World Mental Health Week

As part of the observance of **World Mental Health Week** at Goa University, several impactful events were organized by the **Social Work Programme** in collaboration with various departments.

1. Cooking Competition Event: "The Brain and Gut Health Cook-off"

Organizer: Social Work Programme
Collaborators: Directorate of Internal Quality Assurance (DIQA)

Judges, **Dr. Poonam Sadekar**, **Vandana Naik**, **Glenda Mascarnehas**, and **Franklinston Dias**, evaluating creative and nutritious dishes during "The Brain and Gut Health Cook-off Competition."

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2. Panel Discussion on "Brain & Gut Connection"

Organizer: Social Work Programme
Collaborators:

- Directorate of Internal Quality Assurance (DIQA)
- UGC Centre for the Study of Social Inclusion

The **Dean of D.D. Kosambi School of Social Sciences and Behavioral Studies** delivering the inaugural address at the **Panel Discussion on Brain & Gut Connection**, setting the stage for a thoughtful exploration of nutrition and mental health.

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3. InteractiveSession on "Workplace & Mental Health"

Organizer: Social Work Programme
Collaborators:

- Directorate of Internal Quality Assurance (DIQA)
- Centre for Study of Social Exclusion and Inclusive Policy

Mr. Vithoba Mhalkar, Assistant Professor, leading an insightful session on "Workplace & Mental Health," providing valuable strategies for managing stress and enhancing emotional well-being in professional environments.

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4. "Mental Health Champions" Event

Organizer: Social Work Programme
Collaborators:

- National Service Scheme (NSS)
- UGC Centre for the Study of Social Inclusion

Photo 1 – The **Hon'ble Vice Chancellor, Sr. Prof. Harilal B. Menon**, gracing the concluding ceremony of the observance of the World Mental Health Week at Goa University, emphasizing the significance of mental well-being in academia and professional life.