



St. XAVIER'S COLLEGE, MAPUSA, GOA

Report of Activity conducted in the Academic Year 2024-25

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| Name of Activity | Geriatric Care and Intervention |
| Date/ Duration | 3 rd October, 2024/ 2 hours |
| Venue | Abbé Faria M.A. Part II classroom, St. Xavier's college, Mapusa, Goa |
| Name of organizing Department/Cell | Abbé Faria Post Graduate Department of Psychology With Sevarat Healthcare and Nursing Pvt Ltd- Goa |
| In collaboration with | |
| Name/s of Faculty Co-Ordinator | Dr. Kshipra Vora |
| Stratum of Event | College level |
| Name & details of Resource Person/s if any | Dr. Rohini Gonslaves Sevarat Healthcare and Nursing Pvt Ltd- Goa |

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| Report | <p>A session dedicated to Geriatric care and intervention was held on October 3rd, 2024. This event aimed to illuminate the various challenges and disorders that affect the elderly community. The speaker, Ms. Rohini Gonsalves, a knowledgeable professional in Geriatric care, provided us with fascinating insights into the subject. The session started with a welcome speech presented by student of psychology, Ms. Swarnima Verma. The session had an interactive format where the speaker engaged with the students to check their awareness on the topic. Various topics were covered under mental health disorders that are mostly faced by them (Parkinson's disease, depression, Alzheimer's, dementia, schizophrenia) and how not only does it impact the elderly individuals themselves, but it also affects their entire family in numerous ways. These ripple effects can create situations where the elderly may face neglect or mistreatment, often as a result of their unexpressed or unmet needs. A very engaging and informative activity was also conducted where the class was divided into small groups to encourage collaboration. Each group received a chart paper along with a specific disorder to focus on. Their task was to list the symptoms of the assigned disorder in detail. Once completed, the chart papers were exchanged between groups, who then added possible interventions or treatment approaches that went beyond traditional medical diagnosis. This interactive exercise not only deepened the students' understanding of various disorders but also fostered critical thinking and creativity. Being from a background of healthcare and nursing, she shared her secondhand experiences about the various challenges that the elderly endure and also gave us pointers about how we shall deal with some critical situations. She very beautifully emphasized the importance of caring for the elderly in our homes, while also highlighting that it should never come at the expense of our own mental well-being. She explained that while fulfilling our responsibilities is essential, we must prioritize our own peace and needs, ensuring that we are mentally and emotionally equipped to serve others effectively. Due to the interactive and light nature of the session, the information was easy to comprehend.</p> <p>All in all, the entire session was very much enjoyed by everyone present. The session ended with Ms. Rohini Gonsalves taking feedback from us about what the takeaways were that we gathered from the sessions. The number of beneficiaries was 58.</p> |
| Brochure/Poster | https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Brochure-7.pdf |
| Photographs | https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Image-1.pdf |

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| List of participants with signatures | https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Attendance-sheet.pdf |
| Certificate | NA |