



## ST. XAVIER' SCOLLEGE, MAPUSA GOA

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

<b>Name of Activity</b>	Talk for Parents Teachers' Association
<b>Date/Duration</b>	17 <sup>th</sup> April 2026 , 9.00 am to 10.15 am
<b>Venue</b>	Chubby Cheeks Spring Valley High School, Pilerne
<b>Name of organizing Department/Cell</b>	The Centre for Community Engagement and Value Education of St. Xavier's College, Mapusa
<b>In collaboration with</b>	
<b>Name/s of Faculty Coordinator</b>	Fr. (Dr.) Ramiro Luis
<b>Stratum of Event</b>	Community Level
<b>Name &amp; details of Resource Person/s If any</b>	N/A
<b>Report</b>	<p style="text-align: center;"><b>Mental Health and Emotional Well-being</b></p> <p>On 17th April 2026 at 9:00 a.m., the Centre for Community Engagement and Value Education of St. Xavier's College, Mapusa, conducted a session on <b>"Mental Health and Emotional Well-being"</b> for the parents of students of Classes IX and X at Chubby Cheeks Spring Valley High School, Pilerne. The programme was organized under the guidance of Mrs. Selena M. D'Souza, Headmistress of Chubby Cheeks Spring Valley High School, Pilerne, who has consistently encouraged initiatives that promote the holistic development and well-being of students and their families. The programme was organized with the objective of equipping parents with a better understanding of the psychological and emotional needs of adolescents and their vital role in fostering a healthy environment for growth and development.</p>

	<p>The session was facilitated by <b>Fr. Dr. Ramiro Luis</b>, who provided valuable psychological insights into the developmental challenges faced by teenagers in today's rapidly changing world. He highlighted the importance of effective communication, emotional support, and parental presence in the lives of adolescents. Parents were encouraged to recognize signs of stress and emotional distress, while also learning practical ways to nurture self-confidence, resilience, and emotional stability in their children.</p> <p>Drawing from psychological principles and real-life situations, Fr. Ramiro emphasized the need for parents to create a supportive home atmosphere where children feel accepted, understood, and valued. He also addressed concerns related to academic pressure, social media influence, and the growing emotional demands experienced by young people. The session underscored the importance of attentive listening, healthy family relationships, and positive coping strategies in promoting the overall well-being of adolescents.</p> <p>The programme was well received by the parents, who appreciated the practical guidance and deeper understanding gained through the session. The interaction served as a meaningful opportunity for parents to reflect on their parenting approaches and strengthen their role as facilitators of their children's mental health and emotional well-being.</p>
<b>Brochure/Poster</b>	-----
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/WhatsApp-Image-2026-06-10-at-6.54.01-PM.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/WhatsApp-Image-2026-06-10-at-6.54.01-PM.pdf</a>
<b>List of participants With signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/atttt.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/atttt.pdf</a>
<b>Certificate</b>	N/A