

Principal's Message



Dear Readers,

The timeless wisdom behind the saying, "A healthy mind in a healthy body," reminds us that psychological well-being is fundamental to a student's growth, learning, and long-term success. Just as physical health enables us to perform our daily activities effectively,

good mental health allows us to think clearly, learn efficiently, manage our emotions, and build meaningful relationships.

In today's fast-paced and highly competitive world, students face an array of academic pressures, social expectations, family responsibilities, and anxieties about their future careers. If left unaddressed, these intense challenges can quickly manifest as chronic stress and debilitating anxiety. Therefore, nurturing mental wellness is no longer just a desirable option—it is an absolute necessity.

Students who enjoy robust mental health are inherently more focused, motivated, confident, and resilient. They possess the psychological tools required to navigate complex challenges, make informed choices, and maintain a positive outlook on life. This healthy state of mind actively enhances academic performance, sparks creativity, and fosters holistic

personality development. Conversely, struggling with poor mental health can severely compromise concentration, memory, attendance, self-esteem, and peer interactions.

Ensuring the mental well-being of our youth requires a collective, sustained effort from educational institutions, families, and society at large. We must work together to build a compassionate, non-judgmental environment where students feel safe expressing their thoughts and emotions. Open communication between students, parents, and teachers plays an invaluable role in identifying underlying distress at an early stage, ensuring timely intervention.

To achieve this, academic pursuits must be balanced by sports, arts, and co-curricular engagements that promote a healthy work-life balance. Adopting mindful habits—such as adequate sleep, proper nutrition, and responsible technology use—significantly strengthens emotional resilience. By cultivating supportive networks, we can guide our students to become confident, resilient, and compassionate leaders ready to face the future.

I wish all our students happiness, good health, and success as they pursue their dreams and aspirations.

Rev. Dr. Dominic Savio, SJ

Principal

Director, Central Library

Mental Wellness in the Age of Artificial Intelligence



The rapid integration of Generative Artificial Intelligence (GenAI) has fundamentally transformed the academic and professional landscape. While AI proficiency is now a highly sought-after career competency, its expanding influence introduces significant challenges regarding mental health and cognitive well-being.

When utilized effectively, AI serves as a powerful catalyst for productivity and

learning. By automating routine mechanical tasks, it frees individuals to direct their mental energy toward uniquely human strengths—such as strategic decision-making, creativity, ethical reasoning, and empathy. Research indicates that young professionals who leverage GenAI for standardized workflows are often better equipped to navigate workplace complexities, using it as a supportive tool for advanced innovation and professional development.

However, this technological advancement is a double-edged sword, triggering a "productivity paradox" where individuals feel unspoken pressure to constantly perform at higher levels. This has fueled "AI anxiety" centered on career obsolescence. Furthermore, excessive reliance on these tools can lead to "digital enfeeblement"—a gradual decline in independent critical thinking and problem-solving. Culturally, average attention spans have declined, and overdependence

on virtual interactions has been linked to increased loneliness and "cognitive laziness."

To navigate the AI era successfully, individuals must consciously cultivate emotional intelligence and critical analysis while establishing robust digital well-being strategies. Implementing purposeful "digital curfews" during study, rest, and social hours creates the essential mental space needed for reflection and restoration. Ultimately, authentic face-to-face connections with family, peers, and mentors remain indispensable for building mental resilience.

In India, anyone seeking psychological support can access Tele-MANAS (Helpline: 14416), a free, 24/7 mental health counseling service available in twenty languages, established by the Government of India and NIMHANS.

As we embrace the opportunities offered by artificial intelligence, it is essential to remember that technology is most beneficial when it serves humanity rather than replaces it. By viewing AI as a tool for empowerment, maintaining healthy digital habits, and prioritizing meaningful human connections, the next generation can navigate the AI era with confidence, resilience, and wisdom, ensuring that technology remains a force for human flourishing and well-being.

