



ST. XAVIER'S COLLEGE, MAPUSA, GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Mental Health Day
Date/ Duration	10 <sup>th</sup> October, 2024/ 2 hours 30 minutes
Venue	St. Xavier's College lobby
Name of organizing Department/Cell	Abbé Faria Post-Graduate Department of Psychology, in collaboration with Undergraduate Department of Psychology, The Wellness and Counselling Center, Health and Wellness Club and Internal Quality Assurance Cell, (IQAC)
In collaboration with	
Name/s of Faculty Co-Ordinator	Dr. Vijay Viegas Dr. Kshipra Vora Ms Andrea D'souza Dr. Fr. Ramiro Luis Ms. Gema Athaide Mr. Sigmund Dias
Stratum of Event	College level
Name & details of Resource Person/s if any	NA
Report	<p>On the occasion of Mental Health Day, Flourish Fiesta was organized by Abbé Faria Post-Graduate Department of Psychology, in collaboration with the Undergraduate Department of Psychology, Wellness and Counselling Center, Health and Wellness Club, and Internal Quality Assurance Cell, (IQAC). It aimed to raise mental health awareness and promote emotional well-being through a series of interactive, creative, and therapeutic activities. The event provided participants with opportunities for self-expression, relaxation, and learning about mental health in an engaging and supportive environment.</p> <p>The event opened with a Healing Synergy Flash Mob that creatively portrayed the experience of bipolar disorder, sparking empathy and dialogue among attendees. Tag of Joy (Bookmark Stall) encouraged mindful reading with bookmarks featuring inspirational quotes. The Circle of Closure allowed participants to symbolically release negative emotions by tearing up written worries, fostering a therapeutic atmosphere. In the Doodling Competition with the theme "Faces of Emotion," participants expressed emotional diversity through art.</p> <p>The Grat Chat booth fostered positivity by encouraging participants to write messages of gratitude, while Talk It Out offered private sessions with counsellors, emphasizing the importance of seeking support. An Open mic allowed students to express themselves through poems, stories, and comedy. Additionally, an Online Quiz</p>

	<p>tested participants' knowledge of mental health concepts and counseling techniques, increasing awareness and understanding. Interactive activities added a playful dimension, including Dart Buster, Players aimed darts at balloons to release stress, with each burst revealing an uplifting message to inspire positivity. Emo Catch, Participants matched emotions to statements by tossing balls into labelled boxes, enhancing emotional awareness through a fun, interactive challenge. Memory Match Game, Players matched pairs of cards from a grid, testing memory and focus, with the most successful matcher winning. Brain Wave Relay, participants raced to complete four tasks as quickly as possible, testing their agility, focus, and quick thinking. Rapid Response Game, Participants used a hammer to hit a ball emerging from a tunnel, building reaction time and hand-eye coordination in an exciting reflex challenge.</p> <p>Flourish Fiesta successfully combined mental health education with emotional expression and enjoyment, encouraging participants to prioritize mental well-being. The event promoted empathy, self-awareness, and positive coping strategies, making attendees more informed and equipped with practical emotional management tools.</p>
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Photographs	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/PHOTOS-2.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/PHOTOS-2.pdf</a>
List of participants with signatures	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/ATT.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/ATT.pdf</a>
Certificate	NA