



**St. Xavier's College**  
Mapusa-Goa



Department of Psychology

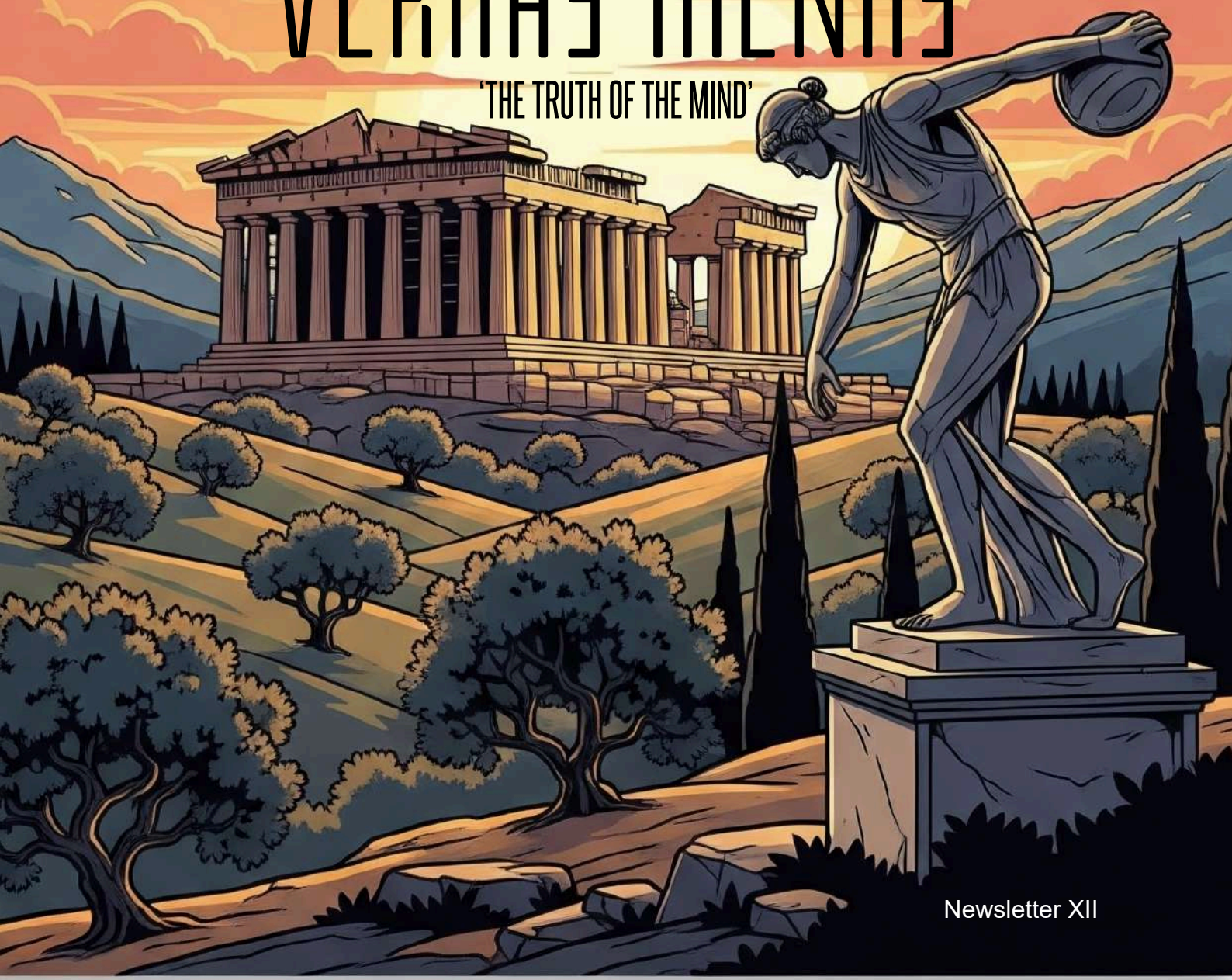
# MANOVIGYAN

**Newsletter**

ACADEMIC YEAR  
2024-2025

## VERITAS MENTIS

'THE TRUTH OF THE MIND'







## ADMINISTRATOR'S MESSAGE

*From 27th July to 3rd August, 2025 around a million youngsters from around world gathered in Rome for the Jubilee of the Youth. These were days filled with excitement, coming to know youngsters from other nations of the world, and striking friendship, and days of intense reflections and prayers. From the photos available, it is evident that the youngsters were enjoying every bit of it and more importantly praying and reflecting on God's word like they never did before. The highlight of this Jubilee of the Youth was the night vigil, between 1st-2nd Aug and the concluding Mass on 3rd, both presided over by His Holiness, Pope Leo XIV. In His message, the Holy Father told the youth: We need you, You are the sign of hope. You are the message of hope to so many of us. The world looks to you as you look around yourselves and says "we want you. We need you to come together to share with us in this common mission of the Church of announcing a message of true hope and of promoting peace, promoting harmony among all peoples".*

*The mood was electrifying, and it was a joy to see the youngsters sitting before the Blessed Sacrament and listening with rapt attention to the Holy Father and, perhaps for the first time in their life, reflecting on the meaning of their life, and the why of their being on this earth. And there were tears rolling down many an eye. Youth is not the time to fritter away our life, rather it is the time to form ourselves into persons of strong character. It is through their eyes that the senior generation can look at the future with hope and trust. We need the youth to be messengers of hope and promoters of peace and harmony.*

*I thought it relevant to put to paper these thoughts on 'Manovigyan', the annual newsletter of the Department of Psychology, since it behoves this Department to help the students build values that show them life is worth living and inspire them to make a positive difference in society, by extending their hands to steady those who are weak, by offering their shoulders to those overwhelmed with life's problems, by speaking words that bring solace and encouragement to those who are discouraged, and stepping in so that they can lead the floundering to a safe haven.*

*Congratulations to the Department of Psychology and its students, especially the Editorial Board, for their enlightening magazine 'Manovigyan' and I pray for God's blessings on all.*

Fr Tony Salema  
Administrator.





## PRINCIPAL'S **MESSAGE**

I am delighted to convey my greetings on the release of the Newsletter of the Department of Psychology, Manovijgyan Newsletter XII which features articles and reports that focus on understanding human thoughts, feelings and actions. The initiatives by faculty and students towards academic excellence and community engagement are concisely documented. The department's contribution to promoting mental well-being and fostering emotional intelligence is much appreciated.

Congratulations to the editorial team led by Dr. Ubaldina Noronha for bringing out this twelfth issue of Manovijgyan.

I applaud and extend my best wishes to the entire Psychology fraternity of our College and look forward to witnessing the remarkable contributions you will continue to make in the year ahead.

