



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	Panel Discussion: “The Weight We Carry – Mental Health, Burnout, and the Student Experience”
Date/ Duration	10 th October 2025 1 hour: 1:15 pm to 2:15 pm
Venue	Black box St. Xavier’s College, Mapusa - Goa
Name of organizing Department/Cell	St. Xavier’s College Wellness Centre
In collaboration with	
Name/s of Faculty Co-ordinator	Ms. Beverly Monteiro
Stratum of Event	College
Name & details of Resource Person/s if any	NA
Report	<p>As part of the <i>World Mental Health Day 2025</i> observance, the St. Xavier’s College Wellness Centre organized a panel discussion titled “<i>The Weight We Carry: Mental Health, Burnout, and the Student Experience.</i>” The session aimed to deepen understanding of the complex factors contributing to student burnout and to promote open dialogue around mental health challenges faced in academic settings.</p> <p>During the discussion, panellists reflected on how students often tend to overestimate their own capacities, leading to overworking and exhaustion. They also examined the effects of constant assessments and explored strategies to navigate these pressures in healthier ways. Topics such as the role of uniforms and their implications for self-expression, the National Education Policy (NEP) and its impact on students, as well as issues of discrimination, exclusion, and alienation on campus, were meaningfully explored.</p> <p>The conversation highlighted that burnout is not limited to academic stress but is shaped by personal, social, and institutional factors. Panellists emphasized the importance of empathy, self-awareness, and collective responsibility in addressing these concerns.</p> <p>The session concluded with the sharing of coping strategies for managing stress, regulating emotions, and seeking professional help when needed.</p> <p>A vote of thanks was delivered, during which students expressed their appreciation to the officiating Principal Ms. Ursula Barreto, Administrator Fr. Antonio Salema, and College Counsellors Ms.</p>

	<p>Beverly Monteiro (Event Coordinator) and Ms. Sandra DMello for their continued support and encouragement.</p> <p>The discussion successfully fostered awareness, reflection, and a commitment to building a compassionate and mentally healthy campus environment.</p>
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/br-3.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/WhatsApp-Image-2025-10-11-at-15.10.30-1.pdf
List of participants with signatures	-
Certificate	-