



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	Flourish Fiesta - Mental Health Awareness and Celebration
Date/Duration	11 th February 2026
Venue	College Campus
Name of organizing Department/Cell	Abbe Faria Post Graduate Department of Psychology
In collaboration with	
Name/s of Faculty Coordinator	Dr. Kshipra Vora Ms. Maryjane De Souza Ms. Vaishnavi Ghosarwadkar (In-charge) Ms. Janice Zuzarte
Stratum of Event	State Level
Name & details of Resource Person/s If any	

Report	<p>The students of MA Part 1 and MA Part 2 organised Flourish Fiesta, a vibrant campus-wide celebration dedicated to promoting mental health awareness and emotional well-being. The event aimed to normalise conversations around mental health, reduce stigma, and create a safe, engaging space where students could connect with their feelings in creative and meaningful ways.</p> <p>Flourish Fiesta featured a range of thoughtfully designed activities rooted in psychological themes. One of the highlights was the Gratitude Chat Corner, where participants were encouraged to reflect on and share moments of appreciation. This simple yet powerful exercise fostered positivity and emotional connection among peers. The Feel the Feelings activity invited students to identify and express their emotions through interactive prompts, helping build emotional vocabulary and self-awareness.</p> <p>Creative expression formed a central component of the celebration. Students enthusiastically participated in mandala art sessions, experiencing the calming and grounding effects of mindful colouring. Face painting added a playful yet symbolic dimension, with designs representing emotions, resilience, and self-expression. The distribution of thoughtfully designed mental health bookmarks carrying affirmations and helpline information further reinforced the message of ongoing support and self-care.</p> <p>An important feature of the event was the Counsellor's Help Booth, which focused on creating awareness about available counselling services on campus. The booth provided information on confidentiality, the counselling process, and how students could seek support when needed. This initiative helped demystify counselling and encouraged help-seeking behaviour in a non-threatening, approachable manner.</p> <p>The atmosphere throughout the event was lively, inclusive, and reflective. Flourish Fiesta successfully combined fun with purpose, demonstrating that conversations about mental health can be engaging, creative, and empowering. The initiative reflected the department's commitment to fostering a psychologically safe campus culture grounded in awareness, empathy, and collective well-being.</p>
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Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/04/Brochure-of-Flourish-Fiesta-Mental-Health-Awareness-and-Celebration.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/04/Photographs-of-Flourish-Fiesta-Mental-Health-Awareness-and-Celebration.pdf
List of participants With signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/04/List-of-participants-of-Flourish-Fiesta-Mental-Health-Awareness-and-Celebration.pdf
Certificate	NA