



ST. XAVIER'S COLLEGE

Managed by Diocesan Society of Education(DSE)

Awarded "college with Potential of Excellence" by UGC [2004]

Accredited by NAAC with Grade "A" 4th Cycle[2019]

Awarded the DBT Star College Scheme[2021]

Abbé Faria Post-Graduate Department of
Psychology Presents

"PsychPulse"

(MA Psychology Annual Newspaper)



Volume 2

2024-2025

**Published on
6 March 2025**

Vision

To promote an understanding of Psychology; and to create more efficient individuals in society who are competent to help people, thus playing an important role ushering in a new society.

Mission

To instil an understanding of psychology, to help people to know themselves and to bring about the realization that psychology is to be lived and not just studied.

CHIEF EDITOR Dr. Vijay Viegas

STUDENT EDITOR Mr. Ian Mark Dsouza

FACULTY MEMBERS OF THE DEPARTMENT

Dr. Vijay Viegas

Dr. Kshipra Vora

Mrs. Andrea D'souza

Index

1.Administrators Message	1
2.Principals Message	2
3.Message from the MA programme Coordinator and chief editor	3
4.Message from student Editor	4
5.Overview of the department	5
6.Report on the workshop 'research start to end'	6
7.Report on the session "helen keller - an inspiration	9
8.Report on Guest Lecture by Ms. Glenda Fernandes on "The Significance of Academic Research"	12
9.Report on the career readiness session at st. Xavier's college, mapusa-goia	14
10.Report on aptitude testing session by abbe faria post graduate department of psychology	17
11.Report on the workshop: "nuances of research – a practical approach"	20
12.Report on the awareness session on polycystic ovary syndrome (PCOS)	23
13. Report on the nature trek to Charavane waterfall.	26
14.Report on the cyber wellness and security session	29
15. Report on the online session: "rehabilitation and recovery from drug addiction: challenges and solutions"	32
16. Report on the session: geriatric care and intervention	35
17. Report on the interactive program at Sanjay School - Mental Health Week	38
18. Report on the workshop: "mental health challenges and implications in the real world"	41
19. Report on flourish fiesta – mental health day celebration	44
20. Report on the session: "modern techniques and practices in psychology"	47
21. Report on the national study tour	50
22. Report on Christmas celebrations – 17th December	53
23. Report on Veritas Mentis	57

ADMINISTRATOR'S MESSAGE



Carl Jung once said 'Who looks outside, dreams; who looks inside, awakes'. The world needs dreamers who can make a change in the society. We had great dreamers, for example the scientists, who saw the various things around them and dreamed about the possibilities they opened up for better future. Because they dreamed, it led them to explore and because they explored, they made the discoveries which have helped mankind and continues to do so even today.

Their achievements were mainly due to their looking at themselves, not exteriorly, but interiorly. They were able to pry into their own lives, leading to a self exploration and an awakening about the role they had to play on the world stage. This awakening produced great ideas because of which today we have gadgets and scientific principles that make our day-to-day living a happy experience aided by the life-axioms that have been handed down to us.

Psychology plays a great role in our lives. One need not be a trained psychologist to understand the nature of one's being, and its purpose. We must have the courage to look within ourselves, have the gumption to check where we stand as far as the life principles are concerned, untie the knots that keep us shackled, and raise our heads with confidence and self-trust. We, at St Xavier's, train our students in such self-exploration so that they can find themselves well grounded in life-values and a sense of purpose. Unless they achieve this, they will not be able to guide others.

I congratulate the Department of the MA, Psychology for the work that they do and also the students who have chosen St Xavier's as a centre for their post-graduate studies in Psychology, and wish them success in their professional life

God bless everyone.

Fr. Tony Salema
Administrator

PRINCIPAL'S MESSAGE



It is a pleasure to pen down these lines on the occasion of the release of the e-newsletter “PsychPulse” Volume 2. The Post Graduate Department of Psychology has had an eventful year with a number of activities for strengthening teaching, learning and research and also reaching out to promote mental health and well-being of all, within the college campus and outside.

This newsletter is a beautiful compilation of all the happenings and achievements of the Department. Congratulations to Dr. Vijay Viegas and Mr. Ian D’Souza.

Hearty Congratulations to the faculty members and students for the outstanding performance in academics and for all the effort put in throughout the year to ensure overall success.

May the Department continue to soar high!

All the best

Mrs. Ursula Barreto
Acting Principal

MESSAGE FROM THE MA PSYCHOLOGY PROGRAMME COORDINATOR AND CHIEF EDITOR

Dear Readers,

It is with great pride and enthusiasm that I present the second volume of PsychPulse, the annual newsletter of the Abbe Faria Post Graduate Department of Psychology. Building on the resounding success of our inaugural edition, this year's publication continues to embody the dynamism, intellectual rigor, and collaborative ethos that define our department.



Over the past year, our department has reached new heights through transformative community initiatives, and the exceptional accomplishments of our students, faculty, and alumni. PsychPulse 2025 captures these milestones, offering a tapestry of insights that reflect our unwavering commitment to advancing psychological science and its real-world applications. Within these pages, you will discover updates on academics, and highlights of our outreach programme.

This edition also celebrates the indomitable spirit of resilience and creativity demonstrated by our students and faculty amid evolving challenges in education and research. The mental health advocacy in PsychPulse, the contributions showcased here underscore our collective mission to foster understanding, empathy, and positive change through psychology.

I extend my deepest gratitude to student editor, and contributors whose tireless efforts have brought PsychPulse to life once again.

As we turn the pages of this year's PsychPulse, let us not only reflect on our accomplishments but also rekindle our commitment to inquiry, and inclusivity. Together, we are shaping a future where psychology serves as a beacon of hope and a catalyst for societal transformation.

To our readers—students, colleagues, alumni, and well-wishers—thank you for your steadfast support. May PsychPulse continue to bridge connections, and celebrate the boundless potential of our psychological community.

Here's to another year of growth, and shared purpose.

Warm regards,

Dr. Vijay Viegas

Chief Editor & Program Coordinator

MESSAGE FROM STUDENT EDITOR



Dearest Readers,

The magazine you hold is more than just a collection of articles, it is our vision come to life. It is with great pride that we, the Abbé Faria Post Graduate Department of Psychology present to you 'PsychPulse II'. This publication is a reflection of our shared commitment to not just studying mental health, but actively advocating for it.

Within it's pages, we invite you to explore the world through our unique lens – the lens of psychology. From psychological teachings in classrooms to their applications in real world settings. You will journey through moments of intellectual stimulation and discovery to heart warming moments shared between communities.

PsychPulse II, additionally provides a comprehensive look at the diverse academic and learning opportunities our department offers. We've strived to capture the essence of our year, from rigorous academic pursuits to the human connections that make our field so vital.

This publication is a collaborative effort of the teachers and students of the MA psychology department under the leadership and guidance of our chief editor Dr. Vijay Vegas. We've poured our hearts and minds into creating a magazine that not only informs but also inspires. We hope you feel the energy and enthusiasm that fueled its creation.

May it spark curiosity, ignite dialogue, and deepen your understanding of the human mind.

Warmest regards,

Mr. Ian Mark Dsouza
Student Editor

OVERVIEW OF THE DEPARTMENT

This edition also celebrates the indomitable spirit of resilience and creativity demonstrated by our students and faculty amid evolving challenges in education and research. The mental health advocacy in PsychPulse, the contributions showcased here underscore our collective mission to foster understanding, empathy, and positive change through psychology.

In 2006, the department was proudly christened after Abbé José Custódio de Faria (30 May 1746 - 20 September 1819), a distinguished Goan Catholic priest renowned as a trailblazer in the scientific exploration of hypnotism, earning him the revered title of the Father of Hypnotism.

Aligned with the esteemed Goa University, our department takes great pride in being at the forefront of educational reform, seamlessly integrating with the latest National Education Policy (NEP) regulations. Our curriculum, structured in a semester system, meticulously blends theoretical rigor with hands-on practicum in the first year, while the second year fosters critical thinking through emphasis on research, statistics, and dissertation work.

Boasting an extensive repository of international and national publications, our department annually updates its collection of books, journals, and psychological tests to ensure academic excellence. Equipped with state-of-the-art facilities, including well-equipped laboratories and technologically advanced classrooms featuring LCD projectors and smart boards, we strive to create an enriching environment conducive to learning.

Our M.A. Programme in Psychology offers a diverse range of core and optional courses, with specializations in Clinical Psychology, Counselling Psychology, and Human Resource Management. Encouraging students to forge meaningful industry connections, we facilitate community engagement initiatives spanning various age groups, fostering leadership and teamwork skills through expert sessions, seminars, and intercollegiate events.

