



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

**Report of Activity conducted in the Academic Year 2026-27**

<b>Name of Activity</b>	Mental Health Session
<b>Date/Duration</b>	20 <sup>th</sup> June 2026, 11.30 a.m. to 1.00 p.m.
<b>Venue</b>	Seminar Hall
<b>Name of organizing Department/Cell</b>	Wellness Centre
<b>In collaboration with</b>	
<b>Name/s of Faculty Coordinator</b>	Ms Gema Athaide
<b>Stratum of Event</b>	Faculty and Non Teaching Staff of the College
<b>Name &amp; details of Resource Person/s If any</b>	Dr. Vithoba Narayan Mhalkar
<b>Report</b>	<p>On June 20<sup>th</sup> 2026, St. Xaviers College hosted a mental health sensitization session for its staff, an initiative by the Directorate of Higher Education as part of a national effort. Led by Dr.Vithoba Narayan Mahalkar from the Institute of Psychiatry and Human Behaviour in Goa, the session focused on understanding emotions and providing emotional first aid. Dr. Mhalkar emphasized that emotionally resilient staff contribute to a healthier learning environment.</p> <p>The session covered the causes of stress, signs of emotional distress, and the importance of viewing emotions as valuable information rather than obstacles. It concluded with practical strategies for emotional first aid, including self-awareness and mindfulness. In sum, the program underscored the college's commitment to fostering a supportive and emotionally healthy campus community.</p>

<b>Brochure/Poster</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/Poster-of-Mental-Health-Session.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/Poster-of-Mental-Health-Session.pdf</a>
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/images-of-Mental-Health-Session.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/images-of-Mental-Health-Session.pdf</a>
<b>List of participants With signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/List-of-participants-of-Mental-Health-Session.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/List-of-participants-of-Mental-Health-Session.pdf</a>
<b>Certificate</b>	--