



ST. XAVIER'S COLLEGE, MAPUSA, GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	“The Student Behind the Behaviour – <i>Noticing Beyond, Listening Deeply, Connecting Meaningfully</i> ”
Date/ Duration	2 nd April, 2026, 9:00am – 10:30am
Venue	St. Xavier’s College, Mapusa, Goa
Name of organizing Department/Cell	St. Xavier’s College, Wellness Centre
Name/s of Faculty Co-Ordinator	Ms. Gema Fernandes
Name/s of student Co-ordinator.	-
Stratum of Event	College level - Faculty
Name & details of Resource Person/s if any	Ms. Sandra DMello, College Counsellor
Report	<p>St. Xavier’s College Wellness Centre organized a faculty enrichment session titled “<i>The Student Behind the Behaviour</i>” on 2nd April 2026 at 9:00 a.m – 10:30am. The session was conducted by Ms. Sandra DMello, in-house College Counsellor with experience in student wellbeing and counselling.</p> <p>The session began with a guided reflective exercise, inviting faculty members to reconnect with their purpose as educators and the impact they aspire to have on students. This was followed by an overview of the Supreme Court guidelines on student mental health, highlighting the growing importance of safeguarding student wellbeing within educational institutions.</p> <p>Building on this foundation, the session introduced the framework of Psychological First Aid, simplified as <i>Notice–Listen–Connect</i>, with particular emphasis on the skill of listening. Faculty members were guided through what constitutes effective listening, along with common responses that may unintentionally hinder student expression.</p> <p>To translate learning into practice, participants engaged in a group activity involving role-play, where one teacher assumed the role of a student, another as the responding teacher, and others as observers.</p>

	<p>This enabled participants to apply listening skills in simulated real-life scenarios and reflect on their responses.</p> <p>The session concluded with a gratitude-based activity, reinforcing the idea that behaviour often shifts when individuals feel seen, valued, and acknowledged. The activity highlighted the importance of focusing not only on correcting what is wrong, but also on affirming what is right.</p> <p>The session was well received, with positive feedback from faculty members, who appreciated its relevance, practical approach, and reflective depth.</p>
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/invite.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/photo1-3.pdf
List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/attendance.pdf
Certificate	NA