Ms. Ursula Barreto

**Officiating Principal**





## From the **Editor's Desk**

*It is with great pride and pleasure that I present to you this edition of our departmental newsletter. This newsletter invites you to journey with us through the highlights of our recent academic year, not just as a list of events, but as moments that has shaped who we are.*

*The year saw our students stepping out of the classroom to connect theory with practice through educational field trips to places of academic relevance. Such experiences ignite curiosity and foster teamwork. The department's research and knowledge initiatives continue to grow with faculty and students organising, attending and presenting papers at various conferences. We were also privileged to host a series of expert talks that brought fresh perspectives and provoked meaningful discussions.*

*This edition is especially poignant as we to bid a heartfelt farewell to Ms. Anuradha Kadkodkar, a teacher whose lessons shaped not only generations of students, but also faculty members in the department. Her roles as a teacher and mentor to students, through the lessons she imparted and the values instilled has shaped many careers. As a colleague, we will remember her respectful demeanour and the legacy of professional dignity she displayed in these three decades of service. As she steps into retirement, we wish her a joyful and fulfilling new chapter in life.*

*A newsletter is never the effort of one person. I extend my sincere thanks to our Principal and Administrator for their constant encouragement and guidance. A shout out to our students and my colleagues for their enthusiastic participation in departmental activities and for sharing their timely updates, including designing our striking cover page.*

*Special thanks to Mr. Lokesh Pople for compiling this newsletter which chronicles what we have achieved in the past academic year. Proper documentation ensures that our collective efforts and innovations remain accessible to all and serve as a resource for growth and improvement.*

*A department is about people. Thank you all for being part of this journey and here's to the memories we have made and may this newsletter and serve as a reminder of what we can aspire to in the years ahead.*

Dr. Ubaldina Noronha

Associate Professor



# MESSAGE FROM THE HEAD OF DEPARTMENT...



*It gives me great pleasure to share our Psychology Department Newsletter 'Manovigyan' highlighting the vibrant activities, remarkable faculty achievements, and inspiring student milestones that have shaped our journey during the academic year 2024-25.*

*We bid a warm and heartfelt farewell to our teacher – Ms. Anuradha Kakodkar whose years of dedicated service, wisdom, and passion for teaching have left an indelible mark on our department. Your guidance has shaped countless futures, and we wish you a joyous and fulfilling retirement.*

*We also take this opportunity to congratulate our outstanding achiever students who have excelled academically and beyond, making the department proud with their relentless effort and commitment to excellence.*

*This newsletter stands as a testament to the collaborative spirit of our department, and I sincerely thank the Editor Dr. Ubaldina Noronha for her tireless dedication in bringing this issue to life.*

*Let us continue to grow together, inspired by our shared vision of learning, discovery, and positive change.*

*God Bless.....,*

*Janet Fernandes (Ph.D)  
Professor & Head  
Department of Psychology*



## Knowledge initiatives: 2024 - 2025



**Prof. Janet Fernandes e de Souza**  
**Professor & Head**



Organising Secretary, International Conference in Association with APSPA, InSPA & Fr. Agnel College Pilar on the theme "AI and the future of School Psychology and Education" from 6th March to 8th March, 2025.

Organised/ conducted VAC courses:

- SEL – Hands- on workshop on Social Emotional Learning for the SYBA Psychology students.
- Scientific writing as per APA Guidelines Workshop for TYBA students.
- Mendeley referencing systems workshop in association with the college Librarian Ms. Dhaksata Zambulkar.
- Statistical Applications in Research writing.

Sessions organised on:

- Cultivating a peaceful attitude: Resource person- Dr. Raghita from Tamil Nadu University.
- Advanced Learning in Psychology: Resource person – Aastha Shirodkar – SPU Doha- Qatar Campus.
- Masters in Psychology- Future Ahead: Alumina speaks of future prospects and new opening in the field of psychology.

Granted recognition and PhD Guideship in the subject of Psychology at Goa University on 13th March, 2025.

Stimulating an incubation for advanced studies coupled with a research culture among the honours students of psychology through workshops, participation in conferences, presenting research papers and shouldering responsibilities of organising state-level events under the guidance of Prof. Janet Fernandes.

Outreach programs – Peer wellness groups, Mental health day and suicide prevention day activities and programs to create a culture of safety, belongingness and help under the guidance of Prof. Janet Fernandes.

Orally presented a paper titled "Dating Violence among Teenagers: Forms of abuse and gender Comparisons" at the international conference on the theme "Research Prospects in School Psychology" Organised by Indian School Psychology Association and Central University of Tamil Nadu, held at Central University of Tamil Nadu- Thiruvavur. Dec, 2025.

Invited as a Panelist for a session on Life skills at the 10th International Conference on Life Skills Education and presented a paper titled, ' The Role of Life Skills Education in Enhancing Good Health and Well-Being: Contributing to the Achievement of SDG's', organized by Indian Association of Life Skills Education, Chennai, and Nirmala Institute of Education, Panaji, Goa from 27th February to 1st March 2025.



Invited as a Resource person at Rosary High school Cujira - Bambolim for a workshop (02 hours) on Mental Health for teachers and parents – Dec 4th 2025.

Invited as a resource person at Navadaya Leadership Institute Canacona to give a 3 hour workshop for school teachers of Navadaya Schools (Pune & Patna Region) on the topic "Understanding and Managing Adolescents Mental Health – Teachers as Mental Health Guardians" organised by Ministry of Education & Literacy, Government of India in association with IGNOU – 7TH, 14TH & 21ST April, 2025.

Invited as a resource person for FDP at M.E.S. College Vasco for the teaching faculty on "Applications of Statistical Techniques to research writing"- 03 hours session. Dec 2025.

Invited as a Chairperson of a scientific session at the international conference on "Innovations in Social Sciences: Interventions, challenges & future trends" organised by MES Vasco.

Invited as a Chairperson of a scientific session at the international conference on "Innovations in Social Sciences: Interventions, challenges & future trends" organised by MES Vasco.



**Ms. Anuradha Kakodkar**  
**Associate Professor**

Set syllabus for NEP courses, Criminal Psychology.

Attended National 5 Day FDP on 'Holistic Learning for Excellence in Higher Education', 22-26 October 2024, by IQAC, St. Xavier's College, Goa

Attended NEP 2020 10 Day Orientation and Sensitisation Programme under MMTTP of UGC, GU, 18th to 27th March 2025

Attended 3 Day FDP on 'Quality in Higher Education', 15-17 April 2025.



**Dr. Ubaldina Noronha**  
**Associate Professor**

Organised One Day State Level FDP on 'Advancing Excellence in Higher Education', 30th Jan 2025.

Organised 3 Day FDP on 'Quality in Higher Education', 15-17 April 2025.

Organised a field trip jointly with Dr. Eulalia Fernandes on 8th Oct 2024 and Xaviers takes a STRIDE on 3-4th Mar 2025, under MoU activity with Sangath.

Organized an informative career guidance session on GUArt for TYBA Psychology students, on 5th February 2025.

Organized an informative career guidance session on GUArt for TYBA Psychology students, on 5th February 2025.

Organised VAC course on Prevention of Sexual Harassment Act 2023, for UG and PG students, with expert Advocate Shabnam Shah.

Organised VAC course for TYBA students on Substance Abuse: Legal (NDPS Act 1985) and Psychological Perspectives, in association with Stride, Sangath and Bastora Free Legal Aid Cell, Salgaonkar College of Law.

Completed successfully and certified in the Sexual Harassment of Women at the Workplace Act 2013, online course, National Commission of Women, May 2025.

Completed online course at Udemy, India's Prevention of Sexual Harassment (POSH) Training, 8th May 2025

Set syllabus for NEP courses, Psychology of Ageing and FY and TY Psychology Practicals.

Paper Presentation: The role of life skills education in enhancing good health and well-being: Contributing to the achievement of SDG's, at the 10th International conference on Life Skills Education on 'Life skills integrated learning and living: Pathways for a Sustainable future'.

