

GOA UNIVERSITY

Manohar Parrikar School of Law, Governance and Public Policy

Public Administration Programme


Report on Invited Lecture Series: Publico I

Calmness in Chaos: Balancing Mental Health and Student Life

1. Title of the Event/Activity/program	Invited Lecture Series – Publico I On the theme <i>Calmness in Chaos: Balancing Mental Health and Student Life</i>
2. Date and Time	9 October 2024 11.30 am to 1.30 pm
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	Manohar Parrikar School of Law, Governance and Public Policy
5. Collaborating Agency/School/Directorate	-
6. Detail of the Resource Person (Brief biodata)	With over a decade of experience in educational counseling, the Resource Person for the session, Ms. Irene George has dedicated her career to supporting students' academic and emotional well-being at Fr. Agnel College of Arts and Commerce in Pilar since 2012. Prior to this, she spent seven years at Children's Rights in Goa, an NGO focused on assisting child abuse victims, where she provided compassionate counseling, facilitated legal processes, and conducted awareness sessions to prevent abuse. Additionally, she served as a counselor at

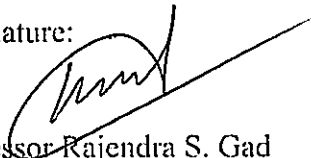
	Regina Mundi High School, further enhancing her impact on young lives. She is a certified member of the Counselor Council of India in Delhi, underscoring her commitment to professional excellence in the field
7. Number of Faculty attended/participated	07
8. Number of Student attended / participated	30
9. No. of external students/faculty/other participants	-
10. The objectives of the Program/activity/event	<ol style="list-style-type: none"> 1. To enable students to comprehend the balance between mental health and academic life 2. To sensitize students on mental health issues that can have a tremendous impact on their academic performance and overall well-being 3. To encourage students to seek help to tackle mental health related issues at the root itself 4. To provide a platform for students to clear their doubts on mental health issues
11. Description of the Program/activity/event	<p>The first Session on the Invited Lecture Series titled 'Publico I' was held on 9th October 2024 from 11.30 am to 1.30 pm at Block G, MPSLGPP, Goa University. The first session was conducted on the theme 'Calmness in Chaos: Balancing Mental Health and Student Life' by Resource Person Ms. Irene George, Counselling Psychologist at Fr. Agnel College of Arts and Commerce, Pilar-Goa. The session was interactive and deliberative in nature. Three tasks were assigned to the participants which revolved around pictorial representation, group discussion and self-introspection. The session provided gainful insights into the causal factors of stress, the effects of stress and the various ways in which stress can be combated in daily life -personal and academic. The Question-and-Answer Session towards the end enabled participants to get their doubts cleared with regard to</p>

	mental health issues. The session witnessed the active participation of students and faculty as well. It symbolized a poignant reminder to break the taboo surrounding mental health issues.
12. Benefit/Key outcomes of the Program/activity/event	<ol style="list-style-type: none"> 1. The session enabled the participants to understand the significance of a healthy balance between mental health and academic life 2. Participants were able to comprehend the inevitability of stress in daily life 3. The session provided insights into various stress-combating techniques 4. The session gave an opportunity to participants to acknowledge the value of self-worth and self-awareness 5. The session gave opportunity to participants to devise their own 'Calmness Toolkit' to overcome stressful situations in everyday life 6. It encouraged participants to seek professional-therapeutic guidance in case of unmanageable symptoms.
13. Enclosures with report	Flyer, Photos, Report, Attendance

Signature: 
Name of Coordinator:
Dr. Sara Mahima George
Assistant Professor, MPSI.GPP



