



(ESTD.: June 1986)

Goa Vidyaprasarak Mandal's
Gopal Govind Poy Raiturcar College of Commerce and Economics

Accredited by NAAC at B++ Grade with CGPA of 2.99 (3rd cycle)

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Date: 26/09/2025

NOTICE

World Mental Health Day – Art Therapy Workshop

On the occasion of **World Mental Health Day**, the Counselling Cell of our college is organising a special “**Art Therapy Workshop**” for all the students of our college (B.Com., B.C.A. and M.Com.) on Friday, 10th October 2025 from 12:00 Noon to 1:00 pm in Library Reading Room.

Theme of the Workshop:

“Exploring Mindsets – Fixed or Growth”

Through guided art activities, students will :

- Discover whether their mindset is fixed or growth-oriented.
- Learn how art can be used as a tool for self-expression and stress relief.
- Understand the importance of cultivating a growth mindset for personal and academic success.

Students who are interested, are kindly requested to give their names to Ms. Saiksha Naik, College Counsellor on or before 7th October 2025 and make the best use of this opportunity to express, reflect, and grow.

Prof Teotone Vaz
Principal

Ms. Saiksha Naik
Counsellor

Sp/-