Attended online session on Accreditation and Quality Education: Exploring the Binary System by NAAC, on 9th August 2024.

Attended National 5 Day FDP on 'Holistic Learning for Excellence in Higher Education', 22-26 October 2024, by IQAC, St. Xavier's College, Goa

Attended two-day FDP on 'The role of AI in Higher Education', 20-21 Feb 2025.

Attended Interactive session for IQAC coordinators on Reforms in Accreditation Framework for Affiliated and Autonomous Colleges on 10th Mar 2025.

Attended NEP 2020 10 Day Orientation and Sensitisation Programme under MMTTP of UGC, GU, 18th to 27th March 2025

Conducted a session on Stress Management at the St. Xavier's HSS, on 1st October 2024.



**Dr. Eulalia Fernandes**  
**Associate Professor**

Attended National 5 Day FDP on 'Holistic Learning for Excellence in Higher Education', 22-26 October 2024, by IQAC, St. Xavier's College, Goa

Participated in the two days National Level Faculty Development Program on Generative AI for Effective Teaching, held on January 20 - 21, 2025. Hosted by Department of Mechanical Engineering Marugappa Polytechnic College, Chennai in association with Scrollwell in an Online Mode.



·Participated in the State Level Faculty Development Programme on 'Advancing Excellence in Higher Education: Innovation and Global Perspectives', organized by the IQAC, St. Xavier's College, Mapusa Goa on 30th January 2025.

·Presented a paper titled, ' Mental Health in the Age of Connectivity:Internet Addiction and Psychological Well-Being in College Students' in the two day International Conference on Addiction among youth- Issues, Challenges Management and Prevention, 30th and 31st of January, 2025, Guwahati University, Assam India.

·Presented a paper titled, ' The Role of Life Skills Education in Enhancing Good Health and Well-Being: Contributing to the Achievement of SDG's', at the 10th International Conference on Life Skills Education, organized by Indian Association of Life Skills Education, Chennai, and Nirmala Institute of Education, Goa, 27th Feb - 1st March 2025.

·Participated in the 7th APSIPA International Conference on AI and the Future of School Psychology and Education held from 6th to 8th March 2025.

·Completed the NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) organized by UGC- MMTC, Goa University from 18.03.2025 to 27.03.2025.

·Participated in the Faculty Development Programme on- 'Quality in Higher Education' organized by the IQAC, St. Xavier's College, Mapusa Goa from 15th to 17th April, 2025.



**Dr. Fr. Ramiro Luis**  
**Assistant Professor**

Attended National 5 Day FDP on 'Holistic Learning for Excellence in Higher Education', 22-26 October 2024, by IQAC, St. Xavier's College, Goa

Participated in the State Level Faculty Development Programme on 'Advancing Excellence in Higher Education: Innovation and Global Perspectives', organized by the IQAC, St. Xavier's College, Mapusa Goa on 30th January 2025.

Paper presentation ' The Role of Life Skills Education in Enhancing Good Health and Well-Being: Contributing to the Achievement of SDG's', 10th International Conference on Life Skills Education organized by Indian Association of Life Skills Education, Chennai, and Nirmala Institute of Education, Goa, 27th February - 1st March 2025.

Attended State-Level Workshop, "Process to Progress: Building Progressive HEIs Through SoPs", organized by Vidya Prabodhini College on March 24, 2025.

Completed the NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) organized by UGC- MMTC, Goa University from 18.03.2025 to 27.03.2025.

Participated in the Faculty Development Programme on- 'Quality in Higher Education' organized by the IQAC, St. Xavier's College, Mapusa Goa from 15th to 17th April, 2025.

Assisted in data collection for an international research project "Divergent Thinking in Bilinguals: Effects of Code- Switching and Task-Switching", National Research University Higher School of Economics (HSE University, Moscow, Russia), Department of Psychology. From 20th March to 4th April 2025.



**Ms. Elvira Pereira**  
**Assistant Professor**

Participated in Three days International workshop on 'Basic Statistical Analysis and Its Interpretation using SPSS' from 27.08.24 to 29.08.24

Participated in GSRF workshop on the theme "Enhancing Final Year Student Project (UG Level)" at DHE on 30.08.24.

Participated in an FDP on the theme 'Mastering Data Analysis: From Basics to Advanced Statistical Techniques with R' from 2nd September to 6th Sep 2024.

Participated in an International Faculty Development Program on 'Applied Research Methodology Designing, Collecting and Analyzing Data using SPSS from 7th October to 13th October 2024.

Participated in the program on the theme 'Leveraging Artificial Intelligence for Effective Educational Work' on 19.10.24

Participated in the National Level FDP on Holistic Learning for Excellence in Higher Education from 22nd to 26th 2024 organized by IQAC of St. Xavier's college.

Participated in an International workshop on the theme 'Applying AMOS for Structural Equation Modeling: A Deep Dive into CFA, Reliability, and Validity' from 4th- 6th Nov 2024.

Participated in a workshop on 'Beyond the Facade: Recognizing and Avoiding Deceptive Academic Journals' organized by Research and Development Cell of Vidhya Prabhodhini College in collaboration with the Directorate of Higher Education Govt of Goa held on 8.01.25

Participated in a State Level Faculty Development Program on the theme 'Advancing Excellence in Higher Education: Innovation and Global Perspectives' on 30.01.25.

Participated in an International Workshop on the theme 'Academic Excellence through Referencing and Ethical Research Practice' held on 13-15th February 2025

Participated in the 7th APSPA International Conference held on 6-8th March 2025.



**Ms. Janice Zuzarte**  
**Assistant Professor**

Completed and certified in an Accredited Practitioner-Level Course in Rational Emotive Behaviour Therapy (REBT), a 13-hour online course conducted from 17th to 21st July 2024, accredited by the Complementary Therapists Accredited Association (CTAA)

Completed the NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) organized by UGC- MMTTC, Goa University from 4th March to 13th March 2025.

Assisted in data collection for an international research project "Divergent Thinking in Bilinguals: Effects of Code-Switching and Task-Switching", National Research University Higher School of Economics (HSE University, Moscow, Russia), Department of Psychology. From 20th March to 4th April 2025.



**Ms. Nezima Lawrence**  
**Assistant Professor**

Completed the NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) organized by UGC- MMTTC, Goa University from 4th March to 13th March 2025.

Assisted in data collection for an international research project "Divergent Thinking in Bilinguals: Effects of Code-Switching and Task-Switching", National Research University Higher School of Economics (HSE University, Moscow, Russia), Department of Psychology. From 20th March to 4th April 2025.

Presented paper titled AI Driven Neuromarketing Awareness among Gen X, Gen Z and Millennials at International Conference in Association with APSPA, InSPA & Fr. Agnel College Pilar on the theme "AI and the future of School Psychology and Education" from 6th March to 8th March, 2025.

Resource person for a session on Marital and Family Counselling at Goa College of Home Science, 26th March 2025.

Our Achievers - TYBA		
Grades	CGPA	No. of Students
Excellent	9	8
V.Good	8	16
Good	7	10
Above Average	6	4

The pass percentage of the T.Y.B.A. students in Psychology stands at 90.47%. The toppers among the Psychology Honours batch were Ms. Christiana Maria De Melo, Ms. Shruti Ghone, Ms. Nicole Fay Mendes. A number of students are pursuing higher studies at the Post Graduate level within Goa University as well as at other state universities. Four of the students are continuing their studies in Psychology, after having secured admission in universities in UK.



