



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	Mindscape: Conversations that Heal State Level Mental Health Conclave
Date/Duration	28 th September 2026 10 AM - 1 PM
Venue	College Seminar Hall
Name of organizing Department/Cell	Abbe Faria Post Graduate Department of Psychology
In collaboration with	
Name/s of Faculty Coordinator	Dr. Kshipra Vora – Course Coordinator Ms. Janice Zuzarte – Event Coordinator
Stratum of Event	MA Psychology Students (Part 1 & 2), External Faculty, Students, Mental Health Professionals
Name & details of Resource Person/s If any	Dr. Peter Castelino, Chief Psychiatrist & Founder COOJ Mental Health Foundation Ms. Chrissie Gomes, Clinical Psychologist COOJ Mental Health Foundation Ms. Meghna Jadhav, Clinical Psychologist Tele-MANAS Goa
Report	The Abe Faria Postgraduate Department of Psychology at St. Xavier's College, Goa, organised a state-level mental health conclave titled "Mindscape: Conversations That Heal", bringing together students, faculty members and mental health professionals for discussions on the changing landscape of mental health care. The conclave was well received and saw enthusiastic participation from students of St. Xavier's College, including undergraduate students and students from Masters Part I and Part II. More than 25 participants from colleges across North and South Goa also attended the event, along with faculty members and mental health professionals. The first session was led by Dr. Peter Castellino, Chief Psychiatrist, who addressed the growing use of Artificial Intelligence in mental

	health and therapy. He discussed how individuals are increasingly using tools such as ChatGPT to explore their mental health concerns and even approach mental health professionals after first documenting or discussing their experiences with AI. Dr. Castellino highlighted the accessibility of AI while emphasising that human therapy continues to offer important advantages. He noted that AI can serve as an assistant or supportive tool, but cannot replace the therapeutic relationship and professional role of a trained mental health practitioner. The second session, led by Chrissie Gomes, focused on the qualities and skills required of mental health professionals in 2026. With the field evolving alongside emerging technologies and mental health chatbots, the session highlighted the continued importance of core psychological skills. Participants were encouraged to remain grounded in psychological theory and textbooks while continuing to develop their professional competencies and adapt to changing technologies and practices. The third resource person, Meghna Jadhav, introduced participants to Tele-MANAS Goa, explaining its operations and role in providing mental health support. Through a series of case studies, including five examples of interventions, she demonstrated how Tele-MANAS has been able to respond to individuals experiencing different mental health concerns and connect them with appropriate support. The conclave provided a platform for students and professionals to engage with contemporary developments in mental health care while reflecting on the continued importance of human connection, professional training and accessible mental health services. The event concluded with participants gaining a broader understanding of how psychology and mental health practice are evolving while remaining rooted in established professional knowledge and ethical care.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/Poster-of-Mindscape-Conversations-that-Heal-State-Level-Mental-Health-Conclave.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/Images-of-Mindscape-Conversations-that-Heal-State-Level-Mental-Health-Conclave.pdf
List of participants With signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/attendance-of-Mindscape-Conversations-that-Heal-State-Level-Mental-Health-Conclave.pdf
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