



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	Business With Heart 3.0 : Leading Self and Others (Value Added Course)
Date/Duration	17 th July 2026, 9.00 am to 4.00 pm
Venue	Xavier Retreat House
Name of organizing Department/Cell	BBA Department, St. Xavier's College, Mapusa, Goa
In collaboration with	Xavier Retreat House
Name/s of Faculty Coordinator	Vanessa Zita Furtado
Stratum of Event	Department- Off Campus Session
Name & details of Resource Person /s If any	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
Report	The Department of Business Studies organized a Value Added Course titled 'Business with Heart: Leading Self and Others' at Xavier's Retreat House, Baga, Goa, from 9:00 AM to 4:00 PM. 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-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. The second 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. 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. The session was attended by 39 FYBBA students and Ms. Vanessa Furtado
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/IMAGES-OF-Business-With-Heart-3.0-Leading-Self-and-Others-Value-Added-Course.pdf
List of participants With signatures	NA
Certificate	NA