The avenues for employment are abundant, spanning the realms of healthcare, academia, industry, and research. Rooted in the belief that psychology serves not only to address challenges but also to enhance well-being and elevate quality of life, our department embodies a culture of resilience, determination, and unwavering pursuit of excellence. We remain steadfast in our commitment to inspire, empower, and shape the leaders of tomorrow.

Together, let us continue to strive, to seek, to find, and never to yield.

Page is left intentionally blank

REPORT ON THE WORKSHOP

‘RESEARCH START TO END’

Overview

Date: 21st June 2024

Venue: Department of Psychology, St. Xavier's College,
Mapusa-Goa

On 21st June 2024, the Department of Psychology organized a comprehensive workshop titled "Research Start to End" for MA Psychology students. The workshop was conducted by three esteemed educators: Dr. Vijay, Dr. Kshipra, and Ms. Andrea. The primary aim was to equip students with a thorough understanding of the research process, covering every stage from inception to completion.



Attendees

A total of 27 MA Psychology students attended the workshop, demonstrating a keen interest in enhancing their research skills. The workshop provided these students with valuable insights and practical knowledge, vital for their academic and professional growth.

Workshop Structure

The workshop was structured into three main segments, each led by one of the educators:

Formulating Research Questions and Designing Studies - Dr. Vijay

Data Collection and Analysis Techniques - Dr. Kshipra

Ethical Considerations and Communication of Research Findings - Ms. Andrea

Session Summaries

1. Formulating Research Questions and Designing Studies

Dr. Vijay initiated the workshop by focusing on the initial stages of research. He emphasized the importance of formulating clear, concise, and researchable questions. Key points included:

Identifying research gaps

Developing hypotheses

Selecting appropriate research designs (quantitative, qualitative, or mixed methods)

Constructing effective research proposals

Dr. Vijay also provided practical examples and engaged students in interactive activities to help them practice formulating their own research questions.

2. Data Collection and Analysis Techniques

Dr. Kshipra took over the next segment, delving into data collection and analysis. She covered various methodologies and tools used in psychological research, highlighting their advantages and limitations. Key topics included:

Types of data collection methods (surveys, interviews, observations, experiments)

Ensuring reliability and validity in data collection

Statistical analysis techniques (descriptive and inferential statistics)

Using software tools for data analysis (SPSS, R, etc.)

Dr. Kshipra's session included hands-on exercises, allowing students to work with sample data sets and practice different analysis techniques.



3. Ethical Considerations and Communication of Research Findings

Ms. Andrea concluded the workshop by addressing the ethical aspects of research and the effective communication of findings. She stressed the importance of maintaining ethical standards throughout the research process, including:



Obtaining informed consent

Ensuring participant confidentiality and anonymity

Avoiding plagiarism and acknowledging sources properly

Handling sensitive data with care

Ms. Andrea also provided guidance on writing research reports, preparing presentations, and publishing research papers. She shared tips on how to communicate findings clearly and persuasively to both academic and non-academic audiences.

Conclusion

The "Research Start to End" workshop was a resounding success, providing MA Psychology students with essential skills and knowledge to undertake their research projects confidently. The interactive and practical approach adopted by Dr. Vijay, Dr. Kshipra, and Ms. Andrea ensured that students could apply theoretical concepts to real-world research scenarios. The department looks forward to organizing similar workshops in the future to continue supporting the academic and professional development of its students.

REPORT ON THE SESSION

PSYCHPULSE

"HELEN KELLER - AN INSPIRATION"

Date: 26st June 2024
Venue: Department of Psychology, St. Xavier's College, Mapusa-Goa



Overview

On 26th June 2024, Mr. Gabel Mascarenhas, the Project Manager of Caritas Goa, conducted an enlightening session titled "Helen Keller - An Inspiration" for the postgraduate students of the Department of Psychology at St. Xavier's College, Mapusa-Goa. The session aimed to create awareness about 'deafblindness' and was part of the ongoing collaboration between Caritas Goa and St. Xavier's College, formalized through a Memorandum of Understanding (MoU).

Attendees

The session was attended by 63 postgraduate students of the Department of Psychology, Department of Science and Department of Commerce who showed great enthusiasm and interest in learning about the challenges and achievements associated with deafblindness. The session was an eye-opener, providing students with a deeper understanding of the condition and the inspirational life of Helen Keller.

Session Highlights

Introduction to Deafblindness

Mr. Gabel Mascarenhas began the session with a detailed introduction to deafblindness, explaining it as a unique disability that combines both hearing and visual impairments. Key points included:

- **Definition and Types:** An overview of the different types of deafblindness, including congenital and acquired deafblindness.
- **Prevalence and Causes:** Statistics on the prevalence of deafblindness globally and in India, along with common causes such as genetic conditions, illnesses, and accidents.
- **Challenges:** Discussion on the multifaceted challenges faced by individuals with deafblindness, including communication barriers, mobility issues, and social isolation.

Interactive Session and Q&A

Following the presentation, Mr. Mascarenhas engaged the students in an interactive session, encouraging them to ask questions and share their thoughts. This segment was particularly valuable as it allowed students to:

- **Clarify Doubts:** Gain clarity on the complexities of deafblindness and the support systems available.
- **Discuss Innovations:** Explore recent advancements in technology and communication aids for people with deafblindness.
- **Share Perspectives:** Share their reflections on how Helen Keller's story resonated with them personally and professionally.



Conclusion

The session concluded with Mr. Mascarenhas reiterating the importance of empathy, understanding, and support for individuals with disabilities. He encouraged the students to apply the lessons learned from Helen Keller's life in their future careers as psychologists and advocates for disability rights.

Feedback and Impact

The session received overwhelmingly positive feedback from the students, who appreciated the opportunity to learn about deafblindness in such a detailed and inspiring manner. The collaboration between Caritas Goa and St. Xavier's College continues to play a crucial role in enhancing students' awareness and understanding of critical issues related to disabilities.

Future Collaborations

This session was part of the ongoing partnership between Caritas Goa and St. Xavier's College, aimed at enriching the educational experience of students through awareness programs and workshops. Future sessions and activities are planned to further this collaboration, fostering a more inclusive and informed academic environment.



Report on Guest Lecture by Ms. Glenda Fernandes on "The Significance of Academic Research"

Date: 1st July 2024

Organized by: Department of Psychology



On 1st July 2024, the Department of Psychology hosted an engaging lecture by Ms. Glenda Fernandes, an alumna of St. Xavier's College and a PhD scholar at Christ University, Bangalore. The session focused on the significance of academic research and aimed to inspire MA Psychology students in their academic endeavors.

Ms. Fernandes began by emphasizing the importance of research as the foundation of evidence-based practices in psychology. She detailed the stages of research, including developing a research question, conducting literature reviews, and analyzing data. Drawing from her PhD work, she shared practical examples, making the process relatable and clear.

Addressing challenges such as resource limitations and ethical concerns, she proposed practical solutions and underscored the role of mentorship and collaboration. The session also highlighted ethical imperatives, guided by APA standards, to ensure responsible research practices.

An interactive Q&A session allowed students to discuss selecting research topics, managing time, and navigating the peer-review process.

Outcomes:

The session left students inspired to explore research opportunities and provided valuable insights into conducting rigorous and ethical research. Participants expressed a renewed enthusiasm for contributing to the field of psychology through meaningful academic inquiry.

An interactive Q&A session allowed students to discuss selecting research topics, managing time, and navigating the peer-review process.



REPORT ON THE CAREER READINESS SESSION AT ST. XAVIER'S COLLEGE, MAPUSA- GOA



**Date: 23rd July 2024, 2.00 PM to
3.30 PM**

**Venue: Seminar Hall, St. Xavier's
College, Mapusa-Goa**

On July 23, 2024, the Abbé Faria Postgraduate Department of Psychology at St. Xavier's College, Mapusa-Goa, organized a session titled "Getting Career Ready." The event, held in the Seminar Hall from 2:00 PM to 3:30 PM, aimed to equip students with essential career skills and insights to enhance their professional readiness. The session was led by Ms. Rohini Gonsalves, the Founder and Chairperson of Sevarat Healthcare and Nursing Pvt. Ltd., Goa.

Objectives of the Session

The session was designed to prepare students for the transition from academics to the professional world. The key objectives included:

- Understanding industry expectations and required skill sets
- Developing confidence in professional interactions
- Learning about career opportunities and strategies for job readiness
- Enhancing soft skills such as communication, leadership, and adaptability
- Gaining insights from an experienced entrepreneur and professional leader

Highlights of the Session

Ms. Rohini Gonsalves, a prominent figure in the healthcare and nursing industry, shared her expertise and experiences, offering valuable guidance to students. She emphasized the importance of early career planning and continuous skill development to stay competitive in the job market.