# International Drug De-Addiction Day, Kripa Anjuna

The International Drug De-Addiction Day was held on the 26th of June 2024 at Kripa Foundation, Anjuna. This event aimed to raise awareness about the detrimental effects of drug addiction and to promote a drug-free lifestyle.

The event commenced with a warm welcome address by Mr. Debojit, who coordinated the aforementioned event. He highlighted the importance of International Drug De-Addiction Day and the role of educational institutions in spreading awareness.

The chief guest for the function, MLA Mrs Deliah Michael Lobo emphasized on the importance of educating the youth on the consequences of drug abuse. A significant highlight was the guest lecture delivered by Dr. Dorothy on the detrimental effects of drugs. Dr. Dorothy, an esteemed expert in the field, provided an in-depth analysis of the physical, psychological, and social consequences of drug abuse.

The event not only raised awareness about the issue of drug addiction but also provided a platform for sharing knowledge, experiences, and strategies for recovery. The day reinforced the importance of collective efforts in combating drug addiction and highlighted the critical role of education, support, and community involvement in fostering a drug-free society.

The event was particularly significant as it saw the participation of 38 students from St. Xavier's College, who had previously completed their Summer Internship Program at Kripa Foundation. The students were accompanied by Assistant Professor Ms. Elvira Pereira.





# Summer Internship Programme at Kripa Foundation

The Summer Internship the Programme at Kripa Foundation, Anjuna, held from 29th April 2024 to 1st June 2024, provided 40 psychology students with practical exposure to drug de-addiction and rehabilitation processes. Coordinated by Assistant Professor Elvira Pereira, the programme included observation of detoxification procedures, participation in counseling sessions, and exposure to behavioural therapies like CBT and MI. Students facilitated group sharing sessions and engaged in rehabilitative activities such as yoga, meditation, and seminars on addiction and mental health.

## Introduction to the Strengthening Teens Resolve in Drug Education (STRIDE) Campaign

A session was held on 13th August by SANGATH members, Brinda Raikwar and Adarsh Ratnakaran to create awareness of the STRIDE (Strengthening Teens Resolve in Drug Education) workshop.

Dr. Eulalia Fernandes introduced the speakers to the students. Ms Brinda discussed substance use and misuse and a campaign entitled STRIDE (Strengthening Teens Resolve in Drug Education). She then discussed a 2 days long workshop that was scheduled, with substance abuse as the topic. More information on the workshop was provided by Mr Adarsh, including eligibility, purpose, date, and time. The speakers then provided a brief explanation of what the participants would be able to accomplish during the workshop. Towards the end students and teachers asked questions about the workshop, asking for details about the process of application for the workshop and so on. Bethany Fernandes from SYBA, presented a vote of thanks. The workshop was attended by 50 students from the SYBA and TYBA.



# Suicide Prevention Day

On 20th September 2024, Department of Psychology at St. Xavier's College organized a meaningful celebration for Suicide Prevention Day to raise awareness and promote a supportive mindset toward mental health and suicide prevention among the college community.

The day began with the distribution of yellow ribbons to all teaching, non-teaching staff, and students, symbolizing solidarity with those affected by suicide and underscoring the importance of suicide prevention. Students performed a compelling street play that highlighted the pressures today's youth face, exploring the causes of suicide and the challenges that often lead individuals to struggle with mental health issues.

An extempore session added an interactive element, where staff and students were challenged with three questions related to mental health and suicide prevention. Participants who answered all questions correctly were awarded tokens as a small acknowledgment of their engagement and awareness.

A live tree was displayed prominently, encouraging both staff and students to pin positive messages on it. This symbolic tree served as a reminder of the importance of nurturing hope and resilience. The program's highlight was the dance therapy session, where students moved to music in a therapeutic and expressive manner, encouraging others to join in and experience the cathartic energy of dance. The event, conducted in collaboration with the Wellness Support and Counselling Center, was coordinated by Elvira Pereira, Assistant Professor.



# Master's studies overseas: a prospect

Mental Health Week at St. Xavier's College Mental Health Week at St. Xavier's College was a student-driven initiative supported by college counselors and the faculty coordinator, promoting campus-wide engagement in mental wellness activities. The week featured a variety of booths, events, and activities aimed at providing students with resources, information, and interactive experiences to foster mental health awareness and self-care practices.

Throughout the week, themed booths allowed students to explore various aspects of mental wellness. The Art Therapy booth, led by a peer wellness team, offered introductions and registration for students interested in expressive arts as a therapeutic tool. Another popular booth was the Peer Wellness information area, accessible via QR code registration, covering topics like academic stress, sexual health, body image, and a women's wellness cell, which focused on supporting female students. These booths provided students with an engaging way to learn more about mental health resources and future wellness initiatives.

Additional interactive activities included a painting competition and a rangoli competition, both emphasizing creative expression on themes related to mental health. The week also featured a dance therapy session, led by dance therapist Surabhi Thakur, and a "Punching Bag" station, which allowed students to release stress and frustration in a healthy, controlled manner.

Special installations, such as the Motivation Box and Secrets Box, provided students with the opportunity to anonymously share messages of encouragement or personal thoughts. Positive messages were displayed across campus on notes and distributed via goodwill "fortune" cookies. A photo booth, designed with a mental health theme, invited students to capture a visual reminder of the week's positive messages.

A special training was organized, "Empowering Educators: Training Teachers in Addressing Student Distress and Navigating Suicidal Ideation". Led by psychologist Ms. Sanya Pereira from COOJ Mental Health Foundation, the program equipped educators with essential skills to recognize and respond to student distress. The session focused on empowering teachers with strategies for early intervention and support, crucial for fostering a safe and supportive learning environment. Through practical guidance and role-playing scenarios, Ms. Pereira highlighted the importance of empathy, active listening, and understanding warning signs in helping educators navigate challenging conversations with students.

On the final day, October 10th, the Psychology Department collaborated with the Abbé Faria post-graduate department of Psychology to organize major events in commemoration of World Mental Health Day. The Painting and Rangoli Competitions encouraged students to creatively depict mental health themes and were judged on criteria such as relevance, creativity, and overall impact.

Mental Health Week concluded with a formal ceremony, graced by the presence of the Principal, Administrator, and Heads of the Postgraduate and Undergraduate Departments, reinforcing the importance of mental health awareness. This initiative highlighted the power of student-led efforts in creating a supportive campus atmosphere and established a foundation for future wellness programmes at the college. The week-long programme was organized by students under the leadership of student coordinator Denize DSouza, with guidance from College Counsellors Sigmund Dias and Beverly Monteiro, and the faculty member Fr. Dr. Ramiro Luis.



# Field Trip to Sangath

The Department of Psychology organized a Field Trip to Sangath, an NGO located in Porvorim, for the S.Y.B.A. students of Psychology, on October 8th, 2024. A total of 21 students participated in the Field trip and were accompanied by Dr. Ubaldina Noronha and Dr. Eulalia Fernandes.

