Goa University

Report on Training Session/Sensitization Program on Mental Health, Psychological First Aid and Referral Mechanism for Teaching & Non-Teaching Staff of Goa University.

1. Title of the Event/Activity/program	Training Session/Sensitization Program on Mental Health, Psychological First Aid and Referral Mechanism for Teaching & Non-Teaching Staff of Goa University.
2. Date	28th October 2026
3. Mode of conduct (Physical/Online)	Physical
4. School/Directorate/Section/ Organised by	Public Relations Office, Goa University.
5. Collaborating Agency/School/Directorates	In collaboration with Nodal Officer (Medical Officer) & Goa University.
6. Details of Resource Person	**Dr. Vithoba N. Mhalkar** is an Associate Professor at the Department of Psychiatric Nursing, Institute of Psychiatry & Human Behaviour (IPHB), Goa. He is a distinguished clinician, educator, and a Group A Gazetted Officer with over two decades of combined experience in clinical practice at Goa Medical College and academic teaching for nursing and allied health professionals. Dr. Mhalkar holds a Ph.D. from Bharati Vidyapeeth, Pune, and an M.Phil. in Psychiatric Nursing from MAHE, Manipal, which he completed with distinction. His academic qualifications also include specialization in health administration and hospital management. A certified Emotional Intelligence and POSH Trainer, Dr. Mhalkar has been actively engaged in capacity building and professional training for more than 12 years. As a Master Trainer with the Goa Institute of Public Administration and Rural Development (GIPARD), he has conducted over 400 training sessions and sensitized more than 20,000 participants across India. He is the developer of **EMOVAC®**, a trademark-registered "Emotional Vaccination" programme, and co-founder of **Yellow Spectrum Solutions**, an initiative dedicated to promoting mental

	well-being among students, parents, and teachers. In recognition of his contributions to mental health education and innovation, Dr. Mhalkar received the **ASKMi Innovation Award** and the **India Prime Quality Education Award** in 2021.
7. The objectives of the Program/ activity/event	The Sensitization Programme on Mental Health was organized with the following objectives: • To create awareness about mental health and emotional well-being. • To sensitize participants on Psychological First Aid, identification of warning signs, and appropriate referral mechanisms. • To promote emotional intelligence, self-awareness, and effective communication. • To equip participants with practical strategies for stress management and emotional regulation. • To encourage the development of a supportive and mentally healthy institutional environment.
8. Details of the program	The Training Session/Sensitization Programme was conducted in the Conference Hall, Administrative Building, Goa University. The session was held on 28th October 2026 and was attended by the Teaching Faculty and Non-Teaching staff of the University. The programme commenced with an overview of the concept of mental health and its significance in achieving personal well-being and institutional productivity. Dr. Mhalkar highlighted the prevailing mental health scenario in Goa, including suicide statistics, emphasizing the need for awareness, early identification, and timely intervention. The sessions covered the causes and impact of stress, common workplace and personal stressors, and the relationship between emotions and mental health. Participants were introduced to the concepts of emotional intelligence, emotional climate, and the importance of recognizing and managing emotions effectively. Dr. Mhalkar discussed practical strategies for emotional well-being, including self-awareness, open communication, self-introspection, emotional regulation, and techniques to prevent emotional hijacking. He encouraged participants to adopt healthy coping mechanisms such as mindfulness, self-reflection, effective communication, and constructive problem-solving. The resource person also highlighted the proactive mental health services provided by the Institute of Psychiatry and Human Behaviour (IPHB), including outpatient services, Child Guidance Clinics, emergency psychiatric care, and the District Mental Health Programme. The importance of mentoring programmes in educational institutions was also emphasized as an effective means of providing

	psychosocial support and promoting students' well-being. The following points were focused on: • Mental health is an essential component of overall well-being and institutional productivity. • Early identification of warning signs and timely referral can prevent mental health crises. • Emotional intelligence enhances self-awareness, decision-making, communication, and interpersonal relationships. • Stress can be effectively managed through self-awareness, emotional regulation, mindfulness, and healthy communication. • Mentoring and supportive institutional practices play a vital role in fostering a positive emotional climate. • Building emotionally healthy campuses requires collective responsibility and proactive engagement from all stakeholders.
9. Benefits/Key Outcome of program/Activity/Event	The programmes significantly enhanced participants' understanding of mental health, emotional intelligence, and stress management. It equipped them with practical skills to recognize emotional distress, respond appropriately through psychological first aid and referral mechanisms, and cultivate healthy interpersonal relationships. The interactive sessions encouraged active participation and reinforced the importance of creating a safe, supportive, and emotionally healthy educational environment. The Sensitization Programme on Mental Health successfully achieved its objectives by increasing awareness about mental health and promoting emotional resilience among participants. Through informative discussions, practical strategies, and interactive activities, the programme emphasized the importance of self-awareness, effective communication, emotional regulation, and mentoring in building mentally healthy campuses. The sessions concluded with a call for participants to remain mindful, support one another, and actively contribute towards fostering a culture of empathy, resilience, and psychological well-being within their institutions.
10. Number of attended/participated	71
11. Enclosures with report	Photographs, Attendance Sheet

03/11/26.