One of the primary takeaways from the session was the need for interdisciplinary skills. Ms. Gonsalves highlighted that academic knowledge alone is insufficient; students must also develop practical skills such as problem-solving, teamwork, and adaptability to thrive in their careers.

Additionally, she addressed the significance of networking and professional branding. She encouraged students to leverage platforms like LinkedIn and actively participate in internships and workshops to build connections and gain real-world experience.

Key Learnings and Takeaways

1. **Soft Skills Matter:** While technical knowledge is crucial, employers also look for candidates with strong soft skills, including **communication, time management, and emotional intelligence.**
2. **Networking and Mentorship:** Building relationships with industry professionals can open doors to opportunities. Ms. Gonsalves stressed the importance of finding mentors who can provide career guidance.
3. **Adaptability in a Changing Job Market:** With evolving job roles, students must continuously upskill and remain flexible to industry demands.
4. **Entrepreneurial Mindset:** She shared insights into her journey of founding Sevarat Healthcare, inspiring students to consider entrepreneurship as a viable career path.
5. **Resume Building and Interview Preparation:** She provided practical tips on crafting a compelling resume and excelling in job interviews.



Impact on Students

The session was interactive, with students actively engaging in discussions and seeking advice on their career aspirations. Many found Ms. Gonsalves's insights inspiring, particularly her emphasis on resilience, self-confidence, and perseverance in professional growth.

For psychology students, the session was especially relevant as it underscored the growing demand for mental health professionals, counselors, and HR specialists in various industries. Ms. Gonsalves encouraged them to explore diverse career paths, including healthcare management, corporate psychology, and social entrepreneurship.

Conclusion

The "Getting Career Ready" session was a valuable learning experience for the students of St. Xavier's College. Ms. Rohini Gonsalves's expertise provided practical strategies for career development, making the session highly impactful. The event successfully met its objective of preparing students for the competitive job market, equipping them with the knowledge and confidence to navigate their professional journeys.

As the workforce continues to evolve, such sessions play a crucial role in bridging the gap between academics and industry expectations. St. Xavier's College's initiative in organizing this event demonstrates its commitment to holistic student development and career readiness.



REPORT ON APTITUDE TESTING SESSION BY ABBE FARIA POST GRADUATE DEPARTMENT OF PSYCHOLOGY

On August 3, 2024, the Abbe Faria Post Graduate Department of Psychology successfully conducted an aptitude testing session at the St. Joseph Vaz Retreat Centre, screening 160 youth participants. This initiative was led by distinguished faculty members Dr. Vijay Viegas, Dr. Kshipra Vora, and Ms. Andrea D'Souza, with the assistance of postgraduate student Ms. Amijot Kaur.



Objective and Significance of the Session

The primary objective of this session was to evaluate the aptitudes and potential career alignments of the participants. Aptitude tests play a crucial role in assessing an individual's abilities across various domains, including logical reasoning, verbal and numerical skills, and spatial awareness. By providing insights into these areas, such assessments help participants identify their strengths, areas for improvement, and suitable career paths.

For many young individuals, choosing the right career path can be challenging. This session aimed to bridge that gap by offering scientific, data-driven insights that would aid in informed decision-making regarding their educational and professional futures.

Structure and Implementation

The session began with an orientation program, where faculty members explained the purpose of the aptitude testing and the significance of self-awareness in career planning. Participants were also given detailed instructions on how to approach the test and the importance of providing honest and thoughtful responses to ensure accurate evaluations.

The testing process covered a diverse range of cognitive and analytical skills, tailored to match the educational backgrounds of the participants. Faculty members and the assisting postgraduate student ensured a supportive and organized environment, addressing any doubts and facilitating a smooth administration of the assessments.

Post-Testing and Feedback Sessions

After completing the assessments, participants were informed about the next steps, including:

- Analysis of test results to identify strengths and areas for growth
- Scheduling of personalized feedback sessions to discuss findings
- Career guidance based on individual aptitude profiles

These one-on-one sessions are designed to provide participants with a comprehensive understanding of their natural inclinations and potential career paths. Additionally, participants will receive expert advice on further education and skill development.

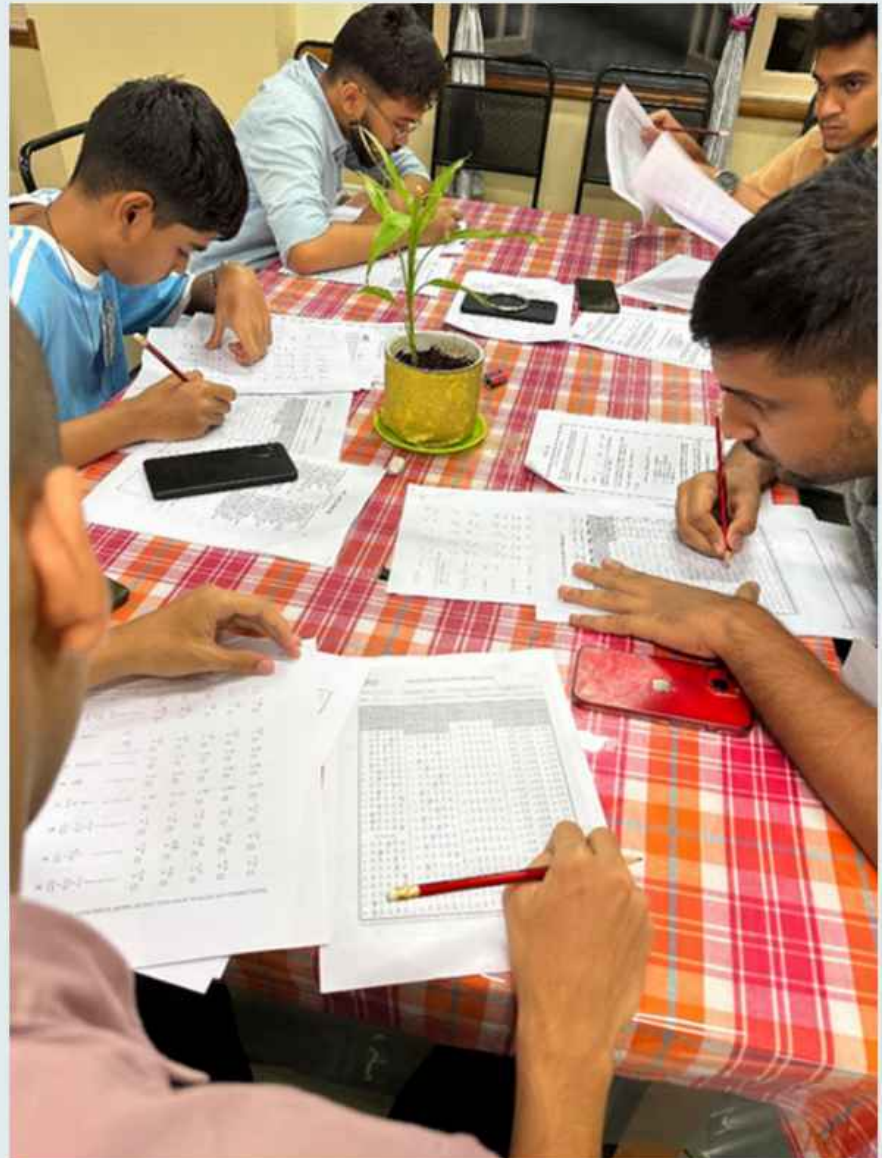
Impact and Future Prospects

The collaboration between the Abbe Faria Post Graduate Department of Psychology and the Diocesan Youth Centre highlights a shared commitment to youth development and empowerment. By conducting such sessions, the department fosters holistic growth, equipping young individuals with the tools and knowledge needed to navigate their professional journeys.



Feedback

Feedback from participants was overwhelmingly positive, with many appreciating the opportunity to gain deeper insights into their abilities, interests, and career trajectories. Given the success of this session, the department plans to conduct similar initiatives in the future, reinforcing its mission to guide and support young minds in making well-informed career decisions.



REPORT ON THE WORKSHOP: "NUANCES OF RESEARCH – A PRACTICAL APPROACH"



On August 7, 2024, the Abbé Faria Post Graduate Department of Psychology organized an insightful two-hour workshop titled "Nuances of Research – A Practical Approach" for M.A. Psychology students enrolled in the Academic Writing course. The session aimed to provide students with a deeper understanding of the practical aspects of research methodology and enhance their skills in conducting fieldwork and data analysis.

