



**ST. XAVIER'S COLLEGE, MAPUSA GOA**

**Report of Activity conducted in the Academic Year 2025-26**

<b>Name of Activity</b>	Business with a Heart 2.0 (Value Added Course)
<b>Date/Duration</b>	10 <sup>th</sup> February 2026, 9.00 am to 4.00 pm
<b>Venue</b>	Xavier Retreat House
<b>Name of organizing Department/Cell</b>	BBA Department and TIP Cell, St. Xavier's College, Mapusa, Goa
<b>In collaboration with</b>	Xavier Retreat House
<b>Name/s of Faculty Coordinator</b>	Vanessa Zita Furtado in collaboration with TIP Cell Convenor Ms. Ruella D'Souza as part of Converge 3.0
<b>Stratum of Event</b>	Department
<b>Name &amp; details of Resource Person /s If any</b>	Fr. Shannon Pereira (SJ) — Director, Xavier Retreat House, Baga (Goa Province Jesuits) Syona Fernandes (NLP Practitioner) Micha Fernandes & Elricia Mascarenhas, Training Coordinators, Xavier Retreat House
<b>Report</b>	<p>The Department of Business Studies organized a Value Added Course titled 'Business with Heart' at Xavier's Retreat House, Baga, Goa, from 9:00 AM to 4:00 PM.</p> <p>The day began with a calming relaxation overlooking the serene beach view, which created a peaceful and reflective atmosphere. The first session was conducted by Fr. Shannon, the session started with an activity and focused on philosophical foundations relevant to life and leadership. He referred to thinkers such as Socrates, Plato, Aristotle, Hannah Arendt, and Amartya Sen to explain the importance of self-</p>

	<p>examination, character, and responsible action. Socrates’ statement, “An unexamined life is not worth living,” emphasised reflection, while Plato’s idea that “power reveals character” highlighted ethical responsibility. Aristotle’s teaching about acting at the right time and in the right way connected emotions to meaningful decisions. The session encouraged us to understand that business and leadership must be rooted in values, awareness, and integrity.</p> <p>Before the second session began, Miss Syona requested us to keep our phones away, which significantly reduced distractions and helped us remain fully present. It was a refreshing experience to engage without constantly checking notifications, allowing us to focus deeply on the discussions. The second session then introduced the “Double-Edged Pyramid” model, consisting of purpose, identity, values, capabilities, behaviour, and environment. We were also told to design a business card. This framework helped us understand how internal principles influence external actions in business. The session was interactive and included group discussions that encouraged us to share perspectives and think critically. A collaborative drawing activity further strengthened teamwork and communication, making the learning process enjoyable and engaging. The lunch break, accompanied by a breathtaking hilltop view of the beach, added to the overall memorable experience.</p> <p>The post-lunch session focused on leadership principles and their practical application. We learned that effective leadership requires self-awareness, fairness, active contribution, and supporting team members without favouritism. Problem-solving through ingenuity and recognising genuine hard work were emphasised as essential qualities of a responsible leader. The seminar concluded with fun and engaging games that involved everyone and strengthened team spirit. Finally, we ended the day with a reflective exercise where we were encouraged to mentally replay our day like a movie and evaluate our thoughts and actions. Overall, the seminar was intellectually enriching, interactive, and inspiring.</p> <p>The session was attended by 30 FYBBA students and MS. Vanessa Furtado</p>
<b>Brochure/Poster</b>	NA
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/02/images-Business-with-a-Heart-2.0-Value-Added-Course-.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/02/images-Business-with-a-Heart-2.0-Value-Added-Course-.pdf</a>
<b>List of participants With signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/02/Attendance-Business-with-a-Heart-2.0-Value-Added-Course.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/02/Attendance-Business-with-a-Heart-2.0-Value-Added-Course.pdf</a>
<b>Certificate</b>	NA

