



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	30-hour Certificate Course in Psychosocial Rehabilitation in collaboration with COOJ Mental Health Foundation
Date/Duration	16 th February 2026 onwards
Venue	Hybrid (Offline and Online)
Name of organizing Department/Cell	Abbe Faria Post Graduate Department of Psychology with Cooj Mental Health Foundation
In collaboration with	
Name/s of Faculty Coordinator	Dr. Kshipra Vora (In-charge) Ms. Maryjane De Souza Ms. Vaishnavi Ghosarwadkar Ms. Janice Zuzarte
Stratum of Event	Departmental Level
Name & details of Resource Person/s If any	Ms. Neetha Mascarenhas, Chief Operating Officer of the Foundation

Report	The Department of Psychology organised a 30-hour Certificate Course in Psychosocial Rehabilitation in collaboration with COOJ Mental Health Foundation. The programme was facilitated by Ms. Neetha Mascarenhas, Chief Operating Officer of the Foundation, who brought extensive field experience in working with individuals experiencing mental health challenges and their caregivers. The certificate course was designed to provide students with practical exposure to psychosocial rehabilitation processes, focusing on assessment, intervention planning, and counselling strategies for both patients and caregivers. Conducted at the Foundation's premises, the workshop offered participants an opportunity to observe and understand real-world rehabilitation settings beyond the classroom. The sessions covered key components of psychosocial assessment, including understanding patient history, functional abilities, family dynamics, and social support systems. Emphasis was placed on holistic care that integrates emotional, social, and vocational dimensions of recovery. Students were introduced to structured assessment tools and case documentation practices that are essential in rehabilitation settings. A significant part of the training focused on counselling skills for working not only with individuals experiencing mental health conditions but also with their caregivers. Discussions highlighted caregiver burden, stigma, relapse prevention, and the importance of building resilience within family systems. Through case studies, interactive discussions, and reflective exercises, participants gained insight into the practical challenges and ethical responsibilities involved in rehabilitation work. The experiential nature of the 30-hour programme allowed students to connect theoretical knowledge with field realities. It enhanced their understanding of multidisciplinary collaboration and community-based mental health care. Overall, the Certificate Course in Psychosocial Rehabilitation was a valuable skill-building initiative. It strengthened students' clinical competence, deepened their sensitivity toward recovery-oriented practice, and reinforced the department's commitment to applied and community-engaged psychological training.
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Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/08/POSTER-of-30-hour-Certificate-Course-in-Psychosocial-Rehabilitation-in-collaboration-with-COOJ-Mental-Health-Foundation.pdf
Photographs	NA
List of participants With signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/08/Attendance-of-30-hour-Certificate-Course-in-Psychosocial-Rehabilitation-in-collaboration-with-COOJ-Mental-Health-Foundation-.pdf
Certificate	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/08/CERTIFICATE-of-30-hour-Certificate-Course-in-Psychosocial-Rehabilitation-in-collaboration-with-COOJ-Mental-Health-Foundation.pdf