



ST. XAVIER' SCOLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	Psycho Spiritual Talk for Youth
Date/Duration	15th March 2026 10:30 a.m to 11.30 am
Venue	Community Centre Taleigao
Name of organizing Department/Cell	The Centre for Community Engagement and Value Education of St. Xavier's College, Mapusa
In collaboration with	
Name/s of Faculty Coordinator	Fr. (Dr.) Ramiro Luis
Stratum of Event	Community Level
Name & details of Resource Person/s If any	N/A
Report	<p align="center">Psycho-Spiritual Youth Programme on the theme, "Take Courage"</p> <p>On 15th March 2026 at 10:30 a.m., the Centre for Community Engagement and Value Education of St. Xavier's College, Mapusa, conducted a psycho-spiritual programme at the Taleigao Community Centre, Goa, at the invitation of the Diocesan Youth Centre. The programme, themed "Take Courage," brought together nearly 1,200 young people from different parts of Goa, creating a vibrant atmosphere of faith, reflection, and personal growth.</p> <p>The programme commenced with an introductory address by Fr. Blaise Lobo, Director of the Diocesan Youth Centre, who welcomed the participants and explained the purpose of the gathering. He highlighted the need for young people to discover courage and hope in the midst of the challenges, uncertainties, and pressures of modern life. The theme served as an invitation to the youth to draw strength from their faith and to face life's difficulties with confidence and resilience.</p> <p>The main session was conducted by Fr. Dr. Ramiro Luis, who delivered a thought-provoking psycho-spiritual talk that integrated psychological insights</p>

	<p>with spiritual wisdom. Through engaging reflections and practical examples, he encouraged the youth to recognize that moments of darkness, failure, disappointment, and struggle are an inevitable part of life. He emphasized that true courage is not the absence of fear, but the willingness to move forward despite fear and uncertainty. The participants were urged to cultivate emotional strength, seek support when needed, remain connected to God through prayer, and discover meaning even in difficult circumstances.</p> <p>The session received an enthusiastic response from the participants, who listened attentively and actively engaged with the message. The programme successfully inspired the youth to embrace life with renewed hope, confidence, and faith, empowering them to face their challenges courageously and to become beacons of positivity within their families, communities, and society.</p>
Brochure/Poster	-----
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/06/WhatsApp-Image-2026-06-10-at-1.32.54-PM.pdf
List of participants With signatures	
Certificate	N/A