



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	Leave it on the Line
Date/Duration	7th–10th October 2026
Venue	Orchid Garden
Name of organizing Department/Cell	St. Xavier's College Centre for Wellness
In collaboration with	NA
Name/s of Faculty Coordinator	Ms. Gema Athaide & Ms. Beverly Monteiro
Stratum of Event	College level
Name & details of Resource Person/s If any	NA
Report	As part of the observance of World Mental Health Day 2026, St. Xavier's College Centre for Wellness organised a mental health initiative titled "Leave it on the Line" from 7th to 10th October 2026. The initiative invited members of the college community to share a little kindness, wisdom or encouragement through brief recorded messages for whoever might need them. A telephone handset was set up at the Orchid Garden, allowing students and staff to pick up the receiver and leave a one-sided voice message. The activity offered a simple, accessible way for members of the college community to express supportive thoughts, share advice, or offer words of reassurance to an unknown listener. Students and staff participated by leaving messages, contributing their own voices and perspectives to the initiative. The initiative was intended to encourage kindness, connection and emotional support within the campus community. By creating an opportunity to leave a message without the pressure of a face-to-face conversation, "Leave it on the Line" aimed to remind participants that even a small message can offer comfort, perspective or encouragement to someone who may need it. Through this activity, the Centre for Wellness sought to foster a more caring and supportive campus environment and to promote the value of reaching out through simple acts of kindness as part of the observance of World Mental Health Day 2026.

Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/Leave-it-on-the-line.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/IMG_9232.pdf
List of participants With signatures	NA
Certificate	NA