Seal of the School

Signature: 
Professor Rajendra S. Gad
Dean, MPSI.GPP

First Session organised under Invited Lecture Series Titled

Publico-I

On the theme

Calmness in Chaos: Balancing Mental Health and Student Life

by

Public Administration Programme,

Manohar Parrikar School of Law, Governance and Public Policy, Goa University

Public Administration Programme of Manohar Parrikar School of Law, Governance and Public Policy (MPSLGPP), Goa University organized the first session of the Invited Lecture Series 'Publico I' on 9th October 2024 from 11.30 am to 1.30 pm at Block G, MPSLGPP, Goa University. The first session of the invited lecture series titled '*Calmness in Chaos: Balancing Mental Health and Student Life*' was delivered by Ms. Irene George, Counselling Psychologist. As a welcome gesture of MPS, a potted plant was presented to the Resource Person by Assistant Professor Mr. Siddhesh Kalekar. Public Administration Programme Director, Dr. Alaknanda Shringare in her welcome remarks highlighted the significance of the session as it being organized on the eve of World Mental Health Day. She emphasized that mental health plays a pivotal role in our overall well-being and thus we need to prioritize the same. The Resource Person for the session, Ms. Irene George highlighted that each individual is unique and thus the way each individual responds to stress is different. Stress is an inevitable part of life and whether we sink in it or rise above it depends on how we respond to it. Stress has repercussions such as fatigue, muscle tension, heart-related problems, difficulty in concentration, memory retention problems and so on. Stress impacts our mood leading to irritability, mood swings, loss of motivation, social withdrawal, changes in appetite, substance abuse, alcohol addiction etc. She encouraged participants to prioritize one's relationship with one's own self, as it is essential to keep moving forward rather than being stagnant. She advised the participants to devise their own 'Calmness Toolkit' which would help them to battle stress and stay calm in day-to-day stressful situations. The session included a series of activities including pictorial representation, group discussion and self-introspection which witnessed the active participation by students and faculty. Towards the end of the session, students raised various queries related to Mental Health which were addressed by the Resource Person. Assistant Professor, Ms. Sanskruti Ayir proposed the Vote of Thanks. The lecture was coordinated by Dr. Sara Mahima George, Assistant Professor, MPSLGP







GOA UNIVERSITY
MANOHAR PARRIKAR SCHOOL OF LAW, GOVERNANCE AND PUBLIC POLICY

Programme Name:- MA Public Administration








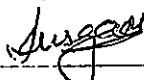


Invited Lecture Series: PUBLICO 1

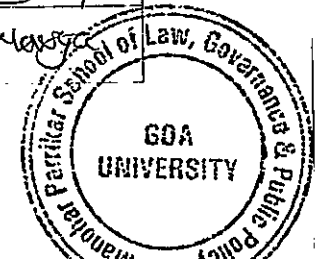
Resource Person: Ms. Irene George, Counselling Psychologist

Title: Calmness in Chaos, Balancing Mental Health & Student Life

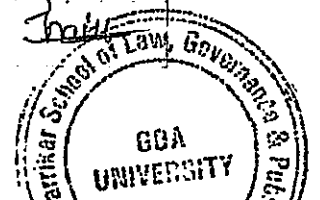
Date: - 09/10/2024

Time: - 11.30am to 1.30pm

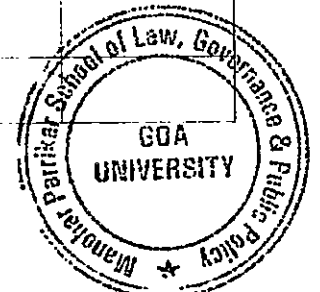
Sr. No	Name of the Participants	Gender	Contact No.	Email id	Name of the Affiliated Institution/School/Organization	Signature
01	Shrisha Pilgoonkar	F	749925066	shrishap2003@gmail.com	MPS	
02	Dr. Sunil Francis	M	8668228744	Sunil.francis@unigoa.ac.in	DDKSSSBS	
03	Poanali Naik	F	9307718730	naik3429@gmail.com	MPS	
04	Ritu Naik	F	9552861204	ritunaik434@gmail.com	MPS	
5	Neha Shet	F	7038846594	shetneha2404@gmail.com	MPS	
6	Maria D'silva	F	9373576563	mariaidsilva.2905@gmail.com	MPS	
7	Sanjana Pednekar	F	9763274674	sanjana.pednekar.42@gmail.com	MPS	
8	Siddhesh N. Usagaonkar	M	8208203300	usagaonkarisiddhesh2032@gmail.com	MPS	
9	Nilay Mas Kar	M	9545833209	maskarnilay3209@gmail.com	MPS	
10	Eklavya Borkar	M	9307481894	Eklavya.Borkar150@gmail.com	MPS	



