



## MURGAON EDUCATION SOCIETY'S COLLEGE OF ARTS & COMMERCE

Zuarinagar, Goa – 403726

Affiliated to Goa University Accredited by NAAC with B+ Grade (4<sup>th</sup> cycle)

**ACADEMIC YEAR 2022 – 2023**

**REPORT OF THE ACTIVITY: State-Level Lecture series on 'Community Resilience' #02**

### **DEPARTMENT OF PSYCHOLOGY**

- Date: 20/03/2023 Time: 10.00 am -11.00am
- Platform: Offline
- Speaker for the Session: Mr. Isidore Correia & Mr. Menino Martins
- Audience: Students, lecturers, counsellors & the community
- No. of participants: 67
- Report in brief:

The Department of Psychology conducted its State-Level Lecture series on 'Community Resilience' #02 on the topic: '**Preventing Substance Abuse: Know more to No more**' in association with IQAC and Kripa foundation, Anjuna on 20<sup>th</sup> March 2023 from 10.00am to 11.30am in the Shri. M.S. Kamat Seminar Hall. The resource persons for this event were Mr. Isidore Correia & Mr. Menino Martins, Counsellors from Kripa Foundation. This institution, is a non-profit organization involved in changing lives and empowering individuals. Kripa's program features detoxification, rehabilitation, after care and the option for extended care for those struggling with addiction to find solace and recovery. The resource persons highlighted the problem of substance abuse that is rampant among the Goan youth. Hence, the need for addressing the issue as it threatens to erode the fabric of the social order with the future generations falling prey to the drug use. The counsellors shared their journey to de-addiction and the implication that substance abuse had on their families. They also explained that Kripa Foundation started in 1981 and is presently operating in 10 states. Two of its centres are in Goa, one in the North having an intake capacity of 35 while the centre in the Carmona, South Goa has an intake capacity of 15. The 12 step de-toxification process involves routine activities involving counselling, Yoga and meditation to keep the patients physically and mentally fit. The resource persons added that relapse is a common issue of the recovery program is not complied with. The age of the patients range from 18-72 years.

This event was witnessed by 67 participants including students as well as faculty members from seven colleges of Goa. The Principal of the college, Dr. Manasvi M. Kamat addressed the gathering with her positive and enriching words. The Event Coordinator, Ms. Cedila Pereira e Gomes, Asst. Professor in Psychology, compered the function. Dr. Freda Cota Pereira, the Head of the Department in Psychology proposed the vote of thanks.

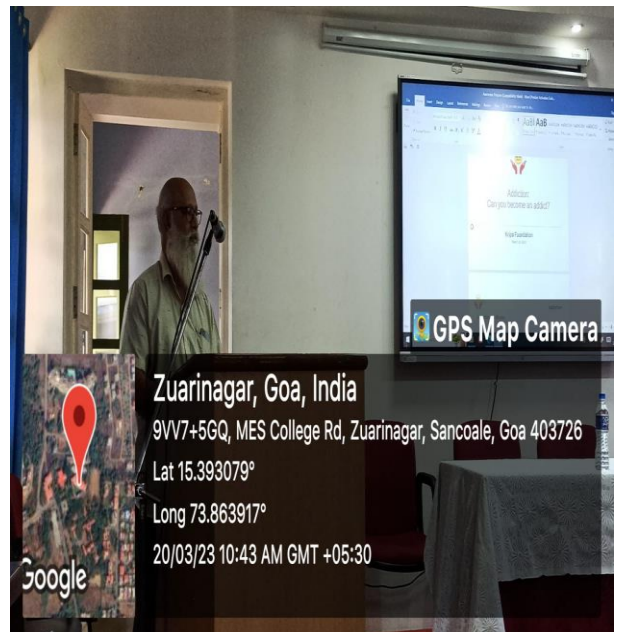
- Remarks of the Coordinator:
- The resource persons shared their personal story to highlight the problem of substance abuse and measures that can be adopted to prevent the same.



The resource persons from Kripa Foundation, Anjuna alongwith the faculty and participants of the workshop.



Mr. Menino Marcel, counsellor at Kripa Foundation, Anjuna addressing the audience



Mr. Isidore Correia, counsellor at Kripa Foundation, Anjuna addressing the audience