



ST.XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	Understanding Mental Health: Common Concerns and Accessing Support
Date/Duration	4th August 2026 Session 1: 9:45 AM; Session 2: 11:00 AM
Venue	Session 1: Seminar Hall; Session 2: Classroom 207
Name of organizing Department/Cell	The Department of Psychology & St. Xavier's College Wellness Centre State Tele-MANAS Cell, Goa
In collaboration with	
Name/s of Faculty Coordinator	Dr. Eulalia Fernandes
Stratum of Event	College level
Name & details of Resource Person/s If any	Ms. Meghna M. Jadhav, Clinical Psychologist
Report	The Department of Psychology and St. Xavier's College Wellness Centre, in association with the State Tele-MANAS Cell, Goa, organised an interactive session titled "Understanding Mental Health: Common Concerns and Accessing Support" on 4th August 2026. The session was conducted to promote awareness and understanding of mental health concerns among students and to familiarise them with avenues for seeking appropriate support. The session was facilitated by Ms. Meghna M. Jadhav, Clinical Psychologist. Two sessions were conducted on the same day. The first session was held at 9:45 a.m. in the Seminar Hall, with 99 students in attendance. The second session was conducted at 11:00 a.m. in Classroom 207, with 43 students attending. The interactive nature of the sessions provided students with an opportunity to engage with the topic of mental health and gain awareness regarding common concerns and available avenues for

	accessing support. The programme was conducted as part of the institution's efforts to promote mental health awareness and strengthen students' access to mental health support services. A total of 142 students attended the two sessions. The programme was organised with the support of the St. Xavier's College Wellness Centre and the State Tele-MANAS Cell, Goa.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/Poster-of-Understanding-Mental-Health-Common-Concerns-and-Accessing-Support.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/Image-of-Understanding-Mental-Health-Common-Concerns-and-Accessing-Support.pdf
List of participants With signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/Attendance-of-Understanding-Mental-Health-Common-Concerns-and-Accessing-Support.pdf
Certificate	NA