



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Life Skills for Career Success
Date/Duration	22nd March 2025
Venue	Room No: 207
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	Department Level
Name & details of Resource Person/s If any	Ms. Mehvish Shah, a professional counsellor from the District Hospital.
Report	<p>A session on "Life Skills for Career Success" was held on 22nd March 2025 at 12:00 PM for the TYBA psychology students. The session was conducted by Ms. Mehvish Shah, a professional counsellor from the District Hospital.</p> <p>The session focused on equipping students with essential life skills that contribute to personal growth and professional success. Ms. Shah highlighted the importance of effective communication, emotional intelligence, decision-making, adaptability, and resilience in building a successful career. She also emphasized how these skills not only enhance workplace performance but also improve overall well-being and interpersonal relationships.</p> <p>Through relatable examples and interactive discussions, Ms. Shah encouraged students to reflect on their own strengths and areas for improvement. The session was engaging, insightful, and provided practical tools students could immediately apply in their academic and career journeys.</p> <p>The session was organized by Ms. Elvira Pereira, Assistant</p>

	<p>Professor, Department of Psychology.</p> <p>Students expressed appreciation for the session and many found the tips and strategies shared to be highly relevant and motivating.</p>
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/WhatsApp-Image-2025-03-22-at-1.45.20-PM.pdf
List of participants With signatures	NA
Certificate	NA