



ST.XAVIER'SCOLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	A Poster making Divyangjan inclusivity outreach
Date/Duration	5 th October, 2024/ 2 hours 30 minutes
Venue	Seminar Hall, Sanjay Centre for Special Education Porvorim-Goa
Name of organizing Department/Cell	Divyangjan Cell Abbé Faria Post Graduate Department of Psychology and
In collaboration with	Internal Quality Assurance Cell (IQAC) with Sanjay Centre for Special Education, Goa
Name/s of Faculty Coordinator	Ms. Mylin Gonsalves Dr. Kshipra Vora
Stratum of Event	College level
Name & details of Resource Person/s If any	NA
Report	<p>As part of the ongoing Mental Health Week, a special interactive program was organized at Sanjay School, designed to foster collaboration between the students of Sanjay School and St. Xavier's College. The program began at 10:15 with an energizing action song, "If You're Happy and You Know It," by Stacy (St Xavier's Student), setting a joyful tone for the day. This was followed by an insightful presentation on the themes of happiness and mental health, delivered by Vaishnavi (St Xavier's student), with a key message emphasizing how closely happiness and mental well-being are linked.</p> <p>The event's highlight was a poster-making competition titled "My Happiness Takes Care of My Mental Health." Teams were thoughtfully pre-arranged, each consisting of two students from Sanjay School and two from St. Xavier's College, ensuring a unique blend of skills and perspectives. The competition allowed students to express their</p>

	<p>understanding of happiness and mental health through art, sparking creativity and amity between the participants. Throughout the competition, students were calm and fully engrossed in their drawings, showcasing their creativity and teamwork. For students with hearing or speech challenges, communication was facilitated by writing on paper, allowing both Sanjay School and St. Xavier's students to connect and collaborate effectively.</p> <p>At 12:15, the competition concluded, and each group presented their poster, with photos taken to capture the memorable moment. Following this, Ms. Mylin (Sanjay School Teacher) invited students from both institutions to share their experiences of the day. Two St. Xavier's College students and two from Sanjay School reflected on the meaningful interactions and lessons learned. Notably, two students from Sanjay School shared their thoughts using sign language, with the assistance of a teacher who interpreted for them to the audience, highlighting the inclusivity of the program.</p> <p>The event concluded with a vote of thanks from Ms. Mylin, who extended appreciation to the teachers of St. Xavier's College and offered tokens of gratitude. A final group photo was taken to commemorate the day, and all participants were treated with snacks and the program got over at 12:45. The program successfully promoted mental health awareness and strengthened bonds between students, creating a positive and inclusive environment for all involved.</p>
Beneficiaries	117
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/poster-2.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/WhatsApp-Image-2025-04-12-at-11.01.27-AM.pdf
List of participants With signatures	NA
Certificate	NA