Resource Person and Session Highlights

The workshop was conducted by Ms. Sulochana Pednekar, an Assistant Professor of Women's Studies at Goa University. With M.A. degrees in Economics and Population Studies, she brought a multidisciplinary perspective to the discussion, offering valuable insights into the importance of research knowledge, fieldwork strategies, and ethical considerations in academia. The event began with a welcome address by psychology student Ms. Akansha Naik, setting an interactive and engaging tone for the session. From the outset, Ms. Pednekar encouraged students to actively participate by sharing their individual research themes, creating a personalized learning experience.

Key Learnings from the Workshop

1. Understanding the Role of Knowledge in Research

Ms. Pednekar emphasized that research is fundamentally about expanding knowledge. She outlined the systematic steps involved in conducting fieldwork, including formulating research questions, designing methodologies, collecting data, and analyzing findings.

2. The Importance of Observation and Accuracy

A standout exercise involved a blindfolded student describing a watch while another student verified the details. This activity highlighted the crucial role of accurate observation in research and the challenges that arise when relying solely on subjective interpretation.

3. Ethical Considerations and Anonymity

Ms. Pednekar stressed the importance of anonymity and confidentiality in research. She discussed ethical concerns related to data collection and participant protection, ensuring that students understood the responsibility researchers have in safeguarding sensitive information.

4. Self-Reflection and Field Research

Students were divided into groups of six and encouraged to reflect on their competencies as researchers.

Ms. Pednekar elaborated on the advantages of field research, particularly how context influences data interpretation and why direct engagement with research subjects is crucial for accurate data collection.



5. Methods of Data Collection

The session concluded with a discussion on various data collection methods, including interviews, surveys, case studies, and ethnographic research. Students had the opportunity to seek clarification and engage in an open forum discussion, further enhancing their understanding.



Impact and Student Feedback

The workshop was well-received by the 23 students in attendance, who appreciated its practical approach and interactive learning methods. Many students found the hands-on activities particularly beneficial in reinforcing key research concepts. The event concluded with a vote of thanks by Ms. Anthea Pinto, expressing gratitude to Ms. Pednekar for her insightful session and acknowledging the participation and enthusiasm of the students.

This workshop served as an invaluable learning experience, equipping students with practical research skills and fostering a deeper appreciation for methodological rigor and ethical responsibility in academic research.



REPORT ON THE AWARENESS SESSION ON POLYCYSTIC OVARY SYNDROME (PCOS)



On August 23, 2024, the Student Welfare Cell, Health and Wellness Cell, and Abbé Faria Post Graduate Department of Psychology, in collaboration with the All-India Institute of Ayurveda (AIIA), Goa, organized an informative two-hour awareness session on Polycystic Ovary Syndrome (PCOS). The session was conducted by Dr. Deepa Shirodkar from AIIA, Goa, and aimed to educate students about PCOS, its causes, symptoms, complications, and effective management strategies.

Objective of the Session

The session sought to raise awareness about PCOS, a common hormonal disorder affecting women, and provide students with scientific and Ayurvedic insights into managing the condition. By incorporating both modern medical knowledge and Ayurvedic principles, the session aimed to encourage preventive healthcare and lifestyle modifications among young individuals.

Session Highlights

The event commenced with a welcome address by psychology student Ms. Anushka Sawant, setting an interactive tone for the discussion. Dr. Shirodkar engaged the 91 attendees by assessing their existing knowledge of PCOS, ensuring an active exchange of ideas throughout the session.

1. Understanding PCOS: Causes and Complications

The event commenced with a welcome address by psychology student Ms. Anushka Sawant, setting an interactive tone for the discussion. Dr. Shirodkar engaged the 91 attendees by assessing their existing knowledge of PCOS, ensuring an active exchange of ideas throughout the session.

2. Symptoms and Early Identification

The discussion covered common PCOS symptoms, such as irregular menstruation, acne, excessive hair growth, weight gain, hair thinning, and infertility. Dr. Shirodkar emphasized the importance of early diagnosis and proactive management to prevent complications.

3. Dietary and Lifestyle Interventions

A key takeaway was the role of nutrition in managing PCOS. Dr. Shirodkar provided guidance on foods to avoid, including processed sugars and unhealthy fats, and stressed the importance of a balanced diet rich in fiber, proteins, and essential vitamins.



4. Perspective on PCOS

Dr. Shirodkar introduced the Ayurvedic concept of the three Doshas—Vata, Pitta, and Kapha—and their influence on the menstrual cycle. She explained how an imbalance in these Doshas contributes to PCOS symptoms and advocated for holistic treatment through dietary discipline, herbal remedies, and yoga.

5. Debunking Myths and Encouraging Self-Care

Addressing common misconceptions about menstruation, Dr. Shirodkar stressed that period pain should not be normalized, encouraging women to seek medical attention for persistent discomfort. She also highlighted yoga and physical activity as effective tools for hormonal regulation and stress reduction.

Practical Impact and Student Engagement

The session was highly interactive, making it easier for students to grasp complex medical concepts. Additionally, the AIIA conducted a free PCOS screening test for interested students, offering practical

The event concluded with a vote of thanks by psychology student Ms. Ritu Pednekar, expressing gratitude to Dr. Shirodkar, the organizing teams, and all participants.

Conclusion

This session significantly enhanced students' awareness of PCOS and the importance of preventive health measures. By integrating scientific research with Ayurvedic practices, the event encouraged students to adopt a proactive approach to women's health. Given the success and positive feedback, similar sessions should be conducted in the future to empower young individuals with knowledge and resources for better health management.



REPORT ON THE NATURE TREK TO CHARAVANE WATERFALL

On September 1, 2024, Dr. Vijay Viegas and Ms. Andrea D'Souza led a group of 40 students on an enriching nature trek to Charavane Waterfall, a hidden gem nestled in the lush landscapes of Goa's Western Ghats. This initiative aimed to foster environmental awareness, physical well-being, and a deeper appreciation for nature among students



Journey to Charavane Waterfall

The Charavane Waterfall, located 12 kilometers from Valpoi in the quiet village of Charavane, is renowned for its pristine waters, rich biodiversity, and serene atmosphere. The trek commenced in the early morning, with students and faculty navigating the 1 to 1.5-kilometer trail leading to the waterfall.



The path was an adventurous mix of terrain, consisting of open fields, slippery rocks, small streams, and dense vegetation. While the trek posed a mild physical challenge, it provided an immersive experience, allowing participants to witness the diverse flora and fauna of the Mhadei Wildlife Sanctuary, where the waterfall is located.

Experiencing the Beauty of Goa's Natural Landscape

Upon reaching the waterfall, students were captivated by the sight of cascading water flowing through the untouched wilderness. The tranquil sounds of nature, combined with the refreshing mist of the waterfall, created a perfect setting for relaxation and rejuvenation.

Students engaged in various activities during the excursion, including:

- Photography and nature observation, capturing the beauty of the landscape.
- Discussions on environmental conservation, led by faculty members.
- Personal reflections on the significance of nature in daily life.

The faculty highlighted the importance of preserving Goa's natural ecosystems, emphasizing that conservation efforts are essential to maintain such serene environments for future generations



Weather and Atmosphere

The trek was complemented by pleasant weather conditions, with clear skies, a gentle breeze, and mild temperatures enhancing the overall experience. The peaceful ambiance of the waterfall provided a much-needed escape from the routine academic setting, allowing students to unwind and connect with nature.

Educational and Personal Impact

Beyond just a recreational activity, the trek served as an educational experience, helping students develop:

- A greater appreciation for nature and wildlife
- An understanding of the ecological significance of the region
- A sense of responsibility towards environmental conservation

The trip also fostered teamwork, resilience, and a spirit of adventure among participants

Conclusion

The Charavane Waterfall trek was a memorable experience, offering students a unique opportunity to explore Goa's breathtaking landscapes while reinforcing the importance of nature conservation and sustainable living. The event was a perfect blend of learning, adventure, and relaxation, leaving a lasting impact on all who participated. Given the success of this excursion, similar nature-based outings should be encouraged to promote environmental awareness and holistic well-being among students.



REPORT ON THE CYBER WELLNESS AND SECURITY SESSION

PSYCHPULSE

On September 25, 2024, the Abbé Faria Post Graduate Department of Psychology organized an insightful and educational session on cyber wellness and security. The session was conducted by Ms. Yukta Kumbhar from the Cyber Wellness Centre Goa and was attended by 60 students, all eager to gain a deeper understanding of digital safety in today's fast-evolving technological landscape.

Objective of the Session

The primary goal of this session was to raise awareness about cyber wellness, emphasizing the need for responsible digital behavior and strong cybersecurity practices. In an era where the internet is deeply embedded in daily life, students were encouraged to develop critical thinking skills to identify cyber threats and protect themselves from potential risks.