Rev. Dr. Joseph Kulandai, SJ

Vice Principal, Postgraduate and Research Department of Commerce
Assistant Director, Central Library

Students' Mental Health and Well Being



Mental health is a state of being that impacts everything that we do on a day to day basis. Good mental health has a positive impact on our overall wellbeing. For students in particular, coping with stresses in their academic and personal lives is essential in order to enable them to realize their true potential, foster academic and career advancement and contribute meaningfully to the wider community. This requires the

cultivation of emotional skills, supportive relationships, early detection, intervention and care to help students overcome mental and other related concerns as and when they arise. As students navigate various challenges it is important to be aware of the transformations in the mental health care support systems that exist and must be utilized to promote mental wellbeing.

Parents, college authorities, teachers, peer groups and students in their own capacity have devised 'coping mechanisms' to effectively deal with 'triggers' that can negatively impact a student's mental health. Yet the fact remains that uncertainty, failure, hardships and disappointments are an integral part of our lives. While it is essential to reach out, to break the stigma, to seek help from health professionals, family, teachers and friends when required, there is no better remedy than self-reflection.

Those who pause to reflect without indulging in self-brooding can swiftly overcome a predicament and move on with life. Amidst all the support mechanisms that can be fostered there is no substitute for the 'art of happiness'. Happiness is an art that needs to be acquired. One can do so only gradually, step by step. How does one acquire it? As the saying goes, to the problem of your life you are the solution. One must begin everyday with the thought that the past is gone forever. Today is all one has. Seek positivity in everything that happens in one's life. Repel boredom with productive work. Engage in positive thinking that leads to fruitful results. Taking care of one's inner self is as important as taking care of the outer self. It is important to remember that support works best on a calm, stable and a happy heart. By making time for friends and family, by being positive about the future-for how one chooses to think about what is happening now, will determine to a large extent what will happen in future. Healing from inside is much more effective than healing from outside. Mental health and well-being is within our reach; all we need is a step in the right direction.

Dr. Farhat Bano

Assistant Professor & Dean of Arts

Postgraduate and Research Department of Political Science

St. Xavier's College (Autonomous), Kolkata

Nurturing the Mind: The Crucial Role of Students' Mental Health and Well-Being



The contemporary academic environment is increasingly dynamic, interconnected, and demanding. As students strive for intellectual development and career preparedness, they concurrently navigate a complex network of social expectations, intense examination pressures, and the relentless speed of a digitally saturated society. As a result, the focus on student mental health and well-being has shifted from being a secondary wellness issue

to an urgent structural imperative.

The Intersection of Well-Being and Achievement

Mental health serves as the emotional, psychological, and social foundation upon which a student's entire educational journey is constructed. It is intrinsically linked to academic success. When a student's mental well-being is at risk, the cognitive repercussions are significant; chronic stress, anxiety, and burnout can severely hinder memory retention, concentration, and critical problem-solving abilities.

On the other hand, prioritizing mental wellness enables a student to reach their full potential. Individuals with strong mental health often exhibit:

- **Enhanced Academic Engagement:** Increased levels of intrinsic motivation, focus, and active participation in the classroom.
- **Stronger Psychological Resilience:** The ability to cope with academic challenges, poor grades, and personal difficulties without falling into despair.
- **Healthy Interpersonal Dynamics:** The capacity to build deep, supportive peer networks and maintain collaborative relationships with educators.

Shared Strategies for Proactive Support

Creating a healthy environment necessitates a collaborative, multi-

faceted approach from educational institutions, families, and the students themselves.

A Holistic View: Genuine well-being is not simply the absence of psychological distress, but the proactive cultivation of a balanced and supportive daily life. To build this foundation, stakeholders can focus on three critical pillars:

1. **Dismantling the Stigma:** Normalizing open dialogues about emotional struggles creates a safe environment where seeking help is viewed as a sign of strength rather than weakness.
2. **Institutional Accessibility:** Educational institutions must embed robust support frameworks into their campuses, including easily accessible counselling services, mental health awareness campaigns, and peer-led support groups.
3. **Encouraging Sustainable Routines:** Students need guidance to establish healthy boundaries. This includes prioritizing consistent sleep, engaging in regular physical activity, and actively managing screen time on social media.

Conclusion

Investing in the mental health of students is a profound investment in our collective future. By shifting the paradigm away from a singular focus on numeric performance toward a culture that honours the whole individual, society can empower a generation of resilient, empathetic, and innovative leaders. When students are equipped with the emotional tools they need, they do not merely survive their academic years—they truly thrive.

