



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	Stress Management
Date/ Duration	2 nd February 2026
Venue	St. Xavier's College, Mapusa-Goa
Name of organizing Department/Cell	Post Graduate Department of Physical Chemistry
In collaboration with	
Name/s of Faculty Co ordinator	Ms. Fami Fernandes and Mrs. Rupali Neje
Stratum of Event	College
Name & details of Resource Person/s if any	Ms. Beverly Sibilía Monteiro (College Counsellor)
Report	<p>Post Graduate Department of Physical Chemistry of St. Xavier's College, Mapusa Goa organized a "Stress Management" session for the students of M.Sc Part I and Part II on 2nd February 2026. The speaker for the session was Ms. Beverly Sibilía Monteiro (College Counsellor) to help students understand stress and learn ways to handle it. The session was organized for the benefit of students so that they can improve their mental health and daily life.</p> <p>The speaker explained what stress is and the common reasons for stress among college students, such as exams, assignments, family pressure, and future career concerns. The speaker said that the stress is a normal part of life, but too much stress can affect our health and performance.</p> <p>The session included simple techniques to manage stress. Students were taught breathing exercises, meditation, and relaxation methods. The speaker also advised students to maintain a healthy lifestyle by eating well, exercising regularly, and getting enough sleep. Time management and positive thinking were also discussed as important ways to reduce stress.</p> <p>Students actively participated in the session and shared their experiences. The session was very helpful and informative. It helped the students to understand the importance of staying calm and managing stress in a healthy way. Overall, the stress management session was useful and beneficial for all the students. A total of 13 students were present for the session.</p>

Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/02/poster-of-Stress-Management.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/02/images-of-Stress-Management.pdf
List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/02/attendance-of-Stress-Management.pdf
Certificate	NA