



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	Little Notes of Hope
Date/Duration	10th September 2026
Venue	Across the College Campus
Name of organizing Department/Cell	St. Xavier's College Centre for Wellness
In collaboration with	
Name/s of Faculty Coordinator	Ms. Gema Athaide & Ms. Beverly Monteiro
Stratum of Event	College level
Name & details of Resource Person/s If any	NA
Report	As part of the observance of World Suicide Prevention Day 2026, the College Counsellors of St. Xavier's College, Mapusa, organised an initiative titled "Little Notes of Hope" on 10th September 2026. The initiative was designed to carry messages of hope, kindness and encouragement across the campus and provide students with small, accessible reminders of support and reassurance. Five boxes containing the notes were placed at different locations across the campus: the PG Block, Library & Arts Block, Commerce Block, the Orchid Garden and the College Office. Students and members of the college community were invited to pick a note for themselves or pass one on to someone who might need a little encouragement or a "pick me up". The initiative comprised 31 unique messages of hope and encouragement. The notes included: "Life can be tough.. But you are tougher!", "There's room for all of you here, even the messy parts.", "You deserve to see what happens next.", "You haven't met all the people who will love you yet.", "You have made it through every difficult day so far.", "One day, this will be a memory.", "Stay. There is more to come.", "There is still time.", "Someone is looking up to you.", "I know it hurt, but you are stronger now.", "Keep going.", "I know it hurts but this too shall pass.", "You are more than this moment.", "You belong here.", "You don't have to have it all figured out.", "You are so much stronger than you think!", "You are not

	behind.”, “I am so glad that you’re here!”, “Things won’t always feel like this.”, “You can take a break without giving up.”, “Slow down. You don’t have to rush your life.”, “Keep a little room for hope.”, “Let tomorrow come.”, “One day it will all be worth it!”, “You can begin again.”, “Your presence in this world matters.”, “You are easier to love than you think.”, “You deserve good things.”, “Let the story unfold.”, “You are more than one difficult season.”, and “Take your time. You’re becoming.” Through these small, accessible messages, the initiative encouraged students to pause, reflect and offer kindness to themselves and others. The notes were intended to create moments of reassurance, belonging and hope within everyday campus spaces and to contribute to a more caring, connected and supportive college environment as part of World Suicide Prevention Day 2026. The initiative encouraged the sharing of positive and supportive messages within the college community and contributed to the institution’s efforts towards creating a more caring, connected and supportive campus environment as part of World Suicide Prevention Day 2026.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/Little-notes-of-hope.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/AIR8287.pdf
List of participants With signatures	NA
Certificate	NA