



## ST. XAVIER'S COLLEGE, MAPUSA GOA

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

<b>Name of Activity</b>	Regulate to Elevate – Emotion Regulation Strategies for Student Success - Session for Students: Celebrating World Mental Health Day
<b>Date/Duration</b>	10th October 2025
<b>Venue</b>	St. Xavier's College - Room No. 412
<b>Name of organizing Department/Cell</b>	St. Xavier's College Wellness Centre
<b>In collaboration with</b>	
<b>Name/s of Faculty Coordinator</b>	Ms. Beverly Monteiro Dr. Kshipra Vora
<b>Stratum of Event</b>	College Level
<b>Name &amp; details of Resource Person/s If any</b>	Ms. Beverly Monteiro - College Counselor

<p><b>Report</b></p>	<p>The St. Xavier's College Wellness Centre organized a student development session titled "Regulate to Elevate – Emotion Regulation Strategies for Student Success" on 10 October 2025. The session was conducted by Ms. Beverly Monteiro, with the objective of enhancing students' emotional awareness and equipping them with practical strategies for effective emotion regulation to support academic and personal success.</p> <p>Ms. Monteiro highlighted the critical role that emotional regulation plays in fostering resilience, concentration, and interpersonal harmony. She discussed how unmanaged emotions can hinder performance and relationships, while regulated emotions can promote clarity of thought, motivation, and goal-directed behavior. The resource person provided theoretical insights into the psychology of emotion regulation and emphasized its importance as a life skill in both academic and professional contexts. Through a series of structured discussions and guided reflections, students were encouraged to identify their emotional triggers, understand the patterns underlying their responses, and adopt adaptive coping strategies. Techniques such as grounding exercises, mindful awareness, and cognitive reframing were introduced to help participants manage stress and maintain composure in challenging situations.</p> <p>The session maintained a balance between conceptual learning and experiential engagement. Students actively participated in the interactive components and expressed appreciation for the relevance of the strategies discussed. The programme concluded with a reflective activity wherein participants outlined personal action plans to integrate emotion regulation techniques into their daily routines. The initiative successfully aligned with the St. Xavier's College Wellness Centre's objective of promoting holistic well-being, emotional resilience, and self-regulated learning among students, thereby contributing to their overall personal and academic growth.</p>
<p><b>Brochure/Poster</b></p>	<p>-</p>
<p><b>Photographs</b></p>	<p><a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/IMG_8629.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/IMG_8629.pdf</a></p>
<p><b>List of participants With signatures</b></p>	<p>Attached</p>
<p><b>Certificate</b></p>	<p>-</p>

