinator</b>	Elvira Pereira, Asst. Professor
<b>Stratum of Event</b>	--
<b>Name &amp; details of Resource Person/s If any</b>	--
<b>Report</b>	<p>On the 15th of October 2024, 21 students from the SYBA (SEC) class participated in an enriching field trip to the District Hospital, organized by Elvira Pereira, Assistant Professor in the Department of Psychology. The visit aimed to provide students with firsthand exposure to the operations of a psychiatric ward, Drug De-addiction Center, and the Psychological First Aid (PFA) unit.</p> <p>The trip began with a tour of the <b>psychiatric ward</b>, where the students had the opportunity to observe the environment and gain insights into the daily routines and treatment plans for patients with mental health conditions. Dr. Titr, a seasoned psychiatrist at the hospital, provided a comprehensive briefing on both psychiatric cases and the complexities of drug addiction. He explained the common challenges faced by individuals suffering from mental health disorders and substance abuse.</p> <p>Following this, the students visited the <b>Drug De-addiction Center</b>. Here, Dr.</p>

	<p>Titir continued his discussion, focusing on the various stages of addiction and the importance of tailored treatment programs. He highlighted the need for a compassionate approach to rehabilitation and the critical role that medical professionals and support staff play in recovery.</p> <p><b>Counsellors Mehvish and Samantha</b> added valuable insights during this part of the visit, emphasizing the psychological interventions used in addiction therapy and the significance of addressing both the emotional and mental health needs of patients. Their input deepened the students' understanding of the multifaceted nature of addiction recovery.</p> <p>The students then had the privilege of interacting with <b>Dr. Poonam</b>, a psychiatrist who elaborated on the hospital's treatment procedures for psychiatric patients. She explained the <b>detoxification phase</b> in drug de-addiction, a critical process in helping individuals break free from physical dependence on substances. Dr. Poonam's detailed description of this phase, including the medical and psychological support provided, offered the students a clear view of the challenges patients faces during detox and the importance of holistic care.</p> <p>The final part of the visit included a session at the <b>Psychological First Aid (PFA) unit</b>, where students were introduced to the essential skills involved in providing immediate emotional support during crises. This experience allowed students to gain insights into how PFA is administered in emergency situations, emphasizing the importance of compassionate communication and mental health support in critical scenarios.</p> <p>This field trip was an eye-opening experience for the students, providing them with valuable insights into psychiatric care, the complexities of drug de-addiction, and the practical application of Psychological First Aid. The knowledge gained from psychiatrists like Dr. Titir, Dr. Poonam, and counselors Mehvish and Samantha will certainly enhance the students' academic understanding and professional aspirations in the field of psychology.</p>
<b>Brochure/Poster</b>	--
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Field_Trip.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Field_Trip.pdf</a>
<b>List of participants With signatures</b>	--
<b>Certificate</b>	--