Xavier Outreach Services (XOS)

Annual Activity Report: 2024-25

[Presented at the 9th General Body Meeting of Xavier Outreach Services (XOS) held on 30-03-2026 in the Conference hall of the College.]

Introduction

Xavier Outreach Services (XOS) is the social extension wing of St. Xavier's College, Thumba, reflecting the college's commitment to the upliftment of marginalized communities, especially the fisherfolk around its campus. Though functioning informally since the college's inception in 1964, XOS was formally registered in 2015 and serves as a hub for social work, training, and field interventions. Through initiatives such as soft skill training, leadership development, remedial education, career guidance, and awareness programmes, XOS aims to empower the less advantaged and foster socio-cultural transformation.

Leadership Development Workshop – 19 July 2024

In collaboration with AICUF, Xavier Outreach Services (XOS), organized a Leadership Development Workshop at the XOS Hall on 19 July 2024. Forty enthusiastic student leaders participated in the full-day workshop held from 10:00 AM to 4:00 PM. The sessions were led by Mr. Joel, Fr. Santhosh SJ, Fr. Biju Joy SJ, and Dr. Fr. Dominic Joseph SJ, who engaged the students in interactive discussions and activities focused on nurturing leadership skills rooted in social responsibility and justice. The workshop successfully motivated the students to develop a vision-oriented approach to leadership and to engage meaningfully in social transformation.

International Cultural Exchange Programme – 30 August 2024

XOS, in collaboration with the Department of English and Media Studies (BEAMS), hosted an International Cultural Exchange Programme with a group of twenty students from Sophia University, Japan, accompanied by their mentor, Fr. Bony James SJ. The event, held at the XOS Hall, began with a warm welcome by Dr. Fr. Dominic Joseph SJ, Director of XOS, followed by the formal inauguration by Principal Dr. Nisha Rani D. Students from both institutions shared their histories, performed traditional dances and songs, and exchanged cultural insights, fostering a spirit of global friendship and understanding. The programme was well-attended by the faculty and the entire batch of English students, with Ms. Melissa Hilary proposing the vote of thanks.

Beach Clean-Up at Arattuvazhi – 3 October 2024

As part of Gandhi Jayanti celebrations and its commitment to environmental stewardship, Xavier Outreach Services (XOS) of St. Xavier’s College, Thumba, organized a large-scale beach clean-up at Arattuvazhi Beach on 3 October 2024 in collaboration with the Kerala State Council for Science, Technology, and Environment (KSCSTE). Over 250 students from various college clubs participated, cleaning the stretch from Thumba Church to St. Andrews Beach. The event began with a rally flagged off by Dr. (Fr.) Biju Joy SJ, Bursar, raising awareness on environmental conservation. The clean-up was officially inaugurated by Dr. (Fr.) Sunny Jose SJ, College Manager, with Principal Dr. Nisha Rani delivering the presidential address. Local dignitaries, including Dr. Lenin Lal, University of Kerala Syndicate Member, and Mrs. Dorin Jacob, Ward Member of Kadinamkulam Panchayath, graced the occasion. Vice Principal Mr. Rajesh Martin welcomed the gathering, and Vice Principal Mrs. Reshmi Poulose proposed the vote of thanks.

Two-Day Media Awareness Workshop at Vidyanikethan – 11 October 2024

XOS organized a two-day Media Awareness Workshop for the students of Vidyanikethan, aiming to introduce them to the world of media and its impact on society. Dr. Fr. Dominic Joseph SJ, Assistant Professor of English and Director of XOS, and Mr. G. Gouridasan Nair, a reputed journalist, served as the resource persons for the workshop. The sessions covered 'An Introduction to the World of Media' and 'Media and Society,' followed by a practical activity where students prepared and presented a demo newspaper on chart paper.

One-Day Seminar on Interdisciplinarity – 19 October 2024

Xavier Outreach Services (XOS), in collaboration with the Xavier-Loyola Institute of Interdisciplinary Research (XLIR), organized a one-day seminar on 'Interdisciplinarity: Contemporary Engagements and New Pathways' on 19 October 2024 at St. Xavier’s College, Thumba. The seminar highlighted the relevance of interdisciplinary approaches in addressing contemporary academic and societal challenges. The program began with a prayer song and a welcome by Dr. Nisha Rani, Principal, followed by Dr. Binoy Jacob, Director of XLIR, introducing the objectives of the seminar. The event was inaugurated by Prof. (Dr.) Rajan Gurukkal, Vice Chairman of the Kerala State Higher Education Council, who emphasized the need for integrative thinking in higher education. He was felicitated by Dr. (Fr.) Sunny Jose SJ, Manager, and Dr. Lenin Lal, Syndicate Member, University of Kerala. The seminar featured two presentation sessions, with Dr. Jose Sebastian and Dr. Tissy Mariyam Thomas addressing intersections of finance, taxation, and psychological dimensions of interdisciplinary studies. A panel discussion moderated by Dr. Binoy Jacob featured Dr. Asharaf S., Dr. Augustine Pamplany, and Dr. Legio Meril, emphasizing interdisciplinary collaboration in addressing global challenges.

English Communication Training for Women's Hostel Students – 7 November 2024

Recognizing the importance of English proficiency for academic and personal development, XOS organized a one-day English Communication Training Programme for the residents of the women's hostel on 7 November 2024 at Mother Teresa Hall. Forty students participated in the session led by Fr. Santhosh Benedict SJ from Vidyanikethan Jesuit Training College, who facilitated engaging and practical activities to enhance students' speaking and listening skills in English. Dr. Fr. Dominic Joseph SJ, Director of XOS, welcomed the participants, and Ms. Sara Netto proposed the vote of thanks.

International Seminar on Cognitive and Neurological Perspectives on Mental Health – 3 February 2025

Xavier Outreach Services (XOS), in collaboration with the Xavier-Loyola Institute of Interdisciplinary Research (XLIR)—a joint venture of Loyola College, Sreekaryam, and St. Xavier's College, Thumba—organized an international seminar on 'Emotions, Beliefs, and Mental Health: Cognitive and Neurological Perspectives' on 3 February 2025 at Loyola College of Social Sciences, Trivandrum. The seminar brought together faculty, research scholars, and over 150 students from psychology and sociology departments across the southern districts of Kerala, fostering interdisciplinary dialogue on the intersections of emotions, religious beliefs, and mental health.

The seminar was inaugurated by Dr. Miguel Farias (Oxford University) alongside academic leaders including Dr. Sabu P. Thomas and Dr. Nisha Rani, with Fr. Sunny Thomas presiding and Dr. Binoy P. Jacob welcoming the gathering. Distinguished speakers including Dr. Lluis Oviedo, Dr. Marta Helena Freitas, and Dr. David Leech presented papers and engaged with participants. The seminar explored mindfulness, meditation, neurological bases of belief formation, and psychological implications of emotions, underscoring the importance of interdisciplinary and international collaboration. Dr. Fr. Dominic Joseph P., Director of XOS, chaired a session and played a key role in the seminar's organization, aligning with XOS's mission to integrate academic excellence with societal well-being.

Prepared by

Dr Legio Meril

Secretary