



Goa University

School of International and Area Studies

AISHE Cell, Directorate of Internal Quality Assurance

Report on the Interactive Session on Mental Health Day

1. Title of the Event/Activity/Program	Interactive Session on Mental health Day
2. Date and Time	13 th October 2025 at 10:30 to 11:30 Am
3. Mode of conduct (Physical/Online)	Online
4. School/ Directorate/ Section	School of International and Area Studies
5. Collaborating Agency/School/Directorate	Directorate of Digital Learning and Initiative (DDLI)
6. Detail of the Resource Person (Brief biodata)	Mr. Cipriano Fernandes (Counsellor)
7. Number of Faculty attended/participated	01
8. Number of Student attended / participated	11
9. The objectives of the Program/activity/event	To create awareness of mental health issues among students at Goa University.
10. Description of the Program/activity/event	The School of International and Area Studies, in collaboration with the Directorate of Digital Learning and Initiatives (DDLI), organised an interactive session on Mental Health Day.
11. Benefit/Key outcomes of the Program/activity/event	Students comprehended the significance of Mental Health Day
13. Enclosures with report	Attendance and pictures.

Signature:

Name of coordinator

Narmerkal
Narmerkal v. n
Narmerkal

Signature

Dean/Director/Head



Designation: Asst. Dy.

Seal of the School/Directorate/University

Date: 1st Dec 2025

Sr. No.	Name	Programme / Institution	Email & Mob no	Signature
1.	Praachi Kerkar	SIAS, GOA UNIVERSITY	prachikerkar25@gmail.com	[Signature]
2.	PAHEJA SIRIRIKA	SIAS, GOA UNIVERSITY	psiririka@gmail.com	[Signature]
3.	JENITON D'SILVA	SIAS, GOA UNI	dasilvajeniton@gmail.com	[Signature]
4.	Megan Alphonso	SIAS	megroycs3@gmail.com 9112913635	[Signature]
5.	Michelle Colaco	SIAS, Goa Uni	michellecolacof@gmail.com	[Signature]
6.	Pavinta Tamankar	SIAS, Goa Uni	aryuntamankar102@gmail.com	[Signature]
7.	TANISHA KUNDAIKAR	SIAS, GOA UNIVERSITY	kundalaikartanisha@gmail.com	[Signature]
8.	Roshni Gadekar	SIAS, Goa Uni	roshnigadekar@gmail.com	[Signature]
9.	Heena Velip	SIAS, Goa University	heeravelipk611@gmail.com	[Signature]
10.	Bhanit Garg	SIAS, GOA UNIVERSITY	bhanit21409@gmail.com	[Signature]
11.	Adithyaa A.S	SIAS, Goa University	adithyaas@gmail.com	[Signature]
12.	Dr. Mukund V. N	A&T-Rg., GU	Mukundnametkar@vijva.ac.in	[Signature]