Nodal Officer,
National Task Force,
Goa University.

GOA UNIVERSITY TALEIGAO PLATEAU GOA

03/11/2026

Assistant Registrar,
Public Relations Office
Goa University.

Sensitisation Programme on Mental Health, Psychological First Aid, and Referral Mechanism for teaching and non-teaching staff

Date: 28th October, 2026 | **Venue: Conference Hall, Administrative Building Goa University** | **Time: 2.30 p.m. to 5.30 p.m**

Sr. No.	Name	Discipline/Section	Signature
1.	Deepesh Naik	Exam Prof. (T&A)	Naik
2.	Sushant Haldankar	Exam Prof (T&A)	
3.	Rosario Raies	Exam Prof (T&A)	RRais
4.	Mohit Kerkar	Directorates	
5.	Nitesh Joshi	SCS Chemistry	
6.	Vijay S. Maulingkar	Academic Section (College)	
7.	Mayur V. Rawool	Academic Section (College)	
8.	Jatin D. Tari	Finance	
9.	Vishal Sawant	Finance	
10.	Vinayak Mhavalankar	Finance	
11.	Swapnil Sinari	Academic	
12.	Mandar Laiyekar	Academic	
13.	Nikhil Mandrekar	Academic	
14.	Ravish C. Desai	Admin (NT)	
15.	Pritesh Cuncolienkar	Admin (NT)	
16.	Sankesh Naik	Admin (T)	

17.	Rohan Ramdas Gaonkar	SCS	Rgaonkar.
18.	Sarvesh Shirgaonkar	Admin (NT)	
19.	Vasant R. Maraths	AR-PG	
20.	Kishor Wagmare	GBS	
21.	Rutesh Nenadkar	GBS	
22.	Vaibhav Pednekar	AR - T	
23.	Gaurav Lotlekar	S.C.S.	
24.	Harish Mangaonkar	SCS	Harish
25.	Saish Salkar	Admin -Teaching	
26.	Kishan Phadte	DDL-1	K.Phadte
27.	Chetan Vaingankar	Directorates	
28.	Kartik Masdekar	General	
29.	Rohit. M. Ghosarwadkar	G.B.S	
30.	Resha Bandekar	Academic Admissions	
31.	Shanta Bagavaval	Academic Admissions	
32.	Saili Pawar	Admin (Teaching)	
33.	Mrs Asha Suthike	G. B. S.	
34.	Mrs. Tasna S. Naik	Adm (T)	
35.	Mrs Rajani R. Naik	Adm (T)	
36.	Mrs. Mangal R. Palkar	Adm (T)	
37.	Kanchan Pavanjape	W. Hostel	

38.	Suhana Naik	W. Hostel	
39.	Aditi Chodankar	Acad - PG	
40.	Pallavi Y. Pednekar	Acad (Lolg)	
41.	Pushpa Andede	SEOAS	
42.	Utkarsha Anondekar	SEOAS	
43.	Gayatri Bhandari	SEOAS	
44.	Gauri Mapari	Directorate	
45.	Mamant (maya)		
46.	Vikita H. Khandolkar	Acad. (General)	
47.	Anisha T. Naik	Exam (UG)	
48.	Sejal. S. Parrikar	Exam (UG)	
49.	Utkarsha U. Gaonkar	Acad (PG)	
50.	Ruka K. Bhargalkar	Finance Rivins	
51.	Reshma Galkar	Finance	
52.	Manita Nasvekar	Finance II	
53.	Sanjana S. Kavlekar	Finance - I	
54.	Kavita Sawant	Computer cell	
55.	Kanviksha Manjekar	Examination II	
56.	Meeta Sawant	EXAM - PG	
57.	Pranita Tasi	Admin - NT	
58.	Sonam Gaonkar	Acad - PG	

59.	Sailee. Tejan. Narvekar	SCS	
60.	Sulaksha. S. Velingkar	Exam- Prof (T&A)	
61.	Ana A. M. Araujo	Exam-confidential	
62.	Albino R Thomson	IMBA - GBS	
63.	Dr. Amarel Nuvly	Medical officer	
64.	Chandru A. Gaonkeje	Public Relations	
65.	Kirti G. Kankonkar	Admn C	
66.	Kunda E. Nanvekar	Admission legal.	
67.	Bindiya Gadkar	Adm (T)	
68.	Siddhesh S. Revankar	DTT	28/10/2016
69.	Vinay Kankonkar	DTT	
70.	Sanya Kukar	AR	
71.	Pouras Shet Verekar	PR	
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Views on Emotions
OLD PARADIGM
Emotions get in the way.
Emotions make you less effective.
Emotions have to be suppressed, rejecte
Emotions make you weak.
Emotions interfere with your decision ma