



**ST. XAVIER'S COLLEGE, MAPUSA GOA**

**Report of Activity conducted in the Academic Year 2025-26**

<b>Name of Activity</b>	<b>“SUICIDE PREVENTION DAY” - SESSION &amp; DANCE COMPETITION</b>
<b>Date/Duration</b>	10th September 2025
<b>Venue</b>	Conference Room, Post Graduate Block
<b>Name of organizing Department/Cell</b>	Abbe Faria Post Graduate Department of Psychology
<b>In collaboration with</b>	
<b>Name/s of Faculty Coordinator</b>	<b>Dr. Kshipra Vora (In-charge)</b> Ms. Maryjane De Souza Ms. Vaishnavi Ghosarwadkar Ms. Janice Zuzarte
<b>Stratum of Event</b>	State Level
<b>Name &amp; details of Resource Person/s If any</b>	Ms. Donna Noronha (Resource Person) Ms Nitisha Pandit & Ms. Jonquil Sudhir (Judges for Dance Competition)

<p><b>Report</b></p>	<p><b>Objectives of the Event</b></p> <ol style="list-style-type: none"> <li>1. To raise awareness about suicide, dispel myths, and provide factual knowledge on prevention.</li> <li>2. To sensitize students to the importance of mental health support and early intervention.</li> <li>3. To encourage self-expression and emotional processing through dance and movement.</li> <li>4. To foster hope, resilience, and community engagement as part of mental health advocacy.</li> </ol> <p>The Department of Psychology observed Suicide Prevention Day on 10th September 2025 with a multi-faceted awareness initiative. The event featured a session titled “Bursting Myths on Suicide: Facts and Support” delivered by Ms. Donna Noronha of the Cause of Our Joy Foundation, COOJ. The session highlighted common misconceptions about suicide, presented statistical and psychological facts, and emphasized strategies for garnering support and building protective environments for individuals at risk.</p> <p>Complementing the educational session, the department hosted a dance competition under the theme “Expressions of Hope”, featuring solo and group categories. The event was judged by Ms. Nitisha Pandit and Ms. Jonquil Sudhir, who emphasized the role of dance as a form of therapeutic expression. The integration of dance and movement therapy highlighted the importance of channeling emotions, fostering resilience, and nurturing hope, which is crucial for mental health and suicide prevention.</p> <p>The event fostered an environment of awareness, dialogue, and empathy, allowing participants to both learn and actively engage with the topic. The combination of factual education and expressive arts offered students a holistic understanding of mental health advocacy and self-expression.</p> <p><b>Outcomes / Learning</b></p> <p>Students gained factual knowledge about suicide, strategies for support, and the therapeutic value of creative expression. The initiative reinforced hope, emotional resilience, and proactive engagement with mental health, making the session both informative and experiential.</p>
<p><b>Brochure/Poster</b></p>	<p><a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/Brochure-of-World-Suicide-Prevention-Day.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/Brochure-of-World-Suicide-Prevention-Day.pdf</a></p>

<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/images-of-SUICIDE-PREVENTION-DAY-SESSION-DANCE-COMPETITION.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/images-of-SUICIDE-PREVENTION-DAY-SESSION-DANCE-COMPETITION.pdf</a>
<b>List of participants With signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/Attendance-of-SUICIDE-PREVENTION-DAY-SESSION-DANCE-COMPETITION.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/Attendance-of-SUICIDE-PREVENTION-DAY-SESSION-DANCE-COMPETITION.pdf</a>
<b>Certificate</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/Certificate-of-SUICIDE-PREVENTION-DAY-SESSION-DANCE-COMPETITION.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/01/Certificate-of-SUICIDE-PREVENTION-DAY-SESSION-DANCE-COMPETITION.pdf</a>