Dr. Soheli Ghose

Dean and Assistant Professor

Postgraduate and Research Department of Commerce

Coordinator, NET/SET Guidance Centre

St. Xavier's College (Autonomous), Kolkata

THE ILL EFFECTS OF SOCIAL MEDIA ON STUDENTS' MENTAL HEALTH



In today's world, social media has become an indispensable part of daily life, significantly influencing how individuals communicate, learn, and engage with society. Students widely use platforms such as Instagram, Facebook, WhatsApp, and YouTube for educational purposes, social interaction, entertainment, self-expression, and information sharing. While these platforms offer numerous benefits, growing evidence suggests that excessive

social media usage can have adverse effects on students' mental health and overall well-being.

One of the most common psychological effects linked with social media use is increased anxiety and stress. Students are frequently exposed to idealized portrayals of peers' lives, achievements, and appearances, which often promote unrealistic standards. Repeated comparison with these curated online representations can contribute to feelings of inadequacy, diminished self-worth, and heightened concerns about personal appearance, academic success, and social acceptance. Consequently, many students experience elevated levels of stress and anxiety as they attempt to meet perceived societal expectations.

In addition to anxiety, excessive engagement with social media has been linked to symptoms of depression. The pursuit of online validation through likes, comments, shares, and followers can create a dependence on external approval for self-esteem. When anticipated social recognition is not achieved, students may experience feelings of disappointment, loneliness, and emotional distress. Furthermore, the prevalence of cyberbullying on digital platforms has emerged as a significant concern. Online harassment, negative comments, and public shaming can have strong psychological effects, leading to reduced self-confidence, emotional instability, and long-term mental health challenges.

Another critical issue associated with social media use is its impact on sleep quality. Many students spend considerable amounts of time engaging with social networking platforms late into the night, often at the expense of adequate rest. Sleep deprivation can negatively affect cognitive functions such as concentration, memory retention, and problem-solving abilities, while also increasing irritability, mood fluctuations, and emotional vulnerability.

Moreover, excessive reliance on digital communication may hinder the development of meaningful face-to-face social interactions. As students devote more time to virtual environments, opportunities to cultivate interpersonal skills and maintain strong personal relationships may diminish. This reduced social engagement can contribute to feelings of isolation, loneliness, and social withdrawal, ultimately affecting emotional and psychological well-being.

In conclusion, although social media provides valuable opportunities for communication, learning, and connectivity, its excessive use can pose significant risks to students' mental health. Issues such as anxiety, depression, cyberbullying, sleep disturbances, and social isolation underscore the importance of promoting responsible social media usage. Educational institutions, parents, and policymakers must work collaboratively to encourage digital literacy, foster healthy online behaviours, and support students in maintaining a balanced relationship between their online and offline lives.

Dr. Romit S Beed

Associate Professor and HOD

Postgraduate and Research Department of Computer Science

Deputy President, St. Xavier's College Students' Council

St. Xavier's College (Autonomous), Kolkata

Nurturing the Future Generation

"Out of your vulnerabilities will come your strength." – Sigmund Freud



We often hear older generations say, "The best years of life were the days spent in school and college." In many ways, this is true. Adolescence is a transformative stage filled with learning, friendships, aspirations, and opportunities to discover oneself and the world beyond.

At the same time, this phase also brings emotional pressure, uncertainty, and difficult choices that shape an individual's future.

Students today are expected to make important decisions regarding education, careers, finances, and relationships while coping with academic stress, social expectations, and personal struggles. Challenges such as poverty, family conflict, abuse, violence, loneliness, and social comparison can further affect their emotional well-being.

In recent years, the increasing number of cases related to student stress, burnout, anxiety, and suicide has become a matter of serious concern. Recognizing this, the Supreme Court of India and the UGC have directed educational institutions to strengthen mental health support systems by appointing trained counsellors, establishing Mental Health and Well-Being Centres, ensuring visible helplines, and creating safer residential environments.

However, institutional policies alone are not enough. It is our collective responsibility to ensure that student well-being is not just a policy, but the beating heart of our educational institutions. Students need empathy, guidance, and a safe space where they feel heard without the fear of being judged. Teachers and mentors play a vital role in identifying early signs of emotional distress and guiding students toward professional help when required. Encouraging participation in extracurricular activities, sports, arts, and open conversations can also help students build self-confidence and emotional resilience.