Sr. No	Name of the Participants	Gender	Contact No.	Email id	Name of the Affiliated Institution/ School/Organization	Signature
11.	FEBERLY FERNANDES	F	9370594676	feberlyfernandes@gmail.com	MPS LAW	
12.	SANSKRUTI KARE	F	8080580878	sanskritikare@gmail.com	MPS LAW	
13	Saloni Gaonkar	F	8830894827	salonisattaxkar05@gmail.com	MPS Pub Ad.	
14	Siddhi Bhandari	F	7507412538	bhandarisiddhi5@gmail.com	MPS Pub Ad.	
15	Vibha Shetge	F	9373687223	vibhadshetge609@gmail.com	MPS Pub Ad.	
16	Pravara Kambli	F	9607812243	kamblipravara25@gmail.com	LLMI MPS	
17	Nikhil D Naugre	M	91 —	—	LLM-PART I	
18	Shubham Lokare	M	7887888874	—	LLM Part I	
19	Dr Vijay Gevas	M	9075781457	gcevas@unigoa.ac.in	Faculty	
20.	Dr SARA MAHIMA GEORGE	F	8007418901	sara.george@unigoa.ac.in	Faculty, MPS	
21	Mr. Siddhesh V. Kalekar	M	9370706680	siddhesh.kalekar@unigoa.ac.in	Faculty	
22	Mohit Kakodkar	M	9130533779	kakodkar-mohit7@gmail.com	MPS PUBAD	
23	Divyabharati Naidu	F	9370554806	divyagesph114@gmail.com	LLM Part I	
24	Swati Dhatkar	F	9022850447	dhatkarswati@gmail.com	MPS Pub. Ad.	
25	Praachi Kalkarni	F	9823322606	jainpraachi1245@gmail.com	MPS Pub. Ad.	
26	Manasi Bhandokar	F	9404724375	manasi.bhandokar18@gmail.com	MPS Pub. Adm	
27	Jay Naik	M	9022985240	naikjay270@gmail.com	MPS Pub. Ad	



Sr. No	Name of the Participants	Gender	Contact No.	Email id	Name of the Affiliated Institution/ School/Organization	Signature
28	Mitali Gad	F	9168284221	mitalgad2@gmail.com	MPS Public Ad.	
29	Atish Choudhary	M	9284657928	atishchoudhary19@gmail.com	MPS - Public Ad	
30	Anukta Sawant	F	7972668165	anuktasawant090905@	MPS. Public Ad.	
31	Sairaj Naik Gurav	M	9322738287	Sairajnaikgurav@gmail.com	MPS - Public Ad.	
32	Reena Vithal Rane	F	7578616096	reenerane0678@gmail.com	MPS - Public Ad.	
33	Vrath Naik	M	244802574	vrathnaik27@gmail.com	MPS. Pub. Ad	
34	Clancia Travaso	F	8767640527	clanciaTravaso@gmail.com	MPS - Pub. Ad	
35	Steffi Quintal	F	776898478	steffi@unigoa.ac.in	MPS LGPP	
36	Sansruti Ayir	F	8698950026	sansruti.ayir@unigoa.ac.in	MPS LGPP	
37	Alakanda Shringare	F	9923134346	ashringare@unigoa.ac.in	MPS LGPP	



INVITED LECTURE
SERIES: PUBLIC I

CALMNESS IN CHAOS



GOA UNIVERSITY
गोंय विद्यापीठ

BALANCING MENTAL HEALTH & STUDENT LIFE



Ms. Irene George
Counselling Psychologist
RESOURCE PERSON

organised by

**Public Administration Programme
Manohar Parrikar School of Law,
Governance and Public Policy**

● **Professor. Rajendra.S.Gad**
Dean
MPSLGPP

● **Dr. Alaknanda Shringare,**
Programme Director,
Public Administration

● **Dr. Sara Mahima George,**
Coordinator,
Assistant Professor, MPSLGPP



09 October 2024



11:30am-01:30 pm



**FFC 11, MPSLGPP
Block-G, Goa University**