



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	MINDFULNESS ACTIVITY : Nature Meditation
Date/Duration	12th March 2025 8.30 to 9.30 am
Venue	ARK HALL
Name of organizing Department/Cell	Department of Psychology
In collaboration with	
Name/s of Faculty Coordinator	Fr. Dr Ramiro Luis
Stratum of Event	Environmental and Stress Management
Name & details of Resource Person/s If any	Fr. Dr. Ramiro Luis
Report	<p>On the early morning of 12th March 2025, the Ark Hall became a haven of calm and reflection as the Department of Psychology organized a Nature Meditation session. This mindfulness activity was led by the Assistant Professor of the Department of Psychology, Fr. Dr. Ramiro Luis, whose guidance set the perfect tone for the morning.</p> <p>The session began with soothing meditative music that created an atmosphere of serenity. Fr. Dr. Ramiro Luis then led the group of students through a series of breathing exercises, helping them focus on their breath and center their thoughts. As the students settled into a state of mindfulness, they became more aware of the present moment, embracing the stillness and calm around them.</p> <p>Throughout the session, Fr. Dr. Ramiro Luis introduced the students to various coping skills rooted in mindfulness practices. These</p>

	<p>included techniques to manage stress, enhance self-awareness, and cultivate a sense of inner peace. The students actively participated, finding the exercises both refreshing and transformative.</p> <p>The Nature Meditation session left a lasting impact, reminding everyone of the power of being present and the importance of nurturing mental well-being. The thoughtful combination of meditative music, guided breathing, and practical coping strategies made this event a truly enriching experience.</p>
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/St.-Xaviers-College-Mapusa-Goa.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/WhatsApp-Image-2025-03-12-at-9.18.59-AM.pdf
List of participants With signatures	NA
Certificate	NA