



## ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

<b>Name of the Activity</b>	<b>Substance Abuse: Its Impact on Mental Health</b>
<b>Date/Duration</b>	<b>9<sup>th</sup> September 2024</b>
<b>Venue</b>	<b>Kripa foundation, Anjuna</b>
<b>Name of the Organising Department</b>	<b>Kripa Foundation</b>
<b>In collaboration with</b>	<b>-</b>
<b>Resource Person</b>	<b>Elvira Pereira</b>
<b>Stratum of Event</b>	<b>--</b>
<b>Report</b>	<p>A session on "<i>Substance Abuse: Its Impact on Mental Health</i>" was conducted by Ms. Elvira Pereira, Assistant Professor in the Department of Psychology, St. Xavier's College on 9th September 2024 at Kripa Foundation, Anjuna. The session aimed to create awareness about the psychological consequences of substance use and foster mental health literacy among the participants.</p> <p>Ms. Pereira addressed the physiological and psychological effects of various substances, including alcohol, nicotine, cannabis, and synthetic drugs. She highlighted how substance abuse can lead to mood disorders, anxiety, psychosis, and cognitive impairments. Drawing from real-life cases and psychological theories, she provided an engaging overview of how addiction disrupts emotional regulation, decision-making, and interpersonal relationships.</p> <p>Interactive in nature, the session included discussions, reflective questions, and personal sharing from the participants, making it both informative and therapeutic. Emphasis was also placed on the importance of early intervention, support systems, and the role of rehabilitation centers in restoring mental well-being.</p> <p>The session was well-received by the participants and staff at Kripa Foundation, who appreciated the</p>

	clarity and compassion with which the topic was delivered. It concluded with an open forum for questions and a note of thanks to Ms. Pereira.
<b>Brochure/Poster</b>	NA
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/photo-5.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/photo-5.pdf</a>
<b>List of participants With signatures</b>	NA
<b>Certificate</b>	NA