Mental well-being is not separate from academic success; it is the foundation of it. A student who feels emotionally secure is more capable of making thoughtful decisions and leading a balanced life. India is a young nation with immense potential. As we prepare the next generation for successful careers, we must also prepare them for life-with compassion, support, and emotional strength.

Cheryl Francis

Director, Social Work & NSS

St. Xavier's College (Autonomous), Kolkata

Central Library Bi-Annual Report (Jan-Jun, 2026)

Quality & Compliance

- **NAAC Survey Completed:** Central Library participated online in the Final Submission of the NAAC BAF Survey for St. Xavier's College (Autonomous), Kolkata and it was successfully processed on March 14, 2026.
- **ISO Audit:** Successfully completed the ISO 9001:2015 Surveillance Audit on May 12, 2026.
- **AICTE Support:** Provided assistance for the college's AICTE web portal upload work.
- **National Survey:** Participated in the official One Nation One Subscription (ONOS) Survey 2026.

Digital Enhancements & Subscriptions

- **E-Journal Expansion:** Subscribed to the e-journals of the HS Talks Business and Management Collection.
- **Koha Integration:** Created new membership in the Library software for the Kalahrdaya Library under the aegis of the college.

Student Training & Events

- **Software Demo:** Hosted a CMIE-Prowess Software Demonstration for Commerce PG students on February 12, 2026.
- **Inter-College Visit:** Welcomed a delegation from Scottish Church College, Kolkata, to the Central Library.

Campus Library Operations

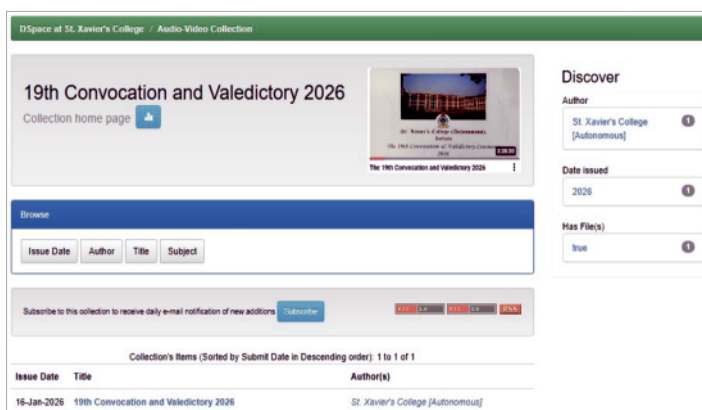
- **Multi-Campus Support:** Executed foundational library development work for the Raghavpur Campus Library and Education Department Library.
- **Inventory Control:** Commenced work for the Library Books Stock Verification 2026.

Infrastructure

- **New Server:** New server for running the library management software Koha has been installed, replacing the old one and the software Koha has also been updated to version 25.11.04.000



ISO Audit Team Visit May, 2026



Institutional Repository @ DSpace

Overview of Total Collection of Printed Books, Journals & Magazines

As on 30-06-2026

	Central Library	Education Department	Raghavpur Campus	Total
Total No. of Library Holdings	71,208	9,652	11,754	92,614
No. of Books in Lending section	51,877	4,712	9,136	65,725
No. of Books in Reading section	17,775	4,916	2,311	25,002
No. of Books in Book Bank Section	788	395	401	1,584
No. of Periodicals	126	7	2	135
No. of CDs/DVDs	772	24	120	916
No. of Reports	179	0	0	179
No. of Ph.D. Thesis	55	0	0	55
No of Newspapers	10	2	3	15

E-Resources & AI-Enabled Research Tools

** E - RESOURCES [ACCESSIBLE ON-CAMPUS/OFF-CAMPUS] **

- INFLIBNET-NLIST
- JSTOR [Access through: DELNET]
- National Digital Library of India [NDLI]
- The National Archives of India [NAI]
- DELNET
- Indiastat
- ProQuest One Literature
- Prowess IQ
- Economic Outlook
- Oxford E-Books
- Pearson E-Books
- Sage Journals
- The Economist
- Harvard Business Review
- J-Gate E-Journals
- HSTalks
- MIMI MICA Indian Marketing Intelligence (Database)
- AIMS International Journal of Management
- Taxmann's Corporate Professionals Today
- Time
- Down to Earth
- The Hindu Business Line
- The Hindu
- Sportstar
- Frontline
- The Wall Street Journal
- Institutional Membership: British Council Library
- Institutional Membership: American Library
- iThenticate (Anti-Plagiarism Software)
- DrillBit (Anti-Plagiarism Software for Regional Languages)
- SPSS