'Sangath' is actively involved in mental health care and addresses a wide range of concerns across the life course, from cognitive development in childhood to self-harm and depression in youth, to drinking problems, psychoses and dementia in adults. After a brief tour of the place, an introductory session was conducted by a senior co-coordinator, Ms. Miriam Sequeira, who highlighted the vision and mission of Sangath and the goal of making mental healthcare easily accessible and affordable to all. Ms. Sequeira also explained the different types of research work done at Sangath as well as the interventions employed not only in Goa, but in other States of India and globally too.

Next, the Addictions and Related-research Group (ARG) was introduced to the students, wherein members of this project spoke about the various intervention methods used to deal with addiction and other related problems. The students were also encouraged to volunteer in various projects undertaken by Sangath. Besides, students were also informed about internship facilities at Sangath and were urged to participate in their various programs in order to get acquainted with the organization.

The field trip proved to be highly motivating, opening up a range of new possibilities and pathways for students interested in pursuing careers in psychology. It encouraged them to explore various areas within the field and how they might apply their studies in real-world contexts.





# Value Added Course on Substance Abuse: Legal and Psychological Perspectives

In the sessions held on 12th 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.

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 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.

On 4th 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.

Participants for the course were 29 under graduate psychology students.



# Qualitative Interviewing Training

On 10th February 2025, the Department of Psychology at St. Xavier's College, in collaboration with the Internal Quality Assurance Cell and Sangath, Goa, organized a Value Added Course (VAC) on Qualitative Interviewing Training. The workshop, which took place from 10:45 AM to 1:15 PM, was specifically designed for third-year Psychology students. The session was attended by 39 students.

The Resource Person for the workshop was Ms. Grace Pacheco, the Screening Coordinator at Sangath, Goa, and she was assisted by Ms. Shruti Bora. The session commenced with an introduction by Dr. Eulalia Fernandes, who welcomed the speakers. Mr. Anish Goltekar and Ms. Sania Kumar presented a potted plant as a token of appreciation to the speakers.

The workshop provided students with an in-depth understanding of qualitative interviewing techniques. The session began with a brief introduction to interviews and the various types of interviews. The resource persons emphasized the importance of effective interview skills, strategies for improvement, and gaining confidence in conducting interviews while adhering to ethical protocols.



## Session on Entrance exam GUArt for Psychology

The Postgraduate Department of Psychology organized an informative career guidance session on 5th February 2025, for TYBA Psychology students. The session was led by the faculty members the Abbe Faria Post Graduate Department of Psychology, St. Xavier's College, Goa. Dr. Vijay Viegas and Dr. Kshipra Vora delivered a comprehensive presentation on the GU-ART examination. The speakers emphasized the significance of appearing for this examination, providing detailed information about the process, important notifications, and dates. They also outlined the syllabus and exam structure, ensuring students were well-prepared. This insightful presentation enabled students to understand the importance of the GU-ART examination and its relevance to their future academic pursuits. The session was coordinated by Dr. Ubaldina Noronha.





## VAC on "POSH Act 2013"



The Value Added Course was conducted jointly by the Under Graduate and Post Graduate Departments of the College, in collaboration with IQAC. Adv. Shabnam Shah provided a comprehensive overview of the POSH Act 2013, elaborating on its key provisions, workspace implications and legal procedures. Her experience and clarity in explaining the topic made the session highly engaging and informative.

The discussions enhanced the understanding of the legal framework surrounding sexual harassment at the workplace. In addition, students were equipped with valuable knowledge on how the Vishaka Guidelines evolved into the POSH Act 2013. A total of 33 undergraduate students completed this Value Added Course.

## Talk on Mental Health Awareness



On 21st February 2025, the Department of Psychology, St. Xavier's College, Mapusa, organized a talk on Mental Health Awareness for SYBA Psychology students, conducted by alumna Ms. Nikita Gupta and organised by Fr Dr Ramiro Luis. Drawing from her ongoing mental health project, Ms. Gupta highlighted the importance of breaking stigma, recognizing early signs of distress, and creating safe spaces for open conversations. The interactive session encouraged students to become advocates for mental well-being and to actively spread awareness within and beyond the campus.

# Report on the 7th APSPA International Conference

The 7th APSPA (Asia Pacific School Psychology Association) International Conference was successfully held from March 6th to 8th, 2025, at the Pilgrim Centre, Pilar, Goa. Themed "AI and the Future of School Psychology and Education," the event was jointly organized by the Asia Pacific School Psychology Association, Indian School Psychology Association, St. Xavier's College, Mapusa, Goa, and Fr. Agnel College, Pilar, Goa.

The prestigious event provided a dynamic platform for discussing innovative strategies and emerging trends in education and mental health. The conference attracted 300 delegates from multiple countries, including India, Palestine, Thailand, Malaysia, and Dubai. The event facilitated a rich exchange of ideas, fostering international collaboration and knowledge-sharing in the domain of school psychology and AI. The conference was graced by Prasanna A. Acharya, IAS, Director of the IT Department, Goa, as the Chief Guest. His presence and insights added significant value to the discussions on AI in education and psychology. He stressed on the importance of integrating AI in a way that complements human intelligence and enhances the overall learning environment.

The conference featured keynote speeches, Invited talks, Symposia, and workshops led by distinguished scholars and practitioners. Speakers examined how AI-driven technologies can enhance learning experiences, support educators, and address psychological challenges among students. The conference was a grand intellectual gathering, featuring a diverse range of sessions designed to explore the intersection of artificial intelligence and school psychology and education. Delegates from various countries actively participated in discussions on the ethical implications of AI in education and school psychology, ensuring that technological advancements align with student welfare and mental health priorities.

The key highlights included:

- Release of the 7TH APSPA conference proceedings
- Release of the Konkani book on "School Psychology in the Indian Context"
- Release of the PG Department of Psychology magazine 'Becoming' & Newsletter 'Psych Pulse'
- Release of the 6th APSPA conference proceedings
- 12 Workshops offering hands-on training and discussions on AI-driven innovations in education and psychology.
- 3 Symposia where experts deliberated on contemporary issues and future directions in the field.
- 5 Invited Talks delivered by renowned scholars and professionals who shared their insights on AI applications in school psychology.
- A Startup Idea Presentation by students from St. Xavier's College, showcasing an innovative mental health app designed to support psychological well-being.
- 95 Scientific Paper Presentations, providing a platform for researchers and practitioners to share their latest findings and studies.

Beyond academic sessions, the conference also celebrated the cultural ethos of Goa. A specially curated entertainment program showcased Goa's vibrant heritage, while a sightseeing tour provided delegates with an opportunity to experience the natural beauty and historical landmarks of the region.





The event was meticulously planned and executed by the APSPA team from St. Xavier's College and Fr. Agnel College. The organizational efforts were led by Prof. Janet Fernandes (Organizing Secretary) and Chaitali More (Joint Secretary), whose leadership ensured a seamless experience for all participants. The organising Committee is indebted to the strong support given by the Heads and Administrators of both the institutions, namely, St Xavier's College and Fr. Agnel college Pilar. A special thanks to the Principal of Fr. Agnel College Pilar for being there for us in our efforts to bring the conference to a large success.

