



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	"From Awareness to Action: Building Emotionally Informed Leaders,"
Date/Duration	29 th January 2026
Venue	Seminar Hall
Name of organizing Department/Cell	Abbe Faria Post Graduate Department of Psychology St. Xavier's College - Wellness Centre
In collaboration with	
Name/s of Faculty Coordinator	Dr. Kshipra Vora Ms. Maryjane De Souza (In-charge) Ms. Vaishnavi Ghosarwadkar Ms. Janice Zuzarte
Stratum of Event	College Level
Name & details of Resource Person/s If any	Ms. Chrissy Gomes - Cooj Mental Health Foundation Ms. Sandra D'mello - College Counsellor Ms. Beverly Monteiro - College Counsellor (Alumna)

Report	<p>A comprehensive and engaging mental health awareness session was conducted for the students of MA psychology Part 1 and Part 2 in collaboration with the St. Xavier's College Wellness Centre. The overarching theme of the session, "From Awareness to Action: Building Emotionally Informed Leaders," focused on equipping future managers with psychological insight, ethical sensitivity, and access to support systems.</p> <p>The first session was led by Ms. Chrissy Gomes from COOJ Mental Health Foundation. She spoke about the importance of recognising early signs of emotional distress, breaking stigma around seeking help, and creating psychologically safe spaces in academic and professional environments. She also introduced students to the various counselling and outreach services offered by the Foundation, encouraging help-seeking as a strength rather than a weakness. Her session was interactive, with real-life scenarios and reflective questions that helped students connect mental health to leadership and workplace dynamics.</p> <p>Ms. Sandra D'Mello, the College Counsellor, continued the dialogue with a thoughtful session on health and healing. She explored healing not merely as recovery from illness, but as a process of self-awareness, resilience, and emotional regulation. Through relatable examples and reflective exercises, she emphasised the importance of inner balance in navigating academic pressures and career aspirations.</p> <p>The final session by Ms. Beverly Monteiro focused on ethics in counselling, highlighting confidentiality, professional boundaries, informed consent, and trust. She helped students understand how ethical frameworks safeguard both clients and practitioners, reinforcing the importance of integrity in all helping professions.</p> <p>Overall, the three sessions were dynamic, reflective, and deeply engaging. The interaction between speakers and students fostered openness, curiosity, and meaningful dialogue. The programme successfully reinforced the message that mental health awareness, ethical responsibility, and healing are integral to becoming compassionate and effective leaders.</p>
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Brochure/Poster	NA
Photographs	NA
List of participants With signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/04/ATTENDANCE-of-From-Awareness-to-Action-Building-Emotionally-Informed-Leaders-.pdf
Certificate	NA