



Goa University

Directorate of Student's Welfare & Cultural Affairs

Report on an interactive session on Mental Health Day

1. Title of the Event/Activity/Program	World Mental Health Day Talk: "Access to Services - Mental Health in Catastrophes and Emergencies."
2. Date and Time	13th October 2025 at 10:30 a.m. – 11:30 a.m.
3. Mode of conduct (Physical/Online)	Online (Google Meet)
4. School/ Directorate/ Section	Directorate of Student's Welfare & Cultural Affairs
5. Collaborating Agency/School/Directorate	Directorate of Digital Learning and Initiatives
6. Detail of the Resource Person (Brief biodata)	Mr Cipriano Fernandes, Counsellor, Goa University.
7. Number of students attended/participated	300 ⁺ students attended the Online Session
8. The objectives of the Program/activity/event	To understand key concepts such as the meaning and importance of counselling, confidentiality, recognising mental health concerns like depression, anxiety, bipolar disorder, and body dysmorphic disorder, and understanding the impact of stress, substance use, and suicidal thoughts.
9. Description of the Program/activity/event	Interactive discussion with the students to make them aware of Psychological and Mental well-being and to break the stigma associated with Counselling.

10. Benefit/Key outcomes of the Program/activity/event	The interactive talk highlighted the importance of mental health awareness, the need for timely access to psychological services, and the role of counselling in managing stress and emotional well-being. The session witnessed active participation from teachers as well as students, who engaged with the counsellor through questions and discussions on mental health challenges faced in academic life. The program concluded with an encouraging message on the importance of seeking help and promoting a supportive and stigma-free university environment.
11. Enclosures with report	Geo-tag photos


 Dr. Anthony Viegas,
 Director, Directorate of Students
 Welfare and Cultural Affairs

Director
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