



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	World Suicide Prevention Day – Mindfulness Session <i>“When the Mind Feels Too Much: Stress • Overthinking • Hope”</i>
Date/Duration	10th September 2026, 9:45 AM – 10:45 AM 12th September 2026, 9:00 AM – 10:00 AM
Venue	Seminar Hall
Name of organizing Department/Cell	St. Xavier's College Centre for Wellness
In collaboration with	-
Name/s of Faculty Coordinator	Ms. Gema Fernandes Athaide & Ms. Sandra DMello
Stratum of Event	College level
Name & details of Resource Person/s If any	Ms. Sandra DMello - College Counsellor
Report	As part of the observance of World Suicide Prevention Day on 10 September 2026, the Centre for Wellness, St. Xavier's College, Mapusa, organized a mindfulness and reflection session titled “When the Mind Feels Too Much – Stress • Overthinking • Hope.” The session was conducted by Ms. Sandra DMello, College Counsellor, and provided students with a calm and supportive space to pause, reflect and reconnect with themselves. The session focused on helping students understand stress, overthinking and emotional overwhelm. Mindfulness was introduced as a way to become aware of thoughts and feelings before reacting to them. The framework “PAUSE • LISTEN • RESPOND” encouraged students to pause, listen to their emotions without judgment, and consciously choose a response. A guided mindfulness meditation formed a central part of the session. Students were guided to settle into the present moment, release some mental pressure, observe their thoughts without becoming caught up in them, and reconnect with hope. The metaphor of an “invisible backpack” helped students recognize the worries, expectations and pressures they may be carrying. The session encouraged students to focus on “the next step” rather than feeling the need to have the entire path figured out. Reflection helped students identify what they

	were carrying, what they might need, and how they could seek support when required. <u>As an extension of the initiative, a similar mindfulness session was conducted for Biotechnology students on 12 September 2026.</u> The interactive session explored concerns such as project deadlines, procrastination, internships, job opportunities, career uncertainty and comparison with others. Students were encouraged to recognize the difference between facts and fearful thoughts and to understand that emotions provide information but do not have to control their actions. Mindfulness practice helped students become more aware of their thoughts and feelings, notice thoughts without becoming identified with them, and stay anchored in the present. Students were encouraged to continue using these practices in their daily lives. Both sessions reinforced the importance of hope, self-awareness, connection and seeking support, reminding students that they do not have to carry difficult experiences alone.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/invite-poster.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/SEPT-10TH-SESSION-PIC-1.pdf
List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/ATTENDANCE-WHEN-THE-MIND-FEELS-TOO-MUCH.pdf
Certificate	NA