



## ST. XAVIER'S COLLEGE, MAPUSA GOA

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

<b>Name of Activity</b>	"Take what you need"
<b>Date/ Duration</b>	10 <sup>th</sup> October 2025 3 hours: 10:30 am to 1:30 pm
<b>Venue</b>	Across the college campus St. Xavier's College, Mapusa - Goa
<b>Name of organizing Department/Cell</b>	St. Xavier's Wellness Centre
<b>In collaboration with</b>	Wellness, Support and Counselling Centre, St. Xavier's College, Mapusa - Goa
<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>To mark <i>World Mental Health Day 2025</i>, the <b>St. Xavier's College Wellness Centre</b> organized a campus-wide initiative titled "<i>Take What You Need.</i>" Affirmation posters were displayed across key areas of the college campus, encouraging students and staff to pause, reflect, and take a positive reminder for the day.</p> <p>Each poster invited individuals to "<i>take the reminder tag you need the most today</i>"—simple affirmations promoting kindness, self-compassion, and resilience. The initiative aimed to spread positivity, raise awareness about mental wellbeing, and remind the community that small gestures of encouragement can make a big difference.</p> <p>Students engaged enthusiastically, sharing the messages with peers and reflecting on the importance of self-care. This initiative complemented the college's broader efforts to foster emotional wellbeing and normalize conversations around mental health.</p>
<b>Brochure/Poster</b>	-
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/WhatsApp-Image-2025-10-11-at-12.29.28.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/WhatsApp-Image-2025-10-11-at-12.29.28.pdf</a>
<b>List of participants with signatures</b>	-
<b>Certificate</b>	-