Key Takeaways from the Session

1. Understanding Cyber Threats

Ms. Kumbhar began by explaining the various cyber threats prevalent among young internet users, including:

Cyberbullying and its psychological impact

Identity theft and how personal data can be misused

Phishing scams and techniques used by hackers to steal sensitive information

She used real-life examples to illustrate these dangers, making the discussion relatable and impactful for the students.



2. Practical Strategies for Digital Security

The session provided students with effective measures to protect themselves online, including:

Creating strong and unique passwords to prevent unauthorized access

Recognizing and avoiding suspicious emails, links, and websites

Understanding privacy settings on social media platforms

Regularly updating software and security applications to enhance protection

3. The Psychological Impact of Cyber Threats

Ms. Kumbhar highlighted the mental health implications of online harassment. She explained how cyberbullying, stalking, and trolling can lead to anxiety, depression, and emotional distress. She urged students to:

Seek support if they experience cyber harassment

Report online abuse and avoid engaging with harmful content

Report online abuse and avoid engaging with harmful content



Engagement and Student Participation

The interactive nature of the session made it highly engaging, allowing students to ask questions, share experiences, and discuss their concerns regarding cybersecurity. Ms. Kumbhar's approachable demeanor and expertise created a comfortable environment for open dialogue and discussion.

Engagement and Student Participation

The cyber wellness session successfully equipped students with essential knowledge and practical tools to navigate the digital world safely. The Abbé Faria Post Graduate Department of Psychology expressed gratitude to Ms. Yukta Kumbhar for her valuable insights and looks forward to organizing similar sessions in the future to promote digital literacy and cybersecurity awareness among students.

This initiative marks an important step in ensuring that students remain informed, cautious, and responsible in their online interactions, thereby fostering a safer digital environment for all.



REPORT ON THE ONLINE SESSION: "REHABILITATION AND RECOVERY FROM DRUG ADDICTION: CHALLENGES AND SOLUTIONS"

On September 26, 2024, Jayaraj Annapackiam College for Women (Autonomous), Tamil Nadu, in collaboration with the Abbé Faria Post Graduate Department of Psychology and the Health and Wellness Club of St. Xavier's College, organized an online session titled "Rehabilitation and Recovery from Drug Addiction: Challenges and Solutions." The session featured Fr. Dr. J. Francis Xavier Nelson, Director of the Thiruppumunai Addiction Treatment Ministry, Nagercoil, as the resource person.

Objective of the Session

On September 26, 2024, Jayaraj Annapackiam College for Women (Autonomous), Tamil Nadu, in collaboration with the Abbé Faria Post Graduate Department of Psychology and the Health and Wellness Club of St. Xavier's College, organized an online session titled "Rehabilitation and Recovery from Drug Addiction: Challenges and Solutions." The session featured Fr. Dr. J. Francis Xavier Nelson, Director of the Thiruppumunai Addiction Treatment Ministry, Nagercoil, as the resource person.

Key Highlights of the Session

1. Understanding the Challenges of Rehabilitation

Fr. Dr. Nelson began by outlining the multifaceted challenges faced in rehabilitating individuals recovering from drug addiction. He emphasized that addiction is influenced by a complex interplay of psychological, social, and physiological factors, making recovery a long-term and multidimensional process.

2. Effective Rehabilitation Strategies

Drawing from his extensive experience at the Thiruppumunai Addiction Treatment Ministry, Fr. Dr. Nelson elaborated on key rehabilitation strategies, including:

- The importance of personalized treatment plans tailored to individual needs
- The role of continuous psychological support, including counseling and therapy
- The involvement of family and community in providing emotional and social reinforcement
- Methods to prevent relapse and ensure long-term recovery success

3. Addressing the Stigma Around Addiction

Fr. Dr. Nelson emphasized the negative impact of societal stigma on individuals in recovery. He advocated for greater awareness, compassion, and support to help break stereotypes associated with addiction. He encouraged students to approach the issue with empathy and promote inclusive rehabilitation efforts.

4. Interactive Discussion and Q&A Segment

The interactive nature of the session allowed participants to ask insightful questions, fostering a meaningful exchange of ideas. Topics covered during the discussion included:


- Strategies for preventing relapse
- The implementation of rehabilitation programs in different communities
- Ways to support individuals post-recovery to ensure long-term well-being

Fr. Dr. Nelson provided comprehensive responses, drawing from real-life examples and case studies to illustrate successful recovery journeys.


Impact and Conclusion

The session proved to be highly informative and engaging, equipping students with a deeper understanding of addiction rehabilitation. Fr. Dr. Nelson's expertise and practical guidance helped participants appreciate the complexities of addiction recovery while highlighting the importance of personalized, community-driven approaches.


This collaborative initiative between institutions facilitated a meaningful discourse on addiction treatment, contributing to the academic and professional growth of attendees. Given the success and positive reception of the session, future discussions on mental health and rehabilitation should be encouraged to promote greater awareness and effective intervention strategies.




**Jayaraj Annapackiam College for Women (Autonomous),
Periyakulam, Tamil Nadu
(The Anti Drug Club)**



**in collaboration with
St. Xavier's College, Mapusa, Goa
(Health and Wellness Club)**



**is organizing an Online Session
on
"Rehabilitation and Recovery from Drug
Addiction : Challenges and Solutions"**



Resource Person:
Fr. Dr. J. Francis Xavier Nelson,
Director, Thiruppumunai Addiction Treatment Ministry,
Nagercoil, Kanyakumari District

E-Certificates will be provided to participants

On: 26.09.2024	Time: 3:00 pm to 4:00 pm	Google Meet Link: https://meet.google.com/efj-sgrb-sjc
Jayaraj Annapackiam College for Women	Rev. Sr. Dr. S. Jesurani, SAT, Principal	Rev. Sr. Dr. S. Iruthaya Kalai Selvam Vice Principals & Anti Drug Club Co ordinators
St. Xavier's College, Mapusa - Goa	Ms. Ursula Barreto Acting Principal	Dr. Vijay Viegas Faculty Coordinator
Fr. Antonio Salema Administrator		

REPORT ON THE SESSION: GERIATRIC CARE AND INTERVENTION

On October 3, 2024, the Abbé Faria Post Graduate Department of Psychology, in collaboration with Sevarat Healthcare and Nursing Pvt. Ltd., Goa, organized a two-hour session on Geriatric Care and Intervention. This informative event aimed to shed light on the challenges faced by the elderly population, covering common disorders, psychological struggles, and effective caregiving strategies.



Objective of the Session

The session sought to:

- Increase awareness about geriatric health issues, including neurodegenerative and psychological disorders.
- Provide students with practical knowledge on elderly care and interventions.
- Highlight the emotional and psychological struggles faced by both the elderly and their caregivers.

Session Highlights

1. Welcome and Introduction

The session began with a warm welcome by Ms. Swarnima Verma, a psychology student, setting a positive and engaging tone for the discussion.

2. Expert Insights on Geriatric Care

The session featured Ms. Rohini Gonsalves, an experienced professional in geriatric care, who provided valuable insights into elderly healthcare. She discussed age-related disorders, including:

- Parkinson's disease
- Depression and emotional distress
- Alzheimer's disease and dementia
- Schizophrenia and other cognitive impairments

Ms. Gonsalves shared real-life case studies, highlighting the emotional and psychological challenges faced by the elderly and their families.

3. Interactive Group Activity

To encourage active learning, students participated in a group-based activity where they:

- Were divided into small teams, each focusing on a specific geriatric disorder.
- Created detailed charts outlining symptoms, treatment approaches, and alternative interventions beyond traditional medical care.
- Discussed their findings, fostering collaborative learning and critical thinking.
-



4. Caregiving and Self-Care Balance

Ms. Gonsalves emphasized the importance of maintaining personal well-being while providing elderly care. She stressed that caregivers must:

- Balance responsibilities with self-care to prevent burnout.
- Recognize the emotional demands of caregiving and seek support when needed.
- Foster patience, empathy, and resilience when dealing with elderly individuals.

5. Reflection and Feedback

The session concluded with a feedback session, where participants reflected on their key takeaways. Many students expressed appreciation for the interactive approach, which helped them understand geriatric care from both a clinical and emotional perspective.

Conclusion and Impact

A total of 58 participants benefited from this informative and engaging event. The session successfully increased awareness of geriatric care, equipping students with practical knowledge and a deeper understanding of elderly well-being.

A total of 58 participants benefited from this informative and engaging event. The session successfully increased awareness of geriatric care, equipping students with practical knowledge and a deeper understanding of elderly well-being.