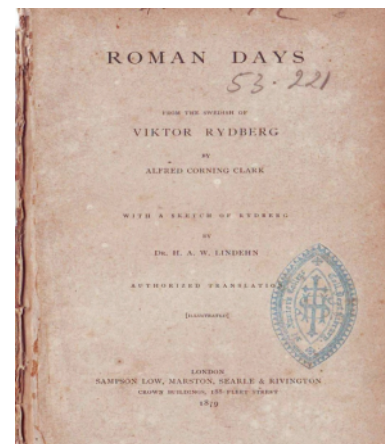
Central Library E-Resources



E-Resource Awareness Session

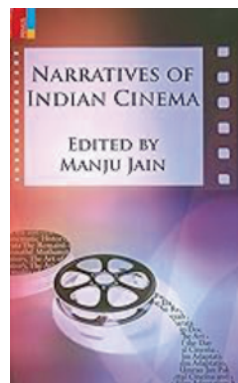
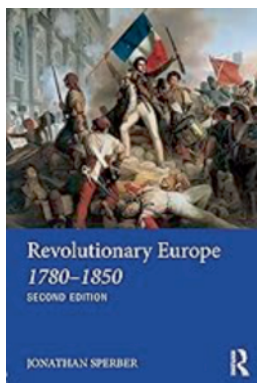
Hidden Treasures

- Dictionnaire De La Bible / F. Vigoeroux, 1895
 - Logic Inductive and Deductive / W. Minto, 1895
 - Life of Napoleon Bonapart / William Milligan Sloane Vol 1-4, 1896
 - The Ascent of Man / H. Drummond, 1896
 - England's History / A. G. Temple, 1897
 - Wisdom and Religion of German Philosopher / G. W. F. Hegel, 1897
 - The Monadology / R. Latta, 1898
 - The Principles of Science / W. Stanley Jevons, 1900
 - The Origin and Significance of Hegels Logic / J. B. Baillie, 1901
 - Queen Victoria A Biography / S. Lee, 1902
 - Immanuel Kant his Life and Doctrine / Friedrich Paulsen, MDCCCXCII (1902)
 - Galileo His Life and Work / J. J. Fahie, 1903
 - Isabella D'Este Marchioness of Mantua (1474-1539), 1903
 - Lady Diana Beauclerk / S. Erwsin, MCMIII (1903)
- ... to be continued in the next issue.



New Arrivals

- Students' guide to GST & customs law / Vinod K. Singhania
- Students' guide to income tax & GST / Vinod K. Singhania
- Avtar Singh's business law: principles of mercantile law / Varun Malik
- Investment analysis and portfolio management / Prasanna Chandra
- Numerical linear algebra / Loyd N. Trefethen
- Security analysis and portfolio management / S. Kevin
- Financial management / I. M. Pandey
- Vector calculus / Peter Baxandall
- A student's guide to direct tax - I / Partha Pratim Ghosh
- PIO Handbook / Manish Kumar Shekhar
- GST & Customs law / K. M. Bansal
- Modern auditing & assurance / Ayan Majumdar
- Advanced topics in differential calculus of several variables / Anarul Islam
- Public finance / Ambar Ghosh
- Kuby immunology / Sharon A. Stranford
- Manorama yearbook 2026 / edited by Mammen Marthaw
- Mathematics for economics / Michael Hoy
- Study guide to organic chemistry : a problem solving approach / Chandan Saha Vol. 1-6
- Linear programming and theory of games / P. M. Karak
- Advanced organic reaction mechanism / Nimai Tewari
- Principles of management and organizational behaviour / Tridib Sengupta
- NTA/UGC NET/JRF/SET commerce paper 2 / Neetu Singh
- Quantitative aptitude : for competitive examinations / R. S. Aggarwal
- Quantitative aptitude for CAT 13th Ed. 2026/ Arun Sharma
- Unmasking AI : my mission to protect what is human in a world of machines / Joy Buolamwini
- A student's guide to direct tax - 2 & e-filing of tax returns / Partha Pratim Ghosh
- Auditing and assurance / Siddhartha Sankar Saha
- Acoustic territories : sound culture and everyday life / Brandon Labelle
- Japanese horror cinema and deleuze : interrogating and reconceptualizing dominant modes of thought / Rachel Elizabeth Barraclough
- Listening to noise and silence : towards a philosophy of sound art / Salome Voegelin
- Marathi cinema, cultural space, and liminality : a history / Hrishikesh Sudhakar Ingle
- Multi-camera cinematography and production / edited by David Landau
- New perspectives on early cinema history : concepts, approaches, audiences / edited by Mario Sluga
- Storytelling in Hindi cinema : doubles, deception, and discovery / Richard Allen
- The semiotics of performances : an introduction to the analysis, interpretation, and theory of the performing arts / Paul Bouissac
- Financial reporting : including Indian accounting standards / M. P. Vijay Kumar
- Introducing data science : big data, machine learning, and more, using python tools / Davy Cielen
- Matrix and linear algebra aided with MATLAB / Kanti Bhushan Datta



