

**ZANTYE BROTHERS EDUCATIONAL FOUNDATION'S
NARAYAN ZANTYE COLLEGE OF COMMERCE
BICHOLIM-GOA.**

**Mental Health and Monitoring Committee
Activity Plan (Odd & Even Semester)**

Academic Year 2026-2027

Semester	Activity	Objective
Odd Semester	Mental Health Awareness and Counselling Orientation Programme	To facilitate a smooth transition into college life and familiarize students with available support services.
Odd Semester	"If I Were the Principal" – Student Voice Initiative	To encourage student participation in institutional development through constructive suggestions and leadership.
Odd Semester	Mental Health Training for Teaching and Non-Teaching Faculty	To equip faculty and staff with skills to identify and respond to student mental health concerns.
Odd Semester	Bookmark Making Competition on World Mental Health Day – "Color Your Mind with Positivity"	To promote awareness of positive mental health through creativity and self-expression.
Even Semester	Yoga and Meditation Session for Mental Well-being	To promote stress management, relaxation, and holistic well-being among students.
Even Semester	Suicide Prevention and Emotional First Aid: Building a Supportive Campus Community	To create awareness about suicide prevention and empower participants with basic emotional first-aid skills.