REPORT ON THE INTERACTIVE PROGRAM AT SANJAY SCHOOL – MENTAL HEALTH WEEK

On October 5, 2024, the Abbé Faria Post Graduate Department of Psychology, in collaboration with Divyangjan and the Internal Quality Assurance Cell (IQAC), organized a special interactive program at Sanjay School, Goa. This event was held as part of the Mental Health Week celebrations and aimed to foster collaboration, inclusivity, and awareness about mental well-being. The initiative successfully brought together students from Sanjay School and St. Xavier's College, creating a supportive and joyful learning environment.



Objectives of the Event

- To promote mental health awareness through interactive and creative activities.
- To foster collaboration between differently-abled students and mainstream college students.
- To encourage creative expression and inclusivity through art and shared experiences.

Program Highlights



1. Energizing Opening Performance

The event commenced with an action song performance of “*If You’re Happy and You Know It*” by Stacy, a student from St. Xavier’s College. This uplifting and interactive start set a positive and joyful tone, helping all participants feel comfortable and engaged.

2. Presentation on Happiness and Mental Health

Following the performance, Vaishnavi, another student from St. Xavier’s, delivered an insightful presentation on the relationship between happiness and mental health. She emphasized how positive emotions contribute to overall well-being, highlighting the importance of mental wellness in everyday life.

3. Creative Poster-Making Competition

A major highlight of the event was the poster-making competition, titled “My Happiness Takes Care of My Mental Health.”

- Teams were thoughtfully arranged, pairing two students from Sanjay School with two from St. Xavier’s College.
- This activity encouraged creative expression, allowing students to visualize and communicate their understanding of mental health.
- For students with hearing or speech challenges, communication was facilitated through writing and sign language, ensuring full inclusivity and participation.

4. Poster Presentations and Shared Reflections

After completing their posters, the groups presented their artwork, explaining the meaning behind their designs. Photos were taken to capture the moments, and students from both institutions shared their personal experiences related to mental health.

A particularly heartfelt moment occurred when two students from Sanjay School expressed their thoughts using sign language, which was interpreted by a teacher for the audience. This exchange highlighted the power of inclusive communication and mutual respect.



5. Conclusion and Appreciation Ceremony

The event concluded with a vote of thanks from Ms. Mylin, a teacher from Sanjay School, who expressed gratitude to the faculty and students of St. Xavier's College.

- Tokens of appreciation were distributed to participants.
- A final group photo was taken to commemorate the event.
- All attendees were offered refreshments and snacks, bringing the session to a warm and satisfying close.

Impact and Takeaways

A total of 117 individuals benefited from this meaningful experience. The collaboration between differently-abled students and mainstream college students fostered mutual understanding, empathy, and creativity.

This event successfully promoted mental health awareness while creating an inclusive space for shared learning and expression. The experience emphasized that mental well-being is a collective responsibility, and initiatives like these play a crucial role in building a more compassionate society.

Given the success and positive impact of this program, similar collaborative initiatives should be encouraged in the future, strengthening the message of inclusion and mental wellness for all.



REPORT ON THE WORKSHOP: "MENTAL HEALTH CHALLENGES AND IMPLICATIONS IN THE REAL WORLD"

On October 7, 2024, the Abbé Faria Post Graduate Department of Psychology organized a workshop titled "Mental Health Challenges and Implications in the Real World" as part of the Mental Health Week 2024 celebrations. The session was led by Dr. Priyanka Sahastrabhojane, a renowned psychiatrist, who provided students with a comprehensive understanding of mental health issues across different stages of life.

Objective of the Workshop

The primary goal of this workshop was to:

- Enhance students' knowledge of mental health conditions from infancy to older adulthood.
- Develop critical thinking skills in diagnosing and addressing mental health challenges.
- Foster empathy and sensitivity towards individuals experiencing mental health issues.
- Provide hands-on experience through case study analysis and group discussions.



Workshop Highlights

1. Welcome and Introduction

The session commenced with a warm welcome by Heloise, a psychology student, who introduced Dr. Priyanka Sahastrabhojane and acknowledged her notable contributions to the field of psychiatry and mental health awareness.

2. Interactive Case Study Discussions

To encourage active participation and collaborative learning, students were divided into 10 groups, each assigned a unique case study. Dr. Sahastrabhojane presented 10 different cases, covering mental health challenges at various life stages—from infancy to older adulthood.

Each group was tasked with:

- Analyzing the case study and identifying diagnostic criteria.
- Discussing potential causes and contributing factors.
- Exploring intervention strategies and possible treatment approaches.

3. Developing Practical Mental Health Skills

This interactive format enabled students to engage deeply with complex mental health conditions, helping them:

- Recognize symptoms and assess risk factors.
- Apply theoretical knowledge to real-world scenarios.
- Understand the importance of personalized interventions in mental health care.

The workshop also fostered sensitivity and ethical considerations, reinforcing the idea that mental health support requires both knowledge and compassion.



4. Conclusion and Student Reflections

The session concluded with a heartfelt thank-you speech by Anthea, a student, who expressed gratitude to Dr. Sahastrabhojane for her valuable insights and guidance. Participants shared their experiences, highlighting how the workshop:

- Expanded their understanding of diverse mental health conditions.
- Improved their analytical and problem-solving skills.
- Reinforced the importance of mental health awareness in everyday life.

Impact and Takeaways

A total of 51 students benefited from this highly engaging and informative workshop. The session effectively bridged the gap between theory and practice, giving students a realistic perspective on mental health challenges.

By combining expert knowledge, interactive discussions, and case study analysis, the workshop successfully:

- Encouraged critical thinking in mental health practice.
- Strengthened students' ability to diagnose, assess, and intervene in mental health issues.
- Fostered a culture of empathy, awareness, and proactive mental health care.

Conclusion

The Mental Health Challenges and Implications in the Real World workshop proved to be an invaluable learning experience, equipping students with practical skills and deeper insights into the field of psychology. Given its success and positive feedback, similar hands-on learning sessions should be encouraged to prepare students for real-world mental health practice and advocacy.



REPORT ON FLOURISH FIESTA – MENTAL HEALTH DAY CELEBRATION

On October 10, 2024, the Abbé Faria Post-Graduate Department of Psychology, in collaboration with the Undergraduate Department of Psychology, Wellness and Counselling Center, Health and Wellness Club, and Internal Quality Assurance Cell (IQAC), organized Flourish Fiesta to commemorate World Mental Health Day. This vibrant event aimed to raise awareness about mental health and promote emotional well-being through a series of engaging, creative, and therapeutic activities.



Objective of the Event

The Flourish Fiesta was designed to:

- Encourage open conversations about mental health in a positive and interactive setting.
- Provide a safe space for self-expression, emotional release, and stress relief.
- Equip participants with practical coping strategies through fun activities.
- Promote mental well-being through community engagement and creative expression.

Event Highlights

1. Healing Synergy Flash Mob

The event opened with a powerful flash mob performance, portraying the experiences of individuals with bipolar disorder. This creative representation sparked awareness, empathy, and meaningful discussions about mental health challenges.

2. Interactive & Therapeutic Activities

- Tag of Joy Bookmark Stall – Distributed inspirational quotes, promoting mindful reading and self-reflection.
- Circle of Closure – Allowed participants to write down and tear up their worries, creating a therapeutic and cathartic experience.
- Doodling Competition: "Faces of Emotion" – Encouraged creative expression by asking participants to illustrate various emotions through art.
- Grat Chat Booth – Inspired positivity and gratitude, where participants wrote and shared heartfelt messages.
- Talk It Out – Offered private counseling sessions, emphasizing the importance of seeking mental health support.

3. Fun Games & Stress-Relief Activities

- Dart Buster – Participants threw darts at balloons filled with positive affirmations, symbolizing stress release and encouragement.
- Emo Catch – A game designed to enhance emotional awareness by matching emotions to different scenarios.
- Memory Match – Tested cognitive skills, reinforcing the connection between mental agility and emotional health.
- Brain Wave Relay & Rapid Response Game – Provided stimulating challenges, enhancing focus, agility, and quick thinking

4. Open Mic Session

- A free-expression platform where students shared poetry, personal experiences, stories, and even humor.
- Encouraged self-expression and emotional release, fostering a supportive and inclusive atmosphere.

Impact & Takeaways

The Flourish Fiesta successfully blended mental health awareness with engaging activities, allowing students to:

1. Develop self-awareness and empathy through creative expression.
2. Practice stress-relief techniques in a relaxed, fun setting.
3. Recognize the importance of seeking support through professional counseling and peer discussions.
4. Engage in positive social interactions, reinforcing community support and belongingness.

Conclusion

The Flourish Fiesta was a transformative experience, celebrating mental health awareness in a fun, interactive, and meaningful way. Through music, art, games, and reflection-based activities, students were encouraged to prioritize their well-being and develop healthier coping strategies.