Ph.D. Scholars who have successfully completed Ph.D. viva-voce [Jan – Jun,2026]

Sl. No	Name of Ph.D. Scholar	Department	Date of Ph.D. Viva-Voce Examination
1	Nirza Moktan	Microbiology	03.01.2026
2	Drishti Mandal	Biotechnology	07.01.2026
3	Anirban Roy	Biotechnology	17.04.2026

Top Three Library Users [2024-2025]

Name	CIN_ID	Department	Total Duration (Hours)	Rank
Shamima Khan	22-300-9-15-0002	Ph.D. [Physics]	509.07	1st
Sujal Sonthalia	23-400-4-03-0276	Economics	462.7	2nd
Devansh Dhandhanias	23-400-3-01-0033	B.Com. [Morning]	449.15	3rd

Students Speak

1. "I frequently visit the library to study in its peaceful and productive environment provided. I particularly appreciate that the library remains open during vacations, and I find the collection of books to be excellent. The facility is consistently clean, and both the environment and the staff support are very student-friendly. Additionally, the access to ample e-resources and the reliable Wi Fi connectivity have been incredibly helpful in preparing for my exams. I am very satisfied with the library services and truly enjoy studying here."

- Naman Agarwal, B.Com. (Morning), Sem-IV

2. "I find the St. Xavier's College Library to be a peaceful, well maintained, and valuable space for learning. It offers a good collection of books and academic resources, and the staff are always helpful and supportive. The library plays an important role in supporting our academic and personal growth."

- Kinza Shaikh, B.Com. (Evening), Sem-IV

3. "The Central Library of St. Xavier's College (Autonomous), Kolkata, offers a peaceful and comfortable environment for studying. The

library staff are always helpful, and the excellent e-resources are very useful for research. I believe the collection of Bengali books could be expanded. Overall, my experience has been very positive, and I find the library to be highly research-friendly."

- Sayani Hazra, Research Scholar, Dept. of Bengali

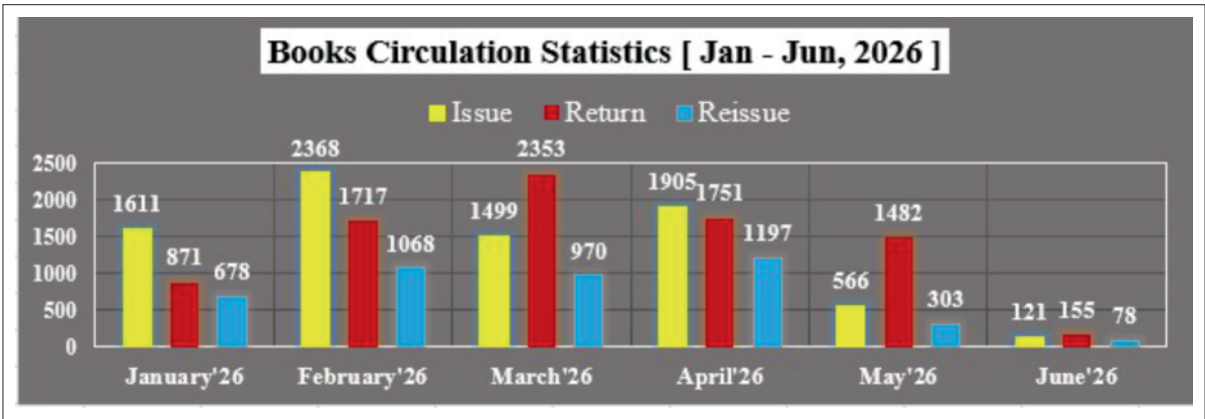
4. "I regularly visit the library to study, and I truly appreciate the calm and peaceful environment it provides. It creates a very comfortable space for focused learning. In particular, the reading room is very well maintained and quiet, making it an ideal place for students to concentrate on their work. The overall atmosphere of the library is welcoming and supportive for academic activities."

