



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	From Risk to Resilience: Building a Safer Campus
Date/Duration	10th September 2026 12:00 PM – 1:15 PM
Venue	Seminar Hall
Name of organizing Department/Cell	St. Xavier's College Centre for Wellness
In collaboration with	COOJ Mental Health Foundation
Name/s of Faculty Coordinator	Ms. Gema Athaide & Ms. Beverly Monteiro
Stratum of Event	College level
Name & details of Resource Person/s If any	Ms. Joanna Pinto, Psychologist Psychosocial Rehabilitation COOJ Mental Health Foundation
Report	St. Xavier's College Centre for Wellness, in association with COOJ Mental Health Foundation, organised an awareness session titled "From Risk to Resilience: Building a Safer Campus" on 10th September 2026. The programme aimed to promote awareness of mental health and suicide prevention, help students understand risk and resilience, and encourage appropriate and timely support-seeking within the campus community. The session was facilitated by Ms. Joanna Pinto, Psychologist, Psychosocial Rehabilitation, COOJ Mental Health Foundation, and was conducted at 12:00 p.m. in the Seminar Hall. A total of 111 participants attended the session. The interactive session covered concepts including the mental health continuum, recognition of changes and warning signs that may indicate distress, understanding levels of suicide risk, and ways of responding supportively to someone who may be struggling. The resource person also introduced the "CARE" model - Connect, Ask, Respond and Encourage - as a practical framework for offering appropriate support and encouraging help-seeking. As part of the session, a game of Kahoot was conducted midway through the programme to assess the students' knowledge and understanding of the concepts discussed. The activity provided an

	interactive means of revisiting key points and engaging students in the learning process. The programme contributed to the institution's ongoing efforts to strengthen mental health awareness, promote a supportive campus environment, and equip students with greater awareness of how to recognise distress and respond appropriately. The session was organised with the support of the St. Xavier's College Centre for Wellness and COOJ Mental Health Foundation.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/COOJ.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/WhatsApp-Image-2026-09-12-at-15.35.24-1.pdf
List of participants With signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/Attendance-Risk-to-Resilience-.pdf
Certificate	NA