



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2025-26

Name of Activity	Motivation Talk
Date/ Duration	28 th March 2026
Venue	Room No. 405, PG block, St. Xavier's College
Name of organizing Department/Cell	Cell for Socio-Economically Disadvantaged Groups (SEDG Cell)
In collaboration with	
Name/s of Faculty Co-ordinator	Dr. B. C. Nair
Stratum of Event	College/ ~~State/ Regional/National~~
Name & details of Resource Person/s if any	Ms. Sandra DMello, Counsellor, St. Xavier's College
Report	The SEDG Cell organized a motivation talk on "<i>Building Self Esteem in a Competitive World</i>" on 28th March 2026 for students of St. Xavier's College, Mapusa-Goa. The session was conducted by Ms. Sandra DMello as the resource person. Dr. B. C. Nair welcomed the resource person and students introduced the speaker. Ms. Sandra highlighted many points on self-esteem. She said that the world is very competitive and every step forward is a journey to self-empowerment. She said that a student has to be always self-confident and to believe in him/ herself. We should not have incomplete perception of our self or life in general. Positive perceptions can bring out changes. She also conducted a quick self-check test on self-esteem having 10 questions. The scores obtained were mapped with the parameters. At the end of her presentation, Ms. Sandra DMello conducted a special meditation session with music to reinvent oneself on self-esteem. The session ended with a positive reaffirmation "Every day I am getting better, better and better." Dr. B. C. Nair proposed vote of thanks to the resource person and to the students. 10 students attended the session.
Brochure/Poster	Nil
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/IMG-20261006-WA0004.pdf

List of participants with signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/10/Attendance.pdf
Certificate	<i>Nil</i>