



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Field Trip to Brahma Kumari Center in Porvorim
Date/Duration	8 th January 2025
Venue	Brahma Kumari Center in Porvorim
Name of organizing Department/Cell	Department of Psychology
In collaboration with	
Name/s of Faculty Coordinator	Elvira Pereira, Asst. Professor, Prof. Janet Fernandes, Department of Psychology
Stratum of Event	Department Level
Name & details of Resource Person/s If any	Mr. Kamat
Report	<p>On 8th January 2025, a group of students from the Department of Psychology visited the Brahma Kumari Center in Porvorim as part of their educational curriculum. The trip provided an enriching experience, focusing on meditation and spiritual well-being.</p> <p>The session was conducted by Mr. Kamat, a resource person renowned for his insights into spirituality and meditation. He began by introducing various meditation techniques aimed at fostering inner peace and mental clarity. The importance of detachment was a key focus of his talk. Mr. Kamat emphasized the need to avoid attaching undue significance to material possessions, titles, and even personal relationships, as all things are transient.</p> <p>He elaborated on the concept of life being a stage, where every individual plays a role. To underscore this idea, he quoted William Shakespeare's famous lines from <i>As You Like It</i>.</p> <p>"All the world's a stage, and all the men and women merely players; they have their exits and their entrances."</p>

	<p>Mr. Kamat encouraged the students to connect with the Supreme God, highlighting that this connection fosters inner strength and clarity of purpose. The session was both thought-provoking and inspiring, leaving the participants with valuable lessons on mindfulness and detachment.</p> <p>Three faculty members from the Department of Psychology accompanied the students on this trip: Prof. Janet, Ms. Anuradha, and Ms. Elvira. Their guidance and involvement added to the value of the experience.</p> <p>The session concluded at 12:00 pm, leaving the participants with a sense of calm and a deeper understanding of spiritual principles. The field trip was an enlightening experience and provided practical insights into leading a balanced and mindful life.</p>
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/photo-6.pdf
List of participants With signatures	NA
Certificate	NA