Given its success and positive impact, similar mental health initiatives should be encouraged in the future to continue fostering a culture of awareness, support, and emotional resilience.

REPORT ON THE SESSION: "MODERN TECHNIQUES AND PRACTICES IN PSYCHOLOGY"

On October 11, 2024, the undergraduate and postgraduate departments of Psychology at St. Xavier's College organized an insightful session titled "Modern Techniques and Practices in Psychology." The session featured Dr. Reetesh Riku, Chairman of the Federation of Indian Psychology, as the resource person and was attended by 70 enthusiastic students from both undergraduate and postgraduate levels, along with faculty members. The event aimed to provide students with a deeper understanding of the evolving field of psychology, focusing on technological advancements and innovative methodologies.



Objectives of the Session

The session was designed to:

- Introduce students to modern advancements shaping psychological practice.
- Highlight the role of technology in enhancing psychological interventions.
- Provide practical insights into contemporary therapeutic techniques.
- Encourage students to engage in critical thinking and ethical considerations when applying these methods.

Key Highlights of the Session

1. Overview of the Evolving Landscape of Psychology

Dr. Riku began by discussing how psychology has transformed over the years, emphasizing the shift towards technology-driven interventions and evidence-based practices.

2. Integration of Technology in Psychological Practice

- Artificial Intelligence (AI) in mental health – AI-powered chatbots and diagnostic tools are enhancing accessibility to psychological support.
- Virtual Reality (VR) in therapy – Used for exposure therapy and behavioral interventions, particularly for conditions like PTSD and phobias.
- Neuropsychological assessments – Advances in brain imaging and cognitive testing are improving diagnostic accuracy and treatment planning.

3. Contemporary Psychological Practices

Dr. Riku highlighted modern therapeutic approaches, including:

- Mindfulness-Based Interventions (MBI) – The growing role of mindfulness in stress management and emotional regulation.
- Telepsychology – The increasing adoption of online therapy platforms, making mental health services more accessible and flexible.
- Evidence-Based Therapies – The importance of using scientifically validated techniques, such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT), for diverse psychological conditions.

4. Interactive Discussions and Case Studies

- Students analyzed real-world case studies, applying modern psychological techniques to clinical, educational, and organizational settings.
- Dr. Riku encouraged participants to critically assess the effectiveness of these approaches and explore their applicability in different cultural and social contexts.

5. Ethical Considerations in Modern Psychological Practice

The discussion also covered:

- Challenges in AI-driven therapy, including data privacy and ethical dilemmas.
- The importance of maintaining human connection in technology-assisted psychological interventions.
- Ethical responsibilities of psychologists when integrating modern tools into therapy and assessments.

Student Engagement and Conclusion

The session was highly interactive, with students asking insightful questions and actively participating in discussions. Many expressed curiosity about career opportunities in tech-driven psychology and ways to incorporate these advancements into their future practice.

Dr. Riku concluded by encouraging students to stay updated with emerging trends, emphasizing that lifelong learning and adaptability are key to excelling in the field of psychology.

Impact and Takeaways

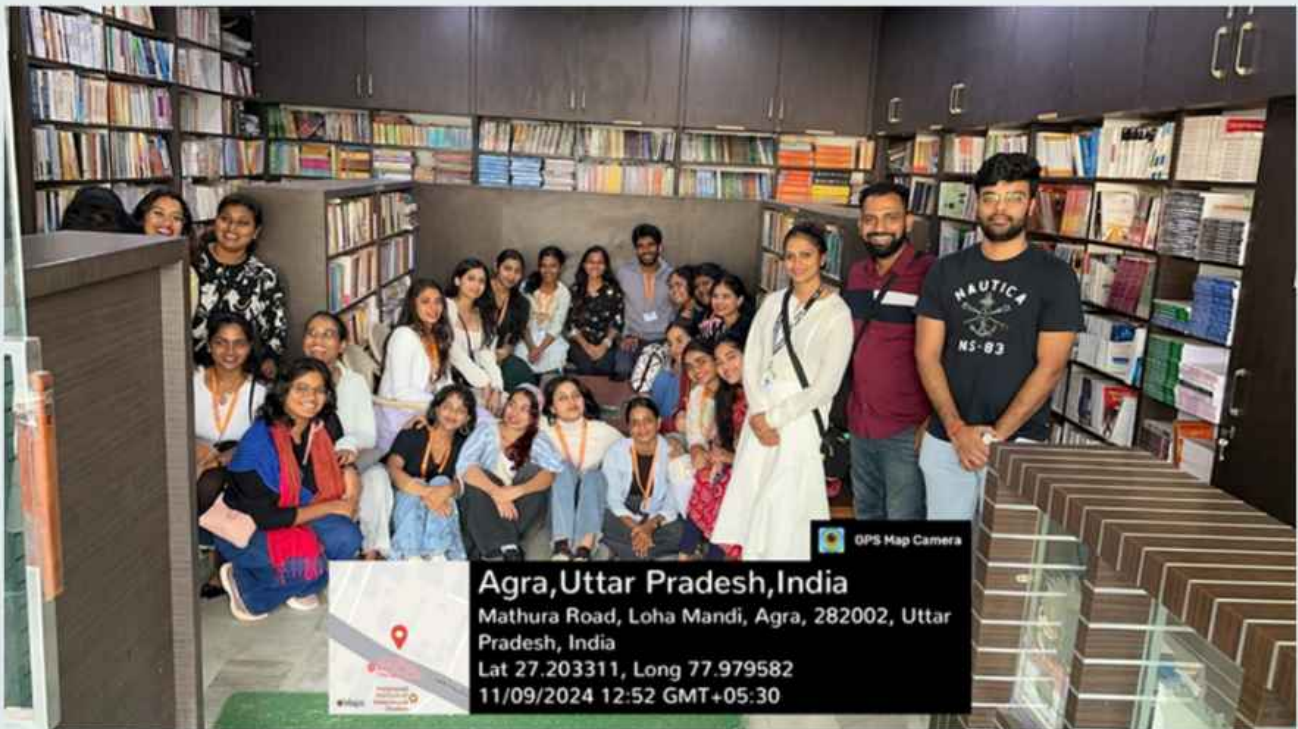
The session successfully provided students with:

- A comprehensive understanding of how modern technology is revolutionizing psychology.
- Practical applications of innovative therapeutic techniques.
- Awareness of ethical concerns and responsibilities in tech-assisted mental health care.
- Inspiration to explore research and career paths in contemporary psychology.

Final Thoughts

The session on "Modern Techniques and Practices in Psychology" was highly enriching and provided students with valuable insights into the future of psychological practice. The discussion emphasized the importance of integrating technology while maintaining ethical standards. Given its success and relevance, similar workshops and discussions should be organized regularly to keep students informed about the latest advancements in psychology.

REPORT ON THE NATIONAL STUDY TOUR



The Abbé Faria Post Graduate Department of Psychology organized a National Study Tour for its students from November 7 to November 14, 2024. The tour provided an educational and cultural experience, allowing students to explore historical landmarks, natural landscapes, and psychological institutions across Agra, Nainital, Jim Corbett, and Delhi.

Objective of the Study Tour

The tour aimed to:

- Enhance students' understanding of psychology through institutional visits.
- Provide exposure to diverse cultural and historical sites.
- Offer a blend of academic learning and real-world experiences.
- Promote team bonding, travel-based learning, and personal growth.

Key Highlights

1. Agra – A Journey Through History

The tour commenced in Agra, where students visited the Taj Mahal, one of the Seven Wonders of the World. The visit provided insights into India's rich history, Mughal architecture, and the psychology of aesthetic appreciation.

Additionally, students visited the National Psychological Corporation, a renowned institution for psychological testing and research. They explored various psychometric tools used in assessments and gained valuable knowledge about standardized testing methods.



2. Nainital – A Retreat in Nature

In Nainital, students experienced the therapeutic effects of nature on mental well-being. The serene environment of Naini Lake and the surrounding hills allowed them to reflect on nature's role in stress reduction and mental health.



3. Jim Corbett National Park – Understanding Human-Nature Interaction

A highlight of the tour was the visit to Jim Corbett National Park, India's oldest national park known for its biodiversity and conservation efforts. The jungle safari experience allowed students to observe wildlife behavior and the psychological aspects of eco-tourism and conservation awareness.

4. Delhi – A Blend of Academia and Culture

The final leg of the tour was in **Delhi**, where students explored:

- Historical landmarks, such as India Gate and Qutub Minar, to understand heritage psychology and cultural identity.
- Psychological institutions, gaining exposure to mental health initiatives, research advancements, and contemporary practices.

