



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	MINDFULNESS - THE POWER OF GRATITUDE Session for students: Celebrating World Mental Health Day 2025
Date/ Duration	10th October 2025 1 hour: 8:30 am to 9:30 am
Venue	Classroom No. 207, St. Xavier's College, Mapusa - Goa
Name of organizing Department/Cell	Department of Psychology, St. Xavier's College, Mapusa - Goa
In collaboration with	St. Xavier's College Wellness Centre, Mapusa - Goa
Name/s of Faculty Co-ordinators	Ms. Eulalia Fernandes, Ms. Janet Fernandes, Ms. Beverly Monteiro
Stratum of Event	College
Name & details of Resource Person/s if any	Ms. Sandra DMello, College Counsellor
Report	<p>As part of World Mental Health Day 2025, the St. Xavier's College Wellness Centre organized a transformative student development session titled 'MINDFULNESS - THE POWER OF GRATITUDE' on October 10, 2025. Facilitated by Ms. Sandra D'Mello, the session aimed to empower college students with mindfulness and gratitude practices to enhance their mental well-being and emotional resilience.</p> <p>The engaging session began with an introduction to mindfulness, where students were encouraged to share their feelings without judgment, fostering a safe and supportive environment. Ms. D'Mello then guided the students through the 3 "What" skills of mindfulness - Observe, Describe, and Participate - using a thought-provoking video that provided valuable insights into mindfulness fundamentals.</p> <p>To help students experience the power of mindfulness, the concept of grounding was introduced. A grounding exercise was demonstrated, where students were given flower petals to smell, feel, and observe. This experiential activity enabled them to focus on the present moment, letting go of distractions. The session continued with a breathing awareness exercise, where students were guided to focus on their breath, inhaling and exhaling, and reflecting on the things they're grateful for and the people they appreciate.</p> <p>The highlight of the session was a gratitude activity where students wrote heartfelt appreciation notes to their peers, sharing their gratitude and positivity. What followed was a remarkable sharing session where students expressed their feelings, revealing a noticeable</p>

	<p>shift from initial stress and anxiety to happiness and love.</p> <p>The feedback was overwhelmingly positive, with students appreciating the interactive nature of the session and the opportunity to connect with their peers. Many expressed interest in attending future sessions, eager to further develop their mindfulness and gratitude practices. The session concluded on a hopeful note, emphasizing the importance of prioritizing mental well-being and emotional resilience in daily life.</p>
Brochure/Poster	- https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/bro-9.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/WhatsApp-Image-2025-12-18-at-18.54.11-1.pdf
List of participants with signatures	
Certificate	-