



## ST. XAVIER'S COLLEGE, MAPUSA GOA

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

<b>Name of Activity</b>	CALM CORNER - MINDFUL MOMENTS WITH COLOUR
<b>Date/ Duration</b>	10 <sup>th</sup> October 2025 2 hours: 10:00 am to 12:00 pm
<b>Venue</b>	Orchid gardens, St. Xavier's College, Mapusa - Goa
<b>Name of organizing Department/Cell</b>	St. Xavier's Wellness Centre, Mapusa - Goa
<b>In collaboration with</b>	
<b>Name/s of Faculty Co-ordinator</b>	Ms. Gema Ataide, Ms. Beverly Monteiro and Ms. Sandra DMello
<b>Stratum of Event</b>	College
<b>Name &amp; details of Resource Person/s if any</b>	NA
<b>Report</b>	<p>In celebration of World Mental Health Day 2025, St. Xavier's College Wellness Centre launched a campus-wide initiative, 'Calm Corner-mindful moments with colour'. The objective of the booth was to promote mindfulness and well-being among college students by providing a creative outlet and tools to manage stress and cultivate positivity. The booth was set up in front of Orchid Gardens from 10am to 12 noon.</p> <p>Trained student volunteers provided information on mindfulness and its benefits, engaging with visitors and answering questions. Those students who visited the booth were invited to create mindful art using colours and took home mindfulness colouring sheets with positive affirmations, along with take-away colour bundles. These sheets aimed to cultivate mindfulness and positivity in daily life.</p> <p>Additionally, forty students registered for a WhatsApp group, which will be administered by College Counsellor Ms. Sandra D'Mello, who will post regular affirmations, quotes, and well-being tips to support their mental health journey. The students have also been encouraged to share their completed art. The feedback was positive, with students enjoying the activity and finding the colouring sheets helpful for stress relief. A QR code link to mindfulness resources was provided for further learning. The booth successfully encouraged students to explore mindfulness, providing tools for managing stress and promoting overall well-being among college students.</p>
<b>Brochure/Poster</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/br-2.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/br-2.pdf</a>
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/WhatsApp-Image-2025-10-13-at-06.34.07-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/WhatsApp-Image-2025-10-13-at-06.34.07-1.pdf</a>
<b>List of participants with signatures</b>	Registered students names attached

<b>Certificate</b>	-
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