



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-2027

Name of Activity	"Alumni Connect: Bridging Generations", an alumni lecture series, as part of the Late Rev. Dr. Nicolau Pereira Birth Centenary Celebrations
Date/ Duration	26 th September 2026, 9:00 am to 9:45 am
Venue	Seminar Hall and PG Block Conference Hall
Name of organizing Department/Cell	NA
In collaboration with	
Name/s of Faculty Co ordinator	Dr Marielou Ferrao, Dr. Larissa Menezes
Stratum of Event	College level
Name & details of Resource Person/s if any	Ms Natasha Vatsa, alumnus of the postgraduate department of Psychology, (Batch of 1989, B.A.), currently homemaker. Ex-Asst Art Director (Ad Films) & Production Asst. (Television).
Report	St. Xavier's College, Mapusa-Goa, organised "Alumni Connect: Bridging Generations", an alumni lecture series, as part of the Late Rev. Dr. Nicolau Pereira Birth Centenary Celebrations, on 26th September 2026, at the College Seminar Hall. The event involved invited sessions by five Alumni, who were present during the tenure of the birth centenarian. Simultaneous sessions took place at two venues ie. College Seminar Hall and PG Block Conference Hall. The first session at the second venue i.e. PG Block Conference Hall began at 9:00 am and was titled "Being Mindful", by Ms Natasha Vatsa, alumnus of the postgraduate department of Psychology, (Batch of 1989, B.A.) The programme commenced with a brief introduction of the speaker by Dr. Larissa Menezes, following which Ms. Vatsa was welcomed with a potted plant. She then delivered a talk on mindfulness and well-being, focusing on various aspects of mental health and the importance of cultivating greater awareness in everyday life. The session also included demonstrations of techniques to calm and regulate oneself, providing practical exposure to the concepts discussed. She spoke to an audience of 75 students from commerce, arts and science departments of St Xavier's college and helped students use simple and effective methods of being mindful and breathing that caused one to calm down instantly. Miss Natasha was presented with a Memento by the Principal Ursula Barreto, in the presence of Vice Principal Prof Filipe Rodrigues e Melo and Prof Carmelita, along with Dr Larissa, co-convenor of the Alumni Lecture Series. The programme concluded with the Principal

	acknowledging Ms. Vatsa's achievements as an alumna and expressing gratitude for her valuable contribution to the programme.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/Poster-of-Alumni-Connect-Bridging-Generations.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/Images-of-Ms-Natasha-Vatsa-Report-3-Alumni-Connect-Bridging-Generations.pdf
List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/Attendance-of-Alumni-Connect-Bridging-Generations.pdf
Certificate	NA