



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Session by College Counsellor
Date/ Duration	22 nd January, 2026
Venue	St. Xavier's College
Name of organizing Department/Cell	Dept. of Philosophy
In collaboration with	
Name/s of Faculty Co ordinator	Dr Shefali Kale
Stratum of Event	College
Name & details of Resource Person/s if any	Ms Beverley Monteiro
Report	<p>The college counsellor, Ms Beverley Monteiro conducted a session titled, 'Understanding Psychological Counselling', for the TYBA students of Philosophy.</p> <p>The session aimed at bringing out the difference between psychological and philosophical counselling.</p> <p>Ms Monteiro began the session by defining psychological counselling as a professional helping practice aimed at addressing emotional distress, behavioural difficulties, and challenges in personal functioning through structured psychological understanding and intervention.</p> <p>She next explained the difference between philosophical and psychological counselling. Psychological counselling focuses on psychological processes, emotional patterns, and mental health, rather than primarily on conceptual analysis or non-empirical examination of world views. Whereas philosophical counselling focuses on the meaning of life-issues, psychological counselling focuses on the experience and impact of those issues on emotional and mental functioning.</p> <p>The session was attended by three students of TYBA.</p>
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/02/images-of-Session-by-College-Counsellor.pdf

List of participants with signatures	NA
Certificate	NA