The 7th APSPA International Conference concluded with a special valedictory session, recognizing outstanding contributions in the domain of educational psychology and AI applications. The conference received overwhelmingly positive feedback from delegates, who appreciated the depth of discussions, the quality of presentations, and the overall organization. The event concluded on a highly successful and positive note, reinforcing the role of AI in shaping the future of school psychology and education. As the conference comes to a close, stakeholders are expected to formulate actionable recommendations that will contribute to educational policies and AI-driven psychological interventions. The event reaffirms APSPA's commitment to fostering interdisciplinary collaboration and advancing research in the field of school psychology.

Fr. Agnel College Pilar Goa and St. Xavier's College Mapusa Goa is thankful to the President of APSPA & InSPA Prof. Panch Ramalingam for the trust reposed in us to hold the reigns of a successful international conference.

# Report on the Session on Counseling Skills

On the 21st of March 2025, a session on the theme of Counselling Skills was conducted by Ms. Beverly Monteiro for the TYBA Psychology students of St. Xavier's College. The session was held from 9:30 a.m. to 10:30 a.m. and was attended by 21 students. The session was coordinated by Dr. Eulalia Fernandes, Associate Professor in the Department of Psychology, and provided valuable insights into the essential skills and ethical considerations involved in counselling.

Ms. Monteiro began the session by addressing the critical topic of ethics in counselling. She emphasized the significance of maintaining professional integrity, respecting client confidentiality, and ensuring a non-judgmental, empathetic approach to all clients. These ethical standards form the backbone of effective counselling practice, and the students were encouraged to adopt these principles in their future careers.

A key highlight of the session was the demonstration of consent forms, where Ms. Monteiro stressed the importance of obtaining informed consent from clients before beginning any counselling session. She explained that consent forms serve not only as a legal requirement but also as a means to establish trust and clarity between the counsellor and the client. Through her explanation, students gained a practical understanding of how consent forms should be presented and explained to clients.

Ms. Monteiro then moved on to outline the steps in the counselling process. She broke down the stages of counselling, including building rapport with the client, identifying the issues at hand, working towards solutions, and closing the session while ensuring that the client feels empowered and supported. She provided clear examples of real-life counselling situations, helping the students understand how theoretical knowledge is applied in practice.

The session also covered the various counselling skills required to facilitate productive and empathetic sessions. Ms. Monteiro highlighted active listening, questioning techniques, and non-verbal communication as essential tools for counsellors. She explained how these skills help in creating a safe space where clients feel heard and understood, which is crucial for effective therapeutic outcomes. To further reinforce the concepts, Ms. Monteiro shared practical examples from her own experiences as a counsellor.

The session concluded with a brief Q&A session, where students had the opportunity to ask questions and engage in a discussion on the nuances of counselling. The students left with a deeper understanding of the role of a counsellor, the importance of ethics, and the essential skills required to provide effective support to clients.





## REPORT ON THE TALK AWARENESS OF TELEMANAS

On 11th March 2025, the Department of Psychology of St. Xavier's College, in collaboration with the Value Education and Personality Development Cell of the College, organized an informative and insightful talk on the awareness of TELEMANAS, an initiative of the Directorate of Health Services in Goa. The sessions were held in the Seminar Hall of St. Xavier's College, with the Commerce students attending at 9:30 am and the Arts students at 10:45 am. The resource person for this event was Ms. Meghna Jadhav, an esteemed alumnus of St. Xavier's College, who brought both expertise and passion to the discussion. She is associated with the Telemanas cell at the south goa district hospital, where she continues to have an impact on many individuals lives as a clinical psychologist. She provided valuable insights into the importance of mental health and the significance of connecting with TELEMANAS — a telephonic service dedicated to mental health support.

Ms. Meghna highlighted how TELEMANAS offers accessible and immediate assistance to those facing mental health challenges, emphasizing the need to reach out without hesitation. She emphasized the need to shift our perspective from viewing mental health as a separate entity to recognizing it as an integral part of our overall brain health. The speaker highlighted the importance of acknowledging the signs of a stressed brain which can be triggered by various sources of stress including external factors, internal factors, environmental factors and biological factors. The speaker explained that telemanas is a telecommunication system that provides confidential counselling, saving time and being affordable and quick. Through her engaging and informative talk, students gained a deeper understanding of the mental health resources available and the importance of seeking support when needed. She explained Telemanas as a service delivery framework and demonstrated a demo call to show the process of initiating a call.

The session was well-received, sparking thoughtful discussions and raising awareness about mental well-being. It was a valuable learning experience that served as a reminder of the critical role mental health plays in our overall well-being and the importance of initiatives like TELEMANAS in providing support and care.

The talk was coordinated by Dr. Fr. Ramiro Luis and Ms. Nezima Lawrence, Assistant Professors of the Department of Psychology, whose efforts ensured the smooth execution of this meaningful event.



# Xavier's Takes a STRIDE

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 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.

The Student Coordinators for the events were Nicole, Rhysaa, Denizee, Delilah, and Rameshwari. Faculty in-charge were Dr. Eulalia Fernandes and Dr. Ubaldina Noronha.



**Department of Psychology,  
St. Xavier's College, Mapusa in  
collaboration with Sangath presents**

## **XAVIER'S TAKES A STRIDE**

**Strengthening Teens' Resolve In Drug Education**

**A youth-led substance use  
awareness campaign**

**DAY 1: 3RD MARCH, 2025**

- INTERACTIVE EXHIBITION**  
09:30 AM - 01:30 PM  
Venue: Lobby
- GAMES & CHALLENGES**  
10:30 AM - 1:00 PM  
Venue: Lobby

**DAY 2: 4TH MARCH, 2025**

- EXPERT TALK**  
9:30 AM - 10:30 AM  
Venue: PG Conference Hall
- DESIGNING A CAMPAIGN**  
12:45 PM - 1:30 PM  
Venue: Psychology Laboratory

**PARTICIPATE IN EXCITING ACTIVITIES!**

- Treasure hunt
- Creative corner
- Fun Games

**Sangath** **ARG**





# Research Assistance to International Research Project

Faculty members, along with selected group of students volunteers from the Department of Psychology actively participated in assisting with data collection for an international research study titled "Cognitive Abilities in Bilinguals." The study was conducted by Ms. Vlada Repeykova, a PhD scholar from the National Research University, Higher School of Economics, Moscow, Russia, in collaboration with the Plurilingual Intercultural Creative Keys (PICK Laboratory), HSE University Russia.

The objective of the research was to investigate core cognitive functions, including memory retention, idea generation, problem-solving, and language switching in individuals who are bilingual in Konkani and English. The study specifically focused on understanding how these cognitive abilities manifest in bilingual speakers within the local cultural and linguistic context.

Data collection was carried out over a two-week period, from 20th March to 4th April 2025, and involved participants from various academic streams across the campus. Participation was open to individuals aged 18 and above, with the prerequisite that they demonstrate proficiency in both Konkani and English.

The research was administered online through six structured modules, each comprising a mix of questionnaires and interactive cognitive tasks. To maintain participant anonymity and ensure data confidentiality, each individual was required to create a unique encrypted ID, which was used throughout the study. Upon successful completion of all six modules, participants were awarded a certificate of participation in recognition of their contribution to the research.

The study generated significant interest among students, particularly due to its focus on bilingual cognition, an area closely related to their lived experiences. Participants found the tasks to be engaging and intellectually stimulating. Faculty coordinators Dr. Fr. Ramiro Luis, Ms Janice Zuzarte and Ms. Nezima Lawrence observed a high level of enthusiasm and commitment from the participants, which contributed to the overall success of the data collection process. Student coordinators included Ms Naomi Fernandes, Mr. Ashryll Dias and Mr. Steve Rodrigues.



