



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	SESSION "CAREER TRAINING - SKILLS & SWAGGER"
Date/Duration	12th August 2025
Venue	Post Graduate Classroom
Name of organizing Department/Cell	Abbe Faria Post Graduate Department of Psychology
In collaboration with	
Name/s of Faculty Coordinator	Dr. Kshipra Vora Ms. Maryjane De Souza Ms. Vaishnavi Ghosarwadkar Ms. Janice Zuzarte (In-Charge)
Stratum of Event	State Level
Name & details of Resource Person/s If any	Ms. Rohini Gonsalves

Report	<p>Objectives of the Event</p> <ol style="list-style-type: none"> 1. To equip students with essential professional skills for career readiness. 2. To develop confidence, communication, and personal presentation abilities in a professional context. 3. To provide practical insights into career planning and workplace expectations. 4. To expose students to experiential learning from a multidisciplinary professional, combining entrepreneurship and training expertise. <p>The Department of Psychology organized a session on “Career Training, Skills and Swagger” on 12th August 2025, conducted by Ms. Rohini Gonsalves, Trainer at Training and Co. and Founder of Sevarat Nursing Private Limited, a geriatric care agency. The program aimed to strengthen students’ employability skills, confidence, and professional demeanor through an interactive, applied learning approach.</p> <p>Ms. Gonsalves began by discussing the importance of aligning personal strengths with career goals and cultivating a professional persona. Through structured activities, students engaged in exercises that enhanced communication skills, self-presentation, and problem-solving abilities. The session emphasized the value of adaptability, critical thinking, and effective teamwork, while highlighting real-world workplace expectations across sectors.</p> <p>Practical demonstrations, role-plays, and scenario-based exercises encouraged students to actively apply concepts of confidence, etiquette, and professional presence. Ms. Gonsalves also shared insights from her entrepreneurial journey in geriatric care, inspiring students to consider innovation, social impact, and leadership in their career trajectories.</p> <p>Outcomes / Learning</p> <p>The session provided students with actionable strategies to enhance their career readiness, personal presentation, and workplace effectiveness. Students gained clarity on skill-building priorities, developed confidence in professional interactions, and understood the importance of aligning personal values with career aspirations. Overall, the program reinforced the department’s commitment to holistic professional development.</p>
Brochure/Poster	<p>https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/Poster-OF-SESSION-CAREER-TRAINING-SKILLS-SWAGGER.pdf</p>

Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/IMAGES-OF-SESSION-CAREER-TRAINING-SKILLS-SWAGGER.pdf
List of participants With signatures	Postgraduate Students (MA Part I & MA Part II)
Certificate	NA