



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-2027

Name of Activity	Mental Health Matters: Understanding support through Telemanas
Date/Duration	3 rd July, 2026
Venue	Room 423, Block E
Name of organizing Department/Cell	Abbé Faria Post Graduate Department of Psychology
In collaboration with	
Name/s of Faculty Coordinator	Event Coordinator – Dr. Kshipra Vora Event Co-Coordinator – Ms. Maryjane De Souza / Ms. Janice Zuzarte
Stratum of Event	State Level
Name & details of Resource Person/s If any	Ms. Meghana M. Jadhav, Mental Health Professional, State Tele-MANAS Cell, SGDH - Goa

Report	Report on the Session: "Mental Health Matters – Understanding Support through Tele-MANAS" The Abbé Faria Postgraduate Department of Psychology, St. Xavier's College, Mapusa-Goa, organized an informative session titled "Mental Health Matters: Understanding Support through Tele-MANAS" on 3rd July 2026 at 11:00 a.m. in Classroom 423, Block E. The programme was conducted as part of the department's commitment to promoting mental health awareness and aligned with Sustainable Development Goal 3: Good Health and Well-being. A total of 31 students attended the session. The resource person for the programme was Ms. Meghna M. Jadhav, Clinical Psychologist, State Tele-MANAS Cell, SGDh, Goa. She provided participants with a comprehensive understanding of Tele-MANAS, India's National Tele-Mental Health Programme, highlighting its vision of making professional mental health services accessible, affordable, and available to individuals across the country. During the session, Ms. Jadhav explained the role of Tele-MANAS in offering immediate psychological support, emotional guidance, and referrals to appropriate mental health professionals. She also demonstrated the process of accessing the service, including the helpline and the steps involved in seeking assistance. Through practical examples and interactive discussions, she emphasized the importance of recognizing early signs of psychological distress and encouraged students to seek help without fear of stigma. She reinforced the message that reaching out for support is a sign of strength rather than weakness. The participants actively engaged with the resource person during the question-and-answer session, clarifying doubts regarding confidentiality, accessibility, and the range of services available through Tele-MANAS. The session successfully enhanced awareness about available mental health resources and motivated students to prioritize their emotional well-being while supporting others in need. The programme concluded with a vote of thanks, expressing gratitude to Ms. Meghna M. Jadhav for her insightful presentation and to all the participants for their enthusiastic involvement, making the session both meaningful and impactful.
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Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/07/Poster-of-Mental-Health-Matters-Understanding-support-through-Telemanas.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/07/Photos-of-Mental-Health-Matters-Understanding-support-through-Telemanas.pdf
List of participants With signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/07/ATTENDANCE-of-Mental-Health-Matters-Understanding-support-through-Telemanas.pdf
Certificate	NA