- Esha Chettri, MA Political Science, Sem-IV

5. "The library resources are good and most of the books of Statistics are there. The collection of e-books is also good. Latest technologies are also used for users' ease."

- Ayantik Mandal, B.Sc. Statistics, Sem- II

Books Circulation Statistics [Jan-Jun, 2026]

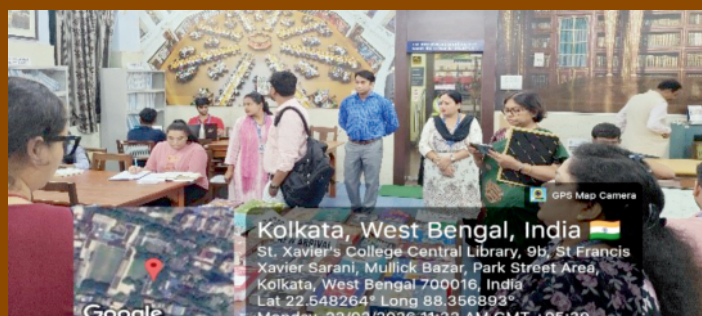


Upcoming Events

- First Year Students' Library Orientation [July, 2026]
 - Library Book Exhibition [Aug, 2026]
- E-Resource Awareness Session [Sep, 2026]
 - Awareness Programme for Anti-Plagiarism Software [Oct, 2026]



Release of the Library Newsletter (Vol. II Issue II)



Visitors from Scottish Church College



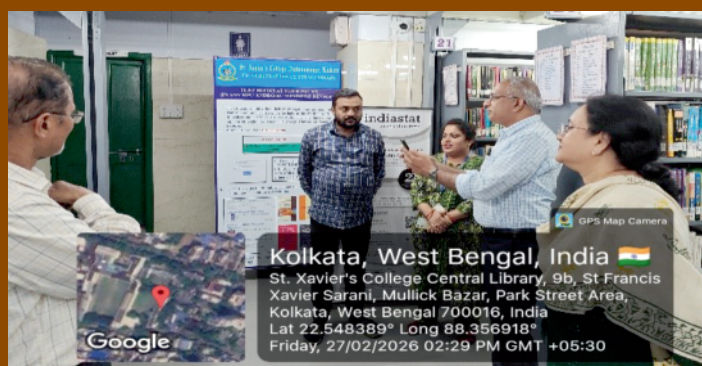
Students from St. Xavier's College, Nagaland



Principal (2nd from Left), Marian College, Kuttikkanam, Kerala



Visitors from New York, USA



Visitors from Holy Cross College, Agartala



Top Library User Awarded at Convocation Ceremony 2026



Delegates from X-Change-An International Debate Event

Chief Patron : Rev. Dr. Dominic Savio, SJ, Principal and Director
 Chief Editor : Rev. Dr. Joseph Kulandai, SJ, Vice Principal and Asst. Director
 Joint Editor : Dr. Chinmay Mukhopadhyay, Librarian
 Designer : Mr. Sougata Chattopadhyay, Library Assistant

St. Xavier's College (Autonomous)
 30, Mother Teresa Sarani, Kolkata- 700 016, India
 Tel: +91-33-22551251 | Email: librarian@sxccal.edu | Website: www.sxccal.edu