## Field Trip to Goa Science Center Miramar

On 13th January 2025, a group of 18 students across the streams participated in a field trip to the Goa Science Center to attend the National Youth Day celebrations. The event was organized to inspire young minds and encourage self-discovery and personal growth.

The session was chaired by the dynamic Mr. Kishore Shah, who delivered an engaging talk on the theme "RISE—Reinvent, Influence, Stabilize, Excel." His discussion revolved around unlocking hidden potential and focusing on strengths that often remain unnoticed. Mr. Shah emphasized the importance of self-awareness as a crucial step toward personal and professional growth.

The session was both thought-provoking and interactive, leaving the students inspired to explore their potential and enhance their self-awareness. Such enriching experiences underscore the value of field trips in complementing academic learning.

The field trip to the Goa Science Center on National Youth Day provided valuable lessons for all who attended. The students were accompanied by Elvira Pereira, Asst. Prof. from the Department of Psychology





# Life Skills for Career Success

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.

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. 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.

The session was organized by Ms. Elvira Pereira, Assistant Professor, Department of Psychology. Students expressed appreciation for the session and many found the tips and strategies shared to be highly relevant and motivating.



## Special Needs Education as a Career Option

On the 1st of April 2025, students attended an insightful and engaging talk on Special Needs Education. The event was organized by the undergraduate and postgraduate departments of Psychology of the institution. The resource person for the session was Ms. Mylin Gonsalves, a professional currently working at Sanjay School, Porvorim, an institution known for its work in special education. Her presentation covered crucial aspects such as the various causes and methods of identification of special needs, the diverse characteristics exhibited by individuals with special needs, and the different levels of intervention available. Furthermore, she shed light on the essential aids required and the appropriate treatment and therapies utilized in this field. Students expressed that the session provided them with an insight into a potential path for their future endeavours within the field of psychology. This session was coordinated by Dr. Ubaldina Noronha.





## Mission Drug-Free Campus Session



A special awareness session under the initiative "Mission Drug-Free Campus" was held on 24th March 2025. The resource person for the session was Mr. Manguesh Pednekar, Inspector, Narcotics Control Bureau, under the Government of India.

The objective of the session was to educate students about the growing menace of drug abuse and to promote a drug-free lifestyle among the youth.

At the conclusion of the session, all attendees took a pledge to remain drug-free and contribute to creating a safe, healthy, and supportive campus environment.

The session was coordinated by Ms. Elvira Pereira, Assistant Professor, Department of Psychology, and Prof. Afonso Bothelo, Department of Sociology.

## Veritas Mentis

Veritas Mentis, an inter-collegiate competition aimed to celebrate psychology, by tracing its roots in Greek mythology and examining its evolution through a modern lens. It provided a platform for students to showcase their psychological knowledge, creativity, and analytical skills while fostering collaboration and healthy competition. Organized by the Undergraduate and Postgraduate Departments of Psychology at St. Xavier's College, Mapusa, Veritas Mentis was held on 11th January 2025.

The event successfully blended mythology and psychology, encouraging students to think critically and express themselves through various artistic and intellectual competitions. Participants appreciated the well-organized event, and the enthusiastic engagement highlighted its impact. Veritas Mentis strengthened academic collaboration and provided students a platform to showcase their talents, leaving a lasting impression on all attendees. The number of beneficiaries was 200.



# Unbounded Learning: Pedagogies that Go Beyond the Four Walls



## Field Trip to District Hospital - Mapusa:

On the 15th of October 2024, 21 students from the SYBA (SEC) class participated in an enriching field trip to the District Hospital, organized by Elvira Pereira, Assistant Professor in the Department of Psychology. The visit aimed to provide students with firsthand exposure to the operations of a psychiatric ward, Drug De-addiction Center, and the Psychological First Aid (PFA) unit.

This field trip was an eye-opening experience for the students, providing them with valuable insights into psychiatric care, the complexities of drug de-addiction, and the practical application of Psychological First Aid. The knowledge gained from psychiatrists like Dr. Titir, Dr. Poonam, and counselors Mehvish and Samantha will certainly enhance the students' academic understanding and professional aspirations in the field of psychology.

## Field Trip to Brahma Kumari Center in Porvorim:

On 8th January 2025, a group of 30 students from the FY and SY classes visited the Brahma Kumari Center in Porvorim as part of their educational curriculum. The trip provided an enriching experience, focusing on meditation and spiritual well-being.

Three faculty members from the Department of Psychology accompanied the students on this trip: Prof. Janet, Ms. Anuradha, and Ms. Elvira. Their guidance and involvement added to the value of the experience.



## Debate on Environmental Concerns:

On the afternoon of 11th March 2025, Dr. Fr. Ramiro Luis hosted a thought-provoking debate on the topic Natural Habitat vis-à-vis Built (Concrete) Habitat. This engaging discussion brought together students eager to delve into the complexities of environmental sustainability and urbanization.

Students were divided into two teams—one advocating for the preservation of natural habitats and the other supporting the expansion of built environments to accommodate growing human needs.

The debate was marked by well-researched arguments, critical thinking, and passionate discussions. Students actively engaged in rebuttals, countering opposing viewpoints with logical reasoning and real-world examples. The session not only enhanced their awareness of environmental concerns but also sharpened their analytical and public speaking skills.

In conclusion, the debate left a strong impression on participants, encouraging them to reflect on the need for a balanced approach to development—one that integrates sustainability with progress. The event successfully fostered a deeper understanding of environmental responsibility and the role individuals play in shaping a sustainable future.



### **Class Activity pro Green Campus: An environmental approach:**

In the last week of February 2025, the students of Environmental Psychology, under the leadership of Fr. Dr. Ramiro Luis, took up several small but impactful initiatives to enhance the environmental richness of St. Xavier's College campus. Their efforts reflected a strong sense of environmental responsibility and a commitment to creating a more beautiful and eco-friendly space.

As part of their initiatives, they beautified a patch of the college garden by planting ornamental plants, adding vibrant colours and life to the campus environment. To complement these efforts, they also designed and put up creative and informative posters reminding students not to litter and to keep the campus clean and green.



### **Field visit Central jail, Colvale :**

A field visit to Central Jail Colvale, was organized for the TYBA Psychology (Hons.) students with the aim of exposing them to the structure and functioning of a prison.

The field visit served its purpose of exposing the students to the ground realities of a jail and also brought in the realization of the reformatory ambience of the prison rather than it being merely a punitive institution.

A total of 40 students, accompanied by Ms. Anuradha Kakodkar, faculty of the Department of Psychology, participated in the field visit.

### **Visit to Sanjay Centre for Special Education :**

Twenty three students of FYBA, participated in the field visit to Sanjay School of Special Education, Porvorim on 30th September, 2024. They were accompanied by Ms. Anuradha Kakodkar, faculty of the department. The objective of the excursion was to provide the students an exposure to various disabilities of children and to learn about the strategies used in educating them.



### **Visit to the Home for the Aged :**

On 25th September 2024, a day was planned to rejuvenate students for a refreshing field visit as a part of SY SEC practicals to the roads of Moira, at Holy Spirit Home for the aged (Handmade of Christ).

