



## ST.XAVIER'S COLLEGE, MAPUSA GOA

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

<b>Name of Activity</b>	Xavier's Takes a STRIDE (Strengthening Teen's Resolve In Drug Education) A youth led substance use awareness campaign
<b>Date/Duration</b>	3 <sup>rd</sup> & 4 <sup>th</sup> March 2025 (Two Days) 9:30 am to 1:30 pm
<b>Venue</b>	St. Xavier's College Campus: Lobby, Seminar Hall, PG Conference Hall, Psychology Laboratory
<b>Name of organizing Department/Cell</b>	Department of Psychology- Sangath (MOU Activity)
<b>In collaboration with</b>	
<b>Name/s of Faculty Coordinator</b>	Dr. Eulalia Fernandes; Dr. Ubaldina Noronha
<b>Stratum of Event</b>	College Level
<b>Name &amp; details of Resource Person/s If any</b>	<ul style="list-style-type: none"> <li>• Dr.(Major) Manisha</li> <li>• Dr. Kashyap</li> <li>• Miss Miriam</li> <li>• Sangath Team members</li> </ul>
<b>Report</b>	<p><b>Report : Xavier's Takes a STRIDE</b>  <i>A youth-led initiative for informed choices on substance use</i></p> <p style="text-align: right;"><b>Date:</b> 3rd and 4th March 2025  <b>Venue:</b> St. Xavier's College, Mapusa</p> <p><b>Introduction</b></p> <p>Strengthening Teens Resolve in Drug Education (STRIDE) is a project led by Sangath to raise awareness among young people about substance use, enabling them to make informed choices. As part of this initiative, Sangath is implementing a youth-led campaign across</p>

college campuses in Goa, run *for youth by youth*.

In collaboration with the Psychology Department of St. Xavier's College, Mapusa, Sangath organized '**Xavier's Takes a STRIDE**', a two-day youth-led initiative aimed at promoting informed decision-making regarding substance use. The event focused on:

- Educating students on substance use through engaging and interactive learning experiences.
- Empowering youth as change-makers by equipping them with knowledge and tools to lead awareness campaigns.
- Developing leadership and advocacy skills to help young people promote healthier alternatives within their communities.

## Day 1: Awareness & Engagement

The first day focused on providing students with substance-specific information, debunking myths, teaching boundary-setting skills, and informing them about harm reduction strategies. Interactive exhibitions, activities, and games were employed to make learning engaging and memorable.

### Interactive Stalls & Activities

Various interactive stalls were set up across campus to engage students in experiential learning, challenge perceptions, and promote harm reduction strategies. Key activities included:

- **Dumb Charades:** A fun and educational approach to discussing substance use.
- **Designated Driver:** A two-player game simulating impaired coordination due to substance use. One player, blindfolded, navigated a maze with guidance, illustrating the dangers of intoxicated driving.
- **Movie Zone:** Students critically analyzed Bollywood and Hollywood portrayals of substance use, placing characters on a substance use spectrum.
- **Pepsi Pong:** A variation of "beer pong" using Pepsi, integrating substance-use-related trivia to reinforce learning.
- **Myth vs. Fact:** Participants categorized 25 statements about alcohol, tobacco, and drugs, clarifying common misconceptions.
- **Treasure Hunt:** Teams solved substance-related clues leading to locations associated with support services or known substance use hotspots, enhancing awareness of hazards and available help.
- **Push and Pull:** Players navigated real-life choices influenced by substance use, emphasizing decision-making and consequences.

### Student Participation & Feedback

The activities witnessed significant participation from all departments. Students engaged enthusiastically in discussions, and the interactive format enhanced learning and awareness. The initiative effectively helped students confront and understand the risks of substance use.

## Day 2: Expert Insights & Future Planning

Day 2 was dedicated to addressing students' doubts through interactive sessions with experts and ensuring sustainability by involving junior students for future campaign leadership.

### Expert Talk Session

A panel of experts addressed key concerns about substance use, including:

- **Dr.(Major) Manisha:** Spoke about the health consequences of smoking and vaping.
- **Dr. Kashyap:** Discussed the increasing prevalence of substance use among young children (ages 10-13).
- **Miss Miriam:** Provided guidance on supporting individuals struggling with addiction and responded to student queries.

### Anonymous Student Questions & Expert Responses

1. *"Do substances enhance creativity?"* Experts clarified that while some claim short-term benefits, long-term use negatively impacts cognitive function and outweigh any short term boost one might perceive.
2. *"Can one-time use be dangerous?"* The panel emphasized that even a single instance can lead to risky behaviors or dependence.
3. *"How can we support someone struggling with substance use?"* The importance of non-judgmental dialogue and professional support was highlighted.

### Orientation for Year 2 Implementation

To ensure sustainability, an orientation session was held for second-year psychology students, covering:

- Event management strategies.
- Lessons learned from this year's campaign.
- Recommendations for future improvements.

## Conclusion & Recommendations

- **Key successes:** High student engagement, effective use of interactive learning, and strong collaboration between Sangath and St. Xavier's College.
- **Scaling up:** Expanding the initiative to other colleges and incorporating digital tools to reach a wider audience.
- **Sustainability:** Training junior students to lead future campaigns and integrating substance use education into academic programs.

## Team

**Student Coordinators:** Nicole, Rhysaa, Denizee, Delilah, and

	<p>Rameshwari</p> <p>Faculty –St. Xavier’s College: Dr. Eulalia Fernandes , Dr. Ubaldina Noronha</p> <p><b>Sangath:</b> Adarsh Ratnakaran (Co-PI); Brinda Singh Raikwat (Co-PI); Urvita Bhatia (Mentor); Vartika Jain (Volunteer); Reshma Prab (Volunteer)</p>
<b>Brochure/Poster</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Flyer-2.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Flyer-2.pdf</a>
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/DSCN0076.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/DSCN0076.pdf</a>
<b>List of participants With signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Att.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Att.pdf</a>
<b>Certificate</b>	NA