



## ST. XAVIER'S COLLEGE, MAPUSA GOA

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

<b>Name of Activity</b>	Value Added Course on Substance Abuse: Legal and Psychological Perspectives
<b>Date/Duration</b>	12 <sup>th</sup> February 2025: Session 1: 9.30am – 10.30 am 4 <sup>th</sup> March 2025 :Session 2: 9.30 – 11.00 am Session 3: 12.30 pm- 1.30pm
<b>Venue</b>	Classroom 207
<b>Name of organizing Department/Cell</b>	Under graduate Department of Psychology
<b>In collaboration with</b>	Post graduate Department of Psychology
<b>Name/s of Faculty Coordinator</b>	Dr. Ubaldina Noronha
<b>Stratum of Event</b>	Talk, panel discussion and workshop
<b>Name &amp; details of Resource Person/s If any</b>	Adv. Raju Poulekar (practicing Advocate) Mr. Soter Dsouza (Counsellor) Dr. (Major) Manisha Khorate (Goa Dental College) Dr. Kashyap Bandodkar (Goa Dental College) Ms. Miriam Sequeira (Sangath) Mr. Adarsh Ratnakaran (Sangath)
<b>Report</b>	<p>Report:</p> <p>In the sessions held on 12<sup>th</sup> February 2025, Adv. Raju Poulekar, experiences in courts reflected on his expertise with the Substance Abuse Act of 1995. Using a case study of a footballer, he was able to trace indicate the challenges faced and struggles of a substance abuser, that finally led to the death of the young footballer. He educated the students about what a narcotic drug is and its various types. He followed up by giving tips on how to identify and help people who suffer with drug addiction. He concluded with the legal implications of the NDPS Act, which under this could potentially even lead to a death sentence.</p> <p>Mr. Soter is a counsellor and has worked at Asha Bhavan. Mr. Soter, himself, has had several encounters with people who have struggles with drug abuse. He spoke about one of his clients who struggles with alcohol addiction and how he got into it. He also spoke to the students from a political standpoint about how Goa's tourism depended on tourists coming here for alcohol and drugs. He stated, in Goa, alcohol is a more dangerous substance than drugs. He stated that Drugs and Alcohol addiction is not just an individual disease but a</p>

	<p>social disease, where not only the individual but their family, friends and social network is affected. He ended the session with mentioning a couple of NGOs and Rehabilitation centres in Goa, present to help people who are struggling.</p> <p>On 4<sup>th</sup> March, a panel of experts addressed key concerns about substance use, which included Dr.(Major) Manisha who spoke about the health consequences of smoking and vaping. Dr. Kashyap discussed the increasing prevalence of substance use among young children (ages 10-13). Drs. Manisha and Kashyap, are faculty from the Goa College of Dental Surgery and are involved in ground level research. Ms Miriam of Sangath provided guidance on supporting individuals struggling with addiction and responded to student queries. This was followed by a workshop also conducted by Sangath, wherein Mr. Adarsh highlighted the way in which students could through STRIDE approach initiate substance abuse prevention awareness programmes.</p> <p>Participants for the course were 29 under graduate psychology students.</p>
<b>Brochure/Poster</b>	NA
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/pics-2.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/pics-2.pdf</a>
<b>List of participants With signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/vAC-attendance-Substance-abuse-FebMar2025-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/vAC-attendance-Substance-abuse-FebMar2025-1.pdf</a>
<b>Certificate</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/certificate-6.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/certificate-6.pdf</a>