Our students reflected on the feelings of connectedness, being empathetic and embraced the memories as learning experience for a better future. This visit was coordinated by Ms. Nezima Lawrence.



# Unbounded Learning: Active Learning Strategies



## Interactive session on “Pedophilia in Goa: Antecedents and present status”

The Department of Psychology organized an interactive session with Ms Alia Agha, faculty, Department of Commerce for the students of TYBA on 23rd September, 2024. The topic for the session was “Pedophilia in Goa – Antecedents and present status”.

Ms Agha apprised the students about the dangers of “Pedophilia” and various legal definitions of the term “Minor”. She further described the modus operandi of pedophiles and the use of pornography by predators to groom children for sexual offences and delved upon the factors facilitating pedophilia.

The session was organized by Ms Anuradha Kakodkar, faculty of the Department of Psychology and was attended by 36 students.

## Stress management kit:

As part of the Skill Enhancement Course, the first year psychology students participated in an activity titled “Create Your Own Personalised Stress Management Kit.” The objective was to encourage students to reflect on their personal stressors and coping strategies by curating a collection of tools that could help them manage stress in real-life situations. Each student was asked to create a kit with a minimum of five items tailored to their individual needs. The activity was conducted in class, where students brought their kits and presented them to their peers in a display format. This exercise was conducted by Ms. Janice Zuzarte.

## Students Present Papers at International Conference:

Forty two students of Honours Psychology presented research papers at the international conference held in Goa from 6th – 8th March 2025 on the theme “AI and the future of school psychology & Education” organised by Asia Pacific School Psychology Association, Indian School Psychology Association, Fr. Agnel College Pilar & St. Xavier’s College, Mapusa – Goa.

## Nature Meditation:

On 12th March 2025, a mindfulness activity was led by Fr. Dr. Ramiro Luis, whose guidance set the perfect tone for the morning. Throughout the session, Fr. Dr. Ramiro Luis introduced the students to various coping skills rooted in mindfulness practices. These included techniques to manage stress, enhance self-awareness, and cultivate a sense of inner peace. The students actively participated, finding the exercises both refreshing and transformative.



## Broadening the Scope of Health Psychology

The Talk on Mental Health Awareness held on 21st February, was not just an activity but well driven the scope of Health Psychology. This paper is offered to SYBA Psychology students. Fr Dr Ramiro Luis invited Ms. Gupta an alumni with the idea of drawing from her experiences on an ongoing mental health project that she is handling. Ms. Gupta highlighted the importance of breaking stigma, recognizing early signs of distress, and creating safe spaces for open conversations.



The interactive session encouraged students to become advocates for mental well-being and to actively spread awareness within and beyond the campus.

## Session on Emotional Intelligence and Evidence based Approaches

A team from Cognizavest led a rigorous workshop for psychology students at the undergraduate and graduate levels that focused on theory and practice. Systematic desensitization, cognitive behavioral therapy (CBT), behavior therapy, and off-job training were all discussed by Dr. Sakshi Grover. She concentrated on important strategies such as case conceptualization, cognitive restructuring, and relaxing methods. Ms. Lisha Khatri conducted classes on Systematic Desensitization, Solution Focused Brief Therapy (SFBT), and using counseling workbooks in a real-world setting. Through role-plays, case studies, and activity-based exercises, the workshop placed a strong emphasis on experiential learning. Students were able to improve their abilities, utilize organized tools and behavioral observation worksheets to comprehend intervention planning, and implement therapeutic strategies in real-life settings. The session was coordinated by Dr. Ubaldina Noronha in collaboration with the Abbe Faria Department of Post Graduate Psychology. This session gave a hands on experience for students with regard to Counselling Psychology.



# A Grateful Goodbye to a Guiding Light..

Today, we reflect on a bittersweet milestone—one where joy and sadness walk hand in hand. The Department of Psychology recently came together to bid farewell to someone who has been much more than just a lecturer or colleague to us all—Ma'am Anuradha Kakodkar, lovingly known as "The Mother of the Department."

With nearly 35 years of dedicated service, Ma'am Anuradha has been the cornerstone of this department—shaping minds, mentoring staff, and navigating generations of students through the ever-evolving academic landscape. She has taught us, evaluated our progress, challenged our thinking, and nurtured our growth not only as students but also as professionals.

It's hard to believe that someone so full of life, curiosity, and only mildly skeptical of new technology is stepping into retirement. But here we are. And while we say goodbye in the formal sense, none of us are ready to truly part ways. Let's be honest, she'll still be hearing from us, with questions like, "Where did we keep that practical file?" or "Which folder are the documents saved in?"

Throughout her illustrious tenure, Ma'am has worn many hats—educator, mentor, committee coordinator, counselor, and friend. Her impact has been profound and lasting. She guided this department with grace through countless curriculum changes and transitions, always ready to support, always ready to lead—with a smile... most of the time! In the classroom, her patience and clarity left lasting impressions. Outside of it, she brought wisdom to every discussion, fairness to every decision, and warmth to our staffroom. She has been a steady hand in turbulent times and a joyful presence in times of celebration.

Many of us have had the privilege of knowing her both, as students, and as colleagues. And through all those years, one thing remained constant—her steadfast values, generosity of knowledge, and deeply human approach. Her ability to confront even the toughest challenges with calm strength and grace remains a constant source of inspiration. The way she stays composed under pressure is genuinely admirable — a quality many of us wish came as easily as a software update.

And yes, her impeccable style deserves a mention! We will miss seeing her every morning, elegantly draped in one of her many beautiful sarees. She wore grace as effortlessly as those sarees, and we'll miss both dearly.

As Ma'am Anuradha now turns the page to begin a new chapter, we wish her everything she deserves: good health, lasting happiness, and freedom from timetables, early alarms, and certainly no more chasing down students for late assignments. Instead, we hope the days ahead bring her peaceful naps, leisurely walks, cherished hobbies, special moments with her pets, and plenty of uninterrupted time to binge-watch her favorite shows.

Congratulations on your retirement, Ma'am Anuradha. Thank you for your years of dedication, your unshakeable leadership, and above all, your incredible heart. You've left a legacy—not only in this department—but in all of us who had the privilege to learn from you, laugh with you, and lean on you.

You will be deeply missed, forever appreciated, and never forgotten.

*(This farewell speech was delivered by Dr. Eulalia Fernandes on behalf of the department at the farewell programme in honour of Ms. Anuradha Kakodkar on 30th June 2025.)*





**Felicitation of Ms. Anuradha Kakodkar on her Superannuation**



# Departmental Profile

## Faculty



Prof. Janet Fernandes e D'souza  
(Professor & Head)



Ms. Anuradha Kakodkar  
(Associate Professor)



Dr. Ubaldina Noronha  
(Associate Professor)



Dr. Eulalia Fernandes  
(Associate Professor)



Ms. Elvira Pereira  
(Assistant Professor)



Fr. Dr. Ramiro Luis  
(Assistant Professor)



Ms. Nezima Lawrence  
(Assistant Professor - LB)



Ms. Janice Zuzarte  
(Assistant Professor-CB)

## Student Strength

FYBA: 64 students

SYBA: 53 students

TYBA: 67 students

Students indicated above are those who have enrolled for Single and Double majors in Psychology at the Bachelors of Art Degree for the Academic Year 2024-25

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