



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	Suicide Prevention Brochure
Date/ Duration	09 th September 2025 3 hours: 9:30 am to 12:30 pm
Venue	Orchid Garden, St. Xavier's College, Mapusa - Goa
Name of organizing Department/Cell	St. Xavier's Wellness Centre
In collaboration with	Wellness, Support and Counselling Centre, St. Xavier's College, Mapusa - Goa
Name/s of Faculty Co-ordinator	Ms. Gema Ataide, Ms. Beverly Monteiro and Ms. Sandra DMello
Stratum of Event	College
Name & details of Resource Person/s if any	NA
Report	<p>The event was organized to mark World Suicide Prevention Day with the objective of raising awareness about suicide prevention among students and staff. The initiative aimed to help the college community recognize early warning signs of suicide and equip them with resources to provide timely and effective support.</p> <p>To promote suicide prevention, a poster featuring a QR code was strategically placed around the college campus. Scanning the QR code directed students and staff to a detailed PDF brochure containing valuable information on suicide prevention, warning signs, and support mechanisms. This innovative approach allowed easy and discreet access to crucial mental health resources, encouraging greater engagement and awareness.</p> <p>The initiative reached a wide audience, including students and staff members across various departments, fostering a supportive community environment focused on mental health and well-being.</p> <p>The use of a QR code linked brochure was a novel and effective method to disseminate information, especially in a digital-savvy college environment. The initiative was well received by the college community, sparking meaningful conversations and increasing awareness about suicide prevention.</p> <p>The event successfully met its goal of spreading awareness and providing accessible mental health resources. It highlighted the importance of proactive mental health support and the role everyone can play in suicide prevention. The collaborative effort between St.</p>

	Xavier's Wellness Center and the college counsellors has laid a strong foundation for future mental health initiatives on campus.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/Suicide-Prevention-Brochure.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/IMG_7527.pdf
List of participants with signatures	-
Certificate	-