Conclusion and Impact

The National Study Tour provided a well-rounded experience, combining academic learning, cultural exploration, and nature-based therapy. It helped students:

- Develop a practical understanding of psychological research and applications.
- Enhance their appreciation for history, culture, and nature.
- Strengthen interpersonal skills and teamwork through travel experiences

The tour was a memorable and enriching journey, reinforcing the importance of experiential learning in psychology



REPORT ON CHRISTMAS CELEBRATIONS – 17TH DECEMBER

The Abbe Faria Post Graduate Department of Psychology organized a grand Christmas Celebration on the 17th of December, bringing together students, faculty, and staff for a memorable day filled with joy, laughter, and festive spirit. The event, held in the classroom was a delightful mix of cultural performances, interactive games, and the warmth of togetherness, reflecting the true essence of Christmas—love, joy, and generosity.



Festive Atmosphere & Decorations

The venue was transformed into a winter wonderland with elaborate decorations, including a beautifully adorned Christmas tree, fairy lights, wreaths, and red-and-green streamers that set the perfect festive tone. The entrance was decorated with a holiday arch, and a specially designed photo booth with Christmas-themed props allowed students to capture the joyful moments. The sight of twinkling lights and the scent of freshly baked cookies created an inviting and cheerful ambiance that instantly uplifted everyone's mood.

Inaugural Ceremony & Welcome Address

The celebration commenced with a welcome speech by Ms. Swezial, the Part 1 class CR, who highlighted the significance of Christmas as a festival of giving, kindness, and unity. The speech also emphasized the importance of spreading positivity and love, not just during the holiday season but throughout the year. A short prayer was conducted to invoke blessings for happiness, good health, and academic success for all students and faculty members.



Carol Singing & Musical Performances

One of the most anticipated segments of the celebration was the Christmas carol singing session, where a choir of students and faculty members performed classic holiday melodies such as *Jingle Bells*, *Silent Night*, *Hark! The Herald Angels Sing*, and *O Holy Night*. The entire audience joined in, creating a heartwarming moment of unity and shared happiness.

In addition to carol singing, students showcased their musical talents with instrumental performances and solo singing acts featuring Christmas classics and modern holiday hits. The soothing and melodious voices, combined with the cheerful tunes, filled the air with festive cheer.

Cultural Performances & Nativity Play

A highlight of the event was the Christmas nativity play, reenacting the birth of Jesus Christ. Students enthusiastically took on various roles, bringing the biblical story to life with engaging performances and well-designed costumes. The audience was captivated by the emotional depth and artistic presentation of the play, which conveyed the message of peace and hope.

Following the play, students performed Christmas-themed dances and skits, adding an extra layer of entertainment to the celebration. The skits humorously depicted holiday traditions, and some performances reflected the modern-day spirit of Christmas, emphasizing kindness, family, and generosity.

Fun Games, Competitions & Santa's Arrival

To keep the festive spirit alive, a series of interactive games and competitions were organized, ensuring enthusiastic participation from students and faculty. Some of the highlights included:

- **Christmas Quiz** – A fun and challenging quiz testing participants' knowledge of Christmas traditions, historical facts, and famous holiday movies.
- **Best Christmas Attire Contest** – Students dressed in festive outfits, including Santa hats, Christmas sweaters, and holiday-themed accessories, and the best-dressed participants received prizes.
- **Secret Santa Exchange** – Participants exchanged thoughtful gifts, adding an element of surprise and excitement to the event.
- **Treasure Hunt** – A Christmas-themed treasure hunt encouraged teamwork and problem-solving as students searched for hidden surprises around the venue.

Adding to the excitement, Santa Claus made a surprise entrance, spreading joy and laughter among the students. Santa distributed chocolates and small gifts, taking pictures with students and faculty members, making the celebration even more special.

Cake Cutting & Christmas Feast

No Christmas celebration is complete without a delicious feast, and this event was no exception! A grand cake-cutting ceremony was held, symbolizing unity and the joy of sharing. Students and faculty gathered around as a beautifully decorated Christmas cake was cut, and everyone enjoyed a spread of delicious holiday treats, including:

- Traditional Christmas cake
- Cookies and gingerbread men
- Hot chocolate and festive beverages
- Savory snacks and sweet treats

The shared meal created a warm and welcoming environment where students and faculty bonded over food, laughter, and holiday cheer

Conclusion & Takeaways

The Christmas Celebration on 17th December was a grand success, leaving behind cherished memories for everyone involved. The event not only provided a much-needed break from academics but also reinforced the values of togetherness, gratitude, and kindness. It was a reminder of the importance of community, love, and sharing, which are at the heart of the Christmas spirit.

The department extends its heartfelt gratitude to the organizing team, faculty members, and enthusiastic students who contributed to making this celebration truly special. The event concluded with students expressing their joy and excitement, already looking forward to next year's Christmas celebration.



REPORT ON VERITAS MENTIS

On January 11, 2025, the Abbé Faria Post Graduate and Undergraduate Departments of Psychology at St. Xavier's College, Mapusa, organized Veritas Mentis, a unique event that celebrated the evolution of psychology through the lens of Greek mythology. This engaging and intellectually stimulating competition provided students with an opportunity to showcase their psychological knowledge, creativity, and analytical skills while promoting collaboration and healthy competition.

Objective and Theme of the Event

The primary goal of Veritas Mentis was to bridge the gap between ancient psychological concepts and modern theories by exploring the roots of psychology in Greek mythology. The event encouraged students to analyze, interpret, and creatively present psychological ideas using mythological references and contemporary applications.

Inaugural Ceremony and Guest Speakers

The event commenced with a **formal inaugural ceremony**, featuring speeches from:

- Principal Ms. Ursula Barreto, who welcomed the participants and highlighted the importance of psychology in understanding human behavior.
- Chief Guest Ms. Sofia De Souza, who spoke about the integration of mythology and psychology in contemporary research.
- Administrator Fr. Antonio Salema, who emphasized the value of academic competitions in fostering intellectual curiosity.

Dr. Vijay Viegas introduced the Special Guest, Ms. Anuradha Kakodkar, who was honored by the Principal, Administrator, and former students. The ceremony concluded with a vote of thanks by Miss Andrea D'Souza, followed by the College Anthem.



Competitions and Activities

A total of seven teams, each named after Greek mythological figures, participated in 11 exciting competitions designed to test creativity, research skills, and critical thinking. These included:

- **Ethereal Frames (Reel-making)** – Depicting psychological concepts through short videos.
- **Titans of Trivia (Quiz)** – A battle of psychological knowledge and general awareness.
- **Athenian Strokes (Painting)** – Representing mental health themes through visual art.
- **Beyond the Frames (Photo Caption)** – Analyzing images through a psychological perspective.
- **Clash of Perspectives (Debate)** – Engaging in discussions on controversial psychological topics.
- **Rhythm of Realms (Dance)** – Expressing psychological emotions through movement.
- **Twisted Harmonies (Duet Singing)** – Using music to convey emotional and psychological themes.
- **Ares Confession (Monologue)** – Showcasing personal psychological struggles through dramatic storytelling.
- **Unseen Battles (Street Play)** – Depicting social and psychological issues in a theatrical format.
- **Mindsprint (Treasure Hunt)** – A problem-solving challenge integrating psychology and mythology.
- **Mythical Allure (Fashion Show)** – Blending psychological archetypes with mythological figures.

Judges assessed performances based on creativity, research depth, presentation skills, and thematic relevance

Winners and Valedictory Function

At the end of an exhilarating day, the overall championship was awarded to **Carmel College**, followed by:

 **Sant Sohirobanath Ambiye Government College of Arts and Commerce – Second Place**

 **Rosary College of Commerce and Arts – Third Place**

The valedictory function included:

- Feedback from participants, who appreciated the event's organization and impact.
- A speech by Chief Guest Mr. Daniel Lobo, highlighting the importance of interdisciplinary learning.
- The prize distribution ceremony, conducted by Dr. Vijay Viegas, where winners received trophies and certificates.

Conclusion and Impact

Veritas Mentis was a resounding success, providing students with an interactive and thought-provoking platform to explore psychology through the lens of mythology and modern perspectives. The event encouraged:

- ✓ Creative thinking and intellectual discussions
- ✓ Application of psychological principles in innovative ways
- ✓ Collaboration and teamwork among students from different colleges

Participants and guests praised the event for its well-structured competitions, engaging themes, and enriching discussions. Veritas Mentis not only celebrated psychology but also left a lasting impact on all attendees, inspiring them to explore the subject beyond textbooks.

Given the enthusiasm and positive feedback, the department looks forward to continuing this tradition and making Veritas Mentis an annual celebration of psychology and mythology.

