



Goa University

D.D. Kosambi School of Social Sciences and Behavioural Studies

Social Work Programme

Report on Mental Health Awareness Programme for Children

1. Title of the Event	Mental Health Awareness Programme for Children
2. Date and Time	11th December 2025 10:00 AM – 12:00 PM
3. Mode of Conduct	Physical
4. School / Directorate/ Section	D. D. Kosambi School of Social Sciences and Behavioural Studies (DDKSSSBS), Goa University
5. Collaborating Agency	Tele-MANAS Cell, Goa
6. Detail of the Resource Person (Brief biodata)	<p>Dr. Sneha Pokle (MBBS, MD Psychiatry) is a Senior Consultant Psychiatrist with State Tele-MANAS Goa. She has previously served as Senior Resident at the Institute of Psychiatry and Human Behaviour (IPHB) and has received specialized training in technology and mental health. She has presented international research in consultation-liaison psychiatry and conflict management.</p> <p>Ms. Meghna M. Jadhav is a Clinical Psychologist currently working at the Tele-MANAS Cell, South Goa District Hospital. She has prior experience working with the Aarogya Bharti Helpline during the</p>

	COVID-19 pandemic and served as a Clinical Psychologist and Therapist at a Pediatric Neuro-Rehabilitation Therapy Clinic in Panjim for two years. Her work focuses on child and adolescent mental health, counselling, and psychological intervention.
7. Number of Faculty attended/participated	2
8. Number of Students Attended / Participated	10
9. No. of external students/faculty/other participants	32
10. Objectives of the Event	<ul style="list-style-type: none"> • To create awareness among children about mental health and mental illness. • To help students understand emotions, feelings, and behavioural responses. • To reduce fear, myths, and stigma associated with mental health conditions. • To encourage children to openly discuss stress, anxiety, and emotional concerns. • To inform students about seeking help from trusted adults, counsellors, and support services.
11. Description of the Event	A one-day interactive session on mental health awareness was conducted for students of Standard VIII as part of Rural Camp 2025 outreach activities. The programme was designed to be age-appropriate, engaging, and accessible, ensuring that participants

could comfortably understand key concepts related to mental wellbeing.

Dr. Sneha Pokle introduced the concept of mental health by explaining that it reflects how individuals think, feel, and behave in daily life. She clarified that emotions such as sadness, fear, anger, or stress are natural experiences, but persistent emotional distress requires attention and support. Her session focused on building awareness while reassuring students that mental health challenges are manageable and treatable.

Ms. Meghna M. Jadhav discussed common psychological concerns affecting children and adolescents, including exam stress, peer pressure, anxiety, mood fluctuations, and anger-related issues. She used simple language, relatable examples, and real-life scenarios to help students better understand these issues. Both speakers explained the distinction between mental health and mental illness, emphasized the importance of communicating with trusted adults, and highlighted practical strategies for maintaining mental wellbeing such as adequate sleep, relaxation, and positive thinking.

The session encouraged student participation through questions and interaction, creating a safe space for dialogue. Information about State Tele-MANAS mental health support services was also shared, reinforcing that professional help is available and accessible when needed.

<p>12. Benefit/Key Outcomes of the Event</p>	<ol style="list-style-type: none"> 1) Students gained foundational knowledge about mental health and emotional wellbeing. 2) Reduced fear and stigma related to mental health issues among participants. 3) Increased awareness that seeking help is a positive and responsible action. 4) Improved understanding of emotional regulation and coping strategies. 5) Strengthened students' confidence in discussing mental health concerns.
<p>13. Enclosures with report</p>	<ul style="list-style-type: none"> ● Copy of the Event Poster ● Photos ● Attendance sheet



Mr. Keval Naik
Assistant Professor (Social Work)
Rural Camp Coordinator



Prof. Nagendra Rao
Dean
D. D. Kosambi School of Social
Sciences and Behavioural Studies



Seal of the School/Directorate/University

Date: 18th February 2026



SOCIAL WORK PROGRAMME
D. D. Kosambi School
of Social Sciences and Behavioural Studies
Goa University

RURAL CAMP 2025

From Classroom to Community:
Empowering Change Together

Mental Health & Wellbeing Workshop

An Exploration Into Mental Wellbeing, Help-Seeking Behaviours, and Community Support Systems

*Practical immersion in early-intervention methods,
counselling pathways, and community mental health
initiatives to broaden preventive care understanding.*



Dr. Sneha Pokle
Sr. Consultant Psychiatrist, Tele-MANAS



Ms. Meghna Jadhav
Clinical Psychologist, Tele-MANAS



Date:
December 11, 2025



Time:
10:00 AM- 12:00 PM



Venue:
Panchayat Hall, Marciam



Ms. Vidhita Naik
Faculty Incharge



Ms. Aishwarya Gad
Student Incharge

Prof. Nagendra Rao
Dean, DDKSSBS

Dr. Prachi Prabhu
PD, SWP

Mr. Keval Naik
Faculty Coordinator



Marcaim,Goa,India
Kundem Road, Ponda, Marcaim, Goa 403404, India
Lat 15.420045, Long 73.945320
12/11/2025 11:17 AM GMT+05:30
Note : Captured by GPS Map Camera



Marcaim,Goa,India
Kundem Road, Ponda, Marcaim, Goa 403404, India
Lat 15.420040, Long 73.945107
12/11/2025 11:41 AM GMT+05:30
Note : Captured by GPS Map Camera





Rural Camp 2025
Workshop on Mental Health by Tele Mana

Date :- 11/12/2025

Time :- 10 AM to 12 PM

- 1) Afsana Athikatti
- 2) Aishwarya Gad
- 3) Sakshi Revodkar
- 4) Shara Dias
- 5) Syden Fernandes
- 6) Manu Chari
- 7) Shamu Ganes
- 8) Sujit Shetkar
- 9) Diya Saneant
- 10) Vaidhi Zarekar

Afsana
Aishwarya
Sakshi
Dias
Fernandes

Manu
Shamu
Sujit
Diya
Vaidhi

- 11) Gandhara Gaude
- 12) Palash Gaude
- 13) Jason Silveira
- 14) Ansh Gaude
- 15) Siddhant Gautam
- 16) Niteek Naik
- 17) Satyam Kumar Matha
- 18) Aakarsh
- 19) Anyan
- 20) Anu
- 21) Varath
- 22) Samarth
- 23) Priyadarsh
- 24) Omkar
- 25) Deep
- 26) Reyansh
- 27) Aarav
- 28) Varad
- 29) Saihar
- 30) Richa
- 31) Manvi

Gaude

~~Palash~~

Jason

Ansh

Siddhant

Niteek

Satyam

Aakarsh

Anyan

Anu

Varath

Samarth

Priyadarsh

Omkar

Deep

Reyansh

Aarav

Varad

Saihar

Richa

Manvi

Gaude

Gaude

- | | |
|------------------------------|-------------------|
| 32) Anjali | Di |
| 33) Khushi Maalkaitane | Di |
| 34) Saanvi Gaude | Yogesh |
| 35) Pritisha Gaude | Yogesh |
| 36) Divesh Gaude | Di |
| 37) Sneha Gaude | Sude |
| 38) Neetik Gaude | Gaude |
| 39) Di Kevul Naik | LP |

Resource person

- | | |
|-----------------------------------|------------|
| ① Di - Sneha Pokle | Di |
| ② Megha Sadhan | Ms. Sadhan |
| ③ Yogesh Gaway | Yogesh |
| ④ Mrs. Niyati Ni Sawant (Teacher) | Shagat |
| ⑤ Vidhite Naik | |