



ST. XAVIER'S COLLEGE, MAPUSA, GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Mental Health Challenges and Implication in the Real World
Date/ Duration	7th October, 2024/ 1 hours 30 minutes
Venue	Abbé Faria Department of Psychology
Name of organizing Department/Cell	Abbé Faria Post Graduate Department of Psychology
In collaboration with	NA
Name/s of Faculty Co-Ordinator	Dr. Kshipra Vora
Stratum of Event	College level
Name & details of Resource Person/s if any	Dr. Priyanka Sahastrabhojane
Report	<p>On the occasion of Mental Health Week 2024, a workshop titled "Mental Health Challenges and Implications in the Real World" was held to enhance awareness and provide students with hands-on understanding of mental health issues across various stages of life. The session was led by Dr. Priyanka Sahastrabhojane, a prominent psychiatrist. The workshop aimed to introduce students to real-life mental health challenges across the lifespan and equip them with diagnostic, analytical, and intervention skills for mental health scenarios.</p> <p>The resource person was welcomed by Heloise (student) who introduced the resource person and highlighted her contributions to the field. Following the introduction, students were divided into 10 groups to facilitate collaborative analysis. Dr. Sahastrabhojane presented 10 diverse case studies covering a range of mental health issues spanning infancy to older adulthood. Each group received a case for in-depth discussion, exploring the diagnosis, potential causes, and possible interventions. The interactive session enabled students to assess complex mental health conditions and fostered critical thinking in a supportive environment.</p> <p>The workshop successfully achieved its objectives, with students gaining practical insights into diagnosing and managing mental health issues. Through group discussions and case analyses, they acquired skills in identifying risk factors and tailoring interventions, which are critical for real-world mental health practice. The session also heightened students' sensitivity towards individuals facing mental health challenges.</p> <p>The event concluded with a thank-you speech by Anthea (student), who expressed gratitude to Dr. Sahastrabhojane for her valuable guidance. This workshop was a significant learning experience, benefitting all 51 student participants and contributing to a broader understanding of mental health in today's society.</p>
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/IMAGE-1-1.pdf
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/brochure-8.pdf
List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/attendance-sheet-pages.pdf

Certificate	NA