



# ST.XAVIER'S COLLEGE, MAPUSA GOA

## Report of Activity conducted in the Academic Year 2025-26

<b>Name of Activity</b>	<b>Workshop on: <i>Empathy in Action – Building Counselling Skills</i></b>
<b>Date/Duration</b>	<b>30th September 2025 from 11:45 a.m. to 1:45 p.m.</b>
<b>Venue</b>	<b>St. Xavier's College, Mapusa Room no:- 207</b>
<b>Name of organizing Department/Cell</b>	<b>Department of Psychology, St. Xavier's College, Mapusa</b>
<b>In collaboration with</b>	<b>Sangath, Porvorim</b>
<b>Name/s of Faculty Coordinator</b>	<b>Dr. Eulalia Fernandes</b>
<b>Stratum of Event</b>	<b>College Level</b>
<b>Name &amp; details of Resource Person/s</b>	<b>Sangath Team</b>
<b>If any</b>	<b>Ms. Miriam Sequeira, Interventions Program Lead at Sangath. Ms. Lallan and Ms. Sejal (Sangath Members)</b>
<b>Report</b>	<p><b>Report on Workshop: <i>Empathy in Action – Building Counselling Skills</i></b></p> <p>The Department of Psychology, in collaboration with Sangath, organized a workshop on the theme “<i>Empathy in Action: Building Counselling Skills</i>” on 30th September 2025 from 11:45 a.m. to 1:45 p.m. for the T.Y.B.A. Psychology students. A total of 26 students actively participated in the workshop.</p> <p>The session was coordinated by Dr. Eulalia Fernandes, who warmly welcomed the gathering and introduced the resource person, Ms. Miriam Sequeira, Interventions Program Lead at Sangath.</p> <p>Ms. Sequeira commenced the session by highlighting the fundamental “building bricks” of counselling, namely <i>listening, empathy,</i></p>

	<p><i>genuineness</i>, and related qualities essential to effective practice. She then elaborated on specific skills such as <i>reflecting</i>, <i>summarizing</i>, and <i>promoting hope</i>.</p> <p>Along with her colleagues from Sangath, Ms. Lallan and Ms. Sejal, Ms. Sequeira demonstrated these counselling skills through interactive role-plays. Students were encouraged to identify and analyze the demonstrated skills, thereby enhancing their conceptual clarity.</p> <p>The workshop further engaged students in a practical activity conducted in groups of three, where one assumed the role of client, the second practised counselling skills, and the third acted as an observer. This activity provided students with a hands-on opportunity to experience the counselling process from multiple perspectives.</p> <p>The session proved to be a highly enriching and insightful learning experience, equipping students with practical tools and a deeper appreciation of the role of empathy in counselling.</p>
<b>Brochure/Poster</b>	NA
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/ph.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/ph.pdf</a>
<b>List of participants With signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/at-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/at-1.pdf</a>
<b>Certificate</b>	NA