



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Field Trip to Goa Science Center Miramar
Date/Duration	13th January 2025
Venue	Goa Science Center, Miramar
Name of organizing Department/Cell	Department of Psychology
In collaboration with	
Name/s of Faculty Coordinator	Elvira Pereira, Asst. Professor Department of Psychology
Stratum of Event	State Level
Name & details of Resource Person/s If any	Mr. Kishore Shah
Report	<p>On 13th January 2025, a group of 18 students across the streams participated in a field trip to the Goa Science Center to attend the National Youth Day celebrations. The event was organized to inspire young minds and encourage self-discovery and personal growth. The session was chaired by the dynamic Mr. Kishore Shah, who delivered an engaging talk on the theme "RISE—Reinvent, Influence, Stabilize, Excel." His discussion revolved around unlocking hidden potential and focusing on strengths that often remain unnoticed. Mr. Shah emphasized the importance of self-awareness as a crucial step toward personal and professional growth.</p> <p>One of the key concepts Mr. Shah elaborated upon was the Johari Window, a psychological tool that helps individuals understand their relationships with themselves and others. He explained its four quadrants:</p> <ol style="list-style-type: none"> 1. Open Area: Known to self and others, representing shared knowledge and openness. 2. Blind Spot: Known to others but not to oneself, highlighting areas where feedback can improve self-awareness. 3. Hidden Area: Known to oneself but hidden from others, representing private thoughts and feelings.

	<p>4. Unknown Area: Unknown to both self and others, signifying untapped potential and undiscovered traits.</p> <p>Mr. Shah's explanation encouraged the students to reflect on their own Johari Window, emphasizing the value of reducing blind spots through feedback and exploring the unknown quadrant by taking on new challenges.</p> <p>The session also underscored the significance of observation skills. To illustrate this, Mr. Shah screened a brief clip, encouraging participants to focus on details. Following the video, he engaged the audience in a series of questions to test their observation skills. This interactive activity not only captivated the participants but also highlighted the importance of mindfulness and attentiveness in daily life.</p> <p>The session was both thought-provoking and interactive, leaving the students inspired to explore their potential and enhance their self-awareness. Such enriching experiences underscore the value of field trips in complementing academic learning.</p> <p>The field trip to the Goa Science Center on National Youth Day provided valuable lessons for all who attended. The students were accompanied by Elvira Pereira, Asst. Prof. from the Department of Psychology.</p>
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/photo-7.pdf
List of participants With signatures	NA
Certificate	NA