



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	The Venting Box
Date/Duration	10th September 2026
Venue	Orchid Gardens
Name of organizing Department/Cell	St. Xavier's College Centre for Wellness
In collaboration with	Department of Psychology
Name/s of Faculty Coordinator	Ms. Gema Athaide & Ms. Saloni Gaonkar
Stratum of Event	College level
Name & details of Resource Person/s If any	NA
Report	As part of the observance of World Suicide Prevention Day 2026, the Department of Psychology, St. Xavier's College, Mapusa, in collaboration with the Centre for Wellness, organised an initiative titled "The Venting Box" on 10th September 2026 at the Orchid Gardens. The initiative involved keeping a designated box where students could anonymously vent, express their thoughts and feelings, and get things off their chest. The activity was conceptualised in the spirit of suicide prevention, with the broader aim of encouraging emotional expression and creating an accessible avenue for students to release concerns that they may otherwise keep to themselves.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/AIR8231.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/WhatsApp-Image-2026-09-25-at-18.35.56.pdf
List of participants With signatures	NA
Certificate	NA

