



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	ALUMINI SESSION: 'CYBER WELLNESS AND SECURITY'
Date/Duration	September 25, 2024
Venue	Post Graduate Classroom
Name of organizing Department/Cell	Abbe Faria Post Graduate Department of Psychology
In collaboration with	
Name/s of Faculty Coordinator	Dr. Vijay Viegas
Stratum of Event	College Level
Name & details of Resource Person/s If any	Ms. Yukta Kumbhar from the Cyber Wellness Centre Goa.
Report	<p>On September 25, 2024, the Abbe Faria Post Graduate Department of Psychology hosted an insightful session on cyber wellness and security, led by Ms. Yukta Kumbhar from the Cyber Wellness Centre Goa. The event was attended by 60 students, all eager to deepen their understanding of digital safety in today's technology-driven world.</p> <p>Ms. Kumbhar began by highlighting the significance of cyber wellness, emphasizing the need for responsible and informed online behavior. She discussed prevalent cyber threats affecting youth, such as cyberbullying, identity theft, and phishing scams, providing real-world examples to illustrate these dangers.</p> <p>The session delved into practical strategies for maintaining digital security. Ms. Kumbhar advised on creating strong, unique passwords, recognizing and avoiding suspicious online activities, and understanding privacy settings on various platforms. She also underscored the importance of regularly updating software and being cautious about the information shared online.</p> <p>A significant portion of the discussion focused on the psychological impact of cyber threats. Ms. Kumbhar explained how cyberbullying and online harassment can lead to anxiety, depression, and other mental health issues. She encouraged students to seek support if they encounter such challenges and to be proactive in fostering a positive online environment.</p> <p>The interactive nature of the session allowed students to engage in discussions, ask questions, and share their experiences, enhancing their understanding of the subject matter. Ms. Kumbhar's expertise and</p>

	<p>approachable demeanor created an environment conducive to open dialogue.</p> <p>In conclusion, the session equipped students with essential knowledge and tools to navigate the digital landscape safely. The department expressed gratitude to Ms. Kumbhar for her valuable insights and looks forward to organizing similar events to promote cyber wellness among students.</p>
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/WhatsApp-Image-2024-12-23-at-07.56.04-2.pdf
List of participants With